

# MMOVE

CANYONING  
VIA FERRATA  
CLIMBING  
KIDS & FAMILY  
TREKKING  
BIKING

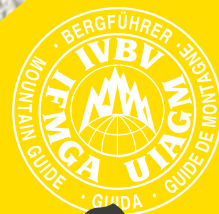
Outdoor activities

from € 45,00

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ARCO - LAKE GARDA - ITALY



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01.

# M M O V E

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**IT'S SAFE. IT'S FUN. IT'S DIFFERENT.**

Book your outdoor activities with us: every day offers different experiences.



# Outdoor Activities

Accompanied by state-certified mountain guides and equipped with Climbing Technology, Ortovox and Salomon. We have been guaranteeing outdoor adventures of the highest quality for nearly 20 years!



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# WEEKLY PROGRAM



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**MONDAY**

**08.00**

Difficulty: ●○○○

**Canyoning Rio Nero**

🕒 4 hrs

€ 78,00 euro

**14.00**

**new**

Difficulty: ●○○○

**Adventure River Trekking**

🕒 4 hrs

€ 65,00 euro

**14.00**

Difficulty: ●○○○

**Via Ferrata Colodri 2.0**

🕒 4 hrs

€ 62,00 euro

**14.00**

Difficulty: ●○○○

**Family Climb**

🕒 4 hrs

€ 45,00 euro

*Activities guaranteed,  
even if you are alone!*

## TUESDAY

**08.00** Difficulty: ●●○○○  
**Canyoning Rio Nero**

 4 hrs |  78,00 euro

**09.00** Difficulty: ●○○○○  
**Fun Climb**

 4 hrs |  62,00 euro

**14.00** Difficulty: ●●●○○  
**Via Ferrata Monte Albano**

 4 hrs |  85,00 euro

**14.00** *new* Difficulty: ●○○○○  
**Family Canoa**

 4 hrs |  39,00 euro

## WEDNESDAY

**08.00** Difficulty: ●●●○○  
**Via Ferrata Cima Capi**

 5 hrs |  85,00 euro

**09.00** Difficulty: ●○○○○  
**Via 92° Congresso**

 4 hrs |  65,00 euro

**14.00** Difficulty: ●●●○○  
**Canyoning Palvico**

 4 hrs |  78,00 euro

**15.30** Difficulty: ●○○○○  
**Abseling Adventure**

 3 hrs |  49,00 euro

## THURSDAY

**08.00** Difficulty: ●●●○○  
**Canyoning Rio Nero**

 4 hrs |  78,00 euro

**09.00** Difficulty: ●●●○○  
**Via Ferrata Rio Sallagoni**

 4 hrs |  65,00 euro

**14.00** Difficulty: ●○○○○  
**Family Ferrata**

 4 hrs |  45,00 euro

**14.00** Difficulty: ●○○○○  
**Fun Climb**

 4 hrs |  62,00 euro



## RENTAL ONLINE AUTHORIZED EQUIPMENT

All our rental equipment is managed by SAFETY FIRST protocol.

"Think safe be safe"





## FRIDAY

**07.30** Difficulty: ●●○○○  
**Dolomiti Day**

8 hrs | 140,00 euro

**09.00** Difficulty: ●●○○○  
**Canoa & Climb**

4 hrs | 85,00 euro

**14.00** Difficulty: ●●○○○  
**Sentiero dei Banditi**

4 hrs | 90,00 euro

**14.00** Difficulty: ●●○○○  
**Family Canyoning**

4 hrs | 68,00 euro

## SATURDAY

**07.30** Difficulty: ●●●○○  
**Via Ferrata delle Aquile**

7 hrs | 120,00 euro

**09.00** Difficulty: ●○○○○  
**Fun Climb**

4 hrs | 62,00 euro

**14.00** Difficulty: ●●●○○  
**Canyoning Palvico**

4 hrs | 78,00 euro

**14.00** *new* Difficulty: ●●●○○  
**Via Ferrata Rio Ruzza**

4 hrs | 80,00 euro

## SUNDAY

**09.00** Difficulty: ●●○○○  
**Via Ferrata Rio Sallagoni**

5 hrs | 65,00 euro

**14.00** Difficulty: ●○○○○  
**Family Bike Experience**

4 hrs | 39,00 euro

**8.00** Difficulty: ●●○○○  
**Canyoning Rio Nero**

4 hrs | 78,00 euro

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Matteo



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# OUTDOOR ACTIVITIES INFO & BOOKING



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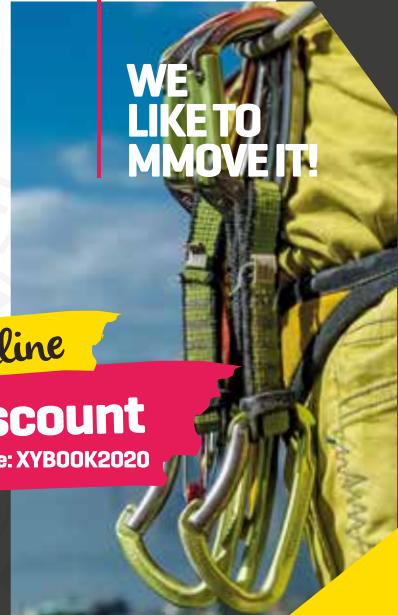


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# Our Team

“ The guys and girls at Mmove really know their stuff. They're friendly, they have great guides, their gear rental is excellent...and so is their English. Which was great, cause my Italian is not so bene!!” (Lindsay D - USA) ”



# Mmove

We are happy with your trust in us for the past **nearly 20 years**, about the great number of new friends we have made, about the common experiences shared around Arco, at Lake Garda, in the Dolomites and around the world.

**We are Mountain Guides with great passion and we want to share this with you.**

Founder and director of the Mountain School is the Trentino Alpinist **Mauro Girardi**. He is a certified mountain and ski guide and has directed the Mountain School Mmove right from the beginning  
**(former Friends of Arco).**

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the boss

**Mauro**

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“ Mmove and especially this canyoning tour I highly recommend. Jumps, slides and abseiling are combined well and the guides acted very professionally - safety conscious and responded to individual wishes / requirements. My son, 11 years 43kg also enjoyed it very much - 5 stars. (Roland E - Germany) ”

# Canyoning

# Canyoning

**Do you want to discover something new, something exciting and refreshing? Jump in the water and enjoy canyoning (also called canyoneering) around Lake Garda and in the Ledro Valley.**

Flow downstream with the water through otherwise "inaccessible" canyons, cascading over drops into pools, slide down chutes and wade through deep water. You'll discover breathtakingly beautiful places and often dramatic, untouched scenery. Fun is guaranteed!

**Who can do it?** It's not difficult and you don't have to be a good swimmer. Everyone with a minimum level of fitness and no fear of water can do it. Even children from 40 Kilos can enjoy Canyoning.

## Activities

**RIO NERO / PALVICO / VIONE / ALBOLA / VAIO DELL'ORSA  
FAMILY CANYONING ...**

*Check out our weekly program!*



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# Via Ferrata



“ A very well organized trip with fun instructors. It was a hot day so climbing in the canyon was perfect. My 13 year old daughter and I loved the challenge but how confident we felt at all times. I can't wait to do more via ferrata now!... (ValerieL1905 - UK) ”



# Via ferrata

An iron ladder climbing path is a perfect alternative for people who want more than just an uphill walk but who don't fancy the thrill of rock climbing. The best thing about this is that you don't need any particular skill except sure-footedness...

Iron ladder paths allow mountain walkers to enjoy spectacular routes and magnificent views that would normally have needed considerable climbing skills.

**Who can do it?** Everybody who likes walking in the mountains and does not suffer from vertigo or has fear of heights join our via ferrata tours.

## Activities

**CIMA CAPI / COLODRI 2.0 / VIA FERRATA DELLE AQUILE  
RIO SALLAGONI / MONTE ALBANO / FAMILY FERRATA ...**

*Check out our weekly program!*



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# Climbing

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“ Took the private climbing tour with my boyfriend [...]. The guide took us to a beautiful climbing place and was very professional and nice [...]. It was our first time so we were very surprized at how much we managed to do. Very recomended!! (Karin U - Germany) ”

# Climbing

Rock climbing in the area of Lake Garda has a very long tradition. Whether beginner, advanced or professional, here in Arco every climber finds the right rock.

We know why Rock climbing has gained lots of popularity over the last 20 years.

So just pass by, ask us and ... off we go!

**Who can do it?** You don't necessarily need to be young, old, tall or short to start rock climbing. Climbing is very much a physical and mental challenge and even children enjoy great benefits.

## Activities

**FUN CLIMB / CLIMBING COURSES / MULTI PITCH CLIMBING  
CLIMB & YOGA / DEEP WATER SOLOING / FAMILY CLIMB ...**

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# Kids & Family

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“ Me and my daughters (9 and 12 years) participated in a family climb and a family via ferrata on Mount Colodri [...]. It was a wonderful experience lived in a relaxed and motivating atmosphere. Andrea had a lot of patience and attention [...] (LucaB - Sweden) ”



# Kids & family

Is there anything a child loves more than getting out into fresh air, romping around, climbing trees and taking a swim in a river?

Unfortunately videogames, computer and television rob the children of the sheer pleasure of enjoying simple and natural adventures.

It is important for us that children discover nature in its purest aspect.

That's why we'll go climbing with kids, try iron ladder paths and enjoy unique moments with the whole family with canyoning. With us, both parents and children will sense the strength of nature and experience exciting days with new emotions.

## Activities

**FAMILY CANYONING / FAMILY CLIMB / FAMILY CANOA  
FAMILY ADVENTURE IN FINALE / FAMILY FERRATA ...**

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“ After the first excellent experiences with Mmove, we decided to hike up Monte Stivo [...]. During the ascent, the mountain guide kept giving us interesting explanations of the viewpoints and made sure that we were more aware of the surroundings. (Mel J - Germany) ”

best price

from € 25,00

# Trekking

# Trekking

NORTH LAKE  
**GARDA**  
TRENTINO ITALY

**These year at Lake Garda:** To make the most of your hiking holidays at Lake Garda, we have developed **brand new** and diverse **weekly walking tours** with guided hiking excursions **for all levels**.

**Who can do it?** Everybody who likes walking in the mountains and is in good shape can join our tours.

**Weekly programm:** new

## TUESDAY - Walk & Taste

Just beside Lake Garda: wine, oil and more.

**15.00** | 🕒 Half Day | 💶 25,00 euro

### WEDNESDAY Garda Trek

Naturalistic excursion to Canale di Tenno and to the S. Pietro Hut

**09.00** | 🕒 Half Day  
💶 25,00 euro

### FRIDAY Garda Trek

Naturalistic / historical excursion to Monte Corno.

**09.00** | 🕒 Half Day  
💶 25,00 euro

### SATURDAY Garda Trek

Loop Tour "Sentiero delle creste" to the Pernici Hut

**09.00** | 🕒 Full Day  
💶 46,00 euro



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# Dolomites



“ Last Friday I was on excursion with Mmove in Dolomiti. It was very nice experience. Trekking and via ferrata, impressive views, a bit of adrenaline and great time. I recommend Dolomiti day. (Eva B - Poland) ”



# Dolomites

With an unbelievable view of steep ridges and gullies, jagged towers, sharp and ragged rock, the mountaineer's heart leaps in eager anticipation. When the cliffs then turn to a shade of orange at sunset, it is not only mountain lovers and trekkers that hold their breath.

**To climb one of the towers of the Tre Cime di Lavaredo, to discover the Campanile Basso or to experience the legendary Via delle Bocchette climbing path... just once.**

Since 2009 UNESCO has included the Dolomites in the list of world heritage sites. No wonder that many wishes and longings have developed around these mountain tops. **Our guides will be happy to make all this possible for you**

## Activities

**DOLOMITES DAY / TREKKING HUT TO HUT / LEG. CLIMB. ROUTES  
ALPINE CLIMBING COURSE / THE VIA DELLE BOCCHETTE ...**

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# Bike Tours

best price

from € 39,00

“ Been to Riva dl Garda a couple of times for biking adventures. All the times assisted by Mmove and their staff. Great people that always are very friendly, professional and skilful. (Eric Berglund - Norway) ”

# Bike Tours

It doesn't matter whether you are a road biker or MTB lover, the Lake Garda is one of the most beautiful destinations for a cycling holiday in Italy.

From the cycling paths which lead to the lake following the river's course to the hilly trails through the woods, to adrenaline filled descents along breath-taking paths, everyone can choose their ideal route.

No wonder that every year thousands of cyclists rush to the northern banks of the lake to enjoy a holiday on the back of their bike.

Show us your bike and we will tell you where to go!

## Activities

**TREMALZO DOWNHILL / DOLOMITE: 9 PASSES 7 DAYS  
TENNO AND GOLA DEL LIMARÒ WITH WINE-TESTING ...**

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“ The guys were very patient, very professional, always friendly and extremely helpful. [...] Thanks to "Mmove" this holiday turned into a unique and unforgettable experience!!! (Quentin - Germany) ”

best price

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# Adventure Trips



# Adventure Trips

We scout the rest of the world out too! Each of our guides has his or her favourite spots and we would like to show you why! We go skiing in Norway, we climb in Sardinia and explore unknown Mallorca. Discovering is one of our most beloved occupations!

**We simply love to discover new spots and get to know them closely with local guides, as friends and not as visitors...**

Our trips put together sport (skiing, climbing, trekking,...) and cultural highlights, that's why they are so very special. They are always escorted by expert mountain guides or hiking guides and can be tailor-made individually for special requests.

## Destination .....

**NORWAY - SVALBARD / JAPAN / SIBERIA / BULGARIA  
PATAGONIA / SICILY ...**

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# Winter Activities



“ What an amazing day of alpine skiing at Passo Tonale!!! Our guide Andrea was well prepared and very professional... I highly recommend it! For sure I will come back this summer for other activities with mmove. (Mauro P. - Italy) ”

# Winter Activities

Even if it rarely snows in Arco, we love this candid and magical element. It is our passion to look for the best snow and we take you to the most beautiful places in Italy and in the Alps.

We also like unusual places for ski touring, such as the volcano Etna or the island of Corsica. But winter offers us another exciting adventure: climbing the huge frozen waterfalls around Arco and in the Dolomites.

Feel free to contact us, we even organize individual programmes.

## Activities

**FREERIDE / SKITOURING / SNOWSHOEING / ICE CLIMBING ...**

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# SAFETY FIRST

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## SAFETY FIRST

We are proud to present an innovative way of safe outdoor experience.

After two years of intensive collaboration with important outdoor brands, **CT**, **Salomon**, **Ortovox**, a legal office and an insurance company, our project **"SAFETY FIRST" is born.**

It is based on the experience and the knowledge of mountain professionals and links prevention strategies and risk management to outdoor activities.





# Safety first

1.

The Mmove staff is **certified to control the mechanical integrity** of all equipment to ensure it is maintained properly and all elements are fit for service.

2.

We have developed an **advanced system of tracking**, checking and managing every piece of rental equipment available in our Mmove office.

3.

**Mmove in numbers...of the year 2019:**

- **4.315** clients have been accompanied by our guides
- **3.480** people rented equipment in our office
- **1.048** runners tested our Salomon shoes
- **12** guides are waiting for you...

4.

**More information = more security.**

Therefore Mmove, Itas Insurance and the legal office Viola & Zandonai have elaborated specific informative disclaimers to make our clients more aware of each outdoor activity.

**“THINK SAFE BE SAFE!”**



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# RENTAL EQUIPMENT

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## THE FIRST AND ONLY CERTIFIED GEAR RENTAL AT LAKE GARDA

Only the best for your safe adventure in the mountains. All our **CTM rental equipment** is brand new, and of the highest quality.

We guarantee it is maintained in excellent condition and checked every day by specially qualified and trained persons.

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# Rental Equipment



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€15,00

CITY BIKE



€15,00

COMPLETE SET FERRATA



€20,00

SNOW SAFETY KIT



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Credits: Klaus Dell'Orto

# CLIMBING EQUIPMENT

[climbingtechnology.com](http://climbingtechnology.com)



**climbing  
technology**



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### FREE PARKING

OPEN EVERY DAY  
FROM MARCH TO OCTOBER  
**8.00 - 19.00**

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# Mmove Card

Check out our website and discover all the advantages of the Mmove card. Register now and get a **10% discount** on all weekly program activities\* (see special conditions for booking online)

We are happy with the trust you have given us these past **19 years**. Happy with the great number of new friends we have made and of all the shared experiences!



DISCOUNT  
**10% OFF**



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# M M O V E



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NORTH LAKE  
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TRENTINO ITALY

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# OUTDOOR ACTIVITIES INFO & BOOKING

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