



**SUMMER 06.07-13.09.2025**



**MONDAY**



## **BAREFOOT ON THE ROAD FOR YOUNG AND OLD IN TESIDO**

Every step on the Rudlbach barefoot hiking trail is a feel-good adventure for the senses. Experience the invigorating energy of the Rudlbach under your feet, feel the natural textures of roots and stones, enjoy the gentle feeling of moss. Barefoot hiking offers not only children but also adults numerous health benefits and a noticeable feel-good effect. Backpacking provisions.

01:00 pm. at the parking by the barefoot hiking trail Rudlbach in Tesido, hamlet Prati di Tesido.

01:00–03:00 pm.

2 hours 150 m 2 km

20 €, with GP 10 €

**MONDAY**



## **COOL KIDS MTB IN VAL CASIES VALLEY**

Technical bike training within training course, at a small forest, especially for children & teenagers. Practical exercises: bike control, balance, how to hit the brakes and learning proper cornering techniques for various terrains... let's get a lot of helpful tips from our experts!

**Equipment:** Your own bike and helmet.

03:30 pm. at the training course in the sports zone Val Casies Valley – Colle.

03:30–05:00 pm. 0 €



**TUESDAY**



## **SUNRISE AT THE THREE PEAKS**

50-minute hike from the Auronzo hut 2330 m to the Forcella Lavaredo. The blue hour is a moment of calm and transition, heralding the imminent sunrise with a picturesque play of colours. The hike to the “Langalm” (possibility of breakfast) and back to the starting point completes this unique nature experience.

Round trip with the hiking bus. Bring along: good walking shoes, warm clothing, hat and gloves, warm drink and snacks. Suitable for children aged 10 and over.

bus stop in Monguelfo: ponte Rienza (opposite Bar Parkcafé). Departure time will be announced upon registration.

ca. 4 hours 3 hours 253 m 7,6 km

50 €; Children from 10 to 14 years: -50 %

## TUESDAY



### 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 ⚡ 1400 m ↔ 30 km

€ 20 €, with GP 10 €; E-bike rental extra.



## WEDNESDAY



### 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 €

## HIGHLIGHT OF THE WEEK:



## WEDNESDAY



### PURE NATURE, FROM HERE TO YOU

#### Hike with a Tyrolean snack featuring regional products in the Val Casies Valley

What makes the Val Casies Valley so special? It's the unspoiled landscape, the deep connection of the locals to their homeland, the rustic farmhouses, the vibrant traditions, and the warm hospitality of the residents. Together, they create a valley you'll want to visit again and again. A leisurely hike along the Val Casies Valley Panorama Trail, topped off with a traditional Tyrolean snack featuring regional specialties, is an experience you simply can't miss. Natalie, the warm and welcoming host at Lahnhof, will charm you with her extensive knowledge of regional products, each of which carries a unique story of tradition and sustainability. Even if you're not hiking, you're welcome to join in for the Tyrolean snack.

📍 01:00 pm. at the Tourist Office in Val Casies Valley – S. Martino 🕒 01:00–5:00 pm.

🚶 ⌚ 2 hours ⚡ 50 m ↔ 3 km

€ 35 €, with hike 40 €



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### THURSDAY



#### E-BIKE & HIKE: TO THE VERSELLTAL ALPINE PASTURES IN THE VAL CASIES VALLEY

The e-bike tour starts in Monguelfo and leads along the idyllic Val Casies Valley cycle route to Val Casies Valley – S. Martino. Along the route, there are various access points. The route leads past the charming “Kahnwirt” and “Kircherwirt” inns before climbing up the alpine path to the “Versellalm” and on to the “Tolderhütte” hut. A particular highlight are the extensive, carefully tended alpine pastures, which can be explored during a guided tour. These alpine pastures have been extensively enhanced: new fences were installed, and about a dozen old barns were faithfully restored or rebuilt in their original design using traditional materials. This carefully crafted cultural landscape shows the harmonious interplay of nature and traditional alpine farming. Refreshments possibility.

09:30 am. at the 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: 200 m  $\leftrightarrow$  45 km

20 €, with GP 10 €; E-bike rental extra.

### FRIDAY



#### CITTÀ DI CARPI RE- FUGE AT CADINI DI MISURINA

From the stunning Lake Misurina along the wide hiking trail via Grave di Pogata and Forcella Maraia to the Città di Carpi refuge 2100 m. Along the way there are magnificent views of the rocks of the Marmarole and Sorapiss group. A wonderful resting place in the middle of the majestic Dolomites UNESCO World Heritage, which invites to a stop and to feel the energy of the mountain landscape. It is also possible to use the Col de Varda chairlift, which reduces the tour by about half. The return path includes small variations and leads back to the starting point. Refreshments possibility.

carpooling: start at 08:00 am. at the bus stop at the head of the Val Casies Valley – S. Maddalena.

08:00 am. – 03:00 pm.

3–4 hours 400 m  $\leftrightarrow$  11 km

30 €, with GP 20 €

