

360° Alta Val Venosta

The varied circular adventure trail in Upper Venosta Valley

The newly created 360° Alta Val Venosta is an adventure-packed circular hiking trail through the villages of the Upper Venosta Valley. For families and pleasure hikers the nine stages can be seen as individual hiking tips for day tours. Experienced hikers looking for a challenge can plan a hiking tour consisting of several stages.

At each stage, interactive nature installations from local larch await young and grown-up hikers.






Hikers break through the silence with the ringing of cowbells, elicit a wonderful echo of the forest with a wooden xylophone and enjoy fabulous views of the mountain world of the Upper Venosta Valley from the 4-meter high adventure swing. Mountain enthusiasts observe nature highlights through telescopes and enjoy a rest in a hammock, on a wooden bench or in a giant toboggan.

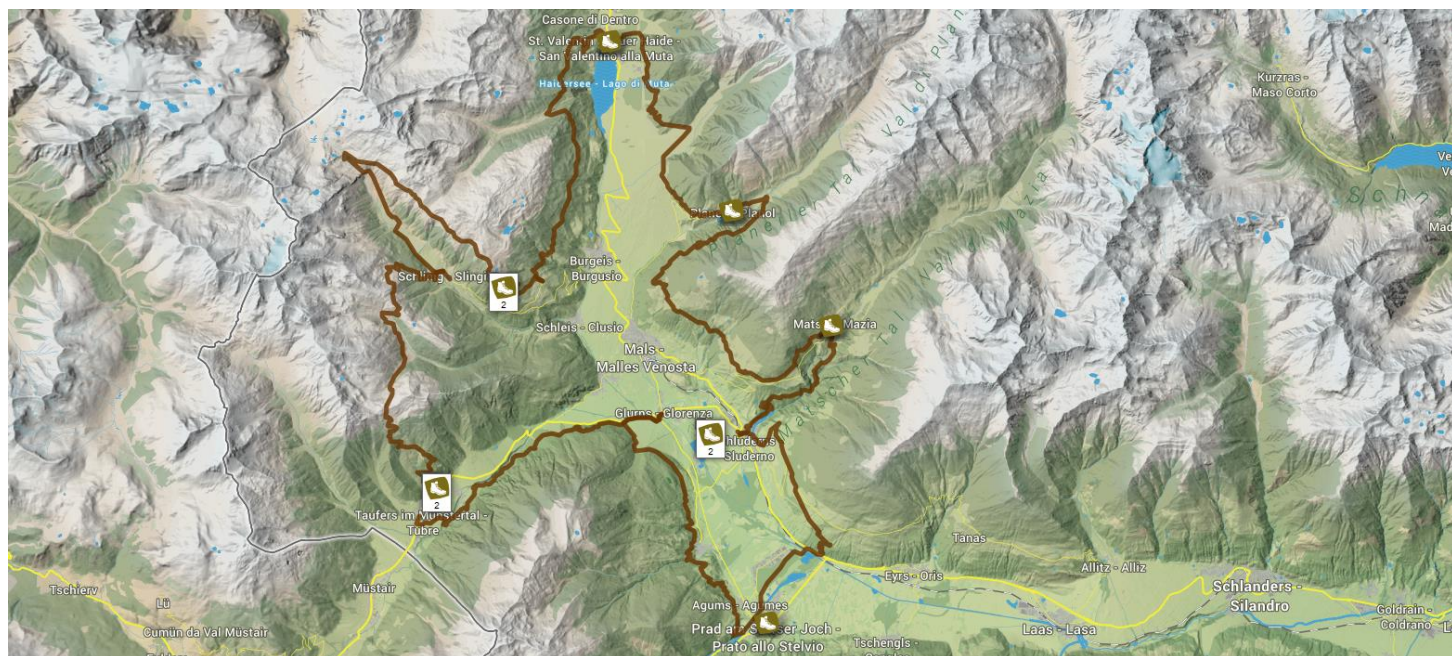
The hiking adventure is rounded off with spectacular views of the unique and enchanting landscape of the Upper Venosta Valley with all its cultural and agricultural highlights.

The individual starting points of all nine stages are easily reached by public transport. In the summer months, there will be additional hiking taxis.

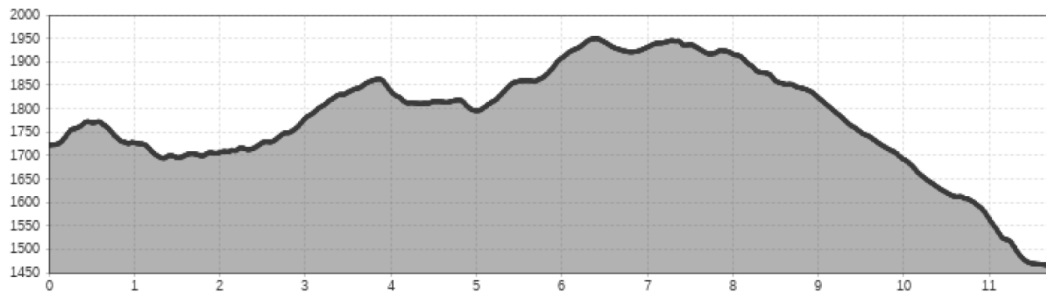
All hiking tours can also be done in the opposite direction.





KEY DATA

Start and finish point:	Prämajur/lower chairlift station Watles
 Length	110 km
 Duration	9 stages
 Altitude differential climb	approx. 4.990 m
 Altitude differential descent	approx. 5.000 m
Markings	The whole 360° circular trail is marked with this logo 
Difficulty	Individual day stages suitable for families and pleasure hikers several stages a day only suitable for experienced hikers
Best time	April - October (it can be very hot in high summer)
Map	3D hiking map of the Holiday Area Upper Venosta Valley



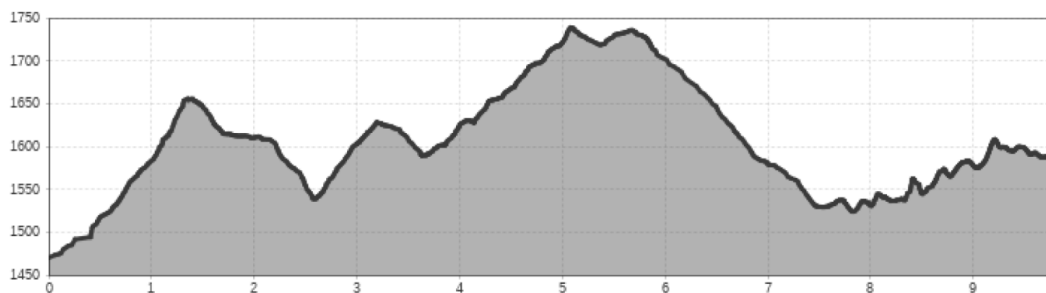
1. stage: From Prämajur to San Valentino alla Muta







	Walking Time	4 ½ hours
	Length	11.9 km
	Altitude uphill	approx. 380 m
	Altitude downhill	approx. 637 m
Trail numbers		3 - 3B - 3A - 24 - 7 - 9
Highlights		Ortles-mountain-group, telescope, giant toboggan, Haidersee lake
Arrival		train n. 250 to Malles/Mals, bus n. 277 or Shuttle Slingia (on working days) or hiking taxi in front of the latteria Burgusio

The first stage starts in Prämajur/chairlift station Watles (1,750 m) and runs after approx. 2.5 hours of walking through the forest past Brugger Alm alpine pasture (1,914 m). The **telescope** shows hikers views of summits and nature attractions to be discovered, which the Upper Venosta Valley has to offer. Continuing on the large forestry trail n. 7 leading just above the Haidersee lake with delightful views on the Ortles-mountain-group. Along the way, the **giant toboggan** invites hikers to take a break. Then on to the hamlet of Plagött and the entrance in the footpath n. 9 to San Valentino alla Muta/St. Valentin auf der Haide (1,470 m). You can find refreshment points during the summer months at Brugger Alm alpine pasture, in Plagött or in San Valentino alla Muta/St. Valentin auf der Haide.

2. stage: From San Valentino alla Muta to Planol

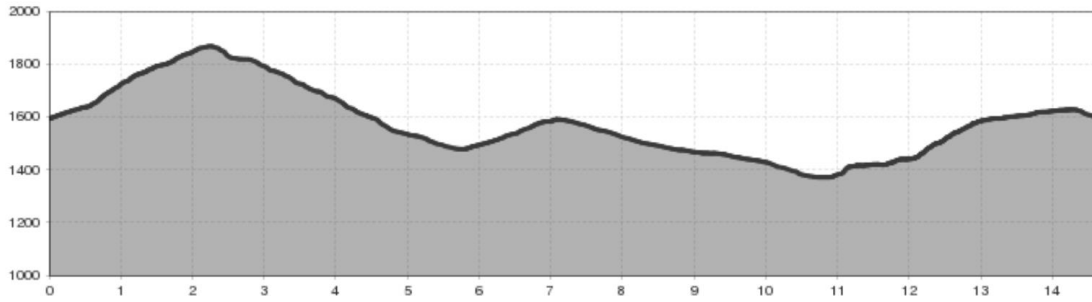






	Walking Time	4 hours
	Length	10.6 km
	Altitude uphill	approx. 512 m
	Altitude downhill	approx. 374 m
Trail Numbers		6B - 2 - 3 - 15
Note		There are no refreshment points along this stage.
Highlights		Aristocratic residence of Piavenna/Plawenn, Muta di Malles/Malser Haide, telescope, hammock
Arrival		train n. 250 to Malles/Mals, bus n. 273 to San Valentino alla Muta/St. Valentin a.d.H.

The second stage starts from San Valentino alla Muta/St. Valentin auf der Haide (1,470 m) and runs above the hamlet "Dörfli" to the small hamlet of Piavenna/Plawenn (1,725 m) with the 12th century aristocratic residence of the Counts of Piavenna. From there the stage continues to the idyllic Venosta Valley mountain village of Planol/Planeil (1,590 m) with its original mountain farms and almost 200 inhabitants. Along the way, a **hammock** invites to relax and a **telescope** shows the most important peaks. Refreshment points offers the mountain village Planol.

Insider tip: From San Valentino alla Muta the Venosta Valley High Mountain Trail is combined with the 360° Alta Val Venosta.

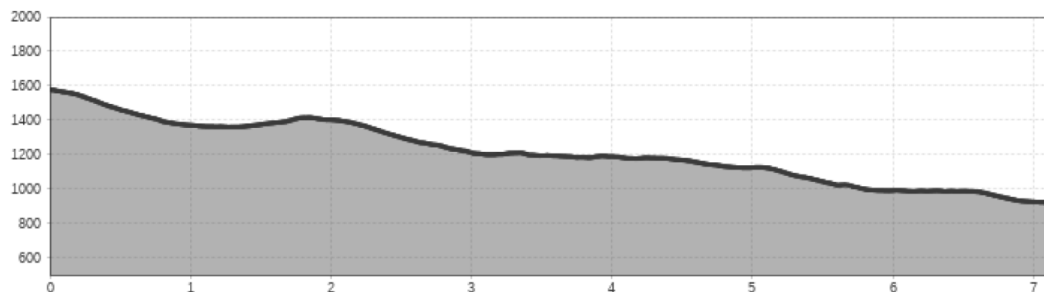
3. stage: From Planol to Mazia







	Walking Time	5 ½ hours
	Length	14.8 km
	Altitude uphill	approx. 671 m
	Altitude downhill	approx. 684 m
Trail Numbers		12A - 16 - 14
Note		It is recommended to bring enough victuals, good fitness required
Highlights		view of the Ortles mountain group, XL sledge, high adventure swing, mountaineering village Mazia/Matsch
Arrival		train n. 250 to Malles/Mals, Shuttle Planol/Planeil (MON-SAT, except holidays)

The third and rather challenging stage of the circular hiking trail 360° Alta Val Venosta starts in Planol/Planeil (1,590 m) and leads through the forest on to the alpine plateau Malettes (1,606 m). Along the way, hikers can take a seat on the **XL sledge** and enjoy the beautiful views of the Upper Venosta Valley from a **high adventure swing**. After that, the stage continues to the hamlet of Muntetschinig (1,376 m) and on to the small village Mazia/Matsch (1,564 m), the first mountaineering village in South Tyrol. Refreshment points in Muntetschinig and Mazia/Matsch.

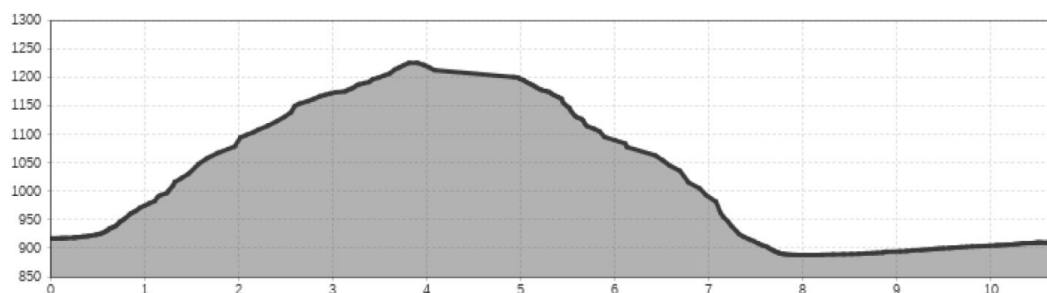
4. stage: From Mazia to Sluderno







	Walking Time	3 hours
	Length	7.2 km
	Altitude uphill	approx. 104 m
	Altitude downhill	approx. 762 m
Trail Numbers		11 - 17 - 18A - 19
Highlights		mountaineering village Mazia/Matsch, castle ruins of Mazia, nature stage, archeological site Ganglegg, Coira Castle, Val Venosta Museum
Arrival		train n. 250 to Malles/Mals, Citybus n. 278 to Mazia/Matsch (on working days)

Starting point for the fourth stage is Mazia/Matsch (1,564 m), the first mountaineering village in South Tyrol. The hike runs past the castle ruins of Mazia, where a **nature stage** offers a slightly different view of the mountainous landscape. The trail continues past the “Walerhütte” hut to the well-known Leitenwaal irrigation channel path. The irrigation channel path reaches the archaeological site Ganglegg, a hilltop settlement of the Bronze and Iron Age, open to the public and ends in Sluderno/Schluderns (922 m), where you can visit Coira Castle, one of the best-preserved castles in South Tyrol, which has the largest private armory in Europe at its disposal. You can find refreshment points in Sluderno/Schluderns.

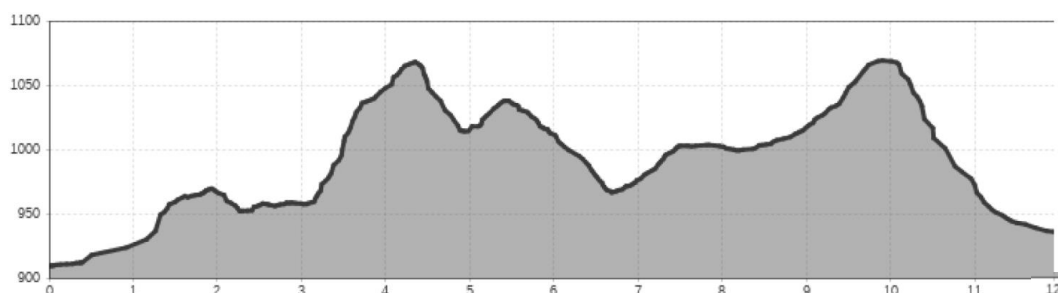
5. stage: From Sluderno to Prato allo Stelvio







	Walking Time	3 ½ hours
	Length	10.9 km
	Altitude uphill	approx. 361 m
	Altitude downhill	approx. 373 m
Trail Numbers		20 - 17
Note		It can get very hot on the Monte Sole during summer months
Highlights		Coira Castle, Museum Val Venosta, Monte Sole/Sonnenberg, Ortles, sound of cowbells, larch wood lounge, nature park house Aquaprad
Arrival		train n. 250 to Sluderno/Schluderns

From Sluderno/Schluderns (922 m), the hike of the fifth stage continues to the impressive Coira Castle with the largest private armory in Europe. The trail leads along the vegetation-rich Monte Sole/Sonnenberg, to the hamlet of Spondigna/Spondinig. Along the way, the **sound of cowbells** breaks the silence and a larch wood lounge invites to relax. Moving on through the pine forest "Kultur" and arriving at the village of Prato allo Stelvio/Prad am Stilfserjoch (915 m). In the nature park house Aquaprad visitors immerse themselves into the world of water and fish. You can find refreshment points in Sluderno, Spondigna or Prato.

6. stage: From Prato allo Stelvio to Glorenza

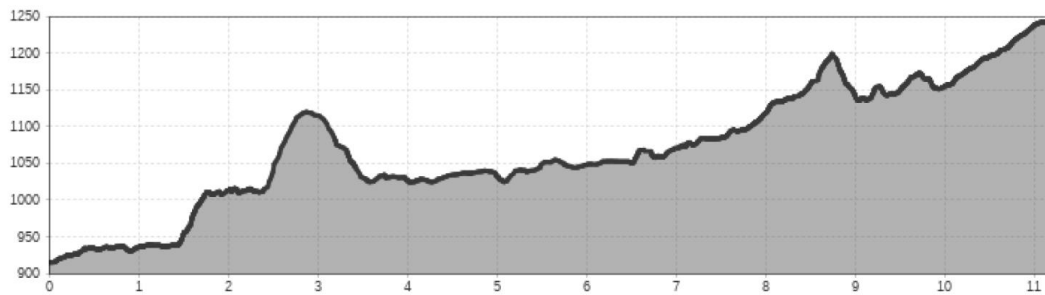






	Walking Time	4 hours
	Length	11.8 km
	Altitude uphill	approx. 409 m
	Altitude downhill	approx. 404 m
Trail Number		9
Note		Ideal for families
Highlights		Nature park house Aquaprad, „Gumperle“ path, national park Stelvio, wind wheels wooden lounge, mediaval town of Glorenza/Glurns
Arrival		train n. 250 to Spondigna/Spondinig, bus n. 271 to Prato allo Stelvio/Prad am Stj.

The sixth stage of the circular hiking trail 360° Alta Val Venosta is ideal for families. The tour takes hikers along the "Gumperle" path in Prato allo Stelvio/Prad am Stilfserjoch (915 m) to the farms of Montechiaro/Lichtenberg and on to the northern edge of the 200-soul village Montechiaro. Past the impressive castle ruins (1,040 m) from the 13th century, along path n. 9 and to S. Martin church (1,077 m). Along the way, the Venosta Valley wind makes **wind wheels** fly and the **wooden lounge**, made from local larch, invites to relax. The hiking trail continues to Glorenza/Glurns (907 m), the smallest town in the Alps, with impressive, fully preserved city walls. You can find refreshment points in Glorenza.

Insider tip: guided tours around the mediaval town of Glorenza are offered every Monday throughout the year.

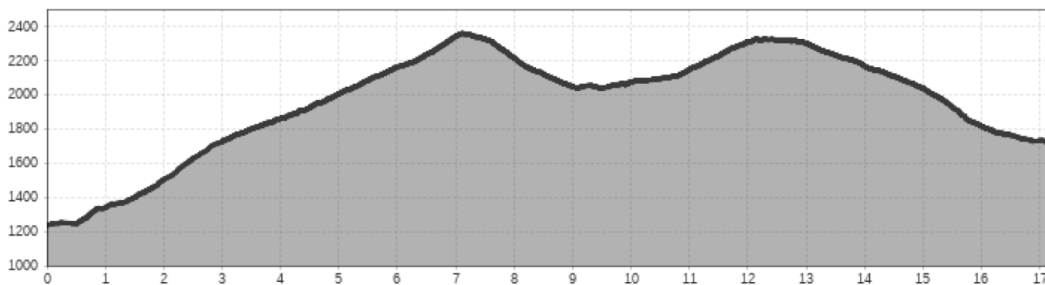
7. stage: From Glorenza to Tubre in Val Monastero







 Walking Time	4 hours
 Length	11.4 km
 Altitude uphill	approx. 508 m
 Altitude downhill	approx. 176 m
Trail Numbers	22 - 9 - 9A - 10A
Note	The ascent to Mitterwaal is a bit steep
Highlights	Glorenza/Glurns, national park, wooden xylophone, silver firs, Urfichten circular hike, church Saint John
Arrival	train n. 250 to Malles/Mals, swiss bus n. 811 to Glorenza/Glurns, Citybus n. 274 to Glorenza/Glurns (on working days)

Leaving Glorenza/Glurns (907 m), the smallest town in the Alps. The seventh stage runs along the parish church and meadows past a serpentine trail to the Mitterwaal irrigation channel path (without water), ascent about 10 minutes. A **wooden xylophone** reminds with its soft tones of the onetime burbling of water of the irrigation channel. The route continues on a path lined with ancient spruces and on to Tubre in Val Monastero/Taufers im Münstertal (1,250 m), a Romanesque clustered village. The 8-churches hiking trail is highly recommended, as well as an excursion across the border to the Rhaeto-Romanic Switzerland with the UNESCO World Heritage Site Convent of St. John.

8. stage: From Tubre in Val Monastero to Slingia



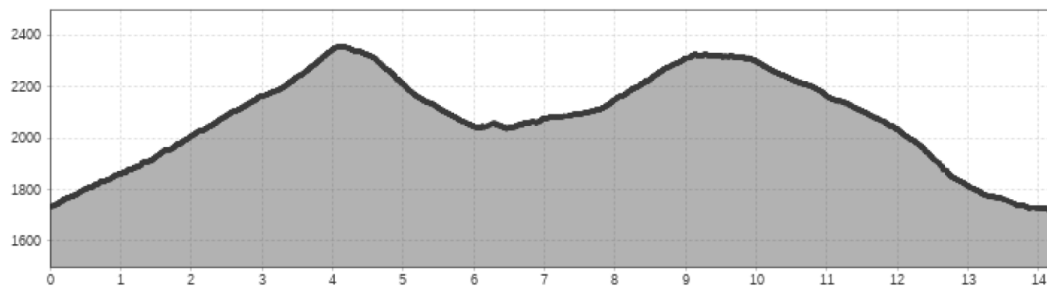
 Walking Time	7 ½ hours
 Length	17.4 km
 Altitude uphill	approx. 1417 m
 Altitude downhill	approx. 947 m
Trail Numbers	6 - 6B - 11A - 10
Note	King stage, it is recommended to bring enough provisions, very good fitness required
Highlights	360-degree viewing platform, panorama of mountain summits, alpine pasture farming, telescope
Arrival	train n. 250 to Malles/Mals, swiss bus n. 811 to Tubre in Val Monastero





The eighth stage is the most challenging and longest tour of the circular hiking trail 360° Alta Val Venosta. From Tubre in Val Monastero/Taufers im Münstertal (1,250 m), the westernmost village in South Tyrol, the hike continues up to Egghof (1,723 m) and on to the Tella col (2,358 m). Here, a **viewing platform** offers **360-degree view** with an unforgettable view on the surrounding mountain landscape. The hike continues to Laatscher- and Schleiseralm alpine pasture 2,076 m (both are closed for the public) and then turns westerly from the Monterodes mountain along the “Joch” pass (2,427 m). On the way is a **telescope**,

which shows views of summits and of the nature attractions to be discovered by hikers. The trail continues to Kälberberg mountain to the village of Slingia/Schlinig (1,738 m). There are no refreshment points along the stage, only at the ending point in the village of Slingia.

Tip: During the summer months this stage can be shortened by 500 altitude meters thanks to the Upper Venosta Valley hiking taxi to Egghof

9. stage: From Slingia to Prämajur



	Walking Time	5 ½ hours
	Length	14.5 km
	Altitude uphill	approx. 627 m
	Altitude downhill	approx. 637 m
Trail Numbers		1 - 8 - 8A - 3
Highlights		Waterfall, refuge „Pforzheimer Hütte“, high route, Sesvenna and Ortles mountain group
Arrival		train n. 250 to Malles/Mals, Citybus n. 278 (only on working days)

The ninth stage of the circular hiking trail 360° Alta Val Venosta runs from Slingia/Schlinig (1,738 m) past mountain meadows and Schliniger Alm alpine pasture (1,868 m) to a waterfall and on to the AVS Sesvenna mountain hut (2,256 m), surrounded by a breathtaking landscape between Venosta Valley and Engadine valley. From there, a high route takes you to the Plantapatsch mountain hut (2,150 m) on the adventure mountain Watles. On the way, 360° pieces of art are created and every mountain friend can leave his own cairn. Hikers then continue on the path across the alpine meadows past Höfer Alm alpine pasture on to the hamlet of Prämajur, the final stop of this day and the end of the 9-day circular hike.

This stage offers several refreshment points: the Schliniger Alm alpine pasture, the AVS Sesvenna mountain hut, the Plantapatsch mountain hut the Höfer Alm alpine pasture and the restaurants at the hamlet Prämajur.

Tip: With the chairlift Watles the descent to the valley station can be shortened.



Opening hours huts and alpine pastures along the circular hiking trail 360° Alta Val Venosta

Bruggeralm alpine pasture

Burgusio/Burgeis

Mobile: +39 335 8 12 05 00

Open from beginning of June to mid-October

Schlinigeralm alpine pasture

Slingia/Schlinig

Mobile: +39 338 5 37 97 33

Open from May to beginning of November

Alpine hut AVS Sesvenna Schutzhütte

Slingia/Schlinig

Tel. +39 0473 83 02 34

Open from end of June to end of September

Mountain Restaurant Plantapatschhütte

Prämajur

Tel. +39 0473 83 11 99

Open from end of May to beginning of November

Höferalm alpine pasture

Tel. +39 0473 83 11 99

Open from end of June to beginning of September



Public transport

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



Taxis and hiking taxis

Iris: +39 333 5 65 74 64
Sesvenna: +39 335 6 05 92 55
Shuttle Klaus: +39 335 1 05 02 52
Stadtibus: +39 331 9 50 40 05
Top: +39 333 8 42 04 44
Thanei: +39 340 4 13 84 16



Important telephone numbers

Emergency Number South Tyrol: 112
Alpine Information: Tel. +39 0471 99 99 55 - www.alpine-auskunft.it
Weather Forecast: Tel. +39 0471 27 11 77 - www.provinz.bz.it/wetter



You can find further information here:

<https://www.altavenosta-vacanze.it/360>
Upper Venosta Valley Holiday Area
Tel. +39 0473 83 11 90
info@altavenosta-vacanze.it



Tips for safe hiking and mountaineering

Plan your hikes: Information on length and difficulty is essential for a safe mountain experience. Inform your family or your host about your destination.

Consult the current weather report before each tour and keep an eye on the weather during the entire tour. The landlords also provide useful information about the local weather situation.

Estimate your fitness objectively and select a suitable tour. Start early in the morning and schedule some spare time to return before dark.

Choose a moderate and regular walking pace. Take enough breaks, especially if you are hiking with children.

Make sure you take enough fluids with you! The most suitable drinks are water, tea or natural juices.

Pay attention to the right equipment, especially sturdy shoes: proper hiking boots provide a secure support and protect the joints.

Choose lightweight and breathable clothing and appropriate spare clothes.

Always be considerate of the weaker hikers in your group. Warn other hikers about dangers and provide first aid in case of emergency.

Treat nature with respect: avoid noise, do not leave any rubbish behind and protect the vegetation.

Always follow the right signs and stay on the marked paths and climbs. Consult your hiking map from time to time, in case of doubt, return in time.

(Source: Autonomous Province of Bolzano-Alto Adige, Tourism Department)