



## EARLY SUMMER 18.05–05.07.2025



## MONDAY

**CULTURAL EXPERIENCE  
HIKE IN MONGUELFO  
AND TESIDO**

This hike takes you past cultural highlights such as Castle Welsperg, the Thurn Ruins, the lost “Meisenreut” Castle, and the St. George’s Church with the impressive fresco depicting St. Christopher. The Erasmus Chapel with the gravestones and death shields of the Counts of Welsperg, as well as the beautifully designed cemetery in Tesido, invite awe and contemplation. The tour ends with a visit to Monguelfo, the village of 20 fountains and the home to renowned artist Paul Troger. Backpack provisions.

📍 01:30 pm. at the bus stop in Monguelfo, Ponte Rienza 🕒 01:30–04:30 pm.  
🚶 2 hours 30 min. ⬆️ 150 m ↔ 7 km  
€ 10 €, with GP 0 €

## TUESDAY



## WEDNESDAY

**SPRING AWAKENING  
ON THE VAL CASIES  
ALPINE PASTURES**

Hike from the Rotmoos parking lot in Val Casies Valley – S. Maddalena towards Weissbachtal and on to the “Joasahütte” hut. Harbingers of spring and a wonderful panoramic view of the Dolomites in the Fanes–Senes–Braies Nature Park delight the eyes and hearts of hikers along the way. Descent to Pidig and via the “Eichhörnchenweg” (Squirrel Path). Backpacking provisions or refreshments possibility in a mountain hut.

📍 09:45 am. at the bus stop in Val Casies Valley – S. Maddalena, Head of the valley  
🕒 09:45 am. – 02:40 pm.  
🚶 4–5 hours ⬆️ 550 m ↔ 12 km  
€ 10 €, with GP 0 €

**YOGA IN THE VAL  
CASIES VALLEY:  
A JOURNEY TO INNER  
PEACE**

Relaxing in nature under the open sky: a journey to inner peace. Through conscious breathing and gentle movements in the fresh air, body, mind and soul are nourished and strengthened. Begin a new, balanced sense of well-being with yoga teacher Vroni Fischer. An alternative option is available in case of bad weather. After the yoga session, enjoy a refreshing experience along the barefoot trail in the “Schneider Waldile” recreational area.

📍 03:00/03:30 pm. in front of Hotel Stoll in Val Casies Valley – Colle.  
🕒 May: 03:00–04:15 pm.; June, July: 03:30–04:45 pm.  
€ 17 €, with GP 12 €

## WEDNESDAY



## THURSDAY

**ON AN E-BIKE TO  
CULTURAL TREASURES  
THROUGH THE  
VAL CASIES VALLEY**

An exciting cycling tour in which the history of the valley, the beauty of nature and the freedom of movement merge into an unforgettable adventure. On two wheels, the e-bike tour takes you past time-honored churches and chapels, authentic farms, and cultural landmarks. Compulsory helmet use. Refreshments possibility.

📍 01:00 pm. in front of Hotel Stoll in Val Casies Valley – Colle 🕒 01:00–05:00 pm.  
🚶 3 hours ⬆️ 400 m ↔ 30 km  
€ 15 €, with GP 5 €; E-bike rental extra.

**MAJESTIC  
SUMMIT TOUR TO  
RUDLHORN 2448 M  
IN TESIDO**

Starting from the hiking car park above the Mudler mountain inn, the trail leads to the Taistner Alm 2012 m. After a brief break, the ascent continues along the grassy ridge to the rocky summit ridge of Rudlhorn 2448 m. At the top, hikers are rewarded with a breathtaking panoramic view of the Dolomites UNESCO World Heritage and the Vedrette di Ries–Aurina Nature Park. Backpacking provisions. Refreshment possibility in the mountain hut Taistner Alm.

📍 09:15 am. at the hiking car park above the mountain inn Mudler in Tesido. 🕒 09:15 am. – 16:15 pm.  
🚶 4–4 hours 30 min ⬆️ 826 ↔ 10 km  
€ 15 €, with GP 10 €

## HIGHLIGHT OF THE WEEK:

## FRIDAY

**E-BIKE & HIKE: TO ROSSZOGEL 2163 M  
IN THE VAL CASIES VALLEY**

The tour starts in Monguelfo and follows the idyllic Val Casies Valley bicycle route up to Planca di Sopra, with several access points along the route. From Planca di Sopra, the ascent begins to Frondega and continues to the “Schuier Alm” 1958 m. Here, a fantastic panorama of the majestic Dolomites UNESCO World Heritage, an ideal spot for a short break. From “Schuier Alm”, the hike continues with a short but rewarding ascent that leads to Rosszogel 2163 m. Where you find impressive views of the surrounding mountain landscape. The return journey is along the Dolomiti Super Bike Route to Eggerberg and then back to Monguelfo. Backpacking provisions.

📍 09:30 am. Papin bike rental at the train station in Monguelfo. Access points along the route.  
🕒 09:30 am. – 04:00 pm.  
🚶 6 hours ⬆️ Bike: 850 m Hike: 300 m ↔ 40 km  
€ 15 €, with GP 5 €; E-bike rental extra.