

April 2011 e-postcard:

Ciao...

Greetings from sizzling Salo` where temperatures have been 23C – 25C this week which is much warmer than usual for the time of the year. Of course no complaints from us as it's really good for the soul waking up to blue skies and outdoor living.

We were especially pleased when a dear friend had decided at the last minute to come and visit for a short break. The challenge, as always, when someone is here for such a short time is how we can give them a real flavour of the place when there is so much to see and do. Our friend didn't need converting to the Italian way of life having lived in southern Italy many years ago but was open to sampling all that the northern part has to offer. We like to strike a balance between 'doing' and 'being' when guests are here. Whether for Stepping Off breaks or personal visits, part of the charm of the Lake Garda area is the natural beauty and the slow pace of life which is both therapeutic and replenishing so we give a lot of thought to what will create the best experience. After a good catch up over lunch, we took advantage of the good weather and headed off along the south western shore to the town of Manerba del Garda. We arrived at the entrance to the Nature and Archaeological Park and abandoning the car, decided to walk off lunch. On such a beautiful day, the views were truly stunning and no matter how often we see them they still take our breath away! Gordon suggested we climb to the top of La Rocca which is a historical site perched on top of the hill above the town. There are signs of settlement by man from as early as 5000BC up until 16th century AD and at the foot of La Rocca there is a visitor's centre displaying all sorts of artefacts and interesting information about the surrounding area. We did indeed scale the heights and let me tell you it was so worth it for the panoramic view that awaited us!

Friends of ours who live in Salo` have recently bought a small farm in the Val Sabbia area and for those of you who are old enough to recall the TV programme, 'The Good Life', then that just about sums up their plans for the future. They are having an Easter gathering where we are all invited to bring a picnic, lay a blanket on the ground and enjoy the fresh, clean air and verdant surroundings. They have promised we can sample some of their fresh produce too, they make the most wonderful cheeses and yogurts which combined with freshly baked bread and a nice Gropello, which is a local red wine, it's somewhere close to heaven. Happy Easter to you all too.

We are always happy to receive your comments and feedback so in response to recent enquiries we have added a self catering option to our Stepping Off programme. This is ideal for couple retreats or for parties of up to 4 sharing. Please enquire for prices, availability or further information. There is also an option for apartment rental out with the Stepping Off programme.

Look forward to seeing some of you soon and to others.....

A la prossima volta,

Lesley and Gordon

