

Themed trails and educational walks in South Tyrol

As of March 2017

Holiday region	Themed Trails and Educational Walks	Focus and special features	Opening times/ guided tours	Websites	Contact partner and info
Val Venosta/ Vinschgau	Val Venosta Alpine Ridgeway (Vinschger Höhenweg)	The 108-km route of this multi-day tour extends along the Vinschgau Waalweg canal trails and along the old connecting trails.	April – October	http://www.vinschgau.net/en/recreation-nature/summer-activities/venosta-valley-high-mountain-trail.html?_ga=1.122212291.972453754.1491830131	Guest information Val Venosta/Vinschgau Tel. +39 0473 620 480 info@vinschgau.net
Val Venosta/ Vinschgau	Waalweg canal trails	The trails and narrow canals were first established centuries ago in order to provide people with water for their fields.	open year round	http://www.vinschgau.net/en/recreation-nature/summer-activities/irrigation-channel-paths.html?_ga=1.11510780.972453754.1491830131	Guest information Val Venosta/Vinschgau Tel. +39 0473 620 480 info@vinschgau.net
Val Venosta/ Vinschgau	Strawberry Trail (Erdbeerweg)	Leads past strawberry fields and productive farms		http://www.vinschgau.net/en/laces-val-martello/summer-activities/hiking/themed-excursions/267-erdbeerweg.html?_ga=1.12034172.972453754.1491830131	Tourist Info Laces - Martello Tel. +39 0473 623 109 info@latsch.it
Val Venosta/ Vinschgau	Gumperle Forest Animal Trail (Waldtierpfad Gumperle)	16 different stations of discovery invite visitors to creatively learn more about forest animals		http://www.vinschgau.net/en/prato-allo-stelvio-prad-a-stilferjoch/summer-activities/hiking/family-hiking-tours/134-waldtierpfad-gumperle.html?_ga=1.183421294.972453754.1491830131	Tourist Info Prato Tel. +39 0473 616 034 office@prad.info

Val Venosta/ Vinschgau	NATURAronda Solda/Sulden	Featuring water-based and natural facilities, a suspension bridge and a fun-filled trail in the heart of the Stilfserjoch National Park		http://www.vinschgau.net/en/ortles-region/summer-activities/hiking/themed-hiking-trail/183-naturaronda.html?_ga=1.21409779.972453754.1491830131	Tourist Info Solda Tel. +39 0473 613 015 info@ortlergebiet.it
Val Venosta/ Vinschgau	8-Church Hike	Gain insight whilst visiting eight churches from different epochs as you pass by various buildings protected as historical monuments.		http://www.vinschgau.net/en/upper-venosta-valley/summer-activities/hiking/the-eight-church-hiking-excursion.html?_ga=1.21409779.972453754.1491830131	Tourist Info Alta Val Venosta Tel. +39 0473 831 190 info@ferienregion-obervinschgau.it
Val Venosta/ Vinschgau	Glacier Educational Trail (Gletscherlehrpfad)	Located in the heart of the Ötztal glacier area is the Weißkugel mountain (3739 m) including the Weißkugelhütte mountain hut (2557 m).		http://www.vinschgau.net/en/resiapass/summer-activities/hiking/themed-trails/117-gletscherlehrpfad.html?_ga=1.76147037.972453754.1491830131	Guest information about the Reschen Pass Tel. +39 0473 633 101 info@reschenpass.it
Merano/ Meran and Environs	Merano canal trail	This circuit route leads along historic irrigation canals in the Merano basin.	open year round	https://www.merano-suedtirol.it/en/merano-and-environs/summer/hiking/waalwege-trails/article/meraner-waalrunde-circuit-trail-in-south-tyrol-1218/	Merano/Meran and Environs Tel. +39 0473 200 443 info@merano-suedtirol.it
Merano/ Meran and Environs	Tappeinerweg trail	A botanical educational walk with over 400 labelled tree and shrub specimens created in the 19th century.	open year round	https://www.merano-suedtirol.it/en/merano/betrieb/tappeiner-trail-5173/	Merano/Meran spa administration Tel. +39 0473 272 000 info@meran.eu

Bolzano/ Bozen and Environs	Terlano Wine Trail (Terlaner Weinweg)	Informational boards and signs about wine-growing history and culture	open year round Guided tours: Every Thursday at 1:30 pm in April, May & June; Every Thursday at 2:30 pm in September and October	http://www.terlan.info/en/terlan-holidays/gastronomy/wine-culture.html	Tourist Info Terlano Tel. +39 0471 257 165 info@terlan.info
Bolzano/ Bozen and Environs	Cortaccia Wine Educational Trail (Kurtatscher Weinlehrpfad)	Stations about the life cycle of wine	open year round Guided tours: Wednesday	http://www.suedtiroler-unterland.it/en/wine/informative-wine-trail	Tourist Info Bassa Atesina Tel. +39 0471 880 100 info@suedtiroler-unterland.it
Bolzano/ Bozen and Environs	Cornaiano Wine Educational Trail (Girlander Weinlehrpfad)	The work of winegrowers and vineyard cultivation	open year round Guided tours: Wednesday	http://www.eppan.com/en/blog/blog/144-0.html	Tourist Info Appiano Tel. +39 0471 662 206 info@eppan.com
Bolzano/ Bozen and Environs	Lieselehof Vine Educational Trail (Rebenlehrpfad Lieselehof)	350 different grape varieties from around the world	Guided tours: Mondays & Wednesdays at 4:30 pm, Tuesdays at 4:00 pm and Thursdays at 11 am Group tours upon request	http://www.lieselehof.com/en/vine-museum	Lieselehof Tel. +39 329 9011593 info@lieselehof.com
Bolzano/ Bozen and Environs	Bee Educational Trail (Bienenlehrpfad)	An educational walk that explains the world from a bee's perspective	End of March to the end of October daily 10 am - 6 pm	http://www.museo-plattner.com/en/category/5-Surroundings	The Plattner Bienenhof farm Tel. +39 0471 345 350 info.plattner@gramm-spa.it
Valle Isarco/ Eisacktal	Wine & Apple Trail (Wein-Apfelweg) in Bressanone/Brixen	18.6 km Eisacktal valley Wine and Apple Trail through the traditional farming area around Bressanone	open year round	http://www.valleisarco.info/en/	Tourist Info Bressanone Tel. +39 0472 836 401 info@brixen.org

Valle Isarco/ Eisacktal	Chestnut Trail (Keschtnweg)	The Chestnut Trail (Keschtnweg) extends 63 km from the Neustift monastery near Bressanone/Brixen to the Runkelstein Castle above Bolzano/Bozen. Regional products, direct from the source, are available all along the “Keschtnweg.”	From April to mid November	http://www.valleisarco.info/en/active/hiking-climbing/chestnut-trail/	Tourist Info Bressanone Tel. +39 0472 836 401 info@brixen.org Tourist Info Chiusa Tel. +39 0472 847 424 info@klausen.it
Valle Isarco/ Eisacktal	The Latschenkieferweg trail to the Villanderer Alm Alpine pasture	Unique circuit hike to a mountain pine distillery through a mountain pine forest.	Mountain pine distillery visitation: Beginning of June to the end of October	http://www.klausen.it/en/365-days-active/hiking/mugo-pine-distillery/	Tourist Info Chiusa Tel. +39 0472 847 424 info@klausen.it
Valle Isarco/ Eisacktal	Dolorama	4-day Dolomites panoramic trail from the Rodenecker Lüsner Alm to Laion/Lajen	From May to November	http://www.valleisarco.info/en/active/hiking-climbing/dolorama-track/	Tourist Info Luson Tel. +39 0472 413 750 info@luesen.com
Valle Isarco/ Eisacktal	Via dei Masi Trail (Höfeweg) in Fundres/Pfunders	Tradition & old farm houses	open year round	http://www.gitschberg-jochtal.com/en/holiday-area/vintl-pfunders-weidental.html	Tourist Info Rio Pusteria Tel +39 0472 886 048 info@gitschberg-jochtal.com
Valle Isarco/ Eisacktal	Fane Alm Milk Trail (Milchsteig)	South Tyrolean milk products with an emphasis on mountain farms	Summer	http://www.valleisarco.info/en/	Tourist Info Rio Pusteria Tel +39 0472 886 048 info@gitschberg-jochtal.com
Valle Isarco/ Eisacktal	Water-experience path (Wassererlebnisweg)	The water-experience path from Rosskopf to Vipiteno/Sterzing provides insight into drinking-water production.	Rosskopf cable car: End of May to mid October	http://www.rosskopf.com/en/rosskopf-monte-cavallo/summer/the-water-experience-path.html?_ga=1.63176429.339787331.1491819365	Rosskopf recreational mountain Tel. +39 0472 765 521 info@rosskopf.com
Valle Isarco/ Eisacktal	The Mountain Experience World in Racines/Ratschings	The “BergErlebnisWelt” mountain experience trail in Racines playfully explains local flora and fauna.	Beginning of June to the beginning of October	http://www.ratschings.info/en/enjoying-the-summer/theme-trails.html	Tourist Info Racines Tel. +39 0472 760 608 info@ratschings.info

Val d'Ega/ Eggenal	Latemarium	Themed trails around the Latemar mountain range	Oberholz chairlift: 24/06 - 08/10/2017	http://www.latemarium.com/en/	Tourist Info Val d'Ega Tel. +39 0471 619 500 info@eggenal.com
Val d'Ega/ Eggenal	Planet Hike (Planetenwanderung)	Hike around entire planets	open year round	http://www.eggenal.com/en/summer-experience/hiking-climbing/theme-paths/	Tourist Info Val d'Ega Tel. +39 0471 619 500 info@eggenal.com
Alpe di Siusi/Seiser Alm	"Witches' wells" (Hexenquellen) Alpe di Siusi/Seiser Alm	Barefoot experience trail	June to October	http://www.hotel-tirler.com/en/summer/the-brimstone-fountain.html	Hotel Tirler Tel. +39 0471 727 927 info@hotel-tirler.com
Alpe di Siusi/Seiser Alm	Oswald von Wolkenstein trail	Family-friendly hike in the footsteps of poet, knight and world-traveller Oswald von Wolkenstein to the ruins of the Salegg and the Hauenstein castles.	June to October	http://www.seiseralm.it/en/summer-dolomites/hiking/hiking-trails.html?_ga=1.69523408.1198968590.1491234038#cat=Hiking&ipd=16082711	Tourist Info Siusi Tel. +39 0471 709 600 info@seis.it
Alpe di Siusi/Seiser Alm	Geologists' Path (Geologensteig)	The geologists path invites participants on a journey through Earth's history	June to October	http://www.seiseralm.it/en/summer-dolomites/hiking/hiking-trails.html?_ga=1.148172919.1198968590.1491234038#cat=Hiking&ipd=16082707	Tourist Info Siusi Tel. +39 0471 709 600 info@seis.it
Alpe di Siusi/Seiser Alm	Mushroom Trail (Pilzeweg)	The Mushroom Trail (Pilzeweg) provides insights about the world of mushrooms. Highlight: Mushrooms carved from tree trunks.	April to November	http://www.seiseralm.it/en/summer-dolomites/hiking/hiking-trails.html?_ga=1.103274816.1198968590.1491234038#cat=Hiking&ipd=16082704	Tourist Info Siusi Tel. +39 0471 709 600 info@seis.it
Alpe di Siusi/Seiser Alm	The Castelrotto path of peace (Kastelruther Friedensweg)	This trail of contemplation invites one to reflect, linger and look inward.	open year round	http://www.seiseralm.it/en/summer-dolomites/hiking/hiking-trails.html?_ga=1.77911252.1198968590.1491234038#cat=Hiking&ipd=16082732	Tourist Info Castelrotto Tel. +39 0471 709 600 info@kastelruth.com
Alpe di	Aica di Fiè Farm Trail	The Aica di Fiè farm trail (Oachner	April to November	http://www.seiseralm.it/en/summ	Tourist Info Fiè

Siusi/Seiser Alm	(Oachner Höfeweg)	Höfeweg) leads past farms and Buschenschank farmhouse inns through vineyards, chestnut groves and orchards.		er-dolomites/hiking/hiking-trails.html?_ga=1.35962208.1198968590.1491234038#cat=Hiking&ipd=16570253	Tel. +39 0471 709 600 info@voels.it
Val Gardena/Gröden	The Val Gardena railway trail	The promenade stretches along the former route of the “Grödner Bahn” railway, a track constructed during the World War I.	open year round	http://www.valgardena.it/en/outdoor/base/outdoor/the-val-gardena-railway-trail-la-ferata-de-gherdeina/17276412/	Val Gardena Marketing Tel. +39 0471 777 777 info@valgardena.it
Val Gardena/Gröden	Naturonda	Information boards provide insight into regional flora, fauna, geology and herbs.	Summer to autumn	http://www.valgardena.it/en/outdoor/base/outdoor/excursion-naturonda-along-the-stone-city/16420367/	Tourist Info Selva Tel. +39 0471 777 900 selva@valgardena.it
Val Gardena/Gröden	Art and history	15 stations depict the ‘Passion of Christ.’	open year round	http://www.valgardena.it/en/outdoor/base/outdoor/art-and-history/16570787/	Tourist Info Selva Tel. +39 0471 777 900 selva@valgardena.it
Val Gardena/Gröden	PanaRaida experience trail	Discovery stations equipped with natural materials	Summer to autumn	http://www.valgardena.it/en/outdoor/base/outdoor/adventurehike-panaraida/17277188/	Tourist Info Santa Cristina Tel. +39 0471 777 800 s.cristina@valgardena.it
Val Gardena/Gröden	Ladin Farm Circuit (Ladinischer Höferundgang)	Insights into farm life in Val Gardena	open year round	http://www.valgardena.it/en/outdoor/base/outdoor/ladin-farm-crawl/17276419/	Tourist Info Santa Cristina Tel. +39 0471 777 800 s.cristina@valgardena.it
Val Gardena/Gröden	Ski world cup tour	Cross the “Ciaslat meadows,” a key portion of the “Saslong” World Cup slope.	Summer to autumn	http://www.valgardena.it/en/outdoor/base/outdoor/ski-world-cup-tour/17276431/	Tourist Info Santa Cristina Tel. +39 0471 777 800 s.cristina@valgardena.it

Alta Badia	Lagazuoi – 5 Torri	The history of World War 1 in the UNESCO World Heritage Dolomites.	Museum Forte Tre Sassi: 15 June – 30 September 10:00 am - 1:00 pm and 2:00 - 5:00 pm	http://www.altabadia.org/en/summer-holidays/trekking-hiking/open-air-museum-lagazuoi-5-torri-1.html	Tourist Info Alta Badia Tel. +39 0471 847 037 info@altabadia.org
Alta Badia	The Conturines Mountain and the Bear Cave	Find out more about the Ursus ladinicus cave bear in the Fanes-Senes-Braies Nature Park.		http://www.altabadia.org/en/summer-holidays/trekking-hiking/conturines.html	Tourist Info Alta Badia Tel. +39 0471 847 037 info@altabadia.org
Alta Badia	Geological hikes	The geology and geomorphology of Alta Badia		http://www.altabadia.org/en/summer-holidays/trekking-hiking/italian-alps-geological-itineraries-alta-badia-1.html	Tourist Info Alta Badia Tel. +39 0471 847 037 info@altabadia.org
Alta Badia	The Larch Trail (Lärchenweg)	This trail of discovery leads through larch forests and Alpine meadows at the edge of the Fanes-Senes-Braies Nature Park.		http://www.altabadia.org/en/summer-holidays/trekking-hiking/larch-forest-trail.html	Tourist Info Alta Badia Tel. +39 0471 847 037 info@altabadia.org
Alta Badia	Farm Hike	This easy-to-walk circuit trail leads past typical Ladin farm settlements.		http://www.altabadia.org/en/summer-holidays/trekking-hiking/walk-farmhouses-alta-badia.html	Tourist Info Alta Badia Tel. +39 0471 847 037 info@altabadia.org
Alta Badia	The Artists' Trail (Künstlerweg)	The artists' trail is an outdoor art gallery where works of art from the Dolomites region are displayed.		http://www.altabadia.org/en/summer-holidays/trekking-hiking/path-artist-dolomites.html	Tourist Info Alta Badia Tel. +39 0471 847 037 info@altabadia.org
Alta Badia	“In the footsteps of wild animals” (Auf den Spuren der Wildtiere)	Along the trail are sculptures of wild animals that have been carved with a chainsaw from larch and pine stumps.		http://www.altabadia.org/en/summer-holidays/trekking-hiking/wild-animals-walk.html	Tourist Info Alta Badia Tel. +39 0471 847 037 info@altabadia.org
Plan de Coronas/ Kronplatz	Rocks tell stories	Rocks as witnesses of time	open to all	http://www.kronplatz.com/ferienregion-skigebiete/bruneck/info-highlights/themenwege/the-story-of-stone-bruneck-brunico.pdf	Tourist Info Brunico Tel. +39 0474 555 722 info@bruneck.com

Plan de Corones/ Kronplatz	Weissenbach health trails	A walk for your health!	open to all	http://www.kronplatz.com/en/activities/wellness+trails+rio+bianco/wei%c3%9fenbach+ a-364770	Tourist Info Valle Aurina Tel. +39 0474 671 136 info@ahrntal.it
Plan de Corones/ Kronplatz	Mills Circuit Trail (Mühlenrundweg)	A diverse hike for the whole family	open to all	http://www.kronplatz.com/en/tour/Escursione%20per%20famiglie%20sul%20sentiero%20circolare%20dei%20muliniFamilienwanderung%20M%C3%BChlenlehrpfad_16419735	Tourist Info Terento Tel. +39 0472 546 140 info@terenten.com
Plan de Corones/ Kronplatz	The Smugglers Path (Schmugglersteig)	In the footsteps of former smugglers	open to all	http://www.kronplatz.com/en/tour/Across%20the%20Ridges_17086336	Tourist Info Valle di Casies - Monguelfo - Tesido Tel. +39 0474 978 436 info@gsieser-tal.com
Plan de Corones/ Kronplatz	“Knappensteig” miner’s trail in Prettau	In the footsteps of miners in the Ahrntal valley	open to all	http://www.kronplatz.com/en/tour/The%20miner's%20path%20into%20the%20R%C3%B6ttal_17075304	Tourist Info Valle Aurina Tel. +39 0474 671 136 info@ahrntal.it
Three Peaks Dolomites	The Sesto/Sexten Milk Mile (Milchmeile)	The world of milk is illuminated here along the interactive forest trail.		http://www.drei-zinnen.info/en/activities/summer-in-the-dolomites/hiking-and-walking/themed-walks.html?_ga=1.182534372.312319052.1491833251#cat=Theme%20trail&ipd=16420128	Tourist Info Sesto Tel. +39 0474 710 310 info@sexten.it
Three Peaks Dolomites	The Dobbiaco/Toblach Nature Trail (Naturlehrpfad)	This trail around the Toblacher See lake comprises eleven stations, which feature detailed information about the fauna, flora and geomorphology of the area.		http://www.drei-zinnen.info/en/activities/summer-in-the-dolomites/hiking-and-walking/themed-walks.html?_ga=1.175746656.312319052.1491833251#cat=Theme%20trail&ipd=16419878	Tourist Info Dobbiaco Tel. +39 0474 972 132 info@toblach.info

Three Peaks Dolomites	The "Maite" Spring-Water Trail (Quellenweg)	This educational walk leads through nearly pristine portions of the Fanes-Senes-Braies Nature Park. Information boards, which provide information about the use, cycle, and protection zones of spring water, can be read along the way.		http://www.dreizinnen.info/en/activities/summer-in-the-dolomites/hiking-and-walking/themed-walks.html?_ga=1.238658882.312319052.1491833251#cat=Theme%20trail&ipd=16570736	Tourist Info Braies Tel. +39 0474 748 660 info@pragsertal.info
Three Peaks Dolomites	Operl's Mountain World (Olperls Bergwelt)	This 1.5 km circular trail features ten exciting discovery points; the highest barefoot trail in the Dolomites is great for your health. Soft moss, the scent of Larch wood, stone slabs or pebbles beneath your feet will invigorate your reflexology zones. Finally, cool your feet in cold spring water.		http://www.dreizinnen.com/en/skiing-region/mountain-summer/olperls-nature-park.html?_ga=1.245339782.201052779.1491833993	The Three Peaks Dolomites Ski Area Tel. +39 0474 710 355 info@dreizinnen.com