

Raiffeisen

Raiffeisenkasse Untervinschgau
gemeinsam . stärker



ATM:

Naturno, Plaus, Ciardes,
Castelbello, Senales

Headoffice:

39025 Naturno
Main Street 12
Tel. +39 0473 671 671 | www.rkuv.it



Map

mehr erleben

naturns

near Meran



Holiday Guide



www.naturns.it



Speckworld



Adventure World with shop and museum

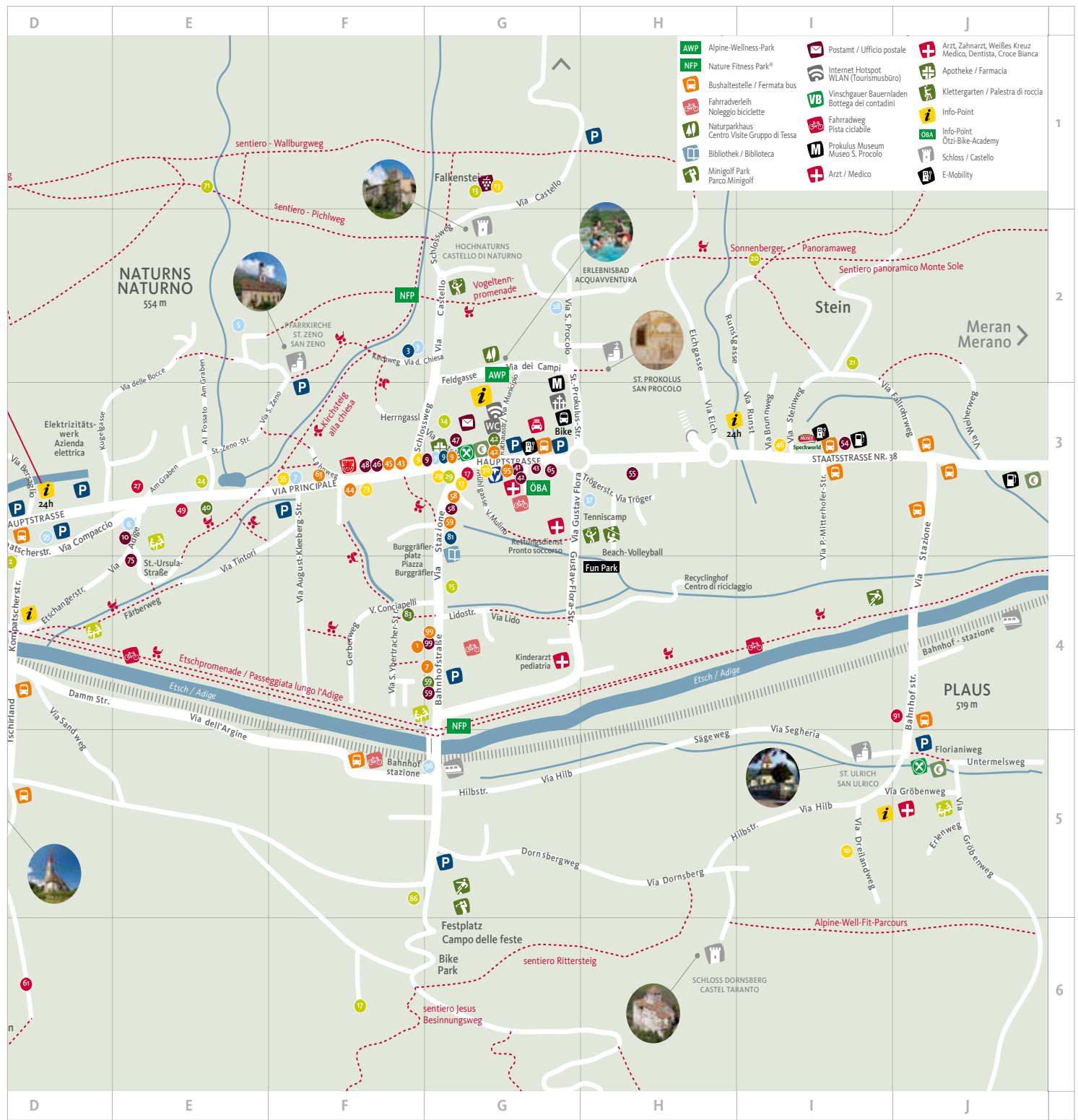
Open daily: 09.00 a.m. – 06.00 p.m.

Visit our shop with the unique bacon museum. On request, we offer you a great guided tour of the museum followed by a tasting of our delicacies.

P Right on the street Hauptstraße, I-39025 Naturns, Stein 17, phone +39 0473 671 008, e-mail: info@speckworld.com



Only valid on presentation of this traveladvisor and a purchase.



Contents

- 4 Naturno at a Glance
- 6 Picturesque Villages
- 8 The Neighbouring Village of Plaus
- 10 Our Fridolin Family Page
- 12 Buggy-friendly Hiking Trails in Naturno
- 14 Children's Playgrounds
- 16 Themed Trails for all Ages
- 20 Cable Cars and Chair-lifts
- 22 Road Bikes and MTBs
- 26 Mountain Climbing and Via Ferrata
- 28 Sporting Fun & Action
- 32 Sightseeing in Naturno and Environs
- 44 Texelgruppe Nature Park Hiking Experience
- 46 The Sonnenberg Mountain – A Hiking Paradise
- 50 Alpine Roses and Mountain Pastures on the Nörderberg Mountain
- 52 Tips for Hikers and Climbers
- 54 Recommended Hikes

Wouldn't you like to take part in one of our organised cultural tours or go on a hiking/biking excursion on a shuttle? Or sign up for a guided tour of our historical churches dating back to the Romanesque period, housing some of the oldest frescoes in Europe? If you're interested in any item listed on the program, then come and see us at the Tourist Office.

Naturno Tourist Office Opening Hours

Mid-March – October: Mon. – Fri. 9.00 – 12.00/14.30 – 18.30
Sat. 9.00 – 12.00/14.00 – 17.00

November – mid-March: Mon. – Fri. 9.00 – 12.00/14.00 – 18.00
Closed on Sat.
Closed on Sun. and public holidays.

Plaus Tourist Office Opening Hours

Mid-March – October: Mon. 8.15 – 12.00
Open daily: 8.15 – 18.30

November – mid-March: Closed
Closed on Sun. and public holidays.

Naturno/Plaus Tourist Office,

Via Municipio/Rathausstraße 1, I-39025 Naturno/Naturns,
Tel. +39 0473 66 60 77, Fax +39 0473 66 63 69, info@naturns.it



Spellbinding Views

Naturno at a Glance

Naturno/Naturns lies ensconced between the majestic peaks of the Texelgruppe Nature Park to the north (Kirchbachspitze Summit at 2,951 m) and the wooded slopes of the Nörderberg Mountain to the south, at 554 m above sea level. Just 13 km from the spa town of Merano/Meran, Naturno is 45 km from the border with Switzerland and about 70 km from the Resia Pass (Reschenpass in German) crossing into Austria.

The warmer air from the south flows through the Merano basin west of Naturno into the valley, bringing with it a temperate **climate**. In mid-February, while the surrounding mountain summits are still covered in snow, spring is already signalling its arrival. **With an average of 315 days of sunshine per annum**, Naturno is one of the driest areas in the Alpine region.

This Mediterranean mountain climate is conducive to fruit farming that normally takes place further south. The varieties grown include currants, kiwis and figs even in private gardens. Numerous apple varieties are also farmed here, such as Golden Delicious, Royal Gold, Jonagold, Pinova, Elstar, Pink Lady and Braeburn, while the vineyards on the high slopes extend up to 800 m above sea level.

In this district, the local economy has always been based on **fruit farming**. While higher up on the mountain pastures there are a number of dairy farms, down in the valley and on the lower slopes fruit orchards and vineyards are prevalent.

But tourism has increased over the years and is nowadays at least as important to the local economy as fruit-farming. A network of hiking trails and well-planned cycle tracks run across more than 100 km, while upmarket retailers, high-level sporting events and holiday facilities all contribute to making Naturno one of the most popular holiday destinations.

Home to the oldest frescoes anywhere in the Germanic world, the St. Prokulus Church and its adjacent museum is a significant religious and cultural attraction. Meanwhile, the cycle path following the Adige River leads through the Vinschgau Valley, and numerous other cycle trails lead into the surrounding mountains. Alternatively, one can go rambling across the Texelgruppe, in what is South Tyrol's largest nature park.

Whether it's a first-class hotel, a quality restaurant, a traditional guest-house, a congenial wine tavern or holiday farm, this southern Alpine region is all about hospitality.

On the Top for the Top



Glacier skiing in Val Senales from October until May



Summer experience from July to September Glacier Val Senales



www.schnalstal.com





Picturesque Villages

Pay a visit to the satellite villages of **Tablà, Cirlano & Stava**

Tablà/Tabland lies at 647 m above sea level facing Juval Castle, at the entrance of the Schleidental Valley. In these rich soils where pears, apricots, currants and strawberries grow in abundance, the hiking and cycling trails lead through apple orchards, past flowering meadows and small, historical churches.

Formerly part of the independent “Neunhöfe” hamlet, the former district that included Tabla and Stava was absorbed into the Naturno/Naturns municipality in 1928.

With its nave and church tower dating to the Romanesque era, the **St. Nicholas Church** was mentioned in the archives as far back as 1369. In 1493, a choir was added and a pointed arch entrance erected. Its crafted late-Gothic era altar and the St. Christophorus painting on the church façade are well worth visiting. The latter seems to indicate that the church was situated on what was once a significant pilgrimage route.

Southwest of Naturno, on the slope of the spectacular Tablander Murkegel, lies **Cirlano/Tschirland** at 578 m. With its narrow Gothic tower, the **St. Oswald Church** is renowned for its elaborate Baroque fresco on the ceiling and painted altar frontals by Simon Ybertrachter (1694 – 1772), a native of Naturno.

Walking through the narrow streets of Cirlano with its old walls partly draped in ivy, you'll come across forged window grilles and kiln ovens protruding from the facades of some houses, or the aged dials of an old sundial ... as if frozen in time.

Three kilometres west of Naturno lies **Stava/Staben** (552 m), a typical village in the Vinschgau Valley which, like Tablà, was formerly also an independent municipality. Straddling the Adige River (Etsch in German), the scenic village of Stava is a must-see for hikers and passing visitors.

Tip: make a point of stopping at the small **“Unsere liebe Frau”** Sanctuary, dating back to the Romanesque period. Start your tour at the ruins of St. Laurentius Church and follow the old road on the right bank of the Adige River connecting Stava and Cirlano. Along this treacherous route, where unsuspecting merchant wagons and pilgrims were sometimes held up by brigands, is today a peaceful and scenic landscape to be enjoyed.





The Neighbouring Village of Plaus

The “Little Venice” of South Tyrol

The history of Plaus is closely intertwined with the surrounding marshes and moorlands. The waters of the Adige River (Etsch in German) that flow through the Vinschgau Valley, has shaped the landscape and its people for thousands of years, sparing only a small portion of its fertile land. Time and again, the flood waters of the Adige River ravaged even the remaining arable land, creating hardship for both humans and animals. To safeguard the lives and livelihood of its inhabitants, the economic boundaries of the municipality were shifted. As late as the 19th Century, nearby villagers still made fun of the so-called “City of Seven Houses”, which got their name due to the constant flooding, causing Plaus to be sarcastically referred to as “Little Venice”. There’s even the legend of the gondoliers or boatmen, who had to accompany children to school in small boats, known as the ‘nachen’.

The name ‘palus’ (meaning ‘swamp’ in Latin) belies the troubled origins of the village, built on land recovered from the marshes of the Adige River. This troubled legacy is commemorated today with a giant statue of a frog in the park!

But Plaus isn’t Venice, and today the tamed waters of the Adige flow down from the glacier into the valley, bringing life not destruction. In this picturesque valley with its mild climate, rows of vineyards cover the sun-kissed slopes merge with sprawling fruit orchards.



Danse Macabre fresco on the Plaus cemetery walls

With its 700 inhabitants, the tranquil village of Plaus bordering Naturno/Naturns is one of the smaller municipalities in South Tyrol.

Plaus offers a convenient starting-point for a variety of excursions. With Naturno and its satellite villages just a short distance away, riding to Merano/Meran along the well-kept cycle path is easy. Or setting out on a bracing mountain hike.

The St. Ulrich Parish Church with its Romanesque tower is worth a visit. Legend has it that it was built by Charlemagne.

An unusual work of contemporary art adorns the St. Ulrich Church cemetery wall. Referred to as the ‘Danse Macabre’, this fresco consisting of 18 panels is the work of artist Luis Stefan Stecher. Created in 2001, these colourful caricatures depict typical rural traditions and personalities from the Vinschgau Valley.

The new Church of St. Monika in Plaus was recently erected next to the old St. Ulrich Parish Church and is well worth visiting. On entering the vestibule, the visitor literally walks through an oversized marble cross. Other features include a coloured light cross cut into the altar and a sacred relic of St. Monika kept in a glass casing.





Our Fridolin Family Page

**Dear Families and Children,
I'm Fridolin the Frog and I'm from Naturno.**

I am so pleased that you're spending your holidays with us! There's so much for kids to see and do in Naturno/Naturns, even with the whole family. Every day there are new and exciting surprises with fantastic games and adventures organised by our guides. Come and see for yourself!

If there are 365 days in the year – in Naturno/Naturns, the sun shines on 315 of them. That's quite a lot. As a frog, I'm rather glad when it rains – at least sometimes. Then I'll put on my rubber boots and raincoat and jump into the next puddle.

At 554 m above sea level, Naturno isn't very far from the town of Merano/Meran. Rising up to 3,000 m on both sides of the valley, the tall mountains almost touch the sky. Down below, there are many apple trees and vineyards where the grapes grow. Here are real-life castles and palaces as well as an ancient church. Around here, there's plenty to do such as a fun adventure pool where you can splash about and play in the open. In the Texelgruppe Nature Park House you can learn a lot about the animals and plants in our nature park.

Otherwise, you can spend a whole afternoon on our mini-golf course, or go riding on the Adige Cycle Path with your friends.

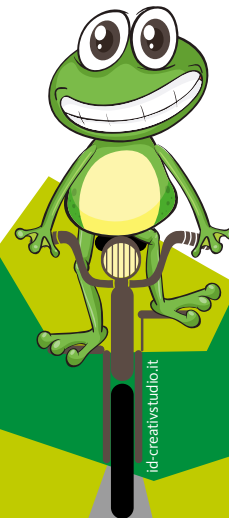
How about taking the cable car up high up to the top of the mountain? Looking down, people look like ants and the houses and cars look like matchboxes. If you think that walking, hiking and climbing the mountain sounds like fun, then Naturno is just the right place for you. There are 3 hiking levels on the mountains: starting at the bottom of the valley, are orchards then going up the mountain slopes there are pastures and meadows with cows. On the top of the mountain you'll see the high peaks that are usually covered in snow. If you go up there you have a beautiful view to enjoy, even better than from an airplane.



Both down in the valley and up on the mountain, there's plenty to do in the children's playgrounds. And even if you're not such a good hiker yet, or if you have a baby brother or sister, then tell your mummy that she can take the baby pushchair to nearly all of the playgrounds.

Sometimes I just like to go walking around, without any fixed plan. Maybe I'll jump on the next bus or take the colourful Vinschgau Valley Train, as it winds its way through the green valley like a brightly-coloured worm. Or I might go and see Merano, or the Vinschgau Valley, where there's so much to see and do!

Have fun!
Your new friend, Fridolin





Buggy-friendly Hiking Trails in Naturno

Circuit Tour of Naturno

Walking down the Bahnhofstraße road, you'll come to a children's playground. Follow the Etschpromenade road to Compaccio/Kompatsch, past another playground and proceed along Färberweg road as far as August Kleeberg street. Turn right and then go left onto the small footpath to Gerberweg road. Return the same way.

Total walking time: approx. 1hr – 1hr30'.

Naturno Panoramic Walk

Start from Rathausstraße street in Naturno, then turn right into the Feldweg gravel road and head uphill towards the St. Prokulus Church. Just before the church, turn left into St. Prokulus Straße street, before turning into Vogeltennpromenade street. Continue until you reach Schlossweg trail, passing the tennis courts until you come to a brick wall on the left. Cross over Kirchbachbrücke bridge and follow the road to the St. Zeno Parish Church. Continue up the hill, crossing back over the Kirchbach stream and to the War Memorial. Turn left into the Feldweg gravel road and take Rathausstraße back to your starting point. Alternatively, from the War Memorial you can go back to the village centre along Schlossweg road. This walk has some great panoramic views.

Total walking time: approx. 2 hrs.

From Compaccio in Naturno to Cirlano and Back

Starting at Kompatscherstraße or Etschangerstraße streets, cross the bridge over the Adige River and then turn right in the direction of Stava/Staben. Turn left at the Niedermair Estate in the direction of Cirlano/Tschirland until you reach the St. Oswald Church with the nearby playground. Pass the church and head to the next intersection. Across the intersection, continue straight along the path lined with fruit trees as far as the Naturno/Naturns sports field and the mini-golf course. From there, follow Bahnhofstraße street back to the children's playground at the Adige River bridge and across the Etschpromenade road back to the starting point.

Total walking time: approx. 2 hrs.

Easy Walk to Plaus

Start from Gröbenweg road until it becomes Birchbergweg. Follow Birchbergweg until it branches off right to the "Alpine-Well t-Parcours" outdoor gym park. This calisthenics-park has some great fitness stations for all ages. Continuing, at the Hilbertal Valley turn right into the street, at the intersection turn right again, continue via Hilb and then head back to Plaus.

Total walking time: approx. 2 hrs.

Naturno Jesus Contemplation Trail

Not suited to strollers! But Highly recommended with bigger kids!

An unusual variation of a Way of the Cross, the 15-station Jesus Contemplation Trail (Jesus-Besinnungsweg in German) lies beneath the Nörderberg Mountain. Celebrating the most important events in the life of Jesus, the simple yet original stations blend into nature and the surrounding terrain. The trail starts above the Naturno sports centre, at the end of Bahnhofstrasse street. Along the way are rest stops and picnic spots.

Total walking time: approx. 2 hrs. **Resting places and picnic areas along the trail**

Alpine Pastures on the Nörderberg Mountain

Hiking to the Naturner Alm mountain pastures lasts about 1hr30'. It takes approx. 40 min to get to the Alt Alm/Zetn Alm mountain pastures and about 1hr30' – 2 hours to the Mausloch Alm. All trails are suitable to strollers and reachable from the Kreuzbrünnl car park on gravel roads. You can get to the Tablander Alm mountain pasture as far as the Ciardes/Tschars – Montefontana/Tomberg – car park by car and from there it takes about 1hr30' to reach the mountain pasture.





Naturno Children's Playgrounds

Room for Adventure!

Whether you're looking for a playground for small children or monkey bars – the spacious playgrounds of Naturno/Naturns guarantee big fun for action kids. The playgrounds in Naturno, Plaus as well as Tablà/Tabland, Cirlano/Tschirland and Stava/Staben have a lot to offer including football fields, skating rinks and fun parks.

Playground in Bahnhofstraße Street

Location: the biggest playground in central Naturno is off the cycle path near the railway station. Sunny/exposed with shady spots.

Equipment: large play area with water feature (summer months only), a sand-pit, nest swing, swing, slides, merry-go-round and beam seesaw.

Special features: extra-long slide, cable car and big climbing merry-go-round

Playground in Compaccio/Kompatsch

Location: just off the cycle path, sunny/exposed with shady spots

Equipment: nest swing, swings, slides, sand pit, spring seesaw, beam seesaw

Special features: playing field for ball games (with spectators stand), climbing-wall, climbing tower, merry-go-round & disc swing

Playground in Hilbstraße Street

Location: large, sunny playground in the Hilb residential area

Equipment: swing and swing for small children, spring seesaw, slide, sand-pit, mound with water feature (summer months only)

Special features: separate playing field for ball games, table tennis, large, open play area

Playground at the Unterstell Mountain Cableway Station

Location: large, sunny playground on the mountain slope just next to the Unterstell mountain cableway station on the Sonnenberg Mountain, above Naturno

Equipment: spring see-saw, merry-go-round, slide, climbing combo, crocodile swing, double swing & playhouse

Special features: accessible by cableway 8

Playground at the Gasthof Lint – Sonnenberg Mountain

Location: sunny playground at the Berggasthof Lint mountain inn at the Naturno Sonnenberg Mountain

Equipment: slide, beam seesaw, climbing bars, spring seesaw & swings

Special features: directly located at the Merano High Mountain Trail

Playground at the Gasthof Pirch – Sonnenberg Mountain

Location: sunny playground at the Pirchhof mountain farm and inn, on the Sonnenberg Mountain above Naturno

Equipment: spring seesaw, slope slide, swings, sand-pit

Special features: tame rabbits and guinea pigs for petting

Playground in Tablà (approx. 2 km from Naturno)

Location: large playground in a sunny location

Equipment: water pump, nest swing, swings, climbing poles, crawling tunnel, climbing tower, beam seesaw, climbing-wall, sand-pit with water feature (summer months only)

Special features: demarcated football pitch

Playground in Stava (approx. 2 km from Naturno)

Location: fenced-in playground next to the football field about 500 m from the Stava train station, sunny location with shady spots

Equipment: climbing merry-go-round, slide, sand-pit, swings, small climbing frame, seating
Special feature: toilet, next to the football field

Playground in Cirlano

Location: small, sunny playground near the church

Equipment: slide, spring seesaw and swings, sandy play area with water feature (summer months only)

Special features: completely fenced in; suited to smaller children

Playground in Plaus – Gröbenweg Street (approx. 2 km from Naturno)

Location: sunny location with shady areas on the outskirts of Plaus

Equipment: slide, swing – also for toddlers, spring seesaw

Special features: adjoining the cableway, multi-purpose, fenced-in

Playground in Rablà – Saringerstraße (approx. 1 km from Naturno)

Location: small, sunny playground with shady areas, near the railway station and cycle path

Equipment: sandy play area, swing (also for toddlers), slide with play tower and climbing facility, spring seesaw



Themed Trails for all Ages

Riolagundo Forest Adventure Trail (5 km from Naturno)

New adventure trail (Walderlebnispfad Aschbach in German) in the picturesque mountain village of Riolagundo/Aschbach, showcasing the forest ecosystem and its flora/fauna. This easy family hike starts at the Riolagundo cableway mountain station. Take hiking trail no. 27A in the direction of Eggerhöfe farms. After about 5 min take the turn-off to the Forest Adventure Trail, where the 3,6 km trail circuit begins.

Total length: approx. 3,5 km

Total walking time: approx. 1hr30'

Starting point: Riolagundo cableway mountain station

Haflinger Adventure Trail

This new adventure trail to S. Caterina/St. Kathrein was named after the village of Avelengo/Hafling, which also lent its name to the striking white horse with its characteristic blonde mane. Originally a farm workhorse, the Haflinger is now mostly used in recreational tasks. Along its various info stations, the trail provides information on the Haflingers and more besides. The trail starts in Avelengo and follows the old Bärgeleweg road (trail No. 2). After joining up with the road to Falzeben, it branches off to the left. The end of the Haflinger Adventure Trail is in the village of S. Caterina.

Total length: 2 km

Total walking time: 2 hrs Stroller-friendly

Nature and Adventure Trail – “Squirrel Trail” in Marleno

(15 km from Naturno)

With its various rest stops, the “Squirrel Trail” (Eichhörnchenweg in German) offers numerous recreation and workout options to visitors of all ages, including a high rope course, forest info stations about the woods, the natural and experiential worlds as well as an auditorium for creative



“forest artists”. It takes approx. 20 minutes to reach the Squirrel Trail from the village centre (direction Marlinger Waalweg irrigation channel trail), following the squirrel signposts. The trail starts at the car park above the Waldschenke Inn, directly on the Marlinger Waalweg. Comprising a total of 23 nature/adventure stations, the circuit trail is easily accessible to almost everyone.

Total length: approx. 1 km

Total walking time: approx. 30'

The Gumperle Forest Trail in Agumes, near Prato allo Stelvio

(38 km from Naturno)

Following the Forest Nature Trail (Waldtierpfad in German) in Agumes/Agums, children and parents can learn some interesting facts about the fauna inhabiting the South Tyrolean forests, in an entertaining way. Guided by Ferdinand, the forest mouse, find clues at 13 stations, listen to the birdsong, admire deer antlers, try the badger tunnel and ascend the woodpecker hill.

Total walking time: the 2 km long circuit is a comfortable 1hr30' hike, including a rest stop. The circuit trail starts and ends at the St. Georg Pilgrimage Church in Agumes.

“Sonnensteig” Trail from Burgusio (50 km) to Spondigna (35 km)

This new theme trail in the Upper Vinschgau Valley begins south-west of Burgusio/Burgeis, just outside the village. Head uphill towards the Marienberg Monastery. Just before getting there, turn right towards the northern entrance of Burgusio onto the old bridge, across the village and over the fields to the stone bridge. Take the path along the upper Waalweg irrigation channel trail to Malles/Mals, and Tarces/Tartsch to the Ganglegg archaeological site near Sluderno/Schluderns. To complete the theme trail, follow the Leitenwaal path along the slope of the Schludernser Berg

mountain to Spondigna. Along the route, 11 info panels explain the special features and natural history of the surrounding terrain. Ten traditional tales of Upper Vinschgau Valley are also vividly recounted, with works by a local sculptor. Three info panels describe the story of the old irrigation canals. Designed with families in mind, each individual stage of the trail can be walked as an independent hike.

Plima Gorge Experience in Martelltal Valley

This trek through the back of the Martelltal Valley might seem like a perfect adventure: rugged terrain with rocky slopes and Larchwood forests. In the middle of all this, lies the Plima Gorge created by the thundering waters of the Plimabach mountain torrent. Cascading down for thousands of years, the water gradually eroded the rock, forming this spectacular gorge. The silence is broken by the constant gushing sound of the torrent, while water-droplets spray into the air. The Plima Gorge is nowadays a natural arena at the foot of the Cevedale Massif. Four new steel structures, serving as walkways with viewing platforms, were erected to bring hikers closer into the gorge. Four new structures, named "trowel", "panoramic crescent", "observation pulpit" and "suspension bridge" complete the adventure hike for visitors of all ages.

Total walking time: approx. 1hr45'

Length: 6 km

Passeiertal Valley "Schluchtenweg" Gorge Trail

Along the edge of the Passer River, between S. Leonardo/St. Leonhard and Moso/Moso, an ambitious project to build a hiking trail through the gorge was started in 2008 and completed in 2015. All along the Valley, the Passer River is the central feature and the section between Moso and S. Leonardo is particularly spectacular. From the S. Leonardo sports grounds, follow the Passer River on Trail No. 1 signpost for about a kilometre before coming to a bridge that leads to the start of the trail. An elaborate metal walkway against the rock on the side of the river with steps and bridges enables crossing through the more difficult parts of the gorge. With a 340 m elevation difference, the walkway stretches about 5 km to Moso. The varied trail sometimes brings one closer to the forces of nature such as the Stuller waterfalls, alternating with less challenging sections along the slopes through the forest.

Starting points: S. Leonardo sports grounds or Moso

Signposts: Trail No. 1 Passer Gorge, Moso

Elevation difference: 340 m

Special features: Metal walkway with grating: steps, bridges

Total walking time: approx. 2hr30' (depending on direction)

Total length: 6.5 km

Note: If you don't want to hike back, there's a bus from Moso to S. Leonardo.

CABLE CAR UNTERSTELL • NATURNO



www.gruener.it



Hiking at the Sonnenberg Mountains
Tel. +39 0473 66 84 18 - www.unterstell.it



Cable Cars, Gondolas and Chairlifts

Unterstell Cable Car,

Naturno Sonnenberg Mountain 46, (545 m – 1,300 m)
Tel. +39 0473 668418 | www.unterstell.it

Texelbahn Cable Car,

Parcines/Partschins-Moncucco/Giggelberg, (635 m – 1,544 m)
Tel. +39 0473 968295 | www.texelbahn.com

Schnalstal Valley Glacier Cable Car,

Maso Corto/Kurzras, (2,011 m – 3,212 m)
Tel. +39 0473 662171 | www.schnalstal.com

Grawand Chairlift,

Maso Corto/Kurzras, (3,013 – 3,200 m)
Tel. +39 0473 662171 | www.schnalstal.com

Aschbach Cable Car,

Rablà/Rabland, (522 – 1,349 m)
Tel. +39 0473 967198 | www.algund.com

Merano 2000 Cable Car,

Merano/Meran, (2,000 m)
Tel. +39 0473 234821 | www.meranz000.com

Lagundo/Algund-Velloi/Vellau Chairlift,

(350 - 950 m) Tel. +39 0473 448660

Velloi/Vellau-Leiter Alm Basket Lift / Gondola,

(950 – 1,522 m) Tel. +39 0473 448532

Lana-Vigiljoch Mountain Cable Car,

Lana, (295 – 1,500 m)
Tel. +39 0473 561333 | www.vigilio.com

Postal/Burgstall-Voiana/Vöran Cable Car,

Voiana, (226 – 1,170 m)
Tel. +39 0473 278 187

Tirol/Dorf Tirol-Hochmuth Mountain Cable Car,

Tirol, (650 m – 1,400 m)
Tel. +39 0473 923480 | www.seilbahn-hochmuth.it

Hirzer Cable Car,

Saltaus-Prenn-Klammeben, (490 m – 1,980 m)
Tel. +39 0473 645498 | www.hirzer.info

Schwemmalm Cable Car-Ultental Valley,

S. Valburga/St. Walburg,
Tel. +39 0473 795390 | www.schwemmalm.com

S. Martino in Monte/St. Martin am Kofel Cable Car,

Laces/Latsch, (626 m – 1,740 m)
Tel. +39 0473 622212 | bergbahnen-latsch.com

Tarscher Alm Chairlift,

Laces/Latsch, (1,180 – 1,940 m)
Tel. +39 0473 623109 | www.bergbahnen-latsch.com

Solda/Sulden Cable Car,

Solda, (1,900 m)
Tel. +39 0473 613047 | www.seilbahnsulden.it

Langenstein Chairlift,

Solda/Sulden, (1,900 – 2,330 m)
Tel. +39 0473 613073 | www.seilbahnsulden.it

Kanzel Chairlift,

Solda/Sulden, (1,900 – 2,350 m)
Tel. +39 0473 613097 | www.seilbahnsulden.it

Timetable: Most cableways run every 30 minutes on the hour and half-hour. Intermediate runs on request and if needed.

Please Note: In the event of strong wind, cable cars and chairlifts cease operating. Cable cars and gondolas are limited to people (with dogs) and bicycles. Dogs must wear a muzzle in all public transport including cable cars.

Disclaimer: All information is subject to change.



Raiffeisen

Raiffeisenkasse Untervinschgau
gemeinsam . stärker



Naturno | Castelfello | Ciardes |
Madonna di Senales | Certosa | Plaus

T: +39 0473 671 671 | www.rkuv.it



Cycling on a Road Bike or MTB

In Naturno/Naturns, we encourage vigorous pedalling, especially on a mountain or racing bike! With our fantastic Alpine terrain, cultural landscapes, Mediterranean vegetation and wild animals, there's so much to experience on a ride along the slopes of the sunny Sonnenberg Mountain, or in the shade of the Nörderberg Mountain! Running across Parcines/Partschins, Naturno and Castelbello/Kastelbell, this cycle network offers a broad range of options all ready to be discovered. Refer to our mountain bike map, which helps you get around our mountains and on the Meran(o) Bike Highline. Ride alongside the waters of the Adige River on a road or racing bike, through medieval villages and up the hairpin bends across the 2,757 m high Stelvio Pass.

Bike Park

The technical training ground and training parcour above the sports field is run by the Naturno Ötzi MTB Academy, offering beginners' and advanced-level cycling and MTB courses. During the open afternoons, attendees have the opportunity to improve their biking technique and safety skills.

For further info and registration: Tel. +39 347 130 09 26



Pleasure Biking in Naturno

The sunny region around Naturno is highly-suited to biking and the Vinschgau Valley Cycling Trail is one of the most breath-taking cycle routes in the Alps. With panoramic views all along its 80-km length, it stretches from the Resia Pass to Merano/Meran. The section that passes Naturno next to the Adige River stands out in particular. Since the Vinschgau valley railway line runs parallel to the Cycling Trail, this presents cyclists with some interesting transport combination options ...



Tip: Our Bike Folder offers a selection of the best MTB trails and road cycling routes running through Silandro/Schlanders, Naturno/Naturns and Parcines/Partschins. Whether it's a MTB, road bike, leisure cycle or e-bike, you'll find loads of ideas for some of the best rides. And that's on top of all the other info about cycle touring in one of the best biking regions in South Tyrol. Hurry up and collect your copy at the local Tourist Office!





Mountain Climbing and Via Ferrata

The Hoachwool – a climb in a class all of its own!

With its 1,400 m rope length and 630 m elevation difference, the Hoachwool via ferrata at the entrance to the Schnalstal Valley facing Juval Castle is one of the most attractive via ferrata climbs in South Tyrol. The 32 m rope-bridge across the Schnalsbach stream signals the start of the climb. Would-be climbers should be warned in advance of the difficulties in attempting the Hoachwool. Two-hundred years ago this once “forbidden climb” was only recommended for those “with firm feet, whose eyes do not lie and whose knees do not waver”! The route follows the 10 km long former Schnalstal Valley-Naturno Waalweg irrigation canal, also referred to as the Hoachwool by the locals and the challenging via ferrata section crosses the rockfaces with breath-taking views. The various points of interest, such as the Elferplätt (a rock serving as a sundial) and the unusually shaped Stegerfrau rock, add to the mystique of the climb. The Hoachwool via ferrata on the slopes of the Sonnenberg Mountain has long inspired legends and those who've experienced it for themselves tend to agree!



Tip:

In the height of summer, the Hoachwool can reach high temperatures, making an early start a real necessity. A high level of preparedness is required and mountain rescue authorities prescribe that it should only be attempted by fit climbers with sufficient training and adequate stamina. High-quality gear and sufficient supplies of liquids are just as important.

Knott Family Via Ferrata – Unterstell Cable Car

The Knott practice range near Unterstell is the first family-friendly via ferrata in South Tyrol. Though some of the newer courses are fairly long and tricky, the Knott serves as an introduction to via ferrata climbing giving beginners or families with children the chance to practice, with levels ranging from easy/medium/difficult.

The Knott includes four climbing routes, a short connection route, a 20 m cable bridge and two steep ladders. The four via ferrata courses consist of an easy climb, graduating to more challenging passages, some exposed stretches over the rockface and the technical sections. It stays open throughout the day, with a short ascent and descent.

More detailed information about the via ferrata can be obtained from your host or the local Tourist Office.

The newly-opened Knott practice wall for families on the Sonnenberg Mountain is located next to the Unterstell Cable Car mountain station in Naturno/Naturns. Four via ferrata courses of varying difficulty levels are on the wall beneath the viewing platform. Beginners are under the supervision of professional mountain guides who teach safe climbing techniques, while more experienced/daring climbers can descend directly from the viewing platform down to the wall.

Ötzi High Rope Park in the Schnalstal Valley

Situated at the far end of Vernagtsee Lake at 1,780 m above sea level, the Ötzi High Rope Park promises thrills and challenges for both adults and children. Eleven high-rope courses lead to 150 platforms, varying between 2 m – 30 m in height, across a wide gorge. Between highlights including the Giant Swing, Flying Foxes as well as the new 700 m and 250 m Ziplines, the course takes about 3 hours to complete. The Ötzi High Rope Park can be reached by bus and if you come by car you'll find parking onsite. For the opening hours and entry fee refer to our pamphlet, or go to our website. Although safety equipment is provided, suitable footwear is required. Gloves are available for rent. Open: 01/05 – 03/11/2019.

Visit: www.hochseilgarten.bz info@hochseilgarten.bz





Sporting, Fun and Action

Tennis

Game, Set and Match: tennis for champs (or those trying to be!)

- **Naturno Tennis Camp**, Tennis School Via Gustav-Flora-Str. 29, Tel. +39 0473 668094, 4 indoor courts with joined soft-rubber granulate, 4 outdoor sand tennis courts and 1 outdoor beach volleyball court (also used for beach tennis). More information at: www.tenniscamp-naturns.com
- **Nischlhof Tennis**, Tennis School, Via Castello/Schlossweg 26, Tel. +39 0473 667350. Synthetic turf (feels like a clay court).

Golf

Teeing off with a view! In South Tyrol, golf is played almost all year round! www.golfinsuedtirol.it

- Lana 9-Hole Golf Course, Tel. +39 0473 56 46 96, (Par 35) www.golfclublana.it
- Passeiertal Valley 18-Hole Golf Course, Tel. +39 0473 64 14 88, (Par 71) www.golfclubpasseier.com
- Petersberg 18-Hole Golf Course, Tel. +39 0471 61 51 22, (Par 71) www.golfclubpetersberg.it

Mini-Golf

Naturno Mini-Golf Park Sports grounds Via Stazione/Bahnhofstraße 67, www.ssvnaturns.it/minigolf.html

The Naturno Mini-Golf Park has two courses: one in concrete and another in fibrous cement. Completed in 2009, the concrete section extends across both the mini-golf and miniature golf courses, and hosted the 2011 European Youth Championship. Both courses are approved for national and international events.

The team at the Mini-Golf Park looks forward to the next sporting fixtures and, in the meantime, wishes its visitors plenty of fun, relaxation and "great golfing"! Open from April to October.

www.ssvnaturns.it/minigolf.html

Naturno Adventure Pool

Via dei Campi/Feldgasse 5, Tel. +39 0473 66 80 36, www.erlebnisbad.it

- Outdoor pool: 25 m, non swimmers' area, 75 m Aqua-slide, whirlpool, water fountain, children's pool (31°C) and play area, large lawn for sunbathing.
- Indoor pool (31°C), 51 m slide, current canal, whirlpools (36°), massage facilities, children's play area. Jacuzzi and salt bath (2% salt content).
- Sauna area: Finnish sauna, steam bath, bio-sauna, water beds, diving pool, Kneipp bath, large outdoor area with natural pond, outdoor sauna with panoramic view, outdoor showers and relaxation rooms.
- Recreational programme for all ages
- Restaurant, pizzeria and bar

Jogging and Inline Skating

Naturno's Nature.Fitness.Park® is the largest outdoor activity park in the Alps:

- 10x Nordic Walking routes totalling 65 km
- 4x jogging paths totalling 35 km
- Bike track totalling 31.7 km
- Inline skating track totalling 15.7 km
- 4x Alpine-Well-Fit stations

A Nature.Fitness.Park® has all you need to satisfy your outdoor sports and recreation needs. The Naturno Nature.Fitness.Park® remains the largest facility of its type in the Alps. The well-marked signposts help visitors get oriented and at the start of each course, there are boards with easy-to-read instructions that also indicate the length, altitude and an overview of the individual routes. The Nature.Fitness.Park® offers biking, Nordic walking, jogging, inline skating and an Alpine Well-Fit Course to get into great shape. At the entrance just select your route, note down your route number and you're ready to go! It's that simple!

Naturno Fun Park

Naturno Skate and Leisure Park, Via Gustav-Florastraße. Covering over 1,000 m², the Fun Park comprises a 40 x 20 m multi-purpose games court, a state-of-the-art synthetic pitch for ball games such as basketball, mini-football, handball and volleyball. Gear can be rented out from the nearby Youth Centre. There's also has a paved area for skateboarding, inline skating, practicing BMX tricks and setups for half pipes (height ± 180 cm), pyramids (height ± 125 cm), quarter benches (height between 180 - 220 cm), quarter pipes (height ± 110 cm), curbs (height ± 30 - 45 cm) as well as a fun box (height ± 160 cm).

Rafting, Canyoning, Kayaking and Hydrospeeding

From May to September, there are dinghy excursions on the Adige and Passer rivers – daily and also at night. Canyoning, kayaking and hydrospeeding also offered. For further info, please contact: Aquaterra: www.aquaterra.it



3D Archery Range – Monte Santa Caterina

Spend a fantastic day immersed in the magnificent mountain landscape of the Schnalstal Valley. After a short introduction, get started armed with bow and arrow with 20 3D realistic targets to choose from on 3 different ranges. In addition, enjoy the amazing panorama over Monte Santa Caterina/Katharinaberg. Moarhof farm Tel. +39 333 4959213.

Paragliding: Taking off from the Sonnenberg Mountain

Experience a thrilling bird's-eye view of the South Tyrolean mountains on a tandem paraglide flight with our fully qualified pilots. Please contact the Naturno Tourist Office.

Merano 2000 Alpine Bob

Merano 2000 Ski and Hiking Area, Merano/Meran-Avelengo/Hafling. See: www.merano2000.com.

Open both in summer and winter, Merano 2000 boasts the first 365-day bobsled track in South Tyrol. At an altitude of 1,900 m, the Alpine-Bob in Merano 2000 glides effortlessly over obstacles on the ground. From the mountain station, the bobsled gathers speed on a rail track up to 12 m above the ground! The 1.1 km scenic ride is popular with children and adrenaline addicts of all ages. Children above the age of 10 years can ride alone, while those under 10 must be accompanied by an adult.

Riding

- **Bio-Reiterhof Vill**, Family Vill Via Molino/Mühlgasse 13 39028 Silandro/Schlanders Tel. +39-0473-730314
The qualified trainers at our riding school offer individual classes for both adults and children, as well as horse-drawn carriage and pony-rides for the kids. Our programmes include horse-back trekking into the Stelvio National Park and half/full-day rides, or just on an hourly basis.
- **Sulfner Reiterhof Hotel** in Avelengo Via S. Caterina/St.-Kathrein-Straße 4, 39010 Avelengo/Hafling www.hotel-sulfner.com
While for some, happiness is riding on horseback, for many more it's a completely new experience. Whether you're a beginner, a pro or just on a "trial-ride", we do our best to meet your expectations. At the Reiterhof, we offer rides on an hourly basis, half-day or full-day for beginners and seasoned riders. There are also supervised outings for children and horse-drawn-carriage rides. All trips are under the guidance of our trained staff. Registration: www.hotel-sulfner.com



Sightseeing in Naturno and Environs

St. Prokulus Church – A gem from the Early Middle Ages

Naturno/Naturns, Via San Procolo/St. Prokulus Straße, www.prokulus.org
Celebrating the life of St. Prokulus, this ancient 7th Century church is renowned for its pre-Carolingian frescoes, which were discovered in 1923 and are the oldest art treasures in the Germanic world. The Romanesque steeple dates back to around 1170, and its interiors as well as its outer wall were adorned with Gothic frescoes at the end of the 14th Century. The fresco on the outside wall known as “St. Prokulus on the Swing”, symbolizes the former Bishop of Verona’s flight over the town walls.

St. Prokulus Museum

Naturno/Naturns, Via San Procolo/St. Prokulus Straße, www.prokulus.org
Adjacent to the world-renowned Church of St. Prokulus is an underground museum documenting the 1,500-year history of this region. The periods from Late Antiquity, the Early Middle Ages, the Gothic era and the plague are represented in four separate installations. A documentary video recounts the origins of the church, detailing the authorities of the time and those ordering its construction, as well as the 7th – 14th Century inhabitants of these lands. The re-enactments of the historical events shown in the videos were made using amateur actors from Naturno and the surrounding area while the tombstones in the cemetery tell of the horrors of the plague. Nowadays, the original frescoes are on show in the museum.



Texelgruppe Nature Park House

The Texelgruppe Nature Park House serves as a prelude to visiting the nature park itself. Using olfactory, tactile and audio-visual techniques, the Nature Park House sheds light on the park, its fauna and flora, natural habitats and human inhabitants. The exhibition progressively reveals life in the nature park in an enjoyable and informative way!
info.tg@provinz.bz.it, www.provinz.bz.it/naturparke

Moser Speckworld – The Bacon Adventure Experience

Stein 17, Naturno/Naturns, Tel. +39 0473 671008, www.speckworld.com
Smell, taste & enjoy: that’s the catch-phrase for the Moser Speckworld experience. Based around South Tyrolean Speck, the museum with a shop uses info panels and interactive stations to explain the old traditions and show how production methods have changed over time. There’s also plenty of sound advice such as how best to slice this processed meat, the optimal storage conditions and so on.

St. Zeno Parish Church

Naturno/Naturns. Named after the 4th Century Bishop of Verona, the Church of St. Zeno commemorates a patron saint today better known for protecting endangered fishermen from the perils of the sea. The relics of the ancient church date back to the pre-Carolingian era and fragments of the old frescoes can be seen in the sacristy and on the lower floor of the church tower. Built around 1200 AD, the old Romanesque church had a choir and the pre-Carolingian building served as an apse instead of the side church of today. Today’s late-Gothic structure with a double nave and ribbed vault was built sometime between 1474 – 75 and the choir was given its Baroque style sometime around 1760.

Church of St. Oswald

Cirlando/Tschirland. Revered as Guardian of the Crusaders, St. Oswald was the King of Northumberland/England in the 7th Century. Today, however,

he is known as patron saint of the Peasants and the Poor, as well as of Water and the Weather. 800 years ago, the St. Oswald Church and its lands formed part of the Welfen-Klosters-Weingarten in Baden-Württemberg. The Gothic church was redesigned in 1433 and renovated in 1669. The 17th Century altars, altarpieces and frescoes are the work of Simon Ybertracher (1694 – 1772), a baroque painter from Naturno/Naturns. The relics of the Gothic fresco on the southern wall was discovered during the last restoration.

Kirche zu unserer lieben Frau Church

Named after the Virgin Mary, the church and its tower date back to Romanesque times. The church was rebuilt and re-consecrated in 1638. A stone with a magnificent coat of arms is set above the pointed archway and the 17th Century Cross on the west façade survived a devastating village fire in 1876.

St. Nikolaus Church

Tablà/Tabland. St. Nikolaus was Bishop of Myra (Southern Turkey) in the 4th Century and is also known as the patron saint of Water and Wayfarers. First mentioned in the old records in 1369, the church with its nave and tower date back to the Romanesque period. In the late Gothic era (sometime around 1493), a choir was added and the pointed archway was erected. The church was rebuilt after a major village fire that devastated the original edifice in 1899 and subsequently changed into a Baroque structure. The church's most notable feature is the intricately carved late-Gothic side altar, which is most likely the work of Hans Schnatterpeck.

Hochnaturns Castle

Naturno/Naturns, Via Castello/Schlossweg. The 12th Century Hochnaturns Castle looks down on the town, and is one of its most important landmarks. The antique furniture, paintings, coffered ceilings, panelling and tiled stoves found in its stately rooms are all of considerable historical interest. Built by the Counts of Tyrol, the medieval castle was purchased in 1952 by the Mastropaolo family, after which it served as a Castle Hotel until 1992. Since then, visitors are no longer allowed access.



miniGolf-Park

Naturns

Youth European Championship

minigolf.naturns.it

**In our Minigolf Park
there are two courses:**

Concrete and Miniaturegolf.

Both courses are internationally accredited, so that national and international Championships may be held.

The park is open from April to October

The Minigolf Team wishes all visitors a lot of fun and good luck

Station street 67 in the sports zone

Tel. +39 340 1591553 / +39 340 3220644

www.ssvnaturns.it/minigolf.html – E-Mail: zischg.josef@bahngolf.it



Tarantsberg Castle

Naturno/Naturns, Via Dornsbergweg. Beneath the Nörderberg Mountain, between the villages of Naturno and Plaus, lies the imposing Tarantsberg Castle – also referred to as the “Dornsberg”. As ministers during the reign of the Counts of Tyrol, the Tarants had the castle built in the year 1217. The old coffered ceilings in the various rooms, finely-carved doors and panels, tiled stoves, arched Romanesque windows and valuable paintings on the door lunettes and hanging in the arcades are priceless works of art. The paintings lining the chapel walls are also unique. In 1964, the castle passed into the hands of the Gottschall family from Munich and since then visitors are no longer allowed access.

Parish Church of St. Ulrich

Plaus, main village square. The Church of St. Ulrich was mentioned in the archives as far back as 1164 and only its large Romanesque bell tower survived a devastating fire in 1400. The church was rebuilt in Gothic style and consecrated in 1403. The two Baroque-era paintings by the famous Vinschgau Valley painter, Simon Ybertracher (1694 – 1772), are well worth seeing. The new Church of St. Monika was built next to the old St. Ulrich Parish Church, and is open to visitors during the day.

Church of St. Monika, Plaus

Less than two years under construction, a new church was consecrated by Bishop Ivo Muser on 27th August 2017, to coincide with St. Monika's Day. The new church follows a very simple layout. After literally crossing through an oversized marble cross at the entrance, the first thing you see is a coloured light falling on the altar through the dome. The new church is well worth a visit.

“Plauser Totentanz”: Danse Macabre of Plaus

A series of 18 panels by renowned local artist, Luis Stephan Stecher, can be seen on the wall of the parish church in the Plaus village square. Each panel depicts different scenes of “Death, our constant companion”. Written in the local German dialect, the aphorisms are a constant reminder of death as a condition of life. In this seminal work, the artist captures the legends, real stories and the general mindset of the locals. Written in the vernacular: “Tonzn tian miar àlle gearn – lei nit mit sou durre Hearn”, the words encapsulate our attitude to religion, and the dangers of daily life on the streets. Visiting the “Plauser Totentanz” on the walls of the Plaus Cemetery is surely a memorable experience!

Juval Messner Mountain Museum

Stava/Staben, Juval/Juval, www.messner-mountain-museum.it. Juval Castle was built around 1278 by Hugo von Montalban on the site of a prehistoric settlement. After world-renowned climber, Reinhold Messner, bought it in 1983 it became his residence and where he kept several of his art collections. These include various exhibits and images of sacred mountains from around the world. Visitors can see Messner's unique collection of Tibetan, African, Indian and Nepalese works of art portraying the



Onlineshop 
www.speckworld.com

MOSER

Speckworld



Erlebniswelt mit Direktverkauf & Museum
Un mondo avventura con shop e museo
Adventure World with shop and museum

Sommer Täglich geöffnet: 09.00 – 18.00 Uhr, auch Feiertags
Estivi aperto tutti i giorni: ore 09.00 – 18.00, anche nei giorni festivi
Summer open daily : 09.00 a.m. – 06.00 p.m., also on public holidays

P I-39025 Naturns / Naturno, Stein 17, Tel. +39 0473 671 008

CABLE CAR UNTERSTELL • NATURNS




Hiking at the Sonnenberg Mountains
Tel. +39 0473 66 84 18 - www.unterstell.it



religious dimension of the mountains. Open: November – March. Closed in July/August. The museum can only be visited with a guided tour.

The Church Tower in the Resia Lake – Curon/Graun-Resia/Reschen.

Protruding from the waters of Lake Resia, the tower dates back to the 14th Century, and is the only visible reminder of the villages of Curon and Resia, which were destroyed in 1950 to make way for the construction of the dam. This dramatic event gave rise to various legends and stories, mainly around the church tower. The lake is a popular summer relaxation and recreation destination.

Marienberg Benedictine Abbey

Burgusio/Burgeis, Tel. +39 0473 84 39 80, www.marienberg.it. The Marienberg Benedictine Abbey in the Upper Vinschgau Valley was built in 1160 by the Tarasp Nobles of the Engadine. The crypt and its Romanesque frescoes are the oldest part of the monastery and have survived the centuries surprisingly well. Built in 2007, the new exhibition hall portrays daily life showing highlights in the monastery's history and provides a spiritual interpretation of the Romanesque frescoes in the crypt.

Vinschgau Valley Museum

Sluderno/Schluderns, Tel. +39 0473 61 55 90, www.vinschgermuseum.com. The permanent exhibitions held in the Vinschgau Valley Museum in Sluderno help to unveil the history of the Vinschgau Valley. These include permanent exhibitions about the Swabian Children, the history of the old irrigation canals and life in old Vinschgau Valley. A circuit tour follows one of the old irrigation canal paths, the Ganglegg Archaeological park displaying relics of the prehistoric era, and the majestic Churburg Castle.

Churburg Castle

Sluderno/Schluderns, Tel. +39 0473 6152 4141. With its 16th Century Renaissance interiors, Churburg Castle dates back to 1260. Boasting the largest private armoury in Europe, the arcades of the castle display the family tree of the Counts of Trapp, who acquired the property in 1504. Castel Coira/Churburg Castle

Messner Mountain Museum – Ortles

Solda/Sulden, Tel. +39 335 608 1205. The Messner Mountain Museum (MMM) houses a collection of world-famous images of the mountains. At the Ortles MMM, the focus is on the glaciers, as exemplified by the Ortler Mountain.

naturatrafoi National Park Visitor Centre

Trafoi, Tel. +39 0473 612 031.

aquaprad National Park Visitor Centre

Prato allo Stelvio/Prad am Stilfserjoch, Tel. +39 0473 61 82 12.

culturamartell National Park Visitor Centre

Martello/Martell, Tel. +39 0473 74 50 27

Iahnersäge National Park Visitor Centre

Ultental Valley, Tel. +39 0473 798 123

Lasa Marble

Tour of Lasa: introductory slide show, visit to the Stonework School and the marble processing factory. Unfortunately, the marble quarries are closed to the public. Marble Tour of Lasa/Laas: introductory slide show, visit to the School for Stonecarving and the marble processing factory, tour of the village of Lasa. The marble quarries are closed to the public.

Kastelbell Castle

Castelbello/Kastelbell, Tel. +39 0473 624 1 93. Built in 1238 by the Lords of Montalban, Kastelbell Castle subsequently changed hands several times. After the death of the last Count of Hendl, it was finally abandoned and subsequently fell to a state of disrepair. The Italian State Monuments Authority had the castle restored and in 1999, it was placed under the custodianship of the Kastelbell Castle Board of Trustees. Points of interest in the castle complex include the manor rooms, inner courtyard, old kitchen, the Count's residential wing, the Chapel and a permanent exhibition of the "Via Claudia Augusta".

Allerengelberg Carthusian Monastery – Former Monastery Complex of Certosa

Schnalstal Valley. A tour includes the cloister, grotto, priory and the kitchen, outer walls of the monastery, crucifixes, monastery gate, as well as the Church of St. Anna. Summer exhibitions of famous South Tyrolean artists in the cloister. Open all year round.



ArcheoParc Schnalstal Valley: Ötzi Archaeological Open-Air Museum

Schnalstal Valley, Madonna di Senales/Unser Frau. Everything at the archeoParc revolves around Ötzi, the ice-man. The exhibition tells of Ötzi's discovery in 1991 and the life that he and his contemporaries lived in these mountains over 5,000 years ago. Highlights include the realistic replicas of the Stone Age houses (outdoor exhibition area), items of clothing and tooling (indoor exhibition area). Lasting about an hour in all (Parcour 1), the tour includes a demonstration of how fires were lit during the Stone Age (every hour). The visitors' workshop is especially recommended to those interested in the ancient crafts as well as families, and includes a stop at the archery range and pier for reconstructed dugout canoes. (Parcours 1 – 3, 3 – 4 hours).

Peter Mitterhofer's Typewriter Museum

Parchines/Partschins. Over 120 years of history are spread across four storeys of the Typewriter Museum, spanning Peter Mitterhofer's earliest typewriters in 1864 to the keyboards of the digital age. Discover the exciting story of the early 20th Century Enigma computer and some interesting facts about the secretarial profession. Try the typewriters for yourself while following the audio tutorial.

<http://www.schreibmaschinenmuseum.com/en>

Gardens of Trauttmansdorff Castle, Botanical Garden and Touriseum

Via S. Valentino/St.-Valentin-Straße 51a, Merano/Meran,

Tel. +39 0473 255600 (Gardens), Tel. +39 0473 255655 (Touriseum).

Spread across twelve hectares and an elevation difference of 100 m, the Gardens of Trauttmansdorff Castle in Merano are shaped like a natural amphitheatre. The strategically-positioned gardens look across on exotic Mediterranean landscapes with breath-taking views of the surrounding mountains. The various themed sections, adventure stops, art pavilions and flowers combine to create a kaleidoscopic all year-round spectacle blending nature with culture and art! Elisabeth's (Sissi) Trauttmansdorff Castle is centrally-positioned in the garden grounds and once served as the Empress's summer retreat. Today it houses the South Tyrol's Museum of Tourism (Touriseum), recounting 200 years of tourism in the Alps in an entertaining manner. www.trauttmansdor.it | www.touriseum.it

Schenna Castle

Scena/Schenna, Via Castello/Schlossstr. 14, Tel. +39 0473 945 630. Built in 1350 as residence of the Lords of Schenna, the castle was acquired by Archduke John of Austria in 1844, who later passed it down to its present-day owners, the Counts of Merano/Meran. With its Renaissance Hall, including an early 18th Century faience oven, the castle boasts an impressive collection of antique weaponry. Paintings of erstwhile Tyrolean personalities, such as Margarethe "Maultasch", Andreas Hofer and Archduke Johann, decorate the hall and dining room.

The Ortles Area >>>



WEAR@SA + Foto: SBS, Ferrarini/In, Odring/Gabriel, Drescher



Solda | Trafoi

The First Class Alpine Excursion Paradise

-  **Solda Cableway** Madriccio Alpine Hut _ 2.800 m
Restaurant at arrival _ 2.600 m
-  **Pulpito Chair Lift** Restaurant at arrival _ 2.350 m
-  **Orso Chair Lift** Restaurant at arrival K2 _ 2.350 m
-  **Trafoi Chair Lift** Forcola Alpine Hut _ 2.200 m



Solda Cableway | Tel. +39 0473 613047
www.funiviesolda.it

Bird Care Centre – Tyrol Castle

Tirol/Dorf Tirol, Tel. +39 0473 221 500. Birds of prey in-flight shows at Tyrol Castle are a popular daily attraction for visitors of all ages. The daily shows start at 11.15 and again at 15.15, when trained falcons, vultures, eagles, buzzards, kites and owls fly across the Merano Basin and back to the trainer. The Bird Care Centre is to care for injured birds of prey and release them back into the wild as quickly as possible.

Tyrol Castle – South Tyrolean Museum of Culture and Provincial History

Tirol/Dorf Tirol, Tel. +39 0473 220 221. The castle that was once the seat of the Counts of Tyrol today houses the South Tyrolean Museum of Culture and Provincial History. The exhibition features an interactive tour highlighting the most significant events in the history, art and society of the region, as well as daily life in the castle during the Middle Ages. South Tyrol's turbulent 20th Century history is presented in the medieval tower on 20 levels, including multimedia presentations, audio-visual testimonies and a large collection of contemporary documents explaining the long and arduous road to regional autonomy. Important temporary exhibitions highlighting other significant themes are also held at the castle complex.

Museum Passeier – Andreas Hofer

Sandwirt in S. Leonardo/St. Leonhard – Passeiertal Valley, Tel. +39 0473 659 086. This small museum dedicated to 19th Century Tyrolean hero and resistance leader, Andreas Hofer, houses some of his personal effects. The memorial chapel portrays the dramatic events that took place in 1809, when Hofer led the Tyrolean Rebellion against the Napoleonic Army and the Covenant of 1796.

Museum Hinter Passeier – Bunker Mooseum

Enclosed in a contemporary glass tower, the entrance looks out on the village of Moso/Moos. The Bunker Mooseum in the Passeiertal Valley houses various exhibitions in an authentic WWII bunker. Themes include local history and the economy, archaeology and the flora and fauna in the Texelgruppe Nature Park. The gallery is housed inside the rock, with archaeological finds from the rear Passeiertal Valley spanning the Ice Age to the present day. The well-preserved corridors, staircases and gun positions of the former the 1940's military bunker, reveal its wartime history. The Schneeberg mountain exhibition within the Mooseum focuses on the local mining operations in what used to be the highest mine in Europe. The outdoor area houses an ibex enclosure, where these remarkably agile mountain goats can be seen at close quarters. The return to the bunker is via an external staircase, forming part of an elaborate modern steel and glass structure.

Kränzlehof Experience – 7 Gardens

Weingut Kränzlehof Estate, Via Palade/Gampenstr. 1, Cermes/Tscherms, Tel. 0473 564 549. Surrounded by vineyards, the Kränzlehof wine estate

Prokulus Museum



- > Phone +39 0473 673139
- > www.prokulus.org
prokulumuseum@naturns.eu

f St. Prokulus Kirche
und Museum

The museum is located next to the St. Prokulus church, which is famous for its unique murals from the Early Middle Ages. It focuses on the epochs Late Antiquity, Middle Ages and Pestilence. At the heart of the exhibition are the archaeological finds from the church and its cemetery. Visitors can admire the high-quality original wall paintings from the late 14th and early 15th century and explore tombs which recount the horrors of the plague.



is a choice venue for various kinds of events and cultural programmes. Comprising an amphitheatre, terraced artistic gardens, water features, art exhibitions in the Miil Restaurant, this medieval estate with a courtyard date from 1350.

South Tyrolean Fruit Growing Museum

Roggia di Brandis/Brandis-Waalweg 4, Lana, Tel. 0473 5643 8787. The Ansitz Larchgut Residence in Lana boasts the first fruit growing museum in South Tyrol. In its 2,000 m2 grounds, the historical development and evolution of fruit-farming in South Tyrol is comprehensively documented.

Raffener's World of Orchids

Via Nazionale/Reichstraße 26, Gargazzone/Gargazon, Tel. 0471 920 218. A world of experiences, with 500 different orchid species lies in a tropical setting spread across 6000 m2. Attractions include waterfalls, Koi ponds, parrots, adventure playgrounds, Orchidea gastronomy and much more besides!

Messner Mountain Museum Firmian

Sigmundskron Castle near Bolzano/Bozen, Via Castel Firmiano/Sigmundskronerstraße 53, Tel. +39 0471 63 12 64. As one of the six MMM exhibition sites of the mountains of the world, Reinhold Messner reflects on the origins, grandeur and conquest of the heights.

South Tyrol Museum of Archaeology

Via Museo/Museumstraße, Bolzano/Bozen, Tel. +39 0471 32 01 00. Although the focus of the permanent exhibition is the 5,000-year-old ice mummy "Ötzi" and his artefacts, the idea is to provide a broader insight into human survival during the Copper Age, the cultural world of the Iceman, and the results of forensic research carried out since his accidental discovery in 1991. Other temporary exhibitions at the museum shed light on related subjects.

South Tyrol Museum of Natural History

Via Bottai/Bindergasse 1, Bolzano/Bozen, Tel. +39 0471 41 29 64. Situated in Bolzano's old town, the South Tyrol Museum of Natural History houses both permanent and temporary exhibitions. The permanent exhibition focuses on the South Tyrolean landscape, its geology and the terrain as a natural habitat for wildlife and it also includes a large aquarium. The interactive visit is like experiencing a journey through time.

Relax

Family

Fun



Foto: PhotoGruenerThomas

- > Outdoor pool including a 75 m water slide
- > Indoor pool (31 C°) including a 51 m water slide
- > Inside and outside kids' pool
- > Sole- and whirlpool
- > Large sauna area
- > Restaurant/Pizzeria



Acquavventura Naturno

T +39 0473 668 036 / Via dei Campi 5 / I-39025 Naturno / www.acquavventura.com

Texelgruppe Nature Park Hiking Experience

Hiking at three levels

From the sunny vineyards down in the valley to the fragrant Alpine mountain pastures, all the way up to the glacier. In South Tyrol's largest nature reserve, you won't only encounter deer and chamois.

Hiking in the Texelgruppe Nature Park

Spanning 33,430 Ha, the Texelgruppe Nature Park is the largest and arguably the most beautiful of the seven nature reserves in South Tyrol. Comprising the entire Texelgruppe Massif, the Ötztal Alps together with the Schnalstal Valley and the Gurgler Mountain Chains, as well as a section of the Stubaier Alps between the Timmelsjoch Ridge and the Timmelsjochberg Mountain, one might say that hiking in the Texelgruppe Nature Park is on "three levels".

The rocky terrain along the slopes turn into sprawling larch forests, and the trails pass thunderous waterfalls, flowering meadows, Alpine pastures, oaks and sycamore trees. Following the crystal-clear streams and springs, you can stop and quench your thirst whenever you wish. Unless, of course, you prefer to take a rest at one of the Alpine farms and relax with a glass of good red wine. Or what about a glass of fresh farm milk paired with genuine cured South Tyrolean Speck at one of the mountain dairies?



The signposts along the well-maintained hiking trails show the way up the sunny slopes of the Sonnenberg Mountain above the village of Naturno/Naturns as far as the glacier. The incomparable views of majestic mountains such as the Lodner, Hohe Wilde and Hohe Weiße are well worth the effort. And what could be more fascinating than watching a Golden Eagle ride a thermal current ever higher into the sky without hardly flapping its wings?

The spectacle of Lake Langsee, the largest of the **Spronser Seen Lakes**, is no less impressive.

In this sparse yet magnificent high-mountain terrain, you can find the Alpine Rose, the Golden Salamander and many other indigenous creatures of the region. The Texelgruppe Nature Park is home to rare animal and plant species, where one can observe marmots or ibexes defying gravity on the steep rockfaces. Although by the end of the 17th Century, the ibex was believed to have gone extinct, it was rediscovered and small populations successfully resettled in the unspoiled Pfoßental Valley, in the heart of the nature reserve. And don't be alarmed if a shrill noise suddenly breaks through the silence: marmots are just as at home here as red deer and chamois.





Hiking Paradise The Sonnenberg Mountain above Naturno

With no less than **315 days of sunshine per year**, the aptly-named Sonnenberg Mountain invites visitors to see this hiking paradise at first-hand. Whether it's leisurely hikes, more arduous climbs or trips to the summits – there are numerous worthwhile destinations worth visiting on the sunny Sonnenberg above Naturno/Naturns! This peaceful and unspoilt terrain provides a welcome respite from the hustle and bustle of everyday life, with numerous exciting experiences in this enchanting, changing landscape. Contrast the steep, barren scrubland high on the mountain slopes with the lush green vineyards and apple orchards down in the valley. The Sonnenberg amply rewards those trekking along its slopes or ascending its summit on the Unterstell or the Texelbahn cable cars with fantastic views as far as the eye can see!

Unterstell is a starting point for long hikes that repeatedly intersect with the Merano High Mountain trail, along what is probably the most spectacular leg of this popular circuit trail through the Texelgruppe Nature Park. Whichever route you choose, you are surrounded by diverse species of flora and fauna, including emerald lizards, fire salamanders, zika lizards and praying mantises. The vegetation growing at these altitudes has evolved a variety of strategies to be able to survive the great fluctuations in temperature and wide variations between humid and dry conditions.

Reinforced with fences and stone walls, the walkways lead to picturesque farmsteads practicing innovative farming methods. Although the precise origins of these scattered farms are unknown, what is certain is that the inhabitants had to discover a means of survival in this inhospitable terrain. Transforming rocks and stones into fertile soil, they also became independent, far from the jurisdiction of the towns and villages down in the valleys. Wherever you go, there are signs of the 1,000-year-old mountain farming culture and traditional way of life. Roadside shrines, simple stone walls, old irrigation canals and primitive sundials are just some of the numerous landmarks testifying to the life, practical ingenuity and deep-seated religiosity of the locals. As one of the most arid areas in the Alpine region, an irrigation canal system was devised to bring water from the mountain

OUTDOOR EXPERIENCE

LIVING THE MOST BEAUTIFUL
EXPERIENCES OUTSIDE

merano2000.com



Merano
2000

Swap the city for the mountains and enjoy your free time as you prefer... Many hiking trails bring you to stunning view points or to friendly mountain huts. Easy slopes or a kid's area are ideal for families or first skiing experiences. Adrenaline and fun are guaranteed for children and adults on the Alpin Bob, the rail guided bob-sleigh run.



down into the valley. Often sourced from the glaciers, the water flowed downhill along these manmade irrigation canals. According to the old traditions, each farmer was allocated a timetable for the irrigation of his fields, on predetermined days and for a limited number of hours. And it is also true that the precious water resource was often the cause of disputes between farmers and canal wardens. For centuries, the old farm buildings only received minimal maintenance and after the passing of so much time there was a great need for proper maintenance. Thanks to new agricultural reform legislation, farmers on the Sonnenberg Mountain have been able to take up the opportunities offered to them, thus being able to improve their quality of life, as well as their hospitality services, enabling guests to spend holidays on the farms.

On cold and windy days in the mountains, tales and legends are recounted, such as that of the “Wilde Dancer” and the “Skull Spider in the Lorgenloch Cave”. Man and the forces of Nature have, over the centuries, shaped this austere but captivating terrain on the Sonnenberg to create a cultural landscape like no other. Thus, leisure hikers, explorers, climbers as well as locals succumb to its fascination. And when you visit, the Sonnenberg Mountain is sure to win you over too!



Tip:

The new **viewing platform** at the Unterstell Cable Car mountain station extends outwards above the rock, offering a magnificent view of the Etschtal Valley and the Vinschgau Valley. In late 2016, a new via ferrata was installed on the rockface just beneath the platform.



Riesling Days

Naturno



Riesling & Gourmet

october – november



Riesling is one of the most well known and popular white wines in the world. The Naturno Riesling Days pays due attention and homage to the very particular Riesling wines which are so well liked in South Tyrol. The festival focuses on Riesling, the local vines and grape-farmers' vineyards and cellars and is accompanied by a good programme of side events and culinary attractions. Also the Best Italian Riesling Competition is held annually in Naturno.

www.rieslingtage.com



Alpine Roses and Mountain Pastures on the Nörderberg Mountain

On the one side of the valley lies the sunny but arid Sonnenberg Mountain, while on the opposite side a dense forest covers the north-facing slopes of the Nörderberg Mountain. The two sides of the valley stand in contrast, complementing each other: the latter with its green Alpine pastures, shady forests and idyllic mountain lakes in stark contrast to the dry, sun-baked Sonnenberg, with its sparse vegetation and mighty 3,000 m summit, flowing into the Texelgruppe Massif. Beneath the Sonnenberg lies Naturno/Naturns, with its old buildings, historical churches and quaint satellite villages.

On the Nörderberg, one finds peace and tranquillity, secluded picnic spots, places to stop, relax and regain one's energy. Mainly spruce and larchwood forests cover the slopes of the Nörderberg, while pines also grow at lower altitudes. The sprawling forests on the Nörderberg above 2,000 m are the habitat of mountain deer. While hiking above the tree line, it isn't uncommon to spot herds of chamois crossing the high-mountain trails.

Exploring the Nörderberg on Foot

The highest peak on the Nörderberg, the majestic Naturnser Hochwart (2,608 m), offers a fantastic 360° panoramic view of the Dolomites, the Sarntal Alps, the Ortles and Brenta Massifs. This is perhaps where countless mountain enthusiasts of all ages have chalked up their first summit conquest. Climbing to the top of the Hochwart can also be achieved on a circuit trail from one of three Alpine refuges. Hiking towards Merano/Meran, the Naturno Nörderberg passes over the forested Vigiljoch Mountain, demarcating the boundary with the Nörderberg, which forms part of the Ortler Massif.



Needless to say, there are numerous refreshment-stops on the Nörderberg. But, these aren't the usual mountain taverns you might expect, but hospitable mountain huts offering a typical local "Brettlmarende" (a traditional snack consisting of meat, cheese and bread) rich dumpling broth and traditional apple strudel. To round off the idyllic setting, the spectacle of sheep, goats, highland cattle and horses grazing in the lush meadows in the summer months adds to the overall Alpine experience.

The mountain pastures and huts on the Nörderberg Mountain are accessible by taxi or by private vehicle. Having parked your vehicle at the Kreuzbrünnl car park, you can choose to take the forest track (suited to strollers/buggies) or the single hiking trails to the Alpine pastures, lasting somewhere between 30 min – 1hr30'. The length of the hike from one hut to another depends on the distance between them and there are also a number of refreshment-stops along the way where one can stop for a drink and a hearty home-cooked meal.

With its wide forest tracks, the Nörderberg is also ideal for MTB tours with various difficulty levels to choose from. The annual TransAlp Tour road-bike rally passes the Nörderberg – going from Naturno/Naturns to the Naturnser Alm mountain hut and the Vigiljoch Mountain and down to the Ultental Valley. Even upwards of 1,500 m, the temperatures on the slopes of the Sonnenberg Mountains can be uncomfortably high while the shady forests of the Nörderberg Mountains on the opposite side of the valley offer a welcome respite from the heat.

Tips for Hikers and Climbers

Emergency



Planning your trip: To help you acclimatise, start with smaller hikes/climbs, gradually increasing your effort level. Allow your heart-rate to get used to the added strain a little at a time. Read carefully the route description and/or tour guide. Study the maps and make sure you obtain any information you need from the Alpine Club, mountain hut managers or ask a qualified mountain guide. Select the route that comes closest to matching your level of competence and physical fitness. As a necessary precaution, always tell your host where you are hiking to.

Luggage/equipment: Take only what you need into the mountains – don't waste precious space by packing your rucksack with unnecessary items. The size and amount of gear you need will largely depend on the nature of your trip. In any case, make sure to always wear sturdy shoes with grip soles and remember to bring adequate protection from the rain as well as a first-aid kit.

Weather: Pay attention to the weather forecast. Turn back immediately if the weather changes for the worse or if you're having difficulty orienting yourself or getting around. For the latest weather bulletins, go to:
<http://weather.provinz.bz.it/default.asp>

The hike/climb: Take time to enjoy the environment that surrounds you. Don't rush, take regular breaks, eat something at intervals and make sure you drink plenty of fluid to keep yourself hydrated.

Mountain emergency/accidents: In the event of an accident, attend to the injured party and try to keep him/her calm. Emergency signals in the Alps: make a sharp sound or visual signal (such as a light) repeating 6x per minute at regular intervals; stop for one minute and then start over again. Rescuers respond with signals 3x per minute. To call the emergency services via cell-phone, dial 112.

Getting there: To assist Nature and the Environment: try to use a public bus, the train, cable car, a bicycle or even a pool vehicle whenever possible. Try not to use your own car. If you do, then park it in a car park and not just anywhere, which will also likely earn you a fine.

Nature conservation:

- Protect the meadows and Alpine pastures by keeping on the paths.
- Take your waste and any rubbish you make away with you.
- Don't pick flowers or plants.
- Avoid unnecessary noise and respect the natural habitat.
- Observe the rules of the nature park.
- Use your mountain bike on the trails and forest paths only.
- At no time should you light a fire in the forest. This is extremely dangerous and life-threatening and isn't limited to just the dry season.
- Picking mushrooms is prescribed under State Law and limited as follows: 1 kg (one kilogram) per adult picked on even days, and provided a permit has been issued by the Municipal Office concerned, which attracts a fee. The Naturno-Plaus Tourist Association is responsible for maintaining the hiking trails, park benches and signposts within the municipal district of Naturno-Plaus. Constructive feedback and suggestions are welcome.



Hiking Suggestions



Wallburgboden Circuit: Cult Places and Energy Spots	S. 56
Of Knights and Frogs – From Rittersteig to Plaus	S. 58
Sonnenberg Panoramic Trail	S. 60
Juvaler Waalwegrunde Circuit Hike	S. 62
Marlinger Waalweg –	
The Longest Irrigation Channel Trail in South Tyrol	S. 64
From the Church on the Cliff to Unterstell	S. 66
From Naturno to the Parcines Waterfall	S. 68
Merano High Mountain Trail –	
The Gorge of 1.000 Steps!	S. 70
The Spronser Seen Lakes –	
Pearls in the Texelgruppe Nature Park	S. 72
Nörderberger Almentour:	
Hiking between Mountains Huts	S. 74
Tour of the Picturesque Zirmtal Seen Lakes	S. 76
Trail to the Naturno Hochwart Panoramic Peak	S. 78
From Emerald to Golden:	
Lake Circuit Hike in the Schnalstal Valley	S. 80
Pfossental Valley:	
Home of Marmots, Chamoix and Ibexes	S. 82



Wallburgboden Circuit: Cult Places and Energy Spots

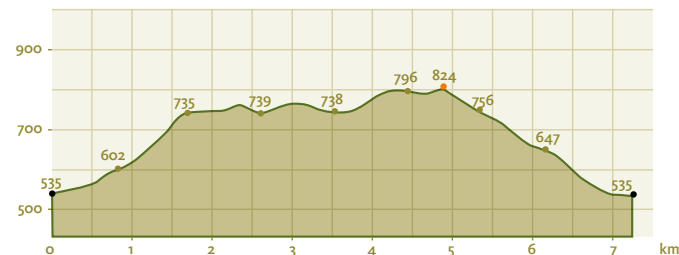
» Route

Naturno – Sonnenberg Panoramic Trail – Wiedenplatzerkeller – Wallburgweg – Wallburgboden – Schwalbennest Naturno

🕒 2 hr. 15	↑ 470 a.d.u.	👟 👟 👟 👟 👟
📏 7,2 km	↓ 470 a.d.d.	→ 0 km

Starting from the centre of Naturno/Naturno, the circuit path leads to Feldgasse road, and then to St. Prokulus-Straße street, from which you turn into Trail No. 39/91. Following the signposts, you arrive at the tarred road leading to the Wiedenplatzter Keller Restaurant. From there, follow the trail for about 5 min through the chestnut trees, passing a light forest and scrubland then climb up a fairly steep incline to reach the Wallburgweg track. Continue along the flat path until you find an access road to some farms, then follow the trail along the slopes of the Sonnenberg. The former Waalweg irrigation channel trail is part of The Meraner Waalrunde Circuit Trail, passing the old Waalerhütte hut in a westerly direction as far as the Wallburgboden lookout point. Back in the Iron Age this was probably where the “upper” and “lower” Wallburg coincided and even today, this location still radiates a special kind of energy. On the return, the initial section follows the same route as the outward hike. Continue on a slightly downhill gradient from the second turning where the signs indicate the “Schwal-

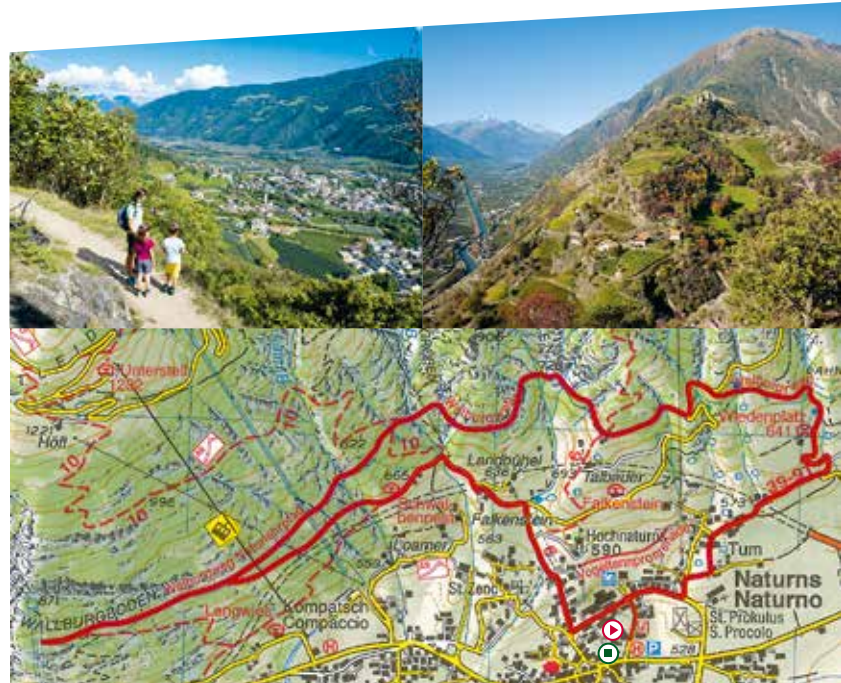
» Height profile



bennest”, to the rest-stop hut with refreshments. After reaching the Maurbamhof farm, the last section on the return trip leads over a narrow, paved road. Follow Schlossweg and Feldgasse roads to return back to the starting point in the town centre.

» Tips/special attractions

Following the path along the old irrigation canals you come to a stunning lookout point above Naturno. This panoramic hike offers fantastic views of the Schnalstal Valley, Juval Castle and Vinschgau Valley, as well as of the Sonnenberg.





Of Knights and Frogs – From Rittersteig to Plaus

» Route

Naturno – Sports ground – Rittersteig – Alpine-Wellfit-Parcours – Plaus – Naturno

🕒 2 hr. 30

↑ 260 a.d.u.



📏 11,7 km

↓ 260 a.d.d.

→ 0 km

From the centre of Naturno/Naturns, head for the sports grounds along the road to the Bahnhofstraße road and cross the bridge over the Adige River. Over the bridge is the first signpost to the Rittersteig trail in the direction of Plaus. Head on a slightly uphill gradient before the road flattens out and branches to the left as it leads into the start of the Jesus-Besinnungsweg Contemplation Trail. Follow Trail No. 1 along the wooded slopes of the Nörderberg Mountain until you come to Dornsberg Castle. Continue until you reach an outdoor gym area called “Alpine-Wellfit-Parcours” before heading to Plaus. Follow Gröbenweg road through apple orchards to the village centre of Plaus. To return, cross the bridge over the Adige River and take the Vinschgau Valley Cycling Trail, which immediately turns left and follows the river to Naturno. Continue along the road parallel to the railway line until you return back to the starting point in the village centre.

» Height profile



» Tips/special attractions

In the village of Plaus, the “Dance Macabre” series of paintings on the cemetery wall of the Church of St. Ulrich are the work of local artist, Luis Stephan Stecher. The aphorisms in the German vernacular underpin 18 scenes captured in vivid colours.





Sonnenberg Panoramic Trail

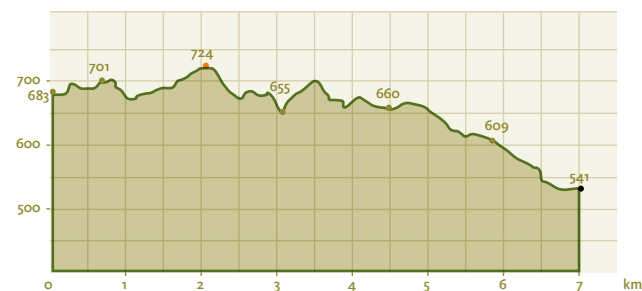
» Route

Texelbahn Cable Car valley station (Parcines) – Trail No. 1 – Gasthof Winkler – Sonnenberg Panoramic Trail – Naturno

⌚ 2 hr. 15	↑ 260 a.d.u.	👟👟👟👟👟
📏 7,3 km	↓ 360 a.d.d.	→ 6,5 km ← 🚌

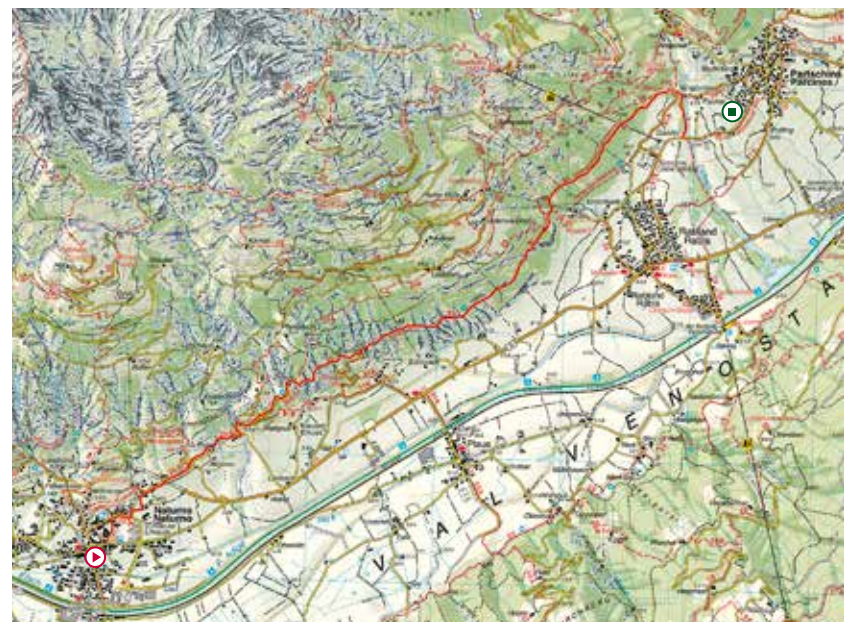
Take bus 266 from Naturno/Naturns and Plaus to the Texelbahn Cable Car valley station in Parcines/Partschins. From there, follow Trail no. 1 and head up to the Gasthof Winkler Inn, where the Sonnenberg Panoramic Trail. Follow Trail No. 91, along the slopes of the Sonnenberg Mountain past some farmsteads, the newly-restored Runster Mill and the Weinberghof rest stop to the centre of Naturno. The route is mostly flat, with some rises and dips, at times facilitated by steps and railings in the more exposed sections. On the way to Naturno, take a detour to the world-famous Church of St. Prokulus and the next-door St. Prokulus Museum. The nearby Texelgruppe Nature Park House should also be of considerable interest, especially for families with children. Alternatively, start your hike in Naturno and follow the Sonnenberg Panoramic Trail in the opposite direction. Return by bus 266 to Plaus and Naturno.

» Height profile



» Tips/special attractions

The view looks out on the the Hirzer and Inger peaks of the Sarn-tal Alps, the fertile valley, the wooded slopes and the Nörderberg Mountain with the Vigiljoch plateau, the mountains of the Ulten-tal Valley and the Vinschgau Valley, with the snow-capped 3,000 m peaks of the Ortler Mountain. The best times of the year for hiking along the slopes of the Sonnenberg is in spring and autumn.





Juvaler Waalwegrunde Circuit Hike

» Route

Ciardes – Trail No. 3 – Tscharser Waalweg – Juval Castle – Sonnenhof – Stabner Waalweg – Ciardes

🕒 3 hr.	↑ 420 a.d.u.	👟👟👟👟👟
📏 9,7 km	↓ 420 a.d.d.	➡ 6 km 🚚🚚🚚

From the Ciardes/Tschars bus stop/railway station near the Hotel Winkler, go to the village centre of Ciardes and follow Trail No. 1a/3 uphill along a paved road before entering the forest, continuing to follow the signs to the Tscharser Waalweg irrigation channel trail (Trail No. 3 – Schnalswaal). The level path runs along the barren slopes of the Sonnenberg Mountain until you reach the Gasthof Sonnenhof Inn. Then turn left and continue uphill for about 5 min until you arrive at Juval Castle. From there, go down to the Schlosswirt Inn. To return to Ciardes, go back up above the Schlosswirt Inn and at the bend turn right into the Waalweg irrigation channel path. Passing the Waalerhütte hut with its waterwheel, go back to the Sonnenhof Inn. From there, turn left and follow Trail No. 1 in the direction of Stava/Staben. The Stabner Waalweg irrigation channel trail runs halfway between Juval Castle and the bottom of the valley. The level trail continues towards the Vinschgau Valley as far as the Gasthof Himmelreich Inn. Follow the narrow road to the centre of Ciardes

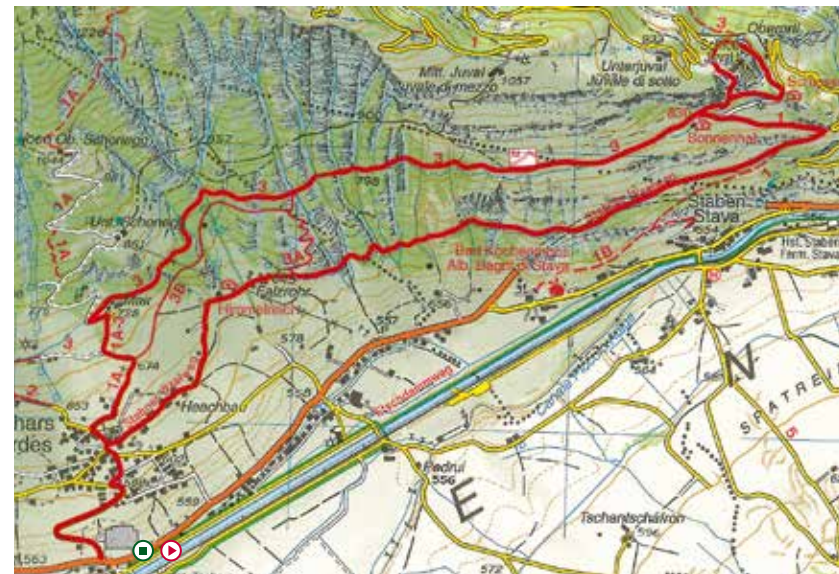
» Height profile



and downhill back to the railway station. From the railway station, take the train back to Naturno/Naturns.

» Tips/special attractions

Two of the nicest irrigation channel trails run through chestnut groves and across the typical Sonnenberg Mountain steppe landscape, setting this hike apart. Occasionally, you can see water flowing through the water canal and a stop at the Juval Castle Messner Mountain Museum is well worth your time!





Marlinger Waalweg – The Longest Irrigation Channel Trail in South Tyrol

» Route

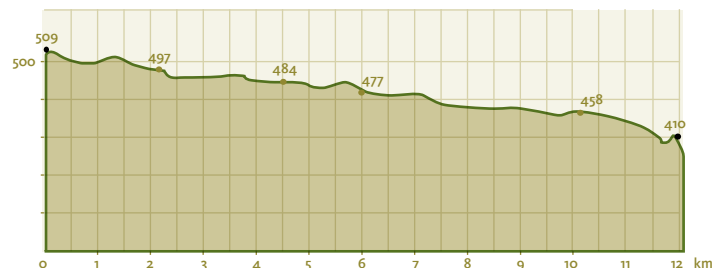
Tel (floodgate on the Adige River) – Foresta – Marlenigo – Cermes – Lana di Sopra

⌚ 3 hr.	↑ 90 a.d.u.	👟 👟 👟 👟 👟
📏 12 km	↓ 280 a.d.d.	➡ 7 km 🚍 🚍

The Marlinger Waalweg, the longest irrigation channel trail in South Tyrol, was built about 250 years ago at the behest of the Carthusian monks of the Schnalstal Valley, who owned a large vineyard in Marlenigo/Marlenigo. The Marlinger Waal water canal is fed by the waters of the Adige River at Tel/Töll and still flows through the original open canal.

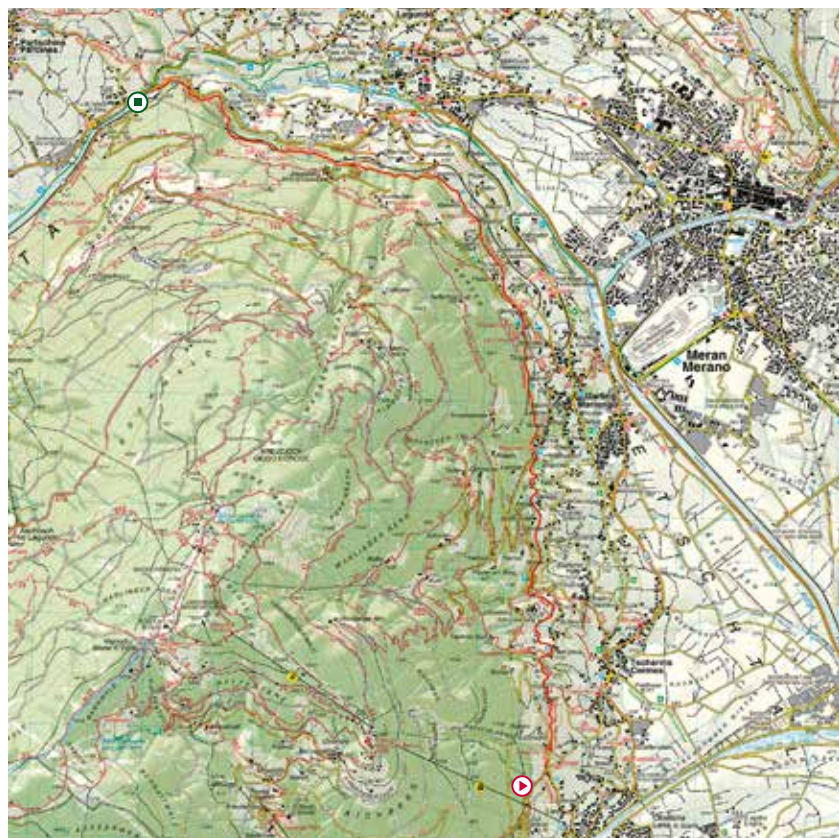
From Naturno/Naturns, take Bus 251 (or the Vinschgau Valley Train) as far as Tel and follow the signs to the start of the Marlinger Waalweg at the Adige River floodgate in Tel. Turning to the right, the Waalweg irrigation channel trail leads along the slopes of the Marlinger Mountain above Vinschgauer Strasse street to the Forst Brewery and to Marlenigo, passing vineyards and fruit orchards, to Lebenberger Strasse street above the small village of Cermes/Tscherms. After this long hike along the old irrigation canal, follow the short descent along Raiffeisengasse road to the village of Lana. Alternatively, instead of hiking the entire Waalweg, you can decide to only hike sections of it, with entry/exit points in Cermes and Marlenigo. To return, take Bus 211 from Lana to Merano/Meran and from there, change to Bus 251 or take the Vinschgau Valley Train back to Naturno.

» Height profile



» Tips/special attractions

Try the ± 2 km long Experience Path section of the Waalweg near Marlenigo, with many informative and interesting facts about the forest and the role of water. Or take a detour to the 13th Century Lebenberg Castle, a stately manor above Cermes.





From the Church on the Cliff to Unterstell

» Route

Schnalstal Valley – Monte S. Caterina – Merano High Mountain Trail No. 24 – Linthof – Innerforch – Trail No. 24B – Unterstell Cable Car mountain station

⌚ 3 hr.	↑ 438 a.d.u.	👟👟👟👟👟
📏 8,3 km	↓ 388 a.d.d.	➡ 12 km 🚌

Take the bus from Naturno/Naturns, to the small village of Monte S. Caterina/Katharinaberg in the Schnalstal Valley (1,245 m). From the village centre, follow Trail No. 10a. After crossing the meadows and through a larch forest, you arrive at the Merano High Mountain Trail. Follow Trail No. 24 out of the valley towards Naturno along the undulating path past several mountain farms on the Fuchsberg Mountain. The mostly flat trail leads through the forest and then through the barren terrain of the Sonnenberg with its somewhat exotic-looking vegetation. Passing Berggasthof Linthof Inn, continue towards Merano/Meran and after about 10 min on foot, turn right and continue along Trail No. 24b to the Unterstell Cable Car mountain station. Take the cable car back to Naturno.

» Height profile



» Tips/special attractions

Built on top of a jutting cliff and clearly visible from a distance, the church in Monte S. Caterina is certainly worth visiting. The lookout point with a wonderful panoramic view is positioned above the Unterstell Inn. A via ferrata practice wall was recently created just below the viewing platform.





From Naturno to the Parcines Waterfall

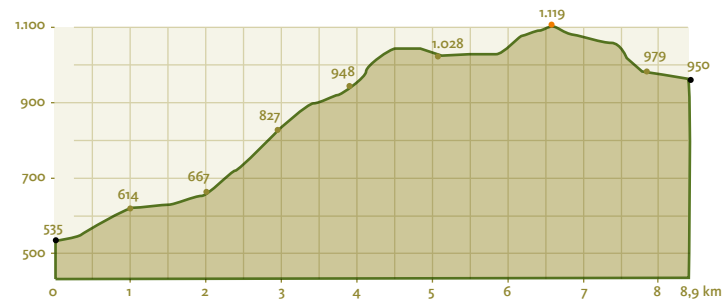
» Route

Naturno – Sonnenberg Panoramic Trail – Runster Mill – Trail No. 39A – Trail No. 26 – Dursterhof – Birkenwald

⌚ 3 hr. 30	↑ 800 a.d.u.	👟 👟 👟 👟 👟
📏 8,9 km	↓ 412 a.d.d.	➡ 0 km 🚗/🚆

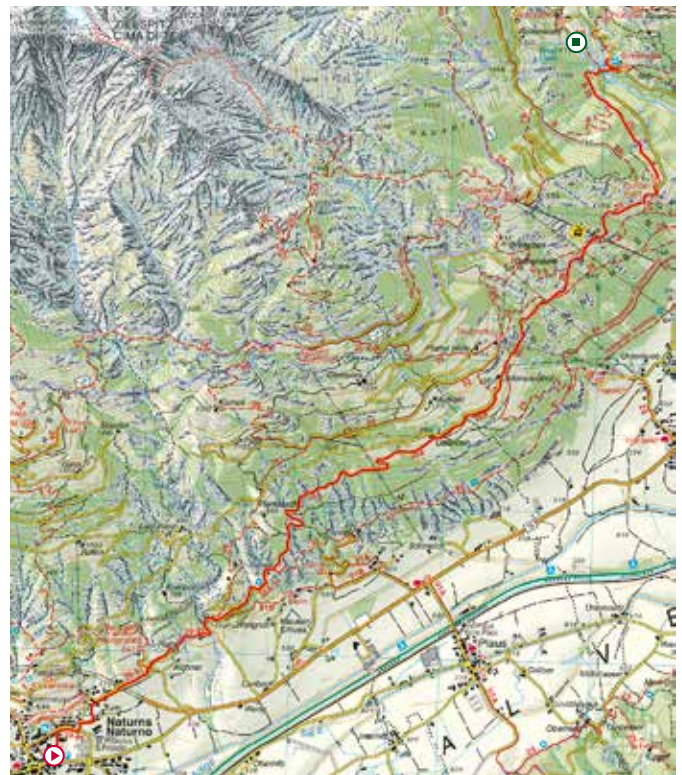
This hike starts in the town centre of Naturno/Naturns. Take Feldgasse road and then St.-Prokulus Straße street, before continuing along Trail no. 39/91 up to the Sonnenberg Panoramic Trail. Follow the trail to the newly-renovated historical Runster Mill. As the fork, continue uphill on Trail No. 39a/91 to Weitgrub farm. From there, proceed along Trail No. 39a through the forest and then, as the path levels out, across the meadows to the Unterrain and Unterwand farmsteads. The route then follows Trail No. 26, along the steep slopes of the Parcines Sonnenberg Mountain and under the Texelbahn Cable Car to the Jausenstation Dursterhof snack bar. From there, continue along Trail No. 26 through the forest and across the grassy slopes to the Birkenwald inn beneath the Parcines Waterfall.

» Height profile



» Tips/special attractions

The main feature on this hike is a rustic stone-walled farmstead built by the owners with their own hands using exclusively natural building materials. The farm houses and outbuildings of the Dursterhof farmstead have progressively been expanded over the years and the raspberry vines growing on the vertiginous slopes, help to make the Dursterhof quite unique.





Merano High Mountain Trail – The Gorge of 1.000 Steps!

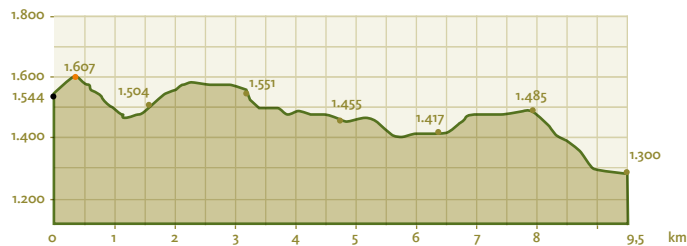
» Route

Rablà – Texelbahn Cable Car mountain station – Merano High Mountain Trail – Gorge of 1.000 steps – Linthof – Patleid – Unterstell Cable Car mountain station

⌚ 3 hr. 30	↑ 450 a.d.u.	👟👟👟👟👟
📏 9,5 km	↓ 680 a.d.d.	➡➡➡ 6,5 km 🚠/🚡

Start at the Texelbahn Cable Car mountain station in Parcines/Partschins and go up a short way to the Gasthof Giggelberg Inn. Then follow the Merano High Mountain Trail No. 24 in a westerly direction (1,500 m average). But be prepared to cross some significant altitude differences after Hochforch over the so-named “Gorge of 1.000 Steps”, connecting the Brunntental and Lahnbachtal ravines. Thanks to the new 55 m suspension bridge over the Lahnbach stream, the number of steps has been reduced, but climbing up the gorge still requires a considerable level of physical fitness. After arriving at the Pirchhof, the route to the Linthof is fairly straight-forward. Following Trail No.10, you arrive at the Unterstell Cable Car mountain station. Between Pirchhof and Unterstell, are a number of rest and refreshment stops to choose from.

» Height profile



» Tips/special attractions

The highlight of this hike is the section across the Gorge of 1.000 Steps, showing how the enormous force of water has eroded the rocks over the centuries to create the impressive Lahnbach Gorge. The newly-built suspension bridge and the ascent over metal and wooden steps help to make this an unforgettable hiking experience.





The Sronser Seen Lakes – Pearls in the Texelgruppe Nature Park

» Route

Velloi – Leiteralm Basket Lift – Hochganghaus – Hochgangscharte – Langsee – Oberkaseralm – Taufenscharte – Leiter Alm – Velloi Basket Lift

⌚ 6 hr. 40	↑ 1.230 a.d.u.	👟👟👟👟👟
📏 13,3 km	↓ 1.230 a.d.d.	➡ 13 km

This day-trip to the largest cluster of high Alpine lakes in South Tyrol leads high above the Merano basin in the heart of the Texelgruppe Nature Park. Drive to Velloi/Vellau by car, where there's a parking lot. Start the hike at the Leiter Alm mountain hut, above Lagundo/Algund, which leads directly on to the Merano High Mountain Trail. Take the basket lift at the valley station to the mountain station at the top just below the Leiter Alm mountain hut. Then follow a rocky stretch of the Merano High Mountain Trail along Trail No. 24 in a westerly direction as far as the Hochganghaus refuge at 1,829 m. From there, hike along Trail No. 7 up to Hochgangscharte ridge. This section is steep and difficult, requiring sturdy legs, sure-footedness – and a head for heights! The final stretch of the steep climb along the steep rockface is assisted by chains and steel ropes (via ferrata). From the Hochgangscharte at the top of the ridge (2,441 m), there's a magnificent view of the Langsee Lake. Along the lake shoreline, Trail No. 22 leads to the nearby Grünsee Lake and then

» Height profile



down to Oberkaser Alm mountain hut (2,131 m). Take Trail No. 25b in a south-easterly direction, past Kaser Lacke and Pfitscher Lacke lakes up to the Taufenscharte ridge (2,318 m). Ascend up the steep grassy slopes along a serpentine path before intersecting with the Merano High Mountain Trail just above the Leiteralm mountain hut. Continue along this last stretch back to the Leiter Alm, then back down on the basket lift to the car park to return to Naturno/Naturns.

» Tips/special attractions

This high mountain hiking circuit is extremely varied, mainly due to its length. If you wish, from the Langsee you can make a detour to the Milchsee Lake (extra 30 min/150 m) and/or to the Kleine Rötelspitze Summit (extra 1hr/ 200 m).





Nörderberger Almentour: Hiking between Mountains Huts

» Route

Naturno – Kreuzbrünnl parking lot – Mausloch Alm – Almenweg – Zetn Alm – Naturnser Alm – Kreuzbrünnl parking lot

⌚ 3 hr. 50	↑ 580 a.d.u.	👟 👟 👟 👟 👟
📏 11,1 km	↓ 580 a.d.d.	➡ 13 km 🚗

Take either the “hiking shuttle-bus” or your own car past Höfe and Almenstraße road on the Nörderberg Mountain to get to the Kreuzbrünnl car park (1,500 m). Follow the wide forest track to the Mausloch Alm mountain hut on a relatively flat road along the forested slopes of the Nörderberg. The road then climbs up a series of hairpin bends, with a short-cut up a narrow trail, as far as the Mausloch Alm mountain hut at 1,837 m. From there, follow the relatively flat panoramic hiking trail to the Zetn Alm mountain hut at 1,747 m. The final stretch on this hiking circuit of the mountain huts leads to the Naturnser Alm, which is the highest point of the hike. Following the wide forest path from Kreuzbrünnl, return to the car park along a moderate incline. Take the “hiking shuttle-bus” (or drive) back down into the valley. Alternatively, return from the Naturnser Alm down Trail No. 27 to the Aschbach Cable Car to Rablà/Rabland, which takes just a few minutes. From there, take the train or Bus 266 back to Naturno/Naturns.

» Height profile



» Tips/special attractions

The most scenic stretch of this hike is that along the breath-taking Almenweg mountain pasture trail. Extending from the Mausloch Alm mountain hut across the Vinschgau Valley, it links the remote mountain huts and refuges on the Nörderberg Mountain to each other. Given the emphasis on local culinary specialities and traditional delicacies, this mountain hut circuit hike can be configured as a gastronomic excursion, with a tour of the Alpine farms that are even easier to reach during the summer months. Hiking in the shade of the Nörderberg Mountain is especially rewarding during the hot summer months!





Tour of the Picturesque Zirmtal Seen Lakes

» Route

Castelbello/Montefranco – Alte Säge parking lot – Marzoner Alm – Zirmtalsee and Zirmtalalm – Alte Säge parking lot

🕒 3 hr. 40

↑ 700 a.d.u.



📏 10,2 km

↓ 700 a.d.d.

➡ 17 km 🚗

By car, drive to the village of Castelbello/Kastelbell, about 8 km from Naturno/Naturns. Cross the Adige River then head towards Lacinigo/Latsching and to Montefranco/Freiberg. Follow the gravel road uphill up to the “Alte Säge” car park, from where the hike to the Zirmtalseen Lakes begins. Follow the wide forest track for a short stretch before reaching the Marzoner Alm mountain hut. Then take Trail No. 18 just behind the hut through the forest to the “Schwein-stall” from where there’s a progressively steep climb. Continue on Trail No. 18 towards the Zirmtalalm mountain hut, across several forest clearings and follow the stream against the current as it flows down from the Zirmtalseen Lakes. Hike uphill on the final stretch of the trail and proceed to the clearing at the edge of the forest. Here you’ll arrive at the rustic Zirmtalalm refuge and the shimmering, turquoise waters of the Zirmtalseen Lakes. Just 5 minutes of walk above the refuge is a high moor. Reaching this picturesque landscape is

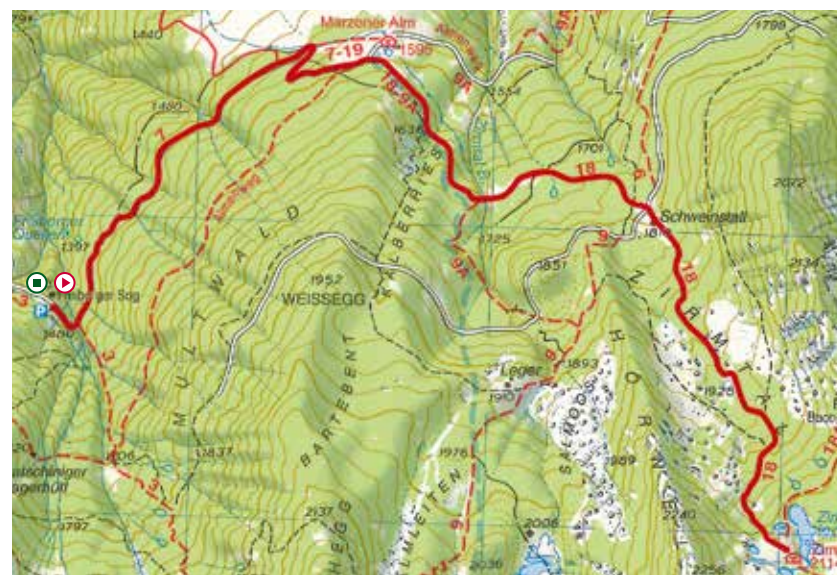
» Height profile



worth the effort and the small refuge offers a variety of sumptuous local delicacies. The return is along the same route as the outward trip. At the car park, take the road to Naturno via the villages of Montefranco, Lacinigo and Castelbello.

» Tips/special attractions

The Zirmtal seen Lakes are among the most spectacular on the Nördlicher mountain. Their unique location and magnificent landscape make this an unforgettable hiking experience. The ideal time is from the beginning of summer until autumn (weather permitting). Especially recommended in June when the Alpine roses are in bloom.





Trail to the Naturno Hochwart Panoramic Peak

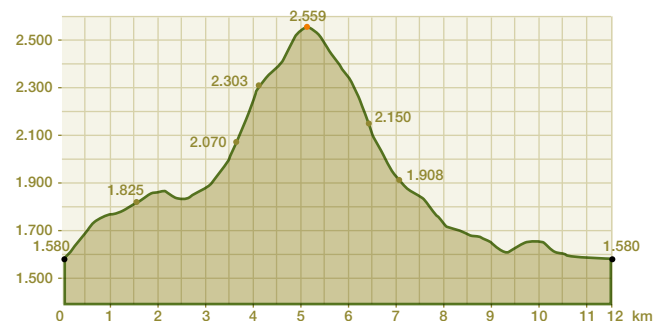
» Route

Naturno – Kreuzbrünnl parking lot – Zetn Alm – Mausloch Alm – Hochwart – Kreuzbrünnl parking lot

🕒 5 hr. 30	↑ 1.100 a.d.u.	👟👟👟👟👟
📏 12 km	↓ 1.100 a.d.d.	➡ 13 km

The mountain trail above Naturno/Naturns starts at the Kreuzbrünnl parking lot (1,580 m) on the Nörderberg Mountain. To get there, drive up the road on the Nörderberg as far as the car park or go by hiking taxi. From the parking lot, follow the picturesque trail as far as the rustic Zetn Alm mountain hut. From there, take the Almensteig track in a westerly direction to the Mausloch Alm mountain hut. Start the ascent along Trail No. 5, first through the meadows, then past the Alpine rose bushes along the edge of the forest and across more rocky terrain as far as the Hochjoch ridge (2,443m), to the “Steinmännchen” stone-men figures. Head northeast to the ridge, requiring considerable stamina, up to the panoramic summit of the Hochwart with its imposing cross. Get ready for the amazing 360° view, which is a fitting reward for your efforts! To return, go back the same way down to the Mausloch Alm and then via the wide forest track to the starting point at the Kreuzbrünnl car park.

» Height profile



» Tips/special attractions

Breath-taking panorama from the Hochwart spanning the Texelgruppe Mountains all the way to the Dolomites.





From Emerald to Golden: Lake Circuit Hike in the Schnalstal Valley

» Route

Schnalstal Valley – Vernago – Vernago Reservoir Circuit Hike – Vernago

🕒 2 hr.	↑ 220 a.d.u.	👤 👤 👤 👤 👤
📏 6,6 km	↓ 220 a.d.d.	➡ 19 km 🚌

Take the bus, or drive to the Vernago Reservoir parking lot in the Schnalstal Valley. From there, follow the signs to Seerundweg Lake Circuit, over the dam and then along the edge of the forest to the western end of the lake. Once there, cross the suspension bridge and then continue along the Seerundweg trail back to Vernago/Vernagt. This section around the lake is usually sunny and, in summer, you may find llamas grazing along the shores of the lake! Once at the car park, go back to Naturno/Naturns by bus or return by car through the Schnalstal Valley. Hiking around the Vernago Reservoir is particularly suited to hot weather. The “Ötzi Rope Park” high rope course is located at the back end of the lake, promising enjoyment and thrills for children and adults alike.

» Height profile



» Tips/special attractions

The Vernago Reservoir is surrounded by dense larch forests with gold colours in autumn. In July, when the lake is usually at its fullest, it gives off an emerald green glow. The play of colours around the lake in summer and autumn adds something special.

The centuries-old mass-migration of livestock, known as the “transhumance” is one of the main highlights of Vernago in the Schnalstal Valley. In mid-June, approximately 2,000 sheep migrate from the valleys of the Schnalstal and Vinschgau through the Tisental over the Niederjoch Pass (3,019m) to the summer pastures in the Ötztal Valley. The return migration is repeated in mid-September and is celebrated in Vernago with traditional festivities involving shepherds, drivers and visitors.





Pfossental Valley: Home of Marmots, Chamoix and Ibexes

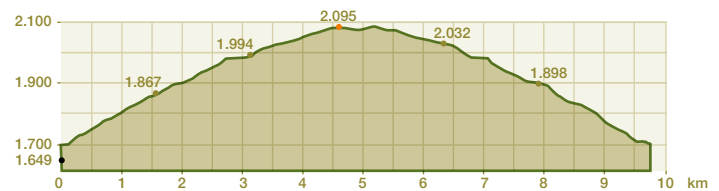
» Route

Schnalstal Valley – Pfossental Valley – Vorderkaser/Jägerrast – Eishof – Vorderkaser/Jägerrast

🕒 3 hr.	↑ 420 a.d.u.	👟 👟 👟 👟 👟
📏 9,8 km	↓ 420 a.d.d.	🚶 → 16 km 🚗/🚌

This hike in the heart of the Texelgruppe is within the boundaries of the Texelgruppe Nature Park. From Naturno/Naturns, you can drive and park at the Vorderkaser/Jägerrast farm in the Pfossental Valley, a side valley of the Schnalstal Valley. There is a fee for parking. Starting from the Jägerrast farm and inn, follow the broad farm track, which also doubles as a section of the Merano High Mountain trail (Trail No. 24). Continue along the trail through the valley, then head slightly uphill to the Mitterkaser Alm mountain hut, before passing the rustic Rableidalm hut to the Eishof hut, the highest point of the hike (2,071 m). The trail connecting the Vorderkaser to the Eishof is a “Mountain Pasture Experience Trail”, with info panels explaining the particularities of the natural/cultural landscape in the Texelgruppe Mountains. The view from the Eishof is truly unique, with the magnificent 3,000 m peaks at the back of the Pfossental Valley. The return is along the same route as the outward hike. From the parking lot follow the road back to Naturno.

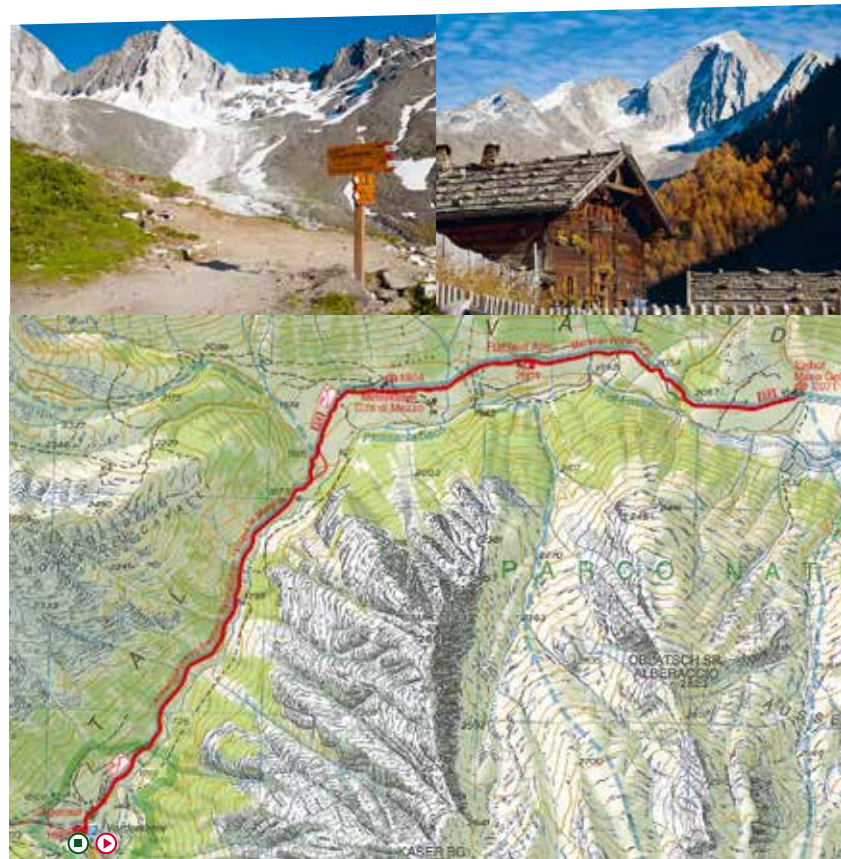
» Height profile



On Wednesdays, from mid-May to early November, a “hiking shuttles-bus” operates between Naturno and Pfossental Valley.

» Tips/special attractions

The Pfossental Valley is one of the most unspoiled valleys in South Tyrol, where chamois, marmots, ibex and even rare golden eagles can be spotted.





Imprint

Publisher: Naturno Tourism Cooperative

Photo Credits: Parcines Tourism Association, Avelengo Tourism Association – Marion Lafogler, IDM South Tyrol – Mario Entero, Thomas Monsorno, PhotoGrünerThomas, Georg Mayr, Ludwig Gorfer, Frieder Blicke, Florian Andergassen, Peter Santer, Peter Rainer, Angelika Schwarz, Thomas Schuler, Stephan Illmer, iDCreativstudio, RoterRucksack

Graphic Design: Fliridruck – Marleno/Marling

Printing: LanaRepro – Lana

Translation: context, simply good content – Meran/o

