

# Vinschgau

Venosta Valley - culture region in South Tyrol



# Venosta Valley Holiday Guide

Activity, Culture and Fun  
in the Venosta Valley

Summer and Winter

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 Concept and design: Agrarum.it  
 Printing: Lanerpro

All information is subject to change

**Vinschgau**  
MARKETING

## The Venosta Valley Culture Region

The Venosta Valley culture region runs along the Adige River, starting at its source in the Resia Pass and the spa town of Merano. The valley is characterized by a mild, sunny climate with a varied climate spawning a unique flora and fauna. The valley has pastures and highland plateaus around the Resia Lake and fruit orchards down in the valleys extending up to the 3,905-meter high Ortles summit, the highest mountain in the Eastern Alps. This varied environment makes the Venosta Valley an ideal holiday destination for families, hikers and mountaineers, as well as for cyclists and mountain bikers. In short, for anyone keen on a pristine natural landscape combined with history and culture.

There are unique natural, historical and cultural locations such as the Stelvio National Park, medieval villages and well-preserved castles and convents. The trails running along the age-old irrigation channels across the mountain slopes are suited to family hikes while the snow-covered slopes at the ski areas and the serene high-Alpine plateaus attract winter-sports enthusiasts from all over.

### Tourist Information Venosta Valley

Phone +39 0473 62 04 80  
 info@venosta.net  
 www.venosta.net

Venosta Valley – Terra Raetica  
 interactive map  
 maps.vinschgau.net



Waal: the old Irrigation channel winding its way along the slopes



## Holiday Areas in the Venosta Valley Culture Region

### ★ VENOSTA VALLEY TOP TEN

- The Resia Lake page 24, 28, 29 and on the cover
- Adige Cycling Trail – The Via Claudia Augusta page 16
- Scenic Ride on the Venosta Valley Train page 14
- Coira Castle page 44
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- Lasa Marble page 64, 71
- Irrigation Channel Paths (Waalwege) page 18, 36, 39, 60, 67, 77, 87
- The Panoramic View of the Ortles page 28, 37, 48, 50, 55

### Reschenpass

- Curon/Graun
- Resia/Reschen
- San Valentino alla Muta/St. Valentino a.d. H. Vallelunga/Langtaufers

### Obervinschgau

- Malles Venosta/Mals
- Burgusio/Burgeis Prämajur – Amberg Slingia/Schling Planol – Ultimo/Planeil – Ulten Clusio/Schleis Laudes/Laatsch Tarces/Tartsch Mazia/Matsch
- Sluderno/Schluderns Glorenza/Glurns
- Tube in Val Monastero/Taufers i. M. Rivaira/Rifair

### Ortler Stelvio National Park

- Solda/Sulden Trafoi Gomagoi Stelvio/Stilfs Passo Stelvio/Stilfserjoch

### Prad am Stilfserjoch

- Prato allo Stelvio/Prad am Stj. Agums/Agumes Montechiario/Lichtenberg Montechiario Masi/Lichtenberger Höfe Spondigna/Sponding

### Schlanders-Laas

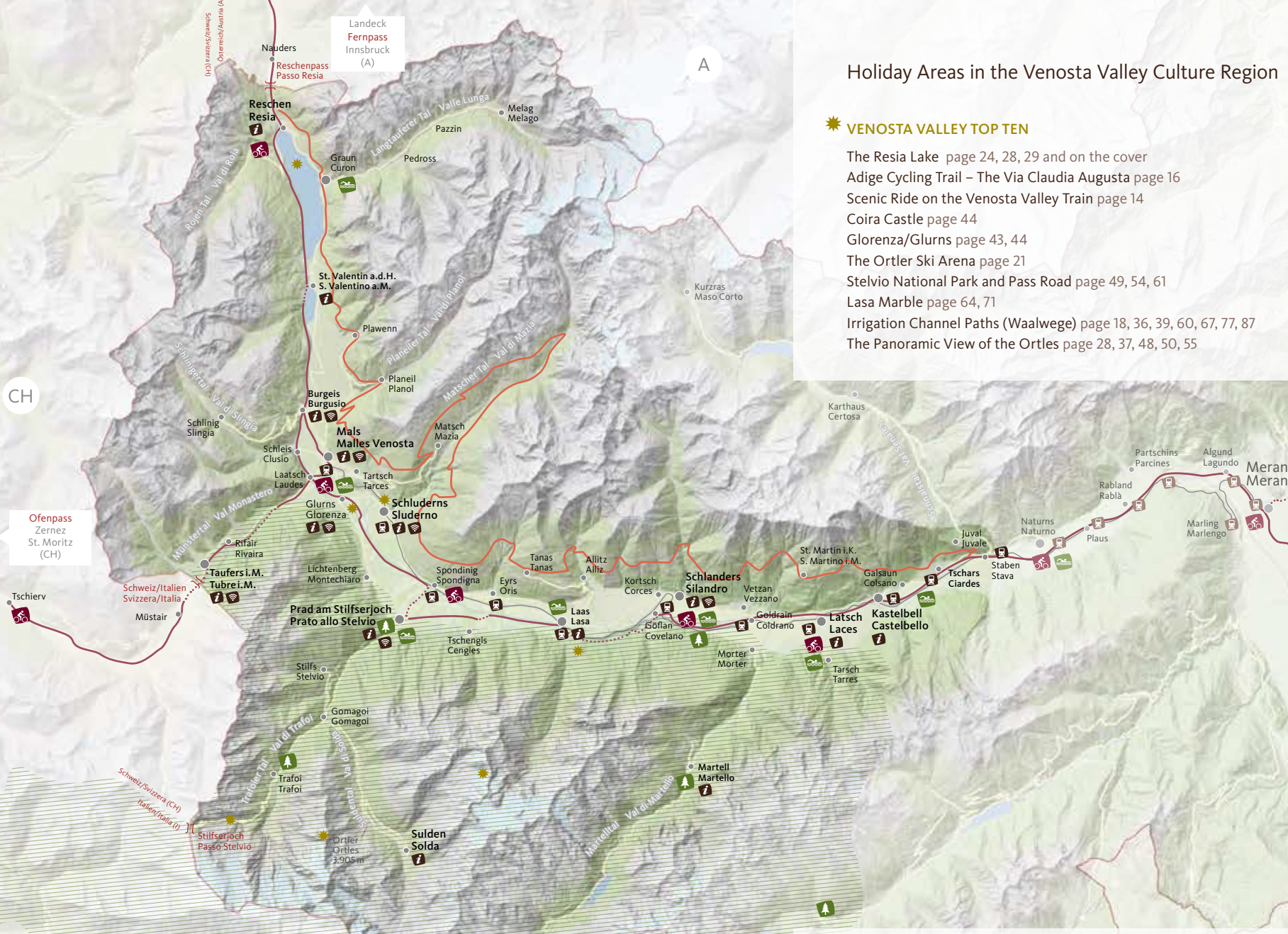
- Silandro/Schlanders Vezzano/Vezzan Corzes/Kortsch Covelano/Göflan Lasa/Laas Oris/Eyrs Cengles/Tschengls Alliz/Allitz Tanas

### Latsch-Martellital

- Laces/Latsch Martello/Martell Coldrano/Goldrain Morter Tarres/Tarsch San Martino in Monte/St. Martin im Kofel

### Kastelbell-Tschars

- Castelbello/Kastelbell Maragno/Marein Lacinigo/Latschning Montefranco/Freiberg Montetrumes/Trumsberg Ciardes/Tschars Colsano/Galsaun Juval/Juval Montefontana/Tomberg



bikemobil Card rental and service stations

Swimming pool

Family tip

Venosta Valley High Mountain Trail

Adige Cycling Trail along the Via Claudia Augusta

Information Office

Train station

WiFree

Stelvio National Park

Stelvio National Park visitor centers

CH

Ofenpass  
Zernez  
St. Moritz  
(CH)

Landeck  
Fernpass  
Innsbruck  
(A)

A





## \* VENOSTA VALLEY TOP TEN

### Resia Lake

The lake with the partly submerged Romanesque church steeple truly symbolizes the Venosta Valley cultural region. In summer it provides a paradise for hikers, fishermen, bikers and surfers while in winter, it is transformed into a choice spot for ice-skaters, snow-kiters and cross-country skiers.



### Via Claudia Augusta – the Adige Cycle Route

The ancient Roman trade route on the Via Claudia Augusta, winds its way across the Alps over the Resia Pass and nowadays, the 80 km Adige River cycle track running alongside the old road is highly popular. The Train & Bike rental service provided in conjunction with the local railways has several bicycle rental and service stations in the area.



### Scenic ride on the Venosta Valley Train

The panoramic Venosta Valley Train is one of the most modern light rail systems in Europe. It crosses the entire valley beneath the gaze of the Monte Sole Mountain, passing vineyards and orchards, Malles Venosta/ Mals and Merano/Meran, Castelbello/Kastelbell, the marble quarries in Lasa/Laas and the mystical Tarces Hill.



### Coira Castle

Coira Castle in Sluderno/Schluderns is a magnificent Renaissance-era edifice. Besides its uniquely equipped armoury, the castle also boasts other architectural treasures such as the Chapel of St James, the Jakobzimmer (Jacob's Room) and town arcades.



### Medieval town of Glorenza/Glurns

With its completely preserved city walls, medieval arcades and historic buildings, the old town of Glorenza/Glurns is another interesting regional center. Glorenza has a rich history and is also known as a town of artists, frequently serving as a film location.



### The Ortles Ski Areas

There are no less than six family-oriented skiing areas located throughout the Venosta Valley: Solda/Sulden and Trafoi in the Stelvio National Park, Watles in the Sesvenna Alps, Belpiano, San Valentino and Maseben near Resia Lake. The skiing areas are part of the Ortler Ski Arena network and are accessible on just a single ski pass.

### Stelvio National Park and the Stelvio Pass Road

The Stelvio National Park is the largest nature reserve in Italy and the Stelvio Pass Road is considerably challenging for cyclists as well as motorcyclists attempting to negotiate its multiple hairpin bends. Beginning in Trafoi, the road leading up to the Stelvio National Park is both scenic and convoluted. It is considered one of the most challenging routes in the world and is also known as the high point of the Giro d' Italia.

### Lasa Marble

The pure Lasa marble, which is mined in the quarries in the mountain village of Lasa/Laas, is highly prized and utilized in the construction of prestigious monuments worldwide. It takes its name after the village of Lasa, a center for sculptors, artists, writers and musicians who take part in the annual Marble and Apricot festival.

### Irrigation Channel Paths

Hiking trails run next to the narrow irrigation ditches along the slopes of numerous South Tyrolean mountains. These centuries-old watercourses were originally built to irrigate the fields in the arid valleys down below and have since been transformed into popular hiking trails. There are about two-dozen such characteristic hiking trails throughout the Venosta Valley, many of them serving as walkways all year round.

### The Panoramic View of the Ortles

The Ortles Cevedale Mountain range stretches out around Mount Ortles, the highest mountain in the Eastern Alps and South Tyrol, rising to 3,905 m above sea level. It has most impressive view of the Ortles from the Resia Lake Region. The Furkelhütte hut in Trafoi, Mount Lun and Coira Castle in Sluderno/Schluderns all have great scenic views of the Ortles Mountain.





Venosta Valley cycling trail above Malles Venosta/Mals





Ski fun in the Solda ski area





Coira Castle in Sluderno/Schluderns





Venosta Valley High Mountain Trail



All information in this brochure may be also found at  
[www.venosta.net](http://www.venosta.net)



All hiking and cycling routes, attractions, skiing and cross-country skiing areas may easily be found on our Venosta Valley – Terra Raetica interactive map at:  
[maps.vinschgau.net](http://maps.vinschgau.net)

### Family Tips

Family-friendly services are marked with the following symbol 😊

### Phones

Country code +39 (Italy)

### Weather

The Venosta Valley culture region web portal:  
[www.vinschgau.net/wetter](http://www.vinschgau.net/wetter)  
Meteorological Service of the Autonomous Province of Bolzano:  
[www.provinz.bz.it/wetter](http://www.provinz.bz.it/wetter)

### Emergency and Rescue

For the **Mountain Rescue Service** and the South Tyrolean State Emergency Center please dial **118**. If your cellphone is unable to connect to the wireless network, you may dial **112**, the **Euro-emergency line**. No battery power? Dial **\*3370#** to activate a **reserve battery #**

### Avalanche Warning Service

All information on ski touring, snowshoe hiking etc. cannot be guaranteed! Snow conditions and weather conditions must be checked on location. For latest information on avalanche conditions: call +39 0471 27 05 55 or +39 0471 27 11 77 or see: [www.provinz.bz.it/lawinen](http://www.provinz.bz.it/lawinen)

**All rates, opening times and dates are approximate and are based on those in 2013/2014.**  
All rates given in this brochure are in Euro and per adult. There are also discounts for children, youth, students, senior citizens and tourist groups, which are available on request from the respective sellers.



## Rail Travel in the Venosta Valley Culture Region

### ☀ The Venosta Valley Train – Rail travel through the Venosta Valley cultural landscape

A ride through Venosta Valley on the Venosta Valley Train is a must for visitors. The small train with its colorful South Tyrolean insignia symbolizes the Venosta Valley. It crosses fertile pastures, extended orchards and vineyards, quaint villages, imposing castles and fortresses. The 60 km-long romantic railway ride connecting Merano/Meran to Malles Venosta/Mals, is against the backdrop of the magnificent Ortles mountain range.

For further information on the Venosta Valley Train, see [www.suedtirolbahn.info](http://www.suedtirolbahn.info)

For general public transport information, see [www.suedtirolmobil.info](http://www.suedtirolmobil.info)



Venosta Valley Train, against the backdrop of the Castelbello Castle

## Mobilcard, museumobil Card, bikemobil Card

### Experience South Tyrol by bus and train

**Mobilcard:** the Mobilcard is your one-stop travel ticket and is valid for all public bus and railway lines in South Tyrol. Single day, 3 or 7 consecutive day tickets are available.

Mobilcard points of sale: : Venosta Valley Information Office

**bikemobil Card:** Single day, 3 or 7 consecutive day tickets are valid for all public transport, as well as for one-time bicycle rentals.

Please note: tickets must be validated at each station – before entering the train.

**museumobil Card:** 3 or 7-day tickets valid for all public transport including visits to numerous museums and exhibitions.

Cards must always be validated prior to travelling at all bus or train stations.

For further information: [www.suedtirolbahn.info](http://www.suedtirolbahn.info) [www.suedtirolmobil.info](http://www.suedtirolmobil.info)

For public transportation info call 840 000 471

### 2014 Card Rates

Mobilcard		museumobil Card		bikemobil Card	
7 days	28,00 €	7 days	32,00 €	7 days	34,00 €
3 days	23,00 €	3 days	28,00 €	3 days	30,00 €
1 day	15,00 €			1 day	24,00 €

### bikemobil Card Südtirol Rad Rental and Service Stations

Resia/Reschen bus terminal	Silandro/Schlanders train station	Merano/Meran train station
Malles Venosta/Mals train station	Laces/Latsch train station	Tschierv (Müstair Valley) San Roc 33, CH
Spondigna/Spondinig train station	Naturno/Naturns train station	

For further information see [www.suedtirol-rad.com](http://www.suedtirol-rad.com)



Cyclists in front of the old Lasa train station



## Cycling in the Venosta Valley Culture Region

### The Adige Cycling Trail along the old Via Claudia Augusta

The 80 km-long cycling trail crossing the entire Venosta Valley winds its way through the varied landscape between Resia/Reschen and Merano/Meran, following the ancient Roman trade route. The trails along the wide, flat valley floor are ideal for leisure cyclists and families. More demanding cyclists will find challenging destinations for road and mountain biking along the mountain roads and slopes above the valley.

Tip: the bikemobil Card permits cyclists to switch between rail-transport and bikes at each of the seven railway stations, using just a single pass.

## Hiking in the Venosta Valley Culture Region

### ☀ Venosta Valley High Mountain Trail – Multi-day hike along the sunny slopes of Monte Sole Mountain

The Venosta Valley High Mountain Trail runs from Stava/Staben in the lower Venosta Valley up to the Resia Pass at the source of the Adige River, combining six different hiking stages into one challenging experience.

The 108-km long route combines old and new trails, partly following ancient watercourses (irrigation channel paths) and paths connecting farms. The path on Monte Sole Mountain has a magnificent view of the highest mountains in South Tyrol and the green meadows of the valley. The Venosta Valley High Mountain Trail starts at the Adige River source near Resia and leads downwards to Stava. It can also be done in separate stages.

**Start and end point:**

Stava, Resia/Adige River source

**Route length:** 108 km

**Duration:** 6 days

(4 – 10 hr. walk per day)

**Ascent:** 4,600 m

**Descent:** 5,600 m

**Difficulty level:**

challenging (high level of fitness, sure-footedness and significant hiking experience required)

**Optimal period:** April to October  
(summer temperatures can reach elevated levels)

### Hiking Packages: Venosta Valley High Mountain Trail

Lodging in hostels, guesthouses on the Venosta Valley High Mountain Trail (including transport of luggage)

**Venosta Valley Incoming**

Phone +39 0473 61 67 42

[www.vinschgau-incoming.com](http://www.vinschgau-incoming.com)

**Hiking Taxi**

Taxi Iris

Mob. +39 333 5 65 74 64

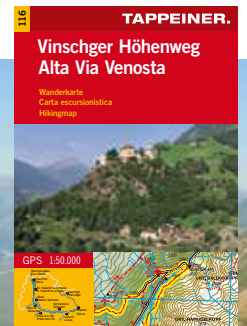
[www.taxi-iris.com](http://www.taxi-iris.com)



Venosta Valley cycling trail between Burgusio/Burgeois and Malles Venosta/Mals



Views from the Venosta Valley High Mountain Trail





## ☀ Irrigation Channel Paths

Hiking along the old irrigation channels is a popular form of recreation in South Tyrol and the trails on the Monte Sole or Monte Tramontana mountains are mostly on a level gradient. The paths and narrow watercourses were created centuries ago to irrigate fields utilizing water from the glaciers, to counteract the arid climate and periods of low rainfall down in the valley. Those responsible for maintaining these watercourses were called "Waalser" and used the paths to check the channels regularly. Without these irrigation channels there would have been regular droughts due to the Venosta Valley's dry climate.

Today, there are still dozens of hiking trails along the ancient irrigation channels remaining in Venosta Valley, accessible all year round with magnificent views of the mountain ranges across the valley. Thanks to the variety of fauna and flora along the routes, the Venosta Valley irrigation channel paths represent the most popular hiking trails in South Tyrol, particularly for families, recreational hikers and anyone seeking an unforgettable summer hiking holiday.



Hiking along an enchanting irrigation channel path in the Upper Venosta Valley

## Romanesque Sites in the Venosta Valley Culture Region

### Stairways to Heaven– Alpine Road of Romanesque Art

Forming part of the Stairway to Heaven project are castles, churches, picturesque villages and medieval towns, in a variety of cultural and landscapes.

The Romanesque paintings and buildings in Graubünden and the Venosta Valley represent some of Europe's most significant cultural treasures dating from this era. It is well worth taking a peek into this Dark Age and immersing oneself in this world of around 1,000 years ago.

Information:  
Stairways to Heaven - Alpine Road  
of Romanesque Art  
[www.stiegenzumhimmel.it](http://www.stiegenzumhimmel.it)

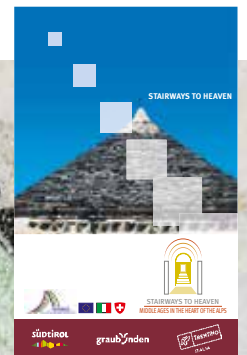
Upper Venosta Valley Holiday Area  
Malles Venosta/Mals  
[www.altavenosta-vacanze.it](http://www.altavenosta-vacanze.it)

### Sites in Venosta Valley

- » Monte Maria Benedictine Abbey above Burgusio/Burgeis
- » St. Nikolaus Church in Burgusio/Burgeis
- » Fröhlichsturm Tower in Malles Venosta/Mals
- » St. Veit Church on the Tarces Hill/Tartscher Bühel
- » St. Benedikt Church in Malles Venosta/Mals
- » Town of Glorenza/Glurns
- » St. Johann Church in Tubre/Taufers im Münstertal
- » St. Johann Church in Prato allo Stelvio/Prad am Stilfserjoch
- » Obermontani Castle in Morter
- » St. Stephan Castle Chapel in Morter
- » St. Nikolaus Church in Laces/Latsch
- » Unsere liebe Frau auf dem Bichl Church in Laces/Latsch
- » St. Karpophorus Church in Tarres/Tarsch
- » St. Vigilus/St. Blasius Church in Morter
- » St. Prokulus Church in Naturno/Naturns



Romanesque frescoes at St. Veit on Tarces Hill





# Venosta Valley SkiCard



7 ski areas, 36 ski lifts and a total of 168 km slopes  
 The Venosta Valley SkiCard puts the seven winter sports areas into the skier's pocket

## Skiing in the Venosta Valley Holiday Region

### ☀ Venosta Valley SkiCard

The Venosta Valley SkiCard allows access to seven ski areas, 36 lifts and a total of 168 km worth of slopes in the Venosta Valley holiday region. With a choice of between a 3, 4, 5 and 6-day pass, you can access all 7 areas.

#### Seven Ski Areas:

- Belpiano/Schöneben**, 37 km slopes
- Malga San Valentino/Haider Alm**, 20 km slopes
- Maseben**, 15 km slopes
- Watles**, 18 km slopes
- Solda all'Ortles/Sulden am Ortler**, 43 km slopes
- Trafoi all'Ortles**, 10 km slopes
- Minschuns/Müstair Valley (CH)**, 25 km slopes

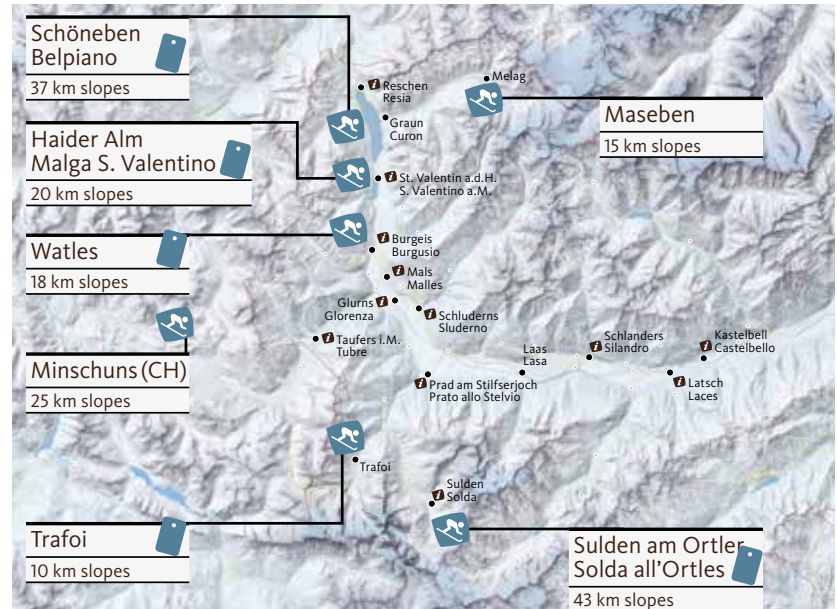
Venosta Valley SkiCard points of sale are located at the following ski areas:

- Belpiano in Resia/Reschen
- Malga San Valentino in San Valentino/St.Valentin
- Watles in Prämajur, Burgusio/Burgeois
- Solda/Sulden
- Trafoi

Information and rates:  
**Venosta Valley Information Office**  
 Phone +39 0473 62 04 80  
[www.venosta.net](http://www.venosta.net)

#### 2014 Card Rates

Venosta Valley SkiCard	Adults
3 day pass	ca. 109,00 €
6 day pass	ca. 195,00 €



## Cross-Country Skiing in the Venosta Valley Holiday Region

### Venosta Valley Cross-Country Card

Glide through the snow world. The 90 km cross-country ski runs offers opportunities for every cross-country enthusiast, from classical to skating style.

#### 2014 Card Rates

Venosta Valley Cross-Country Card	Adults
Day ticket	ca. 6,00 €
Weekly ticket	ca. 25,00 €

The Venosta Valley cross-country card is available for all long-run switches.

Information and prices at:  
 Tourist Information Venosta Valley  
 Phone +39 0473 62 04 80 or  
[www.venosta.net](http://www.venosta.net)



#### Venosta Valley Cross-Country Card

Discover eight fantastic cross-country skiing areas in the Venosta Valley with just one ticket.



#### Reschenpass

##### Tourist Information Resia Pass

Phone +39 0473 63 31 01  
[info@passoresia.it](mailto:info@passoresia.it)  
[www.passoresia.it](http://www.passoresia.it)

#### Obervinschgau

##### Tourist Information Upper Venosta Valley

Phone +39 0473 83 11 90  
[info@altavenosta-vacanze.it](mailto:info@altavenosta-vacanze.it)  
[www.altavenosta-vacanze.it](http://www.altavenosta-vacanze.it)

#### Ortler Stelvio National Park

##### Tourist Information Ortles

Phone +39 0473 61 30 15  
[info@ortlergebiet.it](mailto:info@ortlergebiet.it)  
[www.ortler.it](http://www.ortler.it)

#### Prad am Stilfserjoch

##### Tourist Information Prato allo Stelvio

Phone +39 0473 61 60 34  
[office@prad.info](mailto:office@prad.info)  
[www.prad.info](http://www.prad.info)

#### Schlanders-Laas

##### Tourist Information Silandro-Lasa

Phone +39 0473 73 01 55  
[info@silandro-lasa.it](mailto:info@silandro-lasa.it)  
[www.silandro-lasa.it](http://www.silandro-lasa.it)

#### Latsch-Martelltal

##### Tourist Information Laces-Val Martello

Phone +39 0473 62 31 09  
[info@latsch.it](mailto:info@latsch.it)  
[www.laces-martello.it](http://www.laces-martello.it)

#### Kastellbell-Tschars

##### Tourist Information Castebello-Ciardes

Phone +39 0473 62 41 93  
[info@kastellbell-tschars.com](mailto:info@kastellbell-tschars.com)  
[www.kastellbell-tschars.com](http://www.kastellbell-tschars.com)



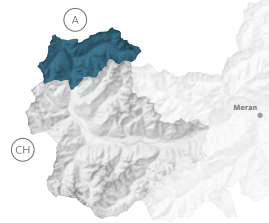


The lake with the partly submerged Romanesque church

# Reschenpass



In the culture region of Venosta Valley



The villages of Resia/Reschen, Curon/Graun and San Valentino/St. Valentin are located along the ancient Roman trade route Via Claudia Augusta, at the border triangle between Italy, Austria and Switzerland. This specific location has helped to shape the region and its people. The emblem of the region is the partly submerged Romanesque steeple in the Resia Lake. The side valleys of the seascape around Resia, Langtaufers Valley and Roia/Rojen form a recreation area perfect for all lovers of peace and nature. High altitudes of at least 1400 meters guarantee snow-capped mountains and frozen lakes in winter. The frozen Resia Lake is an ideal location for ice skating, ice sailing and snowkiting enthusiasts. The Resia Lake is also a spectacular site in summer for kitesurfing lovers who like to spend their holidays near the water.

## Resia Pass Holiday Area

### Tourist Information

#### Resia Pass

Hauptstraße 61 Via Principale  
I-39027 Curon/Graun

Phone +39 0473 63 31 01

Fax +39 0473 63 43 45

[info@passoresia.it](mailto:info@passoresia.it)

[www.passoresia.it](http://www.passoresia.it)



Jogging around the San Valentino Lake

## Hiking

### Belpiano – Malga S. Valentino Panoramic Trail

Starting point: Belpiano cable car mountain station, Resia

Route: Take the Resia lift to the Belpiano cable car mountain station. From there, trail No. 14 leads to Malga San Valentino Alpine pasture. Parts of the hiking trail lead through Arolla pine woods with stunning views overlooking the Resia and San Valentino lakes as well as the glaciers of the Ötztal Alps. The hike can also be done in the opposite direction. Altitude difference: 170 m from one mountain station to the other

Duration: 3 hours

Inns and huts: Belpiano mountain station, Haider Alm

### Glacier Theme Trail

up to the Weisskugel Alpine hut, 2,557 m a.s.l.

Starting point: Melago, Vallelunga

Route: The path leads from the Melago parking lot to the Melago Alpine pasture, and from there eastwards to the cable car valley station until the Alpine tree line. From the information panel erected at the tree line, the trail leads to the pointed ridge of the moraine hill and from there descends to the Karlinbach Bridge to the bottom of Langtaufere Ferner summit. Following the trail will lead up to Weisskugel Alpine hut.

Altitude difference: 600 m

Duration: 2 hours 30 min

Inns and huts: Melager Alm, Weisskugelhütte



### Talaiwald Adventure Trail

Starting point: San Valentino alla Muta

Route: Along the 3 km-long round trip are twelve stations inviting hikers of all ages to explore the surrounding nature. The mascots Zipf and Zapf accompany young nature enthusiasts along the trail and inform them about the forest and its inhabitants. Younger hikers just need a piece of paper and a pencil to solve various riddles on the way, which lead to a treasure. The trail is also suitable for prams and buggies.



The authentic Vallelunga Valley

## Mountain Biking

### Roia Round Trip

Start/end point: Resia

Start/end point: 28.5 km

Altitude difference: 850 m

A challenging route with panoramic views of the Ötztal Alps and the Resia Lake. Tip: A detour to the mountain village of Roia is recommended.

### Grauner Alm Alpine Pasture

Start/end point: Curon

Start/end point: 16 km

Altitude difference: 670 m

A biking tour with great views of the Ortles mountain massif and the lakes.

### Plagött – Haider Alm Alpine Pasture

Start/end point: San Valentino alla Muta parking lot in S. Valentino alla Muta

Total length: 15 km

Altitude difference: 670 m

A bicycle tour across the cultural and historical sites in the Upper Venosta Valley. Tip: Visit the dairy farm on the Brugger Alm Alpine pasture. Stop over at St. Martin's Chapel in the village of Fischgader.

### Plamort Round Trip

Start/end point: Resia

Total length: 27 km

Altitude difference: 950 m

An interesting ride passing across the borders of three countries through pastures, passing Alpine huts and with typical local delicacies as refreshments.

### Alpine Pastures and Mountain Huts

Information about opening times and rates: Tourist Information Resia/Reschen and San Valentino alla Muta/St. Valentin a.d. H.

**Reschner Alm, 2,020 m a.s.l.**  
Resia/Reschen  
Open in summer and winter

**Melager Alm, 1,970 m a.s.l.**  
Vallelunga/Langtaufers  
Open in summer and winter

**Haider Alm, 2,149 m a.s.l.**  
San Valentino/St. Valentin  
Open in summer and winter

**Grauner Alm, 2,202 m a.s.l.**  
Curon/Graun  
Open in summer only

**Weisskugelhütte, 2,557 m a.s.l.**  
Vallelunga/Langtaufers  
Open in summer only

**Atlantis der Berge, 2,400 m a.s.l.**  
Vallelunga/Langtaufers  
Open in summer and winter

**Skihaus Schöneben**  
Resia/Reschen  
Open in winter only

**Bergrestaurant Schöneben**  
Resia/Reschen  
Open in winter only

**Skihütte Rojen**  
Roia/Curon  
Open in winter only

**Restaurant Plagött**  
San Valentino/St. Valentin  
Open in winter only

### Cable Cars and Chair Lifts

Information about opening times and rates: Tourist Information Resia/Reschen and San Valentino alla Muta/St. Valentin a.d. H.

**Belpiano cable car, 2,118 m a.s.l.**  
Resia/Reschen  
Phone +39 0473 63 33 33

**San Valentino alla Muta cable car, 1,470 m a.s.l.**  
San Valentino/St. Valentin  
Phone +39 0473 63 46 28

**Vallelunga two-person chair lift, 2,500 m a.s.l.**  
Maseben  
Phone +39 0473 63 30 91



## Jogging

For running enthusiasts, around the Resia Pass

The Resia Pass is an ideal destination situated at between 1,470 – 1,950 m a.s.l., making it an ideal altitude for runners with clearly marked trails and multiple paths of various difficulty levels. Further information is available at the Resia and San Valentino alla Muta Information Offices.

## Swimming

Indoor pool and sauna, heated outdoor swimming-pool in Curon/Graun  
Phone +39 0473 63 31 27

## Fishing

### San Valentino Lake

Fishing is only allowed if in possession of a valid license and day pass.

Both permits may be obtained at the Alpenrose inn, the Casa dei Pescatori hamlet and the Angerer bakery.

### Resia Lake

Fishing is only allowed if in possession of a valid license and day pass.

Both permits are available at the Resia and San Valentino alla Muta Information Offices and at Bar Claudia in Curon.

## Lake Cruise

on the MS Hubertus

During the hour-long cruise on the Resia Lake, Captain Arthur tells the story of the man-made lake with its partly submerged church steeple.

For timetable and further information, contact the Resia and San Valentino Information Office.

## Kite-Surfing on the Resia Lake

With its ideal climate, the Resia Lake ranks among the top kite-surfing locations in Europe. The kiting area is situated near the village of Curon.

Phone +39 335 6 02 68 36

(South Tyrolean Kite-surfing school – Südtiroler Kiteschule)

## Sailing on the Resia Lake

The sailing club marina and clubhouse are located on the shoreline at the Resia Lake.



Cycling above the Resia Lake

Sailing on the Resia Lake, with the partly submerged steeple in the background

## Activities and Nature in Winter

### Ski Areas

#### Belpiano Ski Area

Location: Resia  
 Altitude: 1,495 – 2,550 m  
 Cable car/chair lifts: 6  
 Ski slopes: 37 km  
 Slope levels: 12 km (easy), 15 km (medium), 10 km (difficult)  
 Riders should put their lines together individually. Skiers can select various difficulty levels while mixing different types of obstacles.  
 For families: Schönis Kinderland is for younger guests, a ski kindergarten which is reachable on magic carpets.  
 For snowboarders and freestylers: two lifts, one for beginners and another for more advanced boarders. Facilities include butter boxes, industry flat-rail, bull tube, fun-slope and third tubes.  
 Belpiano Cable Car Valley Station, Resia  
 Phone +39 0473 63 33 33  
 www.schoeneben.it

#### Malga San Valentino Ski Area

Location: San Valentino alla Muta  
 Altitude: 1,450 – 2,700 m  
 Cable car/chair lifts: 5  
 Ski slopes: 20 km  
 Slope levels: 2 km (easy), 13 km (medium), 5 km (difficult)  
 For families: Kinderland with magic carpets, pillow slide, ski kindergarten and snow park  
 Malga San Valentino Cable Car Valley Station  
 San Valentino alla Muta  
 Phone +39 0473 63 46 28  
 www.haideralm.it

#### Maseben Ski Area

Location: Vallelunga  
 Altitude: 1,800 – 2,450 m  
 Cable car/chair lifts: 3  
 Ski slopes: 15 km  
 Slope levels: 8 km (easy), 7 km (medium)  
 For families: ski kindergarten  
 Maseben Cable Car Valley Station  
 Vallelunga  
 Phone +39 0473 63 31 90  
 www.skimaseben.it

### Cross-Country Skiing

#### Vallelunga High Mountain Cross-Country-Trail

The majestic Weisskugel glacier provides a magnificent backdrop to this trail.  
 Length: 15 km  
 Altitude difference: 250 m  
 Technique: classic and skating  
 Level: medium  
 Flood lighting: none

#### Curon Cross-Country Trail

There are a variety of slopes, many of them with panoramic views of the Ortles Mountain and the Resia Lake.  
 Length: 6 km  
 Altitude difference: 0 m  
 Technique: classic  
 Level: easy  
 Flood lighting: none

### Ski Touring

#### Äußerer Nockenkopf Summit, 2,767 m

Starting point: Roia, 2,000 m  
 Route: At the beginning the ascent is rather steep, before leveling out on more gentle slopes continuing westwards, towards the southern slope of the Nockenkopf summit. From there, the route follows along the ridge to the right, up to the summit.  
 Altitude difference: 850 m  
 Duration: 2 hours 30 min  
 Gradient: East

#### Seebodenspitze Summit, 2,859 m

Starting point: Malga San Valentino, 2,120 m  
 Route: Starts at the Seeboden ski lift mountain station up the steep ascent to the summit.  
 Altitude difference: 800 m  
 Duration: 2 hours 30 min



Skiing in Belpiano around the Resia Lake



Cross-country skiing and other sports in the unblemished winter landscape



## Snowshoe Hiking

### Belpiano – Roia – Resia

Route: Along the road to the parking lot in Roia, through the valley to Hoheneggerhof farm, and 300 m further down, across the bridge. The hike leads through woods and glades to Vallierteck. From there, you toboggan to Resia.

Altitude difference: 800 m

Duration: 2 hours 30 min

Level: easy

### Melager Alm Alpine Hut, 1,970 m

Route: Starting at the far end of the Vallelunga parking lot, leading from Curon to Melago ascending from the bottom of the valley to the Melager Alm Alpine hut.

Altitude difference: 45 m

Duration: 1 hour 30 min

Level: medium

## Sledging

### Vallierteck Sledge Run

Starting point: Resia

Length: 1.5 km

Altitude: 1,500 m

Altitude difference: 150 m

Flood lighting: yes

Cable car/chair lifts: no

Hiking time: 40 min

Level: medium

### Talailift Sledge Run

Starting point: San Valentino alla Muta

Length: 1.5 km

Altitude: 1,500 m

Altitude difference: 150 m

Flood lighting: yes

Level: easy

Cable car/chair lifts: no

Hiking time: 30 min

## Ice Skating and Speed Skating

### Ice Rink on the Resia Lake

Natural sledge run: yes

Natural lake: no

Circuits: 400 m, 6 km, 10 km

Ice stock sport: yes

Skate rental: yes

### Ice Rink on the S. Valentino Lake

Natural sledge run: yes

Natural lake: yes

Ice stock sport: yes

Circuit: 400 m

Skate rental: yes

## Snow-Kiting

A power kite uses wind force to propel riders along snow-covered ground surfaces. The sport is not just about achieving high speeds on the level plane, but also involves some air-borne jumps. Snow-kiting lessons are conducted at the South Tyrolean Kite-surfing school, including a trial class.

Information and registration:

South Tyrolean Kite-surfing school –

Südtiroler Kiteschule

Phone +39 335 6 02 68 36

reschenkite@yahoo.it

www.kiteschool.it

## Art and Culture

### Places of Interest

#### Curon Church Tower in the Resia Lake, Curon

In the summer of 1950, the village of Curon, a part of Resia and a number of old villages in the area were evacuated and destroyed to make way for the current dam (Resia Lake). The Romanesque church steeple however, was spared and became a symbol of a bygone era.

#### Bunker Tours, Resia

Between 1936 and 1942, an extensive fortification system was built along the Austrian border at Resia, in order to defend the country from a hypothetical invasion from Nazi-Germany. Nowadays, the old military structures serve as a tourist site open to the public with guided tours.

#### Adige River Source, Resia

The source of the Adige, the second longest river in Italy, lies in Resia and flows some 415 km into the Adriatic Sea. The Fortress in Nauders (A) was built between 1834 and 1840 on the road crossing the Resia Pass, near the medieval Niklasmauer Wall.

#### Nauders Fortress, Nauders (A)

The fortress of Nauders was built between 1834 to 1840 on the road across the Resia Pass near the medieval Niklas Wall.

Opening hours and guided tours info for the places of interest: **Tourist Information Resia and San Valentino**



Ice-skating on the Resia Lake

## Food and Wine

### Local Specialties straight from the Farms

	Products	Address	Phone +39
Rieglhof	Dairy products and yogurt	Vallelunga/Langtaufers 44	0473 63 32 66
Gamsegghof	Dairy products	Vallelunga/Langtaufers, Melago 10a	0473 63 32 87

### Snack Bars and Farm Taverns

	Address	Phone +39
Tendershof	Resia/Reschen	0473 63 20 11
Giernhof	Resia/Reschen	340 8 64 95 33
Greinhof	S. Valentino a. M./ St. Valentin a.d.H.	0473 63 45 74



Cheese wheels in maturation

### Eating and Drinking

	Cuisine	Closed	Adress	Phone +39
<b>Curon /Graun</b>				
Restaurant Traube Post	Regional, Italian	Thu	Claudia Augusta Str. 10	0473 63 31 31
Bar/Café Claudia		Wed*	Via Vallelunga. 1	0473 63 32 31
<b>Resia /Reschen</b>				
Restaurant Am Reschensee	Regional, Mediterranean 🌿	Mon*	Via Principale 14	0473 63 31 17
Bar Reschnerhof		Tue	Via Principale 47	0473 63 31 69
Restaurant Edelweiß	Regional, Mediterranean 🌿	Mon*	Via Principale 18	0473 63 31 42
Restaurant Erna	Regional, traditional plain cooking	/	Paese Nuovo 2	0473 63 31 45
Restaurant Seehotel	Regional, Mediterranean 🌿	Tue*	Via Principale 19	0473 63 31 18
Rest./Pizzeria Etschquelle	Pizza, regional, Mediterranean	Mon*	Neudorf 42	0473 63 31 25
Gasthaus Rojen	Regional, traditional plain cooking	/	Roia 35	340 5 85 76 12
Selfservice Schöneben	Regional, traditional plain cooking	/		
Rest./Pizzeria Schlössl	Pizza, traditional plain cooking	/	Paese Vecchio 20	0473 63 35 33
Restaurant Mohrenstuben	Regional, traditional plain cooking	Wed*	Hauptstr. 30	0473 63 31 20
Restaurant Mein Dörfel	Regional, Mediterranean	Mon*	Paese Vecchio 11	0473 63 20 56
Reschner Alm	Regional, traditional plain cooking	/		340 4 15 50 15
Hofschank Giernhof	Regional	/	Giern 61	340 8 64 95 33
Hofschank Tendershof <small>in the lower season open on request</small>	Regional, traditional plain cooking	/	Paese Vecchio 31	0473 63 20 11
Elly's Bar		Mon*	Via Principale 28	0473 63 20 78
<b>San Valentino alla Muta /St. Valentin auf der Haide</b>				
Restaurant Plagött	Regional, Mediterranean, game and venison	Mon*	Plagött 1	0473 63 46 63
Pizzeria Katrin	Pizza	/	Via Larici	0473 63 40 47
Restaurant Zum See	Regional, Mediterranean	/	Via Chiesa	0473 63 45 76
Haider Alm	Regional, traditional plain cooking	/		0473 63 46 28
Restaurant Lamm	Pizza, regional, traditional plain cooking	Tue	Via Nazionale	0473 63 46 41
Gasthof Alpenrose	Regional	Wed	Via Nazionale	0473 63 46 39
Villa Waldkönigin	traditional plain cooking, Mediterranean	/	Via del Bosco 17	0473 63 45 99
Hofschank Greinhof	Regional, traditional plain cooking	Wed		0473 63 45 74
<b>Vallelunga /Langtaufers</b>				
Melager Alm	Regional, traditional plain cooking	/		340 4 09 01 45
Restaurant Gletscherblick	traditional plain cooking 🌿	Mon	Vallelunga/Langtaufers	0473 63 32 55

\* Except during high season 🌿 Vegetarian 🌿 Wholefood cuisine/Organic

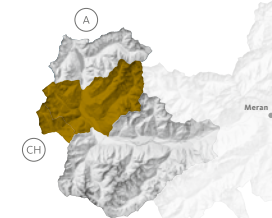




The old irrigation channels

## Obervinschgau

In the culture region of Venosta Valley



☀ The walls of medieval Gorenza/Glurns (the smallest urban center in South Tyrol to carry the title of town), and the five towers of Malles Venosta/Mals, the imposing Coira Castle above Sluderno/Schluderns and the gleaming white Monte Maria Abbey above Burgusio/Burgeis, are just some of the cultural attractions to be found in Upper Venosta Valley. The sunny Watles ski area is a highly popular family destination, with much to offer to nature lovers both in summer and winter. Those preferring a more relaxing itinerary can enjoy walks on the shady mountain trails running along the old irrigation channels with spectacular views of the snow-capped summits. During the winter months, the Mazia, Slingia and Planol valleys, are prime locations for snowshoeing, ski touring and winter hiking enthusiasts. Families in particular take to the sun-drenched Watles recreational ski area.

### Upper Venosta Valley Holiday Area

#### Tourist Information

##### Upper Venosta Valley

St.-Benedikt-Straße 1 Via San Benedetto

I-39024 Malles Venosta/Mals

Phone +39 0473 83 11 90

Fax +39 0473 83 19 01

[info@altavenosta-vacanze.it](mailto:info@altavenosta-vacanze.it)

[www.altavenosta-vacanze.it](http://www.altavenosta-vacanze.it)



The sunny Watles ski area



## Hiking

### Cross-Border Excursion to Switzerland

Slingia/Schlinig – Sesvenna Hut – Uina Ravine  
Starting point: Watles cable car mountain station, Prämajur

Route: From the Watles cable car valley station by chair lift to the cable car mountain station. From there, continue along the high mountain trail up to the Sesvenna hut across the Swiss border to the steep Uina ravine, also known as the old smugglers path. The return route takes one back to the Sesvenna hut, then downhill through the Schliniger Alm Alpine pasture and back to Slingia.

Please note: you must have a valid ID with you  
Altitude difference: ascent (460 m)/descent (730 m)  
Duration: 6 hours  
Inns and huts: Plantapatschhütte, Sesvennahütte, Schliniger Alm

### Sonnensteig Theme Trail

Starting point: Burgusio/Burgeis  
Route: This themed trail begins at Monte Maria Abbey continuing downhill to Burgusio, the Oberwaal irrigation channel in Malles Venosta, across Tarces passing Sluderno to Spondigna. There are intermittent panels posted along the length of the trail, bearing short historical descriptions of St. Benedict, the old irrigation channels as well as the landscape and legends of the Upper Venosta Valley.  
Altitude difference: 500 m  
Duration: 5 to 6 hours  
Inns and huts: in the villages (with descent)

## \* Irrigation Channel Paths

### Round Trip – Schludernser Waale

Starting point: Venosta Valley Museum in Sluderno/Schluderns  
Route: Following the Saldurbach stream to the end of the valley then across the bridge following Ganglegg. Take the Leitenwaal trail No. 17, which is just above the archeological excavation site, leading towards the Mazia Valley, past ancient larches. To return, take trail No. 20, passing Coira Castle and the Venosta Valley Museum.  
Length: 6.5 km  
Water-bearing: from April to end October  
Duration: 3 hours

### Turnaunawaal Trail

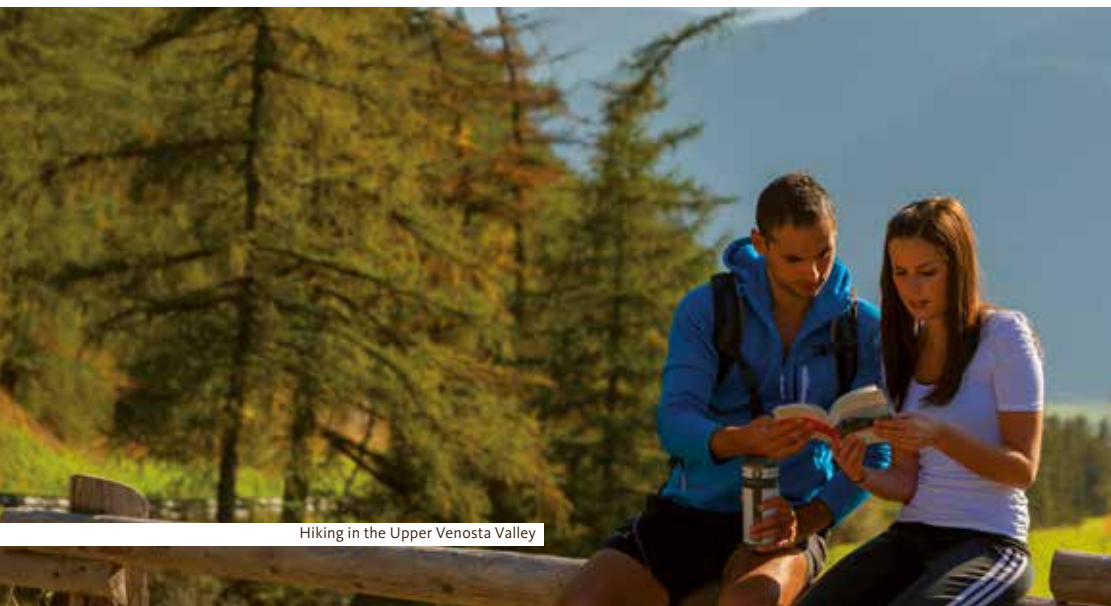
Starting point: Tubre/Taufers i.M. – trail No. 8  
Route: The irrigation channel runs past the Rotund and Reichenberg Castel ruins to the Turnauna Valley basin. The trail continues along the flat Turnauna fields in the valley. Return the same way to the starting point.  
Length: 4 km  
Water-bearing: partly

### Gschneierer Waal

Starting point: Gschneierer Höfe farms Sluderno mountain – trail No. 19  
Route: From the Gschneierer Höfe farms the Gschneierer Waal irrigation channel path leads through the woodlands above Sluderno on the sunny side of the valley, ending at the Greinhof farm.  
Length: 8 km  
Water-bearing: from May to end October

### Oberwaal

Starting point: Malles Venosta/Mals – trail No. 17  
Route: The irrigation channel path leads through mixed forest up to the plant garden of Malles Venosta. It is possible to continue hiking from here direction Tarces and Sluderno.  
Length: 1.5 km  
Water-bearing: partly



Hiking in the Upper Venosta Valley

### Alpine Pastures and Mountain Huts

<b>Schliniger Alm, 1,868 m</b> Slingia/Schlinig Open in summer and winter	<b>Planeiler Alm, 2,203 m</b> Planol/Planeil Open in summer only	<b>AVS-Oberetteshütte, 2,677 m</b> Mazia/Matsch Open in summer only
<b>Höfer Alm, 2,010 m</b> Prämajur Open in summer and winter	<b>Mountain Restaurant Plantapatsch</b> Prämajur Open in summer and winter	<b>AVS-Sesvennahütte, 2,256 m</b> Slingia/Schlinig Open in summer and winter
<b>Brugger Alm, 1,941 m</b> Burgusio/Burgeis Open in summer only	<b>Seasonal Information:</b> Tourist Office Malles Venosta/Mals	



## Mountain Biking

### Mazia Robber Knights Bicycle Tour

Start/end point: Malles Venosta/Mals

Total length: 39 km

Altitude difference: 1,418 m

Start at Malles passing Malettes, at Muntetschinig 200 m past the Lechtlhof farm take a sharp left turn to the Black Forest, past the ground grid to the village of Mazia. This is a bike tour with magnificent views of the Upper Venosta Valley and surrounding landscape.

### Sluderno Monte Sole Tour

Start/end point: Sluderno/Schluderns

Total length: 22 km

Altitude difference: 1,116 m

Starting at Coira Castle in Sluderno passing the farms of Gialhof, Obertels and Oberfrini towards the village of Tanas. Descend on the old cart road towards Oris and on the Via Claudia Augusta Adige Cycling Trail returning to Sluderno.

### Uina Ravine

Start/end point: Burgusio/Burgeis

Total length: 82 km

Altitude difference: 2,400 m

The challenging ride forms part of the regular group of excursions occurring in the 3-country border triangle and is recommended only for cyclists without fear of heights. The main feature of the ride is a 900 m long section that was carved out of the sheer rock face along the Uina ravine from 1908 – 1910. Although cyclists must dismount to negotiate this particular section, the remainder of the course is great fun and extremely scenic.

## Swimming and Sauna

Indoor and outdoor pools at the Sport & Well Center in Malles Venosta/Mals

Phone +39 0473 83 15 90

## Paragliding

Information:

Fritz Ziernheld

Phone +39 348 5 10 49 27

Hotel Watles in Prämajur

Phone +39 0473 83 54 11

## Archery

### „VenostArc“-Parcour

Located above Tarces/Tartsch, with 3D animals as targets,

Information: [www.bogenschiessen-vinschgau.com](http://www.bogenschiessen-vinschgau.com)

### Watles Archery Center

The Watles Archery Center has rental facilities, 3D-animal targets and two shooting ranges featuring about 30 3D-animal targets.

For further information contact the Malles Venosta/Mals Information Office

phone +39 0473 83 11 90 or at

CRS Archery (CRS Bogensport)

mob. +39 320 3 42 51 69

## Spielesee Adventure Lake

### Watles Spielesee Adventure Lake

The 1,500 m<sup>2</sup>, 40 cm deep lake catering to the younger set with guaranteed fun and adventures: rafts, swing bridges, waterfalls and mini ravines. Meanwhile, there are wooden loungers for parents to relax and soak up the sun and scenic mountain views.

Location: Prämajur, next to the top of the Watles chairlift

Free entry

## Activities and Nature in Winter

## Ski Area

### Watles Ski Area

Location: Prämajur

Altitude: 1,750 – 2,500 m

Cable car/chair lifts: 3

Ski slopes: 18 km

Slope levels: 6 km (easy), 12 km (medium)

For families: Bubo children's parc with ski kindergarten and ski-cross slope

Watles Cable Car Valley Station, Prämajur

Phone +39 0473 83 11 99

[www.watles.net](http://www.watles.net)

## Cross-Country Skiing

### Slingia/Schlinig Nordic Ski Center

Length: 15 km

Altitude difference: 150 m

Technique: classic and skating

Level: medium

Flood lighting: none

Slingia/Schlinig Nordic Ski Center,

phone +39 0473 83 53 55 or

[www.watles.net](http://www.watles.net)



Day of nostalgia at the Watles Ski Area

## Ski Touring

### Upikopf Summit, 3,175 m

Starting point: Glieshof farm in Mazia/Matsch, 1,810 m  
Route: Start at the Glieshof farm up to Upialm Alpine pasture, then left up to the Upiseen lakes and finally to the Upikopf Summit on the South-facing slope.

Altitude difference: 1,360 m

Duration: 4 hours 30 min

Gradient: South, Southwest

### Tellakopf Summit, 2,525 m

Starting point: Tubre/Taufers in Müstair Valley, 1,200 m

Route: Start at the local parish church passing the Tellahöfe farms to the Egghof farm (1,723 m), then north-west over a slightly increasing forest path to the Tellaalm Alpine pasture (2,098 m). Bear left, then across the fields at the edge of the woodlands northwards right up to the Tellajoch Ridge (2,358 m). Then to the right and another 30 min up to the summit.

Altitude difference: 1,300 m

Duration: 2 hours 30 min

## Snowshoe Hiking

### To the Watles Cross, 2,555 m

From the Watles cable car valley station up the slope leading to the cable car mountain station and on to the Watles Cross.

Altitude difference: 830 m

Duration: 2 hours 30 min

Level: medium

## Sledging

### Watles Sledge Run

Starting point: Watles cable car valley station in Prämajur

Length: 4 km

Altitude: 2,150 m

Altitude difference: 400 m

Flood lighting: none

Cable car/chair lifts: yes

Hiking time: 1 hour 30 min

Sledge rental: at the Watles mountain cable car station

Natural sledge run: yes

## Art and Culture

### Places of interest

#### Monte Maria Abbey, Burgusio/Burgeois

Nowadays, there are 11 monks inhabiting this Benedictine Abbey, a haven of peace and energy, which also happens to be situated at the highest altitude in Europe. In 2007, a museum was inaugurated within its walls.

#### St. Benedict Church, Malles Venosta/Mals

The church was built and embellished in the 8th century AD, bearing precious frescoes from the Carolingian Renaissance period, among them the earliest murals in central Europe. The most important depictions are the portraits of the two founders, showing clothing and weaponry of the 9th century AD.

#### Convent of St. John, Müstair (CH)

UNESCO World Heritage Site

In 1983, the Convent of St. John, Müstair (CH) was declared a UNESCO World Cultural Heritage Site. This well-preserved Benedictine Monastery is a medieval complex dating from the Carolingian Renaissance in the 9th century AD.

Opening hours and guided tours info for the places of interest:  
**Tourist Information Malles Venosta/Mals**



The medieval town of Glorenza/Glurns



## Medieval Town of Glorenza/Glurns

This smallest city in the Alps is a medieval gem welcoming visitors with its intact old city walls and arcades.

## Coira Castle, Sluderno/Schluderns

The Coira Castle is one of the best-preserved Renaissance castles in South Tyrol and houses the largest private armory and magnificent arcades.

Opening hours and guided tours  
info for the places of interest:  
**Tourist Information Malles  
Venosta/Mals**



Coira Castle in Sluderno/Schluderns

## Food and Wine

### Local Specialties straight from the Farms

	Products	Address	Phone +39
Farm shop and tannery Pobitzer	Organic, specialties, fur and leather goods	Malles Venosta/Mals	0473 83 14 21
Cheese dairy Enghorn	Cheese	Clusio/Schleis	0473 83 53 93
Farm shop Portahof	Refined agricultural produce	Clusio/Schleis	346 6 61 93 85
Farm shop Migihof	Organic	Clusio/Schleis	0473 83 01 19
Alpin dairy Burgeis	Cheese	Burgusio/Burgeis	0473 83 01 33
Alpin dairy Aft Mult	Refined agricultural produce	Ulten 115, Malles Venosta/Mals	347 6 28 95 09
Cheese dairy Egghof	Goats cream cheeses	Tella 7, Tubre/Taufers i. M.	0473 83 22 91

### Distilleries

	Products	Address	Phone +39
Bio-Distillery Steiner	Fruit brandies	Malles Venosta/Mals	0473 83 11 86
Distillery Secci	Fruit brandies	Malles Venosta/Mals	347 2 23 70 90
Puni Distillery	Italian Single Malt	Glorenza/Glurns	0473 83 55 00

### Snack Bars and Farm Taverns

	Address	Phone +39
Agropobitzer	Laudes/Laatsch 6-7	392 3 71 31 42
Rainalterhof	Muntetschinig 39, Tarcés/Tartsch	0473 83 17 64 347 5 86 16 87
Röfenhof	Prämajur	0473 83 10 88
Tedoldi	Laudes/Laatsch 84	349 5 48 30 88
Plantapatschhütte	Watles mountain station, Prämajur	338 3 97 15 43

## Eating and Drinking

	Cuisine	Closed	Address	Phone +39
<b>Malles Venosta/Mals</b>				
Hotel Garberhof	Regional, Mediterranean 🍷🍴🍷	Mon	Strada Statale 25	0473 83 13 99
Gasthof Iris	Regional, Mediterranean 🍷🍴🍷	Thu	Strada Statale 12	0473 83 11 66
Biohotel Restaurant Panorama	Regional 🍷🍴🍷	Tue, Wed <sup>M</sup>	Strada Statale 5	0473 83 11 86
Hotel Greif	Regional, traditional plain cooking 🍷🍴	Tue	Via Gen.-I.-Verdroß 40a	0473 83 11 89
Rest. Brauerei Forsterbräu	Regional, Mediterranean 🍷🍴🍷	Tue <sup>M</sup> , Wed	Via Gen.-I.-Verdroß 2	0473 83 00 39
Pizzeria Rest. Lampl	Regional, Pizzeria (pizza for lunch and dinner), Italian 🍷	Thu	Via Dr.-H.-Flora 4	0473 83 10 85
Bahnhofsbar Mals		/	Train station Malles V.	0473 83 54 63
Bar Garni Grauer Bär		Sun	Piazza Principale 2	0473 83 11 26
Café Konditorei Fritz		Tue	Via Gen.-I.-Verdroß 15	0473 83 11 23
Bar Lollo		Thu	Strada Statale 12	0473 83 11 66
Bar Krone		Thu	Via Gen.-I.-Verdroß 32	0473 83 11 73
<b>Burgusio/Burgeis</b>				
Hotel Zum Mohren	Regional 🍷🍴🍷🍴	Tue, Wed <sup>M</sup>	Burgusio/Burgeis 81	0473 83 12 23
Hotel Weißes Kreuz	Regional, Mediterranean 🍷🍴	Thu	Burgusio/Burgeis 82	0473 83 13 07
Restaurant Gerda	Regional, traditional plain cooking	Mon	Burgusio/Burgeis 65	0473 83 14 25
Restaurant Bruggerhof	Regional, traditional plain cooking 🍷🍴	Wed	Burgusio/Burgeis 174	0473 83 15 56
Rest. Weinstube Nikolaus	Regional 🍷🍴🍷	Thu	Burgusio/Burgeis 104	0473 83 13 60
Pizzeria Daniela	Pizza, snacks	Mon	Burgusio/Burgeis 179	0473 83 15 07
Bar Café Brigitte		Wed	Burgusio/Burgeis 171	0473 83 14 71
<b>Prämajur/Amberg</b>				
Hotel Watles	Regional 🍷🍴🍷	/	Prämajur 49	0473 83 54 11
Ferienhotel Kastellatz	Traditional plain cooking	Tue	Prämajur 51	0473 83 14 15
Hofschank Röfenhof	Regional, traditional plain cooking 🍷	/	Prämajur, Röfenhof 6	0473 83 10 88
Plantapatschhütte	Regional, traditional plain cooking	*	Watles ski and hiking area	338 3 97 15 43
Höferalm	Regional, traditional plain cooking	*	Watles ski and hiking area	
<b>Sliniga/Schlinig</b>				
Gasthof Aniggelhof	Regional, traditional plain cooking	Wed	Sliniga/Schlinig 20	0473 83 12 10
Schliniger Alm	Regional, traditional plain cooking	*		338 5 37 97 33
<b>Planol/Planeil</b>				
Gasthof Gemse	Regional, traditional plain cooking 🍷	Mon	Planol/Planeil 1	0473 83 11 48
<b>Clusio/Schleis</b>				
Gasthof zum Gold'nen Adler	Regional 🍷🍴🍷	Thu	Clusio/Schleis 46	0473 83 11 39

	Cuisine	Closed	Address	Phone +39
<b>Laudes/Laatsch</b>				
Hofschank Agropobitzer	Regional, traditional plain cooking	/	Laudes/Laatsch 6-7	392 3 71 31 42
Hofschank Tedoldi	Regional	Mon	Laudes/Laatsch 84	349 548 30 88
Gasthof Lamm	Regional, traditional plain cooking, Mediterranean	Thu	Laudes/Laatsch 72	0473 83 13 36
Rest./Pizzeria Calva	Pizza, regional 🍷🍴	Tue	Via Principale 140	0473 83 11 09
<b>Tarces/Tartsch</b>				
Pizzeria Restaurant Remo	Pizza, regional, Mediterranean	Thu	Tarces/Tartsch 5	0473 83 52 10
Hofschank Rainalter	Regional, traditional plain cooking Hot meals on offer	/	Monteschino 39	0473 83 17 64 347 5 86 16 87
<b>Mazia/Matsch</b>				
Almhotel Rest. Glieshof	Regional, Mediterranean, game and venison 🍷🍴🍷	Wed	Mazia/Matsch 69	0473 84 26 22
<b>Sluderno/Schluderns</b>				
Rest. Erlebnishotel Engel	Regional, traditional plain cooking, Mediterranean 🍷🍴🍷	/	Piazza della Chiesa 7	0473 61 52 78
Rest. Pizzeria Alte Mühle	Pizza, regional, traditional plain cooking, Mediterranean 🍷🍴🍷	Mon	Via Mazia 24	0473 61 52 38
Mittagsrest. Weisses Rössl	Regional, Mediterranean 🍷	Mon	Via Merano 3	0473 61 53 00
Restaurant Helene	Regional, traditional plain cooking	Mon	Via Quair 12	0473 61 52 72
Bar Eis Café Time		Mon	Via Val Venosta 15	0473 61 54 04
<b>Glorenza/Glurns</b>				
Hotel Post	Regional, traditional plain cooking	/	Via Flora 15	0473 83 12 08
Gasthof Grüner Baum	Regional, traditional plain cooking, Mediterranean 🍷	Thu	Piazza della Città 7	0473 83 12 06
Gasthof Weißes Kreuz	Regional, traditional plain cooking 🍷	Tue	Via Malles 2	0473 83 14 55
Restaurant Pizzeria Erika	Pizza, regional, traditional plain cooking	Mon	Via Flora 39	0473 83 52 62
Abendrest. Gloria Vallis		Wed	Via dei Prati 5	0473 83 51 60
Stadtcafé		Sun	Via Flora 18	340 9 04 71 33
Café Konditorei Eisdiele Riedl		Wed	Via Malles 11	0473 83 13 48
August: no rest day				
<b>Tubre in Val Monastero/Taufers im Münstertal</b>				
Hotel Restaurant Lamm	Traditional plain cooking, small dishes	Wed	Via San Giovanni 37	0473 83 21 68
Hotel Restaurant Chavalatsch	Regional, traditional plain cooking closed in November and Dezember	Thu	Via San Giovanni 31	0473 83 21 75
Restaurant Pizzeria Avinga	Regional, traditional plain cooking, pizza 🍷	Mon	Via San Giovanni 78	0473 83 21 77

🍷 Vegetarian 🍴 Gluten-free menus on request 🍷 Lactose-free products on request 🍴 Wholefood cuisine/Organic

\* Open only during high season <sup>M</sup> Morning <sup>A</sup> Afternoon

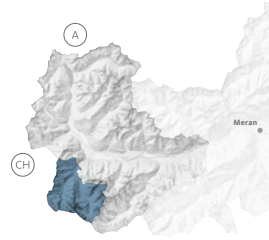




The Stelvio Pass Road

## Ortler Stelvio National Park

In the culture region of Venosta Valley



With an altitude of 3,905 m, the Ortles is South Tyrol's highest mountain. Both wild and cultivated landscapes blend into a harmonious environment. Solda/Sulden at an altitude of 1,900 m, is preferred for sporting activities while Trafoi at 1,500 m provides a more leisurely recreational center and more suited to families. The village of Stelvio/Stilfs is an authentic cultural experience and the old urban center provides an insight into the rural lifestyle as it once used to be. A highlight of the region is the scenic pass road leading to the **Stelvio Pass**, with 48 hairpin bends and a highlight of the famous Giro d'Italia.

### Ortles – Stelvio National Park Holiday Area

#### Tourist Information Ortles

Hauptstraße 72 Via Principale  
I-39029 Solda/Sulden

Phone +39 0473 61 30 15

Fax +39 0473 61 31 82

[info@ortlergebiet.it](mailto:info@ortlergebiet.it)

[www.ortler.it](http://www.ortler.it)



Enjoying a drink on the Ortles



## Activities and Nature in Summer

### Hiking

#### Alpine Pasture Hike in the Ortles Region

Starting point: parking lot of the game reserve above Stelvio

Route: A wide forestry track twists and turns on a moderately uphill gradient to the Prader Alm pasture, then on to the Furkelhütte hut (2,153 m). From there, trail No. 24 leads to Kreuzegg where the panoramic high mountain trail No. 4 leads to the Silfser Alm Alpine pasture. After two hours of walking one reaches first the Untere Stilfser Alm and then the Obere Stilfser Alm Alpine pastures (2,077 m) with trail No. 2 leading back to the starting point.

Altitude difference: 600 m

Duration: 4 hours 30 min

Inns and huts: Furkelhütte, Obere Stilfser Alm



#### The Naturaronda in Solda

There is an adventure theme park with a suspension bridge in the Stelvio National Park, called the Naturaronda.

Altitude difference: 300 m

Duration: 3 hours

#### To the Julius Payer Alpine Hut

Starting point: Solda/Sulden

Route: From Solda, the trail runs through the forest to the Tabarettahütte Alpine hut (2,556 m). At the Bärenscharte wind gap, it leads to a ridge between Solda and Trafoi, where the Julius Payer hut (3,029 m) is located at the entrance to the giant Ortles glacier massif.

Altitude difference: 1,150 m

Duration: 4 hours

Inns and huts: Tabarettahütte, Julius Payer Hütte

#### Waterfall Round Trip in Trafoi

Starting point: parking lot at Tre Fontane

Route: At the end of the parking lot, pass the game reserve. Trail No. 9 continues through the forest, along the ditch until it turns left crossing a small bridge over the waters of the glacier. The winding path continues up to three cascades, made up of water from the glacier, then descending to the flat section of the woodlands and back again to the starting point. If one prefers to avoid the more difficult sections downhill, one can simply double back the same way as before.

Altitude difference: 200 m

Duration: 1 hours 30 min

### Mountainbiken

#### Madritschjoch Ridge Tour

Start/end point: Solda/Martello Valley

Total length: 52 km

Altitude difference: 1,970 m

At 3,146 m, the Madritschjoch is one of the highest crossings in the Alps, where Alpine mountaineers pass annually on their way to the Garda Lake and the special Ortles-Cevedale massif mountain environment surely makes for an unforgettable excursion. A high level of physical fitness level and hiking experience are required.

#### Furkelhütte Alpine Hut

Start/end point: Gomagoi/Prato allo Stelvio/Prad am Stj.

Total length: 19.5 km

Altitude difference: 905 m

The tour starts above Gomagoi, leading through the forest up to the Furkelhütte hut. It continues up to Prader Alm Alpine pasture, across the Stilfser Alm pasture and to the Berger Alm pasture and downhill down to Montechiaro.

#### Alpine Pastures and Mountain Huts

**Kälberalm, 2,248 m**

Solda/Sulden

No overnight lodging

Open in summer only

**Obere Stilfser Alm, 2,077 m**

Stelvio/Stilfs

Open in summer and winter

**Julius-Payer Hütte, 3,029 m**

Solda/Sulden

Open in summer only

**Hintergrathütte, 2,661 m**

Solda/Sulden

Open in summer only

**Schaubachhütte, 2,581 m**

Solda/Sulden

Open in summer and winter

**Düsseldorferhütte, 2,721 m**

Solda/Sulden

Open in summer only

**Tabarettahütte, 2,556 m**

Solda/Sulden

Open in summer only

**Madritschhütte, 2,817 m**

Solda/Sulden

No overnight lodging

Open in summer and winter

**Furkelhütte, 2,153 m**

Trafoi

No overnight lodging

Open in summer and winter

**Berglhütte, 2,188 m**

Trafoi

Open in summer only

**Restaurant Kanzel**

Solda/Sulden

Open in summer and winter

**Restaurant K2**

Solda/Sulden

Open in summer and winter

**Bergrestaurant Seilbahn Sulden**

Solda/Sulden

Open in summer and winter

For seasonal opening days see:

**Tourist Information Solda**

#### Mountain Guide

**Alpine School Ortler**

Phone +39 0473 61 30 04

www.alpinschule-ortler.com

info@alpinschule-ortler.com

#### Cable Cars and Chair lifts

**Solda Cable Cars, 2,610 m**

Solda/Sulden

Phone +39 0473 61 30 47

**Pulpito Chair Lift, 2,320 m**

Solda/Sulden

Phone +39 0473 61 30 97

**Orso Chair Lift, 2,350 m**

Solda/Sulden

Phone +39 0473 61 30 73

**Trafoi Chair Lift, 2,153 m**

Trafoi

Phone +39 0473 61 15 77

**Stelvio Pass Summer Ski Area**

3,450 m

Stelvio Pass/Stilfserjoch

Phone +39 0342 90 32 23

Information about opening times/

rates: **Tourist Information Solda**

**Alpine School Feel the Mountains**

Mobile +39 331 1 70 93 93

www.feel-the-mountains.com

info@feel-the-mountains.com



View from the Furkelhütte Alpine hut to the Ortles Peak



## Activities and Nature in Winter

### Ski Areas

#### Solda Ski Area

Location: Solda/Sulden  
 Altitude: 1,900 – 3,250 m  
 Cable car/chair lifts: 11  
 Ski slopes: 43 km  
 Slope levels: 17 km (easy), 10 km (medium),  
 16 km (difficult)  
 Solda Cable Car  
 Phone +39 0473 61 30 47  
 www.seilbahnsulden.it

#### Trafoi Ski Area

Location: Trafoi  
 Altitude: 1,540 – 2,550 m  
 Cable car/chair lifts: 4  
 Ski slopes: 10 km  
 Slope levels: 5 km (easy), 3 km (medium),  
 2 km (difficult)  
 Trafoi Valley Station, phone: +39 0473 61 15 77  
 www.trafoi.com

### Cross-Country Skiing

#### Solda High Mountain Cross-Country Trail

There are a total of 7 km of trails running through the valley beneath the Ortles-Cevedale massif. The slope is approved for international competitions.  
 Length: 7 km  
 Altitude difference: 100 m  
 Technique: classic and skating  
 Level: easy

#### Trafoi Cross-Country Trail

A unique slope situated in pristine nature, starting at the village up to Tre Fontane.  
 Length: 6 km  
 Altitude difference: 150 m  
 Technique: classic and skating  
 Level: medium

### Ski Touring

#### Stelvio Pass, 2,757 m

Starting point: Trafoi  
 Route: along the road up to the top of the pass  
 Altitude difference: 1,200 m  
 Duration: 4 hours  
 Length: 14 km  
 Gradient: South  
 Level: medium (not really steep but lengthy)

#### Solda Peak, 3,375 m

Starting point: Solda Cable Car mountain station at 2,610 m  
 Route: along the Solda Glacier up to the summit  
 Altitude difference: 917 m  
 Duration: 3 hours  
 Length: 2.5 km  
 Gradient: North-West  
 Level: easy

### Sledging

#### Illuminated Solda Night Sledge Run

Starting point: near Solda Cable Car  
 Length: 2 km  
 Altitude: 1,900 – 2,050 m  
 Altitude difference: 150 m  
 Cable car/chair lifts: no  
 Hiking time: 20 min

#### Trafoi Sledge Run

Starting point: at the Trafoi junction to Tre Fontane  
 Length: 5 km  
 Altitude: 1,640 – 1,950 m  
 Altitude difference: 310 m  
 Illumination: no  
 Cable car/chair lifts: no  
 Duration: 1 hour 30 min

### Snowshoe Hiking

#### Solda Round Trip

On the sign-posted trails, No. 6 and 7, starting at the parish church to the Solda Cable Cars valley station and on to Café Waldruhe.  
 Altitude difference: 80 m  
 Duration: 1 hour 40 min  
 Level: easy

#### Kälberalm Alpine Pasture

Starting at Hotel Marlet in Solda, on the road No. 19 up to Kälberalm Alpine pasture.  
 Altitude difference: 348 m  
 Duration: 2 hours  
 Level: medium

### Ice Climbing

#### Legerwand

Own equipment: yes  
 Entrance: valley downhill of the cable car  
 Rock height: 150 m  
 Rope length: 4 SL  
 Duration: 2 hours 30 min  
 Level: medium  
 Icefall: yes  
 Gradient: North – North-West  
 Stands: none

#### Ice Climbing on the Artificial Ice Tower

Location: Solda  
 Own material: yes  
 Guided tours: on request at the Ortles area  
 Alpine schools



Ski fun in the Solda ski area with Mount Gran Zebrù in the background

## Art and Culture

### Places of Interest

#### MMM Ortles, Solda

Reinhold Messner's underground museum at an altitude of 1,900 m, is dedicated to glaciers and ice.

Information:  
**Messner Mountain Museum**  
 Phone +39 0473 61 35 77  
[www.messner-mountain-museum.it](http://www.messner-mountain-museum.it)

#### Museum Alpine Curiosa, Solda

The former mountaineer hostel has been re-configured by Reinhold Messner as a museum of Alpine curiosities.

Open during winter and summer  
 Info: **Tourist Information Solda**

#### Museum for the Ortles Region, Solda

Various precious cultural and historical exhibits from the Ortles area are on display at the museum in Solda.

Information:  
**Fam. Knoll**  
 Phone +39 0473 61 30 32  
 and +39 335 1 05 08 01

#### naturatrafoi Visitor Center, Trafoi

This exhibition in Trafoi shows fascinating insights into the geology of the Ortles-Cevedale mountain group.

Information:  
**naturatrafoi Visitor Center**  
 Phone +39 0473 61 20 31  
[www.stelviopark.bz.it](http://www.stelviopark.bz.it)

## Food and Wine

### Local Specialties straight from the Farms

Products	Address	Phone +39
Stilfser Bergkräuter	Herbal tea blends, syrups, herb salts and sugar, scented sachets, herb ointments	Stelvio/Stilfs 144 340 7 11 93 30
<a href="http://www.stilfser-bergkraeuter.it">www.stilfser-bergkraeuter.it</a>		

### Snack Bars and Farm Taverns

	Address	Phone +39
Waldruhe	Solda/Sulden	0473 61 30 93
Buschenschank Laganda	Solda di Fuori/Außersulden	0473 61 35 56
Buschenschank Yak & Yeti	Solda/Sulden	0473 61 32 66
Trushof	Gomagoi	0473 61 17 94



The Stelvio Pass Road



Wine tasting at a dizzy height



## Eating and Drinking

	Cuisine	Closed	Address	Phone +39
<b>Sulden/Solda</b>				
Hartmann's Weinstube	Regional	/	Via della Chiesa 130	0473 61 31 33
Gasthof Waldruhe	Traditional plain cooking, Italian, cold meats	/	Strada Forestale 59	0473 61 30 93
Restaurant Yak und Yeti		Tue	Strada Forestale 55	0473 61 32 66
Roland's Bistro	Pizza, regional, traditional plain cooking	/	Via Principale 83	0473 61 31 55
Bärenhöhle		/	Solda 155	329 5 94 34 90
Buschenschank Laganda		/	Solda di Fuori 8	0473 61 35 56
Restaurant Hotel Eller		/	Via Principale 15	0473 61 30 21
Restaurant Hotel Bambi	Regional, snacks	/	Via Principale 11	0473 61 30 42
Restaurant Hotel Gampen		/	Via Principale 39	0473 61 30 23
Restaurant Hotel Gertraud		/	Via Principale 109	0473 61 30 77
Restaurant Hotel Julius Payer	Regional, international	/	Via Principale 21	0473 61 30 30
Restaurant Hotel Post	Regional, Mediterranean, international	/	Via Principale 24	0473 61 30 24
Restaurant Hotel Alpina		/	Strada Forestale 111	0473 61 31 04
Restaurant Hotel Cristallo		/	Via Principale 31	0473 61 32 34
Restaurant Hotel Paradies	Pizza, regional, Mediterranean, international	/	Via Principale 87	0473 61 30 43
Restaurant Montana	Pizza, regional, Mediterranean, traditional plain cooking	/	Solda 98	0473 61 30 06



	Cuisine	Closed	Address	Phone +39
Nives „Ristorante-Stube“ „fun&food“ „Lange Theke Café“	Mediterranean, pizza, regional, piadina, fries, hamburger	/	Via Principale 71	0473 61 34 22
Restaurant Hotel Cevedale		/	Via Principale 41	0473 61 30 13
Restaurant Hotel Zebra	Regional, Mediterranean, international	/	Solda 53	0473 61 30 25
Café Konditorei Olympia		/	Strada Forestale 82	0473 61 30 07
Café Ilse		/	Via Principale 92	335 1 05 08 01
Skialm	Regional	/	Solda 148	335 5 92 57 40
Bar Alt Sulden		/	Via Principale 19	0473 61 30 75
Enothek Sport Robert		/	Via Principale 84	0473 61 30 33
Bar Ortler Klaus		/	Via Principale 24	0473 61 30 24
Bergstation Seilbahn	Regional, Italian			0473 61 30 47
Bergstation Kanzel	Regional, Italian			349 5 72 00 31
Langenstein „K2“	Regional, Italian			349 5 99 89 31
Madritschhütte	Regional, Italian			0473 61 30 47
<b>Trafoi</b>				
Hotel Bar Madatsch		/	Via Passo d. Stelvio 31	0473 61 17 67
Hotel Bar Tannenheim		/	Via Passo d. Stelvio 5	0473 61 17 04
Hotel Bar Bella Vista		/	Via Passo d. Stelvio 17	0473 61 17 16
Hotel Restaurant Post			Via Principale 7	0473 61 20 46
Gasthof Tuckett	Traditional plain cooking, snacks	/	Via Passo d. Stelvio 53	0473 61 17 22
Bar Interski		/	Via Principale 15	0473 61 17 14
Bar Dalliada-Hof		/	Via Principale 59	0473 61 16 06
Furkelhütte	Regional			0473 61 15 77 335 6 83 01 44

### Gomagoi

Hotel Restaurant Gallia	Regional, international	/	Via Principale 8	0473 61 17 73
Gasthof Trushof	Regional, traditional plain cooking	/	Gomagoi 28	0473 61 17 94
Restaurant „Zur kleinen Cilli“		Mon	Via Principale 36	0473 61 17 61

### Stilfs/Stelvio

Hotel Restaurant Traube	Regional, international	/	Stelvio/Stilfs 1	0473 61 17 51
Gasthof Zur Sonne		/	Stelvio/Stilfs 29	0473 61 17 50
Restaurant Hotel Stilfserhof	Regional, international, Mediterranean	Wed	Stelvio/Stilfs 156	0473 61 17 40

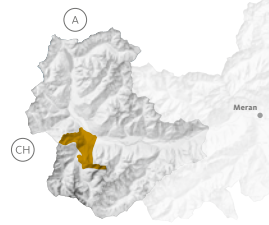
🌿 Vegetarian    🍷 Gluten-free menus on request    🌱 Wholefood cuisine/Organic



The village of Prato allo Stelvio/Prad am Stilfserjoch

## Prad am Stilfserjoch

In the culture region of Venosta Valley



Prato allo Stelvio/Prad am Stilfserjoch, a bustling village in the green Upper Venosta Valley under the Stelvio National Park, is the ideal starting point for hikes, excursions and ski tours. It stretches from Spondigna/Spondinig at 900 meters up to Montechiaro Masi/Lichtenberger Höfe at an altitude of 1,500 meters. The picturesque villages of Agumes/Agums and Montechiaro/Lichtenberg extend along the slopes of the Stelvio National Park, up to the Montechiaro Alpine pasture while the imposing ruins of the old Lichtenberg Castle dominate the scene up on the hill above the town.

### Prato allo Stelvio Holiday Area

#### Tourist Information Prato allo Stelvio

Kreuzweg 4c Via Croce  
I-39026 Prato allo Stelvio/  
Prad am Stilfserjoch

Phone +39 0473 61 60 34

office@prad.info  
www.prad.info





## Activities and Nature in Summer

### Hiking

#### Archaik Trail from Prato to Stelvio

Starting point: Prato allo Stelvio  
 Route: From Prato to Agumes, turn left across the Suldenbach ditch up to the Gargitz hamlet and to the Patzleidhof farm. The track continues along forest trail No. 11 to Gaschlin and then on to Stelvio. The trail has spectacular views of the Ortler-Cevedale mountain massif.  
 Altitude difference: 400 m  
 Duration: 2 hours 30 min  
 Inns and huts: in Stelvio



#### Gumperle Hiking Trail

Starting point: St. Georg Church in Agumes  
 Route: Thirteen different games and theme parks help children creatively explore the life of animals in the forest. Ferdinand, the forest mouse, explains how it all works and makes suggestions.  
 Length: 2 km  
 Duration: 2 hours  
 Inns and huts: Gasthof St. Georg inn in Agumes  
[www.gumperle.it](http://www.gumperle.it)



#### Prato Nature Experience Trail

On three different length routes visitors can experience something of the fauna and flora found along the wild river of the Suldenbach ditch. There are 18 interactive stations explaining the forest habitats, river and dry walls.  
 Length: 4.6 km (all three round trips)  
 Duration: 2 hours  
 Inns and huts: Prato Fishing Lake (Fischerteich Prad)

### ☀ Irrigation Channel Paths

#### Frauwaal

Starting point: Suldenbach ditch bridge in Prato allo Stelvio  
 Route: Following the right bank towards the end of Prato village, continue along trail No. 9 to St. George Church in Agumes or to Montechiaro.  
 Length: 2 km to St. Georg, 4 km to Montechiaro  
 Water-bearing: no

#### Agumser Bergwaal

Starting point: Suldenbach ditch bridge in Prato allo Stelvio  
 Route: The hike leads from the Agumes farms through wooded slopes to the hamlet of Ponte Stelvio, at the start of the old Bergwaal irrigation channel. Hikers should continue up to Stelvio itself.  
 Length: 4 km  
 Water-bearing: no

### Mountain Biking

#### Montoni

Start/end point: Prato allo Stelvio  
 Total length: 25.6 km  
 Altitude difference: 960 m  
 Trail No. 68 – mountain bike touring set 1  
 The tour starts in Prato allo Stelvio leading across Montechiaro on Mount Montoni and from there on to the Stieralm Alpine hut and up to Stelvio. On the way to Stelvio there are stunning views of the mighty Ortles peak.

#### Panoramic Tour

Start/end point: Prato allo Stelvio  
 Total length: 16.5 km  
 Altitude difference: 450 m  
 The easy route leads from Prato allo Stelvio to Pas-telwies and from there to the Tschenglsburg Castle in Cengles. The road on the Venosta Valley Bike Trail leads back to Prato.

### Road Cycling

#### To the Stelvio Pass

Start/end point: Prato allo Stelvio  
 Length Prato – Stelvio Pass: 25 km  
 Altitude difference: 1,848 m  
 The tour starts in the center of Prato and leads through Gomagoi, Trafoi and Sottostelvio through the 48-odd hairpin bends on the Stelvio Pass Road.

### Swimming

#### Prato outdoor pool

V. Pineta 37, Prato allo Stelvio

### Fishing

#### Prato Fishing Lake (Fischerteich Prad)

Fishing without valid licence is allowed in Spondigna. However, daily passes must be purchased and are available on location.



The Stelvio Pass Road

## Art and Culture

### Places of Interest

#### Lichtenberg Castle Ruins

Although the castle dates back to the 13th century, nowadays only the ruins remain and the well-preserved rondel. The castle frescoes were replaced in 1912 and taken to the Ferdinandeum in Innsbruck.

Information:  
**Tourist Information**  
**Prato allo Stelvio**  
 Phone +39 0473 61 60 34

#### St. Johann Church, Prato allo Stelvio

The Romanesque church was built at the end of the 13th century. Most noteworthy is the detached circular apse and the nave, with its flat ceiling. The Romanesque frescoes and paintings are in the Venosta Valley Painting School style, dating from 1420.



#### aquaprad National Park Visitors Center, Prato allo Stelvio

The aquaprad visitors center of Prato allo Stelvio, is exclusively focussed on water. Thirty-five native fish species are kept in the 12 aquariums.

Information:  
**aquaprad visitors center**  
 Phone +39 0473 61 82 12  
[www.stelviopark.bz.it](http://www.stelviopark.bz.it)



St. Johann's Church in Prato allo Stelvio/Prad am Stilfserjoch

## Food and Wine

### Local Specialties straight from the Farms

	Product	Address	Phone +39
Hof am Schloss	Fresh meat, barbecue sausages, smoked sausages, salami, dried meat, speck, pasture cheese, fruit spread, jellies, juices, compote, honey and apricots	Via Castello 11,, Montechiaro/Lichtenberg	0473 61 71 23  <a href="http://www.hof-am-schloss.com">www.hof-am-schloss.com</a>
Dorfsennerei Prad	Low-fat cheese, medium and full-fat cheese, farmer cheese, butter, clarified butter, eggs and bread	Via Argenterii 16, Prato/Prad	0473 61 68 55
Winklhof	Potatoes, speck, sausages, rye bread, wheat and spelt	St. Johanngasse 2, Prato/Prad	0473 61 65 73 340 8 92 36 35
Biohofbäckerei Folie Othmar und Cilli	Grain, bread, pastries	Kiefernainweg 56, Prato/Prad	0473 61 65 73 340 8 92 36 35
Imkeri Stillebacher	Different honey varieties, pollen, propolis, beeswax and candles	Schmiedgasse 41, Prato/Prad	340 2 42 17 17

### Eating and Drinking

	Cuisine	Closed	Address	Phone +39
<b>Prad/Prato allo Stelvio</b>				
Gasthof Pizzeria Stern	Pizza, regional, traditional plain cooking	☒ Mon	Via Argenterii 1	0473 61 61 23
Gasthof St. Georg	Regional, traditional plain cooking, comfort food	Wed	Agumes/Agums 36a	0473 61 70 57
Gasthof Neue Post August: no day of rest	Regional, seasonal, traditional plain cooking	Wed	Piazza Principale/ Via Principale 36	0473 61 60 62
Restaurant Fischerstube	Fresh fish menu, international dishes	/	Fischweiher Prad	346 3 99 96 29
Pizzeria Panorama	Pizza, snacks, cakes	Wed	Via Arena 11a	0473 61 71 72
Pizzeria Restaurant Sandheim	Pizza, traditional plain cooking	Tue	Via San Antonio 53	0473 61 61 66
Pizza Point	Take-away pizza	Sun, Mon	Via Croce 5b	0473 61 68 80
Bar Café Montana		Sun <sup>N</sup>	Via San Antonio 38a	0473 61 62 16
Café Zentral	Homemade cakes, ice cream, snacks	/	Centro 48	0473 61 60 08
Bar Alte Post		Mo	Via Principale 44	0473 61 68 84
Café Bar Ortler		Wed	Via Principale 57	0473 61 60 31
Café am Platzl	Pastry shop, ice cream parlor	Thu	Piazza Principale/ Via Mühlbach 25	0473 61 60 27
Eurobar	Ice cream parlor, snacks	Sun	Via Croce 2	0473 61 82 93
Gassl Nachtbar July - September closed	Cocktail bar	Sun – Thu	Via San Giovanni 7	0473 61 60 58
Gasthof Schwarzer Adler	Regional, comfort food	Thu	Via del mercato 10	0473 61 60 19
Restaurant Post Hirsch	Regional, traditional plain cooking, Mediterranean	Wed	Spondigna/Spondinig 7	0473 61 60 21
Bar Agums		Mon	Agums 40 c	0473 61 81 53
Bar Bahnhof		Sat	Spondigna/Spondinig	0473 61 60 76
Bar Alpen		Sun	Reutweg 22	0473 61 64 16



Vegetarian



Gluten-free menus on request



Wholefood cuisine/Organic

<sup>M</sup> Morning



<sup>A</sup> Afternoon

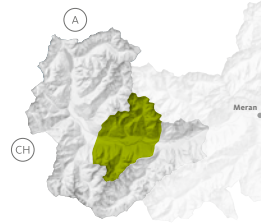




The marble village of Lasa/Laas

## Schlanders – Laas

In the culture region of Venosta Valley



☀ **Lasa marble**, apricots and apples from the region are well-known both within and outside the valley. Silandro/Schlanders, the main town in Venosta Valley and the marble village of Lasa are culturally significant locations with their own surprises. Silandro boasts the highest church tower in the region and Lasa has its white marble sidewalks, mined in its own quarries. In the Stelvio National Park, there are a number of fairly strenuous mountain walks through the pristine Ortles-Cevedale mountains as well as relaxing hikes along the old irrigation channel paths on the sunny side of the Venosta Valley.

### Silandro-Lasa Holiday Area

#### Tourist Information

##### Silandro-Lasa

Kapuzinerstraße 10 Via Cappuccini  
I-39028 Silandro/Schlanders

Phone +39 0473 73 01 55

Fax +39 0473 62 16 15

info@silandro-lasa.it  
www.silandro-lasa.it



Silandro/Schlanders, the main town in Venosta Valley



## Activities and Nature in Summer

### Hiking

#### Lasas Marble Trail, Sloped Railway Platform

Starting point: valley station of the Lasas Marble Sloped Railway

Route: The Lasas Marble Sloped Railway leads from the valley station up to St. Martin's Church and from there up to the mountain station on the Bremsberg Mountain. En route, there are information boards with history and facts about the marble quarry.

Altitude difference: 480 m

Duration: 1 hour 30 min (ascent)

No inns or huts on the way

#### Covelano Marble Trail

Starting point: Haslhof tavern on Monte Tramontana Mountain in Silandro

Route: From the Haslhof, via trail No. 2 to the Kohlplätze field, at the start of the Marble Trail. From the Göflaner Alm Alpine pasture it continues to the Covelano Marble Quarry (off-limits to visitors). There are eleven stations describing the history of the village and there is some technical information about the marble quarry.

Altitude difference: 500 m

Duration: 3 hours

Huts and inns: Göflaner Alm

#### High Mountain Hike on the Monte Sole Mountain

Starting point: St. Martino in Monte

Route: From Laces via the cable car to S. Martino in Monte. From the mountain cable car station westwards, along the farm road to trail No. 14 towards Silandro. Passing the ruins of the Laggar and Zuckbühel farms, it leads down the Tappein farm road and on to trail No. 14 to the Silandro sport and recreational area. Alternative route: From the Tappein farm road, hikers can take trail No. 7 to Schlandersberg Castle and take the Ilsaal irrigation channel path leading downhill to Corzes. This alternative route lengthens the hike by an 1 hour 30 min.

Altitude difference: 1,040 m

Duration: 5 hours

Inns and huts: Egghof, Fisolgut

### Irrigation Channel Paths

#### Ilsaal

Starting point: St. Ägidius Church in Corzes

Route: From St. Ägidius Church eastwards along trail No. 5 up to the Schlandraunbach ditch. Then, continue either along trail No. 3 down to the sports area or across the Schlandraunbach gorge, on the steep track up to Schlandersberg Castle. Return on trail No. 14 to the Silandro sport and recreational area.

Length: 4.5 km

Water-bearing: from April to October

#### Zaalwaal

Starting point: Corzes, trail No. 6A

Route: From Corzes up the Monte Sole Mountain road to the left along trail No. 6A, steeply up to the Zaalwaal. The irrigation channel leads westwards, almost level along the edge of vineyards and woods, up to Kortscher Leiten, past the abandoned mills and finally to the Corzes sports area.

Length: 3 km

Water-bearing: from April to October

#### Neuwaal

Starting point: Aussereggen farm on the Silandro Monte Sole Mountain

Route: At the Aussereggen farm, the Neuwaal trail leads to the forest road in the remote Schlandraunbach Valley. Remaining on the forestry road, the track continues to the quiet Schlanderser and Kortscher Alm Alpine pastures (uncultivated).

Length: 3 km

Water-bearing: from April to October

Note: hiking experience required

#### Alpine Pastures and Mountain Huts

**Obere Laaser Alm, 2,047 m**

Lasas/Laas

Open in summer only

**Göflaner Alm, 1,826 m**

Covelano/Göflan

Open in summer only



The hiking trail between Sluderno/Schluderns and Tanas



An irrigation channel bell: a throw-back from previous times



## Mountain Biking

### Silandro – Lasa Panoramic Tour

Start/end point: Silandro train station  
 Total length: 15 km  
 Altitude difference: 388 m  
 Tour No. 86 – mountain bike touring set 2  
 This tour demonstrates the highlights of Monte Sole and Monte Tramontana mountains. Hikers can take in views of the mountains, the main town of the Venosta Valley as well as the marble village of Lasa.

### Matatsch

Start/end point: Corzes  
 Total length: 16 km  
 Altitude difference: 820 m  
 Tour No. 74 – mountain bike touring set 2  
 The Matatsch tour offers magnificent views of the Venosta Valley. Highlights: the old farmsteads en route to the arid Monte Sole Mountain. This tour is not recommended in mid-summer due to the elevated temperatures.

### Covelano Marble Quarry

Start/end point: Lasa/Covelano  
 Total length: 23 km  
 Altitude difference: 1,450 m  
 The tour starts from Lasa across Tarnell to the Covelano Marble Quarry.  
 Inns and huts: Hofschank Obertarnell, Göflaner Alm.

## Swimming

### Silandro outdoor pool

St. Sisinius outdoor pool, Lasa  
 Phone +39 0473 62 60 67

## Riding

### Bio-Reiterhof Vill riding stable,

Silandro  
 Phone +39 0473 62 12 67

## Mini Golf and Tennis

Silandro sport and recreational center  
 Phone +39 0473 62 13 22

## Kneipp Therapy

Hydrotherapy facility in the Silandro sports area

## High Rope Course

in Alliz–Lasa with 7 courses

Whether low-level climbing or at heights of 25 m, the climbing experience has few limitations. Registration with Georg Maschler  
 Information: [www.bergerlebnisse.com](http://www.bergerlebnisse.com)



## Activities and Nature in Winter

### Winter Hiking

#### Silandro – Vetzaner Leiten Trail

Trail No. 12 leads from the Silandro recreational center trail No. 12 leads to trail No. 13, follow the trail until Vezzano.

Duration: 1 hour 30 min  
Altitude difference: 80 m

#### Silandro – Sun Promenade

Starting at the pedestrian zone up to the Sun Promenade path, near the Silandro recreational center and back to the pedestrian zone.

Duration: 1 hour  
Altitude difference: 70 m

### Sledging

#### Gafair Sledge Run in Lasa/Laas

Starting point: Lasa in direction Sgumes  
Length: 809 m  
Altitude difference: 250 m  
Flood lighting: yes  
Cable car/chair lifts: no  
Hiking time: 20 min  
Moonlight sledging: yes  
Natural sledge run: yes

## Art and Culture

### Places of Interest

#### ★ Marble from Lasa/Laas and Covelano/Göflan

These are historic mining sites that are still in operation. First built in 1929, the sloped railway carries the marble down to the valley.  
Guided tours: Lasa culture guided tours or Marmor Plus Cooperative guided tours.

**Lasa culture guided tours**  
Phone +39 0473 62 63 42

**Marmor Plus Cooperative**  
Phone +39 347 4 09 54 04

#### Schlandersburg Castle, Silandro/Schlanders

As early as in the 13th century, a residential tower was built and between 1859 and 1989, the castle remained the seat of the legislature. Today, the castle houses municipal offices and the library.

Opening hours and guided tours info:  
**Tourist Information Silandro**

#### avimundus National Park Visitors Center, Silandro/Schlanders

avimundus is the name given to the world of birds in the Stelvio National Park visitors center. Find out more about avian Alpine breeding and behavior, birdsong and related information.

Information:  
**avimundus visitors center**  
Phone +39 0473 73 01 56  
[www.stelviopark.bz.it](http://www.stelviopark.bz.it)



Rest area and scenic view in Tanas



Marble blocks at the Lasa Quarry



## Local Specialties straight from the Farms

	Products	Address	Phone +39
Kandlwaalhof	Vinegar, fruit juices, dried fruit, mustard, Weirouge apples	Via Unterwaal 10, Lasa/Laas	0473 62 66 27
Biobauernhof Vill	Apples and apple juice	Via dei Mulini 13, Silandro/Schlanders	0473 62 12 67
Befehlhof	Winery/farm distillery	Torgglweg 2, Vezzano/Vetzan	0473 74 21 97
Ausserloretzhof	Farm distillery	Via al Bersaglio 11, Lasa/Laas	0473 62 62 81
Fohlenhof	Farm distillery	Lasa/Laas (near the train station)	0473 62 65 01
Café Rosi	Private distillery	Badplatz 2a, Lasa/Laas	0473 62 63 73

## Farm Taverns

	Address	Phone +39
Fisolgut	Monte Monte Silandro 32, Silandro/Schlanders	0473 62 11 76
Haslhof	Monte Tramontana 25, Silandro/Schlanders	0473 73 04 34
Hofschank Obertarnell	Obertarnell 7, Lasa/Laas	0473 62 62 27
Wiebenhof	Monte Tramontana 54, Silandro/Schlanders	0473 73 06 53

## Eating and Drinking

	Cuisine	Closed	Address	Phone +39
<b>Silandro/Schlanders</b>				
Café/Eisdiele Alte Post		Tue	Via Principale 84	338 1 74 67 48
Café am Platz		Sun	Via A. Hofer 1/g	0473 73 24 61
Bar Cremona		Mon	Via Principale 50	0473 73 01 83
Freizeitbar		/	Via Lido 12	0473 62 13 22
Restaurant Goldene Rose	Regional, Italian	Sun	Pedestrian zone 73	0473 73 02 18
Rest./Pizzeria Goldener Löwe	Pizza, regional, Italian	Mon	Via Dante 6	0473 73 01 88
La Fleur in the Hotel Vier Jahreszeiten	Regional, Mediterranean, international	/	Via A. Hofer 8	0473 62 14 00
Bar Landhotel Anna		/	Via Principale 27	0473 73 03 14
Rest./Pizzeria Maria Theresia	Pizza, regional, Mediterranean	Wed <sup>N</sup>	Strada Statale 15	0473 73 02 09
Eisdiele Ortler		Tue	Via Covellano	
Schlonderser Wirstlstandl	Snacks 🍷🍷	Sun	Pedestrian zone	336 9 91 35 87
Café/Konditorei Schuster		Sun	Via Principale 60	335 46 66 21
Restaurant Schwarzer Adler	Regional, Mediterranean	Sat	Via Principale 38	0473 73 02 22
Café Zur Linde		Sun	Via Covellano 35	0473 73 00 60

	Cuisine	Closed	Address	Phone +39
<b>Vezzano/Vetzan</b>				
Bar/Rest. Vinschgerhof	Regional, Mediterranean	Mon	Vechia Strada Val Venosta 1	0473 74 21 13
<b>Corzes/Kortsch</b>				
Gasthof/Eisdiele Rita	International, regional, Italian	Wed	Via Schmied 22	0473 73 02 35
Gasthof Sonne	Regional, Mediterranean 🍷	Tue	Via Schmied 12	0473 73 01 00
<b>Covellano/Göflan</b>				
Pizzeria Prax	Pizza	Mon	Via P. M. Tumlner 5	0473 62 13 25
<b>Lasa/Laas</b>				
Café/Imbiss Badlerhof			Via Palla 4/b	0473 62 80 11
Café/Konditorei Greta		Mon	Via Val Venosta 65	0473 62 80 80
Café/Eisdiele Rosi		Mon	Piazza Bagni 2a	0473 62 63 73
Gasthof Schwarzer Adler	Regional 🍷🍷	Thu	Via Val Venosta 53	0473 62 61 40
Pizzeria St. Sisinius	Pizza	Mon	Zona Sportiva	0473 62 60 67
Restaurant Zur Sonne	Regional, traditional plain cooking, 🍷 Mediterranean	Sun	Via Val Venosta 24	0473 62 65 23
<b>Oris/Eyrs</b>				
Café Edelweiss		Mon	Via Val Venosta 9	0473 73 99 04
<b>Cengles/Tschengls</b>				
Kulturgasthaus Tschenglsburg	Regional	Mon	Cengles/Tschengls 35	320 0 82 91 65
<b>Alliz/Allitz</b>				
Gasthaus Sonneck	Regional, Mediterranean	Tue	Allitz 11	0473 62 65 89
<b>Tanas</b>				
Gasthof Paflur	Traditional plain cooking	Mon	Tanas 31	0473 73 99 77

🍷 Vegetarian 🍷 Gluten-free menus on request 🍷 Lactose-free products on request 🍷 Wholefood cuisine/Organic  
<sup>M</sup> Morning <sup>A</sup> Afternoon



Summer evenings on the pedestrian walkway in Silandro/Schlanders

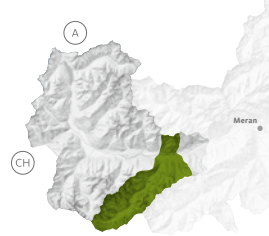


Snowshoeing in the Martello Valley

## Latsch - Martelltal

In the culture region of Venosta Valley

The vicinity of the spa town of Merano/Meran is strongly perceivable in the area of Laces/Latsch and shares its mild climate. Apple orchards surround Laces as well as the villages of Coldrano/Goldrain, Morter and Tarres/Tarsch. San Martino in Monte/St. Martin im Kofel, a charming mountain village with spectacular scenic views, rests up on the sunny Monte Sole Mountain above Laces. Here, nature and culture harmoniously combine and everyone in search of sporting thrills and leisure time activities will find much to choose from. There are numerous mountain trails suitable for cycling and hiking, as well as climbing routes alongside a wide choice of cultural and historical locations to visit. The Martello Valley amidst the Stelvio National Park is known for its wild, natural beauty and its high quality strawberries growing at high altitudes. The pure mountain air on the high Cevedale Mountain at 3,769 m, has long influenced conditions in the valley and inspired the population.



### Laces-Val Martello Holiday Area

#### Tourist Information Laces-Val Martello

Hauptstraße 38/a Via Principale  
I-39021 Laces/Latsch

Phone +39 0473 62 31 09

Fax +39 0473 62 20 42

info@latsch.it

www.laces-martello.it

www.aktivurlaub-suedtirol.com

www.facebook.com/latsch.martell



The village of Laces/Latsch



## Activities and Nature in Summer

### Hiking

#### Laces – S. Martino in Monte

Starting point: Laces traffic circle (trail No. 8)  
 Route: The trail on the Monte Sole Mountain begins at the roundabout in Laces, trail No. 8 leading to a prehistoric cult rock. The trail continues to the Platz mountain inn and from there to Platztair before finally reaching S. Martino in Monte (1.740 m).  
 Altitude difference: 1,000 m  
 Duration: 3 hours 30 min  
 Inns and huts: Hofschank Platzmair, Oberratschill, Oberkaser, Egg, Platztair, Gasthaus Bergstation St. Martin i.K.



#### Forest Mountain Farmer Trail in the Martello Valley

Starting point: Niederhof farm in the Martello Valley  
 Route: Below Selva/Waldberg, high up in Martello Valley below the Orgelspitze Peak, there are a few mountain farms, located in this unusual landscape. The trail allows visitors to take a glimpse into the life of these mountain farmers in the remote valley.  
 Length: 7 km  
 Altitude difference: 400 m  
 Duration: 3 hours  
 Inns and huts: several huts and inns along the trail



#### The South Tyrolean Martello Valley Strawberry Trail

Starting point: Trattla Martello  
 Route: The Strawberry Trail leads north to the village of Salt up to the Saltgraben. Trail No. 22 leads to the village of Ganda/Gand and then to the boardwalk intersection (trail No. 36), doubling back to the starting point. The themed trail leads through the varied natural and cultural landscape of the Martello Valley.  
 Length: 8 km  
 Duration: 2 hours  
 Inns and huts: several huts and inns along the themed trail

### ★ Irrigation Channel Paths

#### Latschanderwaal in Laces

Starting point: trail No. 6A, west side of Laces, on the road to Castelbello  
 Route: Meandering through the lush vegetation of central Venosta Valley, the original water course intersects the Schnalswaal trail at Castelbello.  
 Length: 12 km  
 Water-bearing: from March to September

#### Soywaal in the Martello Valley

Starting point: goods cable lift of the Soyalm Alpine hut  
 Route: The Soywaal irrigation channel path begins at the Hölderle Cafe following trail No. 36 through the valley. About 250 meters after the Rona bridge, the trail intersects the Saywaal.  
 Length: 1 km  
 Water-bearing: from end of May to September

#### Neuwaal in Laces

Starting point: IceForum (trail No. 5)  
 Route: The irrigation channel path leads towards Montani di Sopra/Obermontani. Towards the end of the trail, one can find the inscriptions of names, years, and portraits carved out of wood. Next to the villages of Montani di Sopra and Montani di Sotto/Untermontani lies the Mareinwaal path, leading back to Laces.  
 Length: 5 km  
 Water-bearing: none

### Swimming

#### AquaForum

Laces/Latsch  
 Phone +39 0473 62 35 60

### Mini Golf

#### Trattla sport and recreational center Martello Valley

Mob. +39 366 8 01 30 12



Neuwaal trail in Laces/Latsch with a portrait of an old trail warden, the Waaler

#### Alpine Pastures and Mountain Huts

Latscher Alm, 1,715 m  
 Laces/Latsch  
 Open in summer only

Tarscher Alm, 1,940 m  
 Tarres/Tarsch  
 Open in summer only

Lify Alm, 2,165 m  
 Martello/Martell  
 Open in summer and winter

Zufallhütte, 2,265 m  
 Martello/Martell  
 Open in summer and winter

Marteller Hütte, 2,610 m  
 Martello/Martell  
 Open in summer and winter

For seasonal opening days see:  
**Tourist Information Laces**

#### Cable Cars and Chair Lifts

S. Martino in Monte, 1,740 m  
 Laces/Latsch  
 Phone +39 0473 62 22 12  
 Open year-round

Tarscher Alm, 1,940 m  
 Tarres/Tarsch  
 Phone +39 0473 62 31 09  
 Open in summer only

## Mountain Biking

### S. Martino Monte Sole Mountain Trail

Start/end point: Laces  
 Total length: 29 km  
 Altitude difference: 900 m  
 The track starts below the S. Martino in Monte parking lot. It has been nominated by Bike Magazine as one of the most beautiful in the entire Alps. This is a spectacular yet challenging round trip with an altitude differential of over 900 meters, across the scenic mountain landscape and glaciers of the National Park.

### Short Monte Sole Mountain Tour

Start/end point: S. Martino in Monte cable car in Laces  
 Total length: 30 km  
 Altitude difference: 1,200 m  
 Trail No. 85 – mountain bike touring set 2  
 The medium-level mountain bike trip on the steppe-like Monte Sole, with scenic views of Laces and the Martello Valley passes various mountain inns serving refreshments.

### Stallwies

Start/end point: Ganda in the Martello Valley  
 Total length: 19 km  
 Altitude difference: 710 m  
 Trail No. 82 – mountain bike touring set 2  
 A route through the unspoiled nature off the Martello Valley, with a stop at Stallwies

## Fishing

### Coldrano Lake in Coldrano

(fishing: ticket only, no license required)  
 Ticket sales:  
 Vis à Vis tavern in Coldrano  
 Phone +39 0473 74 20 43  
 Coldrano Lake Snack bar in Coldrano  
 Phone +39 334 8 06 77 77

### Zufritt Dam, Martello Valley

(fishing: only if in possession of a valid license)

## Activities and Nature in Winter

## Cross-Country Skiing

### St. Maria della Fonderia Slope, Martello Valley

Slopes totaling 12 km of various difficulty levels, with guaranteed natural snow in the Martello Valley.  
 Length: 1 – 5 km  
 Altitude difference: 100 m  
 Technique: classic and skating  
 Level: medium

### Martello Biathlon Center

The construction of the center began in 1999 and the shooting range was completed in 2001. It is equipped with 27 electronic HoRa 2000 shooting ranges, making it the most advanced in the region.  
 Length: 12 km  
 Altitude difference: 350 m  
 Technique: classic and skating  
 Level: medium  
 Martello Biathlon Center  
 Phone +39 0473 74 55 09  
 Family-friendly

### SunKid Magic Carpet

A 100 m long ski conveyor belt transports the kids to the slope for beginners. Whether on skis or sleds, everyone is sure to have fun.

### Snow Tubing

The slopes around the magic carpet are also suitable for snow tubing. This involves sliding downhill on air tires, either in a sitting or lying position. The air tires may be rented.



Snowshoeing in Stallwies in the Martello Valley, with the view below



## Ski Touring

### Laaser Spitze (Orgelspitze) Peaks, 3,304 m

Starting point: Stallwies, Martello Valley, 1,950 m  
Route: From Stallwies head northwest into the forest then through the valley and across the steep slopes to the summit at Steinmannngassenloch ridge. From left to right to peak.  
Altitude difference: 1,400 m  
Duration: 4 hours 30 min

### Martello Valley – Köllkuppe Peak, 3,330 m

Starting point: parking lot at the end of the valley, 2,050 m  
Route: Starting from the parking lot at the end of the Martello Valley to Zufallhütte Alpine hut, continue left through the narrowing to the bottom of the valley at the Plimabach creek and to Fürkeleferner Mountain. Continue towards the Cevedale summit, turn left to the Hohenferner and south across the flat Ferner all the way up to the Summit.  
Duration: 4 hours 30 min

## Sledging

### Hölderle Sledge Run in Martello Valley

Starting point: Hölderle Café  
Length: 2.5 km  
Altitude: 1,450 m  
Altitude difference: 250 m  
Level: medium  
Cable car/chair lifts: no  
Hiking time: 30 min  
Sledge rental: Hölderle Café  
Information: phone +39 0473 74 46 42

## Snowshoe Hiking

### To the Lyfi Alm Alpine Pasture in the Martello Valley

Route: Starting at the parking lot at the end of the Martello Valley, trail No. 20 leads out of the valley in the direction of the Pedertal and Lyfi Alm mountain pastures. Proceed down the wide forest track, past the Enzianalm Alpine hut to trail No. 39 via the Stieralm Alpine hut to the Pedertal Valley and further down on trail No. 35 to Lyfi Alm Alpine pasture.  
Altitude difference: 200 m  
Duration: 3 hours  
Highest point: 2,318 m  
Level: easy

### Round the Stallwieshof Farm

Route: From the Stallwieshof farm the track leads along the forest through the meadows, and, after a 15-minute hike, it reaches Suchbühel hill. Continuing up the hill westwards the track crosses the Martello High Mountain Trail (No. 23), intersecting with trail No. 5 returning to the starting point.  
Altitude difference: 180 m  
Duration: 3 hours  
Highest point: 1,950 m  
Level: easy

## Ice Skating

### Laces IceForum

Ice hall: yes  
Sledge rental: yes  
Information: phone +39 0473 62 21 71 or  
info@iceforum.it

## Art and Culture

### Places of Interest

#### St. Stephan Castle Chapel, Morter

This is one of the most interesting chapels in South Tyrol, with 15th century frescoes from the Lombard, Dutch and Bavarian schools.

Opening hours and guided tours  
info: **Tourist Information Laces**

#### Coldrano Castle, Coldrano/Goldrain

This 11th century castle now houses the Venosta Valley Cultural and Educational Center.

Registration:  
**Coldrano Castle**  
Phone +39 0473 74 24 33

#### culturamartell National Park Visitors Center, Martello Valley

culturamartell is described as a "modern museum of local history representing the rural cultural landscape".

Information:  
**culturamartell visitors center**  
Phone + 39 0473 74 50 27  
www.culturamartell.com

#### Hospital Church in Laces/Latsch

The altar created by the Swabian master, Jörg Lederer (1524), has a background of original paintings, probably those of Hans-Leonhard Schöffelin while the Gothic portal in white marble is the work of Oswald Furter. The frescoes dating from the first decade of the 17th century are by Adrian Mair, a native of Laces. The Baroque side altars and the organ date from 1741.



Coldrano Castle, Coldrano/Goldrain

## Food and Wine

### Local Specialties straight from the Farms

	Products	Address	Phone +39
Kräuterschlössl	Herb and spice mixtures, creams, perfumes, ointments, bath salts	Via Schanzen 50, Coldrano/Goldrain	0473 74 23 67 www.kraeutergold.it
Bio-Hofkäserei Gandhof	Organic cheese	Gand 53, Martello/Martell	0473 74 45 96 www.gandhof.com
Niederwieshof	Juices, seasonal fruit	Vorhöfe 16, Morter	0473 74 25 64

### Snack Bars and Farm Taverns

	Address	Phone +39
Jausenstation Goldrainer See	Coldrano/Goldrain	334 8 06 77 77
Hofschank Egg	San Martino in Monte	0473 62 36 28
Hofschank Oberkaser	San Martino in Monte	0473 72 01 25
Hofschank Platzmair	San Martino in Monte	0473 62 40 97
Hofschank Oberratschill	San Martino in Monte	0473 62 36 22
Hofschank Platztair	San Martino in Monte	0473 62 45 28
Gasthaus Bergstation St. Martin i.K.	San Martino in Monte	334 7 58 77 79
Hofschank Niederhof	Loc. Waldberg, Martello/Martell	0473 74 45 34
Hofschank Steinwand	Monte Sole, Martello/Martell	0473 74 46 09
Hofschank Rainhof	Transacqua, Martello/Martell	333 3 61 05 01
Jausenstation Rudi's Würstelbude	Alta Val Martello	338 6 37 11 09

### Eating and Drinking

	Cuisine	Closed	Address	Phone +39
<b>Laces/Latsch</b>				
Hotel Restaurant Bar Latscherhof	Mediterranean, international 🌿🍷	Thu	Via Valtneid 1	0473 62 31 52
Hotel Restaurant Bar Vermoi	Pizza, Mediterranean, international 🌿🍷	Tue	Strada Statale 7	0473 62 32 17
Gasthaus Wolfi's Stübele	International, Mediterranean 🌿🍷	Sun	Via Principale 35	0473 72 00 60
Bar Restaurant Pizzeria Weißes Rössl	Pizza, Mediterranean, international 🌿	Mon	Via Principale 80	0473 62 23 23
Bar Restaurant Bistro Herilu	Traditional plain cooking, pizza	Sun	Laces/Latsch	0473 72 35 72
Pizzeria-Bar Jolly July and August: open daily	Pizza	Thu	Via Mercato 1	0473 72 00 20
Gasthaus Bierkeller	Regional, barbecue specialties	Mo, Tue <sup>N</sup>	Via Valtneid 2	0473 62 32 08
Bar Seilbahn St. Martin i.K.	Long Drinks	Tue	Funivia S. Martino i. M.	366 4 73 41 82
Café Adler Weinstube	Long Drinks	Son <sup>N</sup>	Piazza Chiesa	
Café Eisdiele - Gelateria Helene July, August and September: open daily	Long Drinks, ice cream specialties	Mon	Via Mercato 20/c	0473 62 20 95

Café Bäckerei Psenner	Bread, pastries, snacks, Long Drinks	Son <sup>N</sup>	Via Principale 47/A	0473 62 22 03
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#### Val Martello/Martellital

Hotel-Restaurant Waldheim	Mediterranean, international 🌿🍷		S. Maria i. S. 16	0473 74 45 45
Hotel Restaurant Martellerhof	Traditional plain cooking, Mediterranean		Gand 39	0473 74 45 28
Hotel Bar Restaurant Pizzeria Ortlerhof	Traditional plain cooking, pizza		Ennewasser 174	0473 74 45 18
Bar Restaurant Höldele Summer months no closing day	Traditional plain cooking	Mon	Alta Val Martello 17	0473 74 46 42
Gasthof Edelweiss	Traditional plain cooking, regional	Mon	Meiern 98	0473 74 45 26
Gasthof Enzian	Traditional plain cooking	Fr	Alta Val Martello 200	0473 74 47 55
Gasthof Premstl	Traditional plain cooking	Wed	Ennetal 228	0473 74 47 66
Gasthof Schönblick	Traditional plain cooking	/	Alta Val Martello 199	0473 74 47 76
Restaurant-Bar-Pizzeria Grogg	Pizza, traditional plain cooking	Tue	Alta Val Martello	0473 74 50 11
Restaurant-Bar Trattla	Traditional plain cooking	Mon	Trattla 246	327 1 63 21 55
Gasthaus Stallwies Summer months no closing day	Traditional, meat from the Fram	Thu	Loc. Waldberg 1	0473 74 45 52
Schutzhütte Lyfi Alm Mid May to End September	Regional, traditional plain cooking 🌿		Alta Val Martello 204	0473 74 47 08
Schutzhütte Marteller Hütte Mid June to Mid October	Traditional plain cooking 🌿		Alta Val Martello	0473 74 47 90
Schutzhütte Zufallhütte Mid February to End October	Traditional plain cooking 🌿🍷		Alta Val Martello	0473 74 47 85

#### Coldrano/Goldrain

Hotel Restaurant Bar Bamboo	Mediterranean		Via Schanzen 1 – 5	0473 74 20 69
Hotel-Restaurant Goldrainerhof	Pizza, international, Mediterranean 🌿🍷		Via Val Venosta 4	0473 74 20 42
Gasthaus-Pizzeria Laurin	Pizza, traditional plain cooking, Mediterranean, international 🌿	Thu <sup>N</sup>	Via Val Venosta 7	0473 74 26 94
Gasthaus Vis à Vis	Long Drinks, Cocktails	Sun	Via Val Venosta 17	0473 74 20 43
Jausenstation Goldrainer See	Traditional plain cooking	/	Via Weiher 12	334 8 06 77 77

#### Morter

Hotel Restaurant Zur Krone	Traditional plain cooking	Sun, Mon	Via Nibelungen 28	0473 74 21 15
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#### Tarres/Tarsch

Jausenstation Knofelkeller	Regional, traditional plain cooking	Tue <sup>N</sup> , Wed	Via S. Medardus 34	329 3 67 37 03
Jausenstation Tarscher Alm	Alpine pasture delicacies	/		334 3 16 02 21
Gasthaus-Bar-Pizzeria Zum Riesen	Pizza	Mon	Via Karpoforus 1	0473 72 00 81

#### San Martino in Monte/St. Martin im Kofel

Gasthaus Bergstation St. Martin i.K.	Regional, traditional plain cooking 🌿	Fr	S. Martino, 27	334 7 58 77 79
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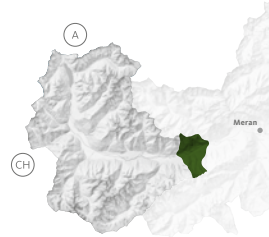
🌿 Vegetarian   🍷 Gluten-free menus on request   🌱 Wholefood cuisine/Organic <sup>M</sup> Morning   <sup>A</sup> Afternoon





## Kastelbell – Tschars

In the culture region of Venosta Valley



Castelbello Castle and Juval Castle dominate the Lower Venosta Valley landscape. The one is a cultural venue, gallery and landmark, while Juval Castle serves as the summer residence of the renowned extreme-mountaineer Reinhold Messner and houses part of his Messner Mountain Museum project. The arid and steppe-like sunny side of Venosta Valley between Castelbello/Kastelbell and Ciardes/Tschars is the ideal terroir for delicate wines and fruits that are also used for single-varietal fruit-brandies and most delicious asparagus in spring. The paths running alongside the irrigation channels wind their way across the sunny mountain slopes, with spectacular panoramic views of the mighty Dolomites. Hiking tours lead up steep tracks to the isolated farmsteads with nearby crystal-clear mountain lakes and mountain pastures, with Alpine huts serving excellent local fare.

### Castelbello-Ciardes Holiday Area

**Tourist Information Castelbello-Ciardes**  
Staatsstraße 5 Via Statale  
I-39020 Castelbello-Ciardes/Kastelbell-Tschars

Phone +39 0473 62 41 93

Fax +39 0473 62 45 59

[info@kastelbell-tschars.com](mailto:info@kastelbell-tschars.com)

[www.kastelbell-tschars.com](http://www.kastelbell-tschars.com)



Castelbello Castle - cultural venue, gallery and landmark

The village of Ciardes/Tschars



## Activities and Nature in Summer

### Hiking

#### Hike to the Zirmtaler Seen Lakes

Starting point: Säge parking lot in Monte Franco/Freiberg (above Castelbello)

Route: Trail No. 7 leads up to the Marzoner Alm Alpine pasture, joining trail No. 18 above the pasture to the left, with a steep incline leading up to the Zirmtaler Lakes and to the small Alpine hut at 2,114 m.

Altitude difference: 1,200 m

Duration: 5 hours

Hut and inns: Marzoner Alm, Zirmtal Alm

#### Hike to the Kofelraster Seen Lakes

Starting point: Säge parking lot in Monte Franco/Freiberg (above Castelbello)

Route: Trail No. 3 banks up steeply up to the Latschiniger Alm Alpine pastures and on to the Kofelraster Lakes. The descent is on trail No. 7 in the direction of the Obermarzoner Alpine pasture and then on trail No. 9, to the Marzoner Alm Alpine pasture all the way back to the starting point. A variation of this hike is on trail No. 7 leading to the Zirmtaler Lakes and continuing along trail No. 18, to the Marzoner Alm mountain pasture.

Altitude difference: 1,000 m

Duration: 6 hours 30 min

Huts and inns: Latschiniger Alm, Marzoner Alm, Zirmtal Alm

#### S. Martino – Trumsberg Mountain – Juval

Starting point: S. Martino in Monte mountain cable car station

Route: From the mountain cable car station, the trail No. 2 leads towards Platztairhof farm, continuing on trail No. 8 towards Greithof farm, then again on trail No. 2 up to Ciardes, on the path next to the Schnalswaal irrigation channel path up to Juval Castle, the summer residence of renowned mountaineer, Reinhold Messner.

Altitude difference: 1,100 m

Duration: 5 hours

Huts and inns: Niedermoarhof, Schlosswirt Juval, Schlossbauer Juval

#### 😊 Ötzi Rope Park High Rope Course

9 obstacle courses, 7 Flying Foxes (max 50 m high) and a giant swing (75 m)

Duration of a round: 3 hours (all courses)

Location: at the end of the Vernago Lake

Opening hours: end April to end October

All safety equipment is provided. Good footwear and gloves are recommended.

Information: mob. +39 335 5 85 30 07 (Ludwig) or

mob. +39 335 8 01 09 15 (Klaus)

www.hochseilgarten.bz

### Mountain Biking

#### Marzoner Alm Alpine Hut

Start/end point: Castelbello-Ciardes Tourist Office – Ciardes train station

Total length: 20 km

Altitude difference: 1,000 m

Medium level. Via Lacinigo and Montefranco to the Marzoner Alpine pasture. Descend on trails No. 9A and 9 via Tomberg to the Ciardes train station.

Huts and inns: Marzoner Alm, Hofschank Niedermairhof Tomberg

#### Freiberger Alm Alpine Hut

Start/end point: Castelbello train station

Total length: 26 km

Altitude difference: 1,250 m

Technically easy, yet requiring a high fitness level.

From the Castelbello train station along the Adige Cycling Trail to Laces, from there to Tarces, then follow trail No. 3 to Montefranco, turn left to the Freiberger Alm (1,725 m). The return trip follows the same route except you take trail No. 9 before heading down a steep hill towards Montefranco, until reaching Maragno and Castelbello

Huts and inns: Freiberger Alm

### ☀ Irrigation Channel Paths

#### Tscharser Waalweg Round Trip

From the parking lot at the Stava train station, the trail leads towards Juval Castle and then on to the frequented Tscharser Waalweg.

Starting point: Stava

Route: The trail continues along the Tscharser Waal irrigation channel on the Monte Sole Mountain, up to the Himmelreich Restaurant in Ciardes. From here, the Stabener Waalweg leads back to the Juval Castle hill, or to the point of departure in Stava.

Length: 6 km

Duration: 2 hours 30 min

Water-bearing: partially

#### Schnalswaal

Starting point: Ciardes (trail No. 3, 1)

Route: The Schnalswaal descends on quilted slopes of the Lower Venosta Valley through chestnut groves and mixed woodland to the bottom of Juval Castle, where the old tools used by the former warden and old house may be seen.

Length: 4 km

Duration: 1 hour

Water-bearing: partially

### Rafting – Canyoning – Kajak – Hydro Speed

Acquaterra Adventure Club

Castelbello/Kastelbell

www.acquaterra.it

### Swimming

#### Schlums outdoor swimming pool

Castelbello/Kastelbell

Phone +39 0473 52 36 70

#### Alpine Pastures and Mountain Huts

Latschiniger Alm, 1,936 m

Castelbello/Kastelbell

Open in summer only

Alt Alm – Tomberger Alm, 1,841 m

Castelbello/Kastelbell

Open in summer only

Zirmtal Alm, 2,114 m

Castelbello/Kastelbell

Open in summer only

Stierberg Alm, 2,106 m

Castelbello/Kastelbell

Open in summer only

For seasonal opening days see:  
**Tourist Information**  
Castelbello – Ciardes

Marzoner Alm, 1,600 m

Castelbello/Kastelbell

www.marzoneralm.it

Open in summer only

Freiberger Alm, 1,674 m

Castelbello/Kastelbell

Open in summer only



Cacti at Ciardes/Tschars on Monte Sole Mountain



## Activities and Nature in Winter

### Ski Area

#### Senales Valley Glacier

Location: Senales Valley

Altitude: 2,011 – 3,212 m

Ski slopes: 40 km

Slope Levels: 17 km (easy), 10 km (medium), 13 km (difficult)

For families: Ski & Snowboard School next to the ÖtziLino children's club and a mini-sled run for toddlers at the Roter Kofel chair lift and natural sled run near the Lazaun chair lift. The Gentlemenriders Nitro Snow Park (135,000 m<sup>2</sup>) on the glacier is popular with snowboarders and freestyle skiers. In the months between mid/end-December and February under conditions of reduced sunlight, the snow park is set up further down in the valley, always providing the best sporting conditions.

#### Ötzi Glacier Tour

A trip up the Tisenjoch Ridge at 3,210 m, to the place where Ötzi the ice-mummy was discovered, is an unforgettable experience. Furthermore, there is the Glacier Tour passing iced bridges and moraines, deep into 50-meter ice caves.

Senales Valley Glacier Cable Car (Schnalstaler Gletscherbahnen AG),

Phone +39 0473 66 2171 or [www.schnalstal.com](http://www.schnalstal.com)

### Snowshoe Hiking

#### Round Trip on the Monte Tramonatana Mountain from Castelbello to Ciardes

The hike starts at Hotel Winkler in Ciardes leading up to Tomberg-Kalthaus, on trail No. 9 towards Schweinstall. From trail No. 18 the way back gives way to trail No. 9 and to the Marzoner Alpine pasture, before heading back to the starting point.

Altitude difference: 300 m

Duration: 3 hours

Level: medium

No huts and inns en route

## Art and Culture

### Places of Interest

#### Castelbello Castle, Castelbello/Kastelbell

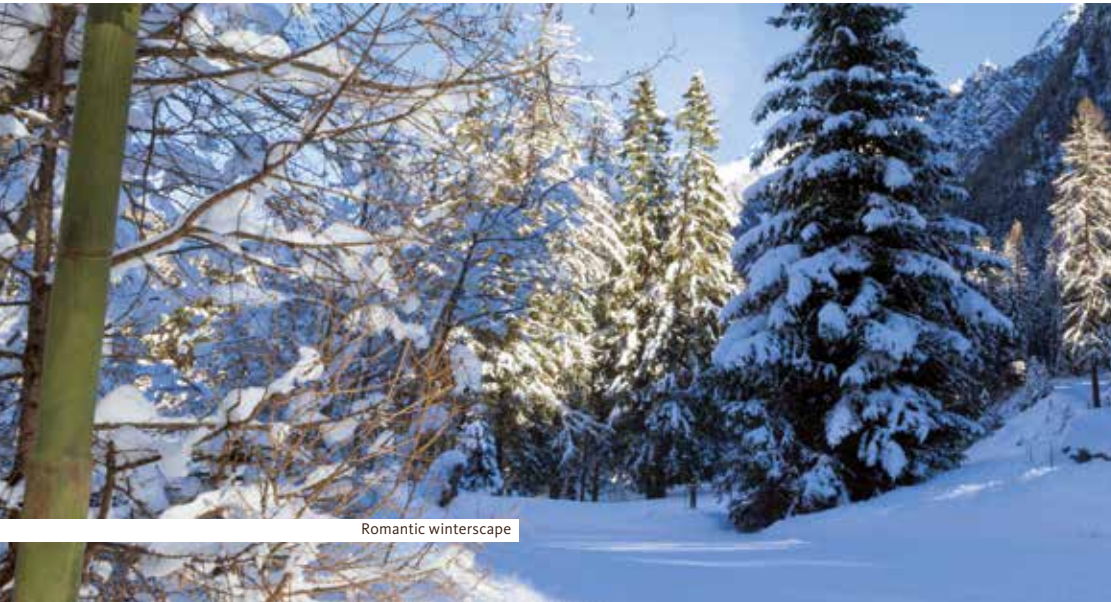
Dating from 1238, the castle is located in a picturesque setting on a cliff, above the left bank of the Adige River.

Information: Tourist Information  
Castelbello – Ciardes  
Phone +39 0473 62 41 93

#### Reinhold Messner's Juval Castle, Juval

Juval Castle was built in 1278 on a prehistoric site and has been the summer residence of extreme-mountaineer Reinhold Messner, since 1983.

Information and registration:  
Juval Castle  
Phone +39 0471 63 12 64



Romantic winterscape



Hiking trail to Juval Castle

## Food and Wine

### Local Specialties straight from the Farms

	Products	Address	Phone +39
Bauernladen	Farm products	Juvale/Juval, Strada principale 78	0473 66 77 23
Forcherhof	Drinks	Colsun/Galsaun, Strada Statale	0473 62 40 74
Himmelreich-Hof	Wine	Ciardes/Tschars, Via Convento	0473 62 44 17
Köfelgut	Wine, Distillates Asparagus	Castelbello/Kastelbell, Rione ai tre canti	0473 62 46 34
Marinushof	Wine, Distillates	Castelbello/Kastelbell, Strada Vecchia	0473 62 47 17
Obermairhof	Distillates	Castelbello/Kastelbell, Via Lacinigo	0473 62 41 62
Obstgenossenschaft Juval	Apples	Castelbello/Kastelbell, Strada Statale	0473 72 75 00
Rebhof	Wine	Colsun/Galsaun, Via Romana	0473 62 46 92
Unterortl	Wine, Distillates	Juvale/Juval	0473 66 75 80
Weberhof	Distillates	Colsun/Galsaun, Via delle Fonti	0473 62 47 53

### Wineries and Farm Distilleries

	Products	Address	Phone +39
Weingut Unterortl	Winery	Juvale/Juval 1b	0473 66 75 80
Weingut Rebhof	Winery	Colsun/Galsaun, Via Romana 23	0473 62 46 92
Marinushof	Winery	Marein, Strada Vecchia 9b	0473 62 47 17
Köfelgut	Winery	Castelbello/Kastelbell, Rione ai tre Canti 12	0473 62 46 34
Himmelreich-Hof	Winery	Ciardes/Tschars, Via Convento 15a	0473 62 44 17
Weberhof	Farm distillery	Castelbello/Kastelbell, Via delle Fonti 7	0473 62 47 53
Marinushof	Farm distillery	Marein, Strada Vecchia 9b	0473 62 47 17
Köfelgut	Farm distillery	Castelbello/Kastelbell, Rione ai tre Canti 12	0473 62 46 34
Unterortl	Farm distillery	Juvale/Juval 1b	0473 66 75 80

### Snack Bars and Farm Taverns

	Address	Phone +39
Hofschank Pfraum	Castelbello/Kastelbell	0473 62 42 20
Schlossbauer Juval	Juvale/Juval	0473 66 82 97
Schlosswirt Juval	Juvale/Juval	0473 66 80 56
Hofschank Angerguterkeller	Castelbello/Kastelbell	0473 62 40 92
Niedermoarhof	Trumsberg (above Castelbello)	0473 62 40 91
Niedermairhof	Tomberg (above Ciardes)	0473 74 25 45

### Eating and Drinking

	Cuisine	Closed	Address	Phone +39
<b>Castelbello/Kastelbell</b>				
Kuppelrain	One-Star Michelin 3 Gault-Millau Toques 12 – 16 Bistro cuisine 19 – 21 Gourmet cuisine	Sun, Mon	Via Stazione 16	0473 62 41 03
Angerguterkeller	Regional, traditional 🌿	Sun	Strada Vecchia 1	0473 62 40 92
Gasthof-Törggelekeller Gstirnerhof	Regional, traditional	Wed	Via Spineid 5	0473 62 40 32
Bar/Café Bauhof	Café, cakes, ice cream, snacks	Tue	Via Maragno 1	0473 62 41 45
Pfraum <i>July and August: closed</i>	Regional	Wed	Via Montalban 4	0473 62 42 20
Niedermoarhof	Farm tavern with own products, regional, traditional 🌿	Thu	Trumsberg (above Castelbello)	0473 62 40 91
Kaffee Bar Mondschein	Snacks	Mon	Strada Statale 16	0473 62 41 17
<b>Juvale/Juval</b>				
Schlossbauer Juval	Regional, traditional	Wed	Juvale/Juval 4	0473 66 82 97
Schlosswirt Juval	Traditional, regional, farm tavern with own products	Wed	Juvale/Juval 2	0473 66 80 56
<b>Ciardes/Tschars</b>				
Pizzastube „Zur Sonne“	Pizza	Wed, Thu <sup>M</sup>	Vicolo del Convento 1	0473 62 41 05
Tscharser Dorfcafé		Sun	Via Principale 10	0473 42 14 41
Restaurant Bachguterhof	Traditional, fish specialties	Mon	Via Principale 17	333 1 91 42 06
Restaurant, Café Himmelreich	Traditional, international 🌿		Vicolo del Convento 15B	0473 62 41 09
Himmelreich-Hof <i>Open weekdays (on request)</i>	Traditional, regional	Mon– Wed	Vicolo del Convento 15A	0473 62 44 17
Bar Café Imbiss Eetzthalerhof	Snacks	Sun	Strada Statale 54	335 5 45 90 03
Restaurant Café Sand	Traditional, international		Via dei Mulini 2	0473 62 41 30
Hofschank Niedermairhof <i>Open weekdays (on request)</i>	Farm tavern with own products, regional, traditional 🌿	Mon– Thu	Montefontana 12, (above Ciardes)	0473 74 25 45
Restaurant Café Winkler	Traditional, international, snacks 🌿	Tue	Via Montefontana 4	0473 62 41 34

🌿 Vegetarian   🌾 Gluten-free menus on request   🌱 Wholefood cuisine/Organic

<sup>M</sup> Morning   <sup>A</sup> Afternoon







## Val Venosta apple garden

Val Venosta is well-known for the cultivation of high quality fruit and vegetables. Thanks to the unique altitude of the cultivation area, much sunshine, little precipitation and the great range of temperatures between day and night our apples ripen particularly well and become a nutritious, healthy and natural food characterized by a crunchy bite and an inviting appearance.

In addition to numerous red varieties, the main variety in Val Venosta is Golden Delicious, which distinguishes itself by its typical red blush from the cool autumn nights before the harvest. This sweet, aromatic, refreshing and particularly crunchy apple is a tasty snack at all times of the day. Dark-red Red Delicious with its typical aroma and Pinova with its balanced, sweet-sour taste, however, are ideal for

both raw consumption and the preparation of sweet or substantial dishes.

Val Venosta apples can also convince with their inner values. They are real vitamin bombs that supply the body with vitamin C, B group vitamins, with minerals such as potassium, calcium and iron and with trace elements – and they only have got about 53 kilocalories per apple. As an apple does not only saturate but also increases efficiency thanks to its high fructose content, it is the perfect, healthy snack.





A NICE  
COLOURING  
IS JUST ONE  
BENEFIT  
OF VAL VENOSTA'S  
SUNBEAMS.

STA'S



Südtirol  
**Val Venosta**

Thanks to more than 300 sunny days per year, our apples are not only beautiful, but also extremely

tasty.



VI.P Coop. Soc. Agricola, Via Centrale 1/c, I-39021 Laces (Bz), Alto Adige, Italy - Phone +39/0473/723300,

Fax +39/0473/723400, [www.vip.coop](http://www.vip.coop), [info@vip.coop](mailto:info@vip.coop)

