

BOLZANO CITY

Mountains



JOURNAL 2017

urban-alpine

Bolzano Bozen, two souls in one heart
Leave the heat behind, away up the mountain you go
Sport is like Music



< Along the Hufeisentour, the high mountain path in the Val Sarentino Alps, you will find majestic beauty, a stunning view to the surrounding mountain world and a steady quietness.

From urban to alpine, above and below |

Roberta Agosti and Barbara Ghirotto report about the small **city amidst the mountains with two souls and one heart**. The two souls, meaning the cool alpine north and the Mediterranean south, which meet in the valley basin in Bolzano. And the heart of Bolzano? This is Walther Square, the living room of the city so-to-speak, the lively fruit market and the alley under the arcades, where merchants from north and south have been selling their goods for generations. During Christmas time, the old town of Bolzano gets truly cosy: Peter Righi is visiting the Christmas Market on Walther Square and the Christmas Markets in the Val Sarentino Valley and on the Renon mountain.

Christian Haas informs us about the Bolzano **invention of summer holidays**. 'Leave the heat behind, away up the mountain you go', this is the motto followed by the noble merchants from Bolzano. Every summer, merchants and nobility left the hot valley basin of Bolzano and moved to the cooler high-plateaus of the surrounding mountains to Monte Regolo, Salto or Renon. In a discussion with the Bolzano doctor, endurance athlete and organiser of the South Tyrolean Jazzfestival Klaus Widmann, Peter Seebacher finds out about the many wonderful running routes above and in the city.

Michaela Moser introduces readers to the **world of handcrafts in the Val Sarentino Valley**. Who could imagine that the interesting world of quill embroidery, wood woollen products from Val Sarentino like hand-woven carpets and jackets, and wood turning, begins behind the Talvera canyon, almost directly behind Bolzano.

Bolzano is not only history. Bolzano is also the **home of a wild start-up scene** characterised by crazy ideas. An example hereof is 'Hoila', the South Tyrolean apple cider without additives, or 'Leaos', an electric designer bike, which draws its power from solar cells. Alexander Zingerle reports about the start-up scene.

Yours, Ralf Scholze

Ralf Scholze

Studied mathematics and is a theoretical physicist, trained IT specialist for mainframe computers, passionate freelance journalist and photographer, Wine&Food lover, South Tyrol junky with wanderlust, extremely curious, loves to discover the world with his wife and his two dogs, be it in the valleys of the Dolomites or in the wine cellars.



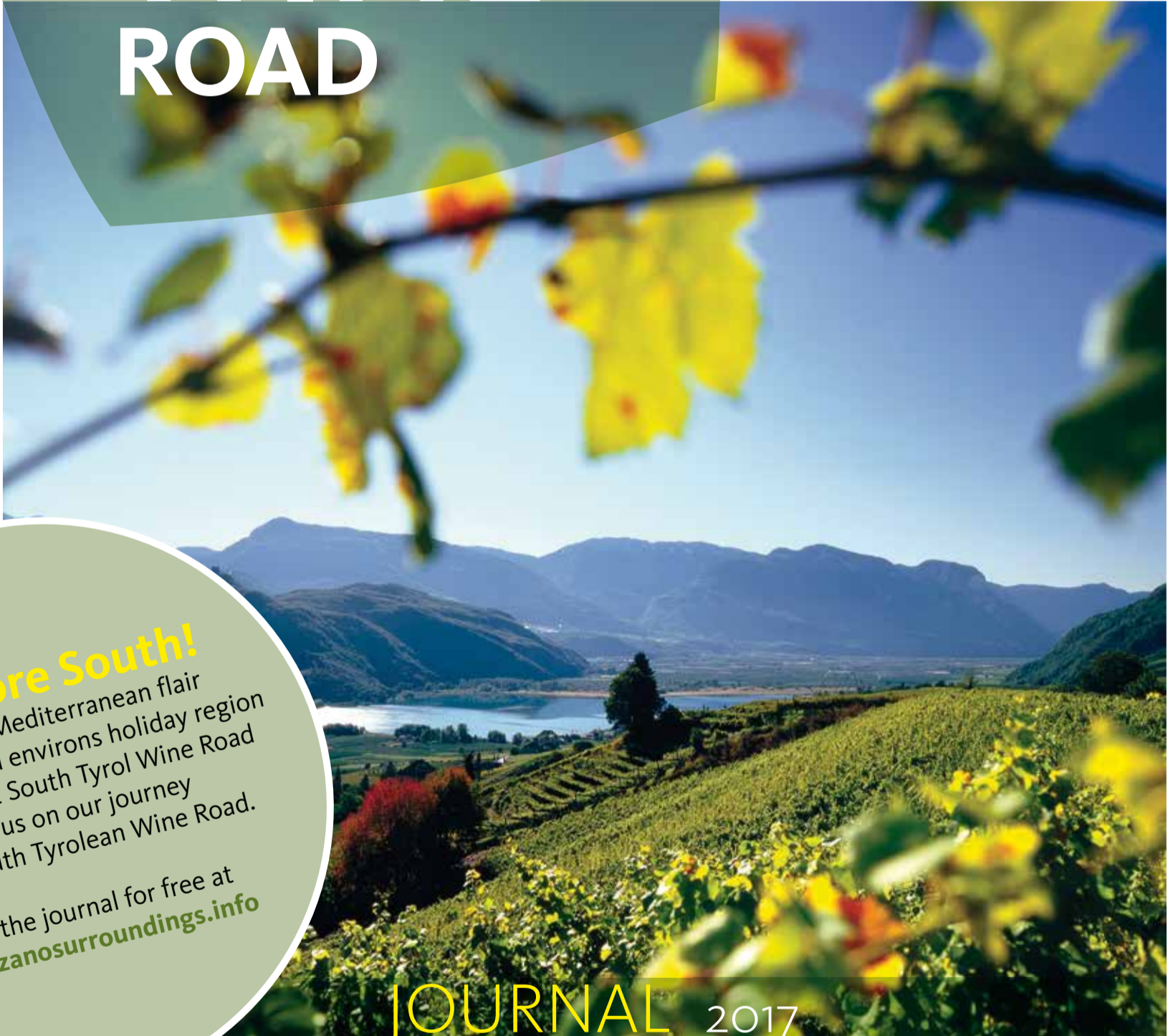
Südtirol Bolzano

WINE AND DOLOMITES IN THE ITALIAN ALPS

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South Tyrol WINE ROAD



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mediterranean

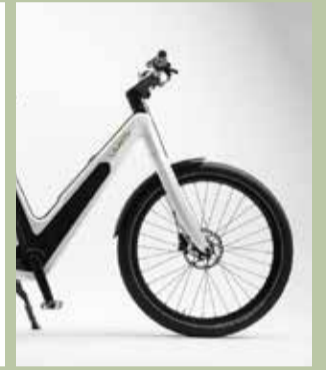
South Tyrolean Wine Road, the biggest wine paradise in S
Through vine landscapes by bike
South Tyrolean cuisine – Quo vadis?

Read about

Bolzano Bozen, two souls in one heart **7**



Audacity and Smartness **10**



Fascinating handicraft **12**



Leave the heat behind, away up the mountain you go **15**



Winter days and Christmas bakery **18**

Sport is like Music **22**
An interview with Klaus Widmann

Listed for you

10 great moments in Bolzano and in the mountains **20**

Awarded for pleasure **23**
Our best wines and restaurants

South Tyrol top 10 **24**



An aerial photograph of Bolzano, Italy, showing a dense urban area with a prominent white church spire in the foreground. The city is nestled in a valley, with steep, green mountains rising in the background under a cloudy sky. The foreground is partially obscured by the branches of a tree on the right side.

Bolzano Bozen

Two souls in one heart. Bolzano is a South Tyrolean city with a special flair: a medieval town, which has developed from being an important trade centre to being a lively, small city. >



North meets South, Mediterranean charm and northern European steadfastness merge to an unmistakable mix of nature, history, and culture.

This is characteristic for this city, and makes it so unique. Embedded in a valley basin between vineyards and orchards, the capital of South Tyrol awaits discovery. Protected by three mountain ranges to the south, the city is characterised by an especially mild climate. The gentle hills surrounding the city are decorated with vineyards. Mediterranean plants and Alpine flora exist one beside the other, and result in a lush green natural landscape providing a contrast to the rough Dolomite rocks in the backdrop.

Bolzano is a city of contrasts. Just as the different sounds harmonise together in a symphony, here you can notice the harmony between different lifestyles and traditions, which mutually enrich one another. This begins with the language. Several languages are spoken. It's not only the road signs that are bilingual, but also the citizens. On each corner you'll hear the German and Italian languages, and citizens who spontaneously and naturally switch from one language to the other. The university with international connections is trilingual. Meanwhile, it is part of everyday life to communicate in English or other languages. Also international, are the guests who visit Bolzano. It's not only Ötzi, the famous Ice Man in the South Tyrolean Museum of Archaeology that attracts visitors

from all over the world. The varied culture offer with numerous museums, castles and historic buildings, and a full event calendar make South Tyrol's capital a major attraction. The Gothic old town with antique arcades makes up the vibrant city centre. Standing out from the coloured buildings with loving décors and cosy bay windows, is the imposing mercantile building with its imposing balcony. The central Walther Square, the so-called 'living room' of Bolzano, is ideal for lingering. Attractive terraces and chic cafés await you. Those who have enjoyed a Cappuccino here will definitely return. The symbol of the city and embodiment of tradition is the lively fruit market. Regional products have always been sold here. You are surrounded by the smell of fresh herbs, fruits and vegetables of the season. Numerous restaurants offer delicious food. Traditional guesthouses serve South Tyrolean specialities, Mediterranean dishes and pizzas. The trendy bars with outdoor areas provide a popular meeting point for an 'Aperitivo', a typical Italian tradition to meet friends for a drink in a casual atmosphere especially in summer.

The city has considerably changed over the past decades: new districts and museums have been realised, antique frescos have been restored, and new modern buildings decorate the city. An example hereof is the museum for modern art called Museion. The glass building with the adjacent bridges was conceived as a connection between the old

Roberta Agosti & Barbara Ghirotto

Both work in the Bolzano Tourist Office. Roberta Agosti as a managing director, and Barbara Ghirotto in the marketing and events department. They love the variety and creativity that results from the interplay of cultures in the city.



Base Camp Dolomites | From the classic Dolomites round trip to an enchanting snow-shoe tour, from the luggage and bike depot to sports and leisure time equipment rental or a rental car with driver: in the information office directly located at the train station of Bolzano you can book a variety of services and activities. www.basecampdolomites.com

City Tour in a Velotaxi | The offer on guided round tours to the most important art-historic treasures of Bolzano and surroundings is as varied as the regional capital itself. If you prefer a comfortable city tour, simply jump into a Velotaxi and enjoy the city in a relaxing and pleasurable way. The driver will give you useful, interesting and curious information. www.bolzano-bozen.it

Culturonda@Ötzi-Tour | The Culturonda@Ötzi tour is a full-day discovery tour on the traces of Ötzi, the Ice Man. From April to October you can enjoy exclusive guides in the South Tyrolean Museum of Archaeology and in the Archeoparc in the Val Senales/Schnalstal Valley. www.bolzanosurroundings.info

From Castle to Castle | The new 'Castelronda Walk Bolzano' will open in spring 2017: Along the 15 km long hiking route from Bolzano via San Genesio to Terlano you will find five interesting castles and castle ruins: Runkelstein Castle, the Rafenstein, Greifenstein, Helfenburg and Neuhaus ruins. On the route, there are several display boards with information on each castle and its fascinating history. www.bolzanosurroundings.info

Bolzano Wine City | A wide, sun-spoiled valley basin, two prestigious vines, and temperatures up to 40°C are the beneficial ingredients for the Bolzano wine-growing region to create aromas like dark berries of the forest, cherries, and violet. The Bolzano city district is the home to Lagrein, while more to the north-east of Bolzano on the hills and steep slopes the St. Magdalener vine matures. www.altoadigewines.com

Moving up | There are three lift facilities which carry holidaymakers from Bolzano to an altitude of more than 1,000 metres above sea level. You have the choice between the Renon lift facility that is the longest tri-cable lift in the world with a length of 4,565 metres, the Colle lift facility, which in its original existence was the world's first people monorail or the San Genesio lift facility, which carries its passengers to the larch tree meadows up on the Salto mountain. www.bolzano-bozen.it

Bolzano's promenades | The valley basin of Bolzano is surrounded by a promenade circle. The 'Guncina' and 'S. Osvaldo' promenades are true highlights with numerous viewpoints: Mediterranean plants like palm trees, magnolias and agaves grow here. One of the most renowned historic promenades is the so-called 'Lungo Talvera' promenade which was opened in 1905. The 'Talvera' and the new 'Virgolo' promenades lead past several castles (Maretsch Castle, Runkelstein Castle and Haselburg Castle). www.bolzano-bozen.it

< When Goethe visited Bolzano in 1786 during his Italian travels, he was impressed by the colourful fruit market in the town (left). The Via Portici is 300 metre long and the pulsating centre of the trading town.

town and the early 20th century. Not far from the old town, you can notice the rational architecture of the new city districts. The style of the late 20's and 30's characterises the appearance of the buildings surrounding Piazza della Vittoria Square. If you cross Talvera Bridge from the old town, you see the prominent Victory Monument. Its permanent exhibition provides an important testimony to the city's history in the period between the two World Wars. Everywhere in Bolzano you can notice opposites, which harmonise with each other in an enchanting way. Traditional, yet modern, dynamic but not hectic, historically rooted, yet cosmopolitan, always in movement, yet comfortable... these are the many faces of the city. It's easy to understand why a visit to Bolzano is always worth it.

■ Roberta Agosti & Barbara Ghirotto



Audacity and Smartness

A new start-up scene, mirroring that of Silicon Valley

in pocket format, can be noticed in Bolzano over the past few years. A journey through the world of foolhardy start-ups.

They are young, highly motivated and well educated. Their home is the world, but they live in Bolzano and surroundings. Taken by a vision, which they want to realise with audacity and intelligence. The founders of start-ups – which are quickly growing, innovative businesses – have brought a fresh appearance and valuable impulses to Bolzano. One of these new success stories is called 'hoila' (hello), which derived from the minds of the siblings Philipp and Stefan Zingerle and their friend Maximilian Alber. 'Hoila' is not only the South Tyrolean greeting (hello), but it is also the name of a high-quality apple cider, which is produced without additives, water or sugar, and which has already received several awards. 'It took us years to develop this cider. We tested 40 different results before we finally were happy with the result in 2014', says CEO Philipp Zingerle. The first 15,000 bottles were labelled by hand. Meanwhile, about 100,000 bottles are being produced per year.

'hoila' is only one of more than 100 start-ups, which have been shooting out of the

ground in Bolzano and surroundings only recently. These unconventional ideas are usually followed by the founding centre of the semi-public institution IDM (Innovation - Development - Marketing) during the delicate start-up phase, where they receive financial advice and low-budget offices. 'The survival rate of start-ups accompanied by IDM amounts to an amazing 88 percent', says director Hubert Hofer. In addition to the business vision, he determines the 'spirit' as one of the decisive factors for start-ups. If several people with the same idea work towards a joint goal, the result is a combined force, which can also handle major setbacks. In recent times, you find lots of these people: they speak several languages, are highly educated, have travelled a lot, and they are determined to start their own business in their homeland. Revolutionist: 'Leaos' is the wickedly expensive electric designer bike designed by Armin Oberhollenzer, which will soon trigger the power from solar cells. Of pedagogical value: The digital publisher 'Larixpress' edits fairy-tales like 'The Little Prince' or the history of 'Ötzi' in a child-friendly manner for use with smartphone apps. Smart: 'LineBoy', an app, which queues up for you at different authorities and thereby saves valuable time.

Alexander Zingerle

Lives in Bolzano, works as an editor, and is the author of several theatre plays. He studied English and Italian, loves to travel to different cities, to discover the South Tyrolean mountains, he appreciates good food, and good-humoured and charming contemporaries.



NOI - Nature of Innovation | South Tyrol's technology park connects businesses, scientists and students in order to promote innovation. In the research fields of alpine technologies, energy efficiency and food technology and automation, tomorrow's ideas are growing today. On the site of the former aluminium fabric in Bolzano, the NOI Techpark provides room for start-ups, and gastronomic and cultural offers. www.noi.bz.it

Street Food with Tradition | The old town of Bolzano would be unimaginable without these three sausage stands – an innovation going back to the Austrian-Hungarian Monarchy. Let it be on the Fruit Square, the Goethe or Museum Road, everywhere the classic 'Meraner sausage' is the top seller. Walter & Michi's sausage stand even made it into the Street Food Guide of Gambero Rosso.

BoRunning | Bolzano running: The sign-posted BoRunning routes lead through Mediterranean vegetation or along the river shores and are so varied, that there is a route for every type of runner. In order to make sure everyone finds their ideal route, there is a special guidance system for running, mountain running and Nordic walking routes. www.bolzano-bozen.it

Idyllic Places | A group of historic hotels, restaurants and wineries, each one with its own personality but with a common style. These outstanding hotels and restaurants combine elegance with authenticity, providing a truly unique experience. The Idyllic Places offer breathtaking panoramic locations and excellent natural cuisine, while upholding time-honoured traditions of friendly hospitality. www.idyllicplaces.com

< The fashion label RE-BELLO puts into practice the idea of a truly sustainable clothing label where design, sustainability and transparency go hand in hand.

Some start-up success stories are also present in the highly competitive fashion scene. One of them is RE-BELLO, a label founded in 2012, which defines its products through the three pillars of design, ecology and innovation. 'Sustainably produced fashion has to look great too in order to be a success', explains founder Daniel Tocca. Meanwhile, together with his 14 team members, he launches 120 new items of fair production every season. Amongst the raw materials used you'll find eucalyptus, bamboo, organic cotton or even PET fibres. Despite the fashion industry suffering from the dumping prices of huge fashion chains, RE-BELLO registers two-digit growth rates and expects a turnover of 1.4 million Euro for 2016. You see, Bolzano not only offers the best living and holiday conditions, but is also turning into a hotbed for exciting ideas for the future.

■ Alexander Zingerle





Fascinating handicraft

The initiative of artistic craftsmen from the Val Sarentino Valley

is called 'Sarner Gschick'. Their aim is to preserve the century-old handicraft tradition with local materials and to make it better known far beyond the borders of South Tyrol.

One of these unique products is the 'Sarner Geldbeutl'. These traditional wallets are not only known within the valley, but also far beyond and are very popular gifts. The wallet is amongst the most commonly purchased products in the quill stitching sector. Some quill stitching craftsmen travelled around South Tyrol about 150 years ago in order to stay at the farms for a longer time to stitch belts for the traditional costumes of the farmer's family. This was the beginning of the quill stitching art in the Val Sarentino. A tradition, which has been handed down from generation to generation. Characteristic for the technique in the Val Sarentino Valley is the fine embroidery, which is not available anywhere else. In the Johann Thaler quill embroidery in Sarentino, artistic ornaments are applied to braces and belt binds, wallets, picture books, key holders, hand bags, leather shoes and belts with the use of peacock feathers.

Another handicraft tradition, which is characteristic for the valley is weaving. In ancient

times, there were many people in the Val Sarentino Valley who were just skilled at weaving. The work steps involved for such weavers have remained unchanged. Firstly, the sheep wool is sorted, washed, and finally dried. Nowadays, the use of machines eases some work procedures like for example the combing of the new wool. Locals call this method 'Wollkralen' (wool scratching). The natural colouring occurs together with the 'Wollkralen'. If different colour nuances are mixed during combing, it results in many natural colours ranging from white to different grey and brown tones to beige. The next step is to spin the wool. Sheep wool has become more and more popular over the past 20 years, since it features such varied and creative use. Carpets and traditional jackets (Jangger) are woven in the Unterweger Weaving Mill. Other products include socks, 'Toppar' (traditional slippers) and carpets, as well as cushions and blankets filled with sheep wool. The most popular product amongst locals and guests is however the typical 'Sarner Jangger', which is part of the identity of the valley.

Woodturning is also a handicraft, which requires a lot of creativity and skill. Just like quill stitching and weaving, woodturning is also a traditional handicraft of the Val Sarentino

Michaela Moser

A joyful, open-minded young lady, a typical character of the valley. She is about to conclude her masters in Media in Innsbruck. In addition to her studies, she takes on modelling, babysitting and waitressing jobs. She loves to dance, sing and to travel the world.



Cuisine with 'stars' at 1,622 m | The Hotel Auener Hof's gourmet restaurant in the Val Sarentino is Italy's highest star rated restaurant. Maitre du Cuisine, Heinrich Schneider, is very particular in using regional products and wild herbs, collected by his own hands. At an altitude of 1,622 metres above sea level, he treats his guests with a creative cuisine, in harmony with nature and accompanied by breath-taking views of the Dolomite mountains. www.auenerhof.it

Farmer's Traditions | In a traditional bread-baking oven directly at the Monte Corno Nature Park House, bread is made in the same way as at Grandma's times and tasted afterwards. The flour that is used, is the one harvested during the corn milling days in summer. And who would like to see how flax is hewn? Or what is it with the Anterivo coffee? www.trudnerhorn.com

Farm Bakery | Without chemical ingredients, carefully prepared by hand and baked in a wood-fired oven: every Thursday at the Unichhof in Aldino, they bake fresh bread according to a traditional recipe, the 'Aldeiner Pietschn' (rye bread on a sour dough base), plus a variety of rye and wheaten breads. www.redrooster.it

Mittelberger Cooper | It is a long way from a rough oak trunk to a precious barrique barrel. The brothers Markus, Konrad and Peter Mittelberger have preserved this tradition. They are the last ones to produce wine barrels based on the classic technique – upon request with local chestnut or acacia wood. www.mittelberger.bz.it

The blue apron | Farmer's blue aprons are not only a decorative part of man's attire, rather it is also very practical for everyday work, ideal for wiping ones hands, for removing sweat and dirt from the face, or even for transporting wood or fruit in it. When the farmer binds the lower part of the apron to the upper part, it means he is finished working for the day. The traditional apron is a great souvenir to remember your South Tyrol holiday. www.bauernschurz.com

< Weaving and embroidery are man's business in the Val Sarentino! More about the traditional handicrafts on www.sarnergschick.com

Valley. The products of the Fritz Woodturning Factory are testament to year-long experience, the skilled dexterity, and the special feel for shapes. This you can recognise when looking at the wooden plates, bowls, breadboxes and bowls, wooden lamps, clocks, fruit and furniture. The most used and most popular material is the fragrant Swiss stone pine from Val di Pennes. It is especially known for its colour and its special smell. The Sleep-Well-Box of the Fritz Woodturning Factory has become an individual and special product. It contains resinous pine wood shavings, which provide an extraordinary aroma and improve your sleep. The brand label of woodturning produce from the Val Sarentino Valley are the three grooves at the edge of the products. When looking at these unique pieces, you immediately notice that woodturning requires a lot of passion and a love for detail. ■ Michaela Moser





Leave the heat behind,

away up the mountain you go. When the temperature rises in the valley in summer, it is not only the locals who like to hike up to higher altitudes, guests also value the fresh air up the mountains. The 'cool' high-alpine plateaus of Renon, Salto and Favogna provide enchanting viewpoints for those looking for beautiful mountain experiences. >



‘The landlust of city people in summer’

this is how the Grimm Brothers, who collected not only fairy tales, but also words, defined the widely used term ‘Sommerfrische’ (summer holidays) during the 19th

century. In their publication of the ‘German Dictionary’, the most comprehensive of its type, they also refer to the origin of this type of recreation, namely Renon! In particular, wealthy families from the nearby city of Bolzano punctually changed their residence to Renon every year on 29th of June, and this since 1576. After exactly 72 days, on the day of the nativity of the Virgin Mary, they suddenly disappeared as quickly as they came. The word of the high recreational value in the cooler altitudes quickly spread, and during the course of the following years, the aristocracy and upper bourgeoisie from the Vienna area and the former Crown lands uncovered Renon as their summer residence.

With the construction of the cogwheel railway and the narrow-gauge railway in the early 20th century, the ‘summer holidays’ trend experienced its heydays. From then on, more and more middle-class guests used the comfortable means of transport to this mountain paradise. This has not changed to date. Thanks to the modernised cable car to Soprabolzano in 2009, and the still originally kept railcars of the narrow-gauge railway,

an attractive combination of fast ascent and venerable Belle Epoque ambience is evident. A welcome difference in temperature awaits you at the top: When the temperatures in the valley climb above 35 degrees several times between June and August, a few hundred metres higher there is a considerable change in temperature. The relief plays a considerable role in the success of the summer resort: Since the valleys are not as narrow and the mountains not as high in the South of South Tyrol, the area is ideal for relaxed hikes on sun-spoiled high-alpine plateaus. Thanks to the many alpine huts, you are not only spoiled from a visual, but also from a culinary point of view. Where else can you enjoy a better view of the Dolomites UNESCO World Heritage site as from South Tyrol’s prime spot? Another advantage of Renon: the many easy hiking trails. Like for example the Freud Promenade, which leads through meadows and forests from Soprabolzano to Collalbo with almost no ascents – typical for summer holidays tours. Also typical for the region are the many connecting trails like, in this case, to the 30 m high earth pyramids. The Renon has the same value for people from Bolzano as the Mendola mountain area has for people from Oltradige, and the Favogna, the Monte Regolo and Corno del Renon



Christian Haas

Born in 1974, studied geology in Eichstätt and Munich, his current hometown. Since 2002, he has been working as a freelance travel journalist for newspapers, magazines, online platforms and book publishers like 'Süddeutsche Zeitung', 'Abenteuer und Reisen', 'Merian' and 'Focus Online'. His personal focus lies on the Alps, outdoor and family topics – and South Tyrol combines the three of them! www.texttaten.de

< Favogna, a suburb of Cortaccia, is a true treasure chest, which – besides having two demanding climbing gardens – offers some giant trees, copper smelting ovens from the Bronze Age and a bathing lake.

The best Alpine Huts | Nowhere else do cheese, roast potatoes with fried eggs, 'Strauben' and other pastries taste as nice as at alpine huts. They are so tasty, that the Gault&Millau rates the best alpine huts – six of which are located in the Bolzano and environs holiday region. The aromatic mountain air, the altitude you've conquered, and the kilometres you've accomplished, make the authentic food at the alpine huts a culinary highlight. www.bolzosurroundings.info

Monte Corno Nature Park | Nature is best enjoyed outdoors – by yourself or in a group of people. From June to September, the Monte Corno Nature Park offers a variety of nature and adventure hiking trips. According to the theme 'Living, touching and caring for nature', an especially trained nature park hiking guide explains the beautiful, but also complex and sensitive way of nature around us. www.trudnerhorn.com

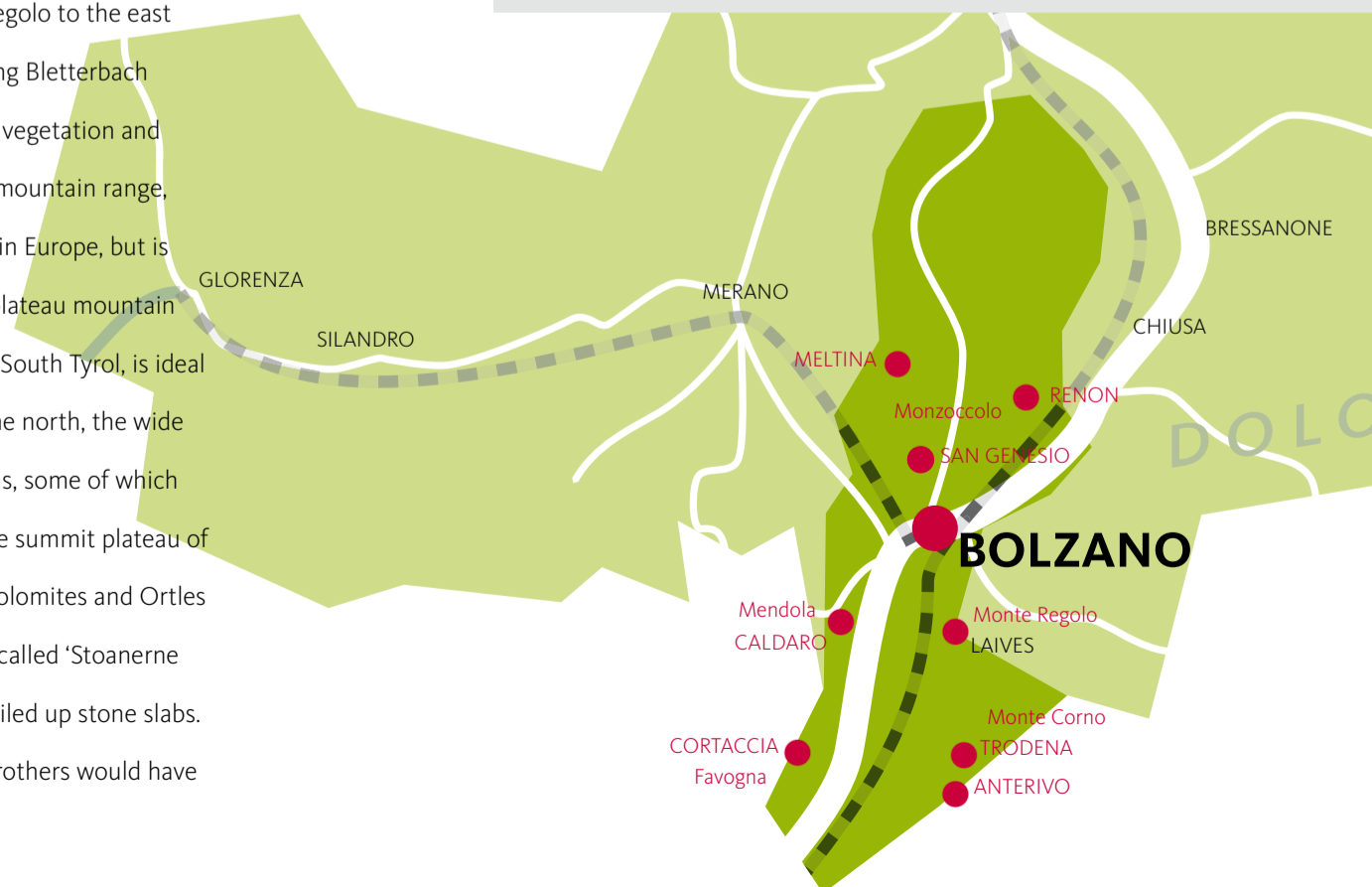
GEOPARC Bletterbach | Steep rock walls, roaring waterfalls and impressive interplays of colours, fossil plant residues, petrified dinosaur tracks and traces of minerals: On the way through the adventurous natural monument and Dolomites UNESCO World Heritage, 250 million years of geology await discovery, either on your own or in the company of an expert GEOPARC guide. www.bletterbach.info

High-alpine plateau Salto | Been there yet? Europe's biggest larch meadow is located about 1,000 metres above the Val d'Adige on the Montezoccolo/ Tschöggberg high-alpine plateau and is ideal for extended hikes, legendary walks, panoramic bike tours, and a horse riding tour on Haflinger horses. www.tschoeggberg.it

Sarntal Hufeisentour | The high-alpine trail in the Val Sarentino Alps leads through traditional and unspoiled landscapes, across stoney and rocky terrain, over alpine pastures and dense pine fields, and all of this within 7 days. The Reinswald cable cars make it very easy for families to access the Sarntal Hufeisentour. From the Pichlberg mountain station (2,130 m), the theme trail 'Urlesteig', starts in both directions. www.sarntal.info

have for people from Bassa Atesina. But one after the other: Monte Regolo to the east of the Adige River amazes visitors with its alpine pastures and imposing Bletterbach Canyon, the nearby Monte Corno Nature Park with larch trees, alpine vegetation and varied forests. To the west of the Adige River, you'll find the Mendola mountain range, which is not only easily accessible with the steepest funicular railway in Europe, but is also very popular amongst hikers and golfers. The nearby Favogna, a plateau mountain about 1,000 metres above the Val d'Adige Valley in the outer south of South Tyrol, is ideal for hours of relaxed walks through forests and meadows. Further to the north, the wide Salto plateau features a dense network of mostly easy, flat hiking paths, some of which lead over the biggest larch meadow in Europe. The same applies to the summit plateau of 'Hohe Reisch' in the Val Sarentino Alps. It's not only the view of the Dolomites and Ortles Mountain that amaze hikers, but also the mystic stories about the so-called 'Stoanerne Mandln' (Stone Men), more than 100 century-old figures made from piled up stone slabs. Collecting those, would definitely have been something the Grimm Brothers would have

liked. ■ Christian Haas





Winter days

and Christmas bakery

The light emitting from the lit-up cribs, the scented mulled wine and the anticipation of the snow in the mountains puts me into a special advent mood. Childhood memories are awakened, memories of a time when I felt as if on cloud nine in anticipation of Father Christmas and could once again finally be out and about on skis and sleds in the fresh air and winter sun.

At Bolzano's Christmas market, Val Sarentino's alpine advent and at the 'Christbahn' in Collalbo/Renon you can really sense the anticipation of Christmas. The Christmas scent fills the streets and alleys of our capital city and the magical light converts the pergolas and the places in the old town into fairytale-like places. Along with the Christmas market in Bolzano, there are also other Christmas markets in the main villages of Val Sarentino and Renon. Every year the stall owners in Sarentino strive to organise a cosy and reflective Christmas market for the Val Sarentino alpine advent with a high-class general programme. More than twenty especially beautifully decorated wooden stalls offer traditional, handmade and unique products of Val Sarentino production. The Renon Christmas market, the 'Christbahn' which takes place at the train station in Soprabolzano

and at the centre of Collalbo can be best reached by the Renon cable-cars and the narrow gauge railway. The scent from the Christmas bakery, spicy mulled drinks, typical soups and local specialities hangs in the air.

Even before Christmas the slope preparations in the winter sports areas of Reinswald, Corno del Renon and Passo Oclini are well underway. In the ski region of Reinswald in Val Sarentino a new section of slope 'Schöneben' is being prepared and the new mountain restaurant 'Pichlberg' is being opened. The 'Angerlift' in the valley station and the practice slope brandish their novelties too. As a dedicated winter athlete and ski mountain climber I like to 'combine' the ascent with my touring skis on the previously prepared ascension tracks at the edges of the slopes and enjoy various descents with the assistance of ropeways. Increasingly more often I rent out a sled at the valley station and speed down into the valley on the beautiful sled track. My absolute favourite is the sled track in Reinswald, one of the longest sled tracks in South Tyrol. Whilst on the topic of renting: Last year I decided to no longer purchase all of the ski equipment necessary, rather to rent these from a ski rental outlet for the entire season. That proved to be a

Peter Righi

A winter scout on the slopes of the Ortler ski arena, a passionate South Tyrol aficionado who is constantly on the lookout for new things. Avid publication activities for renowned publishers and journals. Travelling for several years throughout the alpine mountains, in northern Scandinavia as well as in the west of North Africa. Today employed as a journalist in the press relation office.



Advent customs in Val Sarentino | When spine-chilling tones, bells and noise are heard in the quiet winter nights, the people in Val Sarentino know what this means: It's time for 'Klöckeln', the ringing of the bells! The bell ringers move from house to house and sing their songs according to ancient melodies. The old custom originally derives from a German fertility rite: nearly before the upcoming winter solstice, the way must be prepared for the fertility god Donar. According to the custom, the bells must only be rung on the first three Thursdays of advent! www.sarntal.com

South Tyrol Ski Experience | Let it be expert, returnee, beginner or a family: The Ski Resort Finder will find a suitable ski resort for your winter holidays in South Tyrol with only a few clicks. Every ski resort is displayed in detail on the website, including slope kilometres, level of difficulty, lift facilities and opening hours. The easiest way to find the perfect ski resort. www.suedtirol.info

Cross-country skiing | The 35 km long high-altitude cross-country track takes you from Corno del Renon to the Alpe di Villandro. You will enjoy a wonderful view of the Dolomite summits at all times. Val Sarentino can also be discovered on cross-country skis. The Val di Pennes cross-country track starts in Riobianco and leads via Pennes to Laste and back to Riobianco. On Lavazè Pass, 85 km of perfectly groomed cross-country tracks leading to Passo Oclini and Aldino are waiting for you! www.bolzanosurroundings.info

Premium Panorama Tour | At the Corno del Renon, you can find Italy's first winter premium trail. Starting at the mountain terminal of the Cima Lago Nero, the panoramic trail leads you to the 'round table' and the 'Dolomitoskop', from there in the direction of the mountain hut Corno di Sotto and then to the Corno del Renon peak, where you will enjoy unique panoramic views of the mountain world of the Dolomites. The circular hiking trail leads you back to the Cima Lago Nero. www.ritten.com

Deep-snow horse-riding | Wonderfully quiet and relaxing is an equestrian ramble on a Hafling horse through the snowy landscape. During the winter months, the high mountain plateau on the Renon, San Genesio, the wild and romantic Val Sarentino, as well as Meltina enchant you with their wide spaces and untouched forests. These are ideal conditions for a great tour on horse-back. www.bolzanosurroundings.info

< Anticipation is the greatest joy. While old and young are looking forward to the first snow, the Christmas Markets in and around Bolzano spread a contemplative Christmas feeling.

good decision and this year I am once again looking forward to the new ski models at my disposal.

Also in the family ski resort of Passo Oclini, between the two peaks Corno Nero and Corno Bianco in the most southern part of South Tyrol, the perfectly groomed slopes delight along with the exceptionally beautiful Dolomite panorama. Here the skiing season ends in April with the legendary '2 Horn Race' in Passo Oclini, a daunting descent where some internationally known South Tyrolean ski aces go head to head with some hobby ski racers. However, in the ski resort that is Corno del Renon, it's less the sporty pleasures that are on the calendar of events and more the culinary delicacies. At the 'Cooking exhibition' tasty regional specialities are prepared beneath the open sky. What's new on the programme at Renon is the winter pleasure hikes where you can spoil your nose with lots of fresh air and the finest scents from the kitchen and cellar. ■ Peter Righi



delicious | **South Tyrol Gourmet Festival.** During the

fourth South Tyrol Gourmet Festival, there will be all South Tyrolean brand products on centre stage. From 26th to 28th May 2017, the historic centre of Bolzano is home to all South Tyrolean quality products: from crispy apples to savoury speck. There are numerous market booths and renowned top chefs who play their role at this event.

www.gourmetfestival.it



musical | **Rudy Giovannini Köfele Festival.** A folk music

star to be celebrated and to be touched: Once a year, the native South Tyrolean Rudy Giovannini returns to his homeland and entertains his fans at the 'Rudy Giovannini Köfele Festival'. On the 16th and 17th of June 2017, the 'Caruso of the Mountains' presents his most successful songs from his career in his hometown Laives.

www.leifers-info.it



historic | **Castelronda.** On the 10th and 11th of June, six

renowned castles around Bolzano and Appiano open their doors and enchant visitors with an exciting and varied programme. The event focuses on living history and invites visitors to enjoy a fascinating time journey. Step inside! For two days you can visit historic walls from various eras, get to know the different construction styles and stories during the many special events, and join experts in the exciting world of legends and myths.

www.bolzano-bozen.it



extreme | **South Tyrol Ultra Skyrace.** 121 kilometres and

7,554 metres of difference in altitude... and all of this combined in a time limit of 40 hours. This is South Tyrol Ultra Skyrace. All participating athletes will reach their physical and psychological limits. The extreme mountain race runs from 28th to 30th July 2017.

www.suedtirol-ultraskyrace.it



10 great moments

IN BOLZANO AND IN THE MOUNTAINS

festive | **110 Years Ritten Railway.** Exactly on 13th of August



2017, the historic South Tyrolean narrow-gauge railway which connects the villages of Maria Assunta and Collalbo above Bolzano, will be 110 years old. The jubilee provides a great occasion for the organisation of a varied summer programme to celebrate the 'old lady': From theatre rides to the railway tour, music and gourmet rides, and much more.

www.ritten.com

classic | **Bolzano Festival Bozen.** The festival is the



annual classical music highlight in Bolzano and brings together the city's excellent organizers of music events: Antiqua, a festival for early music, Bolzano's two resident orchestras, the European Union Youth Orchestra (EUYO) and the Gustav Mahler Jugendorchester (GMJO), the International Piano Competition Ferruccio Busoni, including its own piano festival, as well as the Gustav Mahler Academy.

www.bolzanofestivalbozen.it

late-summer | **'Schupfenfest'.** Traditional alpine huts



offer South Tyrolean specialities during the 'Schupfenfest' taking place on the Salten high-plateau on the 17th of September 2017. Hike from one hut to the other over late-summery larch meadows, enjoy the splendid nature and culinary delights. Traditional music is of course part of the package.

www.jenesien.net

handed-down | **'Bartlmas-Day'.** When summer ends, it



is time to say goodbye to the secluded life on the high-alpine pasture for shepherds and their animals. On the 24th of August, all animals that have spent their summer on the alpine pastures on Renon are herded together. This 'Bartlmas Day' has been a traditional alpine festival almost since time began.

www.ritten.com

contemplative | **Christmas Markets.** The Christmas



markets in in the Bolzano and environs region introduce the Christmas period. The Piazza Walther in Bolzano has been the venue of the traditional Christmas market for more than 25 years. A very special experience for fans of the narrow-gauge railway in Renon, is the Renon Christmas railway. One of the most authentic Christmas markets in South Tyrol awaits you in the Val Sarentino.

www.bolzosurroundings.info

traditional | **Sarntal Church Day.** Traditional, with



costumes and unconventional: The Sarntal Church Day takes place from 2nd to 4th of September 2017. This 3-day folk's festival is known far beyond the borders for its colourful costumes. On the last day, on Monday, its market day: people observe, bargain and laugh – and contracts are made by handshake.

www.sarntal.com



'Sport is like Music' An interview with Klaus Widmann

Klaus Widmann lives in Bolzano. He is a doctor, endurance athlete, organiser of the South Tyrolean Jazzfestival, and year-long president of the Triathlon section in the Runners Club Bolzano. A discussion about the running boom and why South Tyrol is ideal for runners.

Running has been experiencing a veritable boom over the past year, also in South Tyrol, but why?

A positive aspect of our affluent society is that people have time to look after their health and fitness. For many, sport has become an important part of life. Running is the most natural way of moving, you can do it anywhere and anytime, and it leaves you with a feeling of satisfaction. All this has contributed to running becoming so popular.

Under the 'BoRunning' label, the city of Bolzano has realised twelve sign-posted running routes with a starting point at Talvera Bridge and a total length of 100 kilometres.

Peter A. Seebacher

State-certified journalist, communicative, trained political scientist, wine & food enthusiast, print lover, new media junky and twitterer, and deeply rooted South Tyrolean with great wanderlust. He loves to hike the mountains with his family in summer and winter, and actually wants only one thing: up to the top. Except in those moments, when he is in a wine cellar.



Do you run on these trails too?

I find this a great project. The starting point on the Talvera meadows is just perfect. I'm more of an adventurous kind of runner and run in order to discover new things without having a fixed route.

Talking about high-altitude training: South Tyrol is predestined, or isn't it?

Very true. In the past, I cared for athletes as a doctor and sent them to high altitudes in South Tyrol to prepare for their competitions on a regular basis.

With regard to mountain running, South Tyrol features some training routes where runners can use the cable cars on the way down in order to protect their knees and back. Examples hereof are Renon or Meltina...

When you do these routes, you have an almost alpine experience, and can start directly from Bolzano. Especially runners who are burdened by injuries or elderly runners appreciate this offer.

The 'South Tyrol Ultra Skyrace' is an impressive extreme run organised in South Tyrol with a length of 121 kilometres and a difference in altitude of 7,554 metres. You are a doctor: Are such runs too extreme?

No, they are absolutely feasible for well-trained athletes. It is important however, that athletes 'feel themselves' and listen to their body, then they can also participate at such ultra races.

You are founder and organiser of the yearly South Tyrolean Jazzfestival, which is known far beyond the borders. Are there any parallels between endurance sport and music?

Both worlds are a part of who I am. The connection consists in the way I do both of them.

With regard to music I am mainly interested in jazz, and with regard to sport I like to discover new things, like for example during ski tours. I have intensively enjoyed this sport over the past 20 years, and I love it. Each ski tour is like a project, where you continuously have to take new decisions and improvise. Jazz too, is a music style, which loves to take risk, improvise and go in new directions at all times. Hence, I find there is a similarity between music and sports.

■ Peter A. Seebacher



Awarded for pleasure

High-quality food, handicraft art and creativity are the ingredients of South Tyrolean gastronomy, which receive

high praise in the best Restaurant Guides. The gastronomy has an equal partner in local wine producers: Italian and international wine guides test the quality of South Tyrolean red, white and sparkling wines on a regular basis, and honour the best of them with valuable awards.

ITALIAN WINE GUIDES

VINI BUONI D'ITALIA 2017 LE CORONE	I VINI D'ITALIA DE L'ESPRESSO 2017 TOP 300	I VINI DI VERONELLI 2017 SUPER TRE STELLE	GAMBERO ROSSO 2017 TRE BICCHIERI
Gewürztraminer Windegg 2015 Brigl Josef, Appiano	Pinot Bianco Plattenriegel 2015 Cantina Cornaiano, Appiano	Pinot Bianco 2004 Cantina Terlano	Pinot Bianco Sirmian 2015 Cantina Nalles Magrè
Gewürztraminer Nussbaumer 2014 Cantina Termeno	Pinot Bianco Sirmian 2015 Cantina Nalles Magrè	Bianco Riserva LR 2013 Cantina Colterenzio, Appiano	Terlaner Pinot Bianco Eichhorn 2015 Tenuta Manincor, Kaltern
Gewürztraminer Atisis 2014 Cantina Colterenzio, Appiano	Pinot Bianco Riserva Vorberg 2013 Cantina Terlano	Terlaner I Grande Cuvée 2013 Cantina Terlano	Pinot Grigio Sanct Valentin 2014 Cantina San Michele, Appiano
Gewürztraminer Lunare 2014 Cantina Terlano	Sauvignon Voglar 2014 Tenuta Peter Dipoli, Egna	Chardonnay Löwengang biodinamico 2013 Tenutae Alois Lageder, Magrè	Chardonnay Löwengang 2013 Tenutae Alois Lageder, Magrè
Moscato Giallo 2015 Tenuta Ritterhof, Caldaro	Gewürztraminer Nussbaumer 2014 Cantina Termeno	Gewürztraminer Nussbaumer 2014 Cantina Termeno	Terlano Riserva Nova Domus 2013 Cantina Terlano
Schiava Vigne Vecchie 2015 Glögglhof – Gojer Franz, Bolzano	Terlaner Riserva Nova Domus 2013 Cantina Terlano	Lagrein Riserva Porphy 2013 Cantina Terlano	Sauvignon Lafóa 2014 Cantina Colterenzio, Appiano
Lago di Caldaro Doc Classico Superiore Pfarthof 2015 Cantina Caldaro	Schiava Gschleier Alte Reben 2014 Cantina Cornaiano, Appiano	Lagrein Riserva Waldgries 2013 Ansitz Waldgries – Christian Plattner, Bolzano	Gewürztraminer Vom Lehm 2015 Cantina Castelfeder, Cortina ssvd
Santa Maddalena Classico 2014 Unterganzner – Josephus Mayr, Bolzano	Schiava Vigne Vecchie 2015 Glögglhof – Gojer Franz, Bolzano	Cabernet Löwengang 2012 Tenutae Alois Lageder, Magrè	Gewürztraminer Riserva Brenntal 2014 Cantina Cortaccia
Lagrein Kretzer 2015 Kettmair, Caldaro	Santa Maddalena Classico Huck am Bach 2015 Cantina Bolzano	Merlot-Cabernet Sauvignon Iugum 2011 Tenuta Peter Dipoli, Egna	Gewürztraminer Nussbaumer 2014 Cantina Termeno
Lagrein Riserva 2013 Unterganzner – Josephus Mayr, Bolzano	Santa Maddalena Classico Antheos 2015 Ansitz Waldgries – Christian Plattner, Bolzano	Col de Rey Vigneti delle Dolomiti Rosso 2011 Podere Laimburg, Vadena	Gewürztraminer Auratus Crescendo 2015 Tenuta Ritterhof, Caldaro
Lagrein Riserva Porphy 2013 Cantina Terlano	Lagrein 2015 Cantina Muri-Gries, Bolzano	Lamarein 2013 Unterganzner – Josephus Mayr, Bolzano	Lago di Caldaro Bischofsleiten 2015 Tenuta Castel Sallegg, Caldaro
Lagrein Riserva Linticlarus 2013 Tiefenbrunner, Cortaccia	Lagrein Riserva 2013 Unterganzner – Josephus Mayr, Bolzano	Gewürztraminer Vendemmia Tardiva Terminum 2013 Cantina Termeno	Santa Maddalena Rondell 2015 Glögglhof – Franz Gojer, Bolzano
Lagrein Riserva 2013 Ansitz Waldgries – Christian Plattner, Bolzano	Extra Brut Riserva 2010 Cantina Spumanti Arunda, Meltina	Moscato Giallo Passito Baronessa Baron Salvadori 2013 Cantina Nals Magrè	Lagrein Riserva 2013 Unterganzner – Josephus Mayr, Bolzano
Lagrein Riserva Taber 2014 Cantina Bolzano	Brut Riserva Hausmannhof 2006 Tenuta Haderburg, Salorno	Moscato Giallo Passito Serenade 2013 Cantina Caldaro	Lagrein Riserva Taber 2014 Cantina Bolzano
Comitissa Gold Brut Gran Riserva 2006 Martini Lorenz, Appiano	Brut Rosè Athesis Kettmeir, Caldaro	Moscato Giallo Passito Vinalia 2014 Cantina Bolzano	Pinot Nero Riserva Trattmann Mazon 2013 Cantina Cornaiano, Bolzano
		Le Petit Manincor 2014 Tenuta Manincor, Caldaro	Pinot Nero Bachgart 2013 Tenuta Klaus Lentsch, Appiano
			Cabernet Sauvignon Riserva Puntay 2012 Cantina Erste + Neue, Caldaro

GOURMET GUIDE

RESTAURANT	Locality	+39	MICHELIN GUIDA ROSSA 2016	GAULT MILLAU ÖSTERREICH 2017	GAMBERO ROSSO 2017	GUIDA DELL'ESPRESSO 2017	OSTERIE D'ITALIA 2017
Bistro Arôme	Bolzano	0471 313030		13/20 ▲			
Bistro Humus	Bolzano	0471 971961		12,5/20			
Forsterbräu	Bolzano	0471 977243	✂				
Gasthaus Haselburg	Bolzano	0471 402130		13/20		mentioned	
Gasthof Kohlern	Bolzano	0471 329978	✂	13/20		mentioned	
Restaurant Laurin	Bolzano	0471 311000	✂ ✂ ✂ ▲	15/20	80/100	mentioned	
Ristorante Löwengrube	Bolzano	0471 970032	✂ ✂ ✂	14/20	79/100	mentioned	
Ristorante Lunas	Bolzano	0471 975642	✂ ✂	12,5/20			
Wirtshaus Vögele	Bolzano	0471 973938	✂		mentioned	mentioned	
Gasthaus Weißes Rössl	Bolzano	0471 973267			↓	mentioned	
Ristorante Zur Kaiserkron	Bolzano	0471 303233		15/20	mentioned ▲	mentioned	
Gasthof Tiefthalerhof	San Genesio	348 0333391					mentioned
Gasthof Lanzenschuster	San Genesio	0471 340012					mentioned
Gasthof Patauner	Terlano	0471 918502	✂	12,5/20			
Ristorante Schwarzer Adler	Andriano	0471 510288					mentioned
Landgasthof Bad Turmbach	Appiano	0471 662339	✂ ✂				
Ristorante Zur Rose	Appiano	0471 662249	✂ ✂ ✂	17/20	88/100	☞☞	
Ristorante Ansitz Pillhof	Appiano	0471 633100				mentioned	
Ristorante L'Arena, Weinegg	Appiano	0471 662511	✂ ✂	14/20			
Ristorante Ritterhof	Caldaro	0471 963330		14/20	mentioned	mentioned	
Ristorante Siegi's	Caldaro	0471 665721				mentioned	
Taberna Romani	Termeno	0471 860010		14/20	↓↓		
Gasthaus Schwarz Adler	Cortaccia	0471 880224	✂ ✂	13/20		mentioned	
Gasthof Dorfnerhof	Montagna	0471 819798	✂				mentioned
Ristorante Johnson & Dipoli	Egna	0471 820323	✂			mentioned	
Gasthof Fichtenhof	Salorno	0471 889028					mentioned
Fischerwirt	Val Sarentino	0471 625523		13/20 ▲			
Ristorante Terra, Auener Hof	Val Sarentino	0471 623055	✂ ✂ ✂ ✂ ▲	17/20		☞☞	
Ristorante Brauwirt	Val Sarentino	0471 620165		15/20		mentioned	
Gasthof Ansitz Kematen	Renon	0471 356356	✂ ✂				
Gasthaus Patscheiderhof	Renon	0471 365267	✂	13/20	↓↓		mentioned
Bistro im Parkhotel Holzner	Renon	0471 345231		14/20			
Ristorante 1908, Parkhotel Holzner	Renon	0471 345232		15/20			
Gasthaus Signaterhof	Renon	0471 365353		13/20			☞
Ristorante Zimerhof Stube 1600	Redagno	0471 887215	✂ ✂	13/20			
Ristorante Krone	Aldino	0471 886825	✂	14/20	77/100 ▲	mentioned	
Ristorante Ploner	Aldino	0471 886556	✂ ✂			mentioned	
Gasthaus Kürbishof	Anterivo	0471 882140	✂	13/20	↓	mentioned	☞

365 days | Dolomites

Hiking, climbing, biking, skiing or simple amazement: The Dolomites, UNESCO World Heritage Site since 2009, and according to Reinhold Messner 'the most beautiful mountains in the world', offer wonderful nature experiences between high-alpine pastures, twisty pass roads, rough peaks and marking rock formations, during all seasons.

www.suedtirol.info



365 days | South Tyrolean cycling track

7 cities, 5 stages, 2 wheels: The South Tyrolean cycling track connects the various cities of South Tyrol with an adventurous cycling tour. The mix of Alpine and Mediterranean landscape guarantees a variety on each and every kilometre. As a guest you will be impressed by the cultural variety and the vibrant life in the historic main towns of the region.

www.suedtirol-radweg.it

April to June | South Tyrol Balance

Stimulate your inner balance between Mediterranean landscapes and some impressive Alpine scenery. With the special BALANCE-offers from April to June, you will experience a well-balanced interaction between motivating exercises, recreational relaxation and healthy food-pleasures. Find your inner balance in the unique nature landscape of South Tyrol.

www.suedtirol.info/balance

May | Days of Architecture

Different buildings everywhere in South Tyrol, amongst which farmhouses, hotels, private and public buildings of special architecture, can be visited during guided tours. Experience South Tyrol as a land of architecture with interesting constructions. You will learn about details of the planning phase, the construction work and you can look behind the façades. www.tagederarchitektur.it

30th June – 9th July | 35th Südtirol Jazz Festival Alto Adige

The whole of South Tyrol jams, when Jazz comes to the roads and squares everywhere in South Tyrol, behind historic walls and on alpine huts in summer. The 35th edition of the Südtirol Jazz Festival Alto Adige which plays an important role in the European music scene will amaze visitors with curious, varied and new sounds for ten days – simply jazz.

www.suedtiroljazzfestival.com

March – November | Trauttmansdorff Castle

Plants from all over the world bloom and grow in more than 80 garden landscapes. No matter whether young or old, botanic expert or amateur, the Gardens of Trauttmansdorff Castle in Merano provide a unique mix of botanic gardens and leisure time attraction. The castle hosts the Touriseum, which covers 200 years of tourism history in Tyrol and Merano. www.trauttmansdorff.it

Easter – November | Messner Mountain Museum

Six locations, six exhibitions, six adventures: The Messner Mountain Museum is a meeting point for mountains, humans and also each individual. Each visit is like a mountain tour, especially in nice weather, and an MMM round tour (with the MMM tour ticket) provides a unique experience!

www.messner-mountain-museum.it

November | Merano WineFestival

At the beginning of November, the stylish ambience of the Kurhaus in Merano plays venue to one of the most important wine fares in Europe, the Merano WineFestival. The best wines and delicacies from all over the world can be tasted during the three days of the Festival. Tasted and rated are also different beers and spirits from the best breweries and distilleries in Europe. www.meranowinefestival.com

1st December – 6th January 2018 | Christmas Markets

The five original South Tyrolean Christmas Markets are as essential during the Christmas period in South Tyrol as the Silent Night song on Christmas Eve. Look forward to magical moments at the meeting point of cultures in the capital of Bolzano, the spa town of Merano, the former Bishops' town of Bressanone, the lively city of Brunico, and the merchants' town of Vipiteno. www.suedtirol.info

365 days | Mobility in South Tyrol

The Mobilcard gives you unlimited access to all public means of transport in South Tyrol, while the museumobil Card adds the entry to more than 80 museums and collections in South Tyrol. Tip: Many accommodations automatically hand out the guestcards (RittenCard, Winepass PLUS or Bolzano Card Plus) based on the museumobil Card with many more interesting additional services.

www.bolzanosurroundings.info

SOUTH TYROL top 10

timeless

visit cities, discover the Dolomites and climb mountains
follow the architecture, feel the rhythm of jazz
healthy pleasure and sustainable mobility