

SIRMIONE CITY GUIDE - THINGS TO SEE AND DO



See inside for details about getting around, sightseeing, shopping, nightlife and more

Known to everyone as “ the pearl of the islands and peninsulas” thanks to Catullo, **Sirmione** is famous for its thermal water with its healing properties.

Situated on the south bank of **Lake Garda**, on a long and narrow peninsula that divides the gulfs of Desenzano and Peschiera, Sirmione was made even more famous thanks to writers such as Catullo, Stendhal, Lawrence and Goethe that honoured its artistic and environmental beauty.

Remembered as "Mansio" (together with other public buildings subject to a decurion), after the fall of the Roman Empire, Sirmione became a part of the Longobard kingdom, and in the XII century, it had its own independent administration from Verona. During the Scaligera regime, in XIII century, a wall was built around it and also an impressive fortress, after that it passed to Venice in the XV century.

Apart from hosting a Spa of international level, it also has a rich historical and artistic heritage, that includes the ruins of an ancient **Roman Villa** of the first imperial era, known as the Catullo Grottoes , **the Scaligera Fortress** and the church of "**S. Pietro**" in Mavino, that dates back to at least VIII century. The city centre is characterised by the narrow alleys with the walls of stone, offering its visitors romantic and suggestive views.

Today Sirmione is one of the most important tourist centres of the Garda Lake, with sports and recreational facilities to practise the water sports (windsurfing, sailing, etc.) and hotel establishments and services at an international level, able to satisfy the needs of even the most demanding clients.

Things to do



The Thermal SPA of Terme di Sirmione. An oasis of wellness immersed in a large park, a place to enjoy moments of intense pleasure all year round, during the day or in the evening, alternating the sensorial experiences of the thermal water, the steam and the heat, the pampering of personalised treatments.

Amidst the thermal water and the breathtaking views of Lake Garda guests find beauty, equilibrium and harmony.



More than 10,000 square metres of wellness, of which 700 contain thermal water with swimming pools, hydromassage, effervescent beds, saunas, steam baths, sensory showers. Rich in mineral salts and micronutrients, the sulphurous water containing is vital for the skin and the whole body throughout the year.

Its temperature is at a constant temperature of between 34 and 36 degrees, allowing the outdoor swimming pools to be used even in winter, and its exfoliating properties prepare the skin for tanning in the summer.

Scaligero Castle - Ancient fortress offering scenic climbs



In the first half of the 13th century, Sirmione fell into the hands of the Scaliger family. From then the town continued to be an important military centre until the 16th century, even during the 19th century, a garrison remained in the castle.

In the year 1888 Sirmione became a part of Unified Italy.

The castle dominates the landscape of the town and has a large moat where ducks and swans can be seen today. There are 150 steps which lead up to the ramparts and the tower is open to public for viewing.

From the top of the tower, beautiful views of the Lake Garda can be enjoyed. The courtyard of the castle was controlled by the guards from the embrasures. The prison was below the main keep.



The Sirmione castle has large crenellated walls and towers and an inner porch which is set in medieval and Roman stones. The entire structure is surrounded by water and a second defence wall can be reached through a drawbridge. There is also another walkway along the wall from where the striking dock can be admired. The doors were fitted with several different systems for locking. The drawbridge was for the pedestrians and carriage which had a metal sluice and had two hinged doors.



Jamaica Beach - one of the best known beaches; a paradise corner, a dream place with pure water.

To get to this beach you need to go through the centre of Sirmione. Once you have reached the centre you must walk up to the Catullo Caves and pass through the gateway near the bar and the ticket office to walk the trail down to the beach.

On the way there is a bar at the end of the trail where it is possible to take a drink or eat something whilst taking in the view or enjoying the sun, before taking the final few steps to the beach.



Once there you can both enjoy the clean and crystalline water and use the rock plates to get out of the water, these also allow walking or laying into the water; small pools make younger getting fun without any danger, but it is necessary to wear easy shoes because the rocks are slippery and it is easy to fall.

If you want to swim at Jamaica Beach you will have to walk all the plates or alternatively get there on boat.

Gardaland is an amusement park and resort adjacent to Lake Garda, but does not actually face the water. Attractions at the Park include Roller Coasters, Water Rides, Flat Thrill Rides plus many other attractions.

Here are some of the main ones:



Shaman

Experience all the thrills of an iconic roller coaster with a double loop-the-loop combined with a spectacular flight into the mysterious world of native American Indian spirits.

For thousands of years, the tribes inhabiting the Rocky Mountains, led by the Shaman, have performed the incredible ritual of entering into the world of their ancestors' spirits.

You too can now make this extraordinary journey and return safe and sound to reality leaving the evil spirits behind you.



Fuga da Atlantide

Once you have boarded the boat, you immediately face a first ascent, 16m high and dive into the water. Here begins the first part navigated in the river completely immersed in the setting of Atlantis and you pass through a cave.

After this first part you will go up for the second ascent, 19m high and downhill will touch 65 km / h and as you dive back into the body of water and start the second part sailing it will end with a return to the starting station.

The length of the attraction is 700 m and the duration is about 8 min.



Blue Tornado

Experience the thrills of a high-speed flight on a supersonic jet. And just like the legendary Top Gun pilots, get ready to launch yourself on a mission that will take your breath away..

Nothing will be the same ever again!

Other than the rides Gardaland has loads to offer including a **Sea Life Aquarium** where you can meet over 5000 creatures of the deep in 13 themed areas. **Gardaland Magic Winter** which is a wonderland of festive lights, decorations and themed performances.

Food and beverages are available to purchase at a range of restaurants, kiosks and fast-food outlets, while you can pick up some unusual gifts, such as toy swords, t-shirts, and games, at a host of gift shops throughout the park.

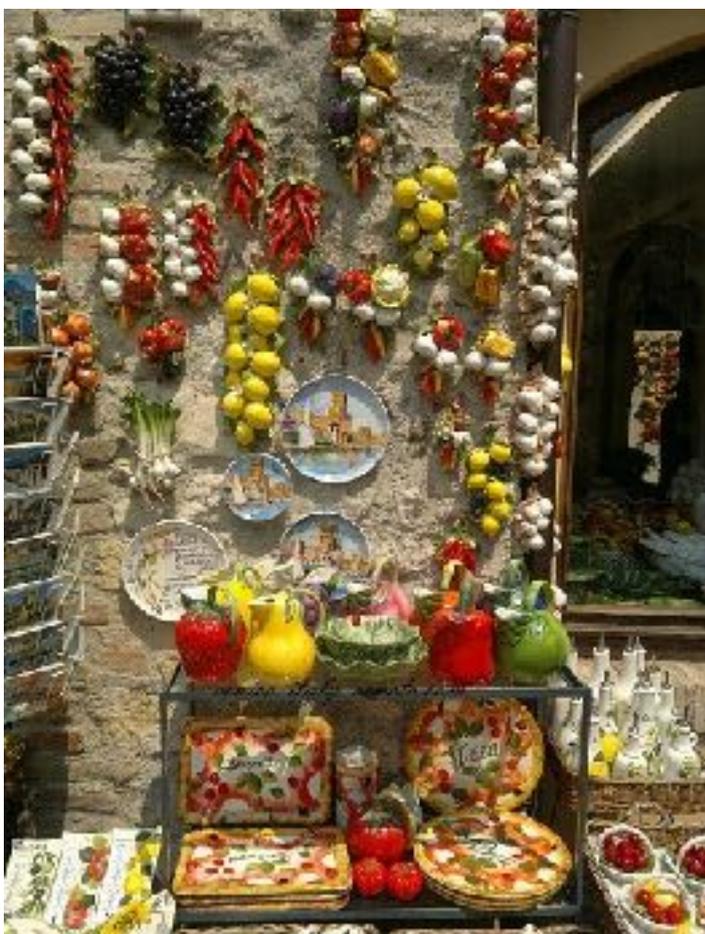
Shopping

There are couple of very good clothing shops in Sirmione. Among them is the well-known **Gianni Versace**. It's the trade-mark store of the city. There are even specialty stores to fit the needs of every family member regardless of age. Children's designer clothes are a hot item you might not find elsewhere and the glass display case on the street outside **Il Gabbiano** will immediately draw the eye. This particular shop stocks a lot of the Italian designers including Dolce and Gabanna, Bluemarine and Alviero Martini; they also have quite a penchant for Burberry

The Art Gallery shop is a must see and is situated on Main Street, just opposite the street of Terme di Catullo. It showcases works of art made by contemporary Italian artists and each work of art is a unique piece.

There aren't many traditional souvenir shops on the main street of Sirmione worth of visiting. However, you may find one that offers souvenirs made of steel and other metals. Many people find themselves attracted to the nicely made bells which can be used as an old-fashioned doorbell for the house.

For those looking for more domestic art supplies, a shop called **Benzoni** may have what you're looking for. They sell a number of different journals, notepads, and stationery.



Gardeners will love shopping in Sirmione as the Italian craftsmen design and make high-quality terracotta products. You'll find a number of these shops situated in the the old core of the town. Each offers hundreds of picturesque articles to remind you of your trip long after you've left. While the pieces may be serial works, they're done nicely and aren't expensive. There is a ceramics shop that offers original craft-works that are one of a kind, but expect to pay a bit more then you would in other similar shops.

Of course, if you're looking to bring something home for the aspiring chef in the family, you'll need to stop at "**La Fiorita**." The shop is run by Fiorenzo and his wife Rita and is a favourite shop of many visitors to Sirmione. The owner has used his knowledge to become the rare combination of both trader and wine lover. If he recognises you're a wine lover then you'll likely spend some time in his shop and listening to some of his stories about various wines.

However, if you're looking for bargains, try the famous **Monoprix**, where every item of clothing in the store is ten euros - you can spend 2000 euros on a cashmere jacket or ten euros on a hoody at Monoprix!

Nightlife

Not much is written about the nightlife in this quiet town but we have a little surprise for you! Just read on to find out where you can go, if you are a night owl and need a place to unwind in Sirmione, with drinks and delicious food.



**Il Fiore (Flower Beach Bar - Pizzeria and Grill)
Via Pietro Amendola, 25019**

Hidden away down one of the many pretty lanes of Sirmione, this truly is a treasure you need to set out to discover.

This place is set away from the main touristy area and promises the best sundowner, with beautiful sunset views.

You can try an Aperol, being the local favourite, or ask for an international cocktail, they are served with a big bowl of crisps, a plate of crackers or sliced meat. All this at comparatively reasonable rates.



**Lagoa Cafe Sirmione
Via Salvo d'Acquisto 15, 2501**

Offering some drool-worthy cocktails and food, in addition to magnificent panoramic views of the waterfront, Lagoa Cafe stands proudly in the main city centre of Sirmione.

Get ready to be awestruck by the views, as the entire boundary of the lake lights up with the growing night and you sip on your personal favourite. Frequenting by most locals, this place is highly renowned for its quick and friendly service, cocktails and ice cream.



**New Wilde Fashion Bar
Piazza del Mercato 12, 25019**

You need to head to New Wilde Fashion Bar for its immersive atmosphere, that will help you unwind like a breeze!

With live music and the choicest selection of both local and international cocktails, this charming aperitif favourite is what one needs to bring in the night, in style.

This fashion bar boasts themed nights, which can go from Latin nights to karaoke. It's easy to locate, as it's situated right in the market square.

Getting there

The nearest airport is Verona which is 19 miles from the accommodation. The following airlines fly there from the UK and Ireland.

[Aer Lingus](#) from Dublin.

[British Airways](#) from London-Gatwick

[easyJet](#) from London-Gatwick

[Jet2](#) from Belfast-International, Birmingham, Bristol, East Midlands, Edinburgh, Leeds/Bradford, London-Stansted and Manchester

[Ryan Air](#) from Birmingham, Dublin, London-Stansted and Manchester

[TUI](#) from Birmingham, Bristol, Dublin, Glasgow, London-Gatwick, Manchester and Newcastle Upon Tyne.

[Volotea](#) from Cork.

The next nearest is Orio al Serio which is 53 miles from the accommodation. There is only one airline that flies there from the UK and Ireland.

[easyJet](#) from London-Gatwick

[Ryan Air](#) from Belfast, Belfast-City, Bristol, Cork, Dublin, East Midlands, Edinburgh, Knock, London-Stansted, London-Southend and Manchester

Then there is Milan-Linate which is 73 miles from the accommodation. Here are the airlines that fly there from the UK and Ireland.

[Aer Lingus](#) from Dublin

[Alitalia](#) from London-City and London-Heathrow

[British Airways](#) from London-City and London-Heathrow

[easyJet](#) from London-Gatwick

Finally there is Milan-Malpensa airport which is 104 miles away. These the airlines that fly there:

[Aer Lingus](#) from Dublin

[British Airways](#) from London-Heathrow

[easyJet](#) from Bristol, Edinburgh, London-Gatwick, London-Luton and Manchester

[RyanAir](#) from Bristol, Dublin, London-Stansted and Manchester

[Wizz Air](#) from London-Luton

Know before you go

Electricity in Italy conforms to the European standard of 220V to 230V, with a frequency of 50Hz. Wall outlets typically accommodate plugs with two or three round pins (the latter grounded, the former not)

In a real emergency, dial 112, this is the equivalent of 999. You will then be immediately connected to an operator. Here are some other useful telephone numbers.

Emergency Police Help (also fire/ambulance) 113

Consular Agency of the United Kingdom of Great Britain and Northern Ireland

British Consulate General Milan Via S. Paolo, 720121 Milan. Telephone +39 02 723001

Email: Milan.ConsularEscalations@fco.gov.uk

Tourist Office: There are several tourist offices throughout the area. One in the centre of Sirmione can be found at Piazzale Campiello, 25019 Sirmione BS, Telephone: +39 030 919322

How can I make a phone call from Italy?

To call a United Kingdom landline or mobile phone from Italy, dial 00 44, then the UK number without its leading zero. For example, the UK number 01632 234567 should be dialled as 00 44 1632 234567 from Italy.

Is smoking prohibited?

Smoking in Italy has been banned in public places including bars, restaurants, discotheques and offices since 2005. The majority of Italians supported the ban at the time it was first implemented, but there was a lack of support from smokers and some bar owners. 5% of bar and restaurant owners immediately introduced separate smoking rooms.

Other than cash how else can I pay?

With credit cards: Payment using recognised international credit cards is also commonly available in Spanish shops. They usually have signs indicating this option at the entrance to the establishment. When you make a payment you should show your passport or ID card.

With traveller's cheques: Traveller's cheques, accompanied by a passport, are also accepted in many hotels, restaurants and shops.

Where can you change foreign currency?

You can change currencies in bureaux de change and some banks. This service is also available in many hotels and travel agencies.

Is tipping mandatory?

In Italy service, which usually ranges from 1 to 3 euros depending on the restaurant, is automatically added to the check and must be visible on the menu. "Coperto," the charge for the tablecloth, silverware, etc. may be added. Normally, just round up the bill a few euro.

How can you go online and check your e-mails?

If you want to connect to the internet, no problem! There are nearly 20,00 places throughout the area that free WiFi. connections: cafes, restaurants, kiosks... You'll also find it in a number of airports, train and bus stations, and some shopping centres and hotels. You may sometimes need to ask for the password. What's more, many venues offer free WiFi in public spaces like parks or squares.

Remember that WiFi connections have a maximum speed limit, so they're mainly useful for finding specific information. You can also connect to the Internet via your mobile device. Remember to check your usual mobile phone operator's conditions and rates before you travel.

How can I send a letter or a postcard?

You don't need to visit an official post office, to buy a stamp, and to send your letter or postcard. There is a more convenient way to do so!

Stamps are sold in every well-equipped tabaccheria, and not only stamps for Italy only, but also international stamps. Those stores also sell tickets for local buses, besides many other things. So, all you have to do, is buy a postcard from somewhere you like, fill everything out according to the lines on the card, write the country you want to ship this to in big letters (to make sure everyone is able to read it) in either English or Italian language, go to a tabaccheria, mention you want to send this to country xy and you will get the stamp!

Public holidays 2022

1st Jan Sat New Year's Day
6th Jan Thu Epiphany

17th Apr Sun Easter Day
18th Apr Mon Easter Monday
25th Apr Mon Liberation Day

1st May Sun Labour Day

2nd Jun Thu Republic Day

15th Aug Mon Assumption of Mary/Ferragosto

1st Nov Tue All Saints Day

8th Dec Thu Feast of the Immaculate Conception

25th Dec Sun Christmas Day

26th Dec Mon St Stephen's Day