

Unesco World natural heritage site Dolomites, South Tyrol

The eponym: Deodat de Dolomieu

Deodat de Dolomieu – or Dieudonne Guy Sylvain Tancrede Gratet de Dolomieu to give him his full name – (from Dieudonne later Latinised as Deodat), was born on 23rd July 1750 in Dolomieu near La Tour-du-Pin in southern France as the ninth child of the local baron. After a brief military career, from 1774 aged 24 he devoted himself entirely to geology and mineralogy, sciences which were flourishing at the time.

He undertook his most important field trip, at least with respect to his posthumous fame, to the Tyrolean Alps in 1788/1789 taking him from Innsbruck, across the Brenner Pass into the region which Goethe with foresight had said “to tour would be a pleasing task for a young mineralogist”. He was not there by chance, for in this part of the central Alps the various rock strata typical of these mountains were practically layered on top of each other – a paradise for geologists. In 1789 he found a hitherto unfamiliar rock from the Tribulaun peaks in the Stubai Alps between Gschnitz in North Tyrol and the Pflersch Valley. It was pale grey similar to limestone, though after several chemical examinations in the laboratory he found that, unlike common limestone it did not contain water and did not effervesce in weak acid.

Assuming the rock was unknown at the time Dolomieu sent samples to the chemist, botanist and geologist Nicholas de Saussure, son of the Mont Blanc explorer Horace Bénédict de Saussure.

Dolomite crystal

Dolomieu suggested naming the rock he had discovered ‘Saussurite’. However, against the express wishes of Dolomieu, de Saussure named the mineral ‘Dolomite’ and categorised the rock from which it had been extracted as ‘Dolomia’. The name Dolomites referring to the entire mountain group became common usage around 1864.

Scientifically the naming of the mountain group Dolomites is rather unusual. Numerous minerals and rocks are named after their discoverers or the landscapes in which they were found, for example goethite – Goethe, or caledonite – Caledonia. In the case of the Dolomites the landscape name derives from the dominant mineral in the region which in turn bears the name of its discoverer: Dolomites - Dolomite - Dolomieu. Ironically the Dolomites are named after the man who probably never even saw the actual Pale Mountains.

A brief history from the first settlement to Dolomieu

Around 8,000 BC the first hunter-gatherers foraged in these valleys, while the first permanent farming settlements were established in the Iron Age between 1700 and 15 BC. Rhaetians, Romans, Lombards, Franks, Bavarians and Hungarians all made incursions, while today the once inaccessible and secluded valleys are inhabited by the Ladin people who comprise South Tyrol’s third language group.

From the late 18th century explorers and mountaineers blazed the trail, followed by tourists. Roads were built, the Brenner railway opened in 1867 and soon well-heeled holiday makers were pouring in.

Dolomieu: undertook a geological foray through the Alps in 1788/89 and 1789 discovered a type of calcareous rock containing magnesium which, unlike limestone, did not effervesce in weak acid. He published these observations in 1791 in the Journal de Physique. The following year, in the same journal, the rock was named dolomie (or dolomite in English) by Nicolas-Théodore de Saussure.

The finest vantage points from which to view South Tyrol’s Dolomites

- a) Corno del Renon/Rittner Horn 7,450 ft (2,270 m)
[http://www.suedtirol.info/Ritten/Walks - hikes/5322-en/en/Walk_up_to_the_summit_of_the_Corno_del_Renon_Rittner_Horn_\(cable_car_as_far_as_Cima_d_el_Lago_Nero_Schwarzsee-Spitze\).html](http://www.suedtirol.info/Ritten/Walks_-_hikes/5322-en/en/Walk_up_to_the_summit_of_the_Corno_del_Renon_Rittner_Horn_(cable_car_as_far_as_Cima_d_el_Lago_Nero_Schwarzsee-Spitze).html)
- b) Soprabolzano/Oberbozen 4,000 ft m (1,200 m)

Take the new Renon/Ritten cable car from Bolzano/Bozen (853 ft), a 12 minute ride.
http://www.suedtirol.info/suedtirol_info/News_News_for_bons_vivants/11642-en/en/Soar_effortlessly_to_the_high_regions_in_minutes.html

Panoramic view from Renon (Migler 4,100 ft):
www.alpen-panoramen.de/panorama.php?pid=5679&srch=ritten

- c) Wuhnleger Weiher pond near Tires/Tiers 6,562 ft (2,000 m)

View of the Rosengarten and the 'Vajolet Pinnacles'. The Alpine meadow with the small pond at 4,600 ft elevation is situated approx. 45 minutes on foot from San Cipriano/St. Zyprian or an hour's walk from Tiers.

Start: Weisslahnbad - Wuhnleger - Tschafonhütte - Völseggs Spitze - Schönblick - Völsegg - Weisslahnbad

Drive to: Weisslahnbad
Trails marked: 6, 4A, 4, 9, 4, 7A, 7, 6, 4B, 4, 4A, 6
Length of hike: 13.6 km
Elevation gain (ascent): 200 m
Elevation loss: 200 m
Walking time: 5,5 h
Village municipalities: Völs am Schlern, Tiers
Description: easy mountain trail

Panoramic view: www.alpen-panoramen.de/panorama.php?pid=1557&srch=tiers

- d) Croce di Lazfons/Latzfonser Kreuz 7,562 ft (2,305 m)
http://www.suedtirol.info/Klausen/Walks_-_hikes/5173-en/en/Rifugio_Chiusa_Klausner_Hutte_and_Rifugio_Croce_di_Lazfons_Latzfonser_Kreuz.html

Panoramic view from the Lorenzispitze: www.alpen-panoramen.de/panorama.php?pid=911&srch=latzfons

- e) Talvera/Talfer bridge – meadow beside the River Talvera/Talfer view of the Catinaccio/Rosengarten massif
http://www.suedtirol.info/suedtirol_info/Detail_Towns/1220-en/en/Bolzano_Bozen.html

The best panoramic views in South Tyrol's Dolomites

- a) Elmo/Helm 6,726 ft (2,050 m)
<http://www.hochpustertal.info/index.php?id=7&L=1>

Take the Monte Elmo/Helm cable car from Sesto/Sexten (4291 ft/1308 m) up to the scenic point at the top terminal which affords a superb view of the Meridiana di Sesto/Sextener Sonnenur (Sexten Sundial) Dolomite peaks. The awesome mountains around Sesto provide a unique natural spectacle: the five rugged Dolomite peaks the Neuner, Zehner (Sextener Rotwand), Elfer, Zwölfer and Einser (Nove, Dieci, Undici, Dodici and Uno) form the so-called Sexten Sundial. At the winter solstice, at noon the sun reaches its southernmost point directly over the Zwölfer, and at 1pm over the Einser (local time).

Starting point: Sesto/Sexten (4,291 ft/1,308 m)
Walking time: 02:40
Elevation gain: 833 m
Difficulty rating: easy mountain walk
Highest point: 6,982 ft/2,128 m

Panoramic view: <http://www.alpen-panoramen.de/panorama.php?pid=312&srch=Kronplatz>
<http://www.alpen-panoramen.de/panorama.php?pid=3902&srch=Kronplatz>

- b) Passo Gardena/Grödner Joch 6,959 ft/2,121 m
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1253-en/en/The_Sella-Massif.html

One of the classic scenic points among the Dolomite passes with a view of the Sassolungo/Langkofel massif, the Alpe di Siusi/Seiser Alm and the Tofana, Sassongher, Lagazuoi and Sass dla Crusc/Heiligkreuzkofel.

Reached from Selva/Wolkestein or Corvara.

Panoramic view: <http://www.alpen-panoramen.de/panorama.php?pid=1469&srch=gr%F6dner%20joch>

- c) Sass dla Crusc/Heiligkreuzkofel 9,541 ft/2,908 m

Starting point is the Pederü restaurant (5,069 ft/1,545 m) reached by road from San Vigilio di Marebbe/St. Vigil in Enneberg (3,940 ft/1,545 m). Either take the broad driveway or the marked footpath leading across talus up to a more level slope, then through a rocky gorge to the level depression of the Klein-Fanes pastures with two mountain inns cum refuges (Rifugio Fanes-Hütte, 6,759 ft/2,060 m, Rifugio Lavarella-Hütte, 6,693 ft/2,040 m); 2 hours from Pederü. From the Lavarella refuge take the footpath marked 12 leading initially towards the southwest, then westward through sparse larch stands, up across talus and grassy slopes to a hollow (7,776 ft/2,370 m), from there follow the pathway marked 7 over rocky slopes in a medium climb westward up to the Kreuzkofelscharte gap (8,556 ft/2,608 m). Turn right following the marked footpath crossing the vertical ridge on the western side, in a moderate climb northward up to the base of the summit and uphill in twists and bends to the summit cross; 3 ½ hours from Klein-Fanes). – Descent: follow the trail marked 7 to Klein-Fanes, then following the ascent route down to Pederü; 3 ½ hours.

Starting point: Pederü (5,069 ft/1,545 m)

Duration: 4hrs 40min

Elevation gain: 4,472 ft/1,363 m

Difficulty rating: challenging

Highest point: 9,541 ft/2,908 m

Panoramic view: <http://www.alpen-panoramen.de/panorama.php?pid=659&srch=heiligkreuzkofel>

- d) Alpe di Siusi/Seiser Alm (Cima Bullaccia/Puflatsch) 7,054 ft/2,150 m
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1242-en/en/The_high_Alpine_pastures_Alpe_di_Siusi_Seiser_Alm.html

Take the gondola cable car lift from Siusi/Seis up to the top terminal at Kompatsch (Am besten man benutzt die Umlaufbahn von Seis nach Kompatsch (6,086 ft/1,855 m) on the Alpe di Siusi/Seiser Alm. From there follow the signposted footpath up to the Cima Bullaccia/Puflatsch.

The panorama of the Dolomites takes in the summits Odle/Geisler, Puetz, La Lavarella, Cir Spitzen, Tofana, Sella massif, Sasso Lungo/Langkofel, Sasso Piatto/Plattkofel, Marmolada, Catinaccio/Rosengarten and Sciliar/Schlern.

Starting point: Alpe di Siusi/Seiser Alm at Kompatsch (6,086 ft/1,855 m)

Duration: 1hr40min

Elevation gain: 984 ft/300 m

Difficulty rating: easy

Highest point: 7,054 ft/2,150 m

Panoramic view: <http://www.alpen-panoramen.de/panorama.php?pid=6174&srch=puflatsch>

- e) Plan de Corones/Kronplatz 7,465 ft/2,275 m
http://www.suedtirol.info/Bruneck/Walks_-_hikes/5203-en/en/Kronplatz-hike.html

Starting at Riscone/Reischach 3,127 ft/953 m take the gondola lift up to South Tyrol's no. 1 ski mountain. The mainly treeless, imposing rounded summit is girded by forest and affords a grandiose 360° panorama of the surrounding Dolomite peaks. The Plan de Corones/Kronplatz ski resort forms part of the 'Dolomiti Superski' association of ski resorts with over 1,100 km of downhill runs, all 'skiable' with just one ski pass.

- f) Pralongia refuge 7,218 ft/2,200 m

The starting point is the lower terminal of the Pralongia chairlift located between Corvara and the Campolongo Pass. View of the Sass dla Crusc/Heiligkreuzkofel, La Varella, Piz dles Cunturines/Cunturines Spitze, Lagazuio and Tofana

Panoramic view <http://www.alpen-panoramen.de/panorama.php?pid=2184&srch=pralongia>

- g) Rifugio Tre Cime/Drei Zinnen Hütte refuge 7,999 ft/2,438 m

Starting at the Hotel Drei Zinnen in Landro (4,610 ft/1,405 m) take the trail leading eastwards (forestry road into the Rienza/Rienz Valley) following the marking 102. Suddenly hikers are greeted with a superb view of the north walls of the famous Tre Cime/Drei Zinnen (Zinnen because they resemble three crenels in a battlement). Ignore the pathway leading to the greater Wildgrabenjoch and continue up-valley, then in the valley head through twists and bends in the dwarf pine zone, over rock terraces up to the sparsely-grassed meadows called Rienzboden (7,136 ft/2,175 m). You have the north walls of the Drei Zinnen and Paternkofel before you; continue in an easy climb up to the Drei Zinnen Hütte refuge (7,890 ft/2,405 m).

Panoramic view: <http://www.alpen-panoramen.de/panorama.php?pid=6533&srch=drei%20zinnen>
<http://www.alpen-panoramen.de/panorama.php?pid=4313&us>
<http://www.alpen-panoramen.de/panorama.php?pid=1917&us>

The most striking summits in the South Tyrolean Dolomites

- a) Kreuzkofel (Fanes Group; Alta Badia): 9,537 ft/2,907 m
<http://en.wikipedia.org/wiki/Heiligkreuzkofel>
- b) Sciliar/Schlern (Alpe di Siusi/Seiser Alm area): 8,409 ft/2,563 m
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1242-en/en/The_high_Alpine_pastures_Alpe_di_Siusi_Seiser_Alm.htm
- c) Sasso Lungo/Langkofel (Langkofel massif; Val Gardena/Gröden): 10,436 ft/3,181 m
http://www.suedtirol.info/St_Christina/Walks_hikes/5310-en/en/Hike_around_the_Sassolungo_Langkofel_massif.html

First climbed by the Viennese Paul Grohman in 1869.

- d) Sas Rigais (Odle/Geisler group; Val Gardena/Gröden – Val di Funes/Villnöss valley) 9,925 ft/3,025 m
http://en.wikipedia.org/wiki/Sass_Rigais
- e) Tre Cime/Drei Zinnen (Sesto/Sexten Dolomites; Val Pusteria/Pustertal valley) 9,840 ft/2,999 m
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1251-en/en/Tre_Cime_di_Lavaredo_Drei_Zinnen_Dolomite_towers.html

The Grosse Zinne was first climbed on its south side along the 'normal' route by Paul Grohmann with the guides Franz Innerkofler and Peter Salcher on 21st August 1869.

The more challenging northern wall of the Grosse Zinne was conquered in 1933 by Emilio Comici with his two companions following a three-day climb and two nights spent in the rock faces. He was criticised for his climbing style and use of pitons; consequently he subsequently free-climbed the summit

- f) Catinaccio/Rosengarten: (Rosengarten Group; Tires/Tiers) 9,856 fr/3,004 m
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1238-en/en/Catinaccio_Rosengarten.html
First climbed in 1873 by the Brits C. Comyn Tucker and T. H. Carson
- g) Sas de Pütia/Peitlerkofel: (Odle/Puez Geisler group; Alta Badia – Val di Funes/Villnöss valley) 9,432 ft/2,875 m
[http://www.suedtirol.info/St-Martin-in-Thurn/\\$doctype_MountainTour_en/4833-en/en/Ascent_of_the_Sass_de_Putia_Peitlerkofel_Dolomite_peak.html](http://www.suedtirol.info/St-Martin-in-Thurn/$doctype_MountainTour_en/4833-en/en/Ascent_of_the_Sass_de_Putia_Peitlerkofel_Dolomite_peak.html)
- h) Cime Cir/Cir Spitze (Puez Odle/Geisler group; Val Gardena/Gröden) 8,504 ft/2,592 m
[http://www.suedtirol.info/Wolkenstein/\\$doctype_MountainTour_en/4832-en/en/Onto_the_Grande_Cir_Grosse_Cirspitze_peak_in_Val_Gardena_Groden.html](http://www.suedtirol.info/Wolkenstein/$doctype_MountainTour_en/4832-en/en/Onto_the_Grande_Cir_Grosse_Cirspitze_peak_in_Val_Gardena_Groden.html)
- i) Croda del Becco/Seekofel (Braies/Prags Dolomites; Val Pusteria/Pustertal; lake Lago di Braies/Pragser Wildsee) 9,220 ft/2,810 m
<http://en.wikipedia.org/wiki/Seekofel>
- j) Sella pinnacles (Val Gardena/Gröden Dolomites; Passo di Sella-Joch) 8,845 ft/2,696 m
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1253-en/en/The_Sella-Massif.html

Four stand-alone pinnacles in the Sella Stock.
Four climbing routes up to difficulty rating IX.
- k) Baranci/Haunold (Sesto/Sexten Dolomites; Val Pusteria/Pustertal) 9,731 ft/2,966 m
[http://www.suedtirol.info/suedtirol_info/\\$doctype_BasicArticle_Detail_Natural_Parks_en/6043-en/en/The_Dolomiti_di_Sesto_Sextner_Dolomiten_Nature_Reserve.html](http://www.suedtirol.info/suedtirol_info/$doctype_BasicArticle_Detail_Natural_Parks_en/6043-en/en/The_Dolomiti_di_Sesto_Sextner_Dolomiten_Nature_Reserve.html)
- l) Monte Paterno/Paternkofel (Sesto/Sexten Dolomites; Val Pusteria/Pustertal) 9,003 ft/2,744 m
<http://en.wikipedia.org/wiki/Paternkofel>
First climbed by Franz Innerkofler and Erich Künigl on 11th September 1882.

Classic peaks for mountaineers and rock climbers in South Tyrol's Dolomites

- a) Sasso Lungo/Langkofel (rock climbing)
http://www.suedtirol.info/St-Christina/Walks-hikes/5310-en/en/Hike_around_the_Sassolungo_Langkofel_massif.html
- b) Sasso della Croce/Kreuzkofel
<http://en.wikipedia.org/wiki/Heiligkreuzkofel>
- c) Tre Cime/Drei Zinnen (rock climbing)
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1251-en/en/Tre_Cime_di_Lavaredo_Drei_Zinnen_Dolomite_towers.htm
- d) Sass Rigais
http://en.wikipedia.org/wiki/Sass_Rigais
- e) Vajolet (rock climbing)
http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1238-en/en/notitle.html
- f) Sas de Pütia/Peitlerkofel
[http://www.suedtirol.info/St-Martin-in-Thurn/\\$doctype_MountainTour_en/4833-en/en/Ascent_of_the_Sass_de_Putia_Peitlerkofel_Dolomite_peak.html](http://www.suedtirol.info/St-Martin-in-Thurn/$doctype_MountainTour_en/4833-en/en/Ascent_of_the_Sass_de_Putia_Peitlerkofel_Dolomite_peak.html)
- g) Croda del Becco/Seekofel (Braies/Prags)
<http://en.wikipedia.org/wiki/Seekofel>
- h) Punta dei Tre Scarperi /Dreischusterspitze 10,318 ft/3,145 m
http://de.wikipedia.org/wiki/Sextener_Dolomiten (website available in German)
First climbed in 1869 by Paul Grohmann

- i) Sassongher (Puez Odle/Geisler group; Alta Badia; Colfosco/Kolfuschg) 8,743 ft/2,665 m
<http://en.wikipedia.org/wiki/Sassongher> (website available in German)
- j) Picco di Vallandro/Dürrenstein (Braies/Prags Dolomites; Sesto/Sexten) 2.839 m
[http://www.suedtirol.info/Prager-Tal/\\$doctype_MountainTour_en/4828-en/en/Mountain_hike_to_the_Pico_di_Vallandro_Durrenstein_summit.html](http://www.suedtirol.info/Prager-Tal/$doctype_MountainTour_en/4828-en/en/Mountain_hike_to_the_Pico_di_Vallandro_Durrenstein_summit.html)

The finest secured climbing routes (vie ferrate) in South Tyrol's Dolomites

- a) Oskar Schuster
<http://www.valgardena.it/?pagid=58&artid=186&lang=eng>
- b) Pisciadù
<http://www.valgardena.it/?pagid=58&artid=185&lang=eng>
- c) Laurenzi:
<http://www.summitpost.org/route/162444/via-ferrata-laurenzi.html>
- d) Sass Rigais:
http://books.google.co.uk/books?id=b88uVWTzXxAC&pg=PA69&lpg=PA69&dq=ferrata+sass+rigais&source=bl&ots=sU4lvsysEi&sig=EU62MG4FQ3t_RQeYXultHoMDk9E&hl=en&ei=hSA2SvKoDsSMjAfvpJH5CQ&sa=X&oi=book_result&ct=result&resnum=4#PPA69,M1
- e) Alpinisteig:
[http://www.suedtirol.info/Sexten/\\$doctype_ClimbingFootPath_en/9862-en/en/Alpini_Path.html](http://www.suedtirol.info/Sexten/$doctype_ClimbingFootPath_en/9862-en/en/Alpini_Path.html)
- f) Monte Paterno/Paternkofel:
[http://www.suedtirol.info/Toblach/\\$doctype_ClimbingTour_en/4806-en/en/Paternkofel_2_744_metres_-_climbing_tour.html](http://www.suedtirol.info/Toblach/$doctype_ClimbingTour_en/4806-en/en/Paternkofel_2_744_metres_-_climbing_tour.html)
- g) Pößnecker:
<http://www.valgardena.it/?pagid=58&artid=184&lang=eng>

The most popular mountain refuges in South Tyrol's Dolomites

- a) Schlüterhütte
www.schlueterhuette.com (German/Italian)
- b) Sciliar/Schlernhaus
www.schlernhaus.it
- c) Pisciadu Hütte
- d) Boè Hütte
www.rifugioboe.it
- e) Tre Cime/Drei Zinnen Hütte
www.enrosadira.it/rifugi/locatelli.htm (German/Italian)
- f) Puez Hütte
- g) Zygmondi Hütte
http://it.wikipedia.org/wiki/Rifugio_Zsig%C2%ADmondy-Comici (Italian)
- h) Fanes Hütte
www.rifugiofanes.com
- i) Santner Hütte
<http://rifugiosantner.com>

Savouring the Dolomites indoors

- a) Natural history museum at Bolzano/Bozen
www.naturmuseum.it
- b) MMM Firmian
www.messner-mountain-museum.it
- c) Museum Ladin
www.museumladin.it
- d) Dolomythos
www.dolomythos.com/en
- e) Wassermannhaus
www.hochpustertal.info/suedtirol/niederdorf/kultur/museum.html

- f) Touriseum Merano/Meran
www.touriseum.it
- g) Nature reserve visitor centres
[http://www.suedtirol.info/What to See - Do/Trekking - climbing/Nature reserves.html](http://www.suedtirol.info/What_to_See_-_Do/Trekking_-_climbing/Nature_reserves.html)
- The Fanes-Senes-Braies/Fanes-Sennes-Prags Nature Reserve
Nature reserve visitor centre in San Vigilio di Marebbe/St. Vigil (ursus ladinicus)
- The Dolomiti di Sesto/Sextner Dolomiten Nature Reserve
Nature reserve visitor centre in the Grand Hotel Dobbiaco/Toblach
- The Puez-Odle/Puez-Geisler Nature Reserve
Nature reserve visitor centre in St. Magdalena Funes/Villnöss (under construction)
- The Sciliar-Catinaccio/Schlern-Rosengarten Nature Reserve
Nature reserve visitor centre in Tires/Tiers
- The Monte Corno/Trudner Horn Nature Reserve
Nature reserve visitor centre in Trodena/Truden

The most stunning lakes in South Tyrol's Dolomites

- a) Lago di Braies/Pragser Wildsee
[http://www.suedtirol.info/Pragser-Tal/\\$doctype_LakeWalk_en/5551-en/en/Walk_around_the_lake_Lago_di_Braies_Pragser_Wildsee.html](http://www.suedtirol.info/Pragser-Tal/$doctype_LakeWalk_en/5551-en/en/Walk_around_the_lake_Lago_di_Braies_Pragser_Wildsee.html)
- b) Lago di Carezza/Karer See
<http://de.wikipedia.org/wiki/Karensee> (website available in German)
- c) Pisciadù
- d) Lago di Dobbiaco/Toblacher See
http://en.wikipedia.org/wiki/Toblacher_See
- e) Lago di Limo
- f) Lago Verde/Grünsee (Fanes Sennes Braies/Prags)

South Tyrol's Dolomites for bons viveurs

- a) Hubertusstube http://www.rosalpina.it/dining_hubertus_e.htm
- b) La Siriola <http://siriolagroup.it/home/index.php/english/Ristorante-La-Siriola.html>
- c) La Stüa de Michil <http://www.hotel-laperla.it/stua-de-michil-e.htm>
- d) Anna Stube <http://www.annastuben.com/eng/index.html>
- e) Sassegg <http://www.sassegg.it/> (website available in Italian and German)
- f) Tabarel St. Vigil
- g) Romantikhôtel Turm <http://www.hotel-turm.it/en/ristorante.php>
- h) Gostner Schwaige <http://www.seiseralm.it/en/discover/pleasure/recipes/profirecipes/>
- i) Rifugio Comici <http://www.pizzella.com/impianti/en/index.html>
- j) Patzenfeld Sexten <http://www.caravanparksexten.it/en>
- k) Maso Runch
- l) L'Fanà La Villa <http://www.lfana.com/> (website available in Italian and German)
- m) Lech da Sompunt <http://www.lechdasompunt.it/>
- n) Fana Ladina http://www.fanaladina.com/index_e.htm

Lift systems to enjoy South Tyrol's Dolomites effortlessly

- a) Boé Lift (7,218 ft/2,200 m)
The gondola lift's lower terminal is in Corvara (5,114 ft/1,568m), the top terminal at the Boè Hütte refuge (7,218 ft/2,200m)
- b) Sasso Lungo/Langkofel Scharte lift to the Toni Demetz refuge 8,756 ft/2,681 m
Lower terminal Passo Sella/Sellajoch (7,362 ft/2,244 m); top terminal Langkofelscharte gap (8,756ft/2,681 m) - Toni Demetz
- c) Seceda cable car 8,261 ft/2,518 m

- Lower terminal at Ortisei/St. Ulrich – Val Gardena/Gröden (4,150 ft/1,265 m), top terminal Seceda (8,261 ft/2,518 m)
- d) Plan de Corones/Kronplatz 7,464 ft/2,275 m
Lower terminal at Riscone/Reischach near Brunico/Bruneck (3,150 ft/960 m); San Vigilio/St. Vigil/Alta Badia (3,940 ft/1,201 m) or from Valdaora/Olang in the Val Pusteria/Pustertal (3,773 ft/1,150 m); top terminal summit of Plan de Corones/Kronplatz (7,464 ft/2,275m)
 - e) Oberholz chairlift 7,054 ft/2,150 m
Connects Obereggen (5,085 ft/1,550m) with a point beneath the Latemar (7,054/2,150 m)
 - f) Paolina lift (6,988/2,130 m)
From Passo Costalunga/ Karerpass (5,279 ft/1,609 m) to the Paolina refuge at the foot of the Rotwand/Rosengarten (6,988 ft/2,130 m)
 - g) Laurin lift to the Kölner Hütte refuge (7,667 ft/2,337 m)
From the Frommer Alm restaurant (5,656 ft/1,721 m) to the Kölner Hütte (7,667 ft/2,337 m)
 - h) Monte Elmo/Helm 6,726 ft/2,050 m
Lower terminal at Sesto/Sexten (4,318 ft/1,316m) or at San Candido/Innichen (3,786 ft/1,154 m); top terminal on Monte Elmo/Helm (6,726 ft/2,050 m)
 - h) Alpe di Siusi/Seiser Alm 6,070 ft/1,850 m
Gondola lift from Siusi/Seis (998m) to Kompatsch on the Alpe di Siusi/Seiser Alm (6,070 ft/1,850 m)

The most pleasant easy hikes in South Tyrol's Dolomites

- a) From Obereggen to the lake Lago di Carezza/ Karersee

The starting point is the hotel Bewallerhof reached by road via Ponte Nova/Birchabruck and San Nicoló d'Ega/St. Nikolaus/Eggen in the Val d'Ega/Eggenal. Follow the route marked 8 along the 'Temblweg' which leads almost level through the Karerwald forest and across meadows to the lake. Return: either along the same route or along the same route to where it meets trail 14, turn left through the forest as far as trail 21A which takes you back to the Bewallerhof.

Starting point: Bewallerhof hotel nr. Obereggen

Trail nos.: 21A, 8, 14, 21A

Length of walk: 11 km

Elevation gain: 1,201 ft/366 m

Walking time: 2 hrs 50 m

Municipalities: Nova Levante/Welschnofen, Nova Ponente/Deutschnofen

Characteristic: easy mountain walk

- b) Lago di Braies/Pragser Wildsee to the Monte Prà della Vacca/Kühwiesenkopf

Characteristic: challenging mountain trail

Length of walk: 23 km

Walking time: 1 h 20 m

Elevation gain: 1,476 ft/450 m

- c) Around the Monte Paterno/Paternkofel

Starting point: Auronzo refuge

Walking times: Auronzo refuge – Büllelejoch refuge 2 h, Büllelejoch refuge – Dreizinnen refuge 1 h,

Dreizinnen refuge –Auronzo refuge 1 1/2 hrs, total walking time 4-5 hrs

Characteristics: long but easy hike, only to be undertaken in stable weather!

Elevation gain/loss: 530m

Highest point: Büllelejoch refuge 8,294 ft/2,528m

Scenic points: along the way to the Büllelejoch saddle superb sweeping view of the Lago di Cengia,

Passportenkopf and the Drei Zinnen. Famous view of the Tre Cime/Drei Zinnen from the

Dreizinnenhütte refuge

Trail markings: from the Auronzo refuge trail no. 101 to the Lavaredo refuge; from there to the right along trail no. 104 to the Büllelejoch saddle; then on to the Dreizinnenhütte refuge and trail 105 back to the Auronzo refuge.

- d) Around the Tre Cime/Drei Zinnen

Starting point: Auronzo refuge (7,612 ft/2,320 m) reached by bus

Total walking time: 4 hours

Characteristics: requires stamina; a little strenuous

Scenic attraction: view of the world-famous Tre Cime/Drei Zinnen

Alpine inns: refuges Drei Zinnen Hütte, Auronzohütte, Lavaredohütte, Lange Alpe hut

Start at the Auronzohütte refuge on the southern side of the Tre Cime/Drei Zinnen

following trail no. 101, passing the Lavaredohütte refuge (7,690 ft/2,344 m). Continue in an easy gradient up to the Paternsattel saddle (8,051 ft/2,454 m), where you are rewarded with your first view of the awesome 1,640 ft/500 m high north face of the Drei Zinnen (approx. 1 hr to this point, suitable for inexperienced walkers). Beneath the Monte Paterno/Paternkofel the trail leads downhill in a slight gradient to a fork:

a) one trail leads in an easy climb up to the Drei Zinnen-Hütte refuge (7,890 ft/2,405 m)

b) the left-hand trail continues downhill along path no. 105 to the point where trail no. 102 ascends from the Valle della Rienza/Rienztal. Take the left-hand trail (105) which leads in an easy gradient up to the 'Lange Alpe' hut, passing the Lang-Alpe lake and rounding the Drei Zinnen on its western side and returning to the Auronzo refuge.

e) Adolf Munkel Weg

The Adolf Munkel trail in the Funes/Villnöss Valley leads beneath the imposing Odle/Geisler pinnacles (Odle is the Ladin word for needles). It is one of the most scenic walks in the Dolomites.

[http://www.suedtirol.info/Villnoss/Walks - hikes/4975-en/en/The Adolf Munkel footpath .html](http://www.suedtirol.info/Villnoss/Walks - hikes/4975-en/en/The_Adolf_Munkel_footpath_.html)

f) Round walk of the Alpe di Siusi/Seiser Alm

Easy ramble for adults and children along shady woodland paths, consequently suitable even on hot days.

Route:

Starting at Hotel Icaro take the driveway southwards to the Ritsch-Schwaige farmstead, along the Seiser Alm road or in places cutting through bends along the footpath no. 30 south-eastwards down to Saltria (5,495 ft/1,675 m) continuing eastwards down-valley to the forestry track which branches off to the left (marked 11). Take the track leading in an easy gradient up to the Trojeralm farm (5,758 ft/1,755 m) and onward north-eastwards crossing the forest and meadow slopes to a small plateau where the Hartlalm huts are located Hochplateau (6,033 ft/1,839 m). Hartl is a sleepy place on the Alpe di Siusi/Seiser Alm which sees very few outsiders, though insiders know about the hamlet's superb panorama: the Sasso Lungo and Sasso Piatto/Lang- and Plattkofel, the Palaccia characterised by black volcanic rock, the Molignon and the Denti di Terrarossa/Rossezähne to the southwest as well as the Sciliar/Schlern massif; the Fermeda and Sass Rigais soar to the north, with the Puez-Odle/Geisler nature reserve the Sella Stock and the famous ski mountains of Val Gardena/Gröden to the northeast. – Return along the trail marked 18 eastwards, then a short distance to the north to the Hotel Sonne (6,070 ft/1,850 m) and along the driveway marked 19 back to the starting point.

Starting point: Hotel Icaro (6,266 ft/1,910 m)

Trail nos.: 6, 30, 18, 11, 18, 19, 9, 6

Distance: 20.16 km

Elevation gain: 3,579 ft/1,091 m

Walking time: 6 hrs 10 m

Municipality: Castelrotto/Kastelruth

[http://www.suedtirol.info/suedtirol_info/Detail Dolomites/1242-en/en/The_high Alpine pastures Alpe di Siusi Seiser Alm.html](http://www.suedtirol.info/suedtirol_info/Detail_Dolomites/1242-en/en/The_high_Alpine_pastures_Alpe_di_Siusi_Seiser_Alm.html)

g) Plan de Corones/Kronplatz

Take the road from Rischone/Reischach up to the 'Herrnegg' car park. From there the route follows the toboggan run ('Rodelbahn') marked no. 1 up to the Bergfreunde-Hütte. From there a trail leads through the forest across to the intermediate terminal of the gondola lift which you can take to return to down Rischone (only in July and August) or take the scenic route (marked 8 and 4) back via the Haidenberg restaurant and the village of Stefansdorf.

Starting point: Reischach

Trail nos.: 1, 6B, 6, 8, 4, 15

Distance: 16.25 km

Elevation gain: 4,383 ft/1,336 m
Walking time: 6 hrs 30 m
Municipalities: Brunico/Bruneck, San Lorenzo/St. Lorenzen, Marebbe/Enneberg
Characteristics: challenging mountain walk

h) Bletterbach Gorge Aldeno/Aldein

The starting point is the Geoparc Bletterbach visitor centre above Ora/Auer in the south of South Tyrol. Take the forestry road to the Lahner Alm. At a certain point a nature trail branches off to the left before a pond (marked 3). The path leads across the Lahner Alm pastures, then to a forestry track which takes you back to the visitor centre. Boards beside the nature trail describe the fauna and flora of the area.

Route:

Car park at the Geoparc Bletterbach visitor centre – woodland nature trail – Lahner Alm – forestry road back to the visitor centre

Starting point: From the motorway exit Ora/Auer follow the signs to Montagna/Montan as far as the turning for the Brückenwirt and Aldeno/Aldein – 1 km past Aldeno take the turning to the right signposted Bletterbach for 5 km.

Distance: 1,56 kmm

Elevation gain: 233 ft/68 m

Walking time: 25 minutes

Trail number: woodland nature trail

http://www.suedtirol.info/Aldein-Radein/Advice_and_suggestions_for_families/807-en/en/notitle.html

Personages from South Tyrol's Dolomite valleys

- a) Luis Trenker
http://www.suedtirol.info/suedtirol_info/Detail_Famous_persons/1211-en/en/Luis_Trenker.html
- b) Giorgio Moroder
http://en.wikipedia.org/wiki/Giorgio_Moroder#Weblinks
- c) Carolina Kostner
<http://www.carolina-kostner.it/>
- d) The Mölgg siblings
<http://www.moelgg.com/web/de/index.php>
- e) Norbert Niederkofler
<http://www.n-n.it/norbert-niederkofler-awards-e.htm>
- f) Gilbert Prousch (Gilbert and George)
http://en.wikipedia.org/wiki/Gilbert_Prousch
- g) Adolf Vallazza
<http://www.adolfvallazza.com/>
- h) Aron Demetz
<http://www.arondemetz.it/>
- i) Maria Canins
<http://www.alta-badia.org/en/celebrities/maria-canins.html>
- j) Isolde Kostner
http://en.wikipedia.org/wiki/Isolde_Kostner
- k) Dolasilla
http://www.suedtirol.info/La-Villa-S_Cassiano-Pedracces/Enchanted_places/3312-en/en/notitle.html

Events taking place in South Tyrol's Dolomites

- a) Maratona dles Dolomites
The Maratona dles Dolomites is a road cycling marathon which has been taking place since 1987 on the first Sunday in July in South Tyrol's Dolomites around Alta Badia.
<http://www.maratona.it/en/>
- b) Dolomiti Superbike
The toughest mountain bike race in the entire Dolomite region taking place each year in July

<http://www.dolomitisuperbike.com/en>

- c) Sella Ronda Bike day
Each year on a Sunday in early July from 9am to 3.30 pm the four Dolomite passes around the Sella Stock become the exclusive domain of cyclists (Passo Sella/Sellajoch, Passo Gardena/Grödner Joch, the Pordoi and Campolongo passes)
<http://www.sellarondabikeday.com/>
- d) Ski Weltcup Alta Badia
Called the 'Gran Risa' it is revered as one of the finest but most challenging ski runs on the entire World Cup circuit
<http://www.skiworldcup.it/english/>
- e) Ski Weltcup Gröden
Called the 'Gran Risa' it is revered as one of the finest but most challenging ski runs on the entire World Cup circuit
<http://www.saslong.org/?pagid=2&newlang=eng>
- f) Cross-country ski Marathon Dobbiaco/Toblach – Cortina
<http://www.dobbiacocortina.org/>
- g) Chefs Cup
http://www.altabadia.org/en-US/south_tyrol_gourmet_event.html

Culture in South Tyrol's Dolomites

- a) Wood carving and sculpturing – UnikaWoodcarving – Unika
<http://www.unika.org/unika/whatis.html>
- b) Val Badia Jazz
<http://www.valbadiajazz.com>
- c) Architecture
 - Hotel drei Zinnen <http://www.hotel-drei-zinnen.com>
 - Hotel Monte Pana <http://www.montepana.eu/>
 - Residence Königswarte <http://www.familyresort-rainer.com/de/residence-koenigswarte/index.asp>
- d) Ladin, the language of the Dolomites
<http://www.filcultural.info/en/language-rumantschia.asp> +
http://www.suedtirol.info/suedtirol_info/1272-en/en/The_Dolomites.html +
<http://195.254.248.2/Culturonda/EN/DiffLanguages/index.html>
- e) Grand Dolomite Tour
The grand Dolomite route was the first holiday road to make the Dolomites accessible to tourists, opened on 13th September 1909. It is 109 km long and winds beneath the Dolomite summits from west to east from Bolzano/Bozen to Cortina d'Ampezzo
- f) Aiut Alpin <http://www.aiut-alpin-dolomites.com/>
The Alpine rescue service with 16 teams from the Dolomites

The greatest conquerors of South Tyrol's Dolomite peaks

- a) Emilio Comici
http://it.wikipedia.org/wiki/Emilio_Comici (Italian Website)
- b) Paul Grohmann
- c) Francis Fox Tuckett
- d) Walter Bonatti
http://en.wikipedia.org/wiki/Walter_Bonatti
- e) Reinhold Messner http://www.suedtirol.info/suedtirol_info/Detail_Famous_persons/1208-en/en/Reinhold_Messner.html
- f) Luis Trenker
http://www.suedtirol.info/suedtirol_info/Detail_Famous_persons/1211-en/en/Luis_Trenker.html

- g) John Ball
- h) Charles Tucker
- i) E.R. Whitwell
- j) Josef Innerkofler from sesto/Sexten

The finest long-distance Alpine trails in South Tyrol's Dolomites

- a) Classic trail
from the lake Lago di Braies/Pragser Wildsee to Belluno, Eastern Dolomites
150 km, approx. 13 days, one secured rock climbing path, otherwise easy, short stages
- b) Sagas and legends trail
from Bressanone/Brixen to Feltre, Western Dolomites
185 km, 15 days, several secured rock climbing paths (grade II), one glacier crossing (the Marmolada)
otherwise not difficult, strenuous stages
<http://www.suedtirol.info/What to See - Do/Culture - places of interest/Legends - mystical places.html>
- c) The Chamois Trail
from Dobbiaco/Toblach or Villa Bassa/Niederdorf to Longarone, Eastern Dolomites
120 km, 10 days, one secured rock climbing path, several places grade II, long stages
- d) Grohmann High Mountain Trail
from San Candido/Innichen to Pieve di Cadore, Eastern Dolomites
90 km, 8 days, several secured rock climbing routes and sections grade (II)
- e) Panoramic Route
from Bressanone/Brixen to Salorno/Salurn, Western Dolomites
160 km, 13 Tage, ein Klettersteig, sonst unschwierig, kurze Etappen
- f) Peace Trail (Friedensweg)
- g) Long-distance Dolomites Trail No. 1
- h) Naturonda
<http://www.suedtirol.info/Wolkenstein/Walks - hikes/5346-en/en/notitle.html>
- i) Günther Messner Steig
A high mountain hike with a short secured rock climbing pathway.
Starting in the head of the Funes/Villnöss Valley walk up to the Zanser Alm, then via the upper Herren-Steig pathway to the Günther Messner Steig pathway (7,323 ft/2,232 m). Follow the marking no. 25 north-eastwards, then turn left (signposted) on the Tulln (8,704 ft/2653 m). Return along the Günther Messner trail, continue to the Schlüter Hütte refuge, then down to the Gampen Alm along trail no. 33 and back to the Zanser Alm.
Starting point: Zanser Alm (5,528 ft/1,685m)
Trail nos.: 36, 25, 4, 7, 33
Distance: 16.4 km
Elevation gain: 4,531 ft/1,381 m
Ascent: 6 hrs 50 m
Return: 6 hrs 40 m
Municipalities: San Martino in Badia/St. Martin in Thurn, Funes/Villnöss
Characteristics: hallenging mountain trail, one ascent secured with wire ropes
- j) Friedrich August Weg
http://www.urlaub-in-suedtirol.de/groeden_schlern/langplattkofel/langplattkofel.html
Route:
Take the mini bus service up to the Sella Pass (Passo Sella/Sellajoch - 7,021 ft/2,140 m). The Friedrich August Hütte refuge from which the trail takes its name is a short uphill walk from the pass. The imposing peaks of the Sasso Lungo/Langkofel, the Punta delle Cinque Dita/Fünffingerspitze, Punta Grohmann/Grohmannspitze and the Sassopiatto/Plattkofel tower above you with the magnificent Sella Massif to the east, and the Marmolada and Pale di San Martino to the south. The trail leads moderately level to the Sassopiatto/Plattkofel refuge on the Giogo di Fassa/Fassajoch pass (7,546 ft/2,300 m; open for refreshments in summer). The walk continues across the steep, grassy slopes on volcanic bedrock called the 'Schneid' to the Mahlknechtjoch saddle. After a well-deserved rest the walk continues downhill to Salsria (5,495 ft/1,675 m). Warum nach Seis zurück? Der start ist am Sella Joch!
Starting point: Passo Sella/Sellajoch pass (7,021 ft/2,140 m)

Trail nos.: 557, 527, 9, 7A, 30
Distance: 10.6 km
Altitude gain: 1,056 ft/322 m
Walking time - outward: 3 hrs
Walking time - return: 3 ½ hrs
Characteristics: easy mountain trail

k) Hirzelweg

http://www.suedtirol.info/Welschnofen-Karersee/Walks - hikes/5312-en/en/Sentiero_del_Masare_Hirzweg_pathway_at_the_foot_of_the_Catinaccio_Rosengarten_massif.html

The most popular sagas from the South Tyrolean Dolomites

a) The Pale Mountains

b) The Schlern Witches

<http://www.seiseralm.it/en/discover/families/witches/>

c) King Laurin's Rose Garden

http://www.suedtirol.info/Tiers-am-Rosengarten/Legends - mystical_places/2613-en/en/notitle.html

d) The Realm of the Fanes

e) Haunold

http://www.suedtirol.info/Innichen/Legends - mystical_places/2668-en/en/notitle.html

The Dolomites on the Big Screen and TV

http://books.google.it/books?id=PqHbl6378ksC&pg=PA161&lpg=PA161&dq=duel+in+the+mountains+luis+trenker&source=bl&ots=tNcayV3AlZ&sig=yVDmk3o8XqoGiglWwKjQ4KnW-Ug&hl=it&ei=FhUzSsC6luPLjAfqvfiFCg&sa=X&oi=book_result&ct=result&resnum=1#PPA162,M1

a) Duel in the Mountains (1950) - Luis Trenker

b) Mountains on Fire (1931) - Luis Trenker

c) The Mountain Calls (1938) by Luis Trenker

d) In the Shadow of the Dolomites (1955) - Luis Trenker

e) Blue light - Leni Riefenstahl

f) The Great leap (UFA, 1927)

g) The Three Tops (1907) – Frank Ormeston-Smith

Books featuring the Dolomites

http://195.254.248.2/SInfo/Shop/EN_Books_Shop.html?Group=EntryPage/Shop/BooksShop

South Tyrol's Dolomites in winter

Dolomiti Superski

www.dolomitisuperski.com

1,200 km of downhill ski runs.

Dolomiti Superski is an association comprising 12 ski areas and the world's largest expanse of downhill runs – 1,200 km, all 'skiable' with one ski pass. This equates roughly with the road distance from London to Edinburgh and back.

The top downhill ski runs in South Tyrol's Dolomites

a) Sasslong

[http://www.suedtirol.info/suedtirol_info/\\$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9671-en/en/Saslong_Val_Gardena_Grodens_World_Cup_course.html](http://www.suedtirol.info/suedtirol_info/$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9671-en/en/Saslong_Val_Gardena_Grodens_World_Cup_course.html)

b) Gran Risa

- [http://www.suedtirol.info/suedtirol_info/\\$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9667-en/en/Gran_Risa_the_World_Cup_giant_slalom_course.html](http://www.suedtirol.info/suedtirol_info/$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9667-en/en/Gran_Risa_the_World_Cup_giant_slalom_course.html)
- c) Rotwand
- d) Herrnegg
[http://www.suedtirol.info/suedtirol_info/\\$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9664-en/en/The_Hernegg_run_the_blackest_5_km.html](http://www.suedtirol.info/suedtirol_info/$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9664-en/en/The_Hernegg_run_the_blackest_5_km.html)
- e) Silvester in the Kronplatz ski resort
- f) La Longia in Val Gardena/Gröden
<http://www.dolomitisuperski.com/gardena/en-US/skimap-val-gardena-1839EN.html>
- g) Night time ski run at Obereggen
[http://www.suedtirol.info/suedtirol_info/\\$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9927-en/en/Night_time_skiing_in_the_Obereggen_resort.html](http://www.suedtirol.info/suedtirol_info/$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9927-en/en/Night_time_skiing_in_the_Obereggen_resort.html)
- h) First World War circular ski tour
[http://www.suedtirol.info/suedtirol_info/\\$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9678-en/en/First_World_War_ski_circuit_.html](http://www.suedtirol.info/suedtirol_info/$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9678-en/en/First_World_War_ski_circuit_.html)
- i) Sella Ronda
[http://www.suedtirol.info/suedtirol_info/\\$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9675-en/en/The_Sellaronda_ski_circuit_.html](http://www.suedtirol.info/suedtirol_info/$doctype_BasicArticle_Detail_Skicircuit_Slopes_en/9675-en/en/The_Sellaronda_ski_circuit_.html)

The top toboggan runs in South Tyrol's Dolomites

- a) Lieg Alm / Obereggen
- b) Haunold / San Candido/Innichen
http://www.suedtirol.info/Hochpustertal-Skigebiet/Sledging_tobogganing/3482-en/en/Tobogganing_Track_Baranci_.html
- c) Raschötz / Val Gardena/Gröden
<http://www.suedtirol.info/Groden-Skigebiet/Rodeln/3470-en/en/Raschotz.html>
- d) Zallinger / Alpe di Siusi/Seiser Alm
http://www.suedtirol.info/Seiser-Alm-Skigebiet/Rodeln/3438-en/en/Zallinger_-_Seiser_Al.html
- e) Chertzplateau - Jägerweg - Parkhotel Planac / Alta Badia
The groomed trail leads across meadows and through woods to the Planac road at the edge of Corvara.
The starting point of the approx. 2 km toboggan run - Chertz Plateau - can be reached comfortably on foot along a pleasant trail, or via the Pralongià chairlift. In both cases the start is on the Planac road.
Information
Starting point: Pralongià - Chertz Plateau
Walking time: 1 ½ hrs
Elevation gain: 985 ft/300 m
Difficulty rating: easy
Ascent: on foot or by the Palongià chairlift
Highest point: 7,077 ft/2,157 m
Length: 2 km

The top cross-country ski trails in South Tyrol's Dolomites

- a) Prato Piazza/Plätzwiese - Bries/Prags – Val Pusteria/Pustertal
http://www.suedtirol.info/Pragser-Tal/Langlaufen/9146-en/en/Rundkurs_Platzwiese.html
- b) To the Lago di Braies/Pragser Wildsee Braies/Prags – Val Pusteria/Pustertal
http://www.suedtirol.info/Pragser-Tal/Langlaufen/9149-en/en/Zum_Pragser_Wildsee.html
- c) Armentarola
http://www.suedtirol.info/Alta-Badia-Skigebiet/Langlaufen/2873-en/en/Langlaufzentrum_Alta_Badia_in_San_Cassiano_-_Armentarola.html
- d) Dobbiaco/Toblach - Cortina
http://www.suedtirol.info/Hochpustertal-Skigebiet/Langlaufen/9155-en/en/Von_Toblach_nach_Cortina.html
Alpe di Siusi/Seiser Alm
http://www.suedtirol.info/Seiser-Alm-Skigebiet/Langlaufen/2931-en/en/loch_-_Seiser_Al.html
- e) Alpe di Siusi/Seiser Alm

- <http://www.suedtirol.info/Seiser-Alm-Skigebiet/Langlaufen/2931-en/en/Joch - Seiser Alm.html>
- f) Alta Pusteria/Hochpustertal
http://www.suedtirol.info/Hochpustertal-Skigebiet/Langlaufen/9145-en/en/Langlaufparadies_Hochpustertal.html

The top snowshoeing hikes in South Tyrol's Dolomites

- a) Tschamintal / Tires/Tiers beneath the Rosengarten
http://www.suedtirol.info/Tiers-am-Rosengarten/Schneeschuhwandern/11492-en/en/Barenfalle_und_Knuppelweg.html
- b) Heilig Kreuz Hospiz / Alta Badia
- c) Col Raiser – Selva/Wolkenstein / Valgardena/Gröden
- d) Sesto/Sextner Alpine pastures circuit – Alta Pusteria/ Hochpustertal
http://www.suedtirol.info/Hochpustertal-Skigebiet/Schneeschuhwandern/4087-en/en/Sextner_Almrunde.html
- e) At the foot of the Rosengarten
- f) Compatsch – Sassopiatto/Plattkofel – Alpe di Siusi/Seiser Alm
<http://www.suedtirol.info/Seiser-Alm-Skigebiet/Schneeschuhwandern/4094-en/en/Compatsch - Plattkofel.html>
- g) Beneath the Croda Rossa/Rotwand - Sesto/Sexten

The top ski mountaineering tours in South Tyrol's Dolomites

- a) The kleine Gaisl
[http://www.suedtirol.info/Pragser-Tal/Skitouren/9673-en/en/Prags-Die_Kleine_Gaisl_\(Tour_fur_Geubte\).html](http://www.suedtirol.info/Pragser-Tal/Skitouren/9673-en/en/Prags-Die_Kleine_Gaisl_(Tour_fur_Geubte).html)
- b) Langkofelscharte
<http://www.suedtirol.info/Groden-Skigebiet/Skitouren/3964-en/en/Langkofelscharte.html>
- c) Picco di Vallandro/Dürrenstein
http://www.suedtirol.info/Pragser-Tal/Skitouren/9642-en/en/Der_Durrenstein - die_Klassische.html
- d) Sassopiatto/Plattkofel
<http://www.suedtirol.info/Seiser-Alm-Skigebiet/Skitouren/3949-en/en/Plattkofel.html>
- e) Crep dalles dodesc St. Martin Beneath the Croda Rossa/Rotwand - Sesto/Sexten

Useful links:

www.suedtirol.info/en
www.altabadia.org
www.valgardena.it
www.alpedisiusi.net
www.altapusteria.info
www.plandecorones.com
www.rosengarten-latemar.com