





#### MOUNTAIN GASTRONOMY

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|------------|---|
| type :     | Self-Guided   |
| level :    |     |
| duration : | 7 days  |
| period:    | Apr May Jun Jul Aug Sep Oct   |
| code:      | ITSW630   |

## Hiking Lake Iseo - Italy

### Hiking Lake Iseo

7 days, price from € 749



Nestled amidst the picturesque landscapes of northern Italy, the Lake Iseo area is a true gem, inviting travelers to indulge in its mesmerizing charm. Imagine a place where crystal-clear waters gently lap against pebbled shores, and verdant hills adorned with vineyards and olive groves frame the horizon. This is Lake Iseo, a haven of tranquility and natural beauty that captivates the senses and captures the heart of all who venture here.

Monte Isola, the largest inhabited island in the European lakes: colourful boats, narrow streets and steep steps, stone villages, small shops and lake scents. But also walks among the olive trees and in the woods, until you reach the Sanctuary of the Madonna della Ceriola, up there where a panoramic shot is a must.

Walk on the "Via Valeriana", this medieval pilgrims' and merchants' path runs along the eastern shore of the lake. Olive groves, meadows, woods, churches and small villages: nothing is missing in this nature itinerary where the view of the lake is unparalleled.

A nature reserve to admire, but also to experience through the itinerary that unfolds within it. We are talking about the Pyramids of Zone erosion, the geological phenomenon that allowed the formation of

earth spires protected by large boulders.

## Route

### Day 1 Arrive in Paratico/Sarnico

On arrival at the **lakeside town of Paratico or Sarnico** on the shores of **Lake Como**, make your way to the hotel. The rest of the day is free to explore the town and take in the views of the rugged mountains across the lake.

During the following days, take time to explore the small towns, viewpoints, forests on either side of Lake Iseo, **the beautiful island of Monte Isola**.

### Day 2 Walk from Sarnico to Predore, 10,5 km

Start the trip with an **easy lake side warm-up walk over the south-west side of Lake Iseo**.

From Sarnico follow a quite path with **panoramic glimpses of the Sebino**, crossing chestnut groves and forests into the forest to the plateau of Mt. Predore from where you can enjoy a very nice view of the south side of Lake Iseo before start descending gently towards the lake.

At the end of the walk in Predore, take the ferry or the bus back to Sarnico.

*Distance: 10,5 km*

*Elevation gain: +730/-730 m*

### Day 3 Transfer to Iseo and walk to Pilzone, 11 km

A morning transfer will take you to the **start of the walk in Iseo** just a few steps from the **Torbiere del Sebino Nature Reserve** - Located south of Iseo, between the lake and Franciacorta, the reserve is a small **nature paradise where numerous bird species nest**. Traverse tranquil meadows and chestnut woods high above the lake's eastern shore, every so often coming across natural terraces which serve as panoramic balconies overlooking the lake and mountains. You then descend gradually into the small **town of Pilzone** from where you will take the train to Sulzano village, just in front of Mt. Isola island, your base for your next two nights, is set right on the waterfront.

*Distance: 11 km*

*Elevation Gain: +525/-520 m*

### Day 4 Monte Isola round walk, 9 km

Today you take the ferry to **Monte Isola, the largest lake island in Europe**, in the middle of the Lake. Peschiera Maraglio is the starting point for discovering the island. Circle this Mediterranean-feeling island in a anti-clockwise direction, meandering through **olive groves and ancient hamlets** to reach its 600-metre-high peak for an exceptional 360-degree panorama that includes the northerly Alpine ranges. Return back to the harbour along a beautiful, ancient path, for the short crossing back to **Sulzano**.

*Distance: 9 km*

*Elevation Gain: +450/-450 m*

### Day 5 Choice of walk and train to Pisogne 11,5/10 km

Today you can choose between the walks:

#### **WALK A: Sulzano to Marone**

Heading north from Sulzano, you follow the **ancient Via Valeriana trade route** across olive-clad foothills overlooking the lake. The route descends into **lakeside Marone**, where you can enjoy lunch before taking the short train or ferry trip to Pisogne. It is also possible to start the walk from Pilzone.

*Distance: 11,5 km*

*Elevation Gain: +460/-460 m*

#### **WALK B: Marone loop walk**

After a short train ride to Marone dip into the **Erosion Pyramids Nature Reserve** - Today, Zone's notoriety is mainly due to the presence, at **Cislano**, of enormous earth spires supporting large boulders: the earth pyramids, the result of a rare erosion phenomenon that boasts few examples in the world.

*Distance: 10 km*

*Elevation Gain: +620/-620 m*

### Day 6 Ferry to Castro and round walk, 14 km

A short ferry ride across the north side of the lake will take you to the **village of Castro, the origin of the town dates back to Roman times**. The ancient fortified village was built on the remains of a fortress destroyed in 1437, where a beautiful protoromanic temple can still be admired.

From here start a very panoramic round **walk around Mt. Clemo**.

At the end of the walk in Castro or in the **elegant town of Lovere**, take the ferry or the bus back to Pisogne.

*Distance: 14 km*

*Elevation Gain: +740/-740 m*

### Day 7 Departure from Pisogne

The trip and our services end after breakfast and you bid farewell to the beautiful lakes as you depart for the airport with public transport, unless you have pre-booked a private transfer with us.

Arrival:

Milan's Linate/Malpensa and Bergamo Airports are the closest ones and are served by many flights. Anyway, you can also flight into Verona.



#### Arrive in Paratico/Sarnico

From the central railway station of Milan take a local train to reach Iseo. You have to change once or twice, depending on the train.

From Iseo take Bus Line to arrive in Paratico/Sarnico.

From Bergamo train station there are also direct bus to Paratico.

Depart from Pisogne:

From Pisogne you can take a local train to Brescia, from where you can reach the major airports (Milano, Bergamo).

## Included

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### What is included

- 6 nights in double room in \*\*/\*\* hotels , B&B and agriturismo with breakfast
- Luggage transportation from hotel to hotel
- Transfer from Paratico to Iseo
- Maps and detailed description of the itinerary in digital form, app
- Medical and luggage travel insurance
- 24h phone assistance

### What is not included

- Transfers to the starting location and from the arriving location of the tour
- Lunches and dinners, if not otherwise stated.
- Visits and entrance fees - tips
- Personal expense
- Possible sojourn taxes
- Everything that is not mentioned in the "What is included" section.

### Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- Cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel