

# SENSI E DILETTI

## WELLNESS WINE TRAVEL

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### LAKE GARDA EXPERIENCE

Lake Garda is blessed with unique physical features that contribute to its Mediterranean climate which allows the culture of grapevines, olive trees, and lemon trees. Low rolling hills hug the southern shores of the lake while moving north, vertical cliffs plunge in the crystalline water making it a world-renowned destination for watersports.



Few places in the southeastern corner of Lake Garda are more picturesque than Punta San Vigilio. This small promontory that stretches into the limpid, blue waters, is surrounded by vertical cliffs, olive groves, and luxuriant woods of cypresses. We can't think of a better place to relax and absorb the soothing calm and rugged beauty of the lake before heading to one of our favorite restaurants in the area for lunch. Perched on a hillside, overlooking the small harbor town of Garda, this "locanda" offers locally sourced ingredients, seasonally inspired menus, and impeccable service. All of these qualities, along with its stunning views, make for a very indulgent meal. After lunch you will go to visit our dear friend, Carlo, whom we've nicknamed "the vine whisperer." Carlo and his family have been making the best wines in the denomination for over 40 years. His wines will be accompanied by cold cuts and cheeses, pickled vegetables, homemade bread, and Carlo's captivating and thought-provoking conversation on winemaking and philosophy.

We would be happy to propose additional adventures upon request.

Price start at Euro 480 per person. It is possible to provide private transportation for an additional cost.

*Sensi e Diletti* is Italian for "senses and delights." It was founded in 2015 by long time Yoga instructor and Boston native, Sarah Sturges, and her husband, Certified Sommelier and Verona native, Stefano Zanoncello.