

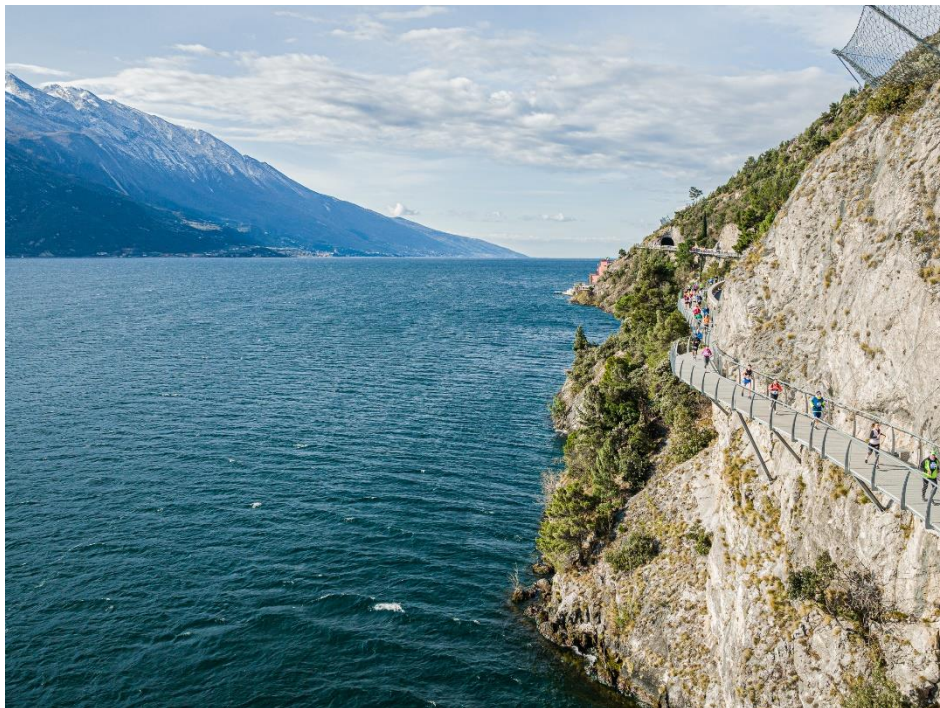
X-BIONIC LAKE GARDA 42- Press Release 23.02.2023

X-BIONIC LAKE GARDA 42: RUNNING ON VACATION!

Sport with a touch of relaxation, this lakeside marathon in late March is the perfect opportunity to visit the stunning Alto Garda: starting in Lombardy, finishing in Veneto, and taking in Trentino Alto Adige on the way.

#lakegarda42 #lg42

The X-BIONIC LAKE GARDA 42 is an excellent opportunity to become acquainted with the marathon's partner locations - the town of Limone sul Garda, the Garda Trentino area, and the town of Malcesine - which are stupendous in spring, one of the best periods to visit since the hordes of tourists have yet to arrive. In actual fact, the marathon route that runners will take on Sunday 26th March could easily form the basis for a tour to explore the northern shores of Lake Garda: tiny villages, local products, beaches, waters certified for their cleanliness, and mountains just a stone's throw away. And that's not all, for those who've still got energy to burn after the race, there's also a wide variety of activities available, from water sports to trekking, from climbing to cycling.





LIMONE SUL GARDA. The race sets off from the small Lombard village of Limone sul Garda, with a climate and landscape evocative of a Mediterranean resort. Indeed, the particularly mild temperatures are perfect for cultivating the citrus fruits that have been grown here since the 18th century, in traditional lemon houses that are still used and are now open to the public. The marathon kicks off along Limone's lakeside promenade. From here the runners will wind their way along the cycle path past ancient lemon groves and picturesque landscapes before reaching Capo Reamol, where for around two kilometres the cycle path is suspended above the water, eventually leading the X-BIONIC LAKE GARDA 42 runners towards the border between Lombardy and Trentino.

GARDA TRENINO. After crossing the border, the runners will find themselves in Garda Trentino: the lake on one side, with shimmering reflections of lemon, olive and palm trees, and the peaks of the Brenta Dolomites on the other. The first waypoint is Riva del Garda, where the runners will weave their way through the streets and squares of this village, which become narrower and more colourful as they enter its "Marocco" district (from the dialect word "marocche", meaning the large rocks taken from the mountain to build the houses).

It's in Riva del Garda that, on 25th March, the LG Kids will also take place, a 1.3 km race for children up to the age of 12.

Leaving Riva in their wake, the X-BIONIC LAKE GARDA 42 runners will then head to Arco di Trento. The beautiful façades of its stately buildings provide a stark reminder of Arco's illustrious past. These days the town is mainly famous for its rock faces and is one of the major destinations in Italy for climbing enthusiasts. Finally, the third Trentino municipality through which the race passes is Torbole. Once a fishing village, it's now a young, thriving town surrounded by lush green landscapes and vineyards.

MALCESINE. The finish line is in Malcesine, in the province of Verona, a medieval village perched on the banks enveloping its castle, which dates back to the latter centuries of the first millennium BC, surrounded by olive groves and long white pebble beaches. If taking a dip in the lake or going for a boat trip aren't your cup of tea, the summit of Monte Baldo, 1,780 metres above sea level, is easily reachable by cable car. Alternatively, for the more energetic, it can also be reached on foot from the village. To mark this year's X-BIONIC LAKE GARDA 42, on Sunday 26th March there will be a food and drink EXPO in Malcesine, a perfect occasion to savour the local specialities of Lake Garda



For news and updates visit: @lakegarda42 on Instagram and @lakegarda42 on Facebook. More info on the X-BIONIC LAKE GARDA 42 can be found on the website www.lakegarda42.com

About COMUNICO Italia SSD a RL

X-BIONIC LAKE GARDA 42 is an event organised by the COMUNICO Italia SSD a RL sports association from Trento, which is part of the COMUNICO GmbH group, a specialised events organisation based in Bad Tölz, Germany. Since 1996, an international team has been supporting its founder, Christian Deissenberger, by devising, planning and implementing events throughout Germany, Austria and Italy. Thanks to many years of experience in the industry, COMUNICO GmbH is one of the leading agencies specialised in the planning of sports events, tourism marketing events, trade fairs, conventions and conferences. www.comunico-event.com

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