

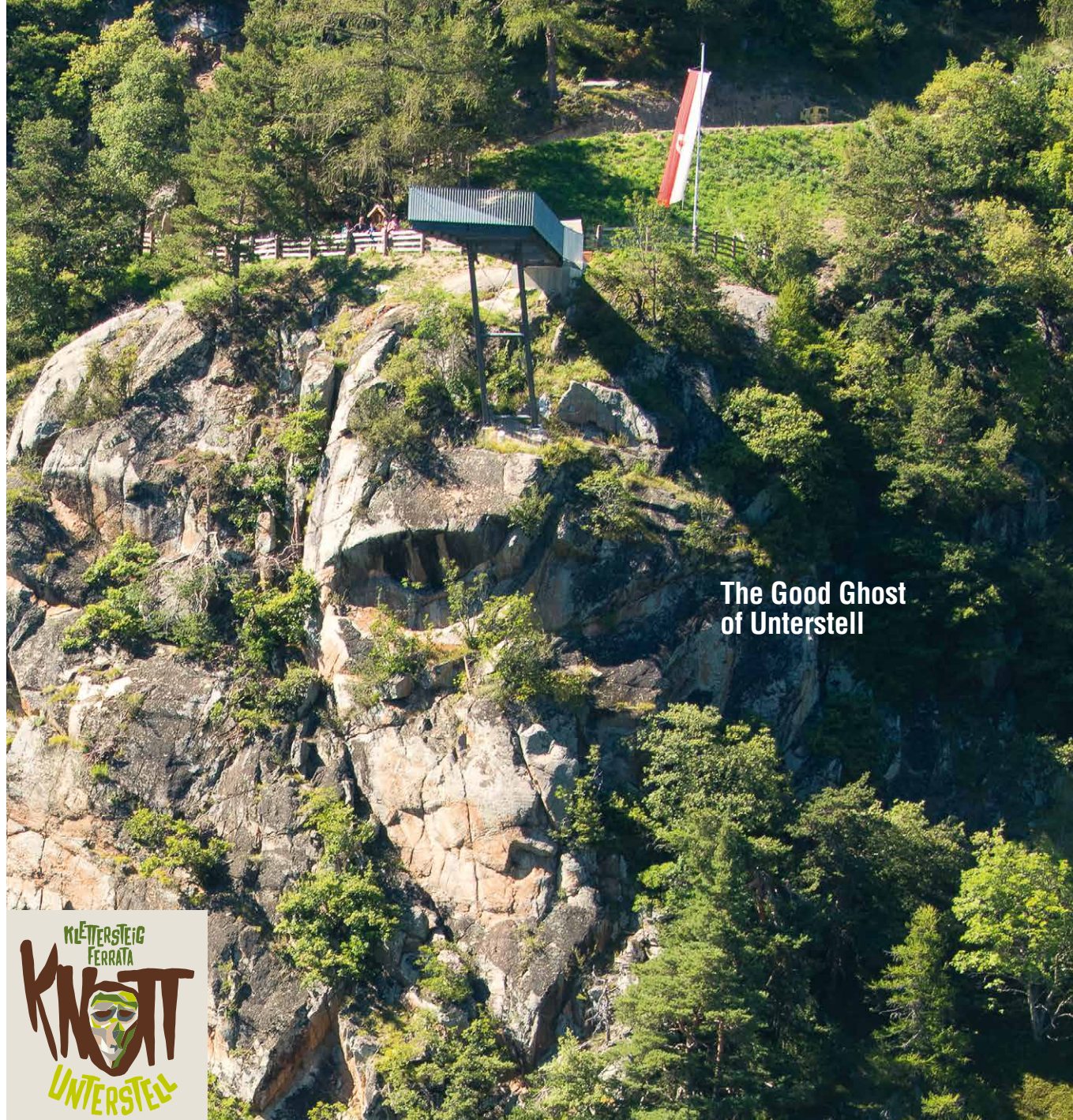
KLETTERSTEIG FERRATA **KNOTT** UNTERSTELL

NATURNER SONNENBERG - MONTE SOLE NATURNO

Training and family via ferrata “KNOTT”
below the observation deck.

Available all year round.





The Good Ghost of Unterstell

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Although no one really knows for sure, it was most likely the great-great-grandfather of today's farmer with whom the story began.

At the top of the Sonnenberg there was once a bitterly cold winter. The snow was stoically unaffected by the warmth of the sun, and all of the water on the mountain froze to ice. It was the kind of winter where one stayed inside as much as possible, making only the necessary trips to the barn to feed and milk the cattle.

One evening, when the **Zenz**, the great-great-grandfather, was trudging through the snow toward the barn, he heard a low moaning coming from the forest above the farm. The noise was eerie, and almost a little scary. Zenz went back to the house, fetched the thick jacket, lit a lantern, and plodded through the deep snow up into the forest. Soon the pale glow of the lantern illuminated a well-dressed, handsome man of noble stature sitting under a tree in the snow. The man seemed afflicted with increasing abdominal pain, and he was trembling with cold. Without a second thought, Zenz helped him to his feet and accompanied him down into the warm room at the farm. *"An herbal tea brewed from Icelandic moss, that will help"*, said the farmer's wife. The guest stretched out on the bench next to the warm oven, still moaning, but when he began to sip the bitter drink, it seemed to help him immediately. Soon the stranger fell fast asleep on the stove bench, and Zenz and his family also retired to their rooms.

The next morning the guest had disappeared. There was a note on the side table, written in beautiful cursive. *"My name is Balthasar. I am the good spirit of the Sonnenberg, always here and always there, to make sure everything is right on the mountain. The stomach pain has plagued me for many days, even the cold, but no one in the area was mindful or cared. But you took care of me. As a thanks I will remain. I will keep watch over the farm, the land and the people who live here."*

It was only when the via ferrata at the **KNOTT** was constructed that **Konrad**, today's farmer on Unterstell, rediscovered the good ghost. The spirit has indeed lingered for years near the farm, but could never be seen. It has only been through an aerial photo taken during the development of the via ferrata that the **good spirit of Unterstell** has shown his face once again.



Greetings, mountain friends!

The training- and family via ferrata “**KNOTT**” is located on the rock outcrop upon which a skywalk is anchored. There is a magnificent view from the observation deck onto the individual routes and the climbers. There are a total of four via ferrata routes on the rock called the “**KNOTT**”; one short connector route, a 20 m long suspended bridge and two steep ladders. Here, it is possible to climb and train for as long as anyone desires. There are simple routes, difficult passages, exposed tracks and technical sections. It is accessible any and every time of day, because the access and the descent are short.

The route “**Sally**” (B–B/C–D) commences right at the foot of the wall, at the lowest point. 50 m of steel cable lead up over two overhangs and to the “**big foot bridge**”. The approx. 4 m high saucer overhang (Untertassen-Überhang) is the most difficult (D).

The routes known as “**Turtle**”, “**Affele**” (little monkey) and “**Rocky**” can be reached by crossing the “**big foot bridge**”. “**Turtle**” is the easiest route (B). 40 m of steel cable lead to the exit. All the difficult sections have been equipped with metal steps to facilitate navigation of this route.

Halfway up the “**Turtle**” route, the element known as the friction traverse (Reibungs Traverse / A–C) leads to the right. The exit is difficult (C) and ends at the first sky ladder.

The route “**Affele**” (a total of 50 m of steel cable) commences with the challenging squirrel (Oacherle) traverse (B–C/D) and leads over the “**elephant belly**” (Elefantenbauch / C) up to the first sky ladder. The exit (B–A) follows.

The route “**Rocky**” (a total of 60 m steel cable) begins after the “**squirrel traverse**”. Subsequently, there is another traverse (Weg zum Geist) to the right and across a small overhang (B/C) in order to get to the second, very steep sky ladder. The rest of the route (A–B) leads across the “**eye**” (das Auge) of the Ghost and involves an easy traverse as well as a ridge climb to the exit.



Panorama skywalk



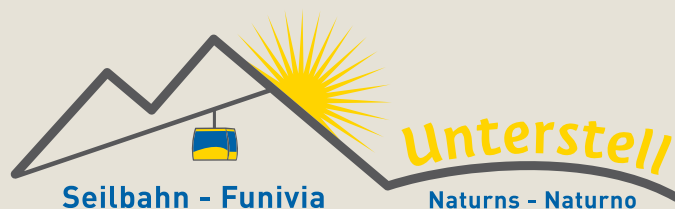
Safety notes

- > Mountaineers use the via ferrata **"KNOTT"** at their own risk.
- > Inadequate training, poor equipment or incorrect use of the equipment may lead to a fall with fatal consequences.
- > Use all of the necessary equipment which conforms to safety standards: climbing harness, via ferrata set and helmet. The proper use of the equipment is a prerequisite for a safe climb.
- > Partner check at the start. Mutual check of the closures on the climbing harness and the connection to the via ferrata set. Is the helmet worn the proper way?
- > Keep enough distance to the climber in front of you! Only one person climbing between two fixed points. Small children accompanied by parents excepted..
- > Do not climb when wet or unsafe weather (thunderstorms) conditions are predicted.
- > **Parents are responsible for their children.**





Training and family
via ferrata
NATURNER SONNENBERG



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