



# IN THE SHADOW OF THE DOLOMITES TOUR

7 - 19 JUNE 2027

6 - 18 SEPTEMBER 2027





Trento

## OVERVIEW

**AUD 10,450**  
(PER PERSON, TWIN SHARE)

**AUD 11, 850**  
(PER PERSON, SOLO TRAVELLER)

*“The Shadow of the Dolomites tour was marvellous. Luca is a wonderful, knowledgeable tour leader, and the sightseeing activities, scenery and 12 fellow travellers all made for a great 15 days. Being only 12 people, plus a leader who enjoyed being part of the group for aperitivi and all meals, made it very inclusive. Food, wine, and accommodation were top-class, and the relaxed pace of the tour suited the age of the participants! I will certainly recommend Luca and Philippa’s tours, as I have done already to my friends and family.*  
Kaye 2024

Since 2007, Italian Tours has specialised in creating immersive itineraries for those with a passion for Italy and its cultural depth. With a maximum of 12 guests, our tours are personal and unhurried, offering authentic connections with the people, places, and traditions that make Italy so endlessly rewarding.

The Dolomites region is one of Italy’s most striking and culturally rich areas, where dramatic mountain landscapes meet layered histories and diverse languages. This journey takes you through alpine valleys, historic cities, and quiet villages that reflect the unique blend of Italian, Austrian, and Ladin influences.

We begin in Trento, a Renaissance city once ruled by prince-bishops and home to some of Italy’s most important medieval frescoes. From there, we head into the Dolomites, basing ourselves in Castelrotto, a picturesque town surrounded by towering peaks and wide alpine meadows. You’ll enjoy a cable car ride to Alpe di Siusi, taste traditional cheeses, and experience the deep-rooted culture of the Ladin valleys.

Our journey continues into South Tyrol, where we spend three nights in the elegant spa town of Merano. Along the way, we stop in Bolzano for a guided tour and a visit to the famous Ötzi the Iceman. We also venture into the Val Venosta and cross the Swiss border to explore the UNESCO-listed Abbey of St John in Müstair.

We conclude the tour on the northern shores of Lake Garda, staying in the lakeside town of Riva del Garda. From here, we visit a local winery and olive oil producer, and spend the day on the lake, exploring picturesque towns like Limone and Malcesine. As the tour comes to an end, there’s time to reflect on the contrast and beauty of this corner of northern Italy — from ancient frescoes to alpine meadows and glassy lakes.





Alpe di Siusi

## ITINERARY

### DAY 1 - ARRIVALS IN TRENTO

Our tour begins in Trento, a historic city nestled in the foothills of the Dolomites. We'll provide a group transfer in the afternoon from Verona train station. Once in Trento, there's time to settle in and get your bearings before we meet for aperitivi and a relaxed welcome dinner. Trento has long been a cultural crossroads between the Italian and Germanic worlds, and over the coming days, you'll start to notice the way these influences shape the food, architecture, and atmosphere.

Overnight: Trento

### DAY 2 - WALKING TOUR OF TRENTO

Today we'll explore Trento's fascinating history with a local guide. Once the seat of powerful prince-bishops, Trento became a cultural hub during the Renaissance and played a major role in the Catholic Counter-Reformation. We'll visit Castel Buonconsiglio, a vast fortified residence perched just above the historic centre. Its highlight is the Torre dell'Aquila, home to the famous "Cycle of the Months" frescoes – a vivid and detailed portrayal of medieval life through the changing seasons. After our guided visit, the afternoon is free for you to explore further or simply relax.

Overnight: Trento



### DAY 3 - LAKE MOLVENO AND WINE TASTING

After breakfast, we leave the city behind and make our way to Lake Molveno. Framed by pine forests and jagged peaks, the lake is renowned for its striking turquoise waters and serene alpine atmosphere. There's time for a short lakeside stroll before we continue to a local cantina for a relaxed lunch and tasting of Trentino's cool-climate wines – perhaps a Nosiola or Teroldego, depending on the season. These are wines you rarely see outside the region, and it's a great introduction to the flavours of the north. We return to Trento in the late afternoon.

Overnight: Trento

### DAY 4 - INTO THE DOLOMITES

We leave Trento this morning and begin our journey into the Dolomites. After checking out of our hotel in Trento, we travel north-east through the Val di Cembra, a region known for terraced vineyards and sweeping alpine views. We'll pause in the small town of Moena to visit a local producer of the area's famous cheese – the boldly named *Puzzone di Moena*. After a light tasting and lunch, we continue up into Val Gardena and arrive in Castelrotto by mid-afternoon. This picturesque town, with its quaint streets and mountain backdrop, will be our base for the next three nights.

Overnight: Castelrotto

### DAY 5 - THE ALPINE MEADOWS OF ALPE DI SIUSI

Rising high above Castelrotto is Alpe di Siusi, Europe's largest alpine meadow, set against a dramatic mountain skyline. After a short cable car ride to the plateau, we'll enjoy a short walk on relatively flat terrain — nothing too strenuous, just a chance to take in the fresh mountain air and dramatic scenery at an easy pace. We'll stop for a long lunch at a mountain hut, with plenty of time to unwind. The afternoon is yours to explore Castelrotto at your own pace – perhaps visit a woodcarving workshop, browse the local shops, or enjoy a quiet aperitivo in the late afternoon sun.

Overnight: Castelrotto

### DAY 6 - LADIN HERITAGE AND MOUNTAIN FLAVOURS

Today, we explore the unique Ladin culture that defines this part of the Dolomites. We'll start with a visit to Castel Tor, perched above the valley and home to an excellent museum dedicated to the Ladin language and traditions. Afterwards, we travel through the dramatic landscape of Alta Badia to reach Maso Runch, a working farm and restaurant that celebrates the region's culinary roots. Over a long lunch, we'll enjoy a series of seasonal dishes that reflect the Alpine-Austrian-Italian fusion typical of South Tyrol. After lunch, we return to Castelrotto for a quiet evening.

Overnight: Castelrotto

### DAY 7 - ON TO MERANO, VIA BOLZANO

We leave Castelrotto this morning and travel west toward Merano, with a stop in Bolzano en route. With its alpine setting and strong Germanic character, Bolzano feels distinctly different to other Italian towns. We'll take a guided walking tour through the historic centre, where colourful market squares and medieval arcades meet Tyrolean rooftops and Gothic spires. After a break for lunch, we visit the South Tyrol Museum of Archaeology to meet one of the region's most famous residents – Ötzi the Iceman. Preserved in ice for over 5,000 years, his story is as remarkable as his survival. We arrive in Merano by late afternoon. Nestled in a wide valley and surrounded by vineyards, palm trees, and mountain peaks, this elegant spa town is our home for the next few days.

Overnight: Merano

### DAY 8 - MERANO

This morning we explore Merano on foot with a local guide. A favoured retreat of Austro-Hungarian nobility, Merano is full of grand architecture, arcaded streets, and leafy promenades. We'll learn about its history as a spa town and its mix of Italian and Germanic influences. The afternoon is entirely at leisure. You might like to visit the Terme Merano with its many pools and saunas, ride the chairlift up to Tirolo, or take the easy 4km Tappeiner Walk with its views over town. Or perhaps just find a shady spot





Castello di Thun

by the river for a drink and a good book.

Overnight: Merano

## DAY 9 - THE UPPER VALLEY AND MÜSTAIR ABBEY

Our journey today takes us north into the upper reaches of the Val Venosta, a beautiful valley near the Swiss border. We'll stop in Glorenza, a perfectly preserved walled village that hasn't changed much since the 1500s, for a stroll and a relaxed lunch. In the afternoon, we cross briefly into Switzerland to visit the UNESCO-listed Abbey of St John in Müstair. This peaceful Benedictine monastery is home to one of Europe's oldest and best-preserved fresco cycles, dating back to the Carolingian period. After the visit, we return to Merano with the evening free.

Overnight: Merano

## DAY 10 - CASTEL THUN AND ON TO LAKE GARDA

We leave Merano this morning and begin our journey south through the Val di Non, one of Italy's most productive apple-growing regions. Our main stop today is Castel Thun, a striking medieval fortress perched high above the valley. Once the seat of a powerful noble family, the castle offers a glimpse into aristocratic life, with furnished rooms, grand halls and sweeping views over the orchards below. After the visit and a relaxed lunch, we continue our descent towards Lake Garda, arriving in Riva del Garda by late afternoon. Set at the northern tip of the lake, Riva is an elegant town framed by mountains and water.

Overnight: Riva del Garda

## DAY 11 - CASTEL THUN AND ON TO LAGO DI GARDA

Today is all about the flavours of the Trentino region. We follow the Adige River through the scenic





Riva del Garda

Vallagarina Valley to visit a family-run winery known for its elegant reds, especially the local Marzemino. After a tasting and leisurely lunch at the estate, we continue to a small olive farm perched on the hills near Arco. Here, the owners will explain the traditional production methods and invite us to taste their oils while enjoying views back toward the lake. It's a gentle, food-focused day that showcases the quality and pride behind these local products.

Overnight: Riva del Garda

## DAY 12 - BOAT EXCURSION ON LAGO DI GARDA

A change of pace today as we explore Lake Garda from the water. We'll board a boat and glide across the northern end of the lake, taking in the dramatic cliffs and terraced hillsides. Stops include two of the prettiest towns on the lake: Limone sul Garda, with its lemon groves and steep laneways, and Malcesine, crowned by a medieval castle. There will be time to wander, shop or simply sit with a spritz by the water. In the evening, we gather for a farewell

dinner – a chance to share stories and toast to our time together.

Overnight: Riva del Garda

## DAY 13 - DEPARTURES

On the last morning of the tour, we will provide a transfer to Verona's train station and airport to help you on your way.

Overnight: NA

### PLEASE NOTE

Occasionally, due to circumstances beyond our control, it may not be possible to visit a specific location as planned in our itinerary. Should this occur, we will make every effort to provide a comparable alternative that maintains the spirit of the original experience.





# ADDITIONAL INFORMATION

## STAY

- ❖ Three nights in Trento in a centrally located hotel.
- ❖ Three nights in Castelrotto in a fabulous Alpine chalet
- ❖ Three nights in the centre of Merano in a historic hotel (with an indoor pool and sauna)
- ❖ Three nights in Riva del Garda in rooms with stunning lake views

## INCLUSIONS

- ❖ Group pick-up from Verona train station at the beginning of the tour (in the afternoon - timing to be confirmed)
- ❖ Group transfer to Verona train station and airport at the end of the tour (timing mid-morning - please confirm with us)
- ❖ Breakfast daily
- ❖ Ten meals (lunches or dinners tbc) in restaurants chosen for their authenticity and local cuisine (wine included)
- ❖ Land transport in an air-conditioned mini-coach
- ❖ Admission to all museums, galleries and other sites described in the itinerary
- ❖ Expert local guides at key locations

## EXCLUSIONS / ADDONS

- ❖ City tax - which is payable directly at each hotel

## PHYSICAL FITNESS

We don't place any age limitations on the tour. You must be able to walk unassisted over uneven circumstances and at a reasonable pace around the places we visit. If you do not meet these requirements, the tour leader may have to exclude you from certain visits for safety reasons or to limit the impact on the group.

## WEATHER

Please note that the descriptions below are only rough guides. In early September, temperatures should be in the mid to high 20s, except when we are in Castelrotto, where it can be considerably colder.

## TRAVEL INSURANCE

Travel insurance is compulsory when travelling on one of our tours. Please contact us if you need help arranging travel insurance.

## BOOKING

If you would like to book a place on the tour or if you have some questions about the itinerary, please don't hesitate to contact Luca or Philippa.

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