

Stories and legends about the Kastelaz Trail

# This little book is full of imagination!

The pupils of the 5th grade of the Kurtatsch Elementary School and of the 5B grade of the Tramin Elementary School, accompanied by teachers Anna Stanghier and Renate Pichler, wrote their own legends and accompanied them with creative drawings.

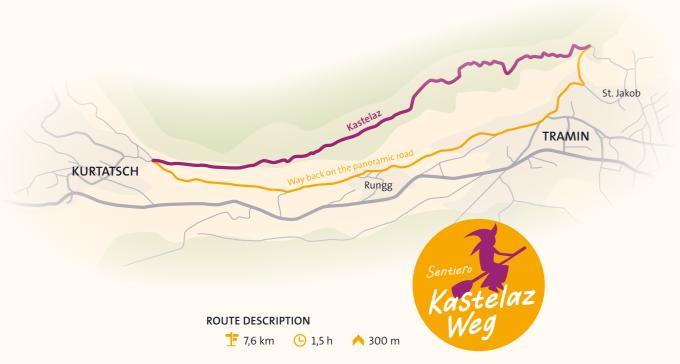
The stories are inspired by the Kastelaz Trail, which connects the two villages of Tramin and Kurtatsch. The children have given shape to their imagination, creating varied, compelling and mysterious legends, accompanied by illustrations full of imagination.

The idea behind it: making the trail more interesting through games and stories – a joint project of the Tramin Tourist Association and the Südtirols Süden Tourist Cooperative. The trail invites you to discover nature in a playful way and to immerse yourself in the fascinating world of legends. We would be very happy if many of you would walk the trail and read our stories along the way. You will see that there are some very special corners in the forest between Tramin and Kurtatsch.

A heartfelt thanks to all those who collaborated and were thrilled by the magic of this special place.

#### Happy reading!

The students of the 5th grade of Kurtatsch and of the 5B of the Elementary School of Tramin 2025.



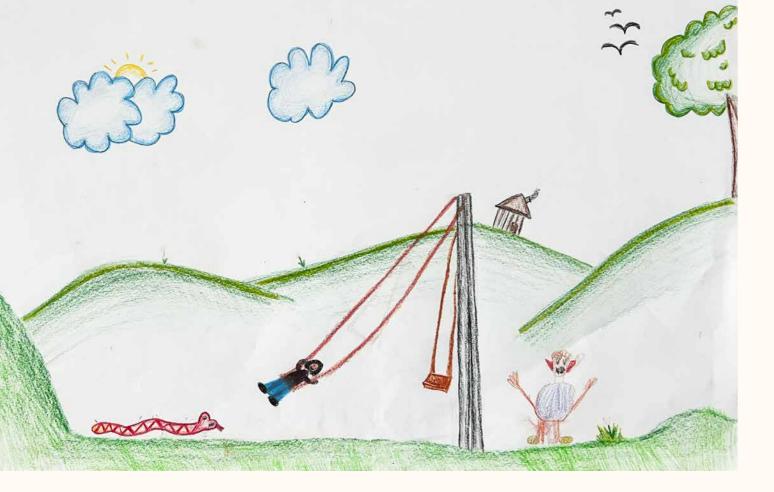
The Kastelaz Trail connects the hamlet of St. jakob in Tramin with the Obergasse road in Kurtatsch. The route, about 7.6 km long, winds along a comfortable forest road through a cool deciduous forest. For the return journey, we recommend the quiet panoramic road that passes through Rungg (about 1 hour). Alternatively, you can return by public transport using lines 122 or 130.



#### THE STUDENTS OF THE 5TH GRADE KURTATSCH AND OF THE 5B GRADE OF THE ELEMENTARY SCHOOL TRAMIN – 2025:

1st row from left to right: Liam Wenter, Vera Weissensteiner, Simon Peer, Raphael Hauser, Hannes Pomella, Valentin Trojer, Nora Mairhofer, Noah Amegg

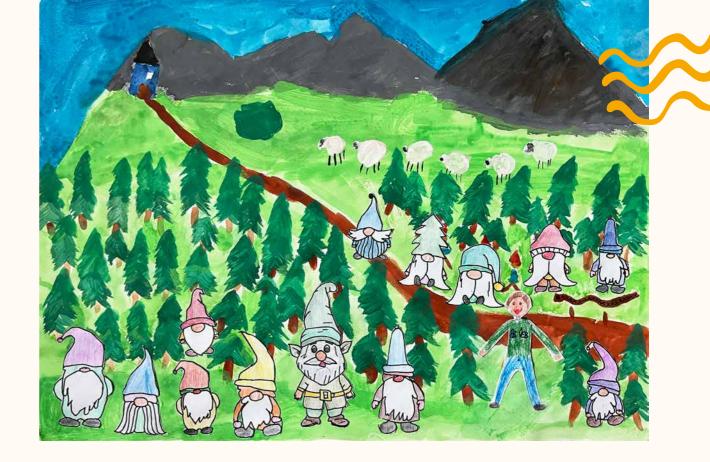
2nd row from left to right: Mykyta Hryhorashenko, Ayaan Zeeshan, Kassian Huber, Rafael Walter, Tobias Gutmann, Willi Miribung, Anna Mitterer-Zublasing, Karolin Greif, Marianne Carli, Nadia Weissensteiner, Greta Kaneppele, Aaron Enderle, Paul Marcinczak 3rd row from left to right: Andreas Steinegger, Sophie Palma, Malie Mazzola, Lisa Stolz, Moritz Röggla, Kersten Regini



### The Mysterious Swings

Once upon a time, there lived an evil snake that spread fear and terror throughout the entire kingdom. The king suffered the most under the rule of the giant serpent, as it tore his sheep apart like they were nothing. When he had only ten sheep left, he ordered the kingdom's best warriors to kill the evil snake. But none of them had the courage to face the beast. Suddenly, a witch appeared. She said firmly, "I will defeat the snake, but only if I receive one hundred gold doubloons as a reward." That was a large sum, but the king agreed. The witch set off, cheerful but determined. Suddenly, she heard a loud hissing sound and jumped back in fright. Out of nowhere, a gigantic snake sprang forward. With its long venomous fangs, it looked terrifying and hideous.

At first, the witch ran away, but then she had an idea. She remembered the two magical swings she had once heard about. If someone swung on them, they could make a wish. But there was a catch. The swings were guarded by a troll, and to get a wish, one had to answer his question. The witch hurried to the enchanted swings, the snake right behind her. When she reached the swings, the troll was sitting there and immediately asked, "Who is the wisest in the land?" The witch knew the troll was very vain and answered, "Of course you are, great troll!" The troll let her swing. While swinging, the witch wished for the snake to die. At the very moment the snake arrived at the troll, it froze and turned to stone. The witch cheered for her victory. The king handed her the one hundred gold doubloons, and she was celebrated as a great heroine throughout the kingdom. Swing as well—maybe one of your wishes will come true too!



#### The Curse of the Snake

A long time ago, in a remote hut on the Roen mountain, there lived a boy named Jörgl. One day, he decided to take a walk down into the valley. As he walked along the rocky path, a wooden snake caught his eye. He admired it, for him, it was a true masterpiece. But to Jörgl's great surprise, the snake suddenly began to move. It slithered forward and backward. All at once, he saw a cloud wrap itself around the snake. Startled, he took a step back—and there—there stood a witch behind him. Jörgl was terrified and stammered, "What do you want from me?" The witch threatened, "You must break the curse of the snake.

"You must break the curse of the snake.

The snake must turn to stone. You may seek help if you wish!"

With his head lowered, the boy wandered for a while through

With his head lowered, the boy wandered for a while through the dark forest. Where could I find help? Thoughts raced through his mind. Suddenly, he heard a strange sound: "Ooh! Ooh!" "What was that?" Jörgl wondered. In that moment, a spirit jumped out of a nearby bush. "I am the forest spirit of the Valley of Hell, and these are my trolls!" the spirit declared. The trolls, who stepped out one by one from the bushes and shrubs, asked in unison, "What's going on?" Jörgl whimpered, "A witch has tasked me with breaking the curse of the snake, but I don't know how. Can you please help me?" Without hesitation, the forest spirit and the trolls offered their help. They rushed back to the wooden snake, which was still slithering along the path. One of the trolls climbed onto the snake, carefully stepped across its back, and loudly proclaimed: "The curse of the snake shall now be broken, or to the devil you'll be taken!" A bright light surrounded the snake, and suddenly it transformed back into a wooden statue. The witch appeared again out of nowhere and said, "You did well, Jörgl! This curse shall never return." Try walking on the snake's back yourself, without falling, and speak the troll's spell aloud. Then the curse will never come back.



### Well protected through life

A long time ago, there lived a forest ranger who knew the forest like the back of his hand. One day, as he was about to collect mushrooms, a carriage passed by him. Inside was the king of the land. The forest ranger already knew that the king wanted the forest all to himself. He intended to clear it completely in order to build a magnificent palace. But what would happen to the people, animals, and plants living there? At that moment, the forest ranger decided to do something about it. He knew that on the Kastelaz road, there was a mysterious protective dome. It protected all people who had a good heart. But he didn't know where it was. So, he decided to ask the forest spirit for advice. The forest spirit did indeed remember the location of the protective dome, but had forgotten how to use it: "Go to the herb witch on the old Witch Stone in Kurtatsch. She will surely

know what to do." So, the forest ranger set off to find the witch. Soon, he spotted a small forest hut, in front of which stood a witch. Helpful and kind, she gave the forest ranger special herbs and said: "Place these herbs in the center of the dome and then..." When they parted, she wished him good luck. Determined, the forest ranger wandered deeper into the forest until he discovered the protective dome. He immediately found the entrance and carefully placed the herbs inside. Then he began to murmur the magic spell that the witch had taught him. At that moment, the dome enveloped itself in a glowing blue light and began to expand. Eventually, it grew so large that its roof stretched protectively over the entire forest. Overcome with joy, the forest ranger jumped up and shouted: "Now the forest is saved from the power-hungry king!" Even years later, this story was told, and some brave young men set off in search of the protective dome. It seems that you have found the way to it. Step into the protective dome, so that you too may be protected through life.



### The green opal

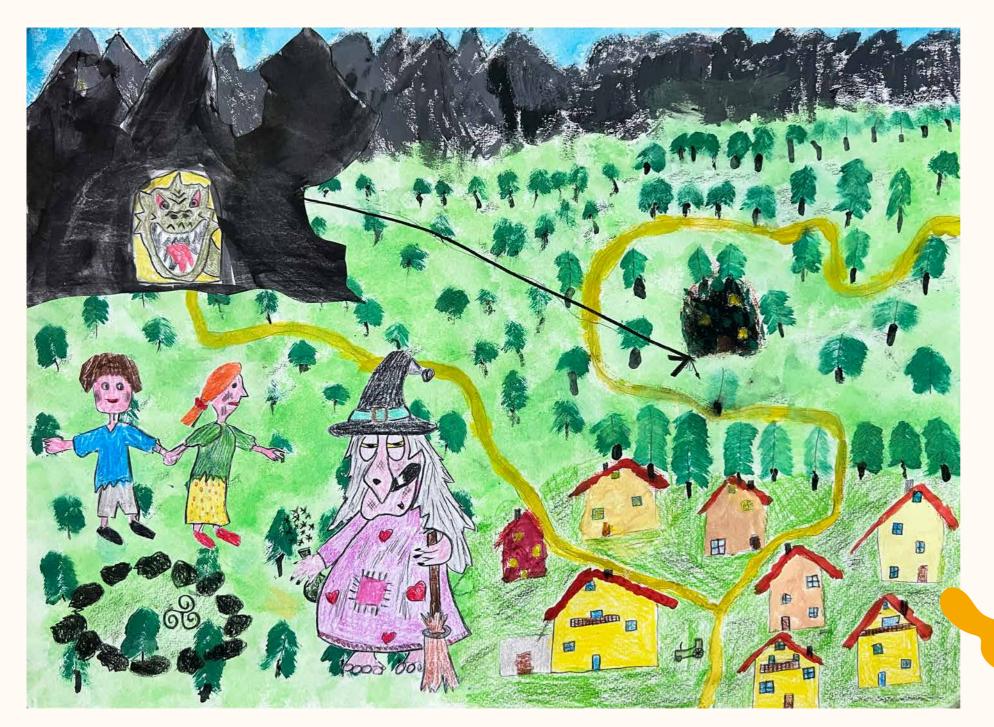
Once upon a time, there was a well-used hiking trail that led from Tramin to Kurtatsch. But one day, two evil witches settled on this path: Gurunda of the Hexenstein in Kurtatsch and Walpurga of the Hexenbichl in Tramin. From then on, anyone who set foot on the path disappeared and was never seen again. The curse stated that anyone who set foot on the path and didn't find three extraordinary objects by sunset: a salamander's tongue, a deer's antler, and a golden pine cone, would be taken by the witches. However, if they succeeded in smashing the opal lying in the forest, the cursed ones would be freed and the hiking trail would be safe again. This legend was passed down from generation to generation in the village. Theo was now almost the only one left living in the two villages, having never walked this cursed path before. He knew it was now up to him to save the others. He set out and searched the entire area for the three objects. However,

he only had until sunset, otherwise he too would have been lost. Shortly before sunset, he was still missing the golden pine cone. Suddenly, the two witches appeared out of nowhere and tried to grab it. Theo quickly jumped onto the slide that shortened the path to the village and slid down without hesitation. Then, at the end of the slide, he saw something shiny: the golden pine cone!

As he held the three items in his hand, they fell to dust. At that moment, a brilliant green light shone very close to the Witch Stone, and the opal shattered into many small pieces. The witches were swept into the depths by a mysterious whirlwind. Then a door-sized hatch beneath the Witch Stone opened, and the cursed people jumped out. Theo was appointed head captain of the two villages in

the same year. And when the sun's rays hit the pieces of the petrified opal, they still sparkle like crystals. If you're tired from all that hiking, why not take a slide down the slide? Maybe your walk home will be a little shorter, like Theo's.

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## The Magic Zipline in the Forest of the Petrified Dwarfs

Many years ago, a lonely witch named Xemenzia lived in a small house in the magical forest above Kastelaz. While she was chopping wood, she sighed and murmured, "If only I had someone to talk to." At that moment, some children came along. Immediately, the herb witch happily invited them to her house. Before the children left, they promised to visit the witch again soon. And so it happened. Soon, the children returned to the forest. Worried, they told her, "It's getting hotter and hotter in the valley. Only here in the forest is it still somewhat bearable." Xemenzia wanted to get to the bottom of the mystery. So, she brewed some magical potions and murmured mysterious spells. Then she handed each child a small bottle with a potion and explained, "This is a heat spell. It will protect you from the heat in the valley." The children drank the brew and set off with the witch back to the valley. After a short time, they reached a cave where the heat was unbearable. Not even the heat potion helped. In front of the cave, a hissing dragon lay. Xemenzia pulled a small bottle from her skirt and skillfully threw it at the dragon. It immediately fell into a deep sleep. Out of nowhere, thirteen angry dwarfs appeared behind them. They didn't look friendly at all and angrily shouted, "Leave our dragon alone! We need its fire to melt the ores from the rock in the cave!" "But it's way too hot for us humans and animals!" the children stammered. One of the dwarfs clenched his fist in fury and ran toward them. At that moment, Xemenzia shouted, "Quick, children, grab the zipline platform, sit on it, and ride!" The children followed the witch's command and landed safely in front of her house. From that day on, the dragon was enchanted into a thousand-year sleep. The herb witch Xemenzia turned the dwarfs into stone and placed them next to the zipline. Determined, she spoke, "You will remain petrified until the first child passes by the zipline without riding it." So, if you don't want to make the acquaintance of the angry dwarfs, you should always ride the zipline.





A long time ago, there were only a few inhabitants in the small village of Tramin. Among them lived a magical witch. As autumn set in, the witch felt the desire to create a secret place. She wanted to retreat there away from the people and be undisturbed. To create this place, she needed her magical powers. No one would be able to enter, as it was to be cursed. At the other end of the hiking path was the village of Kurtatsch. There, too, lived a witch who had the same desire. So, both

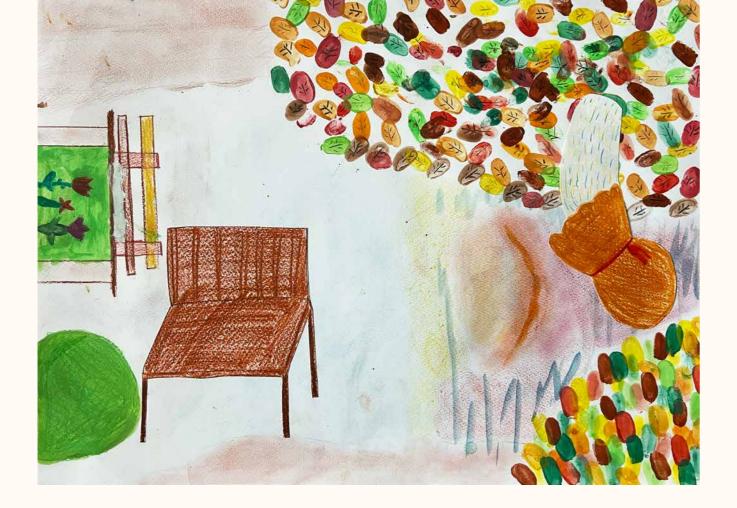
witches began to build their secret hideaways. They cast spells and worked until their secret places were finally completed. The witches were very satisfied with their work. But at midnight, an angry devil appeared and destroyed both places. It was said that the witches and the devil were allies, but in this case, they were enemies. The witch from Tramin was very angry when she saw her ruined hideaway. She went to the viewpoint at Bödele, where she met the witch from Kurtatsch, who had the same idea. Together, they decided to throw the devil from the viewpoint into the depths of the gorge. They sneaked into the devil's cave, bound him, blindfolded him, and threw him down. Since then, the secret places in Tramin have been called "Hexenbichl" and in Kurtatsch "Hexenstein."



#### Witch & Wolf

Once upon a time, there was a witch named Cunegonde. She lived with twelve other witches on the Witch's Stone above Kurtatsch. They were greedy witches who liked to surround themselves with gold and silver. So, they invented many magic potions with which they repeatedly transformed the villagers into ravens. In this enchanted form, the people had to bring the witches the gold they collected. One day, however, something went wrong while mixing the magic potion. Instead of ravens,

Cunegonde conjured up a wolf. She was briefly annoyed by her mistake, but thought nothing of it and released the wolf. When the moon was full, the witches discovered that it was a werewolf. All the witches were terrified and flew far away on their brooms. After three years, they returned to the Witch's Stone and observed that the wolf was actually a nice wolf, as he had always looked after the Witch's Stone and the treasure for the past three years. One day, the wolf gave birth to twelve cubs. Since then, wolves have been spotted in our area from time to time. Perhaps they still protect the witches in the forests and the treasure at the Witch's Stone.

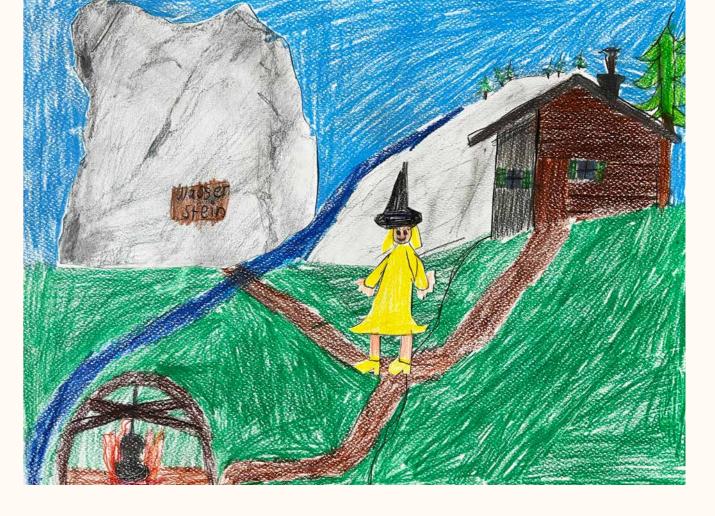


#### The Spell of the Bödele

On a beautiful spring morning, a little girl was walking towards the Bödele. Marie came to a viewing platform and wanted to sit on the bench for a while to rest. But when she sat down, she noticed that the bench had disappeared — as if by magic. It was gone. In its place were only stones. Even the green lawn and the flowers had disappeared. Everything seemed to have vanished by magic. "Maybe it was the witch Malefix, who needed the bench?" thought Marie. Determined, she set out to find the witch Malefix. She went deeper into the forest, past rocks and stones. She passed through a dense forest. Suddenly she saw a little house. "Could it be the witch's house?" Marie wondered.

A cold shiver ran down her spine. She approached the little house carefully and peeked through the window. Lying on a bed, the witch Malefix was fast asleep, snoring loudly. Marie carefully opened the door, tiptoed in and approached the table. She grabbed the witch's magic bag and ran away to the lookout point.

There she spread the magic dust all over the valley. In an instant the bench was back in its place. In the villages of Tramin and Cortaccia, too, many things changed. Farmer Hermut got his cow back, Mrs. Hoffmann got her eleven geese back, Mrs. Tenfold-Wise got her necklace back, the sexton Karl got his bicycle back and the mayor got the key to the town hall. Everything that the witch Malefix had made disappear with magic was back, and everyone was happy to get back what they had lost.



#### Mrs. Sunshine

A long time ago, perhaps in the 16th century, there lived a woman named Sunshine. She made every flower in her path bloom. She lived in a large house in the woods, near the "Water Stone". Plants grew lushly in that place, because the soil near the stone was particularly fertile. Madam Sunshine had a large garden on a hill, where she grew many aromatic herbs. In the garden she built a wooden structure in the shape of a half sphere. In the center was a fireplace, above which hung a large cauldron where she often prepared herbal infusions. She sold these teas at the village market. With the money she earned she bought herself a black pointed hat with a purple ribbon. Everyone who drank

her tea was healed. Many thought she was a witch, but people were grateful to her, because she cured them and helped them. One day she went into the woods to pick flowers. When she returned home, she found a group of angry people in front of the door. They were afraid that one day she might poison them or set the village on fire with one of her potions. But they decided to talk to her. And they realized that they had nothing to fear. A few months later, an epidemic broke out in the village. No one could cure the villagers. Their last hope was Madam Sunshine. The people came back to her and asked for help. Sunshine was a good woman and taught them how to fight the disease. She showed them how to make herbal medicine. It was then that the people realized that Madam Sunshine had always only wanted to help them, and from that day on they were grateful to her — to her and to nature.

#### Cornelia the witch

It all began in the enchanted mushroom forest above Kurtatsch, towards Tramin. There, the forest guardian Cordelius lived with his friend Cornelia in a very special house. It was said that the house had chicken legs and a talking door with a beak. Cordelius was watering his mushrooms behind the house, and Cornelia was brewing some magic potions, when Freddy the fox suddenly ran up to the house, very upset.

Cornelia asked, "Why are you so excited?" Freddy answered, out of breath, "I was just on my way to deliver the animals' mail when a monster emerged from the bush and tried to eat me.

But I managed to escape just in time. However, it's still looking for me. I'm afraid it will show up here soon. Can you please help me?"

Then Cornelia called her friend Cordelius. Both were determined to catch the monster that had been wreaking havoc in the enchanted mushroom forest for some time. It ate all the mushrooms and many animals. Together, the three devised a plan: They built a wooden dome and hung it over a high branch with a rope. When the monster came, they let go of the dome, and the monster was trapped underneath.

And if you listen carefully, you can still hear the monster's cries for help today.





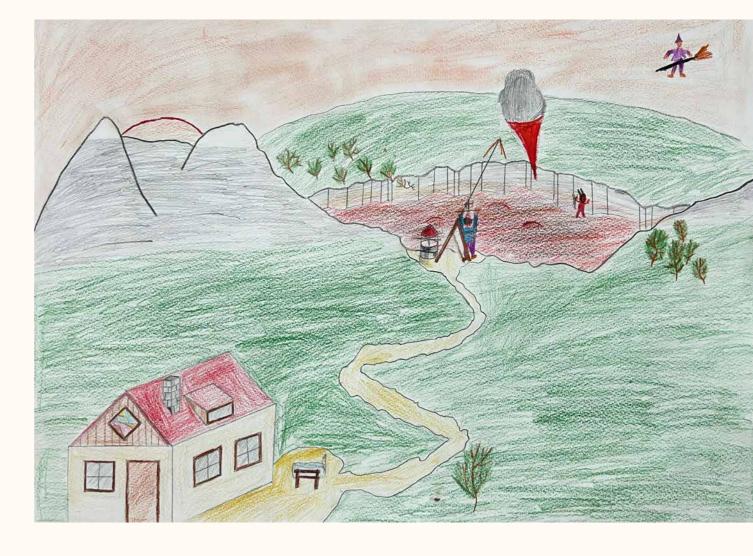


#### The magical zip line

A long time ago, a witch lived in her herb garden in the middle of the forest on the Kastelazweg trail. When someone fell ill, she brewed a healing tea. She was widely known and especially popular in the villages of Kurtatsch and Tramin. But the witch kept a special secret. She owned a magical zip line that could grant wishes. One day, an evil troll, who also lived in the forest, learned of the mysterious zip line. He hatched a plan to seize control of the zip line for himself. The witch learned of the evil troll's plans and became uneasy. She was afraid that the evil troll would use them to bring disaster to the forest. What would she do if the troll came to her and asked about the zip line? She pondered this day after day. Then an idea came to

her. She knew that the troll was particularly curious and took everything he encountered. She prepared a special tea blended with all kinds of herbs, even some poisonous ones. Then she took a piece of paper and carefully wrote on it: "Anyone who wishes to gain control of the zip line must drink this tea." She placed the teacup with the message near her garden, hid behind a rock, and waited patiently. After a while, the troll appeared, attracted by the mysterious message. Curiously, he read the words on the paper and quickly drank the teacup. Suddenly, everything around him began to spin until he fell to the ground, dazed.

The witch was relieved. She dragged the troll to a remote ravine. There, he wouldn't cause her any more trouble anytime soon. Now it's your turn: Ride the magic zip line and make a wish. Who knows, maybe your wish will come true!



## The Zip Line of Death

A long, long time ago, a boy named Kasper lived in a small village near the Kastelaz Trail. He was hardworking and curious. One day, he decided to venture out into the wide world to finally find his fortune. On his journey, he experienced many incredible adventures. After a few months, he reached the edge of a deep ravine. Curious, he approached and looked down the slope. Suddenly, he heard a faint bubbling rising

from the depths of the ravine. Suddenly, a huge fireball shot out, creating a crater in the ground. Kasper glimpsed a treacherous devil shooting fireballs around him. The devil saw him, and there was only one way across the ravine—the zip line. Kasper resolutely sat down on the zip line. During the ride, the devil hurled a fireball that knocked Kasper off the slide. But a witch appeared, grabbed his cloak, and rescued him to the other side. The devil roared with rage and disappeared. Kasper thanked the witch, overjoyed: "Now I've finally found happiness! And what happiness! I have my life back!"





Once upon a time, there was a dwarf named Flix. He owned many snakes. He loved these animals more than anything. But only one of them was his absolute favorite. It did everything he wanted, but it was often in a bad mood. When the dwarf set out on a journey, he entrusted his favorite snake with responsibility for the others. However, this led to a mistake. The snakes celebrated and celebrated, and only one stayed in bed because it was very ill. It had scarlet fever and a high fever. It was actually the smartest of all the snakes. When it could no

longer bear the noise, it left and never came back.

No one cared until the dwarf returned from his journey.

He immediately remembered the sick snake.

When he entered the room and didn't see the snake there, he burst into tears because it was actually his true favorite snake. The dwarf and the snakes searched and searched, under the stones, in the pile of leaves, everywhere.

There was no trace of the snake—it was nowhere to be found. Suddenly, the dwarf heard a faint rustling beneath a huge branch. He ran over—and sure enough, there lay the snake! But the moment he tried to touch it, it was too late. Its scales had transformed. It was now made of wood.





#### The wooden Snake

Once upon a time, there lived an old, hunched-over little man named Heinz in the forest near Kastelaz. He lived in a shelter at the foot of a tree next to a snake. Heinz fed the snake every day. One day, Heinz, the old man, decided to take the snake for a walk along the Kastelaz trail. But the snake didn't want to go. But the old man convinced the snake to come along. Heinz said cheerfully, "Then let's go." They had walked about halfway when the snake suddenly became angry. It hissed loudly and raged, broke its leash, and tried to escape. Heinz was frightened. What if it brought trouble? But luckily, he could do a bit of magic and quickly called out, "Snake, snake, stop, or you'll turn to wood." The snake paid no attention and continued walking but at that very moment, it froze and turned into wood. Heinz was relieved and happily went back to his shelter.





On the night of May 3, 1546, a child was kidnapped by an evil witch in Kurtatsch and taken to the forest. The child's father, a hunter, immediately set out to search for his beloved son. After days of wandering, he finally found a very overgrown hut. Cautiously, he peered through the window and saw his child in a cage, and next to it, the witch who was busy mixing a magic potion. She said to the boy: "Haha, with this you'll be transformed into a snake like many other children before you." She was a very powerful witch, about whom the hunter had already heard many stories. He understood that he couldn't defeat her with force. So he had to play it clever.

After a brief deliberation, he scurried to the back door and observed the witch. Then he carefully opened the door and crept into the house. At first, he hid behind a cupboard. His legs trembled, and he was afraid. But he was determined to save his son. So he gathered all his courage and waited for the right moment. When the witch had her back to him, he surprised her with his attack. She had no time to react. He picked her up in a flash and threw her into the cauldron. Only a short scream could be heard. Then smoke rose, and suddenly a very long wooden snake stood before him. Overjoyed, he freed his son, and they fell into each other's arms. And you can see what they did with the wooden snake here. Perhaps you, too, can balance over the witch who had transformed into a snake.



#### The Farmer and the Witch

There once was a large castle in Tramin. A wise king ruled there who had to make a sacrifice to a great spider every year in exchange for its protection. This spider guarded the treasure in his kingdom, which brought immeasurable wealth. It secured the entrance to this secret treasure with a giant spider web. Two years later, as the king lay dying, he summoned his youngest son. He gave him the throne and the secret of the treasure and the spider that guarded it. The first time the young king went to the hiding place, a curious peasant boy followed him to the entrance of the cave where the treasure lay. There he hid in the roots of a tree and waited patiently until the king left. The peasant boy then went into the

cave, but he didn't think that danger might lurk there. The peasant boy was frightened when he saw the giant spider. He then ran out as fast as he could. But outside, a young witch happened to be passing by. She asked him, "What did you see in there?" The young farmer stammered in fear: "A... a giant spider!" The witch was frightened and decided to help the young farmer chase the spider away. Then, with great courage, they entered the cave. The witch cast a spell that blinded the spider. They then retrieved the king's treasure, which they divided among themselves. The witch then transformed the giant spider web into a climbing dome and said, "Whoever climbs over the dome and shouts 'The witch and the farmer's boy have defeated the spider!' will become strong and wise. And who knows, maybe you'll even get the treasure."



#### The curse

A long, long time ago, a little troll lived in a beautiful, large, peaceful forest above the village of Trumango. Magical animals, trolls, witches, forest spirits, and fairies lived there. But the people of the village of Trumango also often walked along the secret path, which few people knew about: the Kastelazweg. The troll always maintained order and peace there.

One day, a strong wind blew up, it grew dark, and there was lightning and thunder. An evil, horrible witch appeared and cast a curse:

"The great forest will soon become a sick, evil, and dark place!" At that moment, fear filled the hearts of all the villagers.

The curse brought misfortune to the forest and also to the village of Trumango. The children and parents fought among themselves, the trolls had hidden themselves deep in holes in the ground, and trees were losing their leaves and devouring everything around them. The animals in the forest became sick. The Kastelaz Trail was deserted; no one visited the once vibrant forest anymore. Even the swings, which had once been the center of activity, remained unused.

The little troll thought hard about how to break the curse. He thought, "Perhaps the magic powder will help!" However, this powder was located at the other end of the forest. To get there, he had to cross the enchanted forest and swing once without being discovered.

Determined to save the forest, he set out and met a forest spirit. The spirit immediately agreed to help him. Late that evening, both exhausted, they reached the other end of the forest. That's where the magic powder was hidden. On the way back, the troll scattered the powder, and as if by a miracle, peace returned to the forest. The children laughed and played again, the trees were in full bloom, and the animals were healthy again. From then on, they were honored as protectors of the forest, and the witch was never seen again. If you don't want to get sick, swing back and forth. Maybe you'll even see the troll and the little forest spirit!



# The Little Witch Lila and the Kingdom in Black and White

A long time ago, there was a kingdom cursed and therefore appeared in dreary black and white. Only one person could break the curse: the little witch Lila. She was the guardian of the kingdom and always had her baby dragon named Nilo by her side. She had always blamed herself for being a poor protector of the kingdom because she hadn't succeeded in saving it from the evil curse. One day, Lila made a decision. She wanted to finally restore the kingdom to its former glory. On her way, she met dragons, trolls, forest spirits, and unicorns.

But everything she saw was in gloomy black and white. No colorful trees and no blooming flowers anywhere. This made the little witch sad. After a long, arduous walk, she came to a stream. She drank the refreshing water, filled her bottle, and trudged on. Suddenly, she came to a ravine. There she saw a zip line. She felt a magical energy in the air. Suddenly, a nearby rock turned as if by magic, revealing a mysterious inscription: You must ride the zip line across the gorge to break the curse. But don't forget to shout, "I can do anything!" The little witch immediately picked up her dragon Nilo, climbed onto the zip line, and roared at the top of her lungs, "I can do anything!" At that very moment, nature shone in its original splendor. The colors returned, the flowers bloomed in magnificent hues, and the people rejoiced. And if you, dear children, want our beautiful forest to stay like this forever, then you must do this too.



#### Nala and the frozen land of Noama

Once upon a time, Princess Nala, the daughter of King Alfred, lived in the land of Muon. Her missing mother had taught Nala witchcraft. Before her mother disappeared, she gave Nala a little fox named Tinka. He came from the frozen land of Noama. For a long time, the land of Noama had suffered under the terror of a gray goblin. The goblin had the power to paralyze all people, big and small. The little fox narrowly escaped the goblin. Nala's mother, however, was not so lucky. One day, King Alfred had to leave for an important royal meeting and left Nala alone at home. That day, however, Tinka was behaving strangely. She was restless and desperate to take Nala somewhere. Suddenly, everything became clear to the little witch Nala: Tinka wanted to return to Noama to finally free the land from the gray goblin. Nala ran into the castle in a flash, fetched her broomstick, and took Tinka with her. In a few seconds, the two disappeared behind a thick, white cloud. After a long time, they reappeared above the frozen valley. Slowly and carefully, Nala and Tinka floated to the ground. "Ene mene, broom away!" cried Nala. With this magical spell, the broom disappeared. Without a sound, the two crept to the goblin palace, which was guarded by dozens of goblins. "How the hell do we get past these goblin guards?" whispered Nala. Suddenly, a black figure entered the courtyard. It was the goblin. The witch Nala quickly cast the spell: "Ene mene, 1, 2, 3 - all the guards past now!" In one fell swoop, all the guards disappeared. The goblin was now vulnerable. The witch didn't miss this opportunity. Tinka immediately transformed into a flying dragon, and together they fought the goblin. They defeated him and imprisoned him in a magical dome. In an instant, the entire land was lifted from its stupor. Everything shone again as it had so many years ago. Nala's mother suddenly emerged from a tall tower. Nala embraced her with joy, and together they flew back to the castle in Muon. As long as each of you enters the dome, the goblin will be trapped inside forever and will cause no harm.

#### The magical transformation

A long, long time ago, there lived a witch. She lived in the forest. She possessed hardly any magical powers. But she wanted to transform into an animal with special powers. So she went to a magical slide. In front of this slide stood a tall, strong guardian. If you recited a special animal transformation spell to the guardian and slid down the slide, you would transform into the animal you wished for. The spell went: "Guardian of the slide, transform me into an animal!" The guardian called out: "What animal do you want to transform into, witch?" So the witch replied: "Guardian of the slide,

transform me into a lightning dragon. A dragon that spits lightning." The witch slid down the slide and transformed into a lightning dragon. But the spell didn't last long—only an hour. During this time, lightning struck everywhere, and the animals in the forest were very afraid of the witch. Suddenly, the spell disappeared, and the animals immediately recognized the witch. They became angry and ran to the witch. The witch stepped forward and said, "I'm sorry I frightened you. I only wanted to discover my powers. Please forgive me." The animals forgave the witch and decided to give her a second chance. Together, they worked to make the forest an even more beautiful and peaceful place. Now the witch used her powers to protect and care for the forest.

#### The Secret of the zip line

A long, long time ago, when Hans and Greti were wandering through the dense forest on the Kastelaz Trail, they followed a narrow path. Soon they came to a zip line, in front of which stood an old, weathered sign. It read in faded lettering: To proceed, you must pass the test. Ride the zip line exactly three times, no more, no less. During the ride, you must always say this phrase out loud: "Zip line, zip line, please let me go on!" Curiously, Max and Julia climbed onto the zip line and rode

back and forth three times, repeating the phrase each time. But nothing happened. Just as the two looked at each other in confusion, the zip line began to glow. A narrow path opened up before them, which had previously been invisible. Max and Julia looked at each other in amazement the test had been passed! Excitedly, they entered the secret path. They went deeper and deeper into the forest. Soon they came to a clearing. There, on an ancient oak tree, sat a small, friendly figure with shining eyes. "Welcome, you brave ones! Now you are in the land of the fairies!" Since then, Greti and Hans have discovered new wonders in Fairyland every day.

#### The enchanted platter lift

Four friends, Tim, Felix, Armin, and Martin, were walking from the Hexenstein in Kurtatsch to the Hexenbichl in Tramin on a sunny day. Suddenly, they found themselves in front of something mysterious they had never seen before. Curious and amazed, they viewed the construction: two wooden tripods connected by a rope. A pole hung from it, and at the end of this pole was a plastic plate. None of the boys dared to touch it. Suddenly, Martin shouted loudly: "You scaredy cats, I'll try it!" As soon as Martin sat on the plate, he slid to the other end of the rope and stuck to the plate. Tim, Felix, and Armin were very frightened.

Martin tried to tear himself away from the plate, but there was nothing he could do; he remained firmly attached to it. Suddenly, it became dark, as if a storm was approaching. A gnome appeared out of nowhere in front of the friends and spoke: "The platter lift has been enchanted by a witch, and you must pass a test to free your friend. You must bring your friend a glass of water from the Höllentalbach stream by sunset. If you fail, Martin will be stuck to the plate forever." A bright flash of lightning appeared, and the gnome disappeared again. Martin began to cry and begged his friends for help. The sun was already high in the sky, and Felix, Tom, and Armin had to hurry. They quickly ran toward the Höllentalbach stream. Fog rolled in. Suddenly, a beautiful fairy on a white horse stood before them. She spoke: "Here, I give you my flying horse! This way you'll be able to bring Martin the water in time." The three friends mounted the horse, and it flew at lightning speed to the stream. Once there, Tom took his water bottle out of his backpack and filled it with water. They immediately made their way back to Martin. Martin was overjoyed to see his friends. "Drink this water and you will be freed from the spell!" commanded Armin. Martin drank, and the spell was broken. He fell off his plate, happy to be free again. Happy and content, the four friends returned home.

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