npbyssuiv

Thanks to its landscape full of contrasts, the Vinschgau valley

is one of the most multifaceted nature areas in South Tyrol. It

spans from barren glaciers surrounding the Ortler mountain

3,900 metres above sea level to high valleys brimming with

Alpine animal and plant life, all the way down to the fertile

The Vinschgau valley has always been an important transit

Austria and Switzerland. Many peoples have left their traces

For details, please visit www.suedtirolmobil.info

one gisconufe and exclusive access to auxiliary services.

for one day, whereas the VinschgauCard grants holders vari-

of the more than 90 participating museums. The bikemobil

mobil Card offers the same, in addition to one visit to each

unlimited use of all means of public transport. The museu-

wide range of bonus cards tailored to their specific holiday

guests visiting the Vinschgau valley can benefit from a

tation network and coordinated bus and train schedules,

is a top priority. In addition to an extensive public transpor-

In South Tyrol, sustainable mobility using buses and trains

Sustainable mobility in South Tyrol

requirements. The Mobilcard, for example, lets visitors enjoy

Card includes not only public transport, but also a bike rental

here throughout the ages. Their legacies are evident in the

local agricultural products as well as in the region's art,

culture, architecture and traditions.

area as it lies in the west of South Tyrol where it borders

lowlands with their almost Mediterranean vegetation.

vinschgau.net

The Vinschgau valley



Culture

)inschaau marbl

the foothills of the

aas/Lasa and Göflan/

Covelano, marble has

enturies. The marble

eted for architecture,

The Laas and Göflan Marble Trails grant an insight into the world

of marble. Highlights: the old marble slide and the historical

The 8okm-long **Marble Hiking Circuit** encircles the fascinating

Laas group massif between the Vinschgau valley, Sulden/Solda

and the Martell valley. This mountain hike maintains a consistent

altitude along the tree line and requires six days to complete. It

is ideal for sure-footed, skilled hikers wishing to experience the

sloped railway, which remains in operation to this day.

diversity of the Stilfserjoch National Park.

Ipine Road of

The quaint fortresses, castles and churches found here are witness to history across borders. Nestled in a unique

Romanesque Art

Stairway to heaven

to the Early and High Romanesque periods.



At its centre lies the Carolingian Convent of St John in Müstair, which was founded by Charlemagne, which is a UNESCO World Heritage Site today.

In the 11th century, the St. Veit Church was built on the Tartscher Bühel, a mystic hill in the upper Vinschgau valley that formerly served as a cult site in the pre-Christian age. The Church of St Proculus in Naturns/Naturno with its 7th-century frescos is even older.

See reverse of map for all Romanesque cultural sites.



cultural landscape between the Swiss Engadin valley and South Tyrol, the Alpine Road of Romanesque Art is a unique cultural treasure dating back

Culture

Cultural sites

Of castles and monasteries

Churburg Castle in Schlud-

arcades and Europe's largest

privately-owned armoury cer-

Located above Burgeis/Burgu-

sio at 1,336 metres Marienberg

Abbey is Europe's highest sit-

uated Benedictine monastery

and serves as a starting point

of the Alpine Road of Roman-

esque Art. Legend has it that

this is where the 'Vinschger

Ur-Paarl', a local type bread,

esque frescos inside the crypt

are a world-renowned cultural

Kastelbell Castle is situated

majestically atop a massive

bank of the River Etsch. This

picturesque castle attracts

rock formation on the left

was invented. The Roman-

treasure.

tainly make it worth a visit.

9 1,1 11

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visitors with exhibitions,

castle tours and summer

Juval Castle at the entry of

the Schnalstal valley is the

summer residence of legend-

ary mountaineer Reinhold

Messner and one of his six

the Unterortl vineyard, the

castle inn Schlosswirt.

museums. It is connected to

Oberortl organic farm and the

concerts.

erns/Sluderno was built in 1253 by the bishops of Chur. Its

> Vinschger Paarl The people living the Alps were always prudent about preserving their products to help them survive the long winter. That is why in the Middle Ages, the bakeries of South Tyrol's monasteries developed

types of bread with a long shelf-life such as this tasty double-loaf. **Sweet fruit** Sunny days and cool nights give the food products from the Vinschgau valley their taste. Around Laas/Lasa is where the sweet Vinschgau apricots grow, while a different heirloom fruit species can be found in the upper Vinschgau valley: the Pala pear. The Martell valley is perfect for cultivating berries, even after the growing season has ended in other places.



tain during a boat ride.

Relaxation & Well-being

Five visitor centres explain the

popular destinations for travellers seeking relaxation or adventure.

Hikers and bikers cherish the lake district, as do fishermen, sailors

and kite surfers. History buffs can listen to stories told by the cap-

The Etsch river head bunker and the Plamort anti-tank barrier

were built along the Reschen border in order to protect the region

against an invasion by Hitler's troops. The strange buildings seem

almost like modern art and can be explored by hikers.

history, geology, flora and fauna of this nature reserve. They provide interactive information on water, birds, forests, geology and mountain farming.

Timeout by the lake The lakes

Reschensee and Haidersee are

The Ortler High Mountain Trail consists of seven legs along approx. 120 km around South Tyrol's highest mountain, 'King' Ortler. This high-Alpine tour, parts of which reach an altitude over 3,000 m above sea level, is considered one of the most challenging

Easy family hikes and exciting educational trails inform visitors about the animals and plants living up here in the Alps.

Cycling & Bike Tours

Cycling & Bike Tours

)ia Claudia

ugusta

River Etsch

Mountain biking Vinschgau: a biker's paradise

The Holy Hansen Trail (S3) is fantastic for bikers who want to ride across forest paths and asphalt roads, kickers and passages through woods and meadows. Barbarossa Trail (S2) The diverse ascent up the Nörderberg mountain by Latsch/Laces is followed by a winding downhill ride through thick forests dotted with fun cross passages. 3 Nations Enduro Trails (S1-S3) Four mountain trails, 25 single trails and 52 km of trail fun await Enduro bikers on the Reschen mountain pass. The trails range from easy flow and family trails to challenging nature trails.

The way back goes along the Vinschgau valley cycle path. Merano Bike Highline The 19km-long trail connects the mountain pastures on the Nörderberg mountain from the Marzoner Alm pasture above Kastelbell/Castelbello all the way to the Vigiljoch pass, crossing numerous uphills as well as four single trails.

For more tours, please visit

vinschgau.net

The Passeier Bikeway is mostly

level and leads along the refresh-

ing river Passer, through the idyl-

lic landscapes of the Passeiertal

valley. The starting point is the

spa town of Meran/Merano.

The Müstair Bikeway leads from Müstair (Switzerland) past the

Convent of St John, a UNESCO World Heritage Site, to the Italian

border and into picturesque Taufers im Münstertal/Tubre. The

village is adorned by the Rotund and Reichenberg ruins, as well

as the Church of St Johann. The Etsch bikeway continues from

Laatsch/Laudes to the Reschen pass or to Meran.

Hiking & Mountaineering

through the Texel Group Nature Park.

Hiking & Mountaineering

Mountain Trail

The joys of long-

Then and now The right to use the paths along the water was originally reserved for the 'Waalers' (water guardians) for maintaining the irrigation channels. Today, these same paths along the water are popular walkways for exploring the Vinschgau region, passing through forests, apple orchards, vineyards and cultural sites. They run along midway up the slope, repeatedly granting great vistas of the valley below, and are accessible by young and old all year round.

Family

Family fun For little explorers

Plima Gorge

the chasm.

archeoParc in

Schnalstal valley

toric craftsmanship.

for the whole family

Adventure trails

360° Obervinschgau This 110km-

long hiking route is divided into

nine legs and connects the villag-

es dotted around the upper Vin-

schgau valley, granting hikers an

of the majestic Ortler mountain.

Ötzi Glacier Tour This guided tour passes over the Schnalstal gla-

cier up to the Tisenjoch ridge at 3,200 metres above sea level where

the famous glacier mummy 'Ötzi the Iceman' was discovered in 1991.

through Mediterranean landscapes and over high Alpine summits

Meran High Mountain Trail This 100km-long circuit weaves

insight into village life and a vista

Watles Adventure Mountair

Take a wooden raft across the

Spielesee lake, pan for gold at the waterfall, try your hand at

archery on the 3D panorama

course and then race down to

the valley in a mountain cart.

the impressive gorge in the

Martell valley holds a special

walkable steel constructions

and a rope bridge that spans

Find out what life must have

by exploring Stone Age huts,

The Gumperle Trail by Prad/

Prato, the Naturaronda in

been like for Ötzi the Iceman

trying out archery and prehis-

adventure in store with its

The trail leading through

rg mountain, the tr In addition to scenic and historical highlights such as Kastelbell Castle, Juval Castle, Churburg Castle, the gleaming white blocks of marble in Laas/Lasa

and the majestic peaks of the Ortler massif, the train stations themselves are also worth a visit. Many of them date back to the Austro-Hungarian empire and form a link between the pioneering days of the railway and the comfort of modern train travel. At the Adventure Train Station in Staben/ Stava by Naturns/Naturno, young and old can marvel at miniature trains, electric locomotives and steam engines. Families can chug along through the countryside on a muscle-powered rail trolley.



Sulden/Solda and the Zipf & Zapf Trail in the Talai Forest in St Valentin/San Valentino are great for little explorers who want to learn about the forest and its inhabitants.



Discover South Tyrol's

Events

Asparagus season in Kastelbell-Tschars

Trail Trophy in Latsch/Laces

Stelvio Marathon Ortler Bike Marathon

Reschensee Lake Footrace Ötzi Glacier Tour on the Schnalstal glacier

Marble & Apricots in Laas/Lasa

Transhumance in the Schnalstal valley

August Stelvio Bike Day Vinschgau Cup Latsch South Tyrolean Medieval Games at the foot of Churburg Castle 3 Nations Enduro Race Schlanders/Silandro Summer Nights

South Tyrolean Strawberry Festival in the Martell valley



Vinschgau Palabira Days in Glurns/Glorenza



'Törggele' festivals in Kastelbell-Tschars

Culture

Tradition Alive and unique

These extraordinary customs can only be found in the Vinschgau valley:

At the **Zussl race**, which is celebrated in Prad am Stilfserjoch/ Prato on Fat Thursday, masked figures pull white horses – other costumed players – through the village. They are accompanied by farmers, servants and 'Zussln' who wake up the grain from its winter slumber by loudly ringing bells. At the age-old noise ritual known as **Klosn** celebrated in Stilfs/

Stelvio, young men play the roles of bell ringers, donkeys and devils. They wear terrifying masks and wild garments made from colourful cloths and animal furs, making as much noise as possible by ringing heavy

bells worn on their bodies. During the Scheiben**schlagen** ritual held in the upper Vinschgau valley, burning hot discs are launched into the valley, accompanied by good wishes and rhymes chanted using the ancient local speech melody. This custom pays homage to love and fertility and supposedly casts out the demons of the cold and dark.



Food & Drink

Alpine cheese from Vinschgau To this very day, more than 20 mountain dairy farms around the valley produce all-natural dairy products, including the 'Almkäse' (Alpine cheese), which wins awards domestically and abroad year after year.

The Mediterranean influence on food becomes noticeable in the lower Vinschgau valley, with asparagus from Kastelbell/Castelbello, **wine** from the sunny slopes of the Sonnenberg mountain and **apples** that grow 1,100 metres above sea level. During the traditional 'Törggelen' festivities in autumn, chestnuts are popular, whether roasted, as a soup or in desserts.

Relaxation & Well-being



dorff Castle are reminiscent of a natural amphitheatre. Showcased here are sequoias, cacti and fields of flowers: The 12hectare-large complex comprises over 80 garden landscapes and

is home to plant species from around the world. The **Meran thermal baths** in the heart of the historic town centre consist of an expansive landscape of hot springs spanning 7,650 square metres and a vast 52,000-square metre park. The spa area offers high-quality treatments using local products such as apples, hay and whey.

Cycling & Bike Tours

The Vinschgau Panorama

Tour leads from the marble

village of Laas/Lasa along the

Sonnenberg mountain all the

way to Schluderns/Sluderno.



framed by the breathtaking panorama of the Stilfserjoch National Park, the road ascending the Stilfserjoch pass is extremely popular with cyclists and motorbik-

ers. This road sets new benchmarks in terms of both scenery and biking skills. Year after year, ambitious racing cyclists from around the globe attempt to conquer the road's many turns. The tour from Latsch/Laces through the wild and romantic Martell valley, on the other hand, is more relaxed.

Hiking & Mountaineering

Mountain tips How to prepare for a trip to the high mountains

Planning:

Staying safe in the mountains requires knowing exactly how long and difficult your chosen route is. Always inform your relatives, host or inn keeper about the intended destination of your excursion. Respecting nature: For nature's sake, please avoid making noise and take your rubbish with you when you leave. Refrain from dam-

aging the vegetation and be mindful of protected animal and plant species. **Safety:** Always follow the marked routes and do not leave the mapped pathways or via ferratas. For more difficult tours, consider hiring a mountain guide. Food/overnight stays: There

are numerous mountain

lodges where travellers can

rest, have a meal and/or stay overnight. Check the opening hours (and availability of beds, if needed) beforehand.

Alternative Sports

Enjoying outdoor sports For activity holidays

Climbers can choose between numerous tours on the Vinschgau valley's spectacular 3,000-metre-high summits, while families can practice their skills at the climbing parks in Laas/Lasa, Sulden/ Solda and Trafoi or at the Ötzi Rope Park in the Schnalstal valley. **Rafting** is very popular at the start of the River Etsch; exciting river courses make this an unforgettable experience. The Reschensee lake in the tri-border region is popular with windsurfers, kitesurfers, sailors and kayakers, while fishermen and hikers are also drawn to the natural Haidersee lake nearby. At equestrian farms across the Vinschgau valley, children and

beginners can learn how to handle horses. Experienced equestrians can go horseback riding through fields, forests and the Alpine landscapes. At the 3D **archery** courses on the Watles mountain or in the Talai Forest above St Valentin/San Valentino, visitors can shoot with a bow and arrows. The Schlegl and Almrausch archery courses in the Tarscher Alm hiking area in Latsch/Laces are also worth a visit.

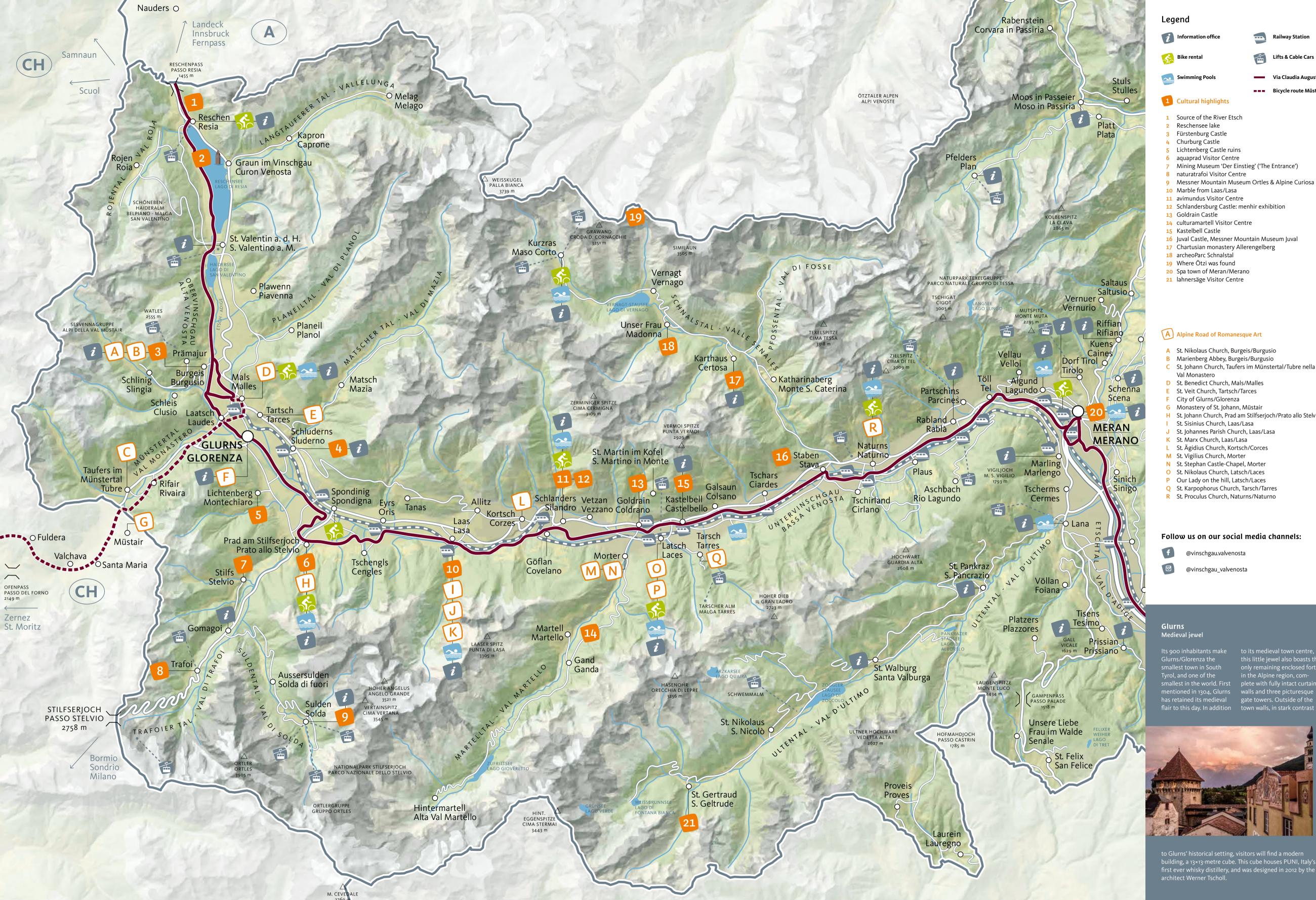




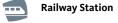




Day of Romanesque Art Laas Cabbage Weeks Folklore and Pleasure Festival in Prad/Prato







Bicycle route Müstair

Lifts & Cable Cars

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Reschenpass Tourist Association

Obervinschgau Tourist Association

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Ortler Tourist Association

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Schlanders-Laas Tourist Association

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Latsch-Martell Tourist Association Hauptplatz 14, I-39021 Latsch/Laces

T +39 0473 623 109 | info@latsch.it | latsch-martell.it

Kastelbell-Tschars Tourist Association Staatstraße 5, I-39020 Kastelbell-Tschars

T +39 0473 624 193

The Vinschgau valley in winter

areas using just one ski pass.

Schnalstal Tourist Association

info@kastelbell-tschars.com | kastelbell-tschars.com

Karthaus 42, I-39020 Schnalstal/Val Senales T +39 0473 679 148 | info@schnalstal.it | schnalstal.it

The Vinschgau valley offers a wide range of activities for winter sports enthusiasts. At the Two Country Ski Arena, skiers can glide across the border in five ski

The fun parks, toboggan runs and cross-country ski tracks (at low and high altitudes) are both challenging and fun. Ski tourers can ascend to sunny heights where they are rewarded by a fantastic mountain panorama. Snowshoeing is great for exploring secluded winter trails.

Nordic ski sports centres can be found in Schlinig/ Slingia with its cross-country ski tracks and in the Mar-tell valley for biathlon. The Reschensee and Haidersee lakes are popular with ice skaters, ice boat racers and snowkiters from across Europe.

(A) Alpine Road of Romanesque Art

- A St. Nikolaus Church, Burgeis/Burgusio
- B Marienberg Abbey, Burgeis/Burgusio
- C St. Johann Church, Taufers im Münstertal/Tubre nella
- D St. Benedict Church, Mals/Malles
- E St. Veit Church, Tartsch/Tarces
- F City of Glurns/Glorenza
- G Monastery of St. Johann, Müstair
- H St. Johann Church, Prad am Stilfserjoch/Prato allo Stelvio
- I St. Sisinius Church, Laas/Lasa
- J St. Johannes Parish Church, Laas/Lasa K St. Marx Church, Laas/Lasa
- L St. Ägidius Church, Kortsch/Corces
- M St. Vigilius Church, Morter
- O St. Nikolaus Church, Latsch/Laces
- P Our Lady on the hill, Latsch/Laces
- R St. Proculus Church, Naturns/Naturno

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only remaining enclosed fort has retained its medieval gate towers. Outside of the flair to this day. In addition town walls, in stark contrast



to Glurns' historical setting, visitors will find a modern building, a 13×13-metre cube. This cube houses PUNI, Italy's first ever whisky distillery, and was designed in 2012 by the architect Werner Tscholl.

Useful information for your stay in the Vinschgau valley

Online portal of the Cultural Region of Vinschgau:

vinschgau.net/weatherpage Weather service of the Autonomous Province of Bolzano/Bozen: weather.provinz.bz.it



Traffic reports by the Autonomous Province of Bolzano/Bozen: +39 0471 200 198 | provinz.bz.it/verkehr



Interactive map of the Vinschgau valley



maps.vinschgau.net/en

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