



Ressort: Reise & Tourismus

## Lake Iseo and Monte Isola

Italia, 04.05.2026 [ENA]

Lake Iseo is a gem nestled among the Lombard mountains, where nature, history, and traditions come together. Its calm waters reflect picturesque villages and evocative landscapes, offering an authentic experience far from mass tourism. An unmissable destination.

Lake Iseo, located in Lombardy between the provinces of Brescia and Bergamo, is one of the most charming lakes in northern Italy. Of glacial origin, it was formed during the last ice ages, when masses of ice carved out the valley that was later filled with water. At the center of the lake lies Monte Isola, the largest inhabited lake island in Europe.

Reaching the lake is easy: from Milan, it can be reached by car in about an hour via the A4 motorway to Rovato, or by train with direct connections to the stations of Iseo, Sulzano, and Pisogne. Railway lines and buses also run conveniently from Bergamo and Brescia to the lakeside towns.

Lake Iseo offers many ways to explore it. It can be discovered by land, following scenic lakeside roads and paths through olive groves and vineyards, or by water thanks to ferries connecting the various towns and Monte Isola. The main villages include Iseo, lively and full of cafés and restaurants; Sarnico, elegant and overlooking the Bergamo side of the lake; and Lovere, listed among the most beautiful villages in Italy. The best time to visit is from spring to early autumn, when the weather is mild and the days are ideal for outdoor activities. In summer, the lake comes alive with events, while in spring and autumn it offers quieter atmospheres and evocative colors.

Among the most popular activities are water sports such as sailing, kayaking, and windsurfing, as well as hiking and cycling along the many panoramic routes. Monte Isola is perfect for trekking and bike rides, thanks to the near absence of car traffic.

The shores of the lake are characterized by olive groves, which produce high-quality extra virgin olive oil, and vineyards that yield excellent local wines, particularly in the nearby Franciacorta area. This blend of nature, culture, and tradition makes Lake Iseo an ideal destination for those seeking authenticity and beauty.

Bericht online lesen: [https://mhpd.en-a.eu/reise\\_tourismus/lake\\_iseo\\_and\\_monte\\_isola-93593/](https://mhpd.en-a.eu/reise_tourismus/lake_iseo_and_monte_isola-93593/)

Redaktion und Verantwortlichkeit:

**Redaktioneller Programmdienst:  
European News Agency**

Annette-Kolb-Str. 16  
D-85055 Ingolstadt  
Telefon: +49 (0) 841-951. 99.660  
Telefax: +49 (0) 841-951. 99.661  
Email: [contact@european-news-agency.com](mailto:contact@european-news-agency.com)  
Internet: [european-news-agency.com](http://european-news-agency.com)

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V.i.S.d.P. und gem. § 6 MDStV: **Ciro Cortellessa**

**Redaktioneller Programmdienst:  
European News Agency**

Annette-Kolb-Str. 16  
D-85055 Ingolstadt  
Telefon: +49 (0) 841-951. 99.660  
Telefax: +49 (0) 841-951. 99.661  
Email: [contact@european-news-agency.com](mailto:contact@european-news-agency.com)  
Internet: [european-news-agency.com](http://european-news-agency.com)

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