



# The Venosta Valley High Trail

An exceptional multi-day hike  
along the sunny side of the Venosta Valley.



The Venosta Valley High Trail, which runs from the source of the Adige River at the Reschen Pass to Juval Castle at the entrance to the Schnalstal Valley, combines various stages into a captivating multi-day hike. The 90 km route follows a combination of existing and new footpaths, ancient irrigation channels, and connecting trails between the farms, offering breathtaking views of the highest mountains in South Tyrol and the fertile valley.

## Hiking Package – Venosta Valley High Trail

- 6 overnight stays with breakfast in a DBL
- 5 luggage transfers
- New hiking map 1:25.000 & 3D map
- Detailed description of the stages
- **NEW:** Cable car ride to St. Martin im Kofel
- Service hotline during the tour
- **Guest card** for the use of public transportation during the hike & return to the starting point

**from Euro 598,00 per person**  
(accommodation double room/shower/WC)



**Vinschgau Touristik**  
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	Day Tour	Accommodation
	<p>The Venosta Valley High Trail impresses in every stage with scenic, cultural, and culinary highlights.</p> <p style="text-align: right;">Duration: 5 days of hiking stages</p>	<p>Accommodation with breakfast in Reschen</p>
	<p>The first stage takes you from Reschen to Planeil, following the Venosta Valley High Trail and the picturesque Malser Haide.</p> <p>Walking time: approx. 6.5 h                      Ascent: 655 m  Distance: approx. 20 km                      Descent: 626 m</p>	<p>Accommodation with breakfast in Planeil</p>
	<p>The second stage takes you from Planeil over the Spitzige Lun, to Mals, offering impressive views of the Ortler Group.</p> <p>Walking time: approx. 5.5 h                      Ascent: 741 m  Distance: approx. 14.7 km                      Descent: 1,267 m</p>	<p>Accommodation with breakfast in Mals</p>
	<p>The third stage begins with a short ride on the city bus to Matsch. From there you will hike to Tanas following an old irrigation channel.</p> <p>Walking time: approx. 6.5 h                      Ascent: 689 m  Distance: approx. 18.7 km                      Descent: 717 m</p>	<p>Accommodation with breakfast in Tanas</p>
	<p>The fourth stage runs from Tanas to Schlanders along the Venosta Valley Sun Mountains, characterized by a dry steppe landscape.</p> <p>Walking time: approx. 4 h                      Ascent: 288 m  Distance: approx. 13,2 km                      Descent: 1,123 m</p>	<p>Accommodation with breakfast in Schlanders</p>
	<p>The fifth stage begins with a short train ride to Latsch, followed by a cable car ride to St. Martin. From there, you hike past Juval Castle to Staben.</p> <p>Walking time: approx. 4 h                      Ascent: 171 m  Distance: approx. 12.6 km                      Descent: 1,357 m</p>	<p>Accommodation with breakfast in Tschars or Staben</p>