

SIMPLY SOUTH TYROL

Hiking routes for South Tyrol Explorers



**THE 30 MOST BEAUTIFUL
HIKES FOR NATURE LOVERS**

TAPPEINER.

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1


Easy Walk around Lake Haider


●● A relaxed and varied circular walk around Lake Haider in the Upper Vinschgau ●●

 Haider Alm valley station, car park; bus stop in the village

 5.1 km

 easy

 1:20 h

 through the Vinschgau Valley to St. Valentin auf der Haide, and on to the valley station of the Haider Alm cable car

 minimal

 minimal

Route Description: From the car park or bus stop, head towards the bridge over the Etsch and turn left along the small stream, heading south (trail no. 1). The path briefly passes through the riverside woodland, then follows the eastern shore of the lake, offering magnificent views of the Ortler group, up to the fishermen's huts and onwards to the wooden boardwalk across the southern lakeside biotope. A floating bridge leads to the opposite bank, from where the route returns northwards. Although this stretch of the trail is shared with cyclists, it is lined with a number of pleasant rest stops with tables and benches for hikers to enjoy a welcome break. The entire circuit is suitable for pushchairs. Ducks, coots, and great crested grebes can frequently be seen, though it's best not to feed them (otherwise they won't leave you alone), while kite surfers on the lake add to the vibrant scene. When your hike is over, the terrace of the Hotel Lamm pizzeria in the village is a wonderful spot to treat yourself to a well-earned snack.

Lake Haider and Lake Reschen with the village
of St. Valentin auf der Haide

The Three Lakes of Upper Vinschgau

There used to be three lakes in Upper Vinschgau: Lake Reschen, Lake Mitter – also called Lake Graun – and Lake Haider. Lake Mitter was submerged in 1950 during the creation of the Reschen reservoir, with devastating consequences for the local community. These lakes were formed behind the enormous alluvial cones (Murkegel) of the Mals Heath. Alluvial cones dominate much of the landscape in the Vinschgau, covering around 70 % of the valley. These cones are particularly prominent in the short, steep side valleys, while to the front of the larger side valleys, they tend to be flatter and less conspicuous. The main reasons for the profusion of alluvial cones are the abundance of glacial sediments (easily visible along forest tracks at higher elevations), the erosion-prone nature of fractured rock, and the tendency for heavy summer rainfall. The largest cones are those of Mals Heath, Gadriamure, Tarsch-Latsch, and Tabland. Lakes formed behind these alluvial cones, gradually silting up over time.



WHERE TO STOP OFF

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The church tower of Graun rising from the middle of Lake Reschen





2


Waalweg Hike in Upper Vinschgau


☪☪ A leisurely hike overflowing with
cultural highlights ☪☪

 Schluderns, car park behind the Vinschgau Museum

 7.9 km

 2:55 h

 375 m

 375 m



easy



through the Vinschgau Valley to Schluderns; also accessible by local bus or the Vinschger Bahn train

Route Description: From the car park behind the Vinschgau Museum, follow the old castle path on a short walk up to Churburg Castle, and then continue along trail no. 20 to Hof Vernol farm. From there, take trail no. 17 left down to the Saldurbach stream and follow the stream back to Schluderns. For a longer but much more rewarding option (about 1 hour extra, with 180 m more ascent), continue from Vernol along the Bergwaal (trail no. 20) into the Saldur Gorge and then return via the Leitenwaal; this is one of the most beautiful Waal walks in the entire Vinschgau. From Ganglegg, descend via trail no. 18A to the Griggwaal and follow this Waal path back to the village.

CHURBURG CASTLE

Dominating the village of Schluderns, Churburg Castle towers majestically above the town. The castle was originally commissioned by the Bishop of Chur, Heinrich IV of Montfort whose diocese encompassed the valley, and was intended to


Churburg: one of the most impressive and best-preserved castles in South Tyrol





20


Circular Hike to the Tschafonhütte


●● A leisurely hike in the Schlern-Rosengarten
Nature Park area ●●

 public car park below Gasthof Schönblick


 8.6 km

 3:20 h

 570 m

 570 m

 medium

 from Blumau, head towards the Seiser Alm, then turn right towards Tiers. Follow this road for 7.5 km, then turn left at the Schönblick sign to reach the car park

The Tschafon rises majestically to the south-west of the Schlern massif. Easily accessible via scenic hiking trails, it offers breathtaking views of the surrounding mountains. The entire Schlern area is steeped in folklore passed down from generation to generation, and the Tschafon is no exception: Legend has it that this was once the mountain of witches, where on full-moon nights, they feasted, drank, danced, and played cards – and were said to meet with the Devil in person.

Even today, the Tschafon is a place where the forces of nature reveal themselves more dramatically than anywhere else in the surrounding Dolomites: Thunderstorms are frequent, and lightning strikes are numerous.

The Tschafonhütte, below the forested Völseggs Spitze

Route Description: From the parking area, take the brief uphill stretch to the Schönblick inn and keep left onto trail no. 7 (or 7A) and, in either case, turn right onto trail no. 4 at the next fork in the forest. The terrain becomes noticeably steeper here, but the path remains well-maintained as it ascends in switchbacks through the Wassertal Valley. Soon you will reach the open meadows surrounding the welcoming Tschafonhütte; after a rest at the hut, continue the descent on trail no. 4 (avoiding the access road) to the Wuhnleger, with its picturesque pond. At this point, trail no. 4 turns sharply to the right. At the next fork, continue straight on trail 4B to a wayside shrine just before the Ansitz Velseck. From there, keep right on trail no. 6 to return to the starting point.

A comfortable bench on the Völseggspitze








22


Circular Hike to Säben Abbey


●● Scenic hike up a striking rocky hill above
the town of Klausen ●●

 car park in the town centre of Klausen


 2.7 km

 1:10 h

 201 m

 201 m

 easy

 via the A22 – Klausen exit – then continue to the town centre of Klausen; also accessible by bus or train

Route Description: The climb to the monastery begins in the heart of the picturesque old town of this artist's village, where you follow the signs for Säben and continue through Mühlgasse to a charming old stone staircase. After passing Branzoll Castle (privately owned, not open to the public), keep left at the next fork onto the Stations of the Cross path, which winds its way up to the monastery in a moderately steep ascent.

For the descent, walk down the steps from the monastery church to the monastery entrance, then take the paved path to the right, which leads to the small saddle between the Säben rock spur and the mid-mountain terrace. From there, keeping to the right, descend along the Säben Promenade path, returning to Klausen via the lower section of the ascent path.

The Benedictine Abbey of Säben above the picturesque old town of Klausen





25


From Meransen through the Altfasstal Valley


☺☺ Stunning, sunny alpine hike
in the Pfunderer Mountains ☺☺

 Hinterwalder Farms, car park (paid)


 10.2 km

 2:50 h

 350 m

 350 m

 medium

 via the Pustertal Valley to Mühlbach, then follow the signs for "Meransen" to the Hinterwalder farms at the start of the Altfasstal Valley

The Altfasstal Valley, nestled amidst the green Pfunderer Mountains near Meransen, is a beautiful alpine valley with a breathtakingly idyllic natural landscape. The trail through the valley follows the crystalline Altfass stream, passing through scenic mixed woodland, lush alpine meadows dotted with colourful alpine and meadow flowers, and traditional huts, while the towering peaks of the Pfunderer Mountains rise majestically at the end of the valley. Along the way, hikers can stop for refreshments at any one of three managed alpine huts: the Großberghütte, the Pranter-Stadel-Hütte, and, towards the end of the route, the Wieserhütte.

Route Description: From the car park (approx. 1530 m), follow the forest track (closed to road traffic) towards the Großberghütte (1644 m), reachable in under an hour. The path initially descends gently into the heart of the Altfasstal Valley through picturesque mixed woodland. The hut

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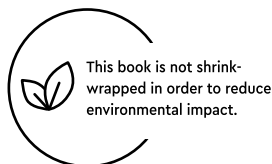
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Hiking routes for South Tyrol Explorers

A highly popular holiday destination, South Tyrol offers endless opportunities for hikes and walks. With so many trails to choose from, it can be hard for hikers to find the true highlights – especially when vacation time is limited. This guide features 30 of the best hikes, each with a detailed route description and essential practical information, including how to get there, starting points, trail length, walking time, elevation gain, and difficulty level. A topographic map section helps with orientation, and carefully selected photos complement each tour.

- Discover South Tyrol at your own pace – relaxed and stress-free
- Short hikes with local tips and recommended refreshment stops
- Includes a discount voucher and 30-day free subscription to download GPS-data

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