

STELVIO NATIONAL PARK

EXPERIENCING NATURE



NATIONAL
PARK
STILFSEER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO



"THE ONLY WORLD IN WHICH ONE CAN TRULY BE ONESELF IS THE NATURAL WORLD."

BORIS LEONIDOWITSCH PASTERNAK, (1890 – 1960)

Fact Sheet

Founded: 1935

Total area: 130,734 ha

South Tyrol portion: 53,495 ha

Highest point: Ortler Mountain – 3,905 m
above sea level

Lowest point: Morter – 700 m above sea level.

Regions: Trentino-South Tyrol & Lombardy

South Tyrol Municipal Districts:

Stilfs/Stelvio, Prad/Prato, Glurns/Glorenza,

Taufers i.M./Tubre i.V.M., Mals/Malles,

Laas/Lasa, Schlanders/Silandro, Martell/

Martello, Latsch/Laces & Ulten/Ultimo

View of the triumvirate: the Königspitze, Zebbru and Ortler mountains

THE PROJECT **STELVIO NATIONAL PARK – A REGIONAL MODEL FOR SUSTAIN- ABLE LIVING**

Man and Nature in Equilibrium

At the Stelvio National Park, we are acutely aware of our responsibility for the environment. We stand for lasting values and we support the sustainable development of the Alpine region together with the judicious and innovative deployment of its natural resources. By networking with all our regional partners, we also seek to open new directions both in tourism and agriculture.

Care and Preservation of the Cultural Landscape

South Tyrolean mountain farmers methodically work the land to generate authentic products. On these steep mountain slopes, their daily toil makes a valuable contribution to help preserve the Alpine landscape. But the mountain farmers also help to safeguard the cultural landscape itself. For this, they deserve a big THANK YOU. We fully support their consistent efforts to attain the most beneficial outcomes for both Man and the Environment.



The Inhabitants of the Stelvio National Park

Embedded in the unique high mountain terrain of the Stelvio National Park, the mountain settlements have, for centuries, harmoniously co-existed with their natural surroundings. Over time, they themselves have been formed by their vigilance and custodianship of their environment.



View to Prad am Stilfserjoch/Prato allo Stelvio

The following terms and conditions apply (unless stated otherwise)



Entry fee: € 3.00 / per person
Free entry: children up to (and including) 15 years



Gear: weatherproof clothing, suitable boots for mountain climbing or hiking as well as provisions. If possible, bring a set of binoculars & headlamp/s.



Register in one of the five Visitor Centres or Tourist Offices – no later than 5 pm the day before.



The meeting points are all accessible via public transport. For more information see: www.suedtirolmobil.info



Visit the website or call to find out about the Visitor Centres opening hours, as well as possible program changes and updates.



Find out about our special Programs for Children.

Liability

When signing up for the organised hikes, please bear in mind that sure-footedness, stamina and a good fitness level are required. Claims for potential injuries resulting from accidents cannot be accepted!

For your own safety, make sure you are fully informed about the difficulty level of the particular hike you're signing up for!

Please note: hikes may be cancelled at short notice due to bad weather or to an insufficient number of participants.

The hikes and other activities with guides are conducted either in German or Italian.

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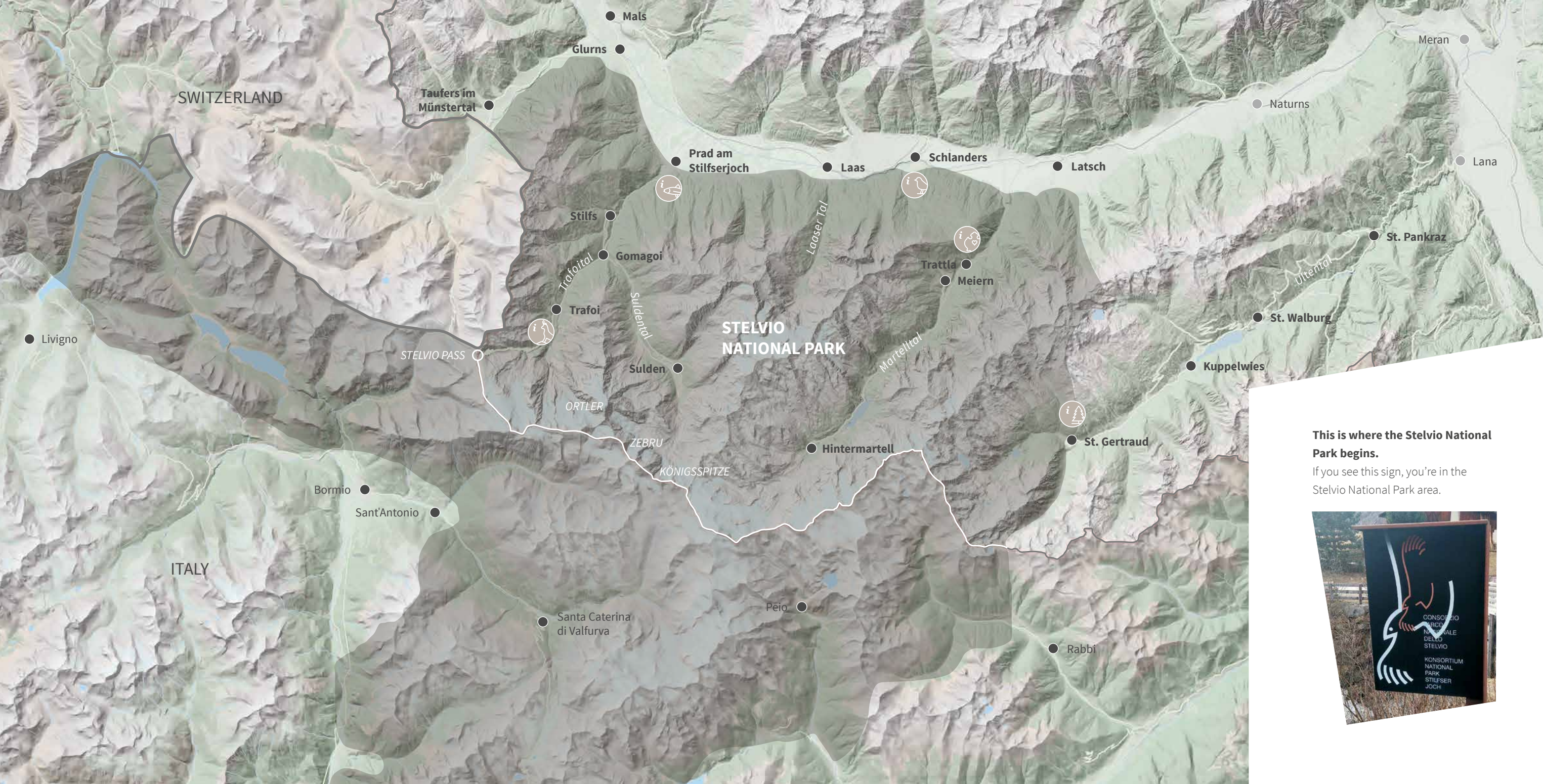


Regional Products **_56**

Preserving the Natural Environment

In order to preserve our natural paradise, some rules need to be applied.

- 1. Take your trash away with you. Discarding waste in nature harms the environment.*
- 2. Do not damage or remove any plants or minerals.*
- 3. Do not light fires outside the designated barbecue areas in the National Park.*
- 4. The National Park is home to wild animals. Always keep your dog on a leash.*
- 5. Do not cause any disturbance or make unnecessary noise. Being quiet increases the likelihood of seeing wild animals.*
- 6. Camping in the National Park is only allowed in the designated campsites.*



STELVIO NATIONAL PARK OVERVIEW OF THE NATURE RESERVE

"Stelvio National Park" is my name.

Just so you know, I'm one of the biggest nature reserves in Europe, extending across four Italian provinces: **South Tyrol, Trento, Brescia and Sondrio**. The Golden Eagle is my heraldic animal and I provide a natural habitat to deer (including red deer), chamois, the bearded vulture. Rare plants, including Edelweiss, Alpine roses, larch and Swiss stone pines all thrive here. The limpid waters of my glaciers, streams and lakes are also vital to the human settlements within my boundaries that extend northwest, as far as the Swiss National Park and to the Parco dell' Adamello, in the south.

I support ten villages in South Tyrol alone: **Stilfs/Stelvio, Prad/Prato, Glurns/Glorenza, Taufers i.M./Tubre i.V.M., Mals/Malles, Laas/Lasa, Schlanders/Silandro, Martell/Martello, Latsch/Laces and Ulten/Ultimo**. These communities are vital in helping me preserve the diversity of my high mountain landscape for posterity. My pristine, natural beauty should help persuade you that I'm well worth the effort!

The Stelvio National Park is served by all public transport (for further information, go to: www.suedtirolmobil.info).

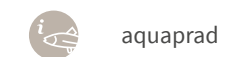
This is where the Stelvio National Park begins.

If you see this sign, you're in the Stelvio National Park area.



Visitor Centres

For further information see page 46.



aquaprad



avimundus



culturamartell



lahnersäge



naturatrafoi



**"WALKING IS THE MOTION OF LEGS
AND THE STATE OF THE SOUL"**

JOSEF HOFMILLER, (1872 – 1933)



ERLEBNISSE
ESPERIENZE
EXPERIENCES

NATIONAL
PARK
STILFSER
JOCH

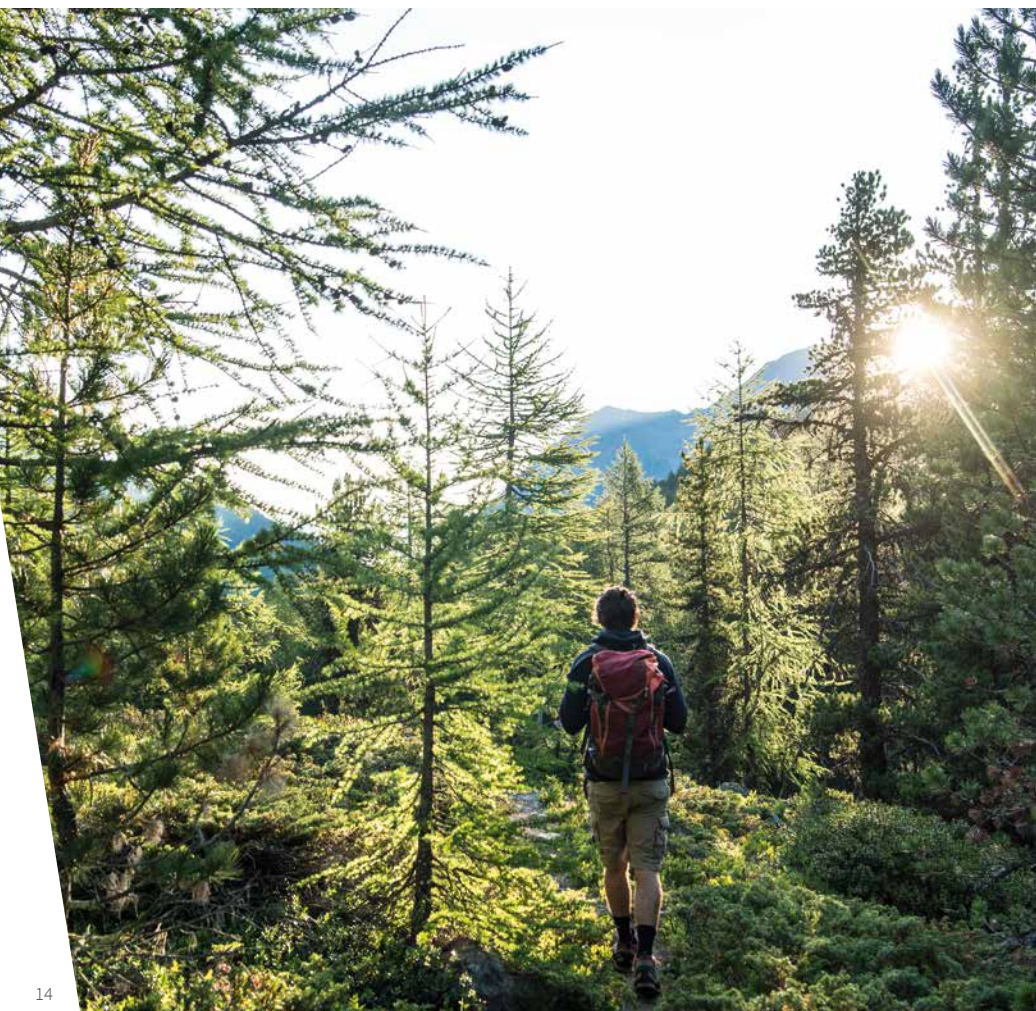
PARCO
NAZIONALE
DELLO
STELVIO



SUMMER EXPERIENCE

HIKING

Discover the Stelvio National Park in summer: marvel at the breath-taking panoramas from the summits, the high mountain pastures and lakes. Birds of prey circle in the sky amidst the whistles of marmots low on the ground.



Farm Tour

This leisurely hiking circuit leads from Prad/Prato to Lichtenberg/ Montechiaro and back. Along the way we stop at a farm to sample some of the homegrown fare.

Wednesdays:

26 June – 4 September 2019

Meeting point: 9:00 am, Prad/Prato (aquaprad Visitor Centre)

Duration: 4 – 5 hrs,

walking time: 3 hrs

Extra charge for the farm tour (€ 7.00)



Mountain Hut Hike

Our mountain guide takes you to the most beautiful spots in the Stelvio National Park. On this easy hike, breathe deeply and inhale the pure mountain air. The sumptuous local delicacies served at the huts taste even better!

Mondays: 8 April – 28 October 2019

Meeting point: Prad/Prato (aquaprad Visitor Centre)

Info: +39 0473 616 034

Duration: ~ 6 hrs,

walking time: ~ 4 hrs



Visiting the Most

Spectacular Beauty Spots

Join us for an easy hike in the Stelvio National Park, leading all the way up to the summits from where you can enjoy magnificent scenic views. Experience a typical South Tyrolean afternoon Marende with local products.

Thursdays:

11 April – 31 October 2019

Meeting point: rotating, Info Prad/Prato Tourist Office: +39 0473 616 034

Duration: ~ 6 hrs,

walking time: ~ 4 hrs



Visit a Mountain Dairy Farm

On this guided hike to the Prader Alm mountain hut in Trafoi, you can see how cheese and butter are made from fresh farm milk. Enjoy the panoramic views while smelling the fragrance of the Alpine meadows!

Mondays: 1 July – 26 August 2019

Meeting point: 9:30 am, Trafoi (naturatrafoi Visitor Centre)

Duration: 5 – 6 hrs,

walking time: ~ 4 hrs

(600 m difference in altitude)





Birdwatching on Haidersee Lake

Observing the birdlife on an extensive ornithological hike around Haidersee Lake.

Sunday: 26 May 2019

Meeting point: 8:00 am,
Fischerhäuser/Case dei Pescatori
(bus stop)

Duration: ~ 6 hrs

Gear: binoculars (required)



Wild Animals and Flowers

While hiking through the mountain forests and over the sunny meadows, keeping an eye open for marmots and deer tracks, we come across beds of magnificent Alpine flowers. At lunchtime, we decide to stop at one of the rustic mountain refuges.

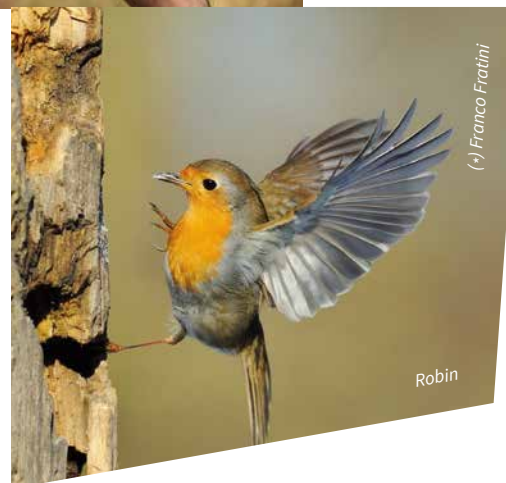
Alternating Mondays:

15 July – 2 September 2019

Appointment: 9:30 am,

Ultental/Val d'Ultimo
(lahnersäge Visitor Centre)

Duration: ~ 6 hrs, walking time: 4 hrs



Herbal Hike in Martell

Discover the healing powers of mountain herbs along the ancient paths, guided by a herbalist. Discover age-old secrets handed down across the generations.

Appointments: 15, 25, 31 May and
8, 14, 19 June 2019

Meeting point: 3.30 pm,
Martelltal/Val Martello
(culturamartell Visitor Centre)

Duration: ~ 3 hrs



In Search of the Marmots

Observe marmots in their natural habitat in the Stelvio National Park. Their loud, whistling sounds are a give-away!

Tuesdays:

18 June – 17 September 2019

Meeting point: 9.30 am,
Martelltal/Val Martello
(culturamartell Visitor Centre)
Optional shuttle service

Duration: 4 hrs, walking time: 3 hrs



Birdwatching Hike

On this early morning hike, accompanied by an ornithologist, you'll be enchanted by the magic of the Alpine birdsong.

Thursdays: 30 May – 20 June 2019

Meeting point: 6.00 am,
Schlanders/Silandro
(avimundus Visitor Centre)

Duration: ~ 3 hrs

Gear: binoculars (required)



Haidersee Lake on the Resia Pass facing the Ortler mountain



A Fascinating Mountain World

Marvel at this breath-taking mountain world with its pristine side valleys, deep gorges and Alpine flora and fauna.

Tuesdays: 18 June – 15 October 2019

Meeting point: 9.20 am, Prad/Prato – Sulden/Solda

(The exact meeting point will be announced upon registration)

Duration: ~ 6 hrs, walking time: 4 hrs



View of Düsseldorferhütte
mountain hut

Family Hike

Parents with children discover new ways of experiencing the forest: moving across the forest floor, splashing in the mountain streams, observing the ant, while the wind blows through the tops of the tall trees.

Tuesdays: 16 July – 20 August 2019

Meeting point: 9.30 am, Trafoi

(naturatrafoi Visitor Centre)

Duration: ~ 3 hrs



Sunrise Hike with the Rangers

An early morning hike through the Stelvio National Park up the mountain to a panoramic lookout point with the rangers. Enjoy a wholesome breakfast with fresh, local ingredients at a traditional mountain hut.

Saturdays: 10, 24 August 2019

Appointment: 5.00 am,

Ultental/Val d'Ultimo

(Iahnersäge Visitor Centre)

Duration: ~ 5 hrs, walking time: 2 hrs



In the Realm of the Golden Eagle

Let the rangers guide you in the Stelvio National Park. Catch a glimpse into the lives of the golden eagle and the bearded vulture.

Wednesdays: 12, 26 June 2019

Appointment: 9.30 am,

Ultental/Val d'Ultimo

(Iahnersäge Visitors Centre)

Duration: ~ 4 hrs, walking time: 3 hrs





Hike to Lake Goldsee

This romantic high mountain trail offers magnificent views of the 3,000 m peaks of the Ortler Group, with some awe-inspiring historical relics.

Fridays: 21 June – 18 October 2019

Appointment: 8.30 am, Prad/Prato and Suldén/Solda (bus stop). Take the bus up to the Stelvio Pass and continue on foot to the Furkelhütte mountain hut and from there by chairlift to Trafoi.

Access: Gomagoi, Stilfs/Stelvio and Trafoi

Duration: 8 hrs, walking time: 4 – 5 hrs



Botanical Hike around Stilfs

The mountain village of Stilfs/Stelvio forms part of a circumscribed cultural landscape in a diverse natural terrain. Mountain meadows, forests and swamplands are home to some interesting plant species.

Saturday: 29 June 2019

Appointment: 9.15 am, Stelvio bus stop

Duration: ~ 5 hrs, walking time: 4 hrs
Sturdiness and a good physical fitness required!



Red Clover (*Trifolium pratense* – pratense species)

In Search of Wild Herbs

Guided by an expert herbal farmer from Stilfs/Stelvio, we discover a variety of wild herbs that thrive in the Stelvio National Park.

Thursdays:

13 June – 17 October 2019

Appointment: from 9.00 am — varying starting points: Stelvio Natural Reserve, Trafoi Heilige Drei Brunnen (Three Holy Wells), Franzeshöhe/Sottostelvio, Stelvio Fire Station and the Suldén/Solda Information Office.

The starting time varies:

sometime between 9.00 – 9.40 am

Duration: 5 – 6 hrs, walking time: ~ 4 hrs



Botanical Hike on the Signalkopfsteig Trail

This climb from Franzeshöhe/Sottostelvio leads all the way to the Stelvio Pass, passing through flowerbeds of Spring Gentian, Edelweiss – as well as Alpine Roses.

Saturday: 13 July 2019

Appointment: 10.00 am, Franzeshöhe/Sottostelvio bus stop (ascent to Stelvio Pass, return by public bus)

Duration: ~ 6 hrs, walking time: 4 – 5 hrs
Sturdiness and a good physical fitness required!



Exploring the Prader Sand River Delta

Guided tour of the "Prader Sand": the extraordinary Suldénbach delta, equipped with cup lenses.

Tuesdays: 2 July – 27 August, 2019

Appointment: 3:30 pm, Prad/Prato (aquaprad Visitor Centre)

Duration: 2 hrs





Along the Smugglers' Trail

Follow the old smugglers' trail along the Alpine border, under the guidance of a ranger. Enjoy breath-taking views of the glaciers of the Stelvio National Park.

Wednesdays:

17 July – 28 August 2019

Appointment: 10.00 am, Trafoi (Furkelhütte mountain hut)

Duration: ~ 5 hrs



Discover the Magical World of Mushrooms

Familiarise yourself with different types of local mushrooms. Mycological experts from the Bresadola Organisation in Bozen/Bolzano will lead you on a search for the various types of mushrooms that grow in the National Park. The specimens collected will then be identified and presented at an exhibition in the Visitor Centre.

Hike:

Saturday: 7 September 2019

Appointment: 9.30 am, Trafoi (naturatrafoi Visitor Centre)

Duration: ~ 4 hrs



Mushroom Exhibition:

Saturday and Sunday:

7 – 8 September 2019

Appointment: 2.30 – 6.00 pm, Trafoi (naturatrafoi Visitor Centre)



Mushroom Seminar:

Sunday: 8 September 2019

Appointment: 4.00 pm; Trafoi (naturatrafoi Visitor Centre)



The Marmot

Observe a marmot colony at close range, in its natural habitat in the middle of the Stelvio National Park.

Alternating Wednesdays:

19 June – 4 September 2019

Appointment: 9.30 am

Ultental/Val d'Ultimo (lahnersäge Visitor Centre)

Duration: ~ 5.5 hrs, walking time: 3.5 hrs



© Franco Paolinelli

Marmot



SUMMER EXPERIENCE

FLORA AND FAUNA IN THE NATURE RESERVE

In all its splendour, Nature in the high mountains offer new and unexpected experiences. Early risers can be rewarded with sightings of red deer and bearded vultures.



Multimedia Presentations and Audio-visual Evenings

This multimedia presentation of the Stelvio National Park enables viewers to acquaint themselves with the abundant natural resources in this high Alpine region.

Dates: 8, 15, 22 July, 26 August and 2, 16, 30 September 2019:

8.45 pm (German)

5, 12 August 2019: 8.45 pm (Italian)

Appointment: Prad/Prato
(aquaprad Visitor Centre)

Wildlife Adventure Hike in the Stelvio National Park

Day hike across various altitudes while exploring the wild Martelltal/Val Martello valley, with its astounding variety of fauna and flora.

Thursdays:

27 June – 19 September 2019

Appointment: 9.30 am, Martelltal/Val Martello (culturamartell Visitor Centre) Optional shuttle service

Duration: ~ 6 hrs, walking time: 4 hrs



Bearded vulture



Rangers in the Stelvio National Park

Wildlife at Sunset

Witness wildlife activity after sunset in the company of Stelvio National Park rangers, from the Zufrittsee Lake Observation Station. Observe red deer, roe deer and (with a bit of luck), bearded vultures too.

Fridays: 19 July – 30 August 2019

Appointment: 5.00 pm,

Martelltal/Val Martello (Wildlife Observation Station at Zufrittsee, near the Gasthof Zufritt Inn)

Duration: till after sunset





Mating Calls of the Red Deer

At the end of September, you can hear mating cries of the red deer echoing through the autumn forests of the National Park. With some luck we'll not only hear the rutting cry of the male deer, but also catch a glimpse of them.

Martelltal/Val Martello:

Dates: 25, 27, 29 September and 2, 4, 6 October 2019

Appointment: 3.00 pm,
(culturamartell Visitor Centre)

Duration: until nightfall

Ultental/Val d'Ultimo:

Wednesdays:

11, 18, 25 September 2019

Appointment: 4.30 pm,
(lahnersäge Visitor Centre)

Duration: until nightfall

Trafoi:

Tuesdays, Thursdays, Saturdays:

24 September – 10 October 2019

Appointment: 6.30 am,
(naturatrafoi Visitor Centre)

Duration: ~ 2 hrs



The bearded vulture Learns to Fly

The bearded vulture has its breeding ground in specific parts of the Stelvio National Park. If the breeding is successful also this year you'll be able to observe the bearded vultures, accompanied by the Stelvio National Park rangers. Discover more about this majestic bird of prey.

Martelltal/Val Martello:

Tuesdays: 4 June – 2 July 2019

Appointment: 3.00 pm,
Hintermartell/Alta Val Martello
Info Point – Enzianhütte parking lot

Duration: ~ 2.5 hrs

Trafoi:

Wednesdays:

22 May – 19 June 2019

Appointment: 2.30 pm,
(naturatrafoi Visitor Centre)

Duration: ~ 3 hrs



Martell Herbal Workshop

Participants will be able to collect and familiarise themselves with a variety of wild herbs and their individual properties, accompanied by a herbalist called Floresperta. The plants are then sorted and processed by hand into extracts and natural remedies.

Thursdays:

20 June – 12 September 2019

Appointment: 3.00 pm,
Martell/Martello paese (village
centre at the bus turnaround)

Duration: ~ 2.5 hrs





Life on a Mountain Farm

Up above Martelltal/Val Martello, lies the Niederhof farm at an altitude of 1,650 m. Take a guided tour of the original farm museum, providing an insight into the history of the old mountain farms and their inhabitants. After the tour, you'll be treated to a selection of home-made farm products.

Wednesdays:

12 June – 28 August 2019

Meeting point: 10.00 am,

Martelltal/Val Martello (Niederhof)

Duration: ~ 2 hrs



Following in the Footsteps of the Venetians

See how a 200-year-old Venetian saw is capable of sectioning a tree trunk into boards. In a separate demonstration, grain is milled into flour at the newly refurbished old mill.

Tuesdays and Thursdays:

May – October 2019

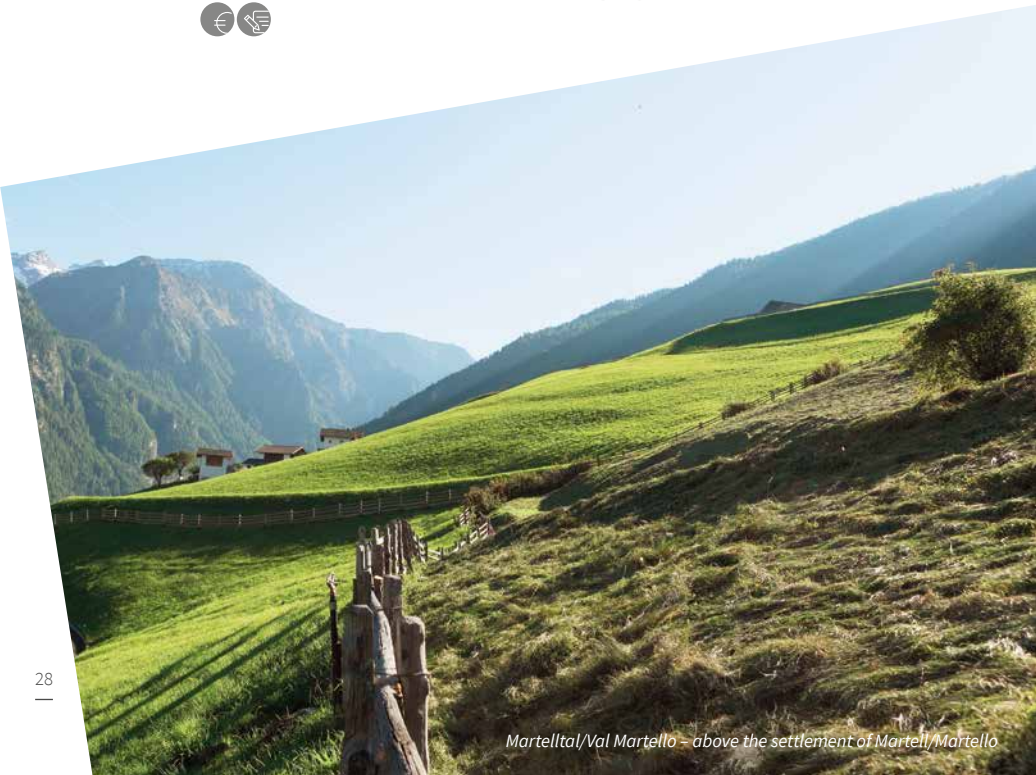
Appointment: 3.00 pm,

Ultental/Val d'Ultimo

(lahnersäge Visitor Centre)

Duration: ~ 1 h

Entry fee: ticket to the Visitor Centre



Martelltal/Val Martello – above the settlement of Martell/Martello

Cheese Kettles and Butter Bucket at the Prader Alm Showroom

Mountain dairy farming is important for the local economy and an integral part of the cultural landscape of the Stelvio National Park. Visit the Prader Alm mountain hut showroom and see how butter and cheeses are made — at an altitude of 2,051 m.

Open:

from mid-June – early September 2019, daily from 10.00 am – 5.00 pm (open to the public)



Prader Alm mountain pasture



Where's Hechti? Fish of the High Mountain Lakes

Bring your children to discover the mysterious underwater world of the aquaprad Visitor Centre. Search for Hechti and see fresh-water fish that build their own nests, laying millions of eggs and living in the icy habitat of the high mountain lakes.

Thursdays: 4 July – 29 August 2019 (except 15 August), at 10.15 am (German)
1, 8, 15, 22, 29 August 2019 at 16:15 pm (Italian)

Appointment: Prad/Prato (aquaprad Visitor Centre)

Duration: ~ 45 min

Entry fee: € 3.00 per child (reduced), adults: ticket to the Visitor Centre

Register at the Prad Tourist Office. T. +39 0473 616 034

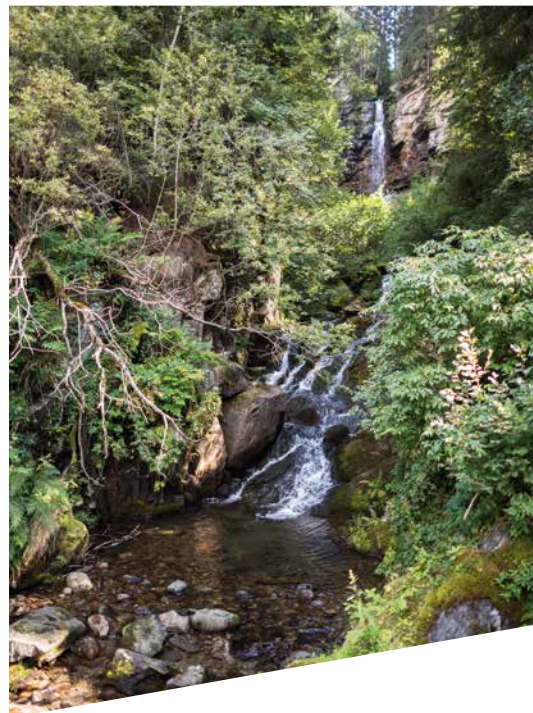


Special "World of Glaciers" Exhibition

Guided tour of the "World of Glaciers" Exhibition at the aquaprad Visitor Centre.

Fridays: throughout July and August, 2019

Appointment: 9:00 am, Prad/Prato (aquaprad Visitor Centre)



Life in the Streams

Organised adventures for kids.

During the course of this children's afternoon, we meet up with the inhabitants of the Falschauerbach stream. The children make a boat from wood before sending it down-stream on its journey.

Alternate Wednesdays:

17 July – 28 August 2019

Appointment: 2.30 pm,
Ultental/Val d'Ultimo
(Iahnersäge Visitor Centre)

Duration: 2 hrs

Entry fee: € 3.00 per child



Hechtis Nature Workshop

On Wednesday mornings in July and August, there's a special Children's Program at the Aquarium in the aquaprad Visitor Centre. Afterwards, the kids have a chance to learn some handicraft skills. The Children's Workshop is organised in cooperation with the Prad/Prato Tourist Association.

Wednesdays: 3 July – 28 August 2019

Appointment: 9.00 am, Prad/Prato
(aquaprad Visitors Centre)

Entry fee: € 3.00 per child

Register at the Prad Tourist Association
T. +39 0473 616 034



Creative Workshop – Building Birdhouses

Make birdhouses, nesting boxes and feeding silos out of wood for the birds. They'll be very grateful!

Wednesdays:

29 May – 25 September 2019

Appointment: 2.30 pm,
Schlanders/Silandro
(avimundus Visitor Centre)

Duration: ~ 1.5 hrs

Fee: € 3.00 per child

Minimum age: 6 years

Number of participants: max. 4



Carp



Wuschlpuschl Nature Workshop

Simple creativity with just pine cones, stones and nuts. At the Wuschlpuschl Nature Workshop, natural objects collected by the kids are transformed into imaginative works of art.

Thursdays: 13 June – 25 July 2019

Thursdays and Fridays:

1 – 30 August 2019

Appointment: 2.30 – 5.30 pm,
Trafoi (naturatrafoi Visitor Centre)

Entry fee: € 3.00 per child



Creative Workshop – Drawing, Painting & Handicrafts

Our creative workshop makes it all happen for the kids! Children discover the unique bird species of the Alps and then draw or paint their favourite birds.

Saturdays:

25 May – 14 September 2019

Meeting point: 2.30 pm,
Schlanders/Silandro
(avimundus Visitor Centre)

Duration: ~ 1.5 hrs

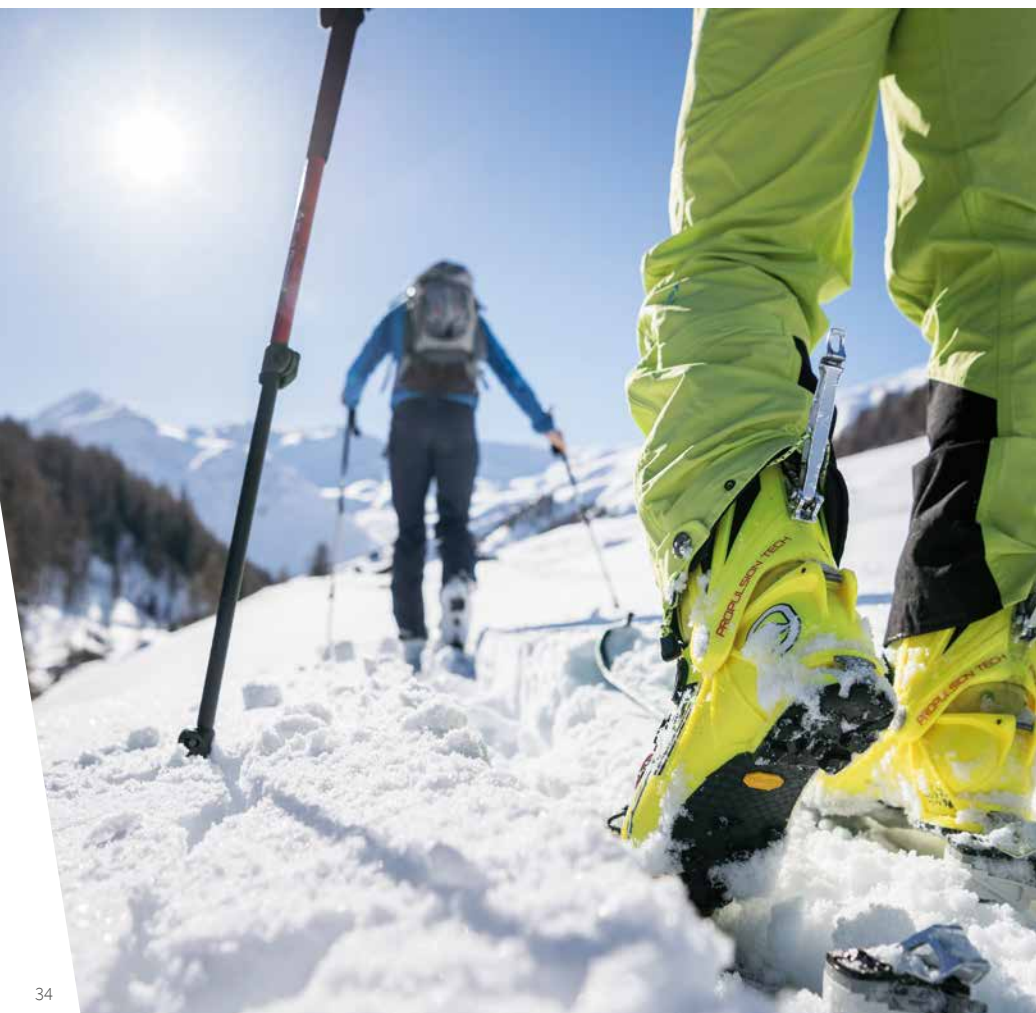
Entry fee: € 3.00 per child





WINTER EXPERIENCE ON THE TRACE OF NATURE

Experience wintertime amidst unspoilt nature.
Our winter hikes follow the tracks of wild
animals in the Stelvio National Park.



Guided Hikes in Winter

Set out on a leisurely hike through the winter forests of the Trafoital/ Val di Trafoi. Discover animal tracks, and find out how they survive in the wild. This pristine terrain is experienced at a time when it is blanketed under a coat of winter snow.

Dates: January – March 2020

Appointment: varies weekly
(see program when registering)

Duration: ~ 3 hrs

Gear: winter mountain boots,
warm clothing



Winter Hike to a Mountain Farm

Follow a local mountain farmer on a stunning hike through the Stelvio National Park. The excursion ends with a visit to a traditional Ultental/ Val d'Ultimo mountain farm.

Dates: January – March 2020

Duration: ~ 4 hrs

Equipment: winter mountain
boots, warm clothes, trail crampons
are provided free of charge



Winter Program Info

Details about our winter programme
may be found at:

www.nationalpark-stelvio.it



Winter Hike under the Full Moon

Hiking through the winter forest at full moon is an unforgettable experience. This evening hike is rounded off with mulled wine or herbal teas at a convivial Ultental/Val d'Ultimo farmhouse.

Dates:

December 2019 – March 2020

Meeting point: 6.30 pm, Ultental (lahnersäge Visitor Centre) take the free shuttle bus from any of the bus stops between St. Walburg/S. Valburga to St. Gertraud/S. Gertrude, there and back

Duration: ~ 3.5 hrs

Gear: winter mountain boots, warm clothing, headlamp



Following the Tracks of Wild Animals

Rangers will take you on an exciting hike to explore the enchanting Stelvio National Park winter landscape. After stopping at a convivial mountain hut at around midday, we return to the starting point.

Period: December 2019 – March 2020

Appointment: 10.30 am, Ultental/Val d'Ultimo (Unterschweighof farm near St. Moritz/S. Maurizio) take the free shuttle bus from any of the bus stops between St. Walburg/S. Valburga to St. Moritz/S. Maurizio, there and back

Duration: ~ 4 hrs

Gear: winter mountain boots, warm clothing, trail crampons are provided free of charge, stopping at a convivial mountain hut



Winter Tracks

In the white wonderworld of the Stelvio National Park in winter, follow the tracks of wild animals and see how they live and their survival strategies. After a leisurely stop at a rustic mountain hut, continue back to the starting point.

Dates: January – March 2020

Appointment: 10.30 am, Ultental/Val d'Ultimo (Oberhof farm in St. Gertraud/S. Gertrude) to get there, take the free shuttle bus from any of the bus stops between St. Walburg/S. Valburga/ to St. Gertraud/S. Gertrude, and back again

Duration: ~ 4 – 5 hrs

Gear: sturdy mountain boots, warm clothes, trail crampons are provided free of charge



(*) Andrea Izzotti

Chamois

Chamois tracks



WINTER EXPERIENCE

WINTER IN THE FORESTS OF THE NATIONAL PARK

Follow the tracks of wild animals, discover the rustic Advent markets and explore the beauty of Nature on a guided tour. Wintertime is when the natural reserve is at its most contemplative.



Advent in Martelltal

A special atmosphere pervades the Advent markets at the highest altitude in the Alps. Traditional bands and local choirs serenade visitors and locals alike. The varied programme includes a craft workshop for children, an exhibition of handcrafted baby cots, rural handcraft demonstrations and the spectacle of Swedish fires inside log stumps. The Latscher Tuifl devil's masks exhibition is one of the more anticipated highlights of the event.

Appointment: 6 – 8 December 2019

Where: Enzianhütte mountain hut

Advent in the Forests of the National Park

The first-ever "Forest Advent in the National Park" event is set to take place on 15 December, 2019. Visitors are entertained by traditional Christmas tales around the campfire, as well as singing and listening to music. There are also religious re-enactments of Advent and craftsmanship displays at the old Mill.

Sunday: 15 December 2019

Appointment: 12.00 noon – 6.00 pm
(lahnersäge Visitor Centre)

Wuschlpuschl Nature Workshop

At this nature workshop, children are inspired to create small works of art from natural materials such as pine cones, stones and nuts.

Fridays:

December 2019 – March 2020

Appointment: 3.00 – 6.00 pm,
(naturatrafoi Visitor Centre)

Entry fee: € 3.00 per child



Animal Survival Strategies in the High Mountains

A guided tour at the Visitor Centre yields some of the secrets of how the flora and fauna survive in the unforgiving high mountain terrain. Their stratagems are sometimes surprising.

Wednesdays:

January – March 2020

Meeting point: 5.00 pm, Trafoi
(naturatrafoi Visitor Centre)

Duration: 45 min

Entry fee: 1,00 € + ticket to the
Visitor Centre



Documentary at the Visitor Centre

Spectacular aerial photographs provide an overview of the rugged habitat of the Stelvio National Park. This documentary film portrays the Alpine animals and plants in their natural environment.

Tuesdays: January – March 2020

Appointment: 5.00 pm (German),
(naturatrafoi Visitor Centre)



HÖHENWEGE
ALTE VIE
HIGH ROUTES

NATIONAL
PARK
STILFSER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO

**"WHERE YOU'VE WANDERED ON FOOT,
IS WHERE YOU'VE REALLY BEEN."**

JOHANN WOLFGANG VON GOETHE, (1749 – 1832)

The newly-opened Ortler High Mountain Trail



HIGH MOUNTAIN TRAILS AROUND THE MIGHTY ORTLER

Hike along the characteristic high-altitude trails in the Stelvio National Park on a tour of the mighty Ortler Mountains. Spectacular panoramic views guaranteed!

High Mountain Trail around the Majestic Ortler

About 120 km in length, the new Ortler High Mountain Trail stretches across the Stelvio Natural Park. This challenging hike across the Ortler Range, sometimes runs through the glacier at altitudes of over 3,000 m. It can also be broken down into separate, shorter stages. The best period is sometime between June and September. In this period, temperatures are milder and the visibility is good, offering spectacular panoramas of the Ortler Glacier. All along this route are signposts pointing to the mountain huts, where food is served and visitors can stop overnight.



Marble Circuit Trail

The 80-km circuit trail between Venosta Valley, Martell/Martello and Sölden/Solda, circumvents the Laas Mountain massif. This arduous but interesting new route is suited to healthy and fit hikers in good physical shape. The Madritschjoch Ridge (3,123 m) is the highest point of the hiking circuit.

Key facts:

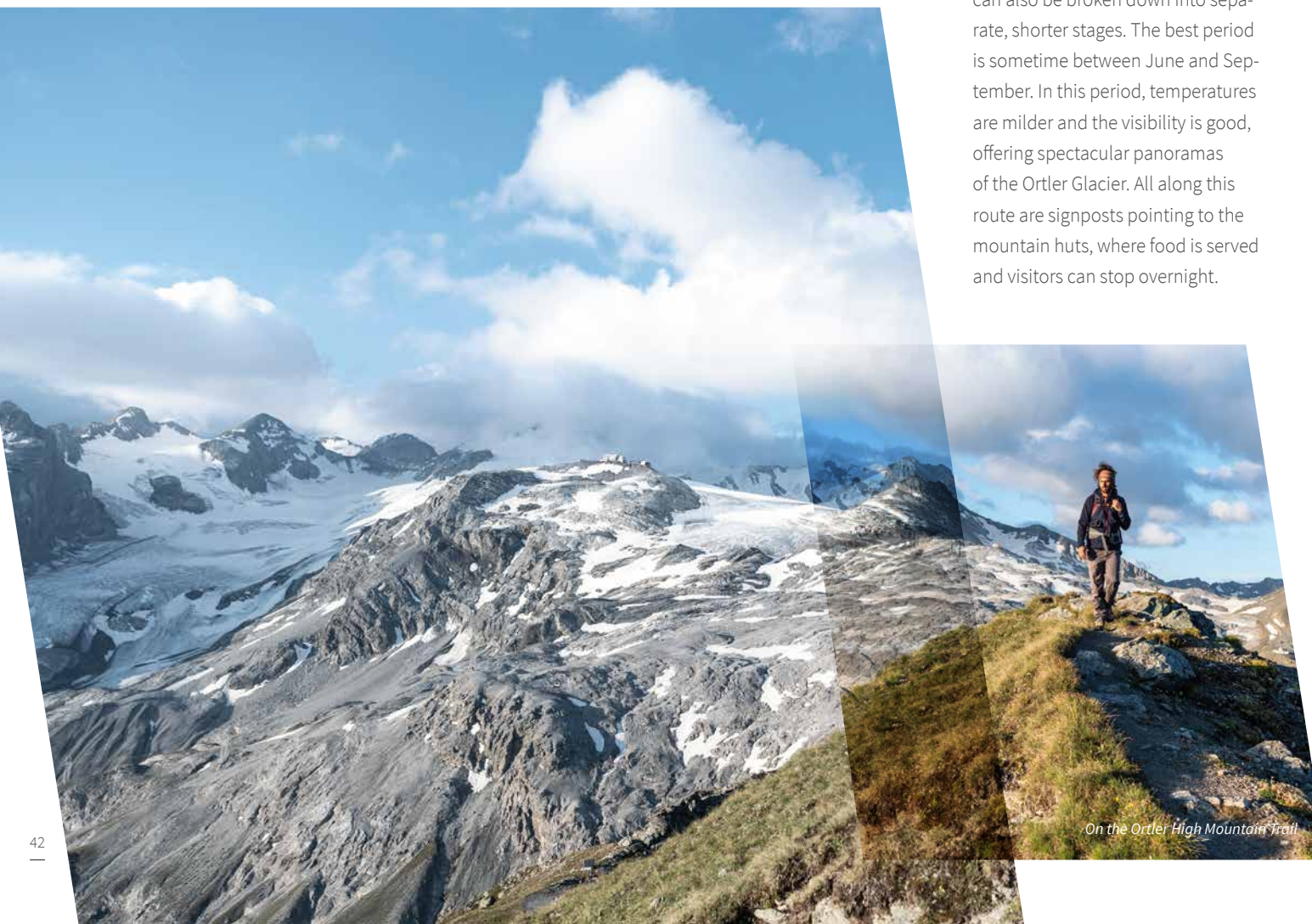
Length: ~ 80 km

Duration: 6 single-day stages
(total ~ 30 hrs)

Highest point: Madritschjoch (3,123 m)

Difficulty level: medium/hard –
suited to fit and sure-footed hikers

Opens: Summer/Autumn 2020



**"WATER IS FLUID, SOFT, AND YIELDING.
BUT WATER WILL WEAR AWAY ROCK,
WHICH IS RIGID AND CANNOT YIELD. AS
A RULE, WHATEVER IS FLUID, SOFT, AND
YIELDING WILL OVERCOME WHATEVER
IS RIGID AND HARD."**

LAO TZU, (6TH CENTURY BC)

BESUCHER
ZENTREN
CENTRI
VISITATORI
VISITOR
CENTRES

NATIONAL
PARK
STILFSER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO



VISITOR CENTRES NATIONAL PARK HOUSES

Summertime in the Stelvio National Park is a great time for adventures in unspoilt nature. A variety of programs at the five Visitor Centres offer useful information about the fauna and flora that inhabit this high mountain nature reserve.



Bream



AQUAPRAD VISITOR CENTRE

Permanent Exhibition: Among the Fish – A Journey Into a Strange World

The high Alpine glaciers of the Stelvio National Park are vital to our ecosystem. At the aquaprad Visitor Centre, visitors have a chance to observe some 30 native fish species from unusual perspectives, such as in the artificial streams or through a large panoramic window into the natural pool outside. Other animal species including the European Pond Terrapin, (which once thrived in South Tyrol) can also be seen.

Temporary Exhibition: "Glacier World"

"Glaciers – White World in Change" is the title of an exhibition that focuses on the glaciers. Streams from the glacier are repositories of important data. Their waters cleanse the ground while moving inexorably downhill to irrigate the valleys below. The worrying phenomenon of glacier shrinkage poses new challenges to our complex ecosystem.

aquaprad Visitor Centre

The aquaprad Visitor Centre is located in the centre of Prad/Prato.

Kreuzweg/Via Croce 4c, I-39026 Prad/Prato (BZ)

Opening hours: Tue – Sat 9.30 am – 12.30 pm, 2.30 – 6.00 pm and Sat – Sun and holidays 14.30 – 18.00 pm

For further Info and/or Registration:

aquaprad Visitor Centre | T. +39 0473 618 212 | info@aquaprad.com | www.nationalpark-stelvio.it

Prad Tourist Association | T. +39 0473 616 034 | office@prad.info | www.prad.info



(*) Franco Fratini

Great tit



Traditional farmhouse parlour



AVIMUNDUS VISITOR CENTRE

Temporary Exhibition: **Eating or Being Eaten**

This is a perennial Law of Life. But who eats whom? And what happens to living beings at the end of their lives? These and other pressing questions will hopefully be answered at the Special Exhibition at the avimundus Visitor Centre.

Permanent Exhibition: **The World of Birds**

People have always wondered about birds in flight. This also extends to the Stelvio National Park, where numerous bird species occupy a wide variety of natural habitats. The avimundus Visitor Centre provides a comprehensive insight into the world of birds in the Alpine regions.

avimundus Visitor Centre

The avimundus Visitor Centre is located in the pedestrian zone of Schlanders/Silandro in Venosta Valley. Kapuzinergasse/Via dei Cappuccini 2, I-39028 Schlanders/Silandro (BZ)

Opening hours: Tue – Sat 9.30 am – 12.30 pm, 2.30 – 6.00 pm (May – October)

For further Info and/or Registration:

avimundus Visitor Centre | T. +39 0473 730 156 | info@avimundus.com | www.nationalpark-stelvio.it
Schlanders – Laas Tourist Association | T. +39 0473 730 155 | info@schlanders-laas.it | www.schlanders-laas.it



CULTURAMARTELL VISITOR CENTRE

Permanent Exhibition: Martell in mein Tol

Traditional mountain farming still persists in the rural Martelltal/Val Martello. But centuries ago, this used to be a tough way of life. In this exhibition, modern South Tyrolean mountain farmers tell their story from their perspective. The centre-piece of the exhibition is the traditional "stube".

A Relic from the Bronze Age

This archaeological find shows how important Val Martello used to be for livestock grazing in summer, as well as mining and trading. An old dagger with its engraved handle is on show at the Visitor Centre.

Temporary Exhibition:

Flowers – Meadows – Life

The new exhibition is centred on the flora and fauna of the mountain meadows, helping visitors to understand why the flowering meadows are considered one of the hotspots of European biodiversity.

culturamartell Visitor Centre

The culturamartell Visitor Centre can be found next to the Trattla Recreational Centre in Martelltal/Val Martello. Trattla 246, I-39020 Martell/Martello (BZ)

Opening hours: Tue – Sat at 9.30 am – 12.30 pm and 2.30 pm – 6.00 pm (May – October)

July/August also Sun 2.30 pm – 6.00 pm

For further Info and/or Registration:

culturamartell Visitor Centre | T. +39 0473 745 027 | info@culturamartell.com | www.nationalpark-stelvio.it
Latsch – Martelltal Tourist Association | T. +39 0473 623 109 | info@latsch.it | www.latsch-martell.it



(*) Silvano Badoglio

Larch



(*) Gigi Bwella

Chamois



LAHNERSÄGE VISITOR CENTRE

Temporary Exhibition:

Animal Babies – Born to be Wild

Whether large or small, predator or herbivore, the start of a new life in the wild is a real challenge for all new-born animals. This new exhibition focuses on the life-threatening dangers faced by young animals due to the increased use of mechanization in farming.

Permanent Exhibition:

Forest and Wood

Matters concerning Forestry and Wood are featured at this permanent exhibition at the lahnersäge Visitor Centre. The exhibition focuses on the importance of forests for both Man and Nature. The important topic of the forest is dealt with comprehensively, and in a manner, intelligible to the general public.

lahnersäge Visitor Centre

The lahnersäge Visitor Centre can be found at the end of the Ultental/Val d'Ultimo, in the southern part of the Stelvio National Park in the South Tyrolean section. Lahnersäge 62, I-39016 St. Gertraud/S. Gertrude (BZ)

Opening hours: Tue – Sat 9.30 am – 12.30 pm and 2.30 pm – 5.30 pm (May – October and January – March)
July – Aug also Sun 2.30 pm – 5.30 pm

For further Info and/or Registration:

lahnersäge Visitor Centre | T. +39 0473 798 123 | info@lahnersaegel.com | www.nationalpark-stelvio.it
Ultental Tourist Association | T. +39 0473 795 387 | info@ultental.it | www.ultental.it



NATURATRAFOI VISITOR CENTRE

Permanent Exhibition:

Living on the Edge

The exhibition provides fascinating insights into the life and survival strategies of plants and animals under the extreme conditions of the high mountains. Some interesting facts about the geology and climate of the Ortler Group are presented.

Temporary Exhibition: The Larch Tree – the “Light Child” of the Alps

The new temporary exhibition focuses on one of the most adaptable trees found in the Alpine region. With its deep roots, the larch needs plenty of light to grow and this has earned it its nick-name, the “Child of Light”. But what is the “Lörget” of the larch? And how old are the oldest larches in South Tyrol?

naturatrafoi Visitor Centre

The naturatrafoi Visitor Centre is right on the road along the Stelvio Pass beneath the Ortler.

Trafoi 57, I-39029 Stils/Stelvio (BZ)

Opening hours: Tue – Sat 9.30 am – 12.30 pm and 2.30 pm – 6.00 pm (May – October and January – March)
July/August also Sun 2.30 pm – 6.00 pm

For further Info and/or Registration:

naturatrafoi Visitor Centre | T. 0473 612 031 | info@naturatrafoi.com | www.nationalpark-stelvio.it
Ortler Tourist Association – Office in Suldén/Solda | T. +39 0473 613 015 | info@ortlergebiet.it | www.ortlergebiet.it

**"TAKING PART IS MORE IMPORTANT
THAN WINNING"**

PIERRE DE COUBERTIN, (1863 – 1937)

RADTAG
GIORNATA
DELLA BICI
BIKE DAY

NATIONAL
PARK
STILFSER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO





SPORTING EVENTS

TOP EVENTS

With its summits rising to 3,000 m, the Stelvio National Park is perfect for arduous, yet sustainable sports and hosts numerous sporting events. The Bike Day up the breath-taking Stelvio Pass or the IBU Cup Biathlon in the Martell/Val Martello are just two examples.



Stelvio Bike Day

The Stelvio Bike Day is an annual cycling event held in the Stelvio National Park. For most of the day, the road to the Stelvio Pass (one of the highest in the Alps) is closed to road traffic.

Road closure: from Trafoi up to the Stelvio Pass, from Bormio up to the Pass as well as the road to the Umbrail Pass.

Times of the road closure: 8.00 am – 4.00 pm

Information: www.stelviobike.com

Next Appointment: 31 August 2019

Biathlon IBU Cup

The renowned Biathlon IBU Cup also passes through Martell/Martello. 200 athletes from 35 nations will compete for the title. Plenty of thrills and top-level sportsmanship are guaranteed!

Next Appointment: 10 – 15 February 2020

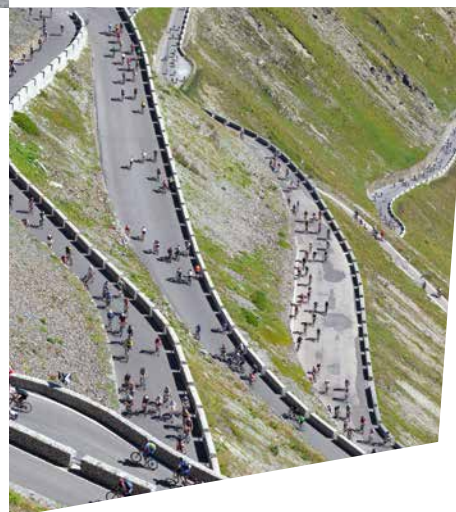
IBU JUNIOR CUP: 16 – 21 December 2019

Stelvio Marathon

15 June 2019 heralds the start of the 3rd Annual Stilfserjoch Stelvio Marathon! Hundreds of runners from all over the world come together to take part in this epic marathon up Europe's second-highest mountain pass. The marathon route climbs up the Stelvio National Park and is considered one of the toughest in its category.

Information: www.stelviomarathon.it

Next Appointment: 15 June 2019



Marmotta Trophy

The Marmotta Trophy is the main annual ski touring event in the Stelvio National Park. Once a year, the top names in Italian and International ski mountaineering compete in the high mountains of Martell/Val Martello.

Next Appointment: March 2020



NATIONAL
PARK
STILFSER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO

REGIONALE
PRODUKTE
PRODOTTI
REGIONALI
REGIONAL
PRODUCTS

**"HIGH QUALITY IS THE PRODUCT
OF ATTENTION TO DETAIL".**

ANDREAS TENZER, (*1954)





REGIONAL PRODUCE FROM STELVIO NATIONAL PARK **SUSTAINABLE AND INNOVATIVE**

Tested quality, superb taste, ecological sustainability and certified origins are the distinguishing features of agricultural products originating from the Stelvio National Park.

Over the centuries, the inhabitants of the Ortler area around the Stelvio National Park subsisted in a symbiotic relationship with their natural environment. The work of the mountain farmers and pastoralists also involved the custodianship of the cultural landscape, making an important contribution to its biodiversity. At the same time, they also need to ensure that their efforts are economically viable. Consequently, the Stelvio Natural Reserve is set to enhance its support to promote and increase the market demand for local and regional produce.

The goal is to develop sponsorships with potential partners and increase cooperation between trade, tourism and the agricultural sectors. This ensures that quality products of local origin do not fade away; rather, that they actually multiply. As we gain new insights, we also refer back to older wisdom. Because, as we know, the only Truth lies in Reality.



Sweet strawberries from the Martelltal/Val Martello



Crafted woodturning



NATIONAL
PARK
STILFSER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO



Stelvio National Park Administration Office

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Published by: Stelvio National Park Administration Office

Coordination and Editing: Stelvio National Park Administration Office (Ilona Ortler, Lukas Hofer & Ronald Oberhofer), in conjunction with IDM Südtirol/Alto Adige (Lukas Stecher & Alexa Satto Mair)

Concept and Design: Werbecompany Meran

Translations: context d. Haimo Perkmann

Printing: Athesia Druck GmbH

Images: Stelvio National Park Archive, (+) taken from the "Photographing the Park" Photo Competition and provided by IDM Südtirol/Helmuth Rier/Frieder Blickle/Alex Filz/Anna Gruber/Harald Wisthaler/Damian Pertoll/Marion Lafogler

Cover picture: Ortler High Mountain Trail © IDM Südtirol/Helmuth Rier

A special word of thanks to the authors for allowing us to use their images.