

May e-postcard:

Ciao...

Barbecues and picnics have been the order of the day for the past few weeks as we take advantage of the wonderful sunny days which bring the feel good factor! It's so easy to pack the cool bag and head off to one of the beaches which give direct access to the lake shore. The waters are still a little too cold to actually swim yet but we did brave a spot of paddling last week even although we attracted some curious gazes from the locals!

'Benessere' or wellbeing has been a theme in Salo last week as we had a celebration called Feste della Fioritura which brought a range of treatments for us to sample along with talks on a variety of health and spiritual topics. On offer were shiatsu, reiki, reflexology, craniosacral, thai massage, numerology and many more. It began early in the morning with group meditations and carried on through 'til midnight with the evening offering storytelling, music and dance.

In the summer there are regular outdoor music concerts often taking place in front of the duomo, in the little square, which provides a stunning, historic backdrop for such an event. The best ice cream shop in town is also housed in this piazza, it's called Casa del Dolce and people come from far and wide to delight in the gelato. The queues snake around the square on a busy night and they are often open late in the summertime – there is something quite decadent about eating ice cream as the clock strikes midnight!

One trip we would recommend while you are here is a visit to Isola del Garda which is a privately owned island just off the shore from San Felice del Benaco. Here is the link if you want to explore it further, <http://www.isoladelgarda.com> . There is a tour of the island including the Venetian neo Gothic style villa and gardens followed by light refreshments with tastings of local products available. It also gives you an opportunity to get out on the lake if you prefer shorter boat trips. Another enjoyable day out is to take the slow boat to Riva del Garda at the northern most tip of the lake and have lunch onboard as you go. Good for a spot of sunbathing on the upper deck but don't forget the sun block as the breeze can be deceptive as to how hot it can get.

Until the next time.....live life well,

Lesley and Gordon

Stepping Off

