

# Holiday area Gitschberg - Jochtal



## Mühlbach/Meransen: Mountain excursion to Stin alpine pasture - Grande Lake/Seefeldsee

### Itinerary:

From Valles/Vals (1,350 m) enter the valley until the Fane parking area. Follow the path marked with trail sign 15 to reach the Stin alpine pasture and then Forcella di Stin/Stinscharte (2,530 m). The trail continues downhill to Grande Lake/Großer Seefeldsee (2,271 m - 3 h 30 min.); then it crosses the Altafossa/Altfalstal valley up to the Sägenkreuz cross and continues along the path marked with trail sign 10 until the fork of the Leitensteig path which leads to Valles (2 h 30 min.).

Time: 6 h

Height difference: 1.200 m approx.

## Vintl/Pfunderertal: Excursion to the summit Cima di Terento/Eidechsen Spitze (2.738 m)

### Itinerary:

Starting from the parking area in Val di Rio Vena/Winnebachtal, near Terento, cross the Rio Vena valley and go up to the Engelalm alpine pasture (1,826 m) and to Cima di Terento (2,738 m), following the rhododendron path. Return to the starting point passing the Campofosso/Kompfoß Lake (2,442 m) and the Pausa Lake/Tiefrastenhütte Refuge (2,303 m).

Time: 6 - 7 h approx.

Height difference: 1.200 m

Degree of difficulty: demanding

## Meransen: to the lakes of Seefeld

### Itinerary:

From the mountain cable-way station (2059 m) through mountain pastures to the Zaßler Refuge and the Ochsenboden Alpine pasture (2198 m; time: 45 min.). From here trail no. 6, that in some points is somewhat exposed but full of panoramic points, flanks Mt. Val di Mezzo/Fallmetzer (2568 m) to the Campolago/Seefeld Alpine pasture (2340 m; time 1 h 15 min.) and from there to Lake Grande. Then, by trail 14/15, that descends steeply to the Wieserhütte Refuge (rest area) and to the Pranter-Stadel (1850 m) Refuge and continues into Valle d'Altafossa/Altfalstal, until reaching the Großberghütte Refuge (1645 m).

Descent: moderately steep during the return to Maranza

Time: 4 h 30 min.

Degree of difficulty: medium

Refreshments: Wieserhütte Refuge, Pranter-Stadel Refuge, Großberghütte Refuge

## Mühlbach/Vals: Alta Via to the Fane Alpine pasture at Valles/Vals

### Itinerary:

From the mountain station, to the Valles/Valsler Joch Pass and the Alpe dei Campani/Schellenberg; passing the Rotenstein Alpine pasture, the trail continues to the Peachenjöch Pass (2201 m) and the Ochsenalm Alpine pasture, and from there to the Fane Alpine pasture (1739 m - 2 h 15 min.). The return route passes through Valles along the road at the bottom of the valley. (1 h 15 min.)

Time: 3 h 30 min.

Degree of difficulty: a good stride is required

Refreshments: Jochtal Restaurant, Gatterer and Zingerle Refuges on the Fane Alpine pasture

## Rodeneck: Alta Via Zumis/Höhenweg Zumis - St. James' Chapel - Passo delle Erbe/Würzjoch

### Itinerary:

From the Zumis parking area to the Roner Refuge. Following the path marked with trail sign 2, continue to the Starkenfeld Refuge and from there along the Ast alpine pasture trail (trail sign 2) up to St. James' Chapel/Jakobsstöckl (2,026 m - 3.5 h). The carriage road (trail sign 10) leads to Colle di S. Giacomo/Jakobskopf (2,100 m), to the Wieser alpine pasture and, following the track, to the Rina pass/Glittnerjoch (2,189 m). Flanking the Rina Lake/Glittnersee we come to the Val da Lè/Turnaretschhütte Refuge (2,030 m - 1 h 30 min.). From there, the path marked with trail sign 1 leads to the Luson pass/Lüsnerjoch (2,008 m) and continues (sign 1) to the Monte Muro/Maurerberghütte Refuge (2,127 m - 1 h 15 min.). Along the carriage road we come to the Fontanella/Geweihten Wasser alpine pastures (1,869 m) and along the road to the Erbe pass (2,006 m - 1 h 15 min.).

Time: 7½ - 8½ h

Height difference: 780 m uphill, 500 m downhill

