



1 Nicht kinderwagentauglich | non adatto ai passeggini | not suitable for buggies
→ Strecke | distanza | distance → Rundweg | sentiero circolare | round trip
⌚ Dauer | durata | duration ↕ Höhenmeter | dislivello | elevation
📍 Start | partenza | starting point

4 **Apfelweg Natz-Schabs** | sentiero delle Mele Naz-Schiaves | apple Trail
↔ 7,7 km ⌚ 2,5 h ↗ 150 m
→ Dorfplatz Natz | Piazza paese Naz | Natz village square

6 **Naturlehrpfad Raier Moos** | sentiero didattico naturalistico al biotopo Raier Moos (Palù Raier) | Raier Moos nature trail
↔ 2,2 km ⌚ 0,4 h ↗ 40 m
→ Spielpark Apfelgarten in Raas | Parco giochi "Apfelgarten" Raas | Playground "Apfelgarten" in Raas

9 **Lauterfresserweg**
↔ 2 km ⌚ ca. 1 h ↗ 150 m
→ Hotel Sonneck Schabs | Hotel Sonneck Schiaves

4 **Zur Gitschhütte über den Sonnenpark** | al rifugio Gitschhütte attraverso il Parco del Sole | to the Gitschberg Sun Park and Gitschhütte
→ 0,5 km ⌚ 20 min ↗ 97 m
→ Bergstation | Stazione a monte | Mountain station Gitschberg

Wochenprogramm,
Events, Freizeitaktivitäten
und vieles mehr...

Programma settimanale,
eventi, attività e molto
altro ancora...

Weekly programme,
events, activities
and much more...



5 **Zum Steinermandl über den Erlebnispark Jochtal** | allo Steinermandl attraverso il Parco Avventura Jochtal | to the Jochtal Adventure Park and the Steinermandl
→ 2 km ⌚ 45 min ↗ 100 m
→ Bergstation | Stazione a monte | Mountain station Jochtal

6 **Altfasstal | Valle d'Alta-fossa** | Altfasstal Valley
→ 5 km ⌚ 1,5 h ↗ 250 m
→ Altfasstal | Valle d'Alta-fossa | Altfasstal Valley

7 **Fane Alm | malga Fane**
→ 0,5 km ⌚ 10 min ↗ 19 m
→ Parkplatz Fane Alm (möglicher Shuttle vom Talschluss-Parkplatz in Vals zum Parkplatz Fane Alm) | Parcheggio malga Fane (servizio shuttle disponibile dal parcheggio a fondovalle di Vals al parcheggio della malga Fane) | Fane Alm car park (Shuttle from car park at valley end to Fane Alm car park)

14 **Zur Bodenalm | alla baita Bodenalm** | to Bodenalm
→ 2,4 km ⌚ 1 h ↗ 236 m
→ Dun Talschluss Pfunders | Fine valle Fundres | Pfunders valley end

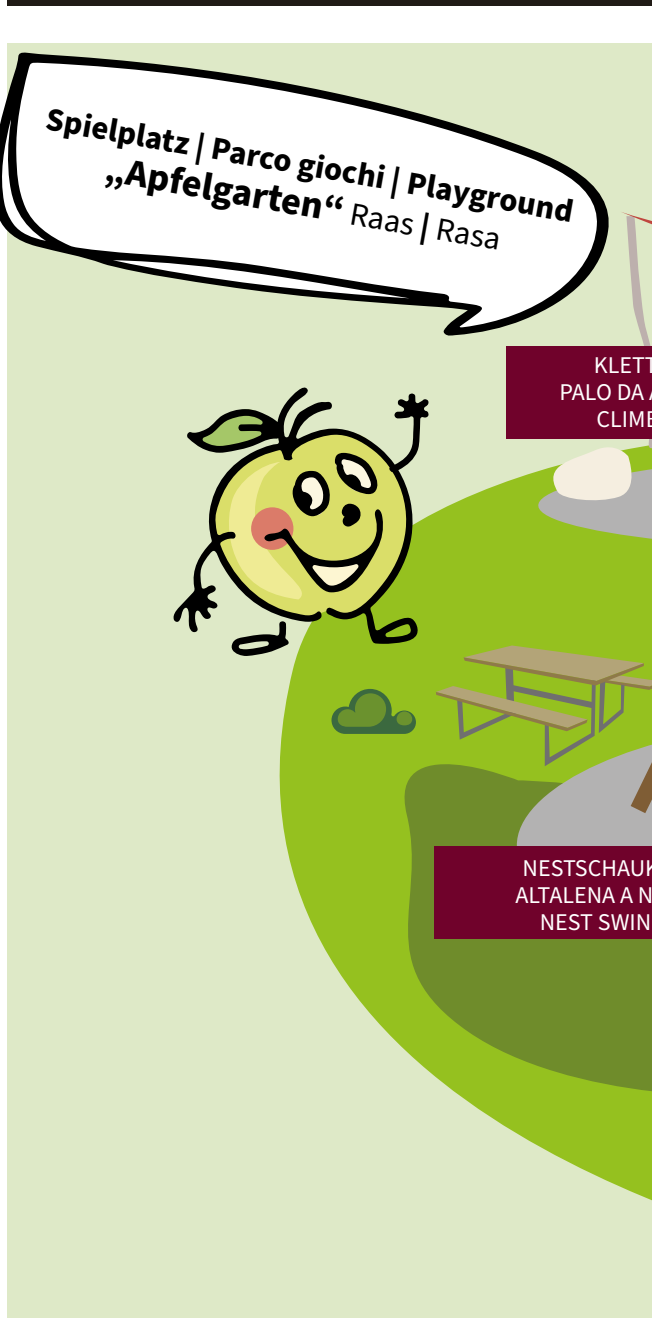
13 **Mühlenrundweg & Erdpyramiden** | sentiero circolare dei mulini & piramidi di terra | mills Trail & earth pyramids
→ 4 km ⌚ 1,5 h ↗ 230 m
→ Dorfzentrum Terento | Centro paese Terento | Terento

11 **Rodenecker-Lüsner Alm und Astjoch** | Alpe di Rodengo e Luson e Giogo d'Asta | Rodenecker-Lüsner Alp
→ 6,5 km ⌚ 2 h ↗ 560 m
→ bis | fino | to Starkenfeldhütte → 6 km ⌚ 1,5 h ↗ 237 m
→ bis | fino | to Astjoch/Giogo d'Asta → 10 km ⌚ 3 h ↗ 500 m
→ Zumis

12 **Bienenweg in Rodeneck** | sentiero delle api a Rodengo | bee trail at Rodeneck
↔ 4 km ⌚ 1,5 h ↗ 150 m
→ Vill., Informationsbüro Rodeneck | Villa, Ufficio turistico | Vill., Tourist office

13 **Mühlenrundweg & Erdpyramiden** | sentiero circolare dei mulini & piramidi di terra | mills Trail & earth pyramids
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Did you know that apple cultivation on the Natz-Schabs plateau has a long tradition? The beautifully designed playground "Apfelgarten" in Raas is entirely dedicated to this delicious fruit. Climb on, slide down and stomp around the 5-metre-high, apple-shaped play tower. Fun is guaranteed in the water play area, with a water pump and mud pool. The playground also features a nest swing, several animal-shaped spring rockers, two trampolines, and a climbing tree. Come and play with us!



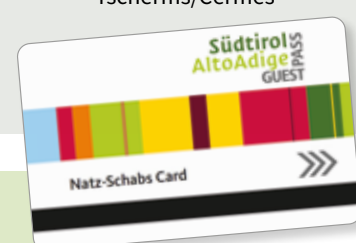
Natz-Schabs Card: Die teilnehmenden Museen | musei partecipanti | participating museums

EISACKTAL VALLE D'LSARCO BRIKEN/BRESSANONE AND ENVIRONS
TROSTBURG Südtiroler Burgenmuseum Museo dei castelli dell'Alto Adige | South Tyrol Castle Museum Waidbruck/Ponte Gardena
STADTMUSEUM MUSEO CIVICO MUNICIPAL MUSEUM Klausen/Chiusa
DORFMUSEUM | MUSEO LOCALE | VILLAGE MUSEUM Gufidaun-Klausen/Gudon-Chiusa
BERGWERK | MINIERA MINING WORLD Villanders/Villandro
ARCHEOPARC Villanders/Villandro
SCHLOSS VELTHURNS CASTEL VELTHURNS VELTHURNS CASTLE Feldthurns/Velturmo
MINERALIENMUSEUM MUSEO MINERALOGICO MINERAL MUSEUM Villnöss-Teis/Funes-Tiso
DIÖZESANMUSEUM HOFBURG MUSEO DIOCESANO DIOCESAN MUSEUM Brixen/Bressanone
PHARMAZIEMUSEUM MUSEO DELLA FARMACIA PHARMACY MUSEUM Brixen/Bressanone
MUSEUM IM WEISSEN TURM MUSEO NELLA TORRE BIANCA MUSEUM IN THE "WHITE TOWER Brixen/Bressanone
AUGUSTINER CHORHERREN-STIFT NEUSTIFT | ABBAZIA AGOSTINIANA DI NOVA-CELLA | AUGUSTINIAN ABBEY OF NEUSTIFT Vahrn-Neustift Varna-Novacella

SCHLOSS RODENEGG CASTEL RODENGO RODENEGG CASLITE Rodeneck/Rodengo
PUSTERTAL VAL PUSTERIA
CAPRIZ Erlebniskäserei Caseificio da vivere The dairy adventure world Vintl/Vandoies
LODENWELT | MONDO DEL LODEN | WORLD OF LODEN Vintl/Vandoies
MUSEUM MANSIO SEBATHUM MUSEO MANSIO SEBATHUM MUSEUM MANSIO SEBATHUM St. Lorenzen/San Lorenzo
MUSEUM LADIN CIÄSTEL DE TOR | MUSEO LADIN CIÄSTEL DE TOR St. Martin in Thurn/San Martino in Badia
MUSEUM LADIN URSUS LADINICUS MUSEO LADIN URSUS LADINICUS MUSEUM St. Kassian/San Cassiano
STADTMUSEUM BRUNECK MUSEO CIVICO DI BRUNICO | BRUNECK MUNICIPAL MUSEUM Bruneck/Brunico
MESSNER MOUNTAIN MUSEUM | MUSEO RIPA Bruneck/Brunico
MESSNER MOUNTAIN MUSEUM | MUSEO CORONES Kronplatz/Plan de Corones
LUMEN Museum für Bergfotografie Museo della fotografia di montagna | Museum of Mountain Photography Kronplatz/Plan de Corones
SÜDTIROLER VOLKSKUNDE-MUSEUM | MUSEO PROVINCIALE DEGLI USI E COSTUMI SOUTH TYROL MUSEUM OF ETHNOGRAPHY Bruneck-Dietenheim/Brunico-Teodone

FEUERWEHRHELM MUSEUM MUSEO DEGLI ELMI DEI POMPIERI | FIREFIGHTING HELMET MUSEUM Gais
MAGIE DES WASSERS MAGIA DELL'ACQUA | WATER MUSEUM - THE MAGIC OF WATER Mühlwald-Lappach/Selva dei Molini-Lappago
BURG TAUFERS | CASTEL TAUFERS | TAUFERS CASTLE Sand in Taufers/Campo Tures
VOLKSKUNST- UND KRIPPEN-MUSEUM MARANATHA | MUSEO DELL'ARTE POPOLARE E DEI PRESEPI MARANATHA MARANATHA FOLK ART AND CRIB MUSEUM Luttach/Luttago
MINERALIENMUSEUM KIRCHLER | MUSEO MINERALOGICO "KIRCHLER" KIRCHLER MINERALOGICAL MUSEUM St. Johann im Ahrntal/San Giovanni in Valle Aurina
LANDESMUSEUM BERGBAU MUSEO PROVINCIALE MINIERE | MUSEUM IN THE GRAIN STORE Standort Steinhaus, Ahrntal Standort Prettau, Ahrntal Sede di Cadipetra in Valle Aurina Sede di Predoi in Valle Aurina
FREMDEVENKEHRS-MUSEUM | MUSEO DEL TURISMO DELL'ALTA PUSTERIA TOURISM MUSEUM OF THE UPPER PUSTER VALLEY Niederdorf - Hochpustertal/Villabassa - Alta Val di Pusteria/Upper Puster Valley
BUNKER MUSEUM | MUSEO BUNKER Toblach/Dobbiaco
STIFTSMUSEUM INNICHEN MUSEO DELLA COLLEGIATA DI SAN CANDIDO | INNICHEN MONASTERY MUSEUM Innichen/San Candido
DOLOMYTHOS MUSEUM | MUSEO DOLOMYTHOS Innichen/San Candido

WIPPTAL ALTA VAL D'ISARCO
FESTUNG FRANZENFESTE FORTE DI FORTEZZA FRANZENFESTE FORTRESS Franzensfeste/Fortezza
MULTSCHER- UND STADT-MUSEUM STERZING | MUSEO MULTSCHER E MUSEO CIVICO MUNICIPAL MUSEUM AND MULTSCHER MUSEUM Sterzing/Vipiteno
SCHLOSS WOLFSTHURN Museum für Jagd und Fischerei | Museo provinciale della caccia e della pesca | Museum of Hunting and Fishing Mareit-Ratschings/Mareta-Racines
LANDESMUSEUM BERG-BAU MUSEO PROVINCIALE MINIERE | SOUTH TYROL MUSEUM OF MINING Ridnaun-Schneeberg/Ridanna-Monteneve
BOZEN UND UMGEBUNG | BOLZANO E DINTORNI | BOLZANO AND SURROUNDINGS
MESSNER MOUNTAIN MUSEUM | MUSEO FIRMIAN Bozen/Bolzano
SÜDTIROLER ARCHÄOLOGIE-MUSEUM | MUSEO ARCHEOLOGICO DELL'ALTO ADIGE SOUTH TYROL MUSEUM OF ARCHAEOLOGY Bozen/Bolzano
NATURMUSEUM SÜDTIROL MUSEO DI SCIENZE NATURALI DELL'ALTO ADIGE | SOUTH TYROL MUSEUM OF NATURAL HISTORY Bozen/Bolzano
MUSEION Museum für moderne und zeitgenössische Kunst | Museo d'arte moderna e contemporanea | Museum of modern and contemporary art Bozen/Bolzano
KIRCHTORTURM TORRE DELLA CHIESA PAUL FLORA Glurns/Glorenza
SCHLUDERNSEER TORTURM | TORRE DI PORTA SLUDERNO | SLUDERNO GATE TOWER Schluderns/Sluderno
VINTSCHGER MUSEUM MUSEO DELLA VAL VENOSTA | MUSEUM VINTSCHGER Schluderns/Sluderno
MESSNER MOUNTAIN MUSEUM | MUSEO ORTLES Suldern/Solda
MESSNER MOUNTAIN MUSEUM | MUSEO JUVAL Kastelbell/Castelbello
ARCHEOPARC Schnals-Unser Frau/Val Senales-Madonna-Senales
KLOSTERMUSEUM MÜSTAIR KONVENTO SAN GIOVANNI MÜSTAIR | CONVENT OFF ST. JOHN MÜSTAIR St. Johann in Müstair/San Giovanni (CH)
SCHLOSS PRÖSELS | CASTEL PRESULE | PRÖSELS CASTLE Völs am Schlern-Pröseles/Fiè allo Sciliar
MUSEUM GRÖDEN | MUSEO VAL GARDENA | MUSEUM GHERDEINA St. Ulrich in Gröden/Ortisei-Val Gardena
VINSCHGAW VAL VENOSTA VENOSTA VALLEY
MUSEUM BENEDIKTINER-STIFT | MUSEO DELL'ABBZIA DI MONTEMARIA | MARIENBERG MONASTERY MUSEUM Marienberg, Mals/Malles
SCHREIBMASCHINEN-MUSEUM | MUSEO DELLE MACCHINE DA SCRIVERE TYPEWRITER MUSEUM, "PETER MITTERHOFER" Partschins/Parcines
K. U. K. MUSEUM BAD EGART MUSEO BAGNI EGART | K. U. K. MUSEO REALE E IMPERIALE | BAD EGART COLLECTION Partschins/Parcines
7 GÄRTEN KRÄNZELHOF | 7 GIARDINI TENUTA KRÄNZELHOF | 7 GARDENS IN THE KRÄNZELHOF Tscherms/Cermes
SÜDTIROLER OBSTBAUM-SEUM | MUSEO DELLA FRUTTI-COLTURA SÜDTIROLESE SOUTH TYROL MUSEUM OF FRUIT GROWING Lana
ULTNER TALMUSEUM MUSEO DELLA VAL D'ULTIMO ULTEN VALLEY MUSEUM St. Nikolaus in Ulten/San Nicola in Val d'Ultimo
DOKUMENTATIONSZENTRUM CENTRO DI DOCUMENTAZIONE CULTEN | DOCUMENTATION CENTRE CULTEN Ulten/Ultimo
GAMPEN BUNKER Unsere Liebe Frau im Walde-St. Felix/Senale-San Felice
ÜBERETSCH & UNTERLAND OLTRADIGE E BASSA ATESINA BELOW BOZEN/BOLZANO
MUSEUM SCHLOSS MOOS-SCHULTHAUS | MUSEO CASTEL MOOS-SCHULTHAUS MUSEUM CASTLE MOOS-SCHULTHAUS Eppan/Appiano
BURG HOCHPEPPAN CASTEL HOCHPEPPAN HOCHPEPPAN CASTLE Eppan/Appiano
SÜDTIROLER WEINMUSEUM MUSEO PROVINCIALE DEL VINO | SOUTH TYROL MUSEUM OF WINE Kaltern/Caldaro
HOAMET-TRAMIN MUSEUM MUSEO LOCALE TERMO THE TRAMIN TOWN MUSEUM Tramin/Termenò
MUSEUM ZEITREISE MENSCH MUSEO UOMO NEL TEMPO MUSEUM OF PEOPLE THROUGH TIME Kurtatsch/Cortaccia
GEOPARC BLETTERBACH BESUCHERZENTRUM | GEO-PARC BLETTERBACH - CENTRO VISITATORI | VISITOR CENTRE AND GEOMUSEUM Aldein-Radein/Aldino-Redagno



Auf zur Medaillenjagd!
Hol dir dein Adventure Book im Tourismusbüro ab. Erkunde zusammen mit deiner Familie die schönsten Plätze der Region und werde zum Erlebnisprofil! Bei 11 Stationen wartet eine Prägezange auf dich, mit der du beim jeweiligen Erlebnis eine schöne Prägung in dein Heft drucken kannst. Zur Belohnung erhältst du im Tourismusbüro eine Medaille.
Si va a caccia di medaglie!
Ottieni il tuo Adventure Book presso l'ufficio turistico. Prendi per mano la tua famiglia ed esplorate insieme i luoghi più belli della zona: diventerete dei veri esperti dell'area vacanze. Presso le 11 stazioni proposte troverai le goffratrici con cui imprimere sul tuo book un bel timbro per ciascuna delle tue avventure. Come premio ricevi una medaglia presso l'ufficio turistico.
Let the medal hunt begin!
Pick up your Adventure Book at the tourist office. Explore the most beautiful places in the area with your family and become a professional adventurer! Ten wonderful experiences are waiting for you – use the embosser at each of the 11 stations to stamp your adventure book. As a reward, you can pick up a medal at the tourist office.