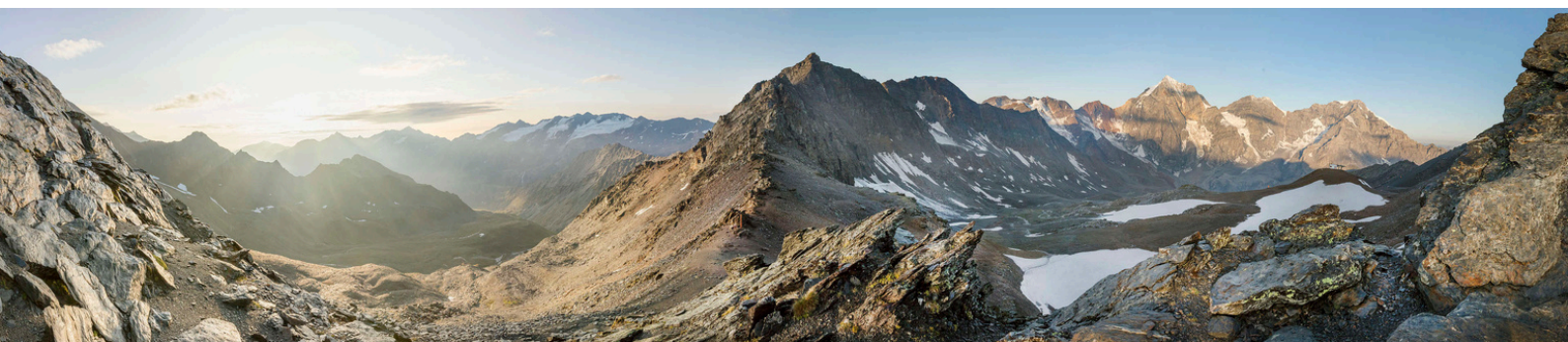




| DATE   | EVENTS   |
|--|--|
| <b>JULY, 9<sup>TH</sup></b>                                  | <a href="#">Farmers' market</a><br>from 2 pm at the Sulden leisure center  |
| <b>JULY, 17<sup>TH</sup></b>                                 | <a href="#">Hike to the yaks with Reinhold Messner</a><br>Meeting point at 10 am at the valley station of the Sulden cable car   |
| <b>JULY, 19<sup>TH</sup></b>                                 | <a href="#">Stilfserjoch Stelvio Trail Run</a><br>21 km with 2,100 m elevation gain from Prad to the Stelvio Pass  |
| <b>JULY, 23<sup>TH</sup></b>                                 | <a href="#">Farmers' market</a><br>from 2 pm at the Sulden leisure center  |
| <b>JULY, 25<sup>TH</sup></b><br><b>JULY, 27<sup>TH</sup></b> | <a href="#">StilZ Festival</a><br>Cultural festival at typical village locations in Stilfs<br>Music, performance, film, narrative hike, puppet theater, workshops, bike tour, gourmet food |
| <b>JULY, 27<sup>TH</sup></b>                                 | <a href="#">Lake festival of the Sulden volunteer fire department</a><br>from 12 noon at Lake Sulden   |
| <b>JULY, 31<sup>ST</sup></b>                                 | <a href="#">Kaiserschmarren festival</a><br>Free sampling of the homemade Kaiserschmarren and live music from 12.30 at the Madritschhütte  |
| <b>AUGUST, 3<sup>RD</sup></b>                                | <a href="#">Summer festival of the Ortler ski club</a><br>from 11 am at Lake Solda   |
| <b>AUGUST, 6<sup>TH</sup></b>                                | <a href="#">Stilfs Open Air 2025</a><br>Big Band Mals   at 9 pm at the church square in Stilfs   |
| <b>AUGUST, 7<sup>TH</sup></b>                                | <a href="#">Apple bake festival</a><br>Free sampling of the homemade apple bakes and live music from 12.30 at the Madritschhütte   |
| <b>AUGUST, 12<sup>TH</sup></b>                               | <a href="#">Summer concert - Concerto della speranza</a><br>from 9 pm in the parish church in Sulden   |
| <b>AUGUST, 13<sup>TH</sup></b>                               | <a href="#">Farmers' market</a><br>from 2 pm at the Sulden leisure center  |
| <b>AUGUST, 15<sup>TH</sup></b>                               | <a href="#">Apple strudel festival</a><br>Free sampling of the homemade apple strudel and live music from 12.30 at the Madritschhütte  |
| <b>AUGUST, 20<sup>TH</sup></b>                               | <a href="#">Strauben festival</a><br>Free sampling of the homemade Strauben and live music from 12.30 at the Madritschhütte  |





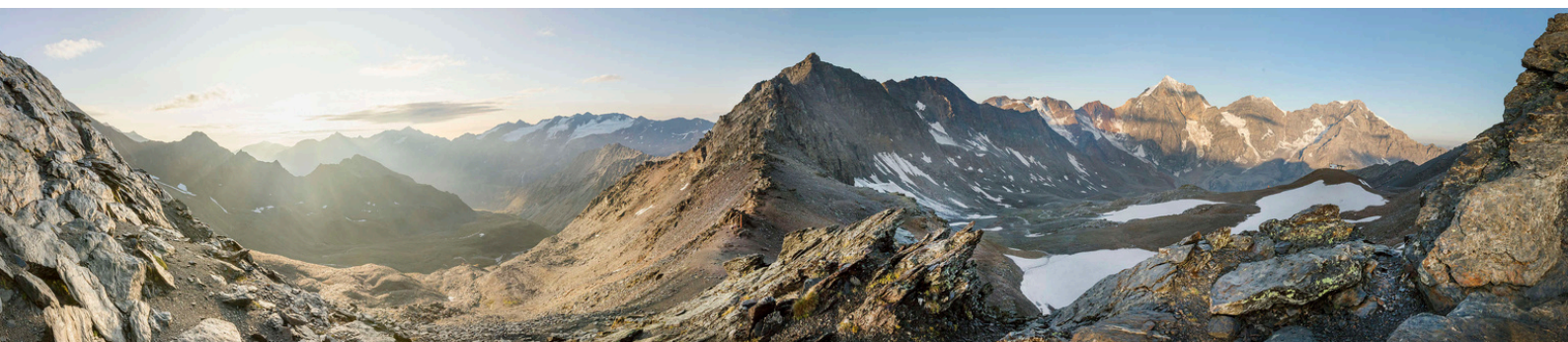
| DATE  | EVENTS  |
|---|---|
| <b>AUGUST, 20<sup>TH</sup></b>  | <b>Sulden Open Air 2025</b><br>Big Band Mals   at 9 pm at the leisure center in Sulden  |
| <b>AUGUST, 27<sup>TH</sup></b>  | <b>Farmers' market</b><br>from 2 pm at the Sulden leisure center  |
| <b>AUGUST, 30<sup>TH</sup></b>  | <b>Stelvio Bike Day</b><br>The pass road to the Stelvio Pass is closed to motorized traffic from Trafoi from 8 am to 4 pm. The road belongs to cyclists! The goal of the bike tour is the 2,758 m high Stelvio Pass, one of the highest passable Alpine passes. |
| <b>SEPTEMBER, 6<sup>TH</sup></b>                                      | <b>As a guest in Stelvio</b><br>Scattered market from 9 am - 5 pm<br>The whole village is transformed into a living workshop: open studios, showplaces & market stalls. A day to discover, enjoy and be amazed  |
| <b>SEPTEMBER, 8<sup>TH</sup></b><br><b>SEPTEMBER, 12<sup>TH</sup></b> | <b>Pure Air Week</b><br>Breathe consciously, relax deeply, enjoy nature   |

## WEEKLY GUIDED TOURS & HIKES

|                  |  |                     |
|------------------|--|---------------------|
| <b>TUESDAY</b>   | Adventure trip to Lake Resia   | 01.07. - 02.09.2025 |
|                  | Guided hike in the Stelvio National Park - Fascinating mountain worlds   | 10.06 - 28.10.2025  |
|                  | Stone Age - a playful afternoon for children around stones and mountains | 15.07 - 26.08.2025  |
|                  | Alpine pasture hike for families *                                       | 22.07 - 12.08.2025  |
| <b>WEDNESDAY</b> | Guided hike in the Stelvio National Park - sunrise hike                  | 11.06 - 15.10.2025  |
|                  | Discover climbing for children in Sulden and Trafoi                      | 02.07. - 27.09.2025 |
| <b>THURSDAY</b>  | Adventure hike for families with the Stelvio miller                      | 03.07. - 28.09.2025 |
|                  | Nature workshop Wuschlpuschl ... in summer *                             | 12.06 - 28.08.2025  |
| <b>FRIDAY</b>    | Guided hike in the Stelvio National Park - Gold Lake hike                | 13.06 - 10.10.2025  |
|                  | Nature workshop Wuschlpuschl ... in summer *                             | 01.08 - 29.08.2025  |

Meeting point and route will be announced upon registration  
Registration until 5 pm the day before at the tourist office Sulden and Gomagoi

\*Registration at the naturatrafoi visitor center





## OTHER GUIDED HIKES

|   |  |
|---|--|
| Tuesday, 05.08.2025<br>Monday, 18.08.2025     | Guided hike in the Stelvio National Park -<br>Wild herbs and vegetables hike |
| Thursday, 07.08.2025<br>Wednesday, 20.08.2025 | Herb trail hike at the "Flora Traful"  |

Registration at the naturatrafoi visitor center

## EVENTS FROM THE SURROUNDING AREA

|  |  |
|--|--|
| Prader "market quintet" - craft and gourmet market<br>17.07 - 24.07 - 31.07 - 07.08 - 14.08.2025 | Prader alpine pasture festival<br>at the end of August |
| Country Fest in Prad<br>01.08 - 03.08.2025   | Pear "Pala" - Market in Glurns<br>06.09.2025           |
| Marble & apricots in Lasa/Laas<br>02.08 - 03.08.2025   | St. Matthew's market in Prad<br>21.09.2025             |
| South Tyrolean Knights' Games in Schluderns<br>22.08 - 24.08.2025                                | Customs and enjoyment festival in Prad<br>05.10.2025   |

## USEFUL INFORMATION AND OPENING HOURS

### SULDEN SOLDA

#### Tourist office in Sölden

Mon - Fri 08.30 - 12.30 and 14.00 - 17.00; July and August Mon - Fri until 18.00 and Sat 08.30 - 12.30 and 14.00 - 17.00

#### Museums in Sölden

Alpine Curiosa and Museum for the Ortler region open all day every day  
MMM Ortles July and August 1 - 6 pm (otherwise 2 - 6 pm) Tuesday closed!

#### Minigolf in Sölden

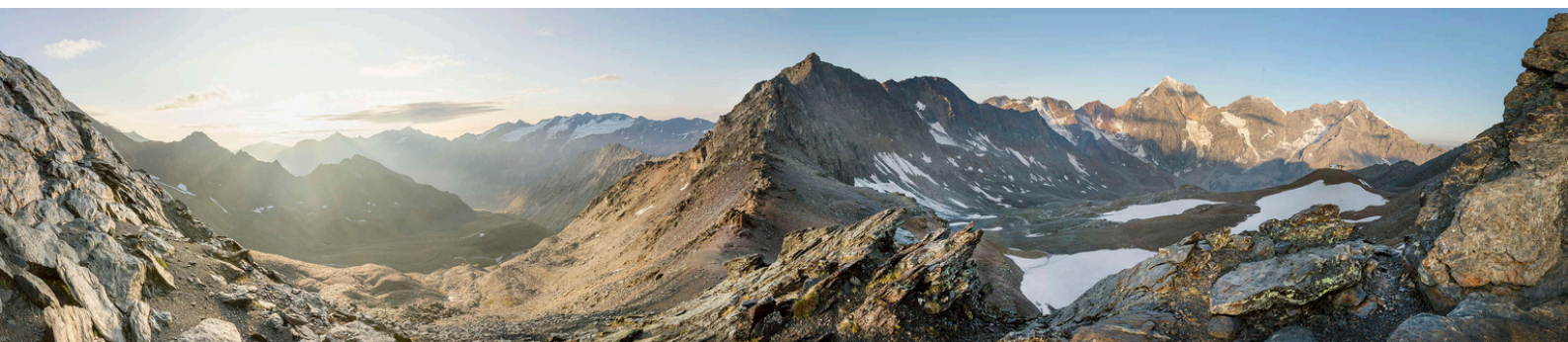
Open daily from 10 a.m. to 6 p.m. (except in bad weather)

#### Lifts in Sölden

**Sölden cable car:** 25.06 - 28.09.2025 from 08.30 - 12.45 and 14.00 - 17.00 (every 20 min)

**Kanzel cable car** 20.06 - 15.09.2025; 17.09 - 27.09.2025 only on odd days 08.30 - 12.30 and 13.30 - 17.00 (19.07.25 to 24.08.25 until 17:30)

**Langenstein chairlift:** 21.06. - 14.09.2025; 16.09. - 28.09.2025 only on even days 08.30 - 12.30 and 13.30 - 17.00 (19.07.25 to 24.08.25 until 17:30)







|                       |   |
|-----------------------|---|
|                       | <a href="#">Post office in Sulden</a><br>open on Tuesday, Thursday and Saturday from 08:20 - 13:45  |
|                       | <a href="#">Doctor in Sulden</a><br>Tuesday from 08.30 - 11.30 and Thursday 14 - 18 o'clock   |
|                       | <a href="#">Playground in Sulden</a><br>is located next to the mini golf course and is open dailyt  |
| <b>TRAFOI</b>         | <a href="#">Stelvio National Park Visitor Center - naturatrafoi in Trafoi</a><br>Tuesday to Saturday from 09.30 - 12.30 and 14.30 to 17.30  |
|                       | <a href="#">Playground in Trafoi</a><br>is located next to the parish church and is open daily  |
|                       | <a href="#">Lifts in Trafoi</a><br><b>Chairlift Trafoi:</b> 08.06 - 05.10.2025 from 08.30 - 12.30 and 13.30 - 17.00   |
| <b>GOMAGOI</b>        | <a href="#">Tourist office in Gomagoi</a><br>Open mid-June to mid-September Mon, Tue, Wed, Fri, Sat from 9 am - 3 pm  |
|                       | <a href="#">Electric charging station in Gomagoi</a><br>is located right next to the tourist office   |
|                       | <a href="#">Mechanic in Gomagoi</a><br>50 m before the Sulden/Trafoi crossing   |
| <b>STELVIO</b>        | <a href="#">Fishing pond in Stelvio</a><br>open daily from 10 am - 6 pm (Tuesday closed)  |
|                       | <a href="#">Doctor in Stelvio</a><br>Monday from 08.30 - 11.30 and 14 - 18, Wednesday 08.30 - 13, Friday 08.30 - 11.30  |
|                       | <a href="#">Museum "Der Einstieg" in Stelvio</a><br>Mining and archaeology in the Ortler region; Tuesday - Sunday from 9 am - 5 pm  |
| <b>PRAD</b>           | <a href="#">Stelvio National Park Visitor Center - aquaprad in Prad</a><br>Tuesday to Saturday from 09.30 - 12.30 and 14.30 to 17.30  |
|                       | <a href="#">Post office in Prad</a><br>open on Monday, Wednesday and Friday from 08:20 - 13:45  |
|                       | <a href="#">Pharmacy in Prad</a><br>open on Mon, Tue, Fri from 08.30 - 12.30 and 14.30 - 18.30; Thu and Sat 08.30 - 12.30   |
|                       | <a href="#">Bike rental in Prad</a><br>in the center of Prad at Baldi Sport, Prad industrial zone at 2Rad Ortler or at Spondinig train station  |
| <b>VENOSTA VALLEY</b> | <a href="#">Weekly markets in Vinschgau</a> <ul style="list-style-type: none"> <li>- Tuesday in Prad</li> <li>- Wednesday in Malles/Mals</li> <li>- Thursday in Silandro/Schlanders</li> <li>- Friday in Merano</li> <li>- Saturday in Naturns</li> </ul> |

