



GIARDINI BOTANICI

di Villa Taranto

Summer Garden 2026

Nature is the source of well-being.



Located in Verbania, on the shores of Lake Maggiore, the Villa Taranto Botanical Gardens are a must-see destination for lovers of nature and landscape. Created from the vision and dedication of Captain Neil McEacharn, who began this ambitious project in 1931, the Gardens welcome thousands of visitors each year.

Here, among flower-lined paths and rare botanical species from all over the world, every visitor can enjoy a true journey through the colors and scents of nature.



Every corner of the Villa Taranto Botanical Gardens tells a story of nature, vibrant colors, and extraordinary fragrances. From greenhouses filled with exotic plants to blooming avenues, from water features to the enchanting views over Lake Maggiore, let yourself be guided on a journey through a botanical heritage that is unique in the world.

Discover the wonders that make this garden a true botanical masterpiece.

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Entrance fees

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From March 19th	Box Office	Online
GARDEN entrance Adults	€ 15,00	€ 14,00
GARDEN entrance Reduced, 12-26 years old	€ 10,00	€ 9,00
GARDEN entrance Children, 6-11 years old	€ 2,50	€ 1,50
GARDEN entrance Late afternoon ticket (starting 1 hour before closure time from 19th March till 19th October)	-	€ 11,50
GARDEN entrance group (over 20 paying visitors)	€ 11,50	-
GARDEN entrance for school groups	€ 8,00	-
GARDEN entrance Adult Affiliated	€ 13,00	-
GARDEN entrance Reduced Affiliated	€ 8,00	-
Annual PASS (available for purchase till April 30th)	€ 100,00	-
2 Months PASS	€ 50,00	-
1 Month PASS	€ 30,00	-

A combined ticket bringing together two key landmarks for art and landscape in Verbania: the Villa Taranto Botanical Gardens and the Landscape Museum.

From March 19th	Box Office	Online
JOINT* Ticket	€ 18,00	€ 17,00
JOINT* Ticket reduced, 12-26 years old	€ 13,00	€ 12,00
JOINT* Ticket group (over 20 paying visitors)	€ 14,00	-

Season passes are valid from the date of purchase. They are personal passes, valid only if used by the named holder, and can be purchased exclusively by individuals at the Gardens' ticket office.

Entrance tickets are non-refundable once purchased.

Date	Times	Last entry	Gates close
March 6/7/8 and 13/14/15/16	10:00am -3:00pm	3:00pm	4:00pm
From March 19 to 28	9:00am-5:00pm	5:00pm	6:00pm
From March 29 to September 20	9:00am-6:30pm	6:30pm	7:30pm
From September 21 to October 19	9:00am-5:30pm	5:30pm	6:30pm
October 23/24/25/26, 30/31 & November 1	9:00am-4:00pm	4:00pm	5:00pm
November 7/8, 14/15, 21/22, 28/29 & December 5/6/7/8	10:00am-3:00pm	3:00pm	4:00pm

Entrance fees

GIARDINI BOTANICI

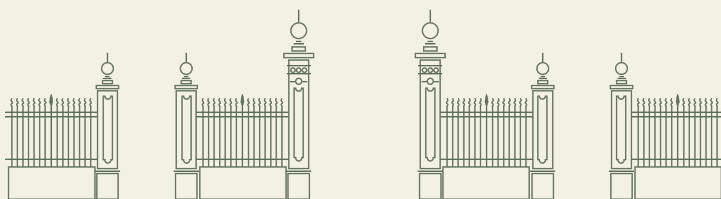
di Villa Taranto

On days with evening events, the ticket office will remain open until 7:30 PM (last admission); the gates will close at 8:30 PM. On July 24, the last admission will be at 5:30 PM, and the gates will close at 6:30 PM.

Entrance tickets are non-refundable once purchased.

From March 19 to November 1, the ticket office is closed from 1:00 PM to 2:00 PM; tickets can be purchased online during this time.

By collecting their entrance ticket, visitors agree to comply with the Garden Regulations.



FREE ADMISSIONS

for 0 to 5 years old for the Group Leader for 1 teacher for every 15 paying students for disabled person with carer for all VCO schools (send an email to info@villataranto.it) for the armed forces for firefighters for journalists for VCO Province residents showing your I.D. card at the Garden's ticket office only on certain days: March 25th, April 13th, May 11th, June 15th, July 13th, August 10th, September 14th, October 12th.

I Giardini Botanici di Villa Taranto

Dear visitors and friends of the Villa Taranto Botanical Gardens,

walking along these paths means stepping into a story born from a dream: that of Captain Neil McEacharn, who transformed a stretch of land overlooking Lake Maggiore into a garden capable of speaking to the entire world.

Here, every plant tells a journey, every flower preserves the memory of attentive hands and a passion cultivated over time. The Gardens are not merely a botanical collection, but a place of shared emotions.

For over seventy years, we have cared for this heritage with dedication, keeping alive a tradition that combines research, sensitivity and environmental responsibility. Our botanical care is based on conscious choices: for the past fifteen years, the Gardens have been maintained without the use of chemical pesticides, favouring natural and sustainable methods that protect biodiversity and the balance of the ecosystem. It is a quiet yet profound commitment, reflecting the original vision of harmony between people and nature.

We invite you to walk without haste, to take in the fragrances, and to let yourself be surprised by the details that make this place unique.

Thank you for being part of the living story of our Gardens.

Giandomenico Albertella,
President of the Villa Taranto Botanical Gardens





Aprile - maggio

12/04

Fioriture Corali

Associazione Cori Piemontesi / **11.00**

Presentation of choral concerts in
the Botanical Gardens of Villa Taranto.

10/05

Fioriture Corali

Associazione Cori Piemontesi / **11.00**

Presentation of choral concerts in
the Botanical Gardens of Villa Taranto.

23/05

Workshop

Tutti gli operatori / **10.00 - 18.00**

Workshop for the presentation of wellness activities





Giugno

02/06

Republic day

A mounted patrol from the Carabinieri corps will be present in the gardens.

06/06

Yoga bimbi (4-7 anni)

Silvia Lorenzin | h 9.15-10.15

Let's explore nature through the body! Through poses inspired by animals and nature, breathing games, and short stories, children will learn to relax, focus, and make friends while having fun. A playful experience to discover yoga with joy.

09/06

Yoga: un ritorno a sé

Anna Cantarelli | h 9.15-10.15

Yoga is a practice of deep listening, where movement and breath flow together like meditation in motion. Open to everyone, it encourages respect for the body and awareness of its rhythms. Through dynamic sequences, postures (asanas), and breathing (pranayama), you gradually move from noise toward inner silence.

Il Giardino dei Tarocchi

Compagnia Teatro 4 | h 18.30-19.30

The presence of 15 actors brings the Tarot to life, turning each arcana into a vivid, pulsating figure. Set in a beautiful garden, the audience is drawn into an immersive journey where nature and symbolism merge, creating an intense and evocative theatrical experience.

10/06

Tira-mi-sù Yoga

Fabiola Fainelli | h 9.15-10.15

A harmonious fusion of rich and diverse elements. It is a holistic and comprehensive experience that brings together the best of different traditions: a foundation in Hatha Yoga, enriched with Iyengar alignment principles, and a touch of Kundalini Yoga to release tension and promote relaxation of the nervous system. Some sessions are complemented with Yoga Nidra—the “yogic sleep”—to guide participants into deep, restorative relaxation.

Yoga movimento naturale

Federico Blardone | h 18.30-19.30

Natural movement yoga reconnects us to the present through the body's sensations, rather than imposed ideas. By following feeling instead of form, the body moves in its own flow, while the mind learns to listen instead of lead.

11/06

Hata Yoga del mattino

Samanta Valente / h 9.15-10.15

Caring for the body through a practice of awakening and rebalancing suitable for everyone.

Risveglio: Letture del sorriso

Giulia Piana / h 18.30-19.30

A moment dedicated to words and listening, featuring short texts by some of the most renowned Italian authors. Immersed in the evocative setting of the Botanical Gardens, the readings will come to life through the voice of Barbara Vesco, creating an intimate and engaging atmosphere. An experience that invites you to be carried away by words and the emotions they evoke.

12/06

Yoga Mamme e Bebè in fascia

Silvia Lorenzin / h 9.15-10.15

A gentle moment of connection and wellbeing for mothers and babies. The practice is designed to release tension and restore balance, while sharing a relaxing experience and cradling the little one in close contact.

An ideal activity for babies up to 15 kg who are used to being carried in a baby carrier. Participants are required to bring their own wrap or ergonomic carrier.

14/06

Fioriture Corali

Associazione Cori Piemontesi / 11.00

Presentation of choral concerts in the Botanical Gardens of Villa Taranto.

16/06

Yoga: un ritorno a sé

Anna Cantarelli / h 9.15-10.15

Yoga practice is an act of deep listening, where movement and breath flow together like meditation in motion. Open to all, it invites respect for the body and awareness of its natural rhythm. Through movement, postures, and breath, you gradually move from noise toward silence.

Almeno Mia nell'universo

Arcademia / h 18.30-19.30

A tribute recital to Mia Martini, featuring some of her greatest hits, introduced by stories, anecdotes, and insights drawn from firsthand accounts, interviews, and articles. The texts faithfully reproduce statements and reflections made by Mia Martini herself.

The songs performed range from *Piccolo uomo* and *Almeno tu nell'universo* to her more recent works.

18/06

Hata Yoga del mattino

Samanta Valente / h 9.15-10.15

Caring for the body through a practice of awakening and rebalancing suitable for everyone.

Risveglio: Meditazione

Giulia Piana / h 18.30-19.30

A time to pause and rediscover your inner rhythm. Each person can choose the position that feels most natural, allowing themselves to be guided toward a deeper connection with the earth and with what surrounds us. A simple, restorative moment to welcome the energy that nature offers.

19/06

Yoga Non Duale del Kashmir

Silvia Lorenzin / h 9.15-10.15

A free, intimate, and non-performative approach to yoga, suitable for everyone without exception. Through slow and mindful movements, the practice unfolds in deep connection with self-listening and the natural flow of the breath. A gentle invitation to slow down and rediscover your inner space of silence.

20/06

Yoga: un ritorno a sé

Anna Cantarelli / h 9.15-10.15

Yoga is a practice of deep listening, where movement and breath flow as one, like meditation in motion. Open to all, it encourages awareness, respect for the body, and a gradual journey from noise to inner silence.

22/06

Move-In Movimento interiore

Annalisa Cei / h 9.15-10.15

A simple and effective practice suitable for everyone, designed to relax body and mind through the movement of breath, body, and awareness, with simple exercises (stretching of the energy meridians, grounding, and practices of spontaneity) and meditation.

La SELVA OSCURA

Inferno, canto XIII

Società Dante Alighieri / h 18.30-19.30

Inferno, Canto I – the WOOD OF GNARLED TREES of the suicides. The Botanical Gardens of Villa Taranto provide the setting for the dark and terrifying imagery of the Inferno (the Dark Wood and the twisted thicket of the suicides). The reading is briefly introduced and illustrated, leaving the audience with the original texts of Dante's poem—just a few lines of intense poetry—within the beauty of a garden rich in poetry.

23/06

Yoga: un ritorno a sé

Anna Cantarelli / h 9.15-10.15

Yoga practice is an act of deep listening; movement and breath intertwine in a single flow, like meditation in motion. The classes are open to everyone and invite participants to respect their own bodies, learning to inhabit them with presence and awareness. Dynamic movements, static postures (asanas), and breathing techniques (pranayama) follow one another, guided by the body's natural rhythm. In this gentle encounter, breath by breath, awareness of one's potential grows: moving through the noise to arrive at silence.

24/06

Meditazione Mindfulness

Fabiola Fainelli / h 9.15-10.15

A simple and accessible guided practice, unfolding through a mindful walk in the park, alternating with moments seated or lying down. It will be a time dedicated to reconnecting with the breath and the body, letting go of the "castles" of thought and gently returning to the reality of the present moment. An opportunity to rediscover balance, calm, and to cultivate a more stable and grounded presence.

25/06

Hata Yoga del mattino

Samanta Valente / h 9.15-10.15

Caring for the body through a practice of awakening and rebalancing suitable for everyone.

Risveglio: Meditazione guidata sull'autoguarigione

Giulia Piana / h 18.30-19.30

A space dedicated to inner listening and the rediscovery of one's deepest resources. Depending on the number of participants, different practices may be used—including Reiki and Tibetan singing bowls—to support this journey. An experience designed to foster an authentic connection with one's deepest self and with the energy that flows through us.

26/06

Yoga Non Duale del Kashmir

Silvia Lorenzin / h 9.15-10.15

A free, intimate, and non-performative approach to yoga, suitable for everyone without exception. Through slow and mindful movements, the practice unfolds in deep connection with self-listening and the natural flow of the breath. A gentle invitation to slow down and rediscover your inner space of silence.

27/06

Risveglio: Meditazione guidata sull'autoguarigione

Giulia Piana / h 9.15-10.15

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30/06

Ginnastica dolce

Leonardo Filomarino | h 9.15-10.15

It is a discipline suitable for everyone and for all ages, an activity focused on gentle overall toning and mobility, with the aim of helping the body stay strong and fit by counteracting and slowing down the effects of time. It is particularly useful and essential for slowing the effects of sarcopenia. The proposed exercises, in addition to muscle strengthening and mobility, also include work on proprioception and posture, and support the cardiovascular system—essential for keeping the heart active and healthy. Exercises are tailored and adapted to different needs.

Concerto Jazz

Cristina Trotta & Alessandro Manni Villa

h 18.30-19.30

A desire to explore and share the sonic universe of Melody Gardot, one of the most significant figures in contemporary jazz, known for blending expressive depth with immediate accessibility. The project draws inspiration from Gardot's intimate, cinematic, and sensual songwriting—as well as from the strong melodic appeal and naturalness of her compositions.

The concert unfolds along a dual path: on one hand, an educational approach, designed to guide the audience toward a more conscious listening of her work; on the other, an interpretative dimension, offering a personal reinterpretation.

With an open, minimalist jazz language, the approach is impressionistic: the original melodies become suggestions, colors, and atmospheres, allowing new harmonic and timbral perspectives to emerge. Gardot's songs are thus reimagined as small sonic landscapes, where the theme remains recognizable yet opens up to variations, suspensions, and interpretative freedom.



01/07**Tira-mi-sù Yoga***Fabiola Fainelli* | h 9.15-10.15

A harmonious fusion of rich and diverse elements. It is a holistic and comprehensive experience that brings together the best of different traditions: a foundation in Hatha Yoga, enriched with Iyengar alignment principles, and a touch of Kundalini Yoga to release tension and promote relaxation of the nervous system. Some sessions are complemented with Yoga Nidra—the “yogic sleep”—to guide participants into deep, restorative relaxation.

Yoga movimento naturale*Federico Blardone* | h 18.30-19.30

Natural movement yoga reconnects us to the present through bodily sensations rather than imposed ideas. By following feeling, the body moves in its own flow, while the mind learns to listen instead of direct.

02/07**Hata Yoga del mattino***Samanta Valente* | h 9.15-10.15

Caring for the body through a practice of awakening and rebalancing suitable for everyone.

Risveglio: Meditazione*Giulia Piana* | h 18.30-19.30

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03/07**Yoga Non Duale del Kashmir***Silvia Lorenzin* | h 9.15-10.15

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07/07

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La Mandragola di Machiavelli - Commedia del 500

Compagnia Teatro 4 | h 18.30-19.30

A Renaissance comedy brought to life by nine performers, immersed in a whirlwind of sharp irony, deception, desire, and cunning. In the heart of sixteenth-century Florence, the magical and ambiguous mandrake plant takes root—a remedy and a poison that intertwines the characters' destinies and reveals their deepest flaws. Amid splendid period costumes and a surprising sense of modernity, the performance invites us to laugh at ourselves while laying bare human fragility.

08/07

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Yoga movimento naturale

Federico Blardone | h 18.30-19.30

The practice of natural movement yoga uses the body's unique sensations to reconnect us to the present moment, rather than imposing mental ideas of how the body should be. The body communicates through sensations, while the mind suggests words. Through feeling, the body connects to the energetic flow of movement. The aim is to invite the mind to listen rather than to direct toward a predetermined idea or form, allowing the body to express itself in alignment with what it needs in the present moment.

09/07

Hata Yoga del mattino

Samanta Valente | h 9.15-10.15

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Risveglio: Letture del sorriso

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12/07

Fioriture Corali

Associazione Cori Piemontesi | 11.00

Presentation of choral concerts in the Botanical Gardens of Villa Taranto.

13/07

Move-In Movimento interiore

Annalisa Cei | h 9.15-10.15

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Fred Frank & Friends

Arcademia | h 18.30-19.30

A tribute recital to Frank Sinatra and Fred Buscaglione, who never met in real life but shared remarkably parallel careers and captivated audiences with their charisma.

The performance features some of the most emblematic songs from their repertoires, alongside stories and anecdotes that highlight the events and moments that made Sinatra and Buscaglione iconic figures.

15/07

Tira-mi-sù Yoga

Fabiola Fainelli | h 9.15-10.15

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Yoga movimento naturale

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16/07

Hata Yoga del mattino

Samanta Valente | h 9.15-10.15

Caring for the body through a practice of awakening and rebalancing suitable for everyone.

Risveglio: Rilassamento Guidato

Giulia Piana | h 18.30-19.30

A moment dedicated to deep relaxation, guided gently and gradually through the voice. Through simple techniques of awareness and listening, participants will be led to release tension and rediscover a state of calm. An experience accessible to everyone, designed to create space for breath, stillness, and inner wellbeing.

17/07

Yoga Non Duale del Kashmir

Silvia Lorenzin | h 9.15-10.15

A free, intimate, and non-performative approach to yoga, suitable for everyone without exception. Through slow and mindful movements, the practice unfolds in deep connection with self-listening and the natural flow of the breath. A gentle invitation to slow down and rediscover your inner space of silence.

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La DIVINA FORESTA

Società Dante Alighieri / h 18.30-19.30

Eden, Purgatorio, Canto XXVIII. The Botanical Gardens of Villa Taranto provide the setting for the serene, lush plain of the Earthly Paradise at the summit of Mount Purgatory. The reading is briefly introduced and illustrated, leaving the audience with the original texts of Dante's poem—just a few lines of intense poetry—within the beauty of a garden rich in poetry.

22/07

Meditazione Mindfulness

Fabiola Fainelli / h 9.15-10.15

A simple and accessible guided practice, unfolding through a mindful walk in the park, alternating with moments seated or lying down.

It will be a time dedicated to reconnecting with the breath and the body, letting go of the “castles” of thought and gently returning to the reality of the present moment. An opportunity to rediscover balance, calm, and to cultivate a more stable and grounded presence.



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Risveglio: Meditazione guidata sull'autoguarigione

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Beach for Babies Run

Inaugurazione della manifestazione B4B
h 18.30

Opening of the B4B event, featuring a section of the running route passing through the Gardens.

27/07

Move-In Movimento interiore

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Lirica e non solo.

Il Giardino delle meraviglie

*Damiano Colombo, tenore / Roberto Olzer,
pianoforte* | h 18.30-19.30

In a place of beauty and constant wonder, a concert that will lead you through the many forms and styles in which lyrical vocality is expressed: from famous opera arias to delightful+D83:E84 operetta pieces, from the rich world of folk songs to refined singer-songwriterrepertoire. A musical tribute to the enchantment of the gardens of Villa Taranto... the most beautiful gardens in the world!

28/07

Ginnastica dolce

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The Blooming Season

GIARDINI BOTANICI

di Villa Taranto



During spring and summer, the park comes alive with a continuous succession of blooms that accompany visitors throughout the season.

In April, the garden is coloured by azaleas, including the 'Knap Hill' and 'Mollis' groups, together with *Magnolia × soulangeana* e *Osmanthus delavayi*.

During the same period, the "labyrinth" lights up with the flowering of over 14,000 tulips, selected each year from numerous different cultivars to offer visitors an ever-changing route, like a true open-air botanical catalogue. Created in the 1980s in continuity with the vision of Captain Neil McEacharn, the labyrinth reflects his idea of the garden as a living place, capable of transforming over time and surprising with ever-changing shapes and colours.

Between mid-April and mid-May, numerous ornamental species come into bloom, such as *Cercis*, *Davidia involucrata*, *Paulownia*, *Enkianthus* and *Cornus*, while in the small valley and woodland the spectacular flowering of rhododendrons unfolds.

May marks one of the richest moments of the season: *Kalmia latifolia*, gardenias and the first landscape roses come into flower, accompanied by the hydrangeas in the collection. At the end of the month, *Styrax japonica*, *Stewartia* and *Cornus kousa* also appear, enriching the park with new forms and colours; during the same period, the flowering meadows are also at their best.

Throughout the summer, the scene is dominated by the blooms of *Hibiscus*, *Lagerstroemia* and oleanders, along with water lilies and *Nelumbo nucifera* in the lotus pool. Among the seasonal beds and summer perennials follow petunias, begonias, zinnias, pentas, *Hemerocallis*, *Echinacea*, *Rudbeckia* and many other ornamental species. In the labyrinth, dahlias reach their peak flowering, creating a landscape in continuous transformation until the end of the summer season.

From September, the garden takes on new tones: some summer blooms continue while the first signs of autumn begin to appear. In October and November, the flowering of *Camellia sasanqua* and *Camellia sinensis*—the tea plant—stand out, accompanying the park into the autumn season.



Agosto

03/08

Move-In Movimento interiore

Annalisa Cei / h 9.15-10.15

A simple and effective practice suitable for everyone, designed to relax body and mind through the movement of breath, body, and awareness, with simple exercises (stretching of the energy meridians, grounding, and practices of spontaneity) and meditation.

04/08

Ginnastica dolce

Leonardo Filomarino / h 9.15-10.15

It is a discipline suitable for everyone and for all ages, an activity focused on gentle overall toning and mobility, with the aim of helping the body stay strong and fit by counteracting and slowing down the effects of time. It is particularly useful and essential for slowing the effects of sarcopenia. The proposed exercises, in addition to muscle strengthening and mobility, also include work on proprioception and posture, and support the cardiovascular system—essential for keeping the heart active and healthy. Exercises are tailored and adapted to different needs.

Fiori d'arancio - Commedia Moderna

Compagnia Teatro 4 / h 18.30-19.30

A story of friendship and resilience that has moved audiences around the world, made famous also by the unforgettable film. Six women meet in a beauty salon, turning it into a place where fragility and strength intertwine with irony and tenderness. A narrative that moves and delights, celebrating female courage in all its intensity.

05/08

Yoga movimento naturale

Federico Blandone / h 9.15 - 10.15

The practice of natural movement yoga uses the body's unique sensations to reconnect us to the present moment, rather than imposing mental ideas of how the body should be. The body communicates through sensations, while the mind suggests words. Through feeling, the body connects to the energetic flow of movement. The aim is to invite the mind to listen rather than to direct toward a predetermined idea or form, allowing the body to express itself in alignment with what it needs in the present moment.

06/08

Yoga Non Duale del Kashmir

Silvia Lorenzin / h 9.15-10.15

A free, intimate, and non-performative approach to yoga, suitable for everyone without exception. Through slow and mindful movements, the practice unfolds in deep connection with self-listening and the natural flow of the breath. A gentle invitation to slow down and rediscover your inner space of silence.

Risveglio: Letture del sorriso

Giulia Piana / h 18.30-19.30

A moment dedicated to words and listening, featuring short texts by some of the most renowned Italian authors. Immersed in the evocative setting of the Botanical Gardens, the readings will come to life through the voice of Barbara Vesco, creating an intimate and engaging atmosphere. An experience that invites you to be carried away by words and the emotions they evoke.

07/08

Tira-mi-sù Yoga

Fabiola Fainelli / h 9.15-10.15

A harmonious fusion of rich and diverse elements. It is a holistic and comprehensive experience that brings together the best of different traditions: a foundation in Hatha Yoga, enriched with Iyengar alignment principles, and a touch of Kundalini Yoga to release tension and promote relaxation of the nervous system. Some sessions are complemented with Yoga Nidra—the “yogic sleep”—to guide participants into deep, restorative relaxation.

09/08

Fioriture Corali

Associazione Cori Piemontesi / 11.00

Presentation of choral concerts in the Botanical Gardens of Villa Taranto.

10/08

Move-In Movimento interiore

Annalisa Cei / h 9.15-10.15

A simple and effective practice suitable for everyone, designed to relax body and mind through the movement of breath, body, and awareness, with simple exercises (stretching of the energy meridians, grounding, and practices of spontaneity) and meditation.

11/08

Ginnastica dolce

Leonardo Filomarino / h 9.15-10.15

It is a discipline suitable for everyone and for all ages, an activity focused on gentle overall toning and mobility, with the aim of helping the body stay strong and fit by counteracting and slowing down the effects of time. It is particularly useful and essential for slowing the effects of sarcopenia. The proposed exercises, in addition to muscle strengthening and mobility, also include work on proprioception and posture, and support the cardiovascular system—essential for keeping the heart active and healthy. Exercises are tailored and adapted to different needs.

Era lì e l'amore lo colpì

Arcademia / h 18.30-19.30

A tribute recital to Enzo Jannacci, featuring songs, reflections, and the irony of one of the most beloved and enduring figures for audiences of all ages. Jannacci was one of the key protagonists of the Milan scene of the era, alongside artists such as Gaber, Cochi e Renato, I Gufi, and many others.

12/08

Bagno sonoro dell'eclissi solare

Silvia Lorenzin / h 9.15-10.15

An evocative experience organized on the occasion of the solar eclipse. In a state of total relaxation and deep listening, Tibetan singing bowls, gongs, cymbals, and other harmonic instruments will be played. A pause designed to allow participants to fully immerse themselves, through sound vibrations, in the magic of the moment, encouraging release and a profound inner stillness.

Yoga movimento naturale

Federico Blardone / h 18.30-19.30

The practice of natural movement yoga uses the body's unique sensations to reconnect us to the present moment, rather than imposing mental ideas of how the body should be. The body communicates through sensations, while the mind suggests words. Through feeling, the body connects to the energetic flow of movement. The aim is to invite the mind to listen rather than to direct toward a predetermined idea or form, allowing the body to express itself in alignment with what it needs in the present moment.

13/08

Yoga Mamme e Bebè in fascia

Silvia Lorenzin / h 9.15-10.15

A gentle moment of connection and wellbeing for mother and baby. The practice is designed to release tension and restore balance, while sharing a relaxing experience and cradling the little one in close contact.

An ideal activity for babies up to 15 kg who are used to being carried in a baby carrier. Participants are required to bring their own wrap or ergonomic carrier.

Risveglio: Rilassamento Guidato

Giulia Piana / h 18.30-19.30

A moment dedicated to deep relaxation, guided gently and gradually through the voice. Through simple techniques of awareness and listening, participants will be led to release tension and rediscover a state of calm. An experience accessible to everyone, designed to create space for breath, stillness, and inner wellbeing.

14/08

Meditazione Mindfulness

Fabiola Fainelli / h 9.15-10.15

A simple and accessible guided practice, unfolding through a mindful walk in the park, alternating with moments seated or lying down.

It will be a time dedicated to reconnecting with the breath and the body, letting go of the “castles” of thought and gently returning to the reality of the present moment. An opportunity to rediscover balance, calm, and to cultivate a more stable and grounded presence.

17/08

Move-In Movimento interiore

Annalisa Cei / h 9.15-10.15

A simple and effective practice suitable for everyone, designed to relax body and mind through the movement of breath, body, and awareness, with simple exercises (stretching of the energy meridians, grounding, and practices of spontaneity) and meditation.

18/08

Ginnastica dolce

Leonardo Filomarino / h 9.15-10.15

It is a discipline suitable for everyone and for all ages, an activity focused on gentle overall toning and mobility, with the aim of helping the body stay strong and fit by counteracting and slowing down the effects of time. It is particularly useful and essential for slowing the effects of sarcopenia. The proposed exercises, in addition to muscle strengthening and mobility, also include work on proprioception and posture, and support the cardiovascular system—essential for keeping the heart active and healthy. Exercises are tailored and adapted to different needs.

La CANDIDA ROSA

Società Dante Alighieri / h 18.30-19.30

Flower of Light, Paradiso, Canto XXXI. The Botanical Gardens of Villa Taranto provide the setting for the Candida Rosa, the radiant flower of the Blessed in the final part of Paradise. The reading is briefly introduced and illustrated, leaving the audience with the original texts of Dante's poem—just a few lines of intense poetry—within the beauty of a garden rich in poetry.

19/08

Yoga movimento naturale

Federico Blardone / h 9.15-10.15

The practice of natural movement yoga uses the body's unique sensations to reconnect us to the present moment, rather than imposing mental ideas of how the body should be. The body communicates through sensations, while the mind suggests words. Through feeling, the body connects to the energetic flow of movement. The aim is to invite the mind to listen rather than to direct toward a predetermined idea or form, allowing the body to express itself in alignment with what it needs in the present moment.

20/08

Yoga Non Duale del Kashmir

Silvia Lorenzin / h 9.15-10.15

A free, intimate, and non-performative approach to yoga, suitable for everyone without exception. Through slow and mindful movements, the practice unfolds in deep connection with self-listening and the natural flow of the breath. A gentle invitation to slow down and rediscover your inner space of silence.

Risveglio: Meditazione guidata sull'autoguarigione

Giulia Piana | h 18.30-19.30

A space dedicated to inner listening and the rediscovery of one's deepest resources. Depending on the number of participants, different practices may be used—including Reiki and Tibetan singing bowls—to support this journey. An experience designed to foster an authentic connection with one's deepest self and with the energy that flows through us.

21/08

Meditazione Mindfulness

Fabiola Fainelli | h 9.15-10.15

A simple and accessible guided practice, unfolding through a mindful walk in the park, alternating with moments seated or lying down.

It will be a time dedicated to reconnecting with the breath and the body, letting go of the “castles” of thought and gently returning to the reality of the present moment. An opportunity to rediscover balance, calm, and to cultivate a more stable and grounded presence.

24/08

Move-In Movimento interiore

Annalisa Cei | h 9.15-10.15

A simple and effective practice suitable for everyone, designed to relax body and mind through the movement of breath, body, and awareness, with simple exercises (stretching of the energy meridians, grounding, and practices of spontaneity) and meditation.

25/08

Ginnastica dolce

Leonardo Filomarino | h 9.15-10.15

It is a discipline suitable for everyone and for all ages, an activity focused on gentle overall toning and mobility, with the aim of helping the body stay strong and fit by counteracting and slowing down the effects of time. It is particularly useful and essential for slowing the effects of sarcopenia. The proposed exercises, in addition to muscle strengthening and mobility, also include work on proprioception and posture, and support the cardiovascular system—essential for keeping the heart active and healthy. Exercises are tailored and adapted to different needs.

26/08

Yoga movimento naturale

Federico Blardone | h 9.15 - 10.15

The practice of natural movement yoga uses the body's unique sensations to reconnect us to the present moment, rather than imposing mental ideas of how the body should be. The body communicates through sensations, while the mind suggests words. Through feeling, the body connects to the energetic flow of movement. The aim is to invite the mind to listen rather than to direct toward a predetermined idea or form, allowing the body to express itself in alignment with what it needs in the present moment.

27/08

Yoga Non Duale del Kashmir

Silvia Lorenzin | h 9.15-10.15

A free, intimate, and non-performative approach to yoga, suitable for everyone without exception. Through slow and mindful movements, the practice unfolds in deep connection with self-listening and the natural flow of the breath. A gentle invitation to slow down and rediscover your inner space of silence.

Risveglio: Meditazione

Giulia Piana | h 18.30-19.30

A time to pause and rediscover your inner rhythm. Each person can choose the position that feels most natural, allowing themselves to be guided toward a deeper connection with the earth and with what surrounds us. A simple, restorative moment to welcome the energy that nature has to offer.

28/08

Tira-mi-sù Yoga

Fabiola Fainelli | h 9.15-10.15

A harmonious fusion of rich and diverse elements. It is a holistic and comprehensive experience that brings together the best of different traditions: a foundation in Hatha Yoga, enriched with Iyengar alignment principles, and a touch of Kundalini Yoga to release tension and promote relaxation of the nervous system. Some sessions are complemented with Yoga Nidra—the “yogic sleep”—to guide participants into deep, restorative relaxation.



Settembre - Ottobre

13/09

Fioriture Corali

Associazione Cori Piemontesi / 11.00

Presentation of choral concerts within
the Botanical Gardens of Villa Taranto.

11/10

Fioriture Corali

Associazione Cori Piemontesi / 11.00

Presentation of the winners of the
Villa Taranto composition competition.

In the garden

GIARDINI BOTANICI

di Villa Taranto

GARDEN TALKS

Botany and beyond.

Alessandra Sana - Deputy Botanical Curator

A series of meetings offering opportunities for discussion and in-depth exploration of a wide range of topics: from plants and gardens to botanical curiosities, as well as practical advice on how to care for your green space every day and maintain a connection with nature even at home.

Friday

at 2:30 pm

27 March 3 | 17 | 31 July
10 April 28 August
15 May 11 | 25 September
5 | 19 June

Saturday

at 10:30 am

28 March 4 | 18 July
11 April 1 | 29 August
16 May 12 | 26 September
6 | 20 June

The Garden's Secret Corners

Fabrizio Buttè - Botanical Curator

A guided tour in the closed garden, lasting approximately two hours, together with our botanical curator: an immersive experience in the beauty of the park at sunset, discovering hidden areas not accessible to the public and its secrets—beyond the purely botanical—known only to those who experience it every day.

Wednesdays

7:30 pm – 9:30 pm

13 May 22 July
17 June 19 August

Note generali

GIARDINI BOTANICI

di Villa Taranto

Events are free and accessible to visitors already inside the Gardens with a valid admission ticket or subscription. No additional fee is applied during these events.

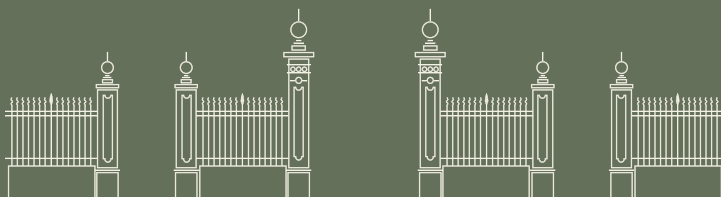
All activities are subject to favorable weather conditions; in case of adverse forecasts, events may be postponed or canceled.

Daily wellness activities, in case of bad weather, will be moved to the herbarium where possible, otherwise canceled.

It is always possible to book guided tours with the botanical curator, subject to availability.

On May 23, a free workshop with all instructors will be held to present the wellness activities.

Participants of wellness activities are required to bring their own mats or towels for the practice.



This booklet may be subject to updates or changes

In the event of any modifications or discrepancies compared to the published contents, only the information available on the official website shall be considered authoritative.



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GIARDINI BOTANICI

di Villa Taranto