# Holiday guide

# Hiking, cycling and more...

with the Bolzano Bozen Card





Apfelstadt Leifers Branzoll Pfatten

SÚDTIROL ALTO ADIGE GUEST PASS Bulzano Bozen Card



#### A very warm welcome to

#### Laives/Leifers, Bronzolo/Branzoll and Vadena/Pfatten!

It is here in the south of South Tyrol that you can enjoy the unique blend of a Mediterranean atmosphere and the traditional South Tyrolean culture, surrounded as far as the eye can see by fabulous apple orchards. Thanks to their central position, the three towns are the ideal starting points to discover the area and its many other wonderful destinations. We wish you a pleasant and relaxing stay!



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#### Explanation of symbols:

Weekly programme

€ duration 🗪 one wav 🖒 round trip  $M \setminus A$  altitude difference uphill/downhill path number bus return available train return available



i	Laives Bronzolo Vadena
0	Webcam: https://leifers.panocloud.webcam
	www.laives-info.it
f	Like us on Facebook: leiferslaives
D	Follow us on Instagram: @laives_leifers
2	Guestnet: https://laives.guest.net

**Tourist Association** tourist@laives-info.it T +39 0471 950420 Via Kennedy 88, 39055 Laives ndex

# **Bolzano Bozen Card**

# Free but precious: Your advantage card for Laives and the surrounding area

You have just received the guest pass Bolzano Bozen Card from your accommodation and are overwhelmed by the variety of offers and additional services? No problem! We are happy to support you in planning a varied holiday with your guest pass. This brochure contains a selection of excursion tips and activities with the Bolzano Bozen Card for everyone!

All inclusive services can be found at laives.guest.net

The benefits of the Bolzano Bozen Card are intended for individual guests. To use the services, the cardholder must comply with the respective registration deadlines and participant numbers.

### Validity:

The Bolzano Bozen Card must have the guest's name and the validity period (arrival and departure dates) correctly indicated, otherwise, the card will not be valid. The guest pass is also personalized and therefore only valid when presented with a valid ID. The Bolzano Bozen Card is valid only for the duration of the stay from the first validation. It automatically loses its validity after the departure date.

SÜDTIROL ALTO ADIGE GUEST PASS Bel

**Reschen Pass** 

Schlanders

Glurns

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### Included services of the Bolzano Bozen Card:

Free use of all public transport in the South Tyrolean Transportation Network: Regional trains from Brenner to Trento and from Mals to Innichen, local buses, the cable cars to Ritten, Colle, Meransen, Mölten and Vöran, the Ritten railway, and the Mendel funicular, as well as a roundtrip ride with the PostAuto Schweiz bus services between Mals and Müstair. **For bicycle transport, a € 7 daily ticket must be purchased** (not included in the guest pass). In addition, many other offers and discounts with selected service providers and bonus partners are included.

### Validation:

In public transport, the card must be validated at every trip by scanning the QR code at the designated blue validation devices at railway stations, on buses, and at cable car stations. The QR code should be held against the underside of the machine until the validation signal sounds. For other services, the validation takes place directly with the respective service provider using a reader. At bonus partners, showing the card is sufficient.

#### to Bolzano city centre (railway station)

Sterzina

Sarnthein

Ritten

O Colle

<mark> Al</mark>dein

> from Laives city centre:

🔾 Vöran

Mölten

Kaltern

No

Mendel Pass

- bus no. 110, 111, 120
- > from Laives railway station:
- train no. 100
- > from Pineta:
- bus no. 110, 111, 1200
- > from San Giacomo: bus no. 110, 111, 120
- from Bronzolo railway station: train no. 100, bus no. 110
   On weekdays buses to Bolzano run every 15 minutes.

#### South:

Brenner Pass

Brixen

(lausen

Oberegge

- > to Auer, Neumarkt and Salurn: bus no. 120
- > to Tramin, Lake Kaltern: bus no. 120 to Neumarkt railway station
- bus no. 130 to Tramin, Lake Kaltern
- > to Aldein, Pietralba:
   bus no. 120 to Auer
   bus no. 140 to Montan

Bruneck

- bus no. 142 to Pietralba
- > to Trento: train no. 100

Map

Lienz

Active holidays



# Hiking around Laives, Bronzolo and Vadena

The mountain village La Costa. The Monte Largo mountain. The Vallarsa valley.

Shoulder the backpack and discover the diverse beauty of the mountains. Whether in spring, summer, or autumn, this area is perfect for those in search of an active and varied outdoor experience.

The region surrounding Laives, Bronzolo, and Vadena spans from 230 m to over 1,500 m above sea level, offering a broad range of hiking options. From leisurely scenic walks to demanding day hikes with significant elevation gains, there is something for every level of hiker. More information on the recommended hikes and additional routes in the Laives area can be found at laives.guest.net/active





# High altitude tail of Laives

difficult

③ approx. 6 h; shortened version 3-4 h
 ➡ 19 km; shortened version 11 km
 M \ approx. 1,300 m
 1 no. 12, 3; shortened version no. 12, 11

### Route description:

Starting from the church in Laives, the trail follows the road into the Vallarsa valley to the Schwabhof farm. After a short ascent, a narrow and demanding path leads to a scenic viewpoint before continuing to the Steinerhöfe, a pair of farmhouses with a chapel. From here, the shorter option is to descend back to Laives via trail no. 11. which takes about an hour. For those continuing the full route, the trail follows the asphalt road to the first hairpin bend, where trail no. 12 branches off into the forest toward La Costa. From there, trail no. 3 leads to Flavon Castle. The descent can be made via San Giacomo or Aslago, with a return to Laives by public bus. This hike is recommended in spring and autumn and is suitable for experienced hikers. Sure-footedness and a head for heights are essential.



## Pilgrimage to Madonna di Pietralba

③ approx. 4 h
 ➡ 10 km 
 M approx. 1,300 m
 ① no. 1

difficult

### Route description:

The pilgrimage trail to Madonna di Pietralba in Deutschnofen begins at the "Casa Emmaus" building in Laives, following trail no. 1, which passes all 14 Stations of the Cross. Early along the route, the path leads past the small Peterköfele chapel, and after around two hours, it reaches the abandoned Halbweg inn. Continuing along trail no. 1, at three guarters of the route, it leads to the Munter inn before crossing the Deutschnofen-Petersberg road. A moderate uphill section of about 45 minutes then leads to the pilgrimage site, offering a breathtaking panorama of the Dolomites. Return to Laives is possible by public bus running hourly, with bus changes in Montagna and Ora.



### To the chapel of St. Peter

easy

(♠) approx. 45 min *M* approx. 226 m

▶ 2 km **1** no. 1

#### Route:

The trail follows Via Pietralba past the parish church, leading to the "Casa Emmaus" building at the entrance to the Vallarsa valley. From here, the pilgrimage path to Madonna di Pietralba begins, which can be followed for about 20 minutes. The initial section is steep and rocky, leading up to the Peterköfele Chapel, the landmark of Laives. From this vantage point, enjoy a panoramic view of the town and the surrounding valley, stretching as far as the Oltradige region.

### Hike to Deutschnofen



🛏 10 km 🗒 (1) approx. 4.30 h *M* approx. 1,262 m 1 no. 5

#### Route:

The trail follows Via Pietralba from the parish church in Laives into the Vallarsa valley, where the paved road ends. A small parking area marks the beginning of the historic cart road, trail no. 5. The route follows the Vallarsa stream through a forested valley, leading up to the Deutschnofen plateau. For the return journey, an hourly bus service is available to Bolzano, with a connection back to Laives.

### From San Giacomo to Flavon Castle

# 🚯 approx. 1 h

🛏 3 km / *™* approx. 297 m **1** no. 3

#### Route:

The hike begins in San Giacomo, following Via A. Thaler, the street which climbs steeply to the chapel of San Giacomo, which offers a scenic panoramic view. The route continues along the road before turning onto a path on the right, which winds through apple orchards and ascends into the forest, merging with trail no. 3. This path leads directly to Flavon Castle, a semi-ruin near Bolzano that now houses a renowned restaurant



### From Vadena to the Montiggl Lakes



#### Route:

Trail no. 5 starts near the town hall in Vadena, winding through the forest and crossing a forestry road before ascending to the ridge of Monte di Mezzo. The path then continues through the Montiggl forest, eventually reaching a paved road that leads to the lakes. Along the circular trail, at the end of the Big Montiggl Lake, trail no. 5A branches off. This path descends steeply for about 20 minutes to Mover near Vadena From there the road leads back to the town centre and the starting point.

### From Bronzolo to Lake Göller

# difficult

€ approx. 3 h ⊨ 6 km 🛱 *M* approx. 890 m no. 6, 17B

#### Route:

To reach the starting point of trail no. 6 to Lake Göller, follow Via Aldino in Bronzolo until the end of the sports area. The hiking trail begins here, ascending steeply for about 5 km to an altitude of approximately 1,000 m. At the junction with trail no. 17B, the route leads to Lake Göller. Nearby, the panoramic viewpoint of Burgstallegg can be reached in an additional 30 minutes along trail no. 17. In the opposite direction, trail no. 17 leads to Aldein, from where a bus service is available for the return journey via Montan and Auer.



# A trip to three viewpoints

€ approx. 2.30 h M № approx. 332 m

**O** 8 km no. 1, 5A, 5, 1, 1B, 1, 1A, 1

### Route:

From the Schneiderwiesen hotel, follow trails no. 1 and 5A for about 45 minutes to reach the Titschenwarte, a charming wooden hut offering panoramic views of the Dolomites. Continuing on trail no. 5, it leads to a junction, where trail no. 1 branches off towards the Rotwand and Rotenstein viewpoints. Returning to the junction, trail no. 1 leads back to the Schneiderwiesen hotel.



# A trip to the Colle and La Costa

A beautiful walk and wonderful mountain views

The Colle and La Costa offer a variety of opportunities for trips, both on foot and by mountain bike, which lead up to various viewpoints, from where you can enjoy the breathtaking panorama of the Dolomites and the Bassa Atesina.

#### How to get there:

from Laives to the railway station in Bolzano: see page 5 from Bolzano railway station to the Colle cable car: busses no. 1, 6 and 9 (Sundays and holidays: bus no. 14) go directly to the valley station of the Colle cable car (departures every 15 minutes)

### Route description:

Start the tour at the mountain station of the Colle cable car on path no. 1. Passing the Schneiderwiesen hotel you come to a hairpin bend and from there follow the narrow path no. 5A until you reach the **Titschenwarte viewpoint**. On the way back, take path no. 5 to the Colle cable car.

**Our advice:** Why not plan your lunch stop at the Schneiderwiesen hotel, where you can enjoy a variety of South Tyrolean dishes.

# from the Colle cable car to the Schneiderwiesen hotel:

easy 1 1 h  $\blacksquare$  2,5 km  $\r{M}$  approx. 250 m  $\blacksquare$  no. 1 from the Schneiderwiesen hotel to the Titschenwarte:

sy 🛛 🚯 45 min. 🗪 2 km 🖊 approx. 200 m 🔳 no. 1, 5A

### return to the Colle cable car:

nedium 🚯 1.15 h 🗪 5 km № approx. 450 m 🔳 no. 5



\*free with the Bolzano Bozen Card: bus € 6, cable car € 8.



# Conquering Ritten - a true adventure

Cable car. Earth pyramids. Majestic views of the Dolomites.

The Ritten high plateau offers breathtaking views of parts of the Dolomites and provides pleasant hiking trails for all ages.

A must-see attraction are the Earth Pyramids near Klobenstein, the tallest and most beautifully shaped in Europe. Another highlight is the Wolfsgruben Lake, a perfect spot to cool off on hot days. Families with children will enjoy the Funimal Forest, an interactive forest trail that teaches fascinating facts about woodland animals. Also worth a visit is the Plattner Bienenhof beekeeping museum, where visitors can learn about traditional farming life, bees, and honey production.

#### How to get there:

from Laives to the railway station in Bolzano: see page 5 from Bolzano railway station to Ritten: the Ritten cable car station is a 10-minute walk from the railway station (cable car leaves every 4 minutes)

# Along the Freudpromenade to the Earth Pyramids

After taking the cable car to Oberbozen, you can walk along the scenic Freudpromenade to Klobenstein. From there, the Earth Pyramid Trail continues to Lengmoos, leading to a viewing platform with spectacular views of the pyramids. Both trails are stroller-friendly. Alternatively, the Ritten railway offers a comfortable ride from Oberbozen to Klobenstein.

### Freudpromenade:

easy 🚯 1.30 h 🗪 5,5 km 🎢 approx. 150 m 🔳 no. 35 Earth Pyramid Trail: easy 🚯 45 min 📖 3,5 km 権 approx. 100 m 🔳 no. 24



Ritten hiking map

### Funimal Forest

From the cable car station in Oberbozen, follow the small signs featuring the Pyramix character. At the forest's edge, a stroller-friendly nature adventure trail begins, designed for the whole family. The path leads to the Moserhof farm inn, passing eight educational play stations along the way.

### Funimal forest (Wald-Wild-Wunder-Weg)



easy 🚯 1 h 🗪 3,5 km 🎢 approx. 120 m 🔳 no. 22, 16, 18A



\*free with the Bolzano Bozen Card: bus € 3. cable car € 10. train ticket € 6.

Hiking



# A trip to the Rittner Horn

Enjoy the best 360° view of South Tyrol

A visit to the Rittner Horn promises a memorable adventure for both young and old. At the mountain station of the Rittner Horn cable car, children can explore the **interactive stations** of "The fabulous world of Toni", a 2-km circular trail designed for families and suitable for strollers. Hikers reaching the 2,260-meter summit are rewarded with breathtaking panoramic views stretching across the Dolomites, the Sarntal Alps, and even the Stubai Alps.

#### How to get there:

- from Laives to the railway station in Bolzano: see page 5
- from Bolzano railway station to Ritten: the Ritten cable car station is a 10-minute walk from the railway station (cable car leaves every 4 minutes)
- from Oberbozen to Klobenstein: with the Ritten railway (no. 160)
- from Klobenstein to Pemmern: bus no. 166
- from Pemmern to the Rittner Horn: by cable car (mid-May to early November and mid-December to mid-March)
- Alternative: by car until Pemmern (approx. 50 min.), car park with a charge

### **Route description:**

Panoramic tour with departure and arrival at the mountain station of the cable car at Schwarzsee Spitze. This walk is particularly special due to the beautiful view of the Dolomites, **the "Round Table" and "Dolomitoscope" viewpoints**, the mountain pine maze, the observation tower and the Kneipp parcours. The whole walk can be easily undertaken with a pushchair or buggy.

**Our advice:** To make the trip more demanding, don't take the cable car and do the stretch from Pemmern to the Rittner Horn on foot.

#### Panoramic trail:



nedium 🚯 2.30 h 📖 7 km 🕅 approx. 660 m 🔳 no. 1, 9A, 9



\*free with the Bolzano Bozen Card: bus € 6, cable car € 10, historic train ticket € 6, Corno del Renon cable car € 20,50.



# **Explore the Latemar in Obereggen**

Dolomites, Nature, Adventure trails,

Not far from the capital city of South Tyrol, Bolzano, lies the idyllic Eggental valley, which spoils its visitors with two of the most famous mountains of the Dolomites UNESCO World Heritage: the Rosengarten and the Latemar. A varied outdoor experience and the enjoyment of nature are guaranteed!

More than 500 kilometres of hiking trails wind their way through the fascinating rock formations in the Dolomites of the Eggental valley. On these routes visitors can reach mountain huts, discover adventure trails or reach peaks. Experienced mountaineers will find challenging routes, while families can enjoy relaxing hikes.

#### How to get there:

from Laives to the railway station in Bolzano: see page 5 from the bus station in Bolzano to Birchabruck: bus no. 180 from Birchabruck to Obereggen: bus no. 184 Alternative: travel by car (approx. 40 min.), free car park

Once you arrive in Obereggen, you can either set off on foot or take one of the two cable cars, the Ochsenweide gondola lift or the Oberholz chairlift, towards the Latemar (-20 % when showing the Bolzano Bozen Card). Discover a variety of hikes using the following QR code:



www.obereggen.com

# Our hiking recommendations:



### Latemar.Torre di Pisa difficult

The Latemar.Torre di Pisa hike is a demanding circular route that is recommended for experienced hikers. With an elevation gain of around 700 metres and a walking time of 4-5 hours, this tour is a challenge. It leads through the heart of the Latemar, past imposing boulders and rockfalls. As a reward for the effort, a majestic view awaits hikers at the top.



# Latemar.Natura easy

The Latemar.Natura adventure trail is particularly suitable for families. Covering a distance of 3.1 km with an elevation gain of approximately 140 metres, it can be completed in around 1.5 hours. Exciting interactive stations, specially designed for children, invite young explorers to discover nature along the way. The trail leads from the Oberholz mountain station to the Latemar.360° viewing platform and continues to the Mayrl Alm.

\*reduced with the Bolzano Bozen card: bus € 11, cable car 20 % discount (only during the summer season): valid at the Oberholz chairlift and the Ochsenweide gondola lift (-4 €)

Hiking



# Arrive at Mendel Pass with the oldest funicular in Europe

# Kaltern. Mendel Pass. Penegal.

The trip to the Mendel Pass is an unforgettable experience. The funicular climbs from Kaltern to the Mendel mountain with a 64% gradient. When the funicular was inaugurated in 1903, it was the first electric funicular in Tyrol and the steepest and longest in Europe.

### How to get there:

from Laives to the railway station in Bolzano: see page 5 from the bus station in Bolzano to Kaltern: bus no. 132 to the Mendel funicular station in St. Anton, Kaltern

from Kaltern to Mendel Pass: by funicular (departures every 30 minutes from 8.30-18) **Alternative:** by car (approx. 30 min.), free parking at the funicular station in Kaltern

### Route description:

Once you arrive by funicular at Mendel Pass, leave the mountain station and walk past the Kalterer Hof hotel. Then you cross the main road and go up the wooded slope. Path no. 500 leads to the top of the Penegal mountain.

**Our advice:** Enjoy a breathtaking view of the Dolomites and the Ortler Alps at the Penegal viewpoint at 1,737 m.

### Penegal Tour:

nedium 🚯 1.5 h 🗪 3,3 km 🎢 approx. 380 m 🔳 no. 500



\*free with the Bolzano Bozen Card: bus € 8, funicular € 10.



# The "Köfele" trail in Mölten

A themed trail for the whole family

The "Köfele" trail starts directly at the mountain station of the cable car Vilpian-Mölten. Along the trail you will find four stations which invite you to play, clamber, and relax and make the trail an experience for the whole family. The stations are the wooden Haflinger horse, the tree house, the "Knottensteig" and the giant with two slides.

#### How to get there:

from Laives to the railway station in Bolzano: see page 5 from Bolzano to Vilpian: with bus no. 201 to the station of the Mölten cable car from Vilpian to Mölten: by cable car (departures every 15 minutes from 7-19 from April to October, reduced timetable during winter) **Alternative:** by car (approx. 20 min.), free parking at the cable car station in Vilpian

#### Route description:

The **family hiking trail** starts at the mountain station of the cable car. Signpost no. 1 (Köfeleweg) leads you leisurely through the shady forest to the four stations of the themed trail. The path ends in the centre of the town of Mölten. To return, take the same trail back to the cable car.

**Our advice:** To extend the walk, you can follow trail no. 13B from the cable car station. This trail takes you to the ruins of the small church "Valteskirchl" and along the circular path "Valteswald-Rundweg" to a fifth station of the themed trail. From there, trail no. 13A brings you to the playground of the town of Schlaneid and after passing the town you will get back to the "Köfele" trail and the other stations.

### "Köfele" trail:

easy ③ 1 h ⊨ 3 km A approx. 200 hm ■ no. 1 **"Köfele" trail, extended walk:** nedium ④ 2 h ⊨ 6,5 km A approx. 350 hm ■ no. 13B, 13A, 1



\*free with the Bolzano Bozen Card: bus € 9, cable car € 6.

Hiking



# 🖮 "Knottnkino" in Vöran

# Open air cinema on the Hafling, Vöran und Meran 2000 plateau

The Knottnkino<sup>3</sup> thematic path connects the main attractions of Vöran: the three peaks of red porphyry known as the Rotsteinknott, Beimsteinknott and Timpflerknott. Each of the three "Knottn" ('rock' in South Tyrolean dialect) invite to relax in artistic resting areas and enjoy the view like in an outdoor cinema.

### How to get there:

from Laives to the railway station in Bolzano: see page 5 from Bolzano to Burgstall: with bus no. 201 to the station of the Vöran cable car from Burgstall to Vöran: by cable car (departures every 20 minutes from 9-12 & 13-19.40)

### Route description:

This walk starts at the mountain station of the Vöran cable car, following paths no. 1 and no. 12 towards Hafling – Merano. Once you reach the Egger farm, turn right in the direction of **"Rotsteinkogel",** where the famous Knottnkino is located with a view of the entire Val d'Adige as well as the new rest area with a view of Vöran. Go back to the Egger farm, then continue to the Weber farm and up the "Schützenbründl" path. Just before the big marquee, turn right to the "Attimo" viewpoint on the **"Beimsteinkogel"**. Return along path no. 14 and cross the car park to reach the "Grüner Baum" restaurant. Continue to the Obertimpfler farm, turn left and then continue to the cinema on the **Timpfler Knott**, where the "Wolf" shadow play is located. Follow the signs for the Vöran town centre to return to the starting point. **Our advice:** On your return, stop at the "Café Sunnseit" bistro at the mountain station of the Vöran cable car and enjoy one of the delicious homemade desserts. There's also guaranteed fun for children, as there's a small playground right next to the bistro.

### Knottnkino<sup>3</sup>:

nedium 🚯 4 h 🕁 11,5 km MV approx. 470 m 🔳 no. 1, 12, Knottnkino³, 14, Knottnkino³



\*free with the Bolzano Bozen Card: bus € 11, cable car € 10.

Hiking



# **Exploring by bike**

# Adige cycle path. Via Claudia Augusta. Brenner-Bolzano cycle route.

South Tyrol's southern region offers numerous cycling opportunities, with Laives, Bronzolo, and Vadena serving as ideal starting points for leisurely rides. Each route has its own unique charm, leading e-bike, city bike, or road bike riders through historic town centres, Mediterranean landscapes, and picturesque apple orchards and vineyards. railway stations along the Adige Cycle Path and the Brenner-Bolzano Cycle Route provide convenient options for a relaxed return journey by train.

Important: A daily ticket for bicycle transport (€ 7) must be purchased at the railway station.

### Local bike rental

No space for a bike in the luggage? The local bike rental service has the solution. With the Bolzano Bozen Card, one day of bike rental is free at the listed rental provider. The Bolzano Bozen Card includes trekking bikes, mountain bikes, and children's bikes.



Ride +39 bike rental Via Kennedy 181, 39055 Laives T+390471537500 info@rideplus39.it



laives.guest.net

# Bike ready – What's next?

Join our guided e-bike tour (in German and Italian) or explore the area independently using the following route suggestions. Details about the guided e-bike tour can be found on page 32, while these and additional cycling routes are available on



laives.guest.net/active

# **Bicycle trips** Around the Monte di Mezzo

🚯 approx. 3.30 h 🔥 45 km 🎢 341 m

### **Route description:**

A classic cycling tour in the South Tyrolean lowlands, starting at the Bridge of Vadena and following the Adige Cycle Path southwards to Auer. A short stretch along the main road leads to a crossing over the Adige River, before continuing through the small hamlet of Gmund to Lake Kaltern. The route then follows the ancient Roman road, Via Claudia Augusta, past Eppan and down to Ponte d'Adige, where it rejoins the Adige Cycle Path. The ride passes Bolzano and the Safety Park near Vadena before returning to the Bridge of Vadena.





## Short trip to Bolzano

(♪ approx. 1h ⊨ 15 km M approx. 40 m

#### Route description:

From Laives, take the Via Vadena to reach the Adige Cycle Path at the Bridge of Vadena. Turn right here and follow the cycle path northwards, first along the Adige River and then along the Isarco River. The cycle path along the Isarco leads directly into the centre of Bolzano.

The outward or return journey can be made by train. A ticket for bicycle transport must be purchased (7 €). Train travel is free with the Bolzano Bozen Card, but the bicycle transport ticket is not included.

## Day trip to Merano

# approx. 3 h == 40 km M approx. 115 m Route description:

Following the cycle path along the Adige River, this route leads towards Bolzano, where the signs for Merano can be followed at Ponte d'Adige. Passing through the villages of Terlan, Vilpian, Gargazon, and Lana, the cycle path continues upstream to the spa town of Merano.

# *To the cities of Klausen and Brixen*

# ③ approx. 4.30 h → 55 km M approx. 465 m Route description:

The Adige Cycle Path heads north, running alongside the Adige and Isarco rivers and passing by Bolzano. Through tunnels of the old railway line and past the villages of the Isarco Valley, the route reaches the small town of Klausen after approximately 3.5 hours, with its charming medieval old town. From Klausen, the cycle path continues directly to the centre of the bishop's city of Brixen.





### A scenic ride to Trento

Approx. 4 h
 55 km
 M approx. 81 m

#### Route description:

The Adige Cycle Path leads directly from Laives to Trento. Along the way, stunning views of the South Tyrolean lowlands unfold, passing through picturesque villages such as Auer, Neumarkt, Margreid, San Michele, and Mezzocorona. A break in Trento's Piazza del Duomo and a stroll through the city centre provide the perfect way to relax.

# With the racing bike to Lake Garda

() approx. 5,5 h ⊨ 100 km M approx. 200 m N approx. 430 m Route description:

The Adige Cycle Path continues south, passing through the South Tyrolean lowlands and the vast plains of Trentino. After approximately 60 km, Trento is reached, and the route continues towards Rovereto, following the signs for Mori and Passo San Giovanni. A gentle ascent is followed by a steep descent leading directly to Torbole on the shores of Lake Garda. The total distance is nearly 100 km.

# **Mountain bike**

### Former Fleimstalbahn railway

③ approx. 4.30 h ➡ 34 km
 M approx. 873 m

Alte Fleimstaler Bahntrasse
Route description:

The Adige Cycle Path passes through Auer and reaches the Castelfeder rest area. From there, an underpass beneath the main road leads to the signposted "Alte Bahntrasse/ Vecchia ferrovia" through the Castelfeder Biotope. The route continues to Pinzon, Montan, Kaltenbrunn, and San Lugano.

### High altitude trail of Kaltern

③ approx. 5.30 h
✓ 50 km
M approx. 836 m
☑ Adige cycle route, no. 9, 11, Adige cycle route
Route description:

Following the Adige Cycle Path, the route leads to Lake Kaltern and the village of Kaltern, passing through the St. Anton district. From there, trail no. 9, the high altitude trail of Kaltern, continues. At the end of the trail, a forester's lodge with a fountain (Ziegelstadel) is reached, and trail no. 11 leads further towards Altenburg before returning to Lake Kaltern.



# **Activities in Laives, Bronzolo and Vadena**

In addition to hiking and cycling, there are many other opportunities for outdoor activities on holiday.

SUDTIROL ALTO ADIGE

#### Kneipp parcours

Via Rio Vallarsa 12. Laives ℜ from June to October Info: infosportcenter@ssvleifers.it

### Ice rink

Padel-

Via Rio Vallarsa 12. Laives from end of October to March Info: infosportcenter@ssvleifers.it

### Beach volleyball court

Via Rio Vallarsa 12, Laives (1) in summer Reservations required Info: infosportcenter@ssvleifers.it

### & tennis court in Pineta

Via Aldo Moro 9, Pineta/Laives Reservations required Tourist-Info Laives: T +39 0471 950420



Laives public swimming pool Via Stazione 27. Laives from end of May to mid-September

### Tennis court Bronzolo

Via Aldino 23, Bronzolo from April to September **Riservations** required T +39 331 7351051



Via Kennedy 181, Laives Reservations recommended Info: www.rideplus39.it

*Ride* +39

bike rental

# **Tips in the surroundings**

Exciting and relaxing activities that make your holiday a highlight. Even if the weather doesn't play along.



### Climbina hall Salewa Cube

Via Waltraud-Gebert-Deeg 4, Bolzano www.salewa-cube.com

### Thuniversum

Via Luigi Galvani 29, Bolzano www.thun.com

### Raffeiner Orchideenwelt

Reichstraße 26, Gargazon www.raffeiner.net

### Escape-Room Escape Kaltern Malgastraße 30, Kaltern www.escapekaltern.it

### Wanda indoor playaround

Romstraße 130, Burgstall www.wanda.bz

### Astronomical Observatory "Max Valier"

Learn 14, Steinegg www.sternwarte.it Planetarium South Tyrol Gummer 13. Karneid www.planetarium.bz.it

Acquarena swimming pool Altenmarktgasse 28b, Brixen www.acquarena.com



Therme Merano Piazza Terme 9. Merano www.thermemerano.it

Climbing hall Rockarena

Via Palade 74. Merano www.rockarena.it

### Train World Museum in Rabland

Geroldplatz 3, Partschins www.eisenbahnwelt.it

### Franzensfeste Fortress

Brennerstraße, Franzensfeste www.franzensfeste.info

### Villanders Mine

Oberland 36, Villanders www.bergwerk.it



eisure







SUDTIROL ALTO ADIGE GUEST PASS







# Weekly programme from Easter to October

The weekly activities and tours are available only in **German and Italian**. They provide variety to your holiday days and offer insights into Laives and its culture. You can find detailed information and the programme calendar at **laives.guest.net/activity-calendar** 



# Guided tour of Laives

**Every Tuesday** (in German and Italian) Take a guided walk through Laives and visit the new parish church, where tradition and modernity beautifully meet. If you wish, you can also visit the town's landmark, the chapel Peterköfele.

Registration by Monday, 5 pm Tourist Info Laives, T +39 0471 950420 Participation fee:

€4, free with Bolzano Bozen Card



Archery Every Tuesday & Thursday from May to September (in German and Italian) An instructor will teach you how to handle the bow and arrow correctly. Registration by 12 pm on the same day Arco Club Laives, T +39 335 7040982 Participation fee: € 10 per person/hour



### Guided visit of an apple farm Every Wednesday (in German and Italian)

Join a professional guide for a tour of an apple farm, where you'll learn about apple cultivation, proper storage, and the tasks performed throughout the year. The tour ends with a tasting of different apple varieties and apple juice.

Registration by Tuesday, 5 pm Tourist Info Laives, T +39 0471 950420 Participation fee:

€ 6, free with Bolzano Bozen Card



# Everthing about wild herbs

Every Friday (in German and Italian) Join a gentle hike along the Monte Largo mountain, where you'll learn about the medicinal properties of various herbs and plants along the way. You will also receive useful tips for their use in everyday life. Good footwear is recommended! Registration by Thursday, 12 pm Tourist Info Laives, T +39 0471 950420 Participation fee:

€ 15, free with Bolzano Bozen Card



# *Guided visit in the Hochegg Winery*

**Every Thursday** (in German and Italian) Explore the family-run winery and get a glimpse of the winemaking process. The tour concludes with a tasting of organically grown wines.

**Registration** by Wednesday, 5 pm Tourist Info Laives, T +39 0471 950420 **Participation fee:** 

€ 19, € 15 with Bolzano Bozen Card



### Guided e-bike tour Every Thursday (in German and Italian) Our guide will take you on a scenic 50 km tour around the Monte di Mezzo mountain, passing apple orchards and vineyards to Kaltern, Lake Kaltern, and the Montiggl Lakes. The return journey follows the Adige Cycle Route. Helmets are mandatory. Registration by Wednesday, 12 pm Tourist Info Laives, T +39 0471 950420 Participation fee:

€ 16, free with Bolzano Bozen Card



# Event highlights in Laives and surroundings

### Saint Marcus Fair

#### 25 April 2025 in Auer

Once a year, Auer becomes the lively setting for one of South Tyrol's largest markets. Countless stalls run by local producers and associations line the village streets, creating an atmosphere filled with tradition, regional flavours, and entertainment. **Info:** www.suedtirols-sueden.info

### Bolzano Flower Festival 30 April – 1 May 2025 in Bolzano

Every spring, Bolzano's traditional Flower Festival transforms Walther Square into a vibrant sea of blossoms. The programme includes live music, culinary delights, expert talks, and creative workshops for children.

Info: www.bolzano-bozen.it

### *Wine Cellar Night* 13 June 2025

along the Alto Adige Wine Road

This year's event takes place in Eppan and Kaltern, where wineries, cellars, and distilleries open their doors for an evening of wine tastings, guided tours, and gourmet experiences. A shuttle service conveniently transports guests between the participating locations.

Info: nachtderkeller.suedtirolerweinstrasse.it

### Calici di Stelle 8 August 2025 in Bolzano

A unique wine-tasting experience under the arcades of Bolzano. Local wineries present their finest Lagrein and St. Magdalener wines, paired with regional delicacies. Guests with a Bolzano Card receive a complimentary tasting voucher. *Info: www.bolzano-bozen.it* 

# Sarner Kirchtag

**6-8 September 2025 in the Sarntal Valley** The "Sarnar Kirchtag" is South Tyrol's largest folk festival and takes place annually on the first weekend of September. This event is renowned far beyond the Sarntal Valley and attracts visitors from across the region.

Info: www.sarntal.com

### Schupfen festival 21 September 2025 in Jenesien

A legendary festival held on the Salten Plateau, between Jenesien and Mölten, combining a scenic alpine hike with the enjoyment of South Tyrolean specialities served at the mountain huts. Live music and a warm atmosphere make this a truly special experience.

Info: www.jenesien.net



### WineSounds on the Alto Adige Wine Road October 2025

This concert series brings together the elegance of wine and the magic of live music. Local and international artists perform in historic residences, castles, and wineries, offering an unforgettable blend of fine wine and culture. **Info:** www.suedtirol.info/winesounds

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### 14th Christmas Market in Laives

#### 29 November – 21 December 2025

A cosy Christmas market with six festive stalls, held every weekend during Advent. Local associations, artisans, and hobby craftsmen showcase their creations, accompanied by festive concerts from local music groups.

#### Info:

www.laives-info.it/laives-christmas-market

## Filodrammatica di Laives Theatre & Concert Series

#### From Autumn to Spring

A cultural programme featuring live concerts by the cover band Live Muse and Italian-language theatre performances for all ages. Events take place at the "Gino Coseri" Theatre in Laives and the "Teatro delle Muse" in Pineta, organised by the Filodrammatica di Laives theatre association. Info & tickets: Tourist Information Laives. Discounted admission with the Bozen Card.





The apple town Laives

Peterköfele. Apple orchards. Central location.

Laives is South Tyrol's fourth-largest and **youngest city**, having been granted city status only in 1985. Due to rapid population growth since the post-war period, Laives today has nearly 19,000 inhabitants, with almost three-quarters being native Italian speakers. This makes Laives one of only six municipalities in South Tyrol where the Italian-speaking population is the majority.

Located 10 km south of Bolzano, Laives is surrounded by 500 hectares of apple orchards, which cover more than a fifth of the municipal area. Each year, farmers in Laives harvest around **32,500 tons of apples**. A wide variety of over 15 different apple types is cultivated, with Pink Lady and Gala being the most common—nearly every second apple grown in Laives belongs to one of these two varieties.

The **weekly market** takes place on Thursdays from 8 AM to 12 PM on Via Pietralba (on Wednesdays if Thursday is a public holiday). On Saturdays, the small **farmers' market** is held at the same location from 7:30 am to 12 pm.



## The parish church of Laives

The historical part of the church was first documented in 1286. When the church became too small for the German and Italian-speaking parish communities, the decision was made not to build a second church but rather to expand the existing one to strengthen **the connection between the language groups**. Construction began in 2000, and four years later, the newly designed modern church was inaugurated.



### Peterköfele

Overlooking Laives, **the city's landmark** also adorns its coat of arms. The small chapel of "St. Peter am Kofel" was originally intended as a chapel for Lichtenstein Castle, which was destroyed around 1290. Today, the chapel can only be viewed from the outside, with the original stone altar and mensa plate still preserved inside.

# The small church of San Giacomo

This church was built on a hill near San Giacomo to stand on dry land when the valley floor was still a swampy floodplain. Today, it offers a **beautiful view of the valley**. Its patron saint is the Apostle James the Greater, the patron of pilgrims and travelers, as one of the main pilgrimage routes to Santiago de Compostela once passed by the church.vorbeiführte.



For those interested in culture, a guided city tour of Laives is available every Tuesday as part of the weekly program (in German and Italian, details on page 32). From autumn to spring, the theater association Filodrammatica di Laives organizes a program featuring live concerts by the cover band Live Muse and Italian-language theater performances for all ages. Information and ticket sales: Tourist-Info Laives. Discount with the Bolzano Bozen Card.



# The wine village of Bronzolo

Historic residences. Wine. Porphyry.

This charming village along the Alto Adige Wine Road is characterized by several **stately residences**, whose history can be explored during a leisurely stroll through the village center and along the path to the **former Adige river harbor**, "Alte Lende," near the Bridge of Vadena.

Information panels on historic buildings provide insights into the **history of the noble residences and architectural landmarks**. The buildings around St. Leonhard Square, the Parish Church "Zum Heiligsten Herzen Jesu", Palais Thomsen, the Schwarzer Adler building, and the former Adige river harbor stand as witnesses to the village's vibrant past and invite visitors on a journey through Bronzolo's golden era as a wine-trading hub.

# From a river harbor to a wine village

In the 16th century, wealthy families from northern Italy settled in the village center to establish shipping companies and control trade along the Adige River. Bronzolo marked **the northernmost point of Adige navigation**. The river port located near the village became an important hub for timber and goods trade, as well as a key postal and customs station, particularly for Bolzano's trade fairs. Over the years, the original church of Bronzolo at St. Leonhard Square became too small, leading to the construction of the **Parish Church of the Sacred Heart** in 1896.

The golden era ended in the mid-19th century with the construction of the Brennero railway, which shifted transportation from river to rail. As a result, many wealthy families left Bronzolo and sold their properties. However, **viticulture** endured and remains an essential part of the local economy to this day. Additionally, porphyry mining,



which began in the 19th century, flourished and continues to be deeply embedded in Bronzolo's economy.



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# The wine village of Vadena

Castle ruins. Adige cycle route. Lake Kaltern.

The municipality of Vadena stretches west of the Adige River along a long strip of land, lined with apple orchards and vineyards, **along the Alto Adige Wine Road**. With around 1,100 inhabitants spread across various hamlets, some of which are quite distant from each other, the northernmost is Hirschen, east of the Adige river, while the southernmost, Klughammer, lies directly on Lake Kaltern.

To reach the lake from the village centre, one must cross the "Kreither Sattel" pass, which, at 382 meters, is South Tyrol's lowest mountain pass. Along this route, two of Vadena's **cultural landmarks** stand out: the ruins of Castelchiaro and Castel Varco, perched on the southern hills of Monte di Mezzo mountain.

# The ruins of Castel Varco

Built in the 13th century to secure the passage over the "Passo di Novale al Varco" pass, Castel Varco was abandoned in the 15th century. In 2002, **the ruins were fully restored and secured**, and they are now freely accessible. The distinctive shape of the remaining walls is even featured on the logo of the **Laimburg Winery**, a leading institution in South Tyrol's wine industry. Beneath the castle lies the **Laimburg Research Centre**, which provides valuable scientific insights for South Tyrol's agriculture and forestry.

# The ruins of Castelchiaro

The ruins of Castelchiaro are now an unmistakable feature of panoramic photographs of Lake Kaltern. Built in the 13th century, the **hilltop castle** was well protected due to its strategic location and striking shield wall. After being abandoned in 1610, it fell into ruin. Today, it remains freely accessible, with well-preserved remnants of the great hall and **15th-century frescoes**.





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Bolzano city map

# Bolzano - the provincial capital of South Tyrol and not to be missed

# Shopping & strolling. Museums & culture. Pleasure & gastronomy.

The capital city offers something for every taste: the famous **arcades** with their historic boutiques invite visitors to go shopping. At the fruit and vegetable market in **Piazza delle Erbe**, vendors offer fresh seasonal fruits, vegetables, and South Tyrolean specialties. A walk along the **Sant'Osvaldo Promenade** just outside of the city centre provides a Mediterranean atmosphere, thanks to the lush flora and Bolzano's characteristic landscape. The large **weeky market** takes place every Saturday in Piazza Vittoria (7.30 am - 1 pm) and is also perfect for shopping and strolling.

For culture and history enthusiasts, Bolzano offers **numerous museums and exhibitions** (see pages 44/45). With the Bolzano Bozen Card, you can also participate in a free **guided tour** organized by the Tourist Board Bolzano.



How to get there:

from Laives to Bolzano train station: see page 5





City map of Merano

# Merano - the spa town

Mediterranean climate. Alpine landscape. Numerous sights.

The second-largest city in South Tyrol, nestled in the South Tyrolean mountains, has been known as a spa town since Habsburg times. Among the city's cultural treasures are significant castles and fortresses, as well as its landmark, the **Kurhaus**, a masterpiece of Art Nouveau.

### How to get there:

from Laives to Bolzano railway station: see page 5 from Bolzano train station to Merano: by train (line 200).

Enjoy a walk along the **Passer Promenade** with plenty of sunny spots to relax or stroll through the historic city centre, featuring various shops and boutiques under medieval arcades. The large **Friday market** takes place weekly at the railway station car park (8 am - 1 pm). The view from the **Gunpowder Tower** along the Tappeiner Trail is also worth seeing. The **Gardens of Trauttmansdorff Castle**, the most beautiful gardens in Italy, offer a unique opportunity to experience exotic and Mediterranean landscapes.





# Brixen - the bishop's city

### Sacred buildings. Art and culture. Medieval atmosphere.

Brixen enchants visitors with its historical charm and a rich past, strongly influenced by the clergy. First mentioned in official records in 901, the bishop's city is considered the **oldest town in Tyrol**. For centuries, Brixen was an important seat of prince-bishops.

In Cathedral Square, at the heart of the historic city centre, stands the **Cathedral of Brixen**, featuring a magnificent cloister adorned with frescoes that document the development of medieval art. Nearby is the **Hofburg Palace**, which now houses the Diocesan Museum. A short drive from Brixen are two more cultural treasures: the Augustinian Monastery **Neustift**, one of South Tyrol's most significant monastic complexes, and the **Franzensfeste Fortress**, built under Emperor Franz I. as the most imposing fortification in Europe, yet never used in battle.

#### How to get there:

from Laives to Bolzano train station: see page 5 from Bolzano train station to Brixen: by train (line 100)



# **Trento - the provincial capital of Trentino** Italian charm. Architecture. MUSE.

Trento is situated along the Adige River and is surrounded by mountains. The city centre can be reached from the train station in just 5 minutes. The modern city, with its university and research centers, offers a wide range of historical attractions. These include the **Piazza del Duomo** with the Cathedral of S. Vigilio, the baroque **fountain of Neptune**, and the **Pretorio Palace** with the Diocesan Museum. Nearby are also the **Church of S. Maria Maggiore** and the **Buonconsiglio Castle**, which has become the symbol of the city. An absolute attraction for families is the **MUSE**, Museum of Sciences.

The **weekly market** is held on Thursdays in the historic city center (7 am - 2 pm).



#### How to get there:

from Laives to the train station: bus no. 116 from Laives train station to Trento: by train (no. 100)

from Mon-Fri no train connection from 9.14 am to 11.45 am



Trento city map



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# **Museums**



### Museum of Archaeology

The highlight of the South Tyrol Museum of Archaeology in Bolzano is the opportunity to see one of the most famous mummies in the world: Ötzi. The exhibition offers a journey through the Copper Age, providing insights into the life, weapons, and clothing of the 5,300-yearold "Iceman".

Info: www.iceman.it



### MMM Firmian

Sigmundskron Castle, located on the southwestern slopes near Bolzano, is one of South Tyrol's oldest castles and houses one of the six Messner Mountain Museums: MMM Firmian. The exhibition adresses the subject of man's encounter with the mountains through images, objects, relics, and sculptures.

# Castles



### Runkelstein Castle

Perched on a rocky outcrop above Bolzano, Runkelstein Castle is home to the largest secular medieval fresco cycle, earning it the nickname "The Painted Castle". The castle is accessible from Bolzano's city center by bus or via a 30-minute walk along the Talvera Promenade.

Info: www.runkelstein.info



Castle triangle of Eppan

Schloss Korb, Boymont Castle, and Hocheppan Castle form the Eppan Castle Triangle. Situated above Missian at the foot of the Gantkofel mountain, these historic sites are a popular destination, particularly for those interested in the "Three Castles Hike". *Info: www.eppan.com* 



### Museum of Nature

Permanent and special exhibitions reveal the hidden world of nature. South Tyrol is home to diverse ecosystems within a small area, and the Museum of Nature in Bolzano illustrates this unique coexistence. Interactive displays encourage visitors of all ages to explore South Tyrolean flora, fauna, minerals, and fossils.

Info: www.natura.museum



### Museion

Located in the heart of Bolzano, Museion presents modern and contemporary art in all its forms. Since its foundation in 1985, the museum has built a collection of 4,500 works by renowned regional and international artists, with a focus on preservation and research.

Info: www.museion.it



# Prösels Castle

Prösels Castle near Völs am Schlern was extensively renovated in 1981 and is now open for guided tours, celebrations, and cultural events. Visits are only possible as part of a guided tour, which includes an impressive collection of weapons, the Batzenhäusl collection, and various picture galleries.

Info: www.schloss-proesels.it



# Haderburg Castle

Haderburg Castle is a high medieval castle ruin from the 13th century, towering over Salorno and guarding the border. Recognized as one of South Tyrol's most significant monuments, the castle has been accessible to the public since 2003. A medieval-style dining experience is offered at the Haderburg tavern.

Info: www.zum18tenfass.it

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# **Places to visit**



### Lake Kaltern

This natural bathing lake is the warmest in the Alps and one of the largest in South Tyrol. Easily accessible from Laives by car or bicycle, it is a popular destination for swimming, pedal boating, windsurfing, or hiking along the scenic circular trail. Access is possible from St. Josef or Klughammer.



### The Dolomites

The Dolomites, one of the most famous mountain ranges in the world, have been part of the UNESCO World Heritage since 2009 due to their remarkable beauty and geology. Towering rock formations contrast with gentle alpine meadows. Peaks such as Schlern, Rosengarten, Geisler, and Latemar can be reached from Laives in about an hour by car.



### **The Geoparc Bletterbach** The Geoparc Bletterbach in Aldein, a UNES-CO World Heritage Site, offers a fascinating journey through Earth's history for the whole family. Fossils, plant imprints, and dinosaur tracks, visible in both the gorge and the visitor center, provide insights into life on Earth millions of years ago.



The alpine pastures of Aldein Hiking routes starting from the inn Schmiederalm near Aldein or the Maria Weißenstein pilgrimage site lead to traditional alpine huts as Schönrastalm, Neuhütt, Auerleger Alm, and Lahneralm. Stunning panoramic views of the Dolomites and the Bletterbach Gorge accompany the journey.



# The Montiggl Lakes

Nestled in the forest of Montiggl near Eppan, the large and small Montiggl Lakes offer an idyllic retreat for hiking and swimming. A circular trail surrounds these natural lakes, while an additional, more demanding hiking path leads from Vadena to the lakes.



# The Urlesteig nature trail

The family hiking trail in Reinswald in the Sarntal Valley consists of six sections, allowing for altitude descents ranging from 70 to 560 meters. Along the way, children can float across a pond on a raft, climb a giant dragonfly, or navigate a maze of dwarf pine shrubs. The trail offers a blend of adventure and learning for all ages.



## Castelfeder

This biotope, known for its unique Mediterranean vegetation, lies between Auer, Montan, and Neumarkt. As a historical site with ancient Roman remains and medieval fortress ruins, it is surrounded by myths and legends. The hilltop ruins remain a popular destination for nature walks.



# Neumarkt

With a population of 5,000, Neumarkt serves as the cultural and economic hub of South Tyrol's southern region. Located along the Alto Adige Wine Road, its picturesque old town, featuring arcades and medieval-style residences, has earned a place among the "Borghi più belli d'Italia"—Italy's most beautiful villages.

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# We look forward to welcoming you!



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