






VENOSTA VALLEY HIGH MOUNTAIN TRAIL

from Resia/Reschen to Stava/Staben

A unique multi-day hike along the sunny slopes of the Venosta Valley

The Venosta Valley High Mountain Trail, which runs from Stava in the Lower Venosta Valley to the source of the Adige River on the Resia Pass, combines several different stages in one delightful adventure route. The 106-kilometer-long route runs along both existing and new footpaths, Waalwege trails (former irrigation channel paths) or on the connecting roads between farms. The Venosta Valley High Mountain Trail leads through wildly varying local vegetation and nature: the paths leading along the Monte Sole mountainside feature a diverse flora of steppe grasses and herbs, and offer thrilling views of the highest mountains in South Tyrol and the fertile surrounding valley.

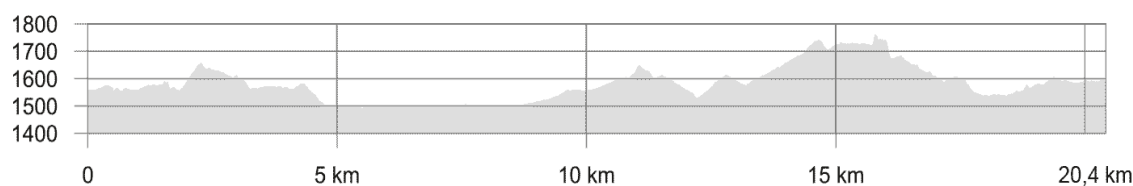
KEY DATA





Start and Finish Point:	Resia (source of the Adige River) – Stava (village center)
 Length	108 km
 Duration	5 one-day stages
 Difference in altitude (ascending)	4,693 m
 Difference in altitude (descending)	5,711 m
Difficulty	Requires good physical condition, endurance levels and sure-footedness
Best period	April – October (in high summer temperatures can be very hot). Note: short-term and more determined hikers are recommended to hike on weekdays (not weekends).
 Marking	The entire route is marked with the red logo of the trail
Map	Hiking map for Venosta Valley High Mountain Trail, Tappeiner Verlag: 1: 25,000
What should I pack in my backpack?	Warm and weatherproof clothing, rain covering, basic provisions, hiking poles (can be useful), first aid kit



1ST STAGE

FROM RESIA TO PLANOL/PLANEIL



 Walking Time	Approx. 6 – 6 1/2 hours
 Length	20.5 km
 Difference in altitude (ascending)	Approx. 956 m
 Difference in altitude (descending)	Approx. 920 m
Note	It is recommended to bring sufficient provisions with you
Highlights	Church Tower in the Lake, Bunker
Arrival	Bus to Malles/Malles, Venosta Valley Train to Resia

The Venosta Valley High Mountain Trail begins at the source of the Adige River at the Resia Pass. Worth seeing is the bunker, which was built in the source area of the Adige and dug into the rock. The route leads to the Church Tower in the Lake, the most striking attraction in the Venosta Valley. The construction of the reservoir in 1950 flooded the village of Curon/Graun and parts of Resia. Today, only the Tower in the Lake testifies to the existence of the former and now-sunken villages. Following the lake promenade, the path continues towards S. Valentino/St. Valentin and then through the small mountain villages of Piavenna/Plawenn, Alsago/Alsack and Ultimo/Ulten in the municipality area of Malles. Piavenna lies at the beginning of the scree cones of the Malser Haide. Also located at the hamlet is the highest still-inhabited aristocratic estate in the Alps at 1,730 m. Planol is the stage endpoint. The village with its highly unique character consists of closely-built mountain farms.

Insider tip: from S. Valentino, the Venosta Valley High Mountain Trail also merges with the 360° Upper Venosta Valley circular route.

Alternative 1: Via the Schöneben Panoramaweg Trail to the Malga S. Valentino Mountain Pasture

 Walking Time	Approx. 2.5 hours
 Length	6 km
 Difference in altitude (ascending)	Approx. 280 m
 Difference in altitude (descending)	Approx. 250 m

This relatively easy alternative route starts at the mountain station of the Belpiano/Schöneben cable car. The slightly uphill panoramic path leading from Belpiano to the Malga S. Valentino/Haideralm mountain pasture offers imposing views across the Resia and Malga S. Valentino lakes to the steep glacial slopes of the Weißkugel and the Ortler mountain range. The starting point of the Venosta Valley High Mountain Trail can be found by walking from the valley station of the cable car between the houses to the main street and the Mountain Living Apart Hotel.

Belpiano Cable Car, Resia
 Phone +39 0473 633333
 Open from the beginning of June to the beginning of October
www.schoeneben.it – info@schoeneben.it

Malga S. Valentino Cable Car, S. Valentino
 Phone +39 0473 634628
 Open from the end of June to the end of September

Accommodation in the Village of Resia

Gasthof Rojen – Bergkristall inn
Phone +39 3405857612
ckllemann@ymail.com

Hotel Villa Waldkönigin
Phone +39 0473 634559
www.waldkoenigin.com – info@waldkoenigin.com

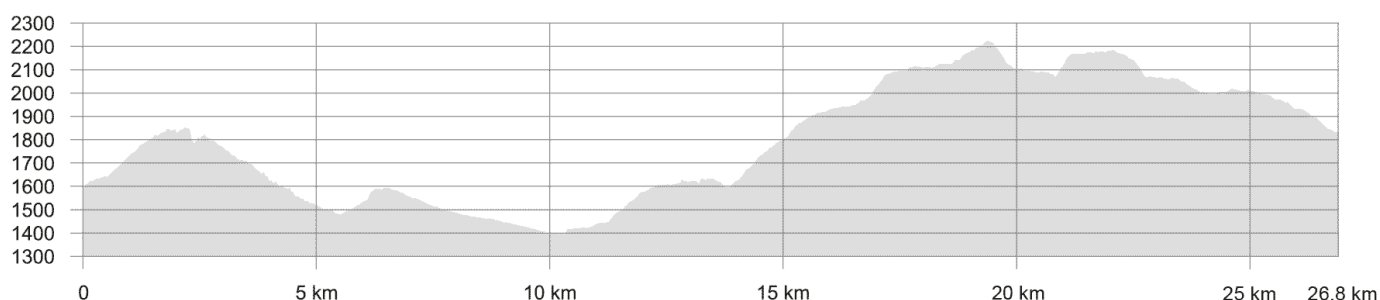
Accommodation & Refreshments in Malles / Planol





Gasthof zur Gemse inn, Planol
Phone +39 0473 831148
Mobile +39 347 2110054
www.gasthof-gemse.it – info@gasthof-gemse.it

Pritscheshof farm, Planol
Mobile +39 348 7008445
www.pritscheshof.net – info@pritscheshof.net

Morigglhof farm, Malles
Phone +39 0473 840879
www.morigglhof.com

2ND STAGE FROM PLANOL TO THE GLIESHÖFE FARMS







	Walking Time	Approx. 9.5 – 10 hours
	Length	26.8 km
	Difference in altitude (ascending)	Approx. 1,633 m
	Difference in altitude (descending)	Approx. 1,391 m
Highlights		Marienberg Abbey, Ortler Mountains, Stelvio National Park
Note		Good physical condition required

This physically challenging stage leads from Planol via Monteschino/Muntetschinig to the Glieshöfe farms. The route offers wonderful views of the Ortler mountain group. The stage starts in Planol at the end of the valley, then proceeds along route no. 12A in the direction of the Spitzige Lun mountain, and from there, about 1/3 of the route branches off from the main trail along no. 16 in the direction of Monteschino. The main stage of the Venosta Valley Trail continues from the hamlet of Monteschino above Tarces/Tartsch to Mazia/Matsch, to the Gondaalm mountain pasture and on to the Matscher Alm mountain pasture, at 2,045 m – the highest point along the Venosta Valley High Mountain Trail. From the Matscher Alm, head towards Glieshöfe farms at the end of the Matschertal Valley at 1,800 m. Depending on your endurance levels, the stage can also conclude in the village of Mazia (from Monteschino, follow trail no. 14 to Mazia).

Option 2: Spitzige Lun Mountain, 2,324 m

Planol – Spitzige Lun – Gondaalm pasture – Gondahütte mountain hut - Eisawiesen meadows – Glieshöfe farms

 Walking Time	Approx. 6.5 - 7 hours
 Length	17.9 km
 Difference in altitude (ascending)	Approx. 1200 m
 Difference in altitude (descending)	Approx. 980 m
Note	It is recommended to take along sufficient provisions - the descent from the Planol to the Spitzige Lun is very steep. The shady ascent is recommended in particular on hot summer days.

The traverse of the Spitzige Lun summit is an ideal alternative to stage no. 2. The mountain lies in the middle between the Planeital and Matschertal valleys. After crossing through the village of Planol, the trail follows the Planeital until reaching trail no. 12A on the right, which branches off to the Spitzige Lun. The route first follows the forest road, and then leads through the shady forest. Hike uphill over the forest road until reaching open terrain that leads directly to the summit. From the summit, descend some 300 meters in altitude via trail no. 13 to a fork above the Tartscher Lager, then take trail no. 16 in the direction of the Gondaalm pasture and from there continue on to the Gondahütte. From there, the route leads over the Eisawiesen to the Glieshöfe farms. Between Planol and the village of Mazia, the 360 ° Upper Venosta Valley circular route follows the same route as the Venosta Valley High Mountain Trail.

Accommodation & Refreshments along the 2nd Stage

Gasthof Weißkugel inn, Mazia
Phone +39 0473 842600
gasthofweisskugel@gmail.com
(approximately halfway between Planol and Glieshof farm)

Matscher Alm mountain hut, Mazia
Mobile +39 339 7859263
(about 1.25 hours before the stage endpoint Glieshof – only refreshments available)

Rainalterhof farm, Tarces/Malles
Phone + 39 0473 831764
Mobile +39 347 5861687
reinalterhof@gmail.com (about 1 1/2 hours before Mazia in the village of Monteschino)

Gasthof Weißkugel inn, Mazia
Phone +39 0473 842600
gasthofweisskugel@gmail.com
(located about halfway between Planol and Glieshof)

Matscher Alm mountain hut, Mazia
Phone +39 3381279717
(about 1.25 hours before reaching the end of the stage; refreshments only)

Rainalterhof farm, Tarces/Malles
Phone + 39 0473 831764
Mobile +39 347 5861687
reinalterhof@gmail.com
(about 1.5 hours before reaching the village of Monteschino)

Accommodation along the 2nd Stage

Lechthof farm, Malles
Phone +39 345 9698649
info@lechthof.it – www.lechthof.it
(about 1.5 hours before reaching Mazia in the village of Monteschino)

Gemassenhof farm, Tarces
 Mobile +39 340 8984388
 info@gemassenhof.it – www.gemassenhof.it
 (about 1.5 hours before reaching Mazia in the village of Monteschino)

Montecinhof, farm holidays, Tarces
 Mobile + 39 335 5627210
 info@montecin.com – www.montecin.com
 (about 1.5 hours before reaching Mazia in the village of Monteschino)

Fichtenhof, farm holidays, Tarces
 Phone +39 0473 831697
 fichtenhof@rolmail.net – www.fichtenhof.bz.it
 (about 1.5 hours before reaching Mazia in the village of Monteschino)

Hahnenhof farm, Mazia
 Phone +39 0473 842714 M. +39 338 4948519
 info@hahnen-hof.com – www.hahnen-hof.com

Accommodation and Refreshments at the Stage Endpoint

Almhotel Glieshof mountain hotel, Mazia
 Phone +39 0473 842622
 hotel@glieshof.it – www.glieshof.it

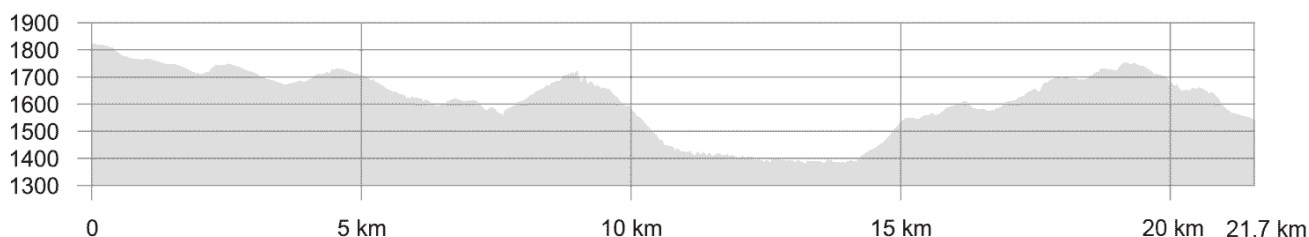
Inner-Glieshof, farm holidays, Mazia
 Phone +39 0473 842659
 info@inner-glieshof.it – www.inner-glieshof.it





Ausser-Glieshof, farm holidays, Mazia
 Phone +39 0473 842638
 info@ausserglieshof.it – www.ausserglieshof.it

Ausserglieshof Theiner farm, Mazia
 Phone + 39 0473 842637
 info@ausserglieshof-theiner.com – www.ausserglieshof-theiner.com

Thaneihof farm, Mazia
 Phone +39 0473 842614
 info@thaneihof.com – www.thaneihof.com

3RD STAGE FROM THE GLIESHOF FARM TO TANAS



	Walking Time	Approx. 6 – 6,5 hours
	Length	21.7 km
	Difference in altitude (ascending)	Approx. 780 m
	Difference in altitude (descending)	Approx. 1,060 m

This stage begins at the Glieshöfe farms and leads through meadows and Waalwege irrigation channel trails and partly paved roads along the orographic left side of the valley, up to the Runhöfe farms on the other side of the valley at the village of Mazia. The path winds its way through the shady coniferous forest towards the Marseilhof farm to the Gschneier Waalweg trail. Here, hikers must attempt a descent of a few meters. The Gschneier Waalweg trail leads through the forest and across free slopes to the group of farms of the same name above Sluderno/Schluderns, the Gschneierhöfe farms. The Birkenhof Alpine snack bar, which is located about 30 minutes below the Venosta Valley Trail, offers a welcome refreshment stop with a wonderful view of the highest mountain in South Tyrol, the Ortler. From the Gschneierhöfe continue towards Frinigo di Sotto/Unterfrinig and Frinigo di Sopra/Oberfrinig to Tanas.

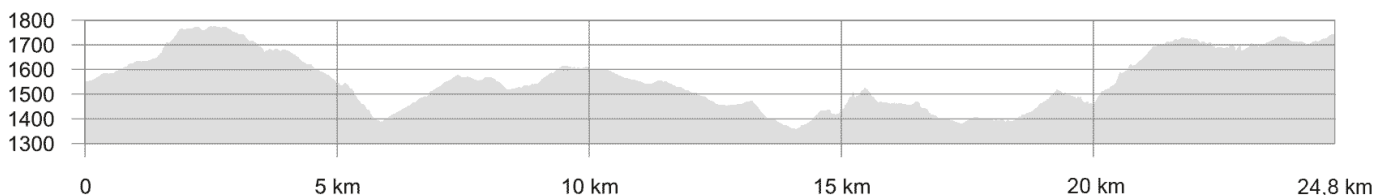
Refreshments and Accommodation Along the 3rd Stage





Birkenhof farm, Sluderno
 Mobile +39 347 4338931
 info@birken-hof.com - www.birken-hof-com
 (about 30 minutes below the Venosta Valley High Mountain Trail)

Accommodation at the Stage Endpoint – Tanas

Gasthof Paflur inn, Tanas – Lasa/Laas
 Phone +39 0473 739977
 Mobile +39 348 0454508
 info@paflur.com – www.paflur.com

4TH STAGE FROM TANAS TO S. MARTINO IN MONTE/ST. MARTIN IM KOFEL



	Walking Time	Approx. 8 – 8.5 hours
	Length	24.8 km
	Difference in altitude (ascending)	Approx. 1,360 m
	Difference in altitude (descending)	Approx. 1,120 m

The fourth stage requires a great deal of physical fitness and endurance, even for experienced mountain hikers. On the ascent and descent, a few meters of altitude must be mastered. From Tanas, the Venosta Valley High Mountain Trail leads to the Rimpfhöfe farms above Alliz/Allitz, and from there via the Monte Sole mountain above Silandro/Schlanders to the Schlandrauntal Valley and then to the Schlandersberg mountain. Along Monte Sole mountain, the route leads past dilapidated mountain farms. The Zuckbichl and Laggar farm ruins were forced to cease operation due to the scarcity of water at Monte Sole in Venosta Valley. The route leads past the mountain farms of Forra and Hofschank Egg farm bar (refreshment stop) until reaching S. Martino in Monte. This small mountain village above Laces/Latsch with 120 inhabitants is home to rustic mountain farms and the pilgrimage church "Zum Heiligen Martin" and is one of the most beautiful destinations in South Tyrol. The cable car at S. Martino in Monte is open year-round and runs daily from Laces to St. Martino.

Refreshments and Accommodation Along the 4th Stage

Hofschank Egg farm bar, Laces
 Phone+39 0473 623628
 (about 30 minutes from the stage endpoint)

Accommodation at the Stage Endpoint – S. Martino in Monte

Oberköbenhof, farm holidays, Laces
Mobile +39 3391026306
oberkoeben@rolmail.net – www.oberkoeben-latsch.jimdo.com

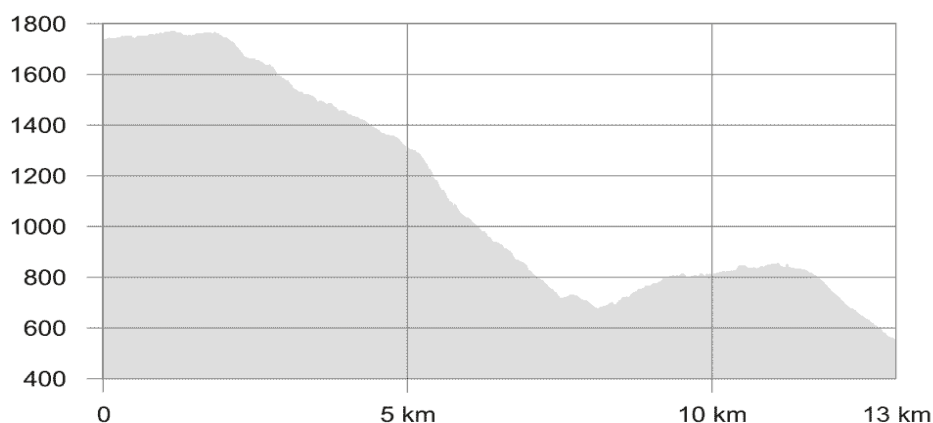
Oberkaser, apartments, S. Martino in Monte,
Phone + 39 0473 720125
oberkaser@alice.it – www.oberkaser.wordpress.com

Accommodation near the Valley Station of the Cable Car at S. Martino in Monte

Hotel Vermoi, Laces
Phone +39 0473623217
info@hotelvermoi.com – www.hotelvermoi.com

Pension Gallus inn, Laces
Phone +39 0473 623952
info@pension-gallus.it – www.pension-gallus.it

5TH STAGE FROM S. MARTINO IN MONTE TO STAVA/STABEN



 Walking Time	Approx. 4 – 4.5 hours
 Length	13 km
 Difference in altitude (ascending)	Approx. 290 m
 Difference in altitude (descending)	Approx. 1,400 m

The final stage leads from S. Martino in Monte along the Trumsberg mountain to the Niedermoarhof farm. The stage offers a unique view of the Venosta Valley basin and the snow-covered glaciers of Val Martello. Trail no. 2 leads from Trumsberg towards the Kasten Estate. The name “Kasten” refers to its former function as a granary for the Hochgalsaun Castle. The estate is now privately owned and therefore not open to the public. From Kasten, follow the detour (path no. 3) via Colsano/Galsaun to Ciardes/Tschars. In Ciardes, the Waalweg irrigation channel trail leads to Stava or Juval Castle. It also offers the possibility of a detour to Reinhold Messner’s Juval Castle. The castle complex was constructed on its prehistoric setting by Hugo of Montalban in 1278. Since 1983, the castle has been the residence of the famous mountaineer Reinhold Messner, who has housed several art collections there: an extensive Tibetan collection, a mountain picture gallery, a collection of masks from four continents, and much more. The Messner Mountain Museum Juval is closed during the months of July and August.

Refreshments Along the 5th Stage

Hofschank Platztair farm bar, S. Martino in Monte
Phone +39 0473 624528
(about 1 hour from S. Martino in Monte)

Hofschank Niedermoarhof farm bar, Castelbello-Ciardes/Kastelbell-Tschars
Phone +39 0473 624140
(about 2 hours from S. Martino in Monte)

Jausenstation Sonnenhof Alpine snack bar, Castelbello-Ciardes
Phone +39 0473 667892
(about 1/2 hour before the end of the stage in Stava)

Hofschank Himmelreich-Hof farm bar, Castelbello/Kastelbell-Ciardes
Phone +39 0473 624417
m.fliri@rolmail.net - www.himmelreich-hof.info

Schlosswirt Juval inn, Castelbello-Ciardes
Phone +39 0473 668056
www.schlosswirtjuval.it/gasthaus - gasthaus@schlosswirtjuval.it

Accommodation at the Stage Endpoint – Stava

Panoramahotel Himmelreich, Ciardes
Phone +39 0473 624109
info@himmelreich.it – www.himmelreich.it

Garni Residence Pardell inn, Ciardes
Phone +39 0473 624018
info@pardell.it – www.pardell.it

Garni Residence Sardis inn, Castelbello-Ciardes
Phone + 39 0473 624010
info@sardis.it – www.sardis.it

Hotel Winkler, Ciardes
Phone + 39 0473 624134
info@hotelwinkler.com – www.hotelwinkler.com

Wielander Sackgut, farm holidays, Ciardes
Phone +39 0473 667663
info@sackgut.com – www.sackgut.com

Bachguterhof farm, Ciardes
Mobile +39 333 1914206
niederegger.kg@rolmail.net

Hotel Sand, Ciardes
Phone +39 0473 624130
info@hotel-sand.com – www.hotel-sand.com

Bad Kochenmoos inn, Stava
Phone +39 0473 667454
info@bad-kochenmoss.com – www.bad-kochmoss.com

Flatschhof farm, Castelbello-Ciardes
Mobile +39 349 6199063
info@flatschhof.com – www.flatschhof.com



Entrance to the Venosta Valley High Mountain Trail

S. Valentino: trail no. 6
Fischerhäuser / S. Valentino: trail no. 3
Planol, Ultimo, Alsago and Piavenna
Malles: trail no. 12
Tarces: trail no. 18
Mazia: trail no. 13 + 15 + 16
Sluderno: trail no. 20 + 21
Spondigna: trail no. 23A + 17
Oris: trail no. 25 + 21 + 21A
Tanas: trail no. 25
Alliz: trail no. 19 + 17 + 17a
Corces: IIsaal trail no. 8 + 15
Silandro: trail no. 7 + 14 + 4
Vezzano: trail no. 16
Coldrano - Tiss: trail no. 5 + 14
Laces: S. Martino cable car, Phone +39 0473 622 212, <http://www.latsch-martell.it/en/summer-winter-aktiv/aufstiegs-systems/>
ropeway-st-martin-im-kofel
Colsano: trail no. 1B and no. 3
Ciardes: Tscharser Waalweg trail no. 3
Stava: trail no. 1



Parking

Resia: sports ground, free and unguarded (walking time: about 10 minutes to the Adige River source)
Stava: in the village center at the train station, free and unguarded



Public Transportation

Information and timetables: www.sii.bz.it, www.vinschgauerbahn.it, Green number 840 000 471



Taxis and Hiking Shuttles

Resia, Taxi Elmar Raffeiner, Tel. +39 0473 632078
S. Valentino, Taxi Prenner, Tel. +39 335 5438690
Planol, Steck Franz, Tel. +39 0473 831148
Mazia, Thanei Fridolin, Tel. +39 0473 842647 or Tel. +39 335 7096222
Malles, Taraboi Armin, Tel. +39 0473 831106 or Tel. +39 347 7987265
Malles, Venosta Valley High Mountain Trail hiking taxi, tel. +39 3335657464
Silandro, Mobilcar, Tel. +39 338 5075462
Silandro, Stegges Taxi, Tel. +39 335 5440620
Coldrano, Fleischmann Raimund, Tel. +39 0473 742537 or Tel. +39 335 6072482
Laces, Taxi Pepi, Tel. +39 335 6746000
Castelbello, Bernhard Waldner, rental car with driver, Tel. +39 335 6828514



Tips for Safe Hiking and Mountaineering

- > Plan your hikes: Information on length and difficulty is essential for a safe experience in the mountains. Inform your family or your host about your destination.
- > Before each tour, consult the current weather reports and keep an eye on weather developments throughout the hiking tour. Hosts and landlords also provide useful information about the local weather situation.
- > Estimate your condition objectively and select the most suitable tour. Start early in the morning and schedule enough time to return before dark.
- > Choose a moderate and regular walking pace. Be sure to take sufficient breaks, especially if you are hiking with children.
- > Make sure you have enough fluid! The most suitable drinks are water, tea or natural juices.
- > Pay attention to the correct equipment, in particular sturdy walking shoes: Proper hiking boots provide a secure fit and protect the joints.
- > Choose lightweight and breathable clothing and appropriate reserve wash.
- > Always pay attention to the weaker in your group. Warn other hikers about dangers and provide first aid in the case of an emergency.
- > Respect nature with respect: avoid noise, do not leave [any](#) rubbish behind and protect the local vegetation. Note any protected plants and animals.
- > Always follow the sign-posted route and stay on the marked paths and climbs. From time to time, consult your hiking map, in the case of doubt, return in good time.

(Source: Autonomous Province of Bolzano-South Tyrol, Tourism Department)



Important Telephone Numbers

Emergency number South Tyrol: 112
Alpine Information: Phone +39 0471 999955; www.alpine-auskunft.it
Weather information: Tel. +39 0471 271177 - www.provinz.bz.it/wetter



Our Tip: Package Offers for the Venosta Valley High Mountain Trail

Including overnight stay with breakfast, daily luggage transport, hiking map for the Venosta Valley High Mountain Trail, well-prepared route guidance, service hotline, and Venosta Valley Card for the return to the starting point.

Contact: Vinschgau Touristik
Via Stazione/Bahnhofsstraße 36c 39024 Malles
Phone +39 0473 616742; info@vinschgau-touristik.com



Further information can be found at: <https://www.vinschgau.net/en/mountain-holidays/hiking-mountain-tours/venosta-valley-high-mountain-trail.html>

Tourism Information Venosta Valley
Phone. +39 0473 620480
info@vinschgau.net

Sources:
Pictographs, dates and pictures: Tappeiner Verlag
publishers, book "Der Vinschger Höhenweg (The Venosta
Valley High Mountain Trail)", Christjan Ladurner, 2018