

# Where to holiday in Lake Garda

Following a breathtaking twisty drive up the side of a mountain from the small Italian town of Gargnano, we arrive at Lefay Resort & SPA Lago Di Garda. And my, oh my, is it worth waiting for. The resort is set in 27-acre grounds, nestled in the mountains above Lake Garda.

On arrival we are taken onto the terrace for a welcome drink. The views are simply stunning, exquisite, breathtaking – in fact, right there, right then, I fall in love with the Italian Lakes. So secluded and so peaceful, Lefay captures my Italian dream. The resort prides itself on being eco-sustainable, so the rooms use natural fabrics; electricity is completely from renewable sources, with almost two thirds generated on site; and rainwater is recycled. The resort even produces its own olive oil.

Lake Garda is the biggest lake in Italy and is truly beautiful. From almost every part of the resort, you are able to drink in the views of the lake and charming Italian towns beneath, where orange trees line the lakefront. It is as picturesque as it gets.

## Attention to detail

I instantly feel calm wash over me, as the reception is manned by charming, attentive staff and decorated with pretty plants and perfectly-positioned candles exuding exquisite aromas. The beautiful surroundings inspire relaxation. Lefay

Resort doesn't try too hard and the attention to detail is excellent. The staff are professional throughout and nothing is too much trouble – the service here is special.

The spa is award-winning (I do love a spa) and I'm not surprised. It's a totally tranquil area, quietly efficient with a wonderful array of treatments – but it is the small things that reveal its class. While I am face down on a massage table, a bowl of beautiful orchids is placed below the bed for me to look at rather than the floor during my full body massage. This was just one of the small, elegant touches evident throughout our whole stay. The full body massage was the highlight of my treatments and the warm lavender and lemon oils worked into my skin were blissful.

If you do visit, check out the spa's own indoor salt lake, which is extraordinary! Combine with the relaxation grotto with its water loungers, the aromatic sauna and Hammam during your stay to experience the spa's 'world of water and fire.'

## Packed with flavour

The resort's extra touches extended to the turndown service with home-made jellies, plus a Lefay bookmark placed in my book to reserve my page. The food here is also special. Lefay Vital Gourmet champions the Mediterranean diet and the most authentic flavours of the region. Seasonal ingredients with a lot of extra virgin olive

oil are used to create straightforward, delicious food. There are two main restaurants: La Grande Limonaia is the resort's main restaurant, with staggering scenic views. The menu features contemporary flavours with dishes that are simple but well-cooked and packed with flavour. Breakfast is also served here; with a huge choice (and a nod to healthy eating). There was a gluten-free section, too, and my favourite part, a juicer, so I could rustle up some blends myself.

Trattoria La Vigna is the second restaurant, which has a less complicated and very relaxed feel, with food that is equally as good. Having said that, it hits me that the whole resort is relaxed and unexpectedly unpretentious. We choose an amazing sea bass, simply cooked in a salt crust, served with roasted vegetables, which is delicious. This is followed by a dessert to be remembered – a chocolate cappuccino mousse that combines a light texture with an intense chocolate coffee flavour. The highlight for me during my stay will always be lying by the infinity pool post-massage with that amazing view ahead, while eating my simple Caesar salad and sipping on a Mojito.

Lefay believes that the concept of luxury is being redefined and is becoming more focused on aspects such as space, nature, silence, time for oneself and discreet service, but still with great attention to detail. Do you know what, I think they've cracked it.

Lefay Resort & SPA Lago di Garda has been voted one of the Top 25 Luxury Hotels in Italy at the TripAdvisor Travellers' Choice Awards. Clare Morfin, a Kuoni customer and lifestyle blogger at Easy Peasy Lemon Squeezy, jets off to Lake Garda to test out this sustainable spa resort.

## INSPIRED?

The best way to get to Lefay Resort & SPA Lago Di Garda is to fly into Verona and we'll arrange a private transfer to the resort. We can tailor-make an Italy holiday, so you can combine Lefay with a stay in Verona or another lakeside destination such as Sirmione or the Gardone Riviera. We also work in partnership with Wellness Escapes, so can arrange wellness packages that include spa treatments, local experiences, energising activities and meal plans. Find your local wellness or Italy expert at [www.kuoni.co.uk/experts](http://www.kuoni.co.uk/experts)