

Vipiteno/Sterzing

and environs



Freienfeld: Excursion from Valsler Pass /Valsler Joch to Trens

Itinerary:

From Valsler Pass to Ritzail, follow trail sign no. 10 (Kaspererhof refuge). Continue along the paved road until the junction near the old school taking the old church road (trail sign no. 10). Follow this path into the woods crossing the road once until reaching "Hiusen", at the bottom of the valley, where the paved road continues up to the Leimgruben sign: follow this sign until reaching the Leimer farmstead. Take the junction before the farmstead (Flanes/Flans trail sign) and after passing a bridge go up to the right to the settlement of Flanes (Hallerhof refuge). Continue from along the paved road to the junction for Valgenauna/Valgenäun; below the Knapphof farmstead the road turns to the right and reaches the health path that leads to Maria Trens.

Time: 3 h 30 min.

Degree of difficulty: medium

Refreshments: Kaspererhof and Hallerhof

Sterzing: from the mountain station of Roßkopf to Ladurns by the Lotterscharte pass

Itinerary:

Starting from the mountain station of Roßkopf, head toward the Vallming Alpine pasture (trail no. 19 - 19a or 23) and from there, following trail sign no. 34a, go up slightly to the Lotterscharte pass (2.5 h). From the pass a trail (very steep for the first 50 m) descends to the Edelweiß Refuge and the Ladurns Alp. Return to the valley using the chair-lift or following trail no. 34 or 35a.

Time: 3 h 30 min.

Degree of difficulty: medium

Refreshments: Edelweiß and Ladurns refuges

Gossensaß: Allriß Alpine pasture - Allriß valley

Itinerary:

From Innerpferssch/S.Anton follow trail sign no. 27, and crossing a moderately steep forest, reach the Allriß Alpine pasture with refuge, that is open in the summer (1,534 m). Continue through the pasture meadows to the Maurer pass in the Allriß valley.

Time: 2 h

Height difference: 300 m

Refreshments: Allriß Refuge, taverns at S. Antonio/St. Anton

Gossensaß: Ladurns Alp

Itinerary:

From the valley chair-lift station in the Ladurns ski resort areas take trail no. 35/A that at the end joins trail no. 34 and continues to the Ladurns Alp.

Time: 2 h

Degree of difficulty: easy

Height difference: 560 m

Refreshments: Ladurnerhütte Refuge, taverns at Ladurns



Ratschings: Alta Via of Ridanna

Itinerary:

From the mountain cableway station of Roßkopf trail no. 23 goes to a plateau at about 2000 m and, almost level, to the Ochsen and Prischer Alpine pastures (view over the glaciers of the Western Breonie Alps). From there take trail no. 27 that descends steeply to Masseria/Maiern (bus for return to Sterzing). Or go up from the Prischer Alpine pasture to Cima del Tempo/Wetterspitze, in about 1.5 hours.

Time: 6 h (approx.)

Degree of difficulty: not recommended for anyone who suffers from vertigo and doesn't have a good stride

Ratschings: Gilfenklamm

Itinerary:

One of the real spectacles of nature is the "Gilfenklamm" gorge, a precipice where water crashes along the pure white marble walls and then flows out of the valley. Thanks to the newly built stairways, bridges and parapets, the gorge can be visited from Stanghe.

Starting point: Stange

Height difference: 175 m

Time: 1 h approx.

Open: between 1st May and 20 October