

Trekking Guide



33 trekking routes & 4 via ferrata

**NOVA PONENTE/DEUTSCHNOFEN - MONTE S. PIETRO/PETERSBERG**

“Kirchsteig” to the Stone Age settlement Enzbirch	4
Panorama circular hike	5
European long distance path E5: from Nova Ponente Deutschnofen to Colle Kohlern and to Bolzano Bozen	7
To the pilgrimage site of Madonna di Pietralba	8
To the Lieg hut (Malga Costa)	9
To the Laab hut and to the Petersberger Leger hut (Malga Monte S. Pietro)	10
To the church S. Agata St. Agatha	11
To the Bletterbach gorge	12
To the Corno Bianco Weißhorn	13
Roundtrip hike through alpine meadows on the Passo Oclini Jochgrimm	14

OBereggen – EGA/EGGEN 16

Latemarium – Latemar.Panorama	16
To the Torre di Pisa hut	17
To the huts of Obereggen	19
Hike over Samberg mountain	20
Along the Templweg path to Lake Carezza	21

NOVA LEVANTE/WELSCHNOFEN - CAREZZA/KARERSEE 22

From Nova Levante Welschnofen to Lake Carezza	22
Sissi Tour	23
Farm hike	24
Latemar labyrinth	25
Masarè path	26
Circular hike around the Catinaccio Rosengarten	27
To the Pulpito Poppekanzel in the Latemar	28
King Laurin Tour	29
The heart of Catinaccio Rosengarten – Vajolon	30
To the Christomannos monument	31
To the Messnerjoch hut	32
Vial de le Feide (Sheep path)	33

COLLEPIETRA/STEINEGG - GUMMER/SAN VALENTINO IN CAMPO 34

Circular hike Taltbühl	34
Collepietra Steinegg hiking path	35
Collepietra Steinegg – Ölgartner Bild – Wiedenhof farm	36
Circular hike Star Village	37
Planet path	38
Pyramid path	39

VIA FERRATA 41

Via ferrata Passo Santner Santnerpass	41
Via ferrata Masarè	42
Via ferrata Roda di Vael Rotwand	43
Via ferrata Campanili del Latemar	44
Mountain Pass	46
Less waste – more nature	48
10 rules of safe hiking in the mountains	49
Trekking Card	51

Symbols:

track length



total walking time



total altitude difference



refreshment point



“Kirchsteig” to the Stone Age settlement of Enzbirch

This Stone Age settlement includes a hilltop with heavy overgrowth, the ruins of a walled fortress, and great views of the Adige Valley.

Route: Nova Ponente/Deutschnofen (1357 m), Piazza Gibitz – left towards Wölfl farm (Maso Lupicino) – left onto the church trail K (Kirchsteig) – across meadows and past beautiful farmsteads – on trail n. 10 to Högger farm (1h) – Schadner farm – trail R – downhill to the rocky outcrop. Return: trail n. 10 – Wölfl farm (Maso Lupicino) – trail E5 – village centre (2 h).

Variant return: Högger farm – church trail K (Kirchsteig), trail n. 11B – Wölfl farm (Maso Lupicino) – trail E5 – village centre (2 h).

average difficulty		
13 km	4 h	500 m
	Högger farm, Wölfl farm Maso Lupicino	

STAMP
HÖGGER FARM WÖLFL FARM MASO LUPICINO
Points 10



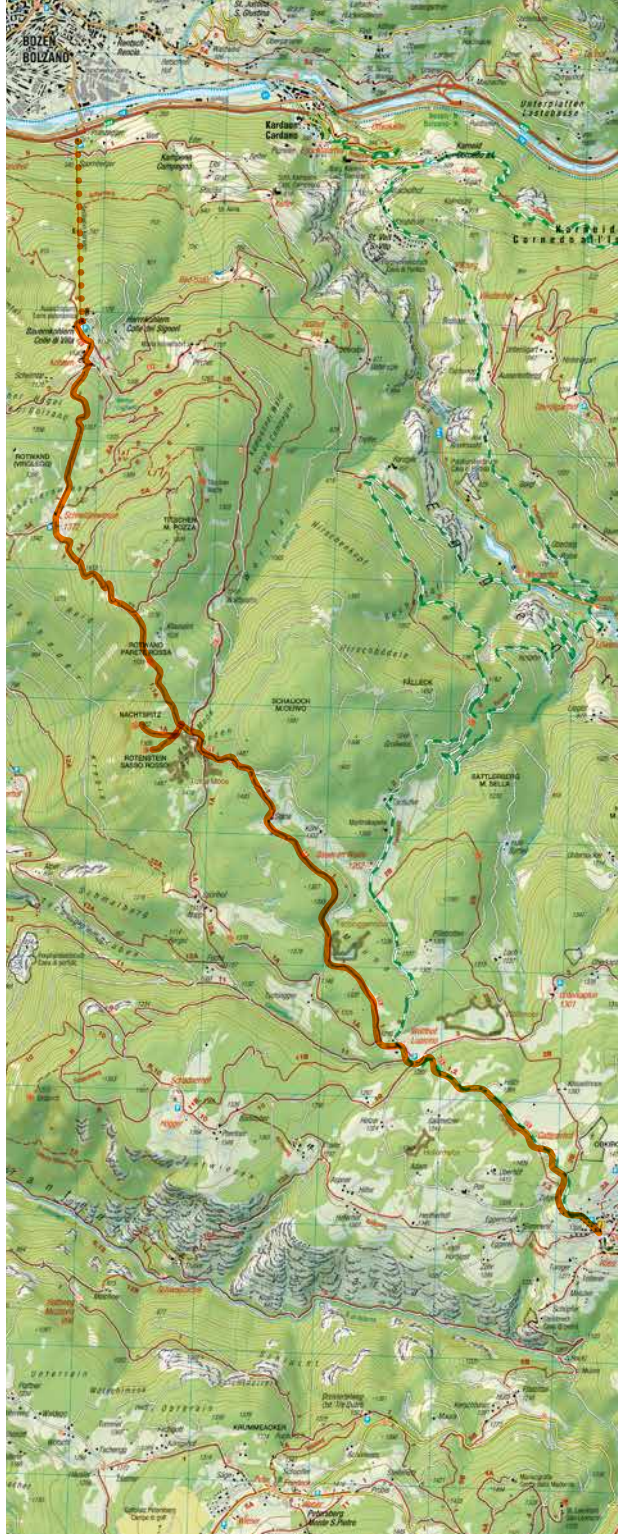
Panorama circular hike

Easy and pleasant walking tour with a stunning view of the Dolomites and Alps.

Route: Nova Ponente/Deutschnofen (1357 m), Piazza Gibitz – round about at the village entrance/Bar Luise – along the road to the Pfösl Chapel – take first trail n. 6 left downhill – after 1 km right onto trail P – “Schlernblick House” (splendid view) – Weissbamer farm (possible short-cut to S. Elena/St. Helena church in 10 min.) – trail P – across the road right on trail P – Hotel Pfösl (10 min.) or trail H behind the Untermoser farm – Bühl farm – Nova Ponente/Deutschnofen (1 h).

easy		
11 km	3 h	200 m
	Hotel Pfösl, S. Elena St. Helena – Kreuz farm, Sportcenter Deutschnofen	

STAMP
S. ELENA ST. HELENA
Points 5



European long distance path E5: from Nova Ponente | Deutschnofen to Colle | Kohlern and to Bolzano | Bozen

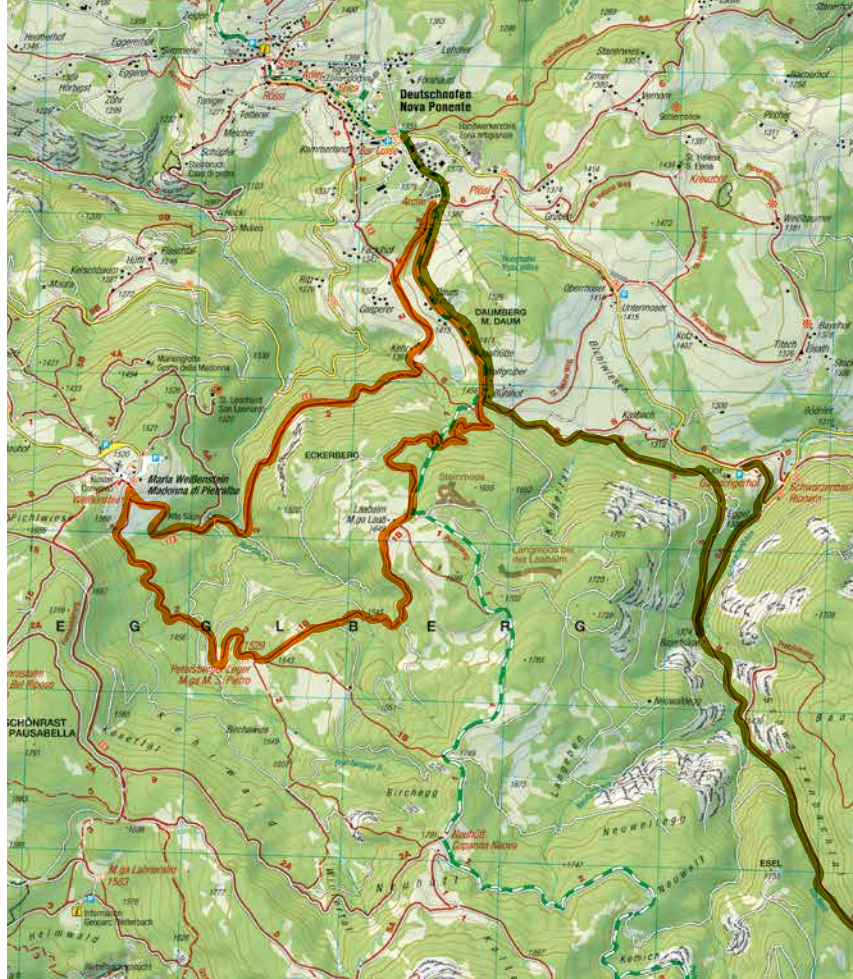
Varied walking tour on the wooded plateau.

Route: From the village centre of Nova Ponente/Deutschnofen, proceed on trail E5, n. 1 until you reach the Wölf farm (Maso Lupicino) (1 h) – take forest trail n. 1 to the “Toten Moos” (1 h) & to the view points “Rotstein” & “Rotwand” – trail n. 1 to the Schneiderwiesen Inn – Colle di Villa/Bauernkohlern (2 h). Take the cable car to Bolzano (please check times!). From the valley station in Kampill, take the city bus (runs half-hourly) to the centre. Return to Nova Ponente/Deutschnofen by bus (line 181).

average difficulty		
13 km	4 h	500 m
Schneiderwiesen Inn, Wölf farm Maso Lupicino, Beer brewery Nopp		

STAMP
SCHNEIDERWIESEN INN
Points
10





To the pilgrimage site of Madonna di Pietralba

Nice excursion between meadows and forest to Pietralba, the most famous pilgrimage church in South Tyrol.

Route: Nova Ponente/Deutschnofen (1357 m), parking at Bar Arche (ski lift) – path n. 1 to Bühl farm and Laab hut – path n. 1B to Petersberger Leger hut (Malga Monte S. Pietro) – path n. 2 to Pietralba – pilgrimage path n. E5 back to Nova Ponente/Deutschnofen.

average difficulty		
12 km	3-4 h	500 m
Petersberger Leger hut Malga Monte S. Pietro, Gasthof Weissenstein Albergo Pietralba, Laab hut		

STAMP
PETERSBERGER LEGER HUT MALGA MONTE S. PIETRO, LAAB HUT
Points
10

easy - average		
16 km	4 h	600 m
Lieg hut Malga Costa, Hotel Ganischgerhof, Hotel Schwarzenbach		

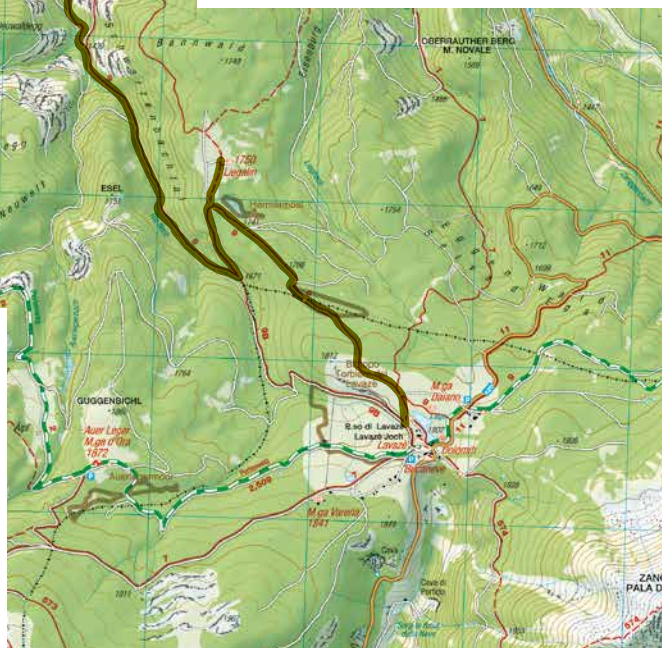
STAMP
LIEG HUT MALGA COSTA
Points
10

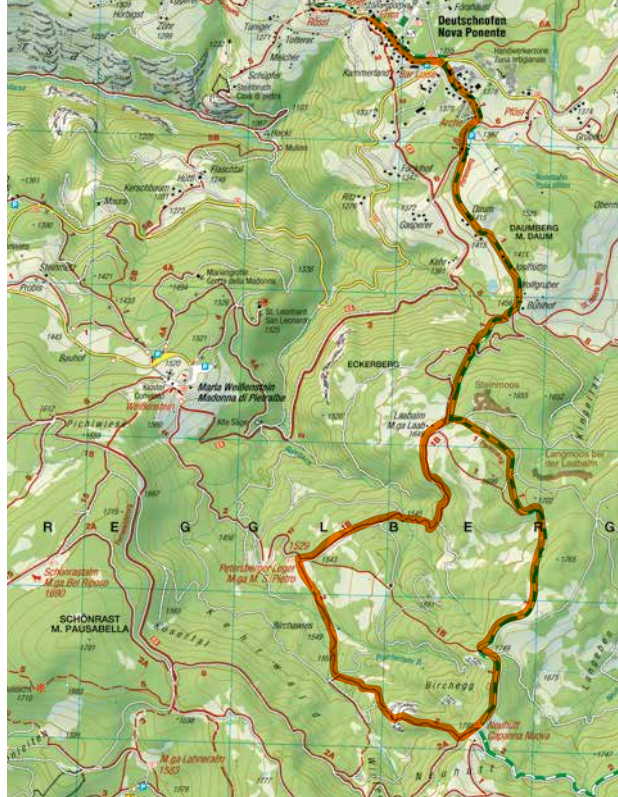
To the Lieg hut (Malga Costa)

Variant 1: Along the road to Nova Ponente/Deutschnofen – parking between Hotel Ganischgerhof and Hotel Schwarzenbach – path n. 9 A to the Bajersläge – path n. 9 – Lieg hut (Malga Costa) (1750m). Return: on the same path.

Variant 2: From Passo Lavazè/Lavazè Pass – path n. 9 – Lieg hut (Malga Costa), easy, also for children (1 h).

Variant 3: Village centre of Nova Ponente/Deutschnofen – Bar Luise – path n. 1 – Bühl farm – path n. 8 on the left – path n. 9 on the right to Eggel farm – Bajersläge path n. 9 – Lieg hut (Malga Costa) (3 h). Return: Bajersläge path n. 9 and to Nova Ponente/Deutschnofen.





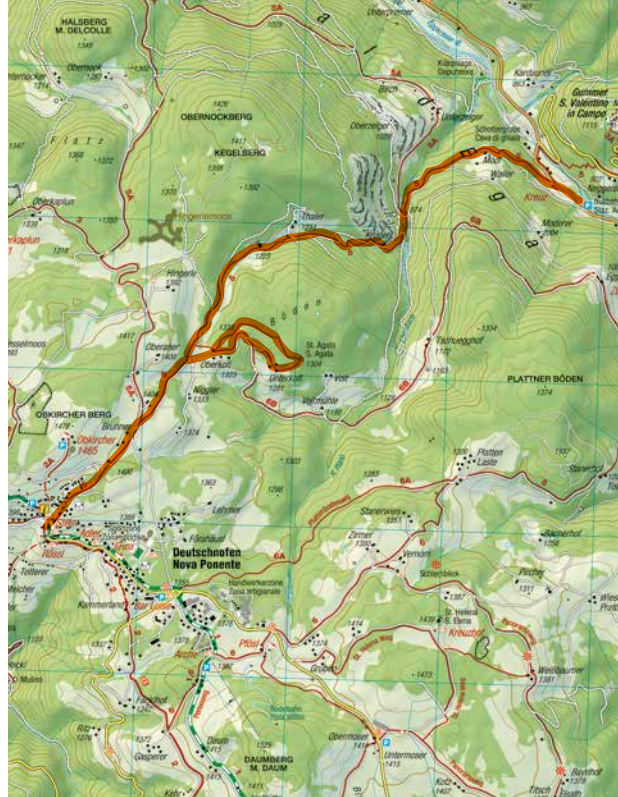
To the Laab hut and to the Petersberger Leger hut (Malga Monte S. Pietro)

Magnificent high-altitude walk starting from the Laab hut to three traditional huts.

Route: Nova Ponente/Deutschnofen (1357 m) – roundabout at the village entrance/Bar Luise – second exit on the roundabout to the ski lift/Bar Arche (car park) – path n. 1 to the Laab hut (1649 m) (2 h) – on your right side path n. 1B to the n. 2 to the Neuhütt hut (Malga Capanna Nuova) (1791 m) – path n. 2 to the Neuhütt hut (Malga Capanna Nuova) (1791 m) – path n. 1 to the Laab hut – back to Nova Ponente/Deutschnofen.

easy		
15 km	4-4,5 h	600 m
Laab hut, Petersberger Leger hut Malga Monte S. Pietro, Neuhütt hut Malga Capanna Nuova		

STAMP
LAAB HUT,
PETERSBERGER LEGER HUT |
MALGA MONTE S. PIETRO
Points
10



To the church S. Agata | St. Agatha

Route: Nova Ponente/Deutschnofen – Via Castel Thurn – path n. 5 – Oberkofl farm – path n. A to the church S. Agata/St. Agatha – Unterkofl farm – Nova Ponente/Deutschnofen.

Variant: back to the Oberkofl farm – forest path n. 5 – Thaler farm – Hotel Kreuz at Ponte Nova/Birchabruck – bus stop and back to Nova Ponente/Deutschnofen by bus (line 181) (2,5 h).

easy		
7 km	2-2,5 h	300 m
Hotel Stern, Hotel Rössl, Hotel Kreuz, Feldhof Bar & Bistro		

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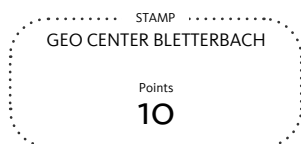


To the Bletterbach gorge

A hike with many geologically interesting sights into the Bletterbach gorge.

Route: Pilgrimage site of Pietralba (1520 m), Pilgrims' House – path n. 15 – trail E5 and path n. 3 to the Lahner hut (1 h) – Geo Center Bletterbach – down into the riverbad and gorge – “Gorz” trail – gorge-trail back to the Geo Center – Lahner hut (1 h) – path n. 3 – Köser Tal valley – trail E5 and path n. 15 back to Pietralba (helmet recommended).

average difficulty		
12 km	5,5 h	500 m
Gasthaus Weissenstein Albergo Pietralba, Lahner hut, Schmieder hut		



To the Corno Bianco | Weißhorn

A climb to the summit, with a uniquely beautiful panoramic view from the top.

Route: Pilgrimage site of Pietralba (1520 m), Pilgrims' House – path n. 15 to “Pichlwies” – trail E5 through Köser Tal valley – trail n. 5 to the top (2317 m) (3 h). Return: Passo Oclini/Jochgrimm – path n. 1 – Neuhütt hut (Malga Capanna Nuova) – path n. 2A and trail E5 through the Köser Tal valley to Pietralba (3 h).

difficult		
17 km	6 h	800 m
Gasthaus Weissenstein Albergo Pietralba, Neuhütt hut Malga Capanna Nuova		





Roundtrip hike through alpine meadows on the Passo Oclini | Jochgrimm

This pleasant roundtrip hike brings you to places with stunning vistas of beautiful landscapes.

Route: Drive by car to the Auerleger hut (Malga Ora) (Passo Lavazè/Lavazè Pass – Passo Oclini/Jochgrimm) – parking – path n. 2 to the Passo Oclini/Jochgrimm – to the Gurndin hut – path n. 12A to the Isi hut – path n. 7 – Passo Oclini/Jochgrimm – back to the Auerleger hut (Malga Ora).

leicht facile		
8 km	2-2,5 h	300 m
Auerleger hut Malga Ora, Gurndin hut, Isi hut		



WELCOME TO THE LATEMARIUM!

The Latemar Massif, declared as a Dolomites World Heritage Site, provides the breathtaking backdrop to the **Latemarium** – a realm full of excitement and adventure. Explore the nine interactive trails!

Panoramic chairlift Obereggen-Oberholz:

11.06. - 09.10.2022, 8:30 - 18:00

Cable car Ochsenweide:

18.06. - 11.09.2022, 8:30 - 18:00

www.latemarium.com





To the Torre di Pisa hut

This is a challenging hike over mountain slopes and rocky terrain to the Latemar, on to the Forcella dei Camosci Gap, over the summit and to the Torre di Pisa hut. It affords a beautiful panoramic view.

Route: Obereggen (1550 m) – ascent with the chair lift Oberholz to the alpine hut Oberholz (2096 m) – uphill on path n. 18 – Forcella dei Camosci Gap (2560 m) – path n. 516 – Torre di Pisa hut (2671 m). Descent on paths n. 516, n. 22 and n. 23A to the Mayrl hut – path n. 23 (20 min.) to the mountain station of the chair lift Oberholz. Return via the chair lift Oberholz to Obereggen.

Variant: Down path n. 516 to the Passo Feudo/Feudo Pass – path n. 504 to the Zischg hut and Ganischger hut – path nr. 505 and n. 9 back to Obereggen.

difficult		
9 km	5 h	750 m
Torre di Pisa hut, Mayrl hut, Ganischger hut, Zischg hut, Epircher Laner hut, Alpine hut Oberholz, Platzl Mountain Lounge, Loox		



Latemarium – Latemar.Panorama

This adventure-hiking trail directly beneath the walls of the Latemar will guide you to the region's most-spectacular outlook points, with lots of educational and informative fables of these places.

Route: Obereggen – ascent with the chair lift Oberholz to the alpine hut Oberholz (2096 m) – path n. 18 – platform Latemar.360° – path n. 22 – Passo Feudo/Feudo Pass (2175 m) – path n. 504/505 – Passo Pampeago/Reiterjoch – path n. 9 – Epircher Laner hut – Obereggen.

mittelschwer media-difficile		
7,5 km	3 h	510 m
Alpine hut Oberholz, Ganischger hut, Zischg hut, Platzl Mountain Lounge, Loox, Epircher Laner hut		





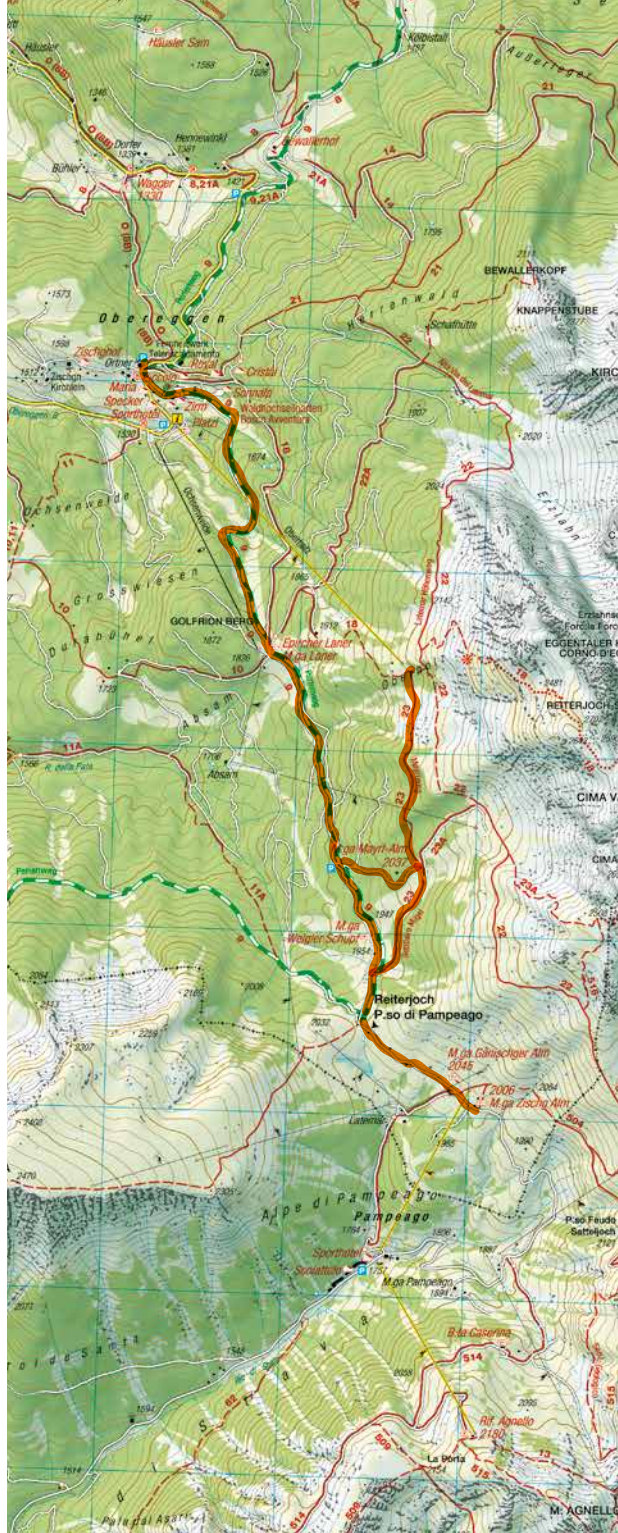
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To the huts of Obereggen

An easy hike across alpine meadows below the impressive mountain scenery of the Latemar and the Zanggen.

Route: Obereggen (1550 m) – upper parking – “Alm” path n. 9 – uphill to the Epircher Laner hut (40 min.) – path n. 9 after 1 km take the left path n. 23 up to the Mayrl hut (30 min.) or on to the Passo di Pampeago/Reiterjoch (1996 m) – path n. 505 to Ganischger hut and Zischg hut (30 min).

Return: to the Mayrl hut – 20 min. to the mountain station of the chair lift Oberholz (50 min. from the Zischg hut) or back on path n. 9 to Obereggen.

average		
9 km	2-4 h	500 m
Alpine hut Oberholz, Epircher Laner hut, Mayrl hut, Ganischger hut, Zischg hut, Platzl Mountain Lounge, Loox		

STAMP
MAYRL HUT, GANISCHGER HUT,
ZISCHG HUT
Points
10

Malga Mayrl Alm (2037 m)

- Open from beginning of June - beginning of October, no day off
- Only 20 min. from the mountain station of the Oberholz chairlift
- We offer hearty culinary pleasures, fresh cakes and refreshing drinks in the shelter of the peaks of the Latemar.

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 geöffnet von Juni bis Oktober | aperto da giugno a ottobre | open from June to October



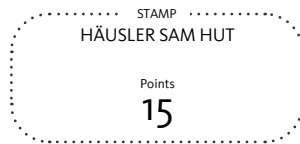
Hike over the Samberg mountain

A somewhat arduous, but rewarding forest hike with lots of panoramic views.

Route: Ega/Eggen (1120 m), village square – path n. 7A – Grott farm – path S – Häusler Sam hut (3 h).

Return: trail n. 8 to Bewaller farm – trail n. 8B – Städtl path n. 10 to Ega/Eggen.

average difficulty		
10 km	3-4 h	500 m
Häusler Sam hut, Hotel Gasserhof, Hotel Moar am Latemar, Hotel Marica		



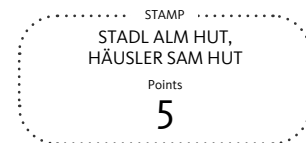
Along the Templweg path to Lake Carezza

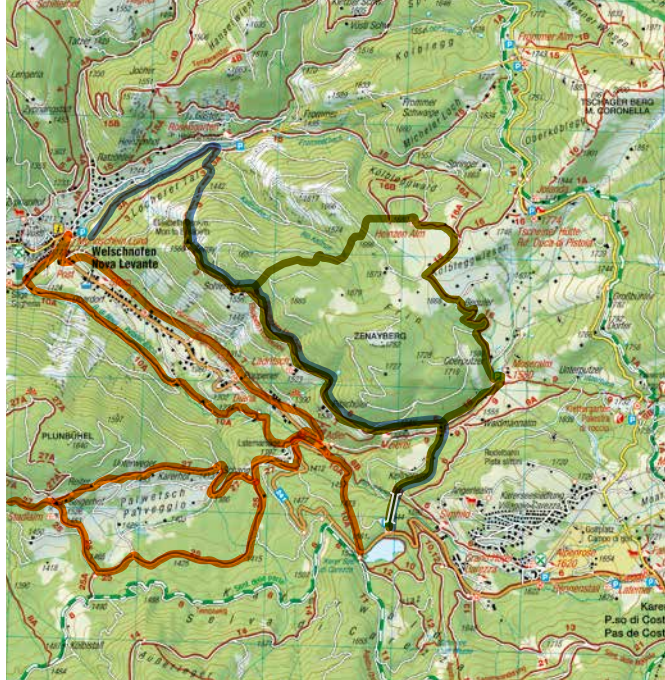
An interesting tour, especially for families with children, from Obereggen through the forest to the famous Lake Carezza. Hikers can also start from Ega/Eggen or vice versa.

Route: Obereggen (1550 m), upper parking – path n. 9 – Bewaller farm – path n.8 – possible detour on to the Häusler Sam hut – path S or path n. 25A and n. 25 to Stadl Alm hut – path n. 8 to Lake Carezza – back on the same path.

Variant: Start from Ega/Eggen – path n. 10 – then on path n. 8B and on as described above.

easy		
12-14 km	3-4 h	150 m
Stadl Alm hut, Häusler Sam hut		





From Nova Levante | Welschnofen to Lake Carezza

Lake Carezza is one of the most beautiful alpine lakes and is known for its wonderful colours.

Route: Nova Levante (1182 m), parking lot cable car – along the main street to the civil defence centre – path n. 10A – Hotel Adler – path n. 10A – Lake Carezza (1520 m) – path n. 10A – Hotel Adler – path n. 7A – path n. 7 – parking lot cable car Nova Levante/Welschnofen.

Variant: Civil defence centre – path n. 10A – Hotel Adler – path n. 10A – Lake Carezza – path n. 10A – Hotel Adler – path n. 27 or n. 25 – Stadl Alm hut – path n. 27 – civil defence centre.

easy		
12,5 km	4,5 h	650 m
Hotel Adler Carezza, Stadl Alm hut		

STAMP	
SHOP LAKE CAREZZA, STADL ALM HUT	
Points	
5	

Sissi Tour

Destination of this lovely hike is the monument to the Empress Elisabeth (Sissi, wife of Franz Josef I), who stayed several times in the Grand Hotel Carezza. She was often accompanied by a local guide along the path n. 6, which was her favorite walk.

Route: Lake Carezza (1520 m) – suspension bridge – path n. 6 – grain mill – path n. 6 – Meierei Inn – Ladritscher farm – path n. 3 – Elisabeth monument (1566 m) – back to the crossing – path n. 6 – path n. 16 to the chairlift Tschein – path n. 6 – suspension bridge – Lake Carezza.

Variant: from Elisabeth monument (1566 m) – path n. 3 – path n. 3A – parking lot cable car Nova Levante/Welschnofen (1182 m).

easy - average		
9,9 km	3 h	357 m
Meierei Inn, Ladritscher farm		

STAMP	
ELISABETH MONUMENT	
Points	
10	





Farm hike

Just 200 years ago, wolves and bears roamed the surrounding woods. The last wolf was reportedly caught in 1822 in the four-metre-deep wolf pit.

Route: Nova Levante/Welschnofen (1182 m), church square – path n. 5 – pilgrimage chapel Lengeria – wolf pit – path n. 1 – Schiller farm (1555 m) – path n. 4A – Hagner hut (1550 m) – path n. 4B – path n. 15A – Hotel Rechenmachers Rosengarten – path n. 15 – path n. 5 – Nova Levante/Welschnofen, church square.

Variant: Nova Levante/Welschnofen – ascent by cable car Laurin I – Frommer hut – path n. 1A – Passo Nigra/Niglerpass – path n. 1 – path n. 4A – Hagner hut – path n. 4A back to Nova Levante/Welschnofen or return on path n. 1 – Schiller farm – path n. 1 and n. 5 back to Nova Levante/Welschnofen

average difficulty

11 km 3-4 h 540 m

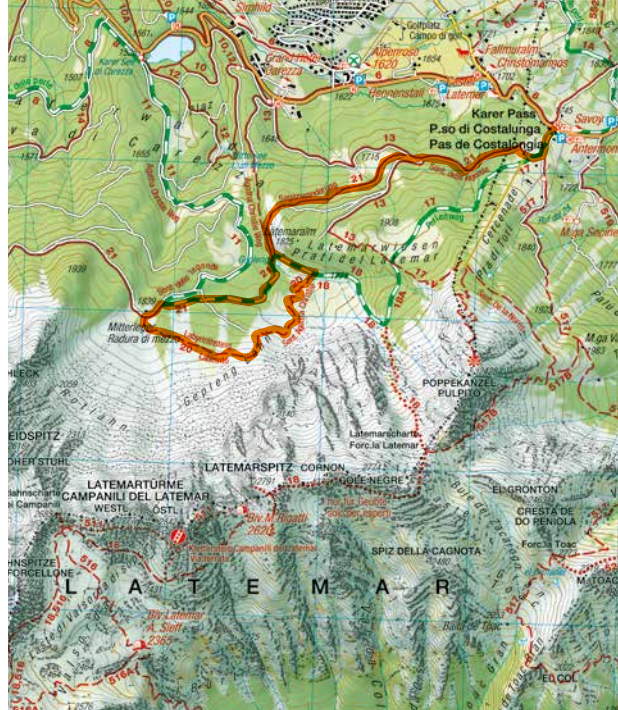
Schiller farm, Hagner hut, Hotel Rechenmachers Rosengarten, Frommer hut

STAMP

SCHILLER FARM,
HAGNER HUT

Points

10



Latemar labyrinth

Latemar forest is home to the hazel spruce, a wood used to manufacture string instruments. Therefore, it is also called “tonewood”. From the Latemar forest you can reach into the popular rock labyrinth, which got its name from the boulders, which are as high as houses and which are the result of a huge landslide from the Latemar long ago.

Route: Passo Costalunga/Karerpass (1752 m), bus stop – path n. 21 to the Radura di Mezzo/Mitterleger (1839 m) – Labyrinth path n. 20 – turn left on path n. 18 – turn right on path n. 21 – path n. 21 – Passo Costalunga/Karerpass.

average difficulty

8,7 km 3 h 220 m

Restaurant Pizzeria Antermont

STAMP

JUNCTION STAMP N. 11 & 21

Points

15



Masarè path

Along this panoramic path you will see an eagle made of bronze – this is to commemorate Theodor Christomannos, who built the legendary Dolomite road from Nova Levante/Welschnofen to Cortina.

Route: Mountain station chairlift Paolina (2125 m) – path n. 539 – Christomannos monument (2349 m) – path n. 549 – Fronza alle Coronelle/ Kölner hut (2337 m) – path n. 549 and n. 552 – chairlift Paolina.

Variant: Nova Levante/Welschnofen – cable car Laurin I – Frommer hut – cable car König Laurin I and II – Fronza alle Coronelle/ Kölner hut – the round in the opposite direction.

average difficulty		
8 km	3 h	282 m

STAMP	
MASARÈ PATH N. 549 (BIG STONE CROSSING PASSO VAJOLON VAJOLONPASS)	
Points 10	

RIFUGIO A. FRONZA ALLE CORONELLE KÖLNER HÜTTE - 2.337M



At the foot of the Rosengarten in dreamlike panoramic position. A true paradise for all hiking and climbing enthusiasts. Comfortable rooms with 2-4-6-8 places. Fam. Trottnr serves gastronomic delicacies. At sunset, the Rosengarten turns red, enjoy the beautiful natural spectacle! Open: 1st of June to 10th of October

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Circular hike around the Catinaccio | Rosengarten

This hike offers a fantastic view of the surrounding mountains for those who like walking and have mountain experience.

Route: Nova Levante/Welschnofen (1182 m) – cable car Laurin I – Frommer hut (1743 m) – cable car König Laurin I and II – Fronza alle Coronelle/ Kölner hut (2337 m) – path n. 550 – Passo delle Coronelle/Tschagerjoch (2630 m) – path n. 541 – Passo Cigolade/ Cigolade Pass (2550 m) – path n. 541 – Roda di Vael/Rotwand hut (2283 m), Pederiva hut (2275 m) – path n. 549 – path n. 539 – Paolina hut (2125 m) – path n. 552 – path n. 549 – Fronza alle Coronelle/ Kölner hut.

Variant: from Paolina hut – the round in the opposite direction.

Challenging hike; walkers must be well-equipped and have a head for heights.

for experts		
11,5 km	5 h	780 m

STAMP	
PASSO DELLE CORONELLE TSCHAGERJOCH	
Points 20	

Rifugio

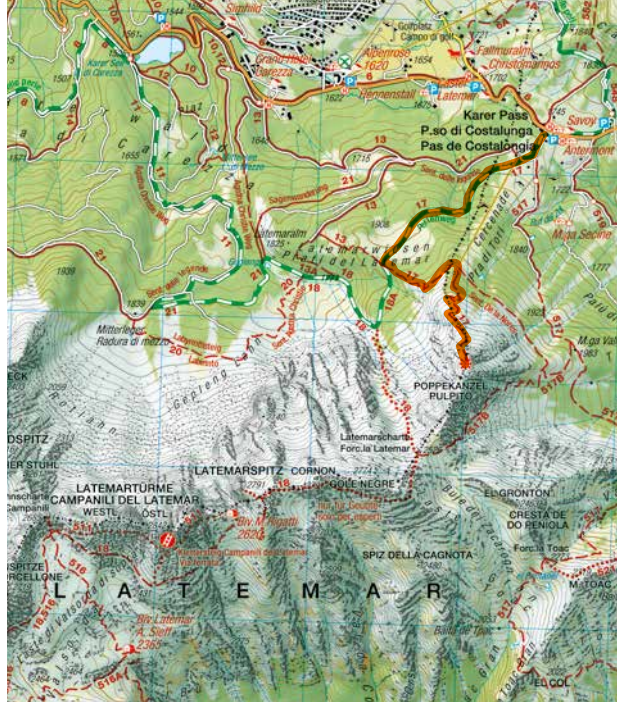


Paolina Hütte (2125 m)

Mountain station Paolina chairlift.

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To the Pulpito | Poppekanzel in the Latemar

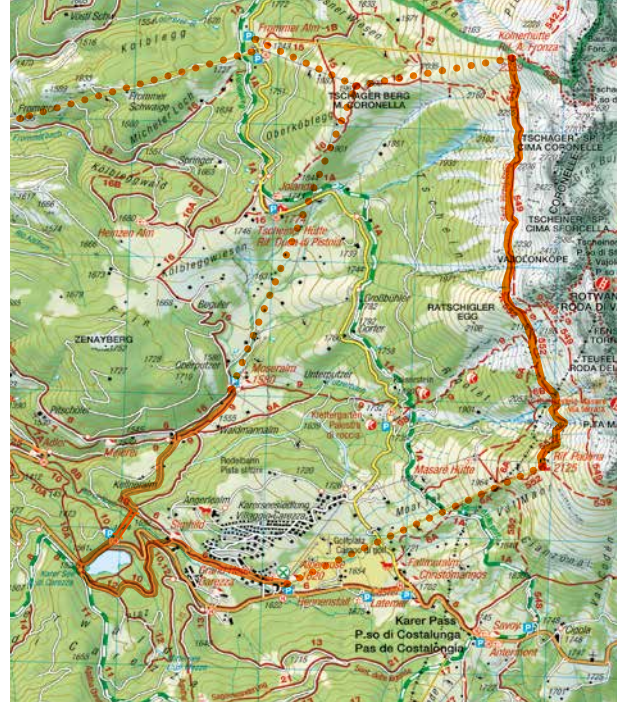
The exhausting ascent will be repaid by an amazing view of the surrounding mountains like the Pala Group, Marmolada, Sella, Sassolungo, Catinaccio/Rosengarten and Ötztal Alps.

Route: Passo Costalunga/Karerpas (1752 m) – path n. 17 – mountain cinema – Pulpito/Poppekanzel (2328 m) – back the same way.

Challenging hike; walkers must be well-equipped and have a head for heights.

difficult		
7 km	3 h	565 m
Restaurant Pizzeria Antermont		

STAMP	
PULPITO POPPEKANZEL	
Points	
15	



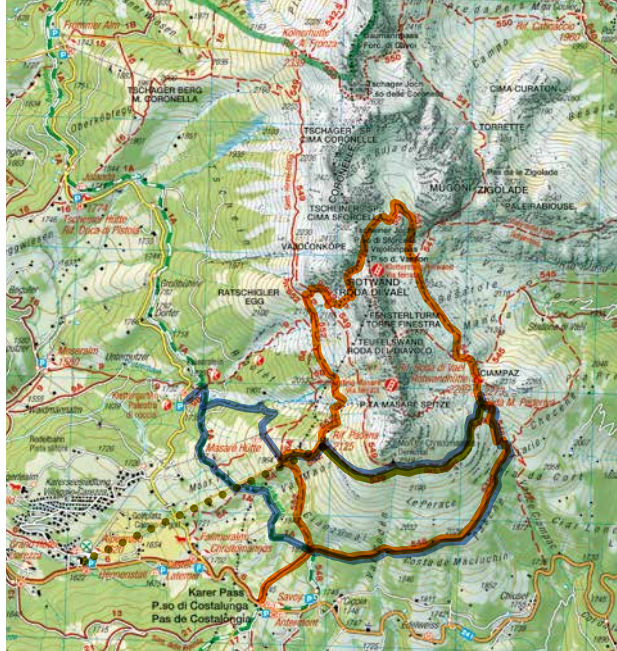
King Laurin Tour

This hike takes you to the highlights between Latemar and Catinaccio/Rosengarten.

Route: Parking Nova Levante/Welschnofen cable car (1182 m) – Laurin I cable car – Frommer hut – cable car König Laurin I and II – Fronza alle Coronelle/Kölner hut (2337 m) – Masarè path n. 549 – path n. 552 – Paolina hut (2125 m) – descent with Paolina chairlift – path n. 6 – path n. 10 – Lake Carezza (1520 m) – suspension bridge – path n. 6 – path n. 16 – chairlift Tschein – descent with cable car König Laurin I and cable car Laurin I to Nova Levante/Welschnofen.

easy		
7,5 km	3,5 h	100 m
Frommer hut, Fronza alle Coronelle Kölner hut, Laurins Lounge, Paolina hut, Hotel Alpenrose		

STAMP	
PAOLINA HUT	
Points	
10	



The heart of Catinaccio | Rosengarten - Vajolon

Very nice excursion in the heart of the Catinaccio/Rosengarten massif. The hike offers a fantastic view of the nearby mountains.

Route: Passo Costalunga/Karerpas (1752 m) – path n. 552 – Hirzel path – path n. 9 – Passo Vajolon/Vajolonpass (2560 m) – path n. 551 – path n. 541 – Roda di Vael/Rotwand hut (2283 m), Pederiva hut (2275 m) – path n. 548 – Passo Costalunga/Karerpas.

Challenging hike; walkers must be well-equipped and have a head for heights.

for experts		
13 km	5,5 h	1100 m
Roda di Vael Rotwand hut, Pederiva hut, Paolina hut		

STAMP
PASSO VAJOLON VAJOLONPASS
Points
20

To the Christomannos monument

You will enjoy the marvellous view of the surrounding mountains.

Route: Parking lot Kaiserstein (1744 m) – path n. 1A – path n. 548 – Pederiva hut (2275 m), Roda di Vael/Rotwand hut (2283 m) – path n. 549 – Christomannos monument (2349 m) – path n. 539 – Paolina hut (2125 m) – path n. 552 – path n. 6A – Masaré hut – forestry road – path n. 1A – parking lot Kaiserstein.

Short variant: Mountain station chairlift Paolina (2125 m), Paolina hut (2125 m) – path n. 539 – Christomannos monument (2349 m) – path n. 549 – Pederiva hut (2275 m), Roda di Vael/Rotwand hut (2283 m) – same way back.

easy		
9 km / 3,9 km	3,5 h / 1,5 h	545 m / 226 m
Pederiva hut, Roda di Vael Rotwand hut, Paolina hut, Masaré hut		

STAMP
MASARÉ HUT
Points
10





To the Messnerjoch hut

Excursion for everybody with breathtaking view.

Route: Nova Levante/Welschnofen (1182 m) – path n. 3A – Hotel Rechenmachers Rosengarten – Niger path – Passo Nigra/ Nigerpas (1688 m) – path n. 1 – Messnerjoch hut (1930 m) – back the same way or path n. 1B and n. 15.

Variant: Nova Levante/Welschnofen – cable car Laurin I – Frommer hut – path n. 15 and n. 1B – back the same way.

average difficulty

16,4 km / 3,4 km — 5,5 h / 1,5 h — 950 m / 200 m ▲

📍 Hotel Rechenmachers
Rosengarten, Messnerjoch hut,
Frommer hut

STAMP
MESSNERJOCH HUT

Points
10



Messnerjoch 1.930 m
Rosengarten

Situated at the foot of the “Rosengarten” you can enjoy typical South Tyrolean dishes and the view to the surrounding Dolomites.

www.messnerjoch.com. Tel. +39 340 4734652



Vial de le Feide (Sheep path)

High-altitude hike between Vigo di Fassa and Carezza with breathtaking panoramic views.

Route: Nova Levante/Welschnofen (1182 m) – by bus to Vigo di Fassa (line 180) – cableway Ciampedie – Ciampedie (2000 m) – Vial de le Feide (Sheep path) – path n. 541 – Pederiva hut (2275 m), Roda di Vael/Rotwand hut (2283 m) – path n. 549 – path n. 539 – Paolina hut (2125 m) – descent with chairlift Paolina – return by bus to Nova Levante/Welschnofen.

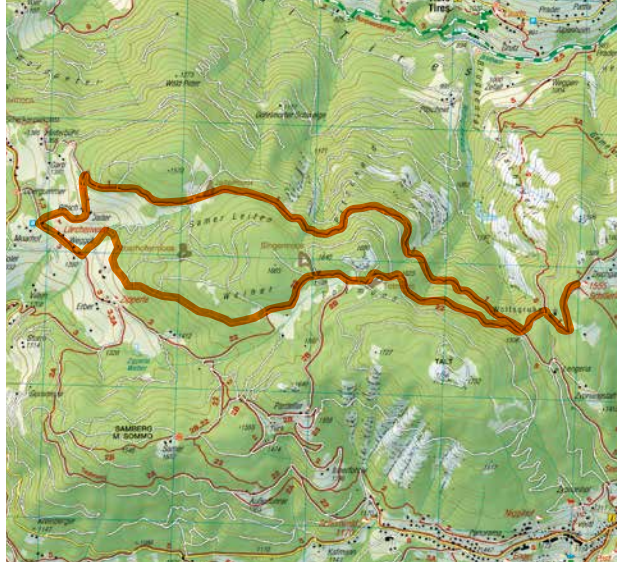
average difficulty

5,8 km — 3 h — 361 m ▲

📍 Roda di Vael/Rotwand hut,
Pederiva hut, Paolina hut

STAMP
RODA DI VAEI | ROTWAND HUT,
PEDERIVA HUT

Points
10



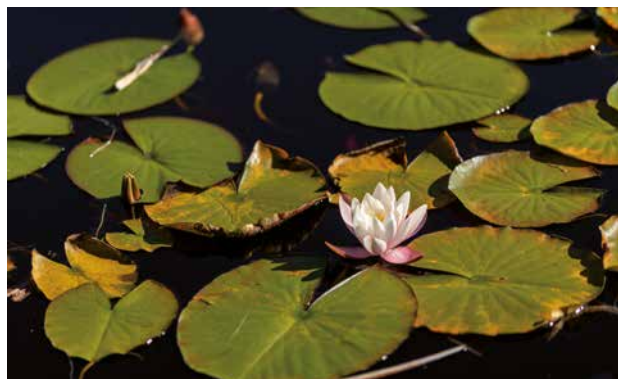
Circular hike Taltbühl

Circular walk with panorama view across the romantically situated “Totmoos” up to the last wolf pit of the area. The path leads then towards Passo Nigra/Niger Pass and Catinaccio/Rosengarten.

Route: H San Valentino di Sopra/Obergummer (1350 m), Lärchenwald Inn – path n. 3 – at the farm Weggut junction turn left n. 22 – Totmoos (1625 m) – path n. 22 – Wolf pit (Fossa del Lupo) (1506 m) – path n. 1 – Schiller farm (1555 m).

Return: path n. 1 – Lärchenwald Inn – H San Valentino di Sopra/Obergummer
(H = Bus stop)

easy		
11,5 km	3,5 h	418 m
Lärchenwald Inn, Schiller farm		

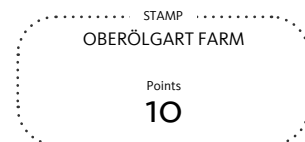


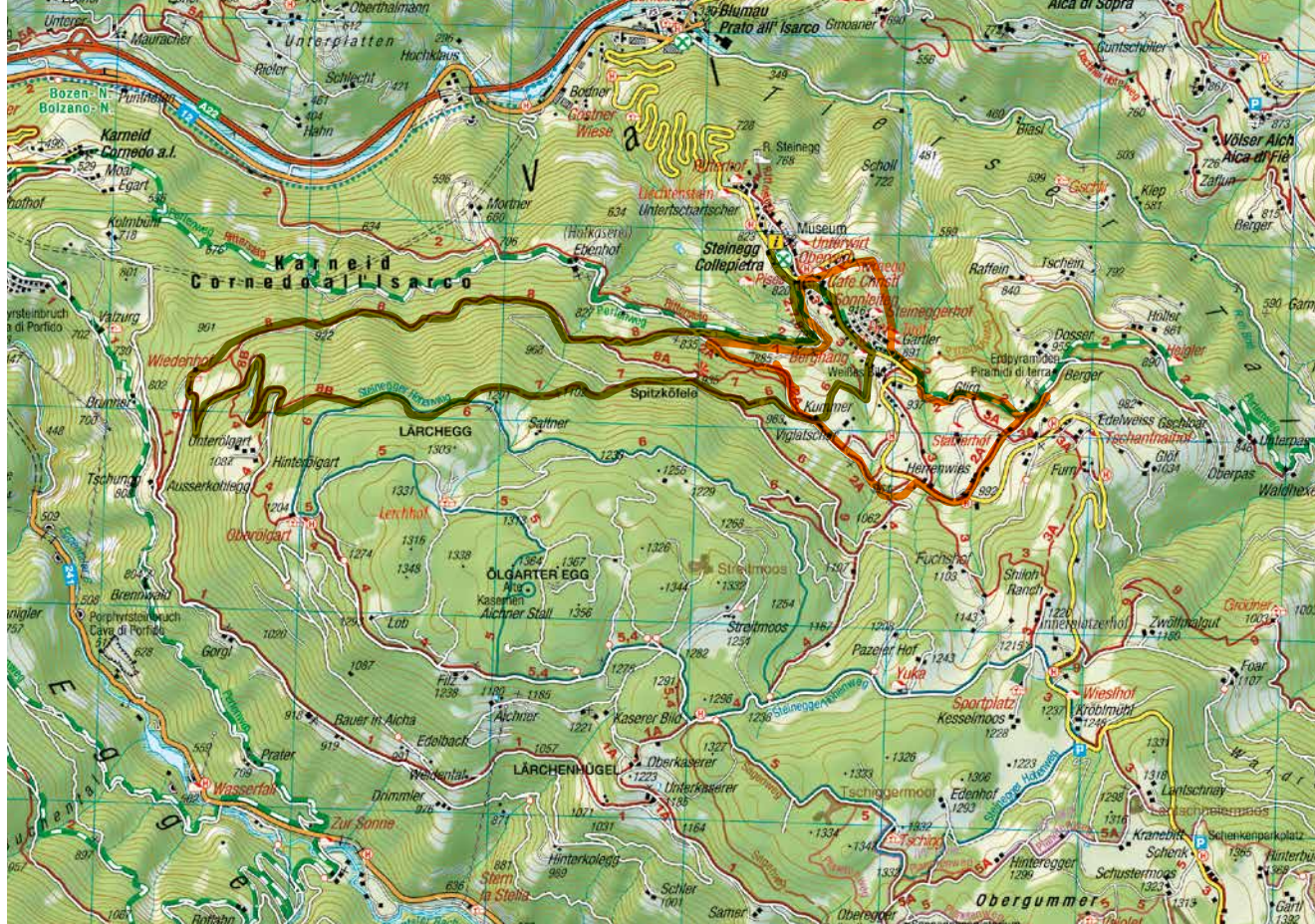
Collepietra | Steinegg hiking path

Very nice circuit with breathtaking panoramic view.

Route: Bus stop or parking Egger Moos (1522 m) – yellow shoe shield path and path n.5 – Kaserer Bild (1278 m) – path n. 5 – Lerch farm (1310 m) – Oberölgart farm (1201 m) – path n. 6 – forest road – yellow shoe shield path and n. 3 – Parking Egger Moos.

easy		
14 km	4,5 h	160 m
Oberölgart farm		



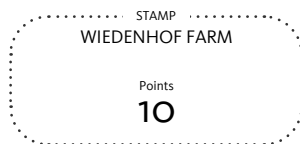


Collepietra | Steinegg – Ölgartner Bild – Wiedenhof

Beautiful hike with great views of Collepietra/Steinegg, the Scliliar/Schlern and the valley of Bolzano/Bozen.

Route: Collepietra/Steinegg (820 m) – path n. 3 – path n. 6 (Farm Kummer) – viewpoint Spitzköfele (935 m) – path n. 7 – Ölgartner Bild (1102 m) – right path n. 6 – right path n. 8B – Farm Wiedenhof (920 m) – path n. 8 – Collepietra/Steinegg

average difficulty		
8 km	4 h	420 m
Wiedenhof farm, Hotel Berghang/Astra, Café Pizzeria Christl, Hotel Oberwirt		



Circular hike Star Village

Discover all the highlights of the star village of Collepietra/Steinegg in a varied hike.

Route: Collepietra/Steinegg (820 m) – path n. 2B via Pstosser Bühl (open-air exhibition & mountain cinema) – chapel “Weisses Bild” – path n. 2 – Katzenbach gorge – path n. 2 (earth pyramids) – Dossler Cross (970 m) – path n. 2A – Kummer farm (950 m) – path n. 2A (rocket tree house) – right path n. 2 – Collepietra/Steinegg.

Tip: side trip to the ruins of Collepietra/Steinegg (from Collepietra/Steinegg centre, follow the signs with ruins symbol for 20 minutes).

easy		
5 km	2,5 h	240 m
Café Pizzeria Christl, Hotel Oberwirt, Hotel Steineggerhof		





Planet path

Against the backdrop of Latemar and Catinaccio/Rosengarten, it is possible to walk the planets of our solar system in a scale of 1:1 billion – within three hours from Mercury to Jupiter and on to Pluto.

Route: Astronomic observatory (1315 m), Unteregger Inn – path n. 5 – Biotop – planet path shield – path n. 3 – Lärchenwald Inn (1350 m) – path n. 1 – planet path shield – parking Schenken (1300 m) – path n. 5A – Learn pond – planet path shield – path n. 5 – Tschigg farm (1332 m) – planet path shield – Astronomic observatory.

easy		
8,5 km	3 h	200 m
Unteregger Inn, Lärchenwald Inn		

STAMP		
UNTEREGGER INN LÄRCHENWALD INN		
Points 10		



Pyramid path

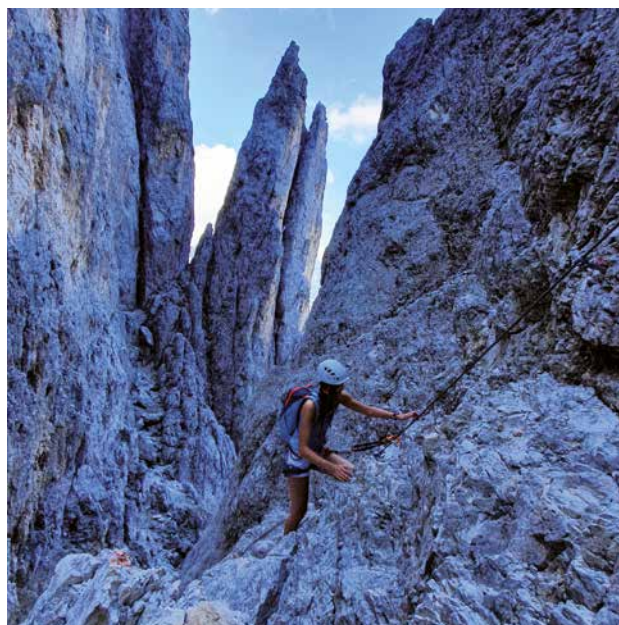
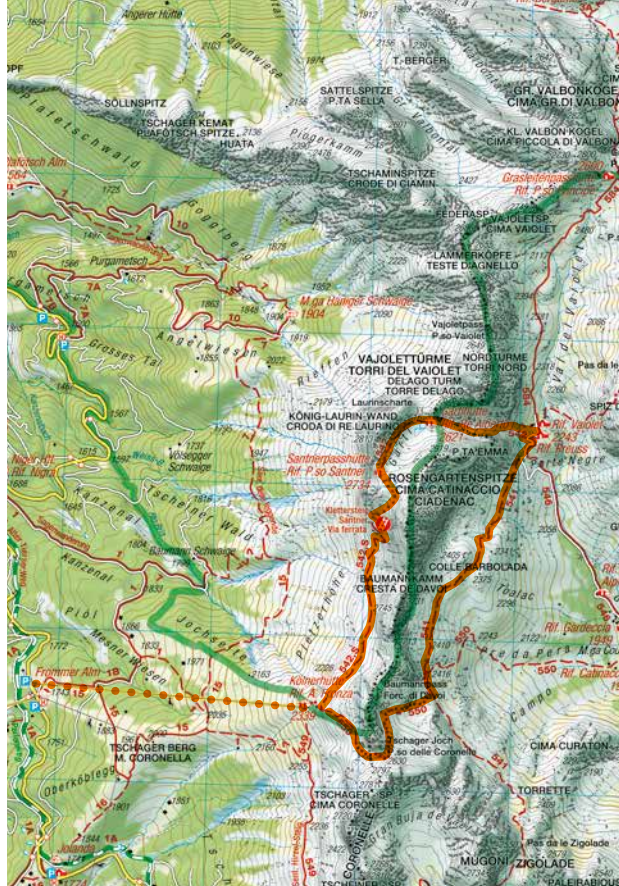
Romantic hike through forests, meadows and gorges with a view of the mighty earth pyramids, remnants from the ice age.

Route: Collepietra/Steinegg (820 m) – path n. 2 / 3 – Weißes Bild chapel (895 m) – on the left follow the wooden pyramids with stone – Katzenbach gorge – Lahnenweg path – Raffeiner farm (840 m) – Dosser farm (855 m) – Dosser Cross – path n. 2 – Glinger farm – path n. 2 – Weißes Bild chapel – Collepietra/Steinegg.

average difficulty		
4,5 km	2 h	210 m
Hotel Berghang/Astra Hotel Steineggerhof, Café Pizzeria Christl, Hotel Oberwirt		

STAMP		
DOSSER FARM		
Points 10		





Via ferrata Passo Santner | Santnerpass

A classic route in the Dolomites surrounded by steep rock walls and towers with excellent views. A relatively short via ferrata with difficult alpine spots which require mountain experience.

Route: Mountain station cable car König Laurin II (2337 m), Fronza alle Coronelle/Kölner hut – path n. 542 to the beginning of the via ferrata – safe ascent (300 m) – most difficult spot is the often iced canyon – Santnerpass hut (2734 m).

Descent on the path n. 542 – Re Alberto/Gartl hut (2621 m) – Vajolet hut (2243 m) – path n. 541 and n. 550 over the Passo Coronelle/Tschagerjoch to the starting point.

Intermediate (B) – only for sure-footed climbers with climbing equipment and experience

intermediate (B)

4-5 h



1087 m



of which 300 m via ferrata



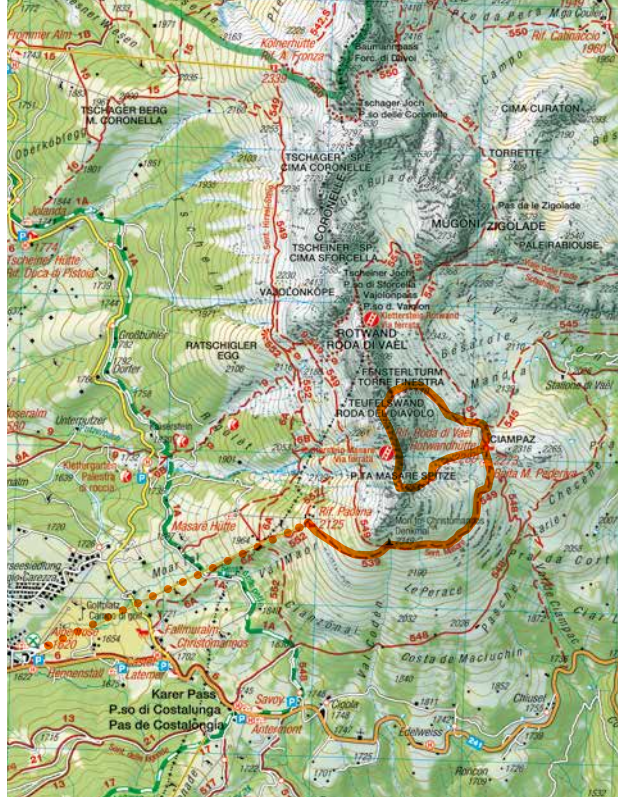
Fronza alle Coronelle | Kölner hut, Laurins Lounge, Santnerpass hut

SPORT LUCY

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Via ferrata Maserè


Nice, varied via ferrata in the southern part of the Catinaccio/Rosengarten massif with fantastic views of the Dolomites.

Route: Mountain station chairlift Paolina (2125 m), Paolina hut – path n. 539 – Christomannos monument (2349 m) – path n. 549 – to the Roda di Vael/Rotwand hut (2283 m), Pederiva hut (2275 m) – left steeply up to the start of the via ferrata – ascent over the chimneys and walls of rock to the Maserè peak (2585 m). Descent on path over the meadow in direction of the Torre Finestra (Window Tower) – directly on the rock face signposted descent to the Roda di Vael/Rotwand hut, Pederiva hut (wire cable, ladder) and back to the starting point.

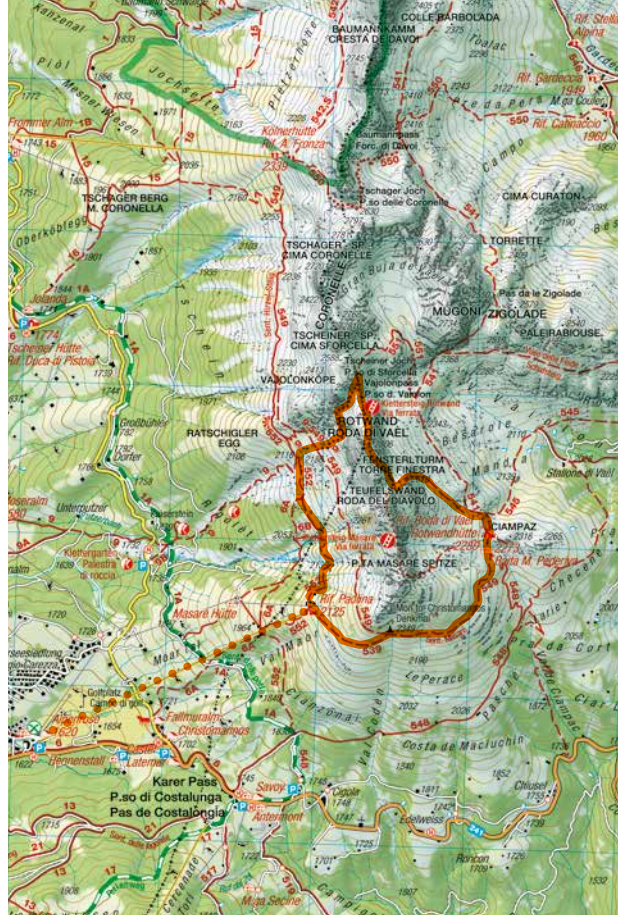
Variant: On via ferrata Roda di Vael/Rotwand – Passo Vajolon/Vajolonpass and back to the Paolina hut.

Difficult (C) – only for sure-footed climbers with climbing equipment and experience

difficult (C)

4,5–5 h ⌚ 690 m 
of which ca. 120 m via ferrata

 Roda di Vael | Rotwand hut, Pederiva hut, Paolina hut




Via ferrata Roda di Vael | Rotwand


Technically not very hard, with one difficult spot. Famous for its beautiful panoramic views and mountain surroundings.

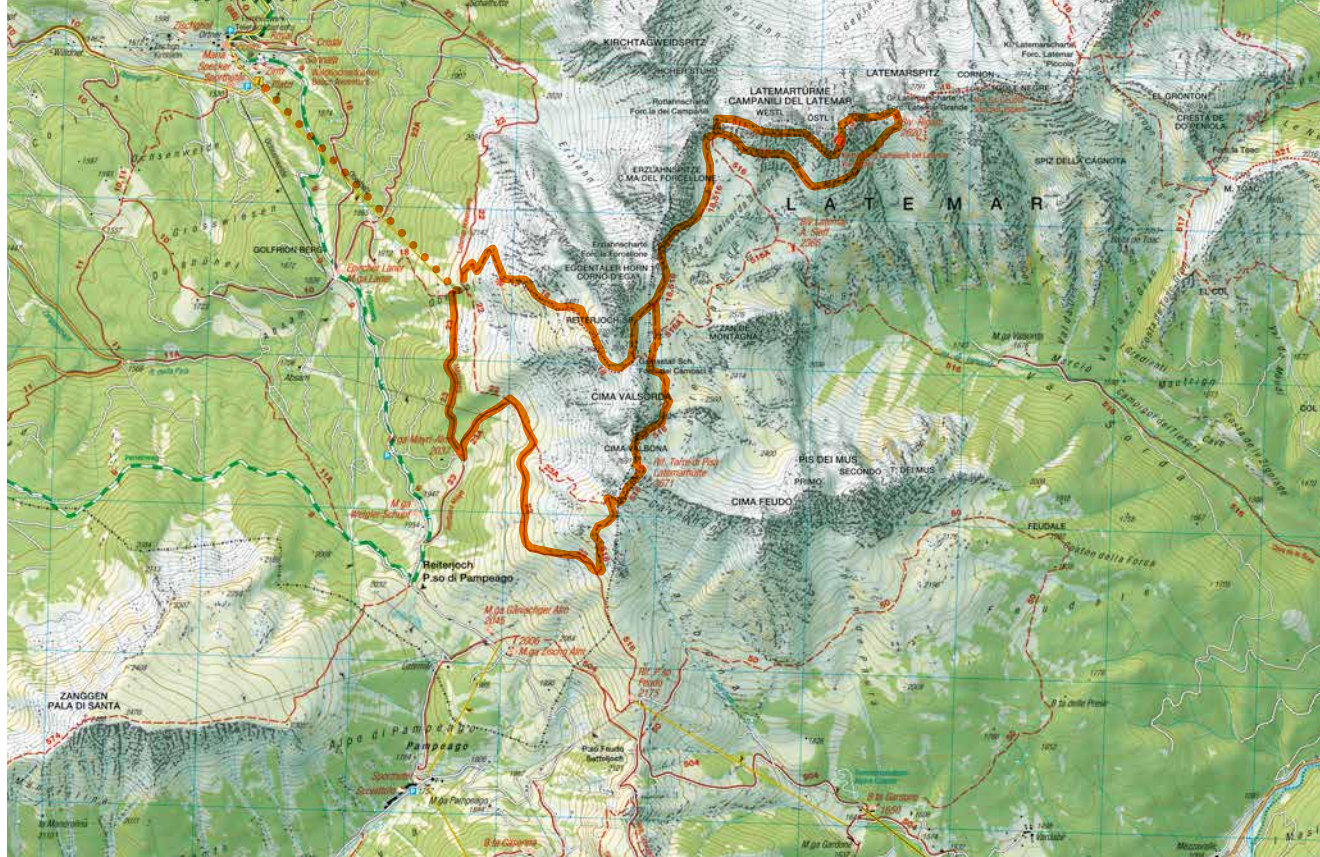
Route: Mountain station chairlift Paolina (2125 m), Paolina hut – Maserè path n. 552 – path n. 9 to the Passo Vajolon/Vajolonpass – begin of the via ferrata to the peak of Roda di Vael/Rotwand (2806 m). Descent over the via ferrata – Torre Finestra (Window Tower) – Parete del Diavolo (Devil's Wall) – Roda di Vael/Rotwand hut (2283 m), Pederiva hut (2275 m) – path n. 549 and n. 539 back to the starting point.

Intermediate (B) – only for sure-footed climbers with climbing equipment and experience

intermediate (B)

4–5 h ⌚ 985 m 
of which 250 m via ferrata

 Roda di Vael | Rotwand hut, Pederiva hut, Paolina hut



Via ferrata Campanili del Latemar

Long, but very panoramic hike with easy via ferrata between the Latemar Towers.


Route: Obereggen (1550 m) – mountain station of chairlift Oberholz (2096 m) – path n. 18 to the Forcella dei Camosci (2590 m) – then path n. 516 – Forcellone del Latemar – to the start of the via ferrata – path n. 511 with wire rope to the summit of the Diamantidi Tower (2842 m).


Descent on path n. 511 – east to the Bivak M. Rigatti – right path n. 18 to the Forcella dei Camosci – path n. 516 to Torre di Pisa hut – down on path n. 516, n. 22 and n. 23A to the Mayrl hut and the chairlift Oberholz.

Intermediate (A-B) – only for sure-footed climbers with climbing equipment and experience

intermediate (A-B)

8 h

900 m 
of which 200 m via ferrata

 Alpine hut Oberholz, Torre di Pisa hut, Mayrl hut, Platzl Mountain Lounge, Loox





MOUNTAIN PASS

1 Ticket - 18 lifts - 3 mountains

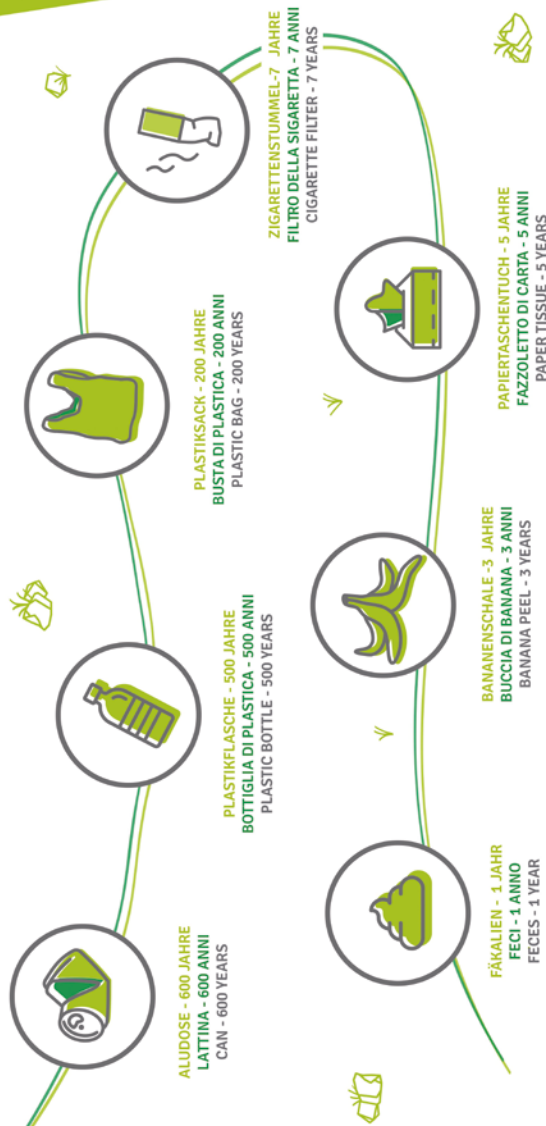
Holders of the Mountain Pass may use 18 lifts in the heart of the Rosengarten/Catinaccio, Latemar and Schlern/Sciliar any three or five days within a period of seven consecutive days

More information and prices from your host, at the tourist offices on tel. +39 0471 619 500 or at eggental.com/en/mountainpass



WENIGER MÜLL – MEHR NATUR! MENO RIFIUTI – PIÙ NATURA! LESS WASTE – MORE NATURE!

ABBAUZEITEN • TEMPI DI DECOMPOSIZIONE • TEMPS DA SE DESFÉ • DECOMPOSITION TIMES



Achtsam am Berg
Rispetta la montagna
Respetea la montàna
Respect the mountain



Respektiere die Natur,
lass keine Abfälle
zurück.

Rispetta la natura,
non abbandonare
rifiuti.

Respect nature,
don't litter.

10 rules of safe hiking in the mountains

1. Plan your hiking excursions carefully: information about the length and difficulty is imperative for a safe experience in the mountains. Let the other members of your party or your host or the mountain hut proprietor know where you are going.
2. Before each excursion look at the latest weather forecast and keep your eye out for any changes in the weather during the excursion. Mountain hut proprietors can provide additional useful information about the immediate local weather situation.
3. Assess your fitness level objectively and choose a suitable excursion. Start early in the morning and build some extra time into your plan to make sure that you are already home before darkness falls.
4. Adopt a moderate and regular walking pace. Include sufficient breaks, especially if you are walking with children.
5. Make sure you have a sufficient supply of fluids! The most suitable drinks are water, tea or natural juices. As food for the hike, foods rich in nutrients are most suitable; these include foods like wholemeal bread, dried fruits and nuts.
6. Make sure that you have the appropriate equipment, and above all that you have sturdy footwear: a good pair of walking shoes provides secure support and protects the joints.
7. Choose light and breathable clothing and appropriate spare clothes. Never forget to pack in your rucksack clothing which offers protection against the cold and the rain. You should also always carry a first-aid kit.
8. Always have consideration for the weaker members of your party. Advise other hikers of any dangers and give first aid in the event of an emergency.
9. Treat nature with respect: avoid making noise, do not leave any rubbish and protect the vegetation. Take care of plants and animals that are protected species.
10. Always follow the path and stay on the marked walking trails and steep tracks. Consult your walking map from time to time and in case of doubt turn back in good time.

Emergency: 112

Weather: weather.provinz.bz.it

or phone: +39 0471 270 555

Dear hiking friends!

This small trekking guide is also a trekking card. All of the hiking tours described have been carefully selected. Collect the stamps at the stamp stations along the hikes to receive the gold or silver Eggental Hiking Award at the tourist offices in the Eggental region.

Points required:

Silver Eggental Hiking Award: 50 points

Gold Eggental Hiking Award: 110 points

For children up to 12 years and seniors over 65 years:

Silver Eggental Hiking Award: 40 points

Gold Eggental Hiking Award: 90 points

Enjoy hiking!

Eggental Tourist Board

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