

Natz
Naz

Schabs
Sciaves

Raas
Rasa

Viums
Fiumes

Aicha
Aica



well informed



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Hints: In favor of a better reading fluency only the German names was used throughout the text.

All statements without guarantee.

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A Warm Welcome

to the Natz-Schabs High Apple Plateau!

We are delighted that you have chosen to spend your holidays with us. In order to ensure that every day of your vacation will be a memorable one, we have compiled this brochure for your convenience.

Fun-filled days, relaxation, new discoveries and exciting mountain adventures.

In our brochure you will find out about tours and itineraries, trip ideas and a wide range of information from A to Z.

Come and discover the Natz-Schabs High Apple Plateau and be captivated by the gastronomic delights of our South Tyrolean cuisine. There will be wonderful memories to take home after many new and amazing experiences with us!

*The team of the Natz-Schabs High Apple Plateau
Tourism Association and the local hotel owners
wish you a peaceful and relaxing holiday.*

View over Viums

Pristine Nature and

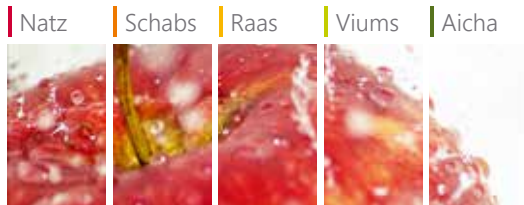


South Tyrolean Hospitality

If there is one particular feature characterising this high mountain plateau, situated at an altitude of between **730 – 890 meters**, it is the **production of apples**.

In the spring, the countryside is engulfed in a sea of white flowers in bloom while in late summer and autumn, the ripened apples on the trees sparkle in the sunlight.

The five localities making up the enchanting Natz-Schabs holiday area are: **Natz, Schabs, Raas, Viums and Aicha**. Set well away from the main



arteries, this mountain community of just less than 3.000 inhabitants enjoys a mild climate all year round. Thanks to its **central position**, Natz-Schabs is also an **ideal starting point for excursions and day trips in all South Tyrol** and in winter, the ski bus service will take you to the nearby ski areas. At the foot of the Natz-Schabs High Apple Plateau lies the **diocesan town of Brixen** with its medieval old town, **the Bishop's Palace**, the historical arcades and buildings harking back to the old trading communities. In our brochure you will find suggested itineraries for excursions around the town as well as to **numerous museums, castles and fortresses** throughout South Tyrol.

Get information about mountain hikes and trails to the idyllic mountain lakes, as well as excursions into the Dolomites, a **UNESCO World Heritage Site**.

All you need to know at your fingertips.

Apple Festival



Highlights



Our Highlights

I Royal Festival

From mid-April to early May the Natz-Schabs High Apple Plateau is cloaked in a **sea of flowers**. On **1st May** every year, the 'Royal Festival' is held in celebration of this magnificent floral spectacle. On this occasion, our 'Queen of the Apples', together with the other 'Royal Delegates', promotes local agricultural products from Italy and further afield. Along the so-called 'Queen's Mile', visitors can receive autographs from the attractive queens as well as having souvenir photos taken with them. In the early afternoon a large procession winds its way through the streets of Natz-Schabs, the **queens parade** through the crowd accompanied by **music bands** and **folk dancers**.

I „Sunseitein-Fescht!“

Once a week during the summer months, a '**sunset**' market is held in the evening with **live music**, **local gastronomic specialties** and entertainment for the kids.

I Apple Festival

In autumn, the bountiful fields of apple trees laden with succulent, ripe fruit attract visitors to the Natz-Schabs High Apple Plateau. The climax of this traditional apple festival is the street procession with a **giant crown made entirely from apples of varied colours**. Be sure also not to miss the next event, when the **new queen of the Apples will be crowned**, which remains a closely guarded secret until the last minute.



Worth Seeing

in Natz-Schabs

Natz-Naz

Natz, a village of **690 inhabitants**, is located at **889 m a.s.l.**, in the heart of the high plateau.

Natz is surrounded by apple orchards that blossom in the spring with countless white-and-pink flowers; in the fall, they yield lovely, juicy apples.

I Parish Church of St. Philipp and St. Jakob

Natz is the original seat of the ancient Natz parish from the Carolingian period. The church was built in 1208 in the late Gothic style, commissioned by the Prince-Archbishop Konrad and consecrated in honor of St. Philip and St. Walburga. The tower was built from 1,400 granite blocks. The wooden sculptures that decorate the neo-Gothic main altar date back to 1470 and were influenced by the famous artist Michael Pacher.

I Bust of Jakob Auer

In 1983, a fountain was built in honor of the founder of the soil improvement consortium on the High Apple Plateau of Natz, Mr. Jakob Auer Flötscher. The fountain in the center of Natz displays his bust in bronze. Auer was a pioneer of environmentalism, as he was the driving force in the construction of a natural pressure water system, which has provided the high plateau with fresh water ever since.

I Natural Pressure Water System

A display board in the Rienzschlucht gorge provides information on the 11-km long natural pressure water system of Lüsen, which was constructed on the high plateau in the 1950s. Thanks to this pioneering work, life on the high plateau was changed fundamentally. From a poor arid region, it turned into a thriving landscape and a bustling tourist destination.

Schabs-Sciaves

Populated by **950 souls**, Schabs is situated at **775 m a.s.l** and is seat of the local municipality.

I The Parish Church of St. Margaretha

Although consecrated in 1281, St. Margaretha, the late Gothic parish church in Schabs was only completed in 1454. By the end of the eighteenth century its interior had been reconstructed in Baroque style with its portal framed in stone. It is worth noting that the 72 m bell-tower is unusually tall and narrow.

I The "Urlaubstöckl" Chapel of Pilgrimage

This chapel of pilgrimage is located on the southern slope of the Spinges mountain. Its simple construction dates back to 1641, and was built by Georg Stocker. There is a painting in the chapel, depicting the scene of Jesus bidding the Virgin Mary farewell.

I Chapel of the Sacred Heart

In commemoration of the 175th anniversary of the struggle for the liberation of Tyrol, the company

of traditional marksmen from Schabs built the Chapel of the Sacred Heart in 1984. The chapel is located northwest of Schabs, on the way to Viums.



Raas-Rasa

Raas is located in the southern part of the Natz-Schabs High Apple Plateau, at an altitude of **820 m a.s.l.**, with about **560 inhabitants**. The village is surrounded by orchards and is adjacent to the Brixen valley basin and to the vineyards of Neustift, renowned for growing great vine varietals such as Müller Thurgau and Sylvaner. Raas is the hometown of the grandmother of Emeritus Pope Benedict XVI.

I St. Ägidius Succursal Church

The succursal church of St. Ägidius in Raas is a late-Gothic building, and was completed by the constructor Thomas Maurer in 1532. The neo-Gothic interior mostly dates from around 1880. On the high altar, one can see St. Ägidius, the patron of the church and the protector of viticulture. In Raas, the now rare custom of the bread donation and bread distribution is still practised on the day of the church patron in September.

I Hunter's Memorial

The hunter's monument was erected in 1968 on the Mesnerbühel by the hunters of Natz.

The column was carved out of an old chestnut tree trunk. The inscription reads: „It is the hunter's honour to protect and tend the game.“



I The Raiermoos Biotope

Take a walk on the nature trail around the Raiermoos biotope, where you can hear the songs of rare bird types and spot a variety of wildlife. The Raiermoos habitat was originally a large lake that was formed about 12,000 years ago on clayey moraines. Here, primeval populations settled on stilt houses.

Today, the Raiermoos is a biotope and habitat for endangered flora and fauna.

Reeds, cattails, rushes, and marsh trefoil surround the lake. It offers a sanctuary to frogs, newts, salamanders, and snakes. Many migratory birds such as herons and storks find here a safe and peaceful place to stay.

Other nature habitats in the Natz-Schabs holiday region include Sommersürs, Zussis and Laugen.

Viiums-Fiumes

As the smallest locality in the district of Natz-Schabs, Viiums is an attractive Romanesque village of about **270 inhabitants** set in a fascinating and unspoilt landscape at an **altitude of 898 m a.s.l.**

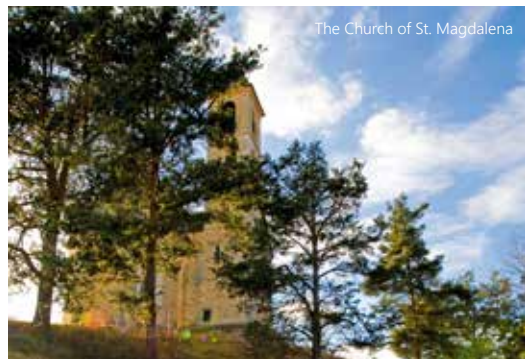
Worth Seeing in Natz-Schabs

I The Church of St. Magdalena

The church, situated on a hill in Viiums, was consecrated in 1281 and is considered as the most beautiful shrine in the surroundings. The present church construction dates from 1500 and was build on the fundament of a church, the expansion of the tower happened in the 17th century.

Aicha-Aica

Aicha, a small locality of about **480 inhabitants** located at an altitude of **730 m a.s.l.**, is not far from the imposing fort complex of Franzensfeste.



I The Church of St. Nikolaus

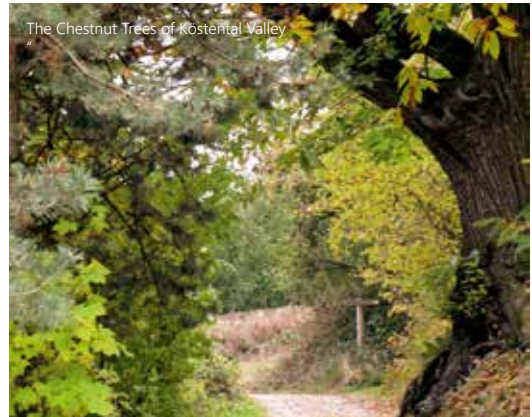
It is said that the Church of St. Nikolaus was built in 1402 on the site of what was previously a small chapel and the works were terminated approximately in 1464. The frescoes above the door of the church were only discovered during subsequent restorations in 1985 and are probably the work of the renowned sculptor, Michael Pacher. The pointed steeple with its four bells also dates back to this period.

I The Old Linden Tree – A Monumental Natural Relic

An old linden tree stands near the walls of the cemetery enclosing the Church of St. Nikolaus. Standing 22 m tall with a treetop of 17 m and a trunk measuring 6.25 m in diameter, the old tree dominates this idyllic spot. Since the trunk is broken and is held together with iron rods, the age of the tree can no longer be determined although it is believed to be a few hundred years old.

I The Chestnut Trees of Köstental Valley

East of Aicha at an altitude of 700 m, lies the Köstental chestnut orchard in a conservation zone. During the Medieval Period, the chestnut (also known as the poor man's bread) was a staple food of the population, but nowadays it is a sought-after delicacy forming part of the classical South Tyrolean cuisine. Today, the traditional fruit is a rarity in the South Tyrolean cuisine and the highlight of the traditional Törggelen in the Eisacktal Valley.



The Chestnut Trees of Köstental Valley



Hiking





in Natz-Schabs

The apple orchard of the Eisacktal Valley

The Natz-Schabs High Apple Plateau not only has the ideal conditions for apple production, but also for enjoyable holidays in the outdoors.

There are easy walks along the mountain trails and long hikes through a rich variety of Alpine landscapes.

Legend

-  Hiking time
-  Difference in altitude
-  Length
-  Suitable for stroller

Hiking maps and further hiking suggestions

are available in our Tourist Information Office

Natz-Naz

I Villages Round Trip

The tour leads through the village of Natz and then turns right onto the Villages round trip [Dörferrunde] through the Fruhnwald forest up to the Waldertor viewpoint. Past Viums and the Viummer Kreuz cross, the route leads mainly through forest paths up to Schabs. Continue through the village trip through forest and later through orchards and then go left along the Villages round trip, up to the Flötscher Weiher pond. At the Seehof Hotel, cross the road and continue through meadows and woods, always along the signposted road to Raas. Continue through the cultural grounds passing the water reservoir back to the street towards Natz. Follow the street to the right, at the Laugen sports field following the sign Dörferrunde. From here, the Villages round trip leads back to the starting point.

 Approx. 3.30 hrs  210 m  11 km

I Flower Hike

The Flower hike begins from the town square in Natz proceeding in the direction of Viums.

After 200 meters, you reach the fork, where you turn left on trail no. 1 towards the Sommersürs biotope. The way leads past the biotope on trail no. 5 to the Flötscher Weiher pond. Cross the road and follow trail no. 2 in direction of Raas. Past the Moser habitat, walk on the north side of Raiermoos biotope and take trail no. 6 up to the water storage facility. For the return to Natz, there are two options: along the road no. 1B between the two sports fields or right past the Laugen biotope on trail no. 6, back to the center of Natz.

 Approx. 2 hrs  150 m  7 km

I From Natz to the Historic Brixen

The hiking tour from Natz to Brixen first follows path no. 1 to Elvas and then reaches – on the downhill trail no. 1 or 2 – the city of Brixen. The return hike leads first alongside the Eisack river on trail no. 16 up to the Neustift Abbey. From there, trail no. 4 ascends to Raas, and then descends back to Natz.

Alternative route: descent to Brixen in about 1.30 hrs, return by public bus.

 Approx. 3.30 hrs  440 m  11,7 km

I Round Trip from Rodeneck to Natz

From Natz, the path leads down the Rienzschlucht gorge on trail no. 4; there you cross the Rienz river on the pedestrian bridge and walk up to the Niedersthof farm. After about 800 meters in the direction of Lüsen, a trail branches off to Rodeneck. Past the wayside shrine, follow trail no. 1 to Rodeneck Castle via the hamlets of Spisses and Vill. The path (still on trail no. 1) leads through the forest down to the Rienzschlucht gorge and over the Rundlbrücke bridge, back to Viums and Natz.

 Approx. 4.30 hrs  830 m  13,6 km



Schabs-Sciaves

I From Schabs to Neustift Abbey

From the center of Schabs, follow trail no. 8 down to the Riggertal valley and along the Eisack river up to the Neustift Abbey. From there, trail no. 4 ascends to the village of Raas where you pass under the main road and then take trail no. 8, which leads through the forest back to the Raierboden habitat and from there back to Schabs.

 Approx. 3.30 hrs  400 m  9,5 km

I Schabs Circular Hike

Starting from the church in Schabs, you head to the Viummer Kreuz cross on the road to Viums. There the trail branches off to the right, where the trail no. 2 leads to the Flötscher Weiher pond. Cross the main road and hike along trail no. 2 over the Mesnerbühel hill in direction Raas. At Moser, follow the trail no. 4 along the road through the orchards until you reach Natz and then continue towards Viums. Shortly after the village of Natz, on the right, a turn (signed as Dörferrunde) leads to Fruhn and the Waldertor gate (vantage point to Rodeneck Castle).

After a slight descent through the forest on trail no. 3, you are back in the village of Schabs.

 Approx. 3.30 hrs  500 m  10,5 km

I Round Trip to Stegerbühel Hill

Walk from the center in the direction of Schabs and Viums. At the Viummer Kreuz cross chapel, turn left and follow the Stegerbühelrunde sign northwards and clockwise. Walking around the hill will take you along on mossy forest trails that offer great views of Rodenegg Castle and the Rienzschlucht gorge.

 Approx. 1 hr  90 m  3,4 km



Raas-Rasa

I Raiermoos Nature Trail

From the church in Raas, the hiking path leads eastward along trail no. 4 to Moser; turn right and follow the Nature Trail symbol around the Raiermoos towards Moser and on trail no. 4 back to the starting point. Thanks to the information signs and observation points, visitors can get close to the habitats of various species of animals and plants without disturbing them.

 Approx. 0.40 hr  40 m  2,2 km 

I Hiking through the Vineyards to Brixen





From the church in Raas, walk along the paved road to Elvas. Here the hiking path starts that leads right down to Kranebitt and past Stufels all the way on the same trail no. 2, from Raas down to Brixen. You have the option of returning by bus.

 Aprox. 1.15 hrs  260 m  4,8 km

Aicha-Aica

I Village Circular Route

The village circular route of Aicha is an easy hike. From the starting point, the church of Aicha, simply follow the sign Dorfrundweg.

 Approx. 0.45 hr  insignificant
 2,3 km 

I From Aicha to Spinges

From Aicha, trail no. 7A leads to Spinges. For the way back to Aicha, take trail no. 9 via Katzenleiter and past the wayside shrine, then continue on trail no. 9A.

 Approx. 3 hrs  400 m  7,5 km



Our Suggestion for Runners

I Floral Training Course

Route: after a short stretch through the center of Natz, take the road towards Viums along a fairly flat gradient and then southwest, passing the Mesnerbühel until arriving at Raas. Continuing to the nearby Raiermoos biotope, then cross the Mooswald until you arrive at the road leading to Elvas. Following the road after a while, you reach the steepest part of the trail en route to Elvas. From there go up a little further to the water basin, before continuing on flat ground until you arrive at your destination: the club house in Natz.

Ground-conditions: motorway, tarred road through the forest.

 250 m  12,9 km

I The Apple Trail in Natz-Schabs

A walk for nature lovers

The theme path that runs from Natz to Raas and back to the starting point provides insight into the natural beauty of the area. On various information boards along the way, you will learn things about the apple cultivation in Natz and the apple-producing region of South Tyrol. The circular walk starts at the main square in Natz. Take a short walk along the road to Viiums, then turn left on to a side path to the Sommersürs biotope. After the biotope, follow the Apfelweg sign up to the Flötscher Weiher pond. Continue on the way until you reach the first intersection. Here, cross the road and follow the Apple Trail along the Mesnerbühel hill in the direction of Raas, where you will reach the Raiermoos biotope with its fascinating flora and fauna. From here, the Apple Trail ascends to a large reservoir and from there to the main road to Natz. Follow the main road for a short while, then leave the road on a right turn. At the next intersection, turn left heading north, then turn sharp right. From here, the Via Crucis goes back to the starting point at the village center of Natz.

Next to the Via Crucis you will also pass the Ölberg vantage point that invites hikers to become sun loungers and take a relaxing break.

 Approx. 2.30 hrs  150 m  7,7 km







Hiking

in South Tyrol



Legend





-  Hiking time
-  Difference in altitude
-  Length
-  Difficulty level

Rodeneck-Rodengo

I From the Rodenecker-Lüsner Alm Alpine Pasture to the Astjoch Ridge

By car from Natz-Schabs to Mühlbach and from there to the Zumis parking lot (1,715 m) in Rodeneck. Continue on foot along trail no. 4 towards the Ronerhütte hut sign. Proceed through a stretch of forest then across the meadows, until you arrive at the Ronerhütte hut (1,831 m; mountain tavern), about ½ hour later. The upper track leading to the Starkenfeldhütte hut, (1,936 m; mountain tavern), at about an hour's walk from the Ronerhütte hut. Continue eastwards along the wide track to the west side of the Astjoch ridge then take the moderately steep path up to the summit (2,194 m) about an hour's walk from the Starkenfeldhütte hut. Descent same as ascent.

Alternative route: Return on trail no. 11/12 to the Kreuzwiesenhütte hut (1,925 m) then down a track marked as trail no.2 A through the Alpine pasture, intersecting with trail no. 2, back to the starting point.

 Approx. 5 hrs (alternative route: 5.30 hrs)  479 m
 16,7 km  easy (for seasoned hikers)

Meransen-Maranza

I To the Großer Seefeldsee Lake

By car from Natz-Schabs to Mühlbach then to Meransen (1,414 m); alternatively from Mühlbach to Meransen by cable car. From Meransen, a 30 min walk will take you up to the Altfasstal parking lot (1,560 m); alternatively by car. Then follow the narrow Alpine track through the woods and meadows on a flat stretch to the Großberghütte hut (1,640 m; mountain tavern) until the trail climbs up to the Wieserhütte hut and Pranter Stadel hut. From this point onwards, the track becomes even steeper until it reaches the Großer Seefeldsee lake (2,271 m), a total of 2.30 hours walk from the parking lot. Descent same as ascent.

 Approx. 5 hrs  710 m  15,4 km
 easy (for seasoned hikers)

Vals-Valles

I To the Brixner Hütte Alpine Shelter or the Wilder See Lake

By car from Natz-Schabs then to Mühlbach into the Valsertal valley and up to the parking lot near the Fane Alm Alpine pasture (1,739 m). Please note that in summer the road from Vals to the Fane Alm Alpi-

ne pasture is open to vehicles only in the mornings and again in the late afternoons (alternatively take the shuttle bus). From here, continue on foot following the signs to the Brixner Hütte Alpine shelter on trail no. 17 up through the gorge until you reach a fork in the road, then along trail no. 17 through the Alpine pastures up to the Brixner Hütte Alpine shelter (2,300 m). The distance from Fane Alm is 1.45 hrs. The 1.15 hours descent is back down the same route.

From the shelter the following may be reached:

Wilde Kreuzspitze (3,135 m) easy for experienced, sure-footed hikers (3 hours) – Wurmaulspitze (3,022 m) signed route, not difficult for experienced hikers – with side trip to Sandjöchrl ridge.

 Approx. 3 hrs  560 m  8,4 km
 easy (for seasoned hikers).

For the hike to the Wilder See lake, turn left at the road fork at the gorge following trail no. 18 and continue slightly uphill to the Labiseben Alpine pasture (2,138 m); 1 hour from the Fane Alm Alpine pasture. Continue on trail no. 18 through the valley, moderately steep at first and then bear right up to the Wilder See Lake (2,538 m); 2.30 hours from Fane Alm. Descent same as ascent.

 Approx. 4.30 hrs  799 m  12,7 km
 moderate

Pfunderertal Valley in Vintl-Vandoes

I From Pasture to Pasture

By car from Natz-Schabs to Mühlbach and Vintl then through the Pfunderertal valley up to the small locality of Dun (1,550 m). Proceed on foot for a stretch along trail no. 17 then take trail no. 13A to the right. After a stretch, turn left on to trail no. 13, followed by trail no. 18 up to the Egger-Böden Alpine shelter and dairy farm. After having passed the shelter, continue for a while before turning right across the slope to trail no. 13. Proceed to the junction on the Pfunderer High Alpine Trail. Take the turning right towards Kuhscharte and then follow the new forest road that leads to the Gampiel Alm hut, where you awaits a stunning view over the Pfunderertal valley, the Rodenecker Alm Alpine pasture till to the Peitlerkofel mountain. The return route is along the forest track passing the Egger farms. Return to Dun, at first along trail no. 13 before taking a left turn along the ancient Via Crucis of Dun until you reach the parking lot.

 Approx. 4.30 hrs  720 m  11,7 km
 easy (for seasoned hikers)

Vahrn-Varna/Spiluck-Spelonca

I To the Zirmait Alpine Pasture

From Natz-Schabs by car to Vahrn and then to Spiluck as far as the parking lot above the Gostnerhof farm (1,380 m; inn). Continue on trail no. 2, until you reach the Steinwies Alm Alpine hut (1,537 m) and then up a steep wooded slope, remaining on trail no. 2, until reaching the Zirmait Alm Alpine hut (1,891 m; serving). Descent same as ascent. Trail no. 2 also leads to the Karspitz mountain (2,517 m) - 2 hrs from the Zirmait Alm hut.

 Approx. 2.45 hrs  511 m  6,7 km
 easy (for seasoned hikers)



Brixen-Bressanone/Tils-Tiles

I To the Radlsee Lake

From Natz-Schabs by car to Brixen and up to Tils until you reach the Perlungerhof farmstead (1,380 m). Continue along trail no. 8 on foot, then uphill to the Radlsee lake and the same named Alpine hut (2,255 m, 2.30 hrs). Continue walking until you reach the top of the Königangerspitz mountain (2.440 m, 30 min). Descent same as ascent, 2 hrs.

 Approx. 4-5 hrs  904 m  10,4 km
 easy (for seasoned hikers)

Brixen-Bressanone/Plose

I Three Summit Tour

Go by car from Natz-Schabs via Brixen up to the cablecar station in St. Andrä, then by cable car to Kreuztal (2,000 m). Starting at the mountain station, take trail no. 7 up to the Plosehütte Alpine shelter (2,440 m). Heading towards east and down to the Lüsner Scharte ridge (2,380 m), following trail no. 6/7. Continuing on trail no. 7 direction Große Pfannspitze mountain (2,540 m), passing it and continue till crossing the ridge, to the Kleiner

Gabler mountain (2,560 m). From there to the clifftop of the Großer Gabler mountain (2,576 m), where you awaits a stunning view. Return on trackless pasture slopes southwards till reaching the track no. 17A. Following it in a westerly direction, passing the Rossalm Alpine hut and heading back to the starting point at Kreuztal.

 Approx. 4.30 hrs  680 m  11,5 km
 medium

Lüsen-Luson

I The Lüsner Alpine Pasture Hike

Go by car from Natz-Schabs via Brixen to Lüsen/Flitt, up to the Schwaigerböden parking lot (at 1,730 m). Proceed on foot along trail no. 2, through the forest until arriving at the mountain pastures. Continue eastwards along the forest track, then bear left and take the trail leading to the Kreuzwiesenhütte Alpine hut (1,909 m, dairy farm) along trail no. 2A. Enjoy an extraordinary panoramic view of the Peitlerkofel, the Plosestock and the Sarntal Alps. Descent same as ascent.

 Approx. 1.45 hrs  179 m  4,7 km
 easy (for seasoned hikers)

Villanders-Villandro

I From the Gasserhütte to the Totensee Lake on the Villanderer Alpine Pasture



Go by car from Natz-Schabs via Klausen to Villanders and on up to the Gasserhütte hut (1,744 m; Alpine tavern) Following the trail no. 6 which soon leads to the Mair in Plun Hütte hut (Alpine tavern). Proceed along trail no. 6 that, past the Pfroder Alm hut, and further uphill to the Totenkirchl church (2,186 m). At the "T" sign turn left, until arriving at the Totensee lake situated on a plateau (2,208 m). To return, proceed up to the crest (2,350 m) then bear left, descending down the grassy ridge to a wayside shrine, before continuing on trail no. 1 to the Gasteiger Sattel (2,057 m), bear left eastwards on trail no. 7 taking you back to the starting point, 1.45 hrs.

 Approx. 3.30 hrs  600 m  12,8 km
 easy (for seasoned hikers)

Eisacktal Valley

I The Eisacktal Valley Chestnut Trail

A single band of chestnut trees covers the slopes of the Eisacktal Valley, stretching from Vahrn near Brixen up to the Rittner High Plateau as far as Runkelstein Castle, just north of Bozen. The Chestnut Trail can also be traversed in sections, such as from Natz-Schabs via Klausen to Feldthurns and the Velthurns Castle (856 m). From there follow trail no. 12 through the village center of Felthurns, passing the Laurentius and the Antonius churches until the the Radoarhof farm (850 m). Proceed ascending up a chestnut grove and towards the Moar zu Viersch farm (863 m, a walk lasting 50 min) and to the Huber farm in Pardell (775 m). Following the trail no. 1 up to the Säben Abbey (740 m). The descent leads trough the grounds around the Abbey and on the Via Crucis towards the artists' town of Klausen (520 m, approx. 1 hr).

 Approx. 2.30 hrs  ↑ 136 m ↓ 428 m  6,2 km
 easy (for seasoned hikers)

Villnöss-Funes/Zans-Zannes

I Circular Hike to the Foot of the Geisler Mountains

Starting at the Zanser Alm hut parking lot (1,680 m) at the end of the Villnössertal Valley follow the old hay trail no. 6 direction Tschantschenon, Adolf Munkel trail. After reaching the Tschantschenon bridge no. 35 turn right on to the Adolf Munkel trail and follow it toward the Gschnagenhardt Alm hut and the Geisleralm Alpine hut (1,996 m). On the return, take trail no. 36 from the Dusleralm Alpine hut to return to the point of departure (approx. 2 hrs).

 Approx. 3.30 hrs  320 m  9 km
 easy (suitable for families)

I Nature Adventure Trail Also Suitable for the Disabled

This is ideal for families with children, the elderly as well as those with disabilities and in wheelchairs. There are 14 stopping points equipped with tables and placards describing the origins, features, facts and figures concerning the Puez-Geisler Nature Park.

Latzfons-Lazfons

I Klausner Alpine Hut, to the Highest Sanctuary in Europe and the Latzfonser Kreuz

Go by car from Natz-Schabs via Klausen and Latzfons up to the Kühhof farm parking lot (1,560 m). Following trail no. 1 we reach the Klausner Hütte Alpine hut (1,920 m) – approx. 1.30 hrs. Continuing along trail no. 1 up to the church and the Latzfonser Kreuz shelter (2,311 m). Descent same as ascent (approx. 2 hrs).

Hiking time from the hut to the Kassianspitze peak (2,581 m) 1 hr.

 Approx. 4-5 hrs  750 m  12 km
 easy (for seasoned hikers)



Barbian-Barbiano

I Round Trip to the Falls of Barbian – Briol – Dreikirchen

Start from the Barbian town center, following the directions to Wasserfallweg from Haus Urban until reaching the forest road, following it as far as the bend in the road and bearing then left until you come to the upper and lower Barbian waterfalls. From there following the Dreikirchen sign on trail no. 34 via Kasserol to Stange and then, following trail no. 27 to Briol (1,307 m). For the descent following trail no. 4 to Dreikirchen (1,120 m) and the trail no. 6 to Feistegg. Then continue on trail no. 3, passing the Wieserhof farm before heading back to Barbian.



Approx. 4 hrs
medium



560 m



8,6 km

Ridnaun-Ridanna/Maiern-Masseria

I Through the Burkhardklamm Gorge to the Aglsboden Alpine Pasture

By car from Natz-Schabs to Sterzing before reaching Maiern in the Ridnauntal Valley. From the Mining Museum in Maiern, follow trail no. 9 and then trail no. 8 following the directions to the Burkhardklamm gorge. Proceed along a fascinating wooden walkway until reaching a platform offering not only a scenic view of the mountains of the Ridnauntal Valley, but also a glimpse into this mysterious gorge. Continue along trail no. 9 to the Aglsbodenalm Alpine pasture. Descent same as ascent.



Approx. 2.45 hrs
easy



300 m



6,8 km



Sterzing-Vipiteno/Stange-Stanghe

I The Gilfenklamm Gorge at the Entrance of the Ratschings Valley

The impressive Gilfenklamm gorge, lying at the entrance to the Ratschingsertal Valley, is a true wonder of nature. Water cascades rush down a gorge of white marble walls before flowing out into the valley.

 Approx. 1 hr  175 m  easy

Terenten-Terento

I Tiefertensee Lake

By car from Natz-Schabs via Vintl to Terenten in the Pustertal Valley until you reach the parking lot (1,425 m) in the Winnebachtal valley. Follow trail no. 23 uphill to the Astnerbergalm pasture (1,630 m), continuing on the trail no. 23 passing the Tiefertastenhüttl (shepherds' hut) then steeply up to the Tiefertasten lake with the Tiefertastenhütte Alpine shelter (2,312 m). 2.30 hrs from the parking lot. Descent same as ascent.

Hiking destinations from the hut:

Hochgrubspitz peak (2,809 m) approx. 1.5 hrs
Kempspitz peak (2,704 m) approx. 1 hr
Eidechsspitze peak (2,738 m) approx. 2 hrs

 Approx. 4.30 hrs  887 m  10 km
 medium

Grödnertal Valley/Sella Pass

I Around the Langkofel

Starting out from the Grödnertal Valley to the Sella Pass. Arriving at the Sellajochhaus hut (2,681 m), continue by cable car to the Langkofelscharte (2,685 m) From there following trail no. 525 downwards until you reach the Langkofelhütte shelter (at 2,253 m). Bear right still following the trail no. 525. The route heads northwards before going uphill to the Ciaulongsattel ridge (2,123 m) and the Emilio-Comici-Hütte Alpine shelter (2,155 m). The Trail skirt the rock wall on the east face of the Langkofel, continuing south, across the „Stone City“ to return to the Sellajochhaus hut.

 Approx. 4 hrs  660 m  10 km
 medium

Cycling & Mountain Biking



A wide range of bicycle routes stretches around Natz-Schabs. The Natz-Schabs High Apple Plateau is located directly at the interface of the various **Eisacktal Valley** and the **Pustertal Valley bicycle routes**. This makes the High Apple Plateau **an ideal starting point for cycling trips of every kind**. Along the routes, there are many points to rent bicycles and to combine bike and railway transport.

The Eisacktal Valley Bicycle Route offers easy leisurely cycling, great fun for families and sports enthusiasts alike. The route begins at the Brenner Pass and leads through the cities of Sterzing, Brixen and Klausen, coming to an end in Bozen. The 102-km long tour can be traveled in sections; the bike path is well signposted and leads through spectacular hills and forests.

The Pustertal Valley Bicycle Route starts at Mühlbach at the entrance to the Pustertal. The approximately 105-km long tour leads along the

entire Pustertal Valley to Lienz in the Austrian part of Tyrol. The paved cycle path is also suitable for leisure cyclists and families. Scenic sites and attractions along the cycle path provide for unique impressions.

Start with your **mountain bike** from Natz-Schabs to cycling tours in the entire Eisacktal Valley. **Routes of varying difficulty** lead either through the lower mountain range, along sunny Alpine plateaus, or even up to high Alpine paths and mountain passes **amidst a stunning landscape**.

Legend



Cycling time



Difference in altitude



Length

Maps and further cycling suggestions

are available in our Tourist Information Office

Schabs Bicycle Route

One of the best ways of discovering the Natz-Schabs High Apple Plateau is the Schabs Bicycle Route. Starting at Schabs, head south and after passing Förche, you arrive in Raas. Going through Raas take the left turn, past the church and through the orchards along road no. 4 until reaching the center of Natz. At the church take a left turn and continue to Viums. Pass through the pine forests, before reaching the Viummer Kreuz cross and then continue along trail no.1 A as far as the Rundlbrücke bridge, which crosses the gorge of the Rienz river. The imposing Rodenegg castle lies perched on a rocky outcrop surrounded by forest.

From the bridge continue along trail no. 7 before reaching Mühlbach. At this point, we recommend taking a small detour to visit the Mühlbacher Klause, an old medieval customs post. After crossing Mühlbach, continue to Aicha before arriving at the old fortress in Franzensfeste from where you take the Aicha trail back to Schabs. You'll return to your point of departure within minutes.

 Approx. 2 hrs  620 m  27 km

Mountain Bike Tour to the Anratterhütte Alpine Hut

From Natz (889 m) take trail no. 1 to the Sommersürs biotope, then turn left into trail no. 5 past Hotel Flötscherhof, descending to Schabs until you arrive at Hotel Sonneck. Turn right into trail no. 9 and then go left up to the Urlaubstöckl chapel. Then take the mountain road up to Spinges (1,100 m) and when you reach the crossing, head towards the Anratterhütte Alpine hut, past the parking lot and the large cross (1,357 m). Continue along gravel road no. 9 to the Anratterhütte Alpine hut (1,814 m). To return, take the same road back and after a kilometer, turn left towards Vals. Turn right at the first intersection. After about two kilometers turn left before reaching Mühlbach along the old road (signposted in red and white). Return to Schabs following the bicycle trail and from there back to Natz.

 Approx. 4 hrs  1310 m  35 km





Nature Parks

in South Tyrol

The nature parks in South Tyrol are protected areas, in a unique combination of the vegetation and the landscape.

The geological features and topography of the natural reserves as well as the flora and fauna are described in the visitors' centers. Children may be admitted into the centers.

Nature Parks in South Tyrol

Puez-Geisler, Rosengarten, Rieserferner-Ahrn, Fanes-Sennes-Prags, Trudner Horn, Texel Group, Sextner Dolomiten and the Stilfser Joch National Park

Puez-Geisler Visitors Center

St. Magdalena, Villnöss T +39 0472 842 523,
www.provinz.bz.it/nature-territory



High Ropes Courses

Climbing high ropes is an adventure for everyone.

Rope slides, wooden pipes and more are part of a regular course, which is usually available in different heights and levels of difficulty. A visit to the high ropes course promises excitement and a chance to test one's own limits.

Catalogues are available at the Tourist Information Office.

Climbing Center

Vertical – that's the name of the top modern indoor climbing hall in Brixen.

In the climbing arena, amateurs and professionals alike find suitable challenge among the wide range of interesting routes and bouldering opportunities. A route-setting team works year-round to constantly provide new routes.

T +39 0472 671 066, www.vertikale.it



Worth Seeing

in the Eisacktal valley

Brixen-Bressanone

I The Oldest Town in South Tyrol

Immerse yourself in the rich history of the enchanting old town of Brixen. With its pedestrian zone, picturesque alleys, characteristic architectural facades and arcades where numerous shops and congenial ambiances, are waiting to be discovered.

I Cathedral and Cloister

After being ravaged by two deadly fires, in 1200 the original tenth century Ottonian construction in the old town was revamped in Romanesque style. It was later rebuilt in Baroque style from 1745-1754, with frescoes by Paul Troger, the high altar created by Theodor Benedetti and the sumptuous interiors are clad in no less than 33 different types of high-grade marble. There is also a Late-Gothic Madonna by Hans Lienberger, a full-scale pipe organ with 3,335 pipes and 48-register manual. The neoclassical portico was designed by Jakob

Pirchstaller and built in 1783. However, the gem in the crown of Brixen is the tenth century cloister in the cathedral.

I Diocesan Museum and Museum of the Nativity Scene

Founded in 1901, the Diocesan Museum is located in the Brixen Episcopal Palace and is divided into the following sections: sacred art from the Middle Ages to modern times (35 halls), the imperial living quarters with paintings, furniture and porcelain (7 halls), Bishop's living quarters and history of the Principality (10 halls), chancellery showcasing the ecclesiastical history of the diocese (8 halls), chancellery with coats of arms and royal seals (2 halls), cathedral treasury, nativity scenes and account of the Redemption.

T +39 0472 830 505, www.hofburg.it



I Pharmacy Museum

The variety of historical objects, instruments, medicines, pots and containers exhibited in the Pharmacy Museum were used on a daily basis and comprehensively document the history of more than four hundred years of apothecary.

T +39 0472 209 112, www.pharmazie.it



I White Tower

The 72 m tall Gothic tower of the Parish St. Michael is the city's symbol. Referred to as the White Tower due to the colour of its roof, it dates back to 1459 in its present form.

T +39 0472 836 333



Worth Seeing in the Eisacktal Valley

Neustift-Novacella

I Neustift Abbey: Art Gallery and Library

The monastery of the Augustinian Friars has a late Baroque-style church, a Gothic cloister, an art gallery, Well of Miracles and library with medieval wooden tables and prized Rococo furniture. Built in 1775, the Rococo library has furnishings of notable artistic value in which medieval manuscripts are exhibited.

T +39 0472 836 189, www.kloster-neustift.it

Franzensfeste-Fortezza

I The Habsburg Fortress

Built by the Habsburgian Emperor Francis I, Franzensfeste was at one time regarded as the most imposing fortress in all Europe. Despite this, the monumental defensive construction has never witnessed actual conflict. Constructed from large granite blocks, even today the fortress dominates the surrounding landscape.

The fort currently serves as a venue for exhibitions and other events.

T +39 0472 458 698, www.festung-franzensfeste.it

Rodeneck-Rodengo

I Rodenegg Castle

Rodenegg Castle was built in 1140 by the Lords of Rodank and was extended in the 16th century by the Counts of Wolkenstein-Rodenegg, when it became one of the most formidable castles in the entire region. Oswald von Wolkenstein, the notable poet-troubadour, initiated the Wolkenstein-Rodenegg family line and today the castle is still in the hands of his descendants. Of particular interest is the cycle of frescoes dating from around 1200, with 11 scenes depicting the legend of Yvain, a chivalrous epic poem by Hartmann von Aue. It is surprising that profane frescoes of this type could have been deemed as acceptable by the religious authorities of the time.

T +39 0472 454 056

Feldthurns-Velturmo

I Velthurns Castle and the Museum of Peasant Culture

Formerly the summer residence of the episcopal princes of Brixen, the castle is a gem of Renaissance architecture. With their minute attention to detail, the imposing exterior walls bear witness to ancient wealth. The castle chancellery also houses the Museum of Peasant Culture with a collection of ancient artefacts, including agricultural tools and instruments for handicraft.

T +39 0472 855 525



Teis-Tiso

I Mineralogical Museum

The mineralogical collection contains about 200 geodes of Teis rock crystals and other minerals from the Alpine region. The collection is the creation of Paul Fischnaller, an avid mineral collector whose painstaking extraction work took decades. A video on the origins of minerals screened in the museum serves as an introduction to the subject.

T +39 0472 844 522

www.mineralienmuseum-teis.it



Waidbruck-Ponte Gardena

I Trostburg Castle

Trostburg Castle (also known as Castel Forte) was built in the 12th century and enlarged into a defensive citadel in the 17th century. This was where the late medieval poet-troubadour Oswald von Wolkenstein grew up. The permanent exhibition 'Castles: Edifices of History', illustrated with over 80 plastic models, is about the development of fortification construction in South Tyrol.

T +39 0471 654 401, www.burgeninstitut.com



Kastelruth-Castelrotto

I Tagusens School Museum

Since the introduction of compulsory education in the 18th century, there existed a primary school in the small town of Tagusens. After passing its high point in the 1950's with an attendance of 46 pupils, the small school finally closed down in.

T +39 0471 706 661



Villanders-Villandro

I The Silver Mine

The magnificently restored Elisabeth Gallery is where one comes face to face with the past. Extending across 16,5 km, the tour of the tunnel complex in which each stone has a tale to tell of the hard life of the miners, is waiting to be discovered. Lead (galena ore), copper, pyrite, iron sulphide, sphalerite (ore in zinc) and silver comprised most of the minerals that were extracted up until 1943. In the course of the centuries, sixteen tunnels totalling 16,5 km were dug to a depth of about 750 m,

of which two thirds were manually excavated and a third using explosives.

T +39 345 311 56 61, www.bergwerk.it



Freienfeld-Campo di Trens

I Reifenstein Castle

Reifenstein Castle is a beautifully preserved construction of great historical and artistic value, with the St. Zeno church annex. Inside there are as many as 10 rooms, which have been perfectly maintained, including a large thirteenth century kitchen with an open fireplace, the old tower house, a dark 5m deep prison, the famous prized Green Room with the only existing railing of its type and much more besides.

T +39 339 264 37 52



Ridnaun-Ridanna/Maiern-Masseria

I Provincial Mining Museum of Ridnaun-Schneeberg with Gallery

When visitors come here they don't feel as if they're visiting a museum. Instead, the sensation is of being immersed in an old mining world of yesteryear and you can palpably feel the fatigue of the miners as they laboriously extract the ore from under the ground.

T +39 0472 656 364

www.ridnaun-schneeberg.it



Legend



Also of interest to children



Accessible to wheelchairs



The Gardens
of Trauttmansdorff Castle

Day Trips

in South Tyrol

Bozen-Bolzano

I South Tyrolean Museum of Archaeology

Besides hosting the famous Similaun Man in the permanent 'Iceman' Exhibition, the Museum of Archaeology, inaugurated in 1998, spans from the end of the Ice Age (15,000 BC) up to the Carolingian period (800 AD). Also known as Ötzi, the 'Iceman' provides the main focus of the exhibition.

T +39 0471 320 100, www.iceman.it

I South Tyrolean Museum of Nature

The natural science museum in Bozen is the only one in the province and is the central location for the documentation and collection of specimens in South Tyrol. The museum documents the birth and topography of these mountain landscapes and valleys, leading to the great variety of natural environments, specific to this province.

The museum also holds highly interesting temporary exhibitions as well as special children's activities.

T +39 0471 412 960, www.naturmuseum.it

Meran-Merano

I The Gardens of Trauttmansdorff Castle

The Mediterranean Gardens of Trauttmansdorff Castle are arguably among the most beautiful in Italy, with lakes, walks and pavilions together with a great variety of exotic plants and flowers from across the world. At the center of the garden stands Trauttmansdorff Castle, residence of the famous Empress Sissi, when she was in Meran undergoing medical treatment. Today the castle is seat of the Touriseum, the South Tyrolean Museum of Tourism, with its compelling reconstruction of the history of tourism in the Alps.

T +39 0473 235 730, www.trauttmannsdorff.it

Pustertal-Val Pusteria/ Ahrntal-Val Aurina Valley

I Prettau Copper Mine and Taufers Castle

Prettau: the Mining Museum

The mine railway takes visitors 1,100 meters down into the main St. Ignatius Gallery. Fitted out in yellow coats and donning helmets, visitors go on an adventurous guided excursion into the mine and into the history of copper mining in Prettau. Tours of the mine with experienced guides form part of a journey into the mining world of yesteryear. In addition, the gallery also houses a health resort for the treatment of asthma.

T +39 0474 654 298, www.bergbaumuseum.it

Sand in Taufers – Taufers Castle

This imposing medieval castle in the Sand in Taufers Valley is considered one of the most beautiful fortifications in Tyrol. Of particular interest to those visiting Taufers Castle, are its special features as the former dynastic residence of the baronial lineage of the same name. The fascinating armoury is a big attraction for the kids,

while art lovers will be captivated by Pacher's frescoes and the castle's medieval atmosphere is sure to enchant the more romantically inclined.

T +39 0474 678 053, www.burgeninstitut.com

We recommend: a walk to the waterfalls in Rein just above Sand in Taufers.

Ritten-Renon

I Up to the Earth Pyramids by Cable Car

You can reach Bozen either by public transport or by car.

The Ritten Cable Car

The cable car takes just 12 minutes from Bozen to Oberbozen. The large cabins have enough capacity to accommodate 35 people, including bicycles and strollers. Once in Oberbozen, the last narrow gauge train still running in South Tyrol will transport visitors to Klobenstein, across the breadth of the plateau. This 7 km ride may also be made partly on foot, for a magnificent walk in nature.

The Earth Pyramids of Ritten

In the localities of Unterinn, Oberbozen and Klobenstein, there are the most awe-inspiring earth pyramids to be found anywhere in Europe, some even reaching up to 30 meters. When rocks crash down on the pyramids, these earthen pinnacles become exposed to water and after each rainfall the columns diminish in size. But with the demise of each pyramid, another immediately replaces it.

We recommend: take a walk along the Path of the Pyramids. Start out from Klobenstein train station on a 3.5 km long hike on trail no. 24. Difference in altitude: 70 m: approx. 45 min/also wheelchair accessible.



Pustertal-Val Pusteria Valley / Niederdorf-Villabassa / Toblach-Dobbiaco

I Pragser Wildsee Lake and Antholzersee Lake

Pragser Wildsee Lake

With its deep blue waters, the Pragser Wildsee Lake is a picturesque gem among other Alpine lakes. A pleasant scenic trail leads around the lake, where there are also boat tours in summertime. A number of magnificent hikes connect Prags to the Fanes-Sennes-Prags Nature Park.

Hike around the Lake

With a total walking time of about 1 hr the ascents on this 4 km hike are almost always with steps.

Antholzer See Lake

A didactic trail circles the deep green waters of Antholzer See lake. Numerous signposts tell of the local species of trees as well as the rocks and stones – a hike that is sure to impress. The trail is suitable for all ages.

Walk Around the Lake

Total time is approx. 90 min. There are no

significant differences in height and the walk is suitable for all ages.

We recommend: follow in the footsteps of the world biathlon champions at the great Antholzer Biathlon Center: www.biathlon-antholz.it

I Ethnographic Museum and Issinger Weiher Lake

The Provincial Museum of Folk Traditions of South Tyrol in Dietenheim has an extensive outdoor area recreating the world of the peasant population of yesteryear: serfs, labourers and local peasantry. There are also old farms and one-time workshops to visit. Grain crops are still cultivated in special parts of the gardens, as well as medicinal herbs and flowers. Some species of wild animals may be encountered in the fields.

T +39 0474 552 087, www.volkskundemuseum.it

Issinger Weiher Lake

There is nothing like a dip into the Issinger Weiher lake situated between Kiens and Issing to cool off on hot summer days. Located at an altitude of 1,000 m, the lake lies in the midst of expansive fields near a beautiful forest.

Aldein-Aldino/Radein-Redagno

I Geopark Bletterbach Canyon – a UNESCO World Heritage Site

This 'Grand Canyon of South Tyrol' conducts visitors along the trail of the dinosaurs, which is actually a journey through 280 million years of the earth's history. It was during the Ice Age of about 15,000 years ago, that an 8 km deep canyon was carved along the Bletterbach river up to a height of 4,000 m, through rocks marking different ages of the earth.

In the Visitor Centers at Aldein and Radein, there is an account of the processes that led to the formation of the rocks in the Bletterbach Canyon. There are also fossil records of the canyon, as well as dinosaur tracks, fossilized fish, mussels and plants.



A Tour through South Tyrol

I Grand Tour of the Dolomites

Along the road from the Pustertal Valley to Toblach, passing the Drei Zinnen up to Misurina, the Grand Tour of the Dolomites offers magnificent views of the impressive Dolomitic rock formations. Proceeding towards Cortina, pass the Falzarego Pass before arriving in Arabba. Continue over the Pordoi Pass until reaching the Sella Pass, which connects the Fassa Valley to the Grödenal Valley. From Grödnertal Valley follow the signs to Klausen, before arriving in Brixen and returning to the starting point in Natz-Schabs.

Route: Approx. 220 km



Mobilcard

Using a Mobilcard you can explore South Tyrol for one day, three days or seven consecutive days.

There are three types of Mobilcard:

- > 1-day Mobilcard
- > 3-day Mobilcard
- > 7-day Mobilcard

The Mobilcard allows cardholders free access to various kinds of public transport forming part of the South Tyrol Integrated Public Transport System, such as:

- > Regional trains in South Tyrol: from Brenner to Trento and from Mals to Innichen
- > Local public bus services (all urban, suburban and city busses)
- > The cable cars of Ritten, Meransen, Jenesien, Mölten and Vöran
- > The Rittner train and the Mendel funicular
- > The Swiss PostBus service between Mals and Müstair

Discovering South Tyrol

by train, bus, cable car and bicycle

Getting around on the South Tyrol Integrated Public Transport System is a great experience. Move about the towns and valleys as you please without first having to return to your point of departure – or just enjoy exploring the landscape.

museumobil Card

A single pass now provides cardholders access to museums throughout South Tyrol and to all forms of public transport.

The museumobil Card is available either as a **3-day** or a **7-day** pass.

It also allows free use of the entire South Tyrol Integrated Public Transport System, including:

- > Regional trains in South Tyrol: from Brenner to Trento and from Mals to Innichen
- > Local public bus services (all urban, suburban and city busses)
- > The cable cars of Ritten, Meransen, Jenesien, Mölten and Vöran
- > The Rittner train and the Mendola funicular
- > The Swiss PostBus service between Mals and Müstair

The card entitles holders to a one-time visit to each of the 80 associated museums. Guided tours, educational activities, special events and other additional services are not included in the museumobil Card, unless specified to the contrary.

bikemobil Card

The bikemobil Card combines access to public transport with bike rental and is valid throughout South Tyrol, including Tschierv in Switzerland (CH).

It is available as a **1-day**, **3-day** or **7-day** pass, and on consecutive days after validation.

For the duration of its validity, the bikemobil Card includes unlimited use of all public transport in the South Tyrol Integrated Public Transport System. The 1-day card allows holders a one-time bicycle rental for one day at the bike rental outlets at certain railway stations or other rental outlets in the area marked with the sign: 'Südtirol Rad – Bici Alto Adige'.

The rented bikes may be returned to one of these rental points at **no extra cost**, but transporting the bikes on buses or trains is not allowed. The bikemobil Card rental uses only top branded bicycles.

The bikemobil Card is limited to the following types of public transport:

- > Regional trains in South Tyrol: from Brenner to Trento and from Mals to Innichen
- > Local public bus services (all urban, suburban and city busses)
- > The cable cars of Ritten, Meransen, Jenesien, Mölten and Vöran
- > The Rittner train and the Mendel funicular
- > The Swiss PostBus service between Mals and Müstair



Kindly Note:

Tickets must be validated for each trip, although it is not necessary to specify the destination. When validated, the original date and time of validation are printed on the ticket as well as the expiration date. The tickets are individually assigned and may not be transferred to anyone else.

Children under the age of 6 years may travel free of charge and have free access to all the museums. For youngsters between the ages of 6 – 14 years, there are 'Junior' cards available at discounted rates. Rented bicycles forming part of the 'Südtirol Rad – Bici Alto Adige' scheme can be returned to any rental point throughout the network, not necessarily the same point where the cycle was taken out. Bikes rented on the bikemobil Card scheme may not be transported on busses and trains.

Points of Sale

The Mobilcard, museumobil Card and bikemobil Cards are available from all South Tyrol Integrated Public Transport System ticket offices as well as from tourist offices and in most hotels.

Restaurants and Cafes

Off-Days

Natz-Naz

Pizzeria Restaurant Bar Goldener Apfel	Monday	T +39 0472 415 504
Restaurant Café Anich	Wednesday	T +39 0472 412 026
Restaurant Café Bar Flötscherhof	Monday	T +39 0472 412 077
Hofschenke Walderhof	Wednesday	T +39 0472 415 558
Café Bar Sun	Monday	T +39 0472 415 015
Café Bar Paul	Friday afternoons and Saturdays	T +39 0472 415 124
Café Bar Langhof	Monday – no off-days during the high season	T +39 0472 415 101
Café Bar Seehof	Tuesday	T +39 0472 412 120

Schabs-Sciaves

Lanz Service Area	6.00 to 20.00, no off-days	T +39 0472 611 849
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Raas-Rasa

Restaurant Café Bar Hochrain	Tuesday	T +39 0472 412 248
Restaurant Kaltenhauser	Monday	T +39 0472 412 089
Pizzeria Bar Sylvanerhof	Wednesday	T +39 0472 412 000
Café Bar Hubertushof	in winter: Wednesday afternoons & Thursdays/ from mid-May, Thursdays only	T +39 0472 412 003
Buschenschank Trinnerhof	in autumn: open every day/in spring, open only on weekends	T +39 0472 412 238

Aicha-Aica

Café Bar Klammerhof	Monday & Tuesday	T +39 0472 459 032
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Useful Phone Numbers

& Information

First aid/mountain rescue services	118
Fire brigade emergency services	115
Police	113
Carabinieri	112
Carabinieri Schabs	T +39 0472 412 132
Brixen Hospital	T +39 0472 812 111
ACI (Italian Automobile Association), breakdown service	116
Alpine info service: information concerning conditions in high mountain pastures, trails, etc.	T +39 0471 999 955
General meteorology and mountain climate info service	T +39 0471 270 555
www.provincia.bz.it/meteo	T +39 0471 271 177
Central traffic info: www.provinz.bz.it/traffico	T +39 0471 200 198
Town hall of Schabs	T +39 0472 412 131
Mobile InfoPoint: Kreuzgasse 10, 39042 Brixen - info@infopointmobile.it	T +39 0472 970 695
Railway info: www.trenitalia.it , www.bahn.de , www.oebb.at	
Bus transport info: www.sii.bz.it , www.sad.it	

Alcohol consumption/driving regulations:

Permitted BAC = 0.5. – drivers under 21 years or newly licensed drivers: BAC = 0.0.



Tourism Association Natz-Schabs / Naz-Sciaves

Dorfplatz Natz 1 – Haus Hansengut

Piazza del paese Naz 1 – Casa Hansengut

I-39040 Natz-Schabs / Naz-Sciaves (BZ)

South Tyrol

T +39 0472 415 020

F +39 0472 415 122

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