

## VENOSTA VALLEY HIGH MOUNTAIN TRAIL

from Stava/Staben to Resia/Reschen

### 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.

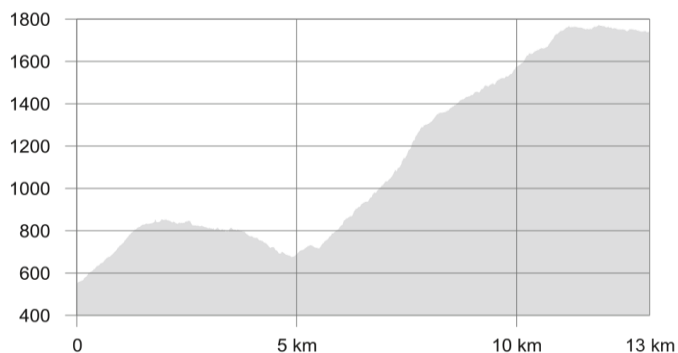
### KEY DATA





Start and Finish Point:	Stava (village center) – Resia (source of the Adige River)
Length	108 km
Duration	5 one-day stages
Difference in altitude	5,725 m
Difference in altitude (descending)	4,673 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)
Hiking	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



# 1<sup>ST</sup> STAGE

## FROM STAVA TO S. MARTINO IN MONTE/ST. MARTIN IM KOFEL



 Walking time	Approx. 5 – 5 1/2 hours
 Length	13 km
 Difference in altitude (ascending)	Approx. 1,400 m
 Difference in altitude (descending)	Approx. 290 m

The first stage leads from the village of Stava along path no. 1 to the Schnalser Waalweg irrigation channel trail. The Waalweg still serves as a source of local irrigation and has been in operation for almost half a millennium. Following trail no. 3, the trail continues along the Trumsberg mountain and offers a unique view of the Venosta Valley basin and the snow-covered glaciers of Val Martello. A well-earned rest can be enjoyed at the Niedermoarhof snack station. Trail no. 2 continues to S. Martino in Monte. This small mountain village above Laces/Latsch, with its 120 inhabitants, rustic mountain farms and the pilgrimage church "Zum Heiligen Martin" is one of the most beautiful destinations in South Tyrol. The cable car station of S. Martino in Monte is open year-round and operates daily between Laces and St. Martino.

### Refreshments along the 1st 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)

Hofschank Himmelreich-Hof farm bar, Castelbello-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 & Refreshments at the Stage Endpoint

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

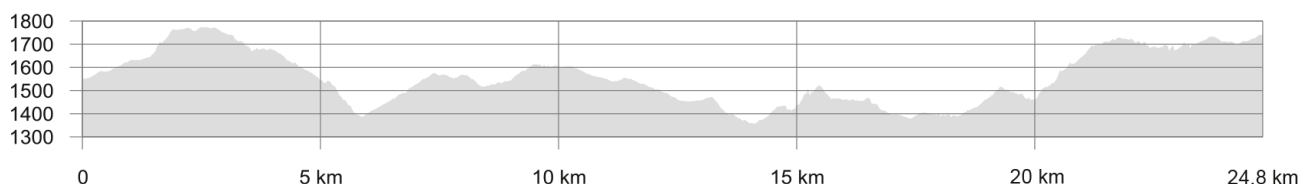
Oberkaser, apartments, S. Martino in Monte,  
Phone + 39 0473 720125  
oberkaser@alice.it - www.oberkaser.wordpress.com





Hofschank Egg farm bar, S. Martino in Monte  
Phone +39 0473 623628 (no accommodation possible)

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

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

## 2<sup>ND</sup> STAGE FROM S. MARTINO IN MONTE TO TANAS



	Walking time	Approx. 8-8 1/2 hours
	Length	24.8 km
	Difference in altitude (ascending)	Approx. 1,120 m
	Difference in altitude (descending)	Approx. 1,360 m

The second stage requires a high degree of physical fitness and stamina, even for experienced hikers. Route no. 14 leads to the beginning of the Egg and Forra farms, then past several dilapidated mountain farms. The ruins of the former Laggar and Zuckbichl farms are the result of water shortages at Monte Sole mountain in Venosta Valley. The route leads further into the Schlandrauntal Valley, then over the Monte Sole mountainside above Silandro/Schlanders in the direction of the Rimpfhöfe farms to the Paflur inn in Tanas.

## Refreshments Along the 2nd Stage

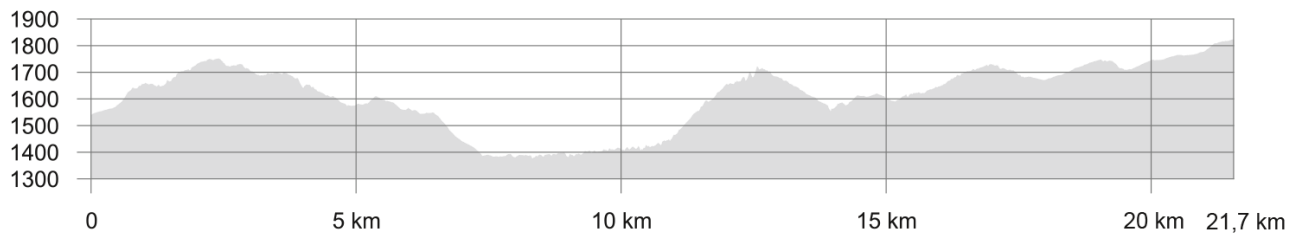
Hofschank Egg farm bar, Laces  
Phone +39 0473 623628  
(about 50 minutes before the final destination)

## Accommodation and Rest Stops at the Stage Endpoint

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

## 3<sup>RD</sup> STAGE

### FROM TANAS TO THE GLIESHOF FARM



 Walking time	Approx. 7 hours
 Length	21.7 km
 Difference in altitude (ascending)	Approx. 1,060 m
 Difference in altitude (descending)	Approx. 780 m

From Tanas the Venosta Valley High Mountain Trail leads in the direction of Frinigo di Sopra/Oberfrinig and Frinigo di Sotto/Unterfrinig, to the Gschneierhöfe farms and the Birkenhof Alpine snack bar (located about 30 minutes below the Venosta Valley High Mountain trail) above Sluderno/Schluderns. As the name of the snack bar suggests, you can enjoy a unique panoramic view of the Ortler mountain group along this stage of the route. A worthwhile descent leads along path no. 21 to Sluderno and to Churburg Castle. From the Gschneierhöfe, the trail leads along the so-called Waalweg irrigation channel trail. The Gschneir Waalweg trail was constructed in 1465 and is the highest Waalweg trail in Sluderno. The old irrigation path first leads along open slopes featuring beautiful views of the valley and then through the forest. The route winds its way through the shady forest to the Matschertal Valley. Here, there is still a remaining ascent to be mastered. Leading past the Marseillehof and Ellhof farms, the route arrives at the Runnhöfe farms (where a stretch of paved road must be navigated), which then leads to the final destination. After this demanding and lengthy stage, the Glieshöfe farms offer overnight accommodation at the end of the valley of the Matschertal, at an altitude of 1,800 m.

#### 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

Hahnenhof farm, Mazia/Matsch  
Phone +39 0473 842714  
info@hahnen-hof.com – www.hahnen-hof.com

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

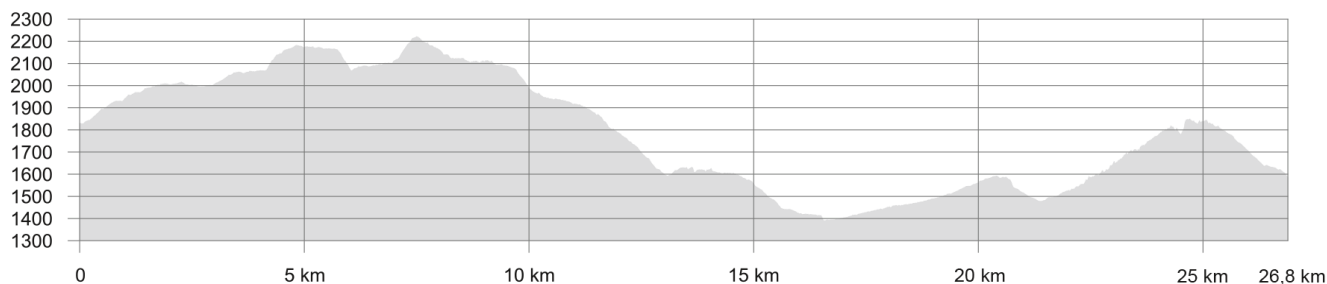
Inner-Glieshof, farm holidays, Mazia  
Phone +39 0473 842659  
info@inner-glieshof.it – www.inner-glieshof.it





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

## 4<sup>TH</sup> STAGE FROM THE GLIESHÖFE FARMS TO PLANOL/PLANEIL





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

The fourth stage leads from the Glieshöfe farms to the Matscher Alm mountain pasture at a height of 2,045 m, the highest point along the Venosta Valley High Mountain Trail. Leading along the southeast-facing slopes of the Matschertal Valley, this stage extends over Mazia up to the small village of Monteschino/Muntetsching above Malles/Mals. Trail no. 14 leads to the hamlet of Monteschino above Tarces/Tartsch. Further along the route, this stage of the Venosta Valley High Trail leads from the hamlet of Monteschino above Tarces to Malettes along trail no. 16 above Malles and offers wonderful views of the Ortler and Sesvenna groups and over the Münstertal Valley to neighboring Switzerland. The village of Planol/Planeil, with its highly unique character, consists of closely-built mountain farms. The mountain settlement bears witness of the persistence and hard work of the local mountain farmers and their yearly livelihood.

### Option 2: Spitzige Lun Mountain, 2,324 m

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

	Walking time	Approx. 6.5 – 7 hours
	Length	17.9 km
	Difference in altitude (ascending)	Approx. 980 m
	Difference in altitude (descending)	Approx. 1,200 m
Note		It is recommended to take along sufficient provisions – the descent from the Spitzige Lun to Planol is very steep.

This variation of the tour also starts at the Glieshöfe farms. Take trail no. 8 (which leads up to the Portlesspitze peak) past the Thaneihöfe farms up to the Eisawiesen pasture, and then walk along route no. 16 in the direction of the Gondahütte mountain hut. Once there, depart from the original route of the Venosta Valley High Mountain Trail above the Gondahütte and continue along route no. 16, past the new Gondaalm mountain pasture, always following the sign-posted trail, marked in red, until reaching the

Tartscher Lager on route no. 13 from Mazia. Follow this trail up to the Spitzige Lun with subsequent descent via the trail no. 12 A to Planol.

### Accommodation & Refreshments at the Stage Endpoint

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 – info@morigglhof.com

### Accommodation along the 4th Stage

Lechtlhof farm, Malles  
Phone +39 345 9698649  
info@lechtlhof.it – www.lechtlhof.it  
(about 1 1/2 hours before Mazia)

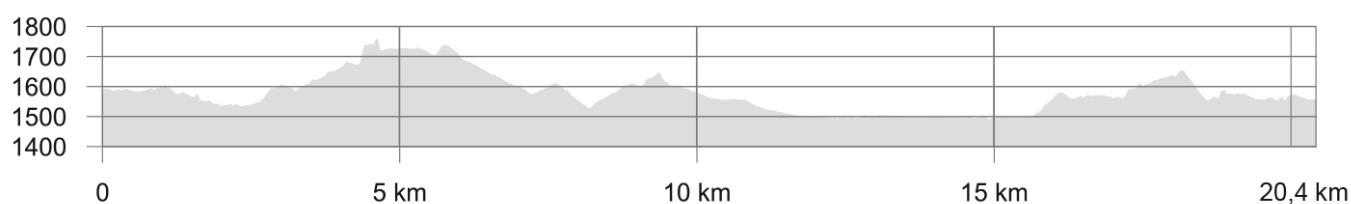
Gemassenhof farm, Tarces  
Mobile +39 340 8984388  
info@gemassenhof.it – www.gemassenhof.it  
(about 1 1/2 hours before Mazia)





Montecinhof, farm holidays, Tarces  
Mobile + 39 335 5627210  
info@montecin.com – www.montecin.com  
(about 1 1/2 hours before Mazia)

Fichtenhof, farm holidays, Tarces  
Phone +39 0473 831697  
fichtenhof@rolmail.net – www.fichtenhof.bz.it

Rainalterhof farm, Tarces/Malles  
Phone + 39 0473 831764  
Mobile +39 339 1026306  
reinalterhof@gmail.com  
(about 1 1/2 hours before Mazia)





## 5TH STAGE FROM PLANOL TO RESIA/RESCHEN



 Walking time	Approx. 6 – 6.5 hours
 Length	20.5 km
 Difference in altitude (ascending)	Approx. 920 m
 Difference in altitude (descending)	Approx. 956 m
Note	It is recommended to bring sufficient provisions with you
Highlights	Church Tower in the Lake, Bunker
Departure	Bus to Malles, Venosta Valley Train from Malles

The fifth and final stage of the Venosta Valley High Mountain Trail extends over the small mountain villages of Ultimo/Ulten, Alsago/Alsack and Piavenna/Plawenn in the Upper Venosta Valley. Piavenna lies at the beginning of the scree cones of the Malser Haide. At this hamlet is also located the highest situated and still-inhabited aristocratic estate in the Alps, at 1,730 m. The route leads to S. Valentino alla Muta/St. Valentin auf der Haide and along the lakeside promenade of the Resia Lake to the tower in the lake, the most striking attraction in 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. The final destination of the Venosta Valley High Mountain Trail is the source of the Adige River. Also worth seeing is the bunker, which was built in the source area of the Adige and dug into the rock.

### 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

If desired, a beautiful hiking trail leads from S. Valentino alla Muta to Resia. Take the cable car, which starts below the Hotel Mountain Living and travels up to Malga S. Valentino/Haideralm. From there, take the High Mountain Trail (first no. 9 and then no. 14) to Belpiano/Schöneben. This affords magnificent views of the Malga S. Valentino and the Resia lakes, as well as the Langtaufertal Valley and up to Weißkugel mountain. Once there, take the Belpiano cable car to the final destination.

Belpiano Cable Car, Resia

Tel. +39 0473 633333

Open from the beginning of June to the beginning of October

[www.schoeneben.it](http://www.schoeneben.it) – [info@schoeneben.it](mailto:info@schoeneben.it)

Malga S. Valentino Cable Car, S. Valentino

Tel. +39 0473 634628

Open from the end of June to the end of September

[www.haideralm.it](http://www.haideralm.it) - [info@haideralm.it](mailto:info@haideralm.it)

Accommodation in the Villages of Curon, S. Valentino and Resia



### 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: Ilswaal 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](http://www.sii.bz.it), [www.vinschgauerbahn.it](http://www.vinschgauerbahn.it), Green number 840 000



### **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](http://www.alpine-auskunft.it)  
 Weather information: Tel. +39 0471 271177 - [www.provinz.bz.it/wetter](http://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](mailto: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](mailto:info@vinschgau.net)

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