

Tourist itineraries from Mount Baldo to Lake Garda

Pastrengo

English



A proposal by the
Pro Loco Baldo
Garda Consortium



Veneto
The Land of Venice

www.veneto.eu





La neoeletta Presidente Comitato Pro Loco Unpli Verona, Bruna De Agostini, porta il suo saluto all'Assemblea Regionale Pro Loco Unpli Veneto – Verona-Fiera 13-09-2020

PRESENTATION

Greetings from the President

This guide-booklet aims to give occasional or passing tourists snippets of information for a first time panoramic approach to the place and enough suggestions to encourage them to take a day trip by bicycle or on foot.

It is not a commercial product and does not claim to replace the technical and noble literature of official guides.

We wanted to stay in the Pro Loco style, made of concreteness and aggregative activities “from the bottom”, in the perspective of the Pro Loco mission, namely the promotion of popular-social tourism, starting from the history of the territory, from things to see and taste, turning at the same time to events, folklore and itineraries.

In the appendix the enjoyment aspect of street cuisine and festivals is also highlighted with the presentation of the typical dish of the territory.

The **Pro Loco of Pastrengo** will be able to enhance its associative image even better with this guide-brochure!

Above all, this will be a useful contact tool and concrete support in dialogue with all the aggregative realities of the territory.

Best regards

The President of the Consortium

Pro Loco Baldo Garda

Dr. Albino Monauni



July 2020 - Pro Loco Consorzio Baldo Garda delegates meeting.



Real volunteers

*Those gentlemen with a dark blue vest
are from the Pro Loco for sure
With great passion they look after
The organisation of the parties*

*How many things need to be done
to do to see that everything works
safely and securely
for the good of the community*

*Posters and banners,
Enel ,Siae and billboards
in addition to the assembly of the tents
and the kitchens to be prepared*

*Another great concern
is to give each one his / her duty
who will be at the cash register,
who will do the dishes
who will be in the kitchen,
who will clear up*

*In Pro Loco all you need is a willingness
to work for free, there's a job for
everyone, and then, only when the party is
over, there is risotto in good company..*

Bruna De Agostini

PASTRENGO

Municipality of Pastrengo

Piazza Carlo Alberto, 1 - 37010 Pastrengo (VR)

Tel. 045 6778888 (switchboard) - Fax: 045 6770053

info@comunepastrengo.it - www.comunepastrengo.it

Inhabitants 3.037 - Altitude 181 m a.s.l.

Surface 8,96 Km^q - Distance from Verona Km 18



English



Pro Loco Pastrengo

Piazza Carlo Alberto, 1 – 37010 Pastrengo (VR)

Operating centre: Via Fontane, 22 – 37010 Pastrengo (VR)

Tel. 348 4424694 – Fax 045 7170398

info@prolocopastrengo.it - www.prolocopastrengo.it

1. THE TERRITORY IN HISTORY

The toponym Pastrengo has been interpreted in various ways by scholars. The most accredited derivation is supposed to be from the Lombard language “engo” the equivalent to a pasture. Pastrengo was in fact already a Lombard land as far back as 568.



The discovery of amphora fragments and scrapers in the Randina locality at the foot of Monte Castello certainly indicates primitive prehistoric settlements. An important confirmation of exchanges already in prehistoric times between the Garda area and the heart of central-northern Europe is the elegant bronze knife with a piercing blade, found in the Segattini bog of Pastrengo. It is a type of knife similar to others found along the Adige and in Austria. Only small traces remain from the Roman period, such as a fragment of a stone frame, walled in the apse of the recently restored Romanesque church of San Zeno.

Shortly after the year 1000, the community of Pastrengo passed under the jurisdiction of the Abbey of San Zeno in Verona, which enjoyed feudal rights and privileges over the country for about 800 years until the invasion of Napoleon into Italy.

From 1400 Pastrengo, already incorporated into the fiefdom of San Zeno of Verona, became a territory of the Republic of Venice. Under Venetian rule life passed relatively quietly until the Napoleonic era, at which time the situation became tragic with the arrival of French troops, who between 1796 and 1805 fought several battles against the Austrians in this area. In the fifty or



so year between 1796 to 1848 Pastrengo saw the passing of opposing armies up and down through its territory, Austrian, French, Napoleonic and then again the Austrians of Radetzky and the Piedmontese of King Carlo Alberto.

Pastrengo in The Risorgimento. *(the period leading to the unification of Italy).* The three wars of independence during the Risorgimento 1848 to 1866 saw the battlefield trenches of Pastrengo in the front line. On 30th April 1848, the famous Charge of the mounted **carabinieri** took place in Pastrengo in the context of the first war of independence: *...in facing the post at Pastrengo, still firmly held by Marshal Radetzky, King Carlo Alberto found himself exposed to sudden rifle fire that made his horse skid and exposed the isolated King to other more dangerous attacks. Major Alessandro Negri of San Front recognized the precarious situation and, at the head of the three cavalry squadrons of the Royal bodyguard he promptly intervened with an overwhelming charge which led king Carlo Alberto to safety.*

Pastrengo today. With a decision of the Regional Council of the Veneto on 10 February 2009, the municipality of Pastrengo was awarded the title of **“Walled City of the Veneto”**, in consideration of the presence of the Four Forts and of the Optical Telegraph of the Hapsburg era. With a successive Decree of the President of the Republic on 15 July 2011 the Municipality of Pastrengo was given the **honorary title of city**.



2. TO SEE

Amongst the **civil buildings** of Pastrengo to be considered for their historical and architectural value are the courts and private villas of the Segattini and Randina families, and of Villa Scappini, which has an internal double loggia and outside is graced with another tower called the Colombaron, a massive dovecote tower of the late Middle

Ages. Nearby, rises the Romanesque church of San Zeno which dates back to 1051. Centrally located and clearly visible passing by on the provincial road (at the traffic lights) is the Pio Ricovero in The Art Nouveau style of the early '900. Outside Pastrengo can be found the villa called del Castello situated on a height in the area of Piovezzano, villa Avesani: as well as the villa of the Ronzetti family in Piovezzano Vecchia. Further on, outside of Piovezzano in the direction of Sega is the court of Campara, formerly a holiday residence of the noble Nogarola-Maffei families and which later became a barracks for hosting Austro-German troops passing through the territories of the Republic of Venice. Amongst the valuable **religious buildings** is the parish church of Pastrengo (1700), The main altar with the beautiful tabernacle of variegated marble dates back to 1788 and is surmounted by an excellent oil painting depicting Saint Helena adoring the cross, a work by the Veronese painter Francesco Lorenzi. Other religious buildings are the parish church of Piovezzano (1800), which incorporates the remains of the ancient fourteenth-century church of San Zeno, the eighteenth-century church of San Rocco and the most important sanctuary of Santa Maria di Pol. Amongst the **military buildings** to be considered are the recently restored Telegrafo ottico (optic Telegraph) and the four Austrian Forts: in Piovezzano the Degenfeld fort and in Pastrengo the Benedeck, Nugent and Leopold forts. These forts were built between 1859 and 1861 as a strategic defense of the hills of Pastrengo-Piovezzano for the control of the Adige river passage at Pol.



3. FOOD AND WINE

Pastrengo was an important avenue of communication and traffic. Given its position on the crest of the hills that separated the Adige valley from the Lake Garda basin and the north-south traffic passing

by, over time the many trattorias and restaurants sprang up that are still active throughout the year, bearing witness to a historic vitality and a sense of hospitality for convivial meetings in a tranquil, environmental and human context. Pastrengo is now an occasion for a moment of pause from business, for a breath of invigorating air, for a stroll through the greenery and to enjoy panoramas in reassuring perspectives overlooking the Lake and Mount Baldo. The territory is suited to the production of Bardolino wine. The home cooking of the trattorias and the international cuisine of the restaurants offers a wide choice of special dishes: from snails to grilled meats, from lake fish to a roast trolley, from rabbit with polenta to boiled meat with "peara" (*a local, bread and pepper sauce*) from asparagus in Spring to wedding dinners all year round.

4. EVENTS AND FOLKLORE

For many years it was just the event of the Carabinieri Charge that gave lustre and notoriety to Pastrengo and



certainly still today the Charge continues to be an event of high institutional and media importance: newspapers and TV make a big deal of the images of the Cavalry on parade during the annual Ceremony of April 30th which recalls the anniversary of the battle that took place in Pastrengo in 1848: the 300 mounted Carabinieri members of the royal escort of the Piedmont King Carlo Alberto had put to flight the soldiers of Radetzky who at that time dominated the Austrian-Venetian Lombardy. The most recent tourist reality of Pastrengo is still historically to do with the Risorgimento and the Carabinieri, but also folkloristic, with an eye to environmental green and slow tourism, combined with the socializing fun of fetes and festivals throughout the year.

The **Falò della Befana** (*burning of the witch*) on January 6th, the Epiphany, opens the year, under the walls of the Austrian fortification of Forte Degenfeld, preceded by the procession



with torches and musicians starting out from the church square in Piovezzano. The most important event in the town is the **Anniversary of the Carabinieri Charge** on April 30th 1848. The official commemoration of the Carabinieri takes place in piazza Carlo Alberto with departments of carabinieri lined up in full uniform, a riot of flags and banners with many civil and military authorities that emphasize the choreography of the square. In some years there was also the Royal Charge with horses on the lawn adjacent to the Pio Ricovero. On contiguous days to the Charge, related events are planned, such as the Concert with music and songs of the Risorgimento era, as well as guided tours of the Austrian fortifications, the optical Telegraph, the villas and the historic courts. During the entire month of July, **summer concerts** are held in the square with European students on a study trip to Italy.

Very popular is the **Pumpkin Festival** (first ten days of September at the park at the Piovezzano roundabout) with the Pro Loco street kitchen offering typical dishes of country cooking with the delicate flavours of pumpkin. The associated competitions for the biggest, longest and most beautiful pumpkin is fun for children and parents. There are stalls with pumpkins painted by hobbyist artists, or carved by master carvers.



A great event combined with the Pumpkin Festival is the **Grand Carnival of Pastrengo**. With this initiative the Pro Loco wants



to take the opportunity to unite history and entertainment in order to make Pastrengo, its history and its territory know. And it is precisely the great history of Pastrengo, from the most ancient Middle Ages, to the more recent Risorgimento, and to the Pumpkin Festival that inspires the masks of its carnival. The summer flavours of good outdoor cooking are also offered at the August



dates of the **country festivals of Saint Gaetano and Saint Rocco** that also offer good music for dancing. In December **Santa Lucia** (Saint Lucy), who brings gifts for the children, arrives in the square and the following pre-Christmas Sundays in the square are lively with sweets, hot chocolate and mulled wine.

5. ITINERARIES

The gently sloping hills of the morainic amphitheatre of Pastrengo and the plain of Pol are crossed by a dense network of easy paths. It is an environment designed for pleasant strolls in the tracks of the old courts and villas of the Venetian period and of the Austrian fortifications.

Route n.1:

Pastrengo square
- Parish church
- Villa Randina
- Saint Zeno -
Colombaron -
Via Ca del Vento
- Piovezzano
Vecchia - Fort



Degenfeld - Piovezzano church square- Pol – Sanctuary of the Madonna - Via Tirolesa - Campara and the same way back.

Route n. 2: Pastrengo square - Belvedere on the sites of the Charge - Carlo Alberto's Rustic house - Forte Leopold Barracks - Optical Telegraph – Fort Nugent.

Pastrengo also lends itself very well as a starting point for interesting bicycle tours along the nearby cycle path.

Tourist guide for the Baldo Garda area

Taking the road downhill on the left side of the Church of Piovezzano, you can easily reach the bike path, just beyond the bridge over the Biffis canal.



Turning right, you reach Bussolengo at the Enel plant. In the opposite direction, on the left towards Mount Baldo, you reach the straits of the Chiusa, where the Biffis canal leaves the tunnel. On this route the Biffis viaduct which bypasses the Tasso valley underneath is very picturesque. From here you can admire the Austrian fortifications of the Hapsburg period, Mount Pastello, Valpolicella and the Adige River. Furthermore, walking along this cycle path you can see from above the marble district of Domegliara and Volargne.



At the gates of Pastrengo there is the Parco Natura Viva with a drive through safari park: a dive into nature and protected wildlife.



PASTRENGO

Pumpkin risotto with pancetta and rosemary *

Ingredients for 4 people

400 gr of rice
300 gr of pumpkin pulp
1 shallot
extra virgin olive oil
1 glass dry white wine
vegetable broth
salt, pepper
150 gr of not too fatty pancetta
1 sprig of rosemary
50 gr of parmesan cheese



Method

First of all, prepare the pumpkin creme. In a saucepan brown the shallot in a little oil. Then add the diced pancetta and chopped rosemary to it. Then pour in the rice and toast it, adding white wine and letting it evaporate. After about 4 minutes add half the broth, all the pumpkin creme, season with salt. Cover and cook the rice over low heat for about 7 minutes. Finish cooking, stirring constantly. Add the remaining broth until completely absorbed. As soon as the risotto is ready, turn off the heat and stir in the grana cheese to make it creamy and then serve.



* Recipe of the Pro Loco of Pastrengo with the member and amateur cook Mariolina Scappini submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2011 at the Rice Fair of Isola della Scala.

PASTRENGO

Pumpkin and gorgonzola risotto *

Ingredients for 4 people

500 g of pumpkin

2 small shallots

550 g of rice

50 g of sweet gorgonzola,

oil (to taste)

nutmeg (to taste)

salt (to taste)

black pepper (to taste)

vegetable broth

parmesan cheese (to taste)



Method

Add the finely chopped shallot to the olive oil, add the peeled and diced pumpkin and a pinch of salt; after 10 minutes of cooking add the rice and let it toast for a few minutes. Add broth a little at a time and stir the risotto to keep it from sticking to the bottom. A few minutes before the end of the cooking add the coarsely chopped gorgonzola and stir in until the cheese has completely melted and become creamy. Serve sprinkling with chopped black pepper and add the Parmesan.



*Recipe of the Pro Loco of Pastrengo with the member and amateur cook Bruna de Agostini submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2013 at the Rice Fair of Isola della Scala.

PASTRENGO

Mulled Wine with lemon balm *

Ingredients

1 litre of Bardolino red wine
2 cinnamon sticks
200 gr. sugar
8 cloves
1 pinch of nutmeg
1 untreated lemon
1 untreated orange
1 apple - lemon balm leaves



Method

Prepare all the spices, then thinly cut the lemon and orange peel. In a steel pan with not too high edges, pour the sugar, add the peel of the citrus fruits, the spices and finally pour in the Bardolino wine. Place the pan on the heat and bring slowly to a boil: boil over a low heat for 5 minutes, stirring until the sugar is completely dissolved. At this point a flame can be brought closer to the surface of the wine, the alcohol contained in the wine will catch fire. Let it flame until it completely extinguishes. Soak the lemon balm leaves in the mulled wine for a few seconds and then strain it in a thick mesh strainer and serve it steaming.



* Recipe of the Pro Loco of Pastrengo with the council member cooks Albino Monauni and Bruna de Agostini submitted to the " Gran Brulè (Great Mulled Wine) competition 2016 at the Fiera dei Bollito di Isola Della Scala. 1st place

PASTRENGO

Torta Zuccafolk (Pumpkin tart)

Ingredients for 4 people

For the dough:

250 gr of flour

1 egg

125 gr butter

2 tablespoons of sugar

½ glass of water

1 pinch of salt

For the filling:

500 grams of cooked pumpkin

4 tablespoons of sugar

3 eggs

250 cl of whipping cream

1 tablespoon of milk

1 teaspoon of cinnamon

1 pinch of salt



Method

Quickly mix the flour, the previously softened butter, the sugar, the egg, a pinch of salt and 1/2 cup of cold water; wrap the dough with in cling film and place it in the refrigerator for about an hour. Meanwhile clean the pumpkin in a sieve.

Whip the cream, adding the milk and the eggs by pouring the whole into a bowl. Add the pumpkin purée, sugar, cognac, cinnamon, check the salt and mix everything together. Roll out the dough into a buttered and floured cake pan. Prick the base with a fork and pour in the filling. Bake at 180 ° C and cook for 40 minutes. Allow to cool and serve.



PASTRENGO

Risotto with leeks, apples and hazelnuts

Ingredients for 4 people

320 grams of rice

2 apples

2 leeks

20 grams of hazelnuts

Vegetable broth (to taste)

Extra virgin olive oil (to taste)

butter (to taste)

Grana Padano cheese (to taste)

Thyme (to taste)

Salt (to taste)

Pepper (to taste)



Preparation of the recipe

Clean the leeks, wash them, slice them thinly and wilt them with a little oil, a knob of butter and a

sprig of thyme. Remove the thyme, pour in the rice and toast it, mixing it with the sauce. Gradually add the boiling vegetable stock and continue cooking. Wash the apples, slice them thinly and incorporate them into the risotto a few minutes before removing from the heat. Stir in a bit of butter, grana padano cheese and a pinch of pepper. Add the hazelnuts flakes, a few leaves of fresh thyme and serve.



Recipe by Albino Monauni, president of the Pro Loco Baldo Garda Consortium, proposed with the help of colleague Bruna De Agostini at the "Risotto d'Oro 2019" (Golden Risotto 2019) competition reserved for consortium presidents at the Rice Fair of Isola della Scala.
2nd place for the technical jury.

Pro Loco is

constant commitment,

a concrete presence that promotes:

The environment,

tradition, culture, uniqueness,

tourism, sociability, events

Note

This brochure is set according to the basic guidebook in Italian **“Itinerari turistici dal Baldo al Garda”** (2017) - in German **“Touristische Routen vom Monte Baldo zum Gardasee”** (2018) - In English **“Tourist itineraries from Mount Baldo to Lake Garda”** (2019). All three editions, co-financed by the Veneto Region, are managed by the Pro Loco Baldo Garda Consortium with Unpli sources and references.

The photos are partly in the public domain, others are owned by the Pro Loco Baldo Garda Consortium taken for the occasion by our Pro Loco members.

All rights reserved.

Revamping of texts and brochure 2020

Albino Monauni and Bruna De Agostini

Graphics and layout Andrea Brentegani

Translation OKlingue Bussolengo

Finished printing in November 2020

by **Cierre Grafica**

Caselle di Sommacampagna - Verona

www.cierrenet.it



CONSORZIO PRO LOCO DEL BALDO-GARDA

Sede legale: 37013 Caprino V.se

Loc. Platano, 6 - Palazzo Malaspina Nichesola

Sede operativa e segreteria:

Via Fontane, 22 - 37010 Pastrengo (VR)

Tel e fax 045 7170398 - Tel. 348 4424694 - 347 8883907

info@baldogardaweb.it - www.baldogardaweb.it



**Pro Loco è... impegno costante, presenza concreta
che promuove: Tradizione, Cultura, Tipicità,
Ambiente, Turismo, Socialità, Eventi**