

EUROPEAN CHAMPIONSHIP SINGLE LIFT

ITALY september 2015



WHERE : Riva del Garda, Trentino, ITALY

WHEN : 18, 19, 20 september 2015

WHAT : 18 September SQUAT COMPETITION

19 September BENCH PRESS COMPETITION

20 September DEADLIFT COMPETITION

LOCATION



Riva del Garda is the pearl of Lake Garda

Its Mediterranean climate, wide sunny beaches and beautiful panorama are the right ingredients for an unforgettable holiday on Lake Garda – or more than one if you wish !

Riva del Garda is the main centre of Northern Lake Garda. It is the ideal location for an eventful holiday. Sport is the main motivation for the holiday: sailing and windsurfing in the first instance, but also hiking, cycling, mountain biking, tennis, canoeing. The mild climate favours a typically Mediterranean vegetation with lemon trees, olive trees, laurels and palm trees: a true Mediterranean island at the foot of the Dolomites. The centre of Riva del Garda will fascinate you with its works of art and architecture, witnessing to ancient history and a past rich in art and culture. The tour of the city comprises visits to the following:

- **the Rocca**, at present hosting the city museum and art gallery;
- **the Aponale tower**, an ancient venue for commerce and fairs;
- **the Pretorian Palace**, hosting under its loggia Roman, medieval and modern memorial stones, and the historic Comune Palace;
- The **churches of the Inviolata** and **S. Maria Assunta**, important examples of Baroque architecture.

In times past, the city hosted famous names such as Nietzsche, Kafka and the Mann brothers. This exclusive yet familiar reception is still part of the tradition of the shores of Lake Garda. The hotels offer you top comfort and innovation together with warm, familiar hospitality and characteristic restaurants.



tourist accommodation :

> more than 150 Hotels

> more than 200 Restaurant and Pizzeria

how to reach :

The region is bordered by [Tyrol](#) (Austria) to the north-east and north, by [Graubünden](#) (Switzerland) to the north-west, and by the Italian regions of [Lombardy](#) to the west and [Veneto](#) to the south and south-east. It covers 13,607 km² (5,254 sq mi). It is extremely mountainous, covering a large part of the [Dolomites](#) and the southern [Alps](#).

The region is composed of two provinces, Trentino in the south and South Tyrol in the north.

[Trentino](#) has an area of 6,207 km², most of it mountainous land (20% is over 2,000 m (6,600 ft) and 70% over 1,000 m) and covered by vast forests (50% of the territory). The climate is various through the province, from an alpine climate to subcontinental one, with warm and variable summers and cold and quite snowy winters. The region has always been a favourite destination for tourists, both in winter for skiing in the high mountains and in summer to visit the wide valleys and many lakes (the largest being [Lake Garda](#)).^[18]

[South Tyrol](#) has an area of 7,400 km², all of it mountainous land and covered by vast forests. The climate is of the continental type, owing to the influence of the many mountain ranges which stand at well over 3,000 metres above sea-level and the wide valleys through which flow the main river, the [Adige](#), from north to south and its numerous tributaries. In the city of [Bolzano](#), capital of the province, the average air temperature stands at 12.2 °C (54 °F) and the average rainfall at 717.7 mm (28.26 in). The lowest pass across the Alps, the [Brenner Pass](#), is located at the far north of the region on the border with Austria.^[19]

by CAR, by TRAIN, by PLANE :

When planning your holiday in Trentino, you can choose between arriving in Trentino by car, train or airplane according to your needs and the distance you have to cover. The region is easy to reach thanks to its central position between the Southern Alps and the Po and Veneto plains in north Italy.

For cars, motorbikes and camper-caravans, the main road access to the region is the **A22 Brennero - Modena motorway**, which is part of the E45 European road that runs through Denmark, Germany, Austria and Italy. National roads branch off from the A22 leading to every valley. The road network in Trentino generally consists of easy wide roads and the winter road conditions are constantly checked and maintained.

All long-distance Italian and European trains stop in the two main train-stations of **Trento** and **Rovereto**.

If you are travelling by **airplane**, you can land in Italy at Verona, Bergamo, Venice or Milan and reach Trentino with a one to two hour trip choosing either a car-rental service, shuttle busses or trains.

Travelling within the Province is convenient thanks to the local **bus and train** network, skibus service and summer cable-cars (see the dedicated pages in Travelling in Trentino).



PLACE TO STAY :

Hotel Rudy

is in a strategic position for the cities Riva del Garda and Arco. It is the right spot to start your excursions to discover the beautiful Lake and its mountains.

Each room is furnished with: Tv Sat – Sky, Telephone, Wifi, Safe, Air condition, Fridge

Moreover: Swimmingpool, restaurant with local dishes, Wellness Centre, Gym, Internet-point, Bar

Grand Hotel Liberty

On the shores of one of the most beautiful lakes in Europe, **in the heart of Riva del Garda**, the Grand Hotel Liberty, in a stylish palace built at the beginning of the 20th century, opens its doors into a world of warm refinement and elegance.

The large period salons, the beautiful garden with its spouting fountains, palm trees and geraniums, the wellness centre SPA and a first class kitchen will freeze time against a perfect background for the Art of Living.

Hotel Gardesana

Our experience, together with our family hotel, make our Hotel perfect for all the type of holiday, business, relax or other else. Our hotel is modern and comfortable, in a quiet place, only 50 meters from Lake beaches and only 800 meters from city center, reachable just walking trough our beautiful beaches. We have got a big garden and outside pool, with jacuzzi, sun beds and a garage with surf, bike and motorbike deposit.

and more ...

ORGANIZATION :



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