

**EGGENTAL**

**CAREZZA  
LATEMAR  
DOLOMITES**

# Trekking Guide

**33 trekking routes & 4 via ferrata**

**SÜDTIROL**





Symbols:



track length



total walking time



total altitude difference



refreshment point

## DEUTSCHOFEN | NOVA PONENTE -

### PETERSBERG | MONTE S. PIETRO

“Kirchsteig” to the Stone Age settlement Enzbirch	4
Panorama circular hike	5
European long distance path E5: Deutschnofen   Nova Ponente to Kohlern   Colle and to Bozen   Bolzano	7
To the pilgrimage site of Madonna di Pietralba	8
To the Lieg hut	9
To the Laab hut and to the Petersberger Leger hut	10
To the church St. Agatha   S. Agata	11
To the Bletterbach gorge	12
To the Weißhorn   Corno Bianco	13
Roundtrip hike through alpine meadows on the Jochgrimm   Passo Oclini	14

### OBEREGGEN - EGGEN | EGA

Latemarium – Latemar.Panorama	16
To the Torre di Pisa hut	17
To the huts of Obereggen	19
Hike over Samberg mountain	20
Along the Templweg path to Lake Carezza	21

## WELSCHNOFEN | NOVA LEVANTE -

### KARERSEE | CAREZZA

From Welschnofen   Nova Levante to Lake Carezza	22
Sissi Tour	23
Farm hike	24
Latemar labyrinth	25
Masarè path	26
Circular hike around the Rosengarten   Catinaccio massif	27
To the Poppekanzel   Pulpito in the Latemar	28
King Laurin Tour	29
Into the heart of Rosengarten   Catinaccio massif – Vajolon	30
To the Christomannos monument	31
To the Messnerjoch hut	32
Vial de le Feide (Sheep path)	33

## STEINEGG | COLLEPIETRA -

### GUMMER | SAN VALENTINO IN CAMPO

Circular hike at the Taltbühl to the Totmoos and the Wolf Pit	34
Steinegg Ridgeway	35
Circular hike from Steinegg   Collepietra to the Wiedenhof Inn	36
Star Village circular walk in Steinegg   Collepietra	37
Planet path in Gummer   San Valentino	38
Pyramid path in Steinegg   Collepietra	39

## VIA FERRATA

Via ferrata Santnerpass   Passo Santner	41
Via ferrata Masarè	42
Via ferrata Rotwand   Roda di Vael	43
Via ferrata Latemar Towers	45

Mountain Pass	47
10 rules of safe hiking in the mountains	49
Less waste – more nature	50
Hiking pass	51

## “KIRCHSTEIG” TO THE STONE AGE SETTLEMENT OF ENZBIRCH

This Stone Age settlement includes a hilltop with heavy overgrowth, the ruins of a walled fortress, and great views of the Adige Valley.

**ROUTE:** Deutschnofen | Nova Ponente (1357 m), Piazza Gibitz – left towards Wölfl farm – left onto the church trail K (Kirchsteig) – across meadows and past beautiful farmsteads – on trail n. 10 to Högger farm (1h) – Schadner farm – trail R – downhill to the rocky outcrop. Return: trail n. 10 – Wölfl farm – trail E5 – village centre (2 h).

**VARIANT RETURN:** Högger farm – church trail K (Kirchsteig), trail n. 11B – Wölfl farm – trail E5 – village centre (2 h).

moderate

  
 13 km

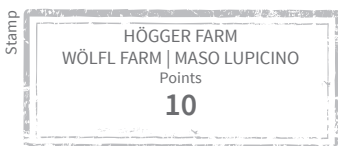
  
 4 h

  
 500 m

  
 Högger farm, Wölfl farm







## PANORAMA CIRCULAR HIKE

Easy and pleasant walking tour with a stunning view of the Dolomites and Alps.

**ROUTE:** Deutschnofen | Nova Ponente (1357 m), Platz | Piazza Gibitz – roundabout at the village entrance/Bar Luise – along the road to the Pfösl Chapel – take first trail n. 6 left downhill – after 1 km right onto trail P – “Schlernblick House“ (splendid view) – Weissbamer farm (possible short-cut to St. Helena | S. Elena church in 10 min.) – trail P – across the road right on trail P – Hotel Pfösl (10 min.) or trail H behind the Untermoser farm – Bühl farm – Deutschnofen | Nova Ponente (1 h).

easy



11 km



3 h



200 m



Hotel Pfösl, St. Helena – Kreuz farm,  
Sportcenter Deutschnofen, Bar Arche

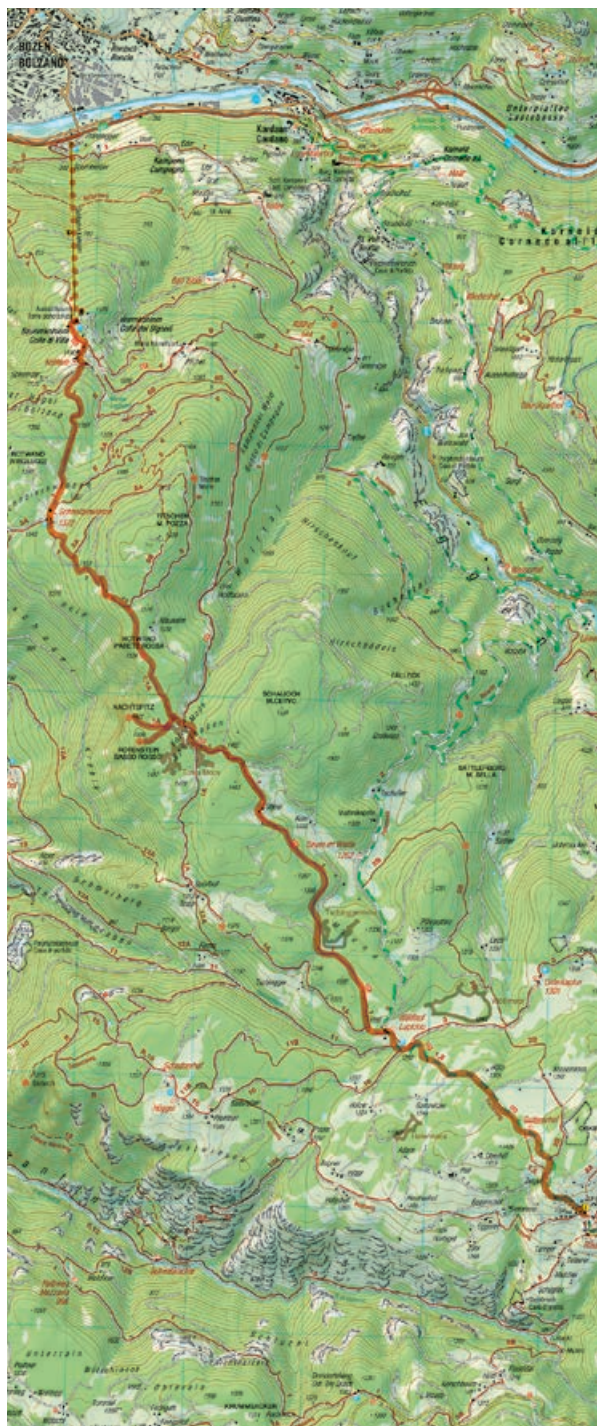


Stamp

ST. HELENA | S. ELENA

Points

5



## EUROPEAN LONG DISTANCE PATH E5: FROM KOHLERN | COLLE AND BOZEN | BOLZANO TO DEUTSCHNOFEN | NOVA PONENTE

Varied walking tour on the wooded plateau.

**ROUTE:** From the valley station of the Kohlern cable car, the E5 trail continues up to Colle | Kohlern with magnificent panoramic views. Then follow the forest trail to Wölflfarm (approx. 1 h) and continue on the E5 to the village center of Deutschnofen | Nova Ponente.

**VARIANT:** From the village center of Deutschnofen (1357 m), follow trail E5 to the Wölflhof (approx. 1 hour). Continue on forest trail no. 1 to Totes Moos, then follow trail no. 1 past the Gasthaus Schneiderwiesen to Bauernkohlern (approx. 2 hours). From there, take the cable car down to Bolzano (please check the timetable). From the valley station at Kampill, a city bus runs to the city center every 30 minutes. Return to Deutschnofen by regional bus (line 181).



moderate



13 km



4 h



500 m



Schneiderwiesen Inn, Wölfl farm



Stamp



moderate

12 km

3-4 h

500 m

Petersberger Leger hut,  
Gasthof Weissenstein | Albergo Pietralba,  
Laab hut, Bar Arche



## TO THE PILGRIMAGE SITE OF WEISSENSTEIN | MADONNA DI PIETRALBA

Nice excursion between meadows and forest to Pietralba, the most famous pilgrimage church in South Tyrol.

**ROUTE:** Deutschnofen | Nova Ponente (1357 m), parking at Bar Arche (ski lift) – path n. 1 to Bühl farm and Laab hut – path n. 1B to Petersberger Leger hut – path n. 2 to Weissenstein | Pietralba – pilgrimage path n. E5 back to Deutschnofen | Nova Ponente.



## TO THE LIEG HUT

**VARIANT 1:** Along the road to Deutschnofen | Nova Ponente – parking between Hotel Ganischgerhof and Hotel Schwarzenbach – path n. 9 A to the Bajerlsäge – path n. 9 – Lieg hut (1750m). Return: on the same path.

**VARIANT 2:** From Lavazè Pass | Passo Lavazè – path n. 9 – Lieg hut, easy, also for children (1 h).

**VARIANT 3:** Village centre of Deutschnofen | Nova Ponente – Bar Luise – path n.1 – Bühl farm – path n. 8 on the left – path n. 9 on the right to Eggel farm – Bajerlsäge path n. 9 – Lieg hut (3 h).

**RETURN:** Bajerlsäge path n. 9 and to Deutschnofen | Nova Ponente.

Stamp



moderate



16 km



4 h



600 m



Lieg hut, Hotel Ganischgerhof,  
Hotel Schwarzenbach

## TO THE LAAB HUT AND TO THE PETERSBERGER LEGER HUT

Magnificent high-altitude walk starting from the Laab hut to three traditional huts.

**ROUTE:** The the Laab Alm is accessible by car. The starting point of the hike is the Laab Alm hut (1649m). Proceed easily along Forest Trail n. 1 until you come to the Neuhütt Alm (1791 m). Continue along Trail n. 2 to Petersberger Leger Alm (1530 m). On Trail n. 1B, you can return to the Laab Alm.



easy



7.4 km



2 h



300 m



Laab hut, Petersberger Leger hut,  
Neuhütt hut

Stamp



## TO THE CHURCH S. AGATA | ST. AGATHA

**ROUTE:** Deutschnofen | Nova Ponente (1357 m) – Via Castel Thurn – path n. 5 – Oberkofl farm – path n. A to the church St. Agatha | S. Agata – Unterkofl farm – Deutschnofen | Nova Ponente.

**VARIANT:** back to the Oberkofl farm – forest path n. 5 – Thaler farm – Hotel Kreuz at Birchabruck | Ponte Nova – bus stop and back to Deutschnofen | Nova Ponente by bus (line 181) (2.5 h).



easy



9 km



2-2.5 h



560 m



Hotel Stern, Hotel Rössl, Hotel Kreuz,  
Feldhof Bar & Bistro

**Erica**  
vitalhotel  
wellness · mountain · active

[www.ericait](http://www.ericait)

**Aktiv & Vitalhotel Erica** \*\*\*\*\*  
Family Brunner – Ph. +39 0471 616 517  
Restaurant daily from 12.00 to 13.30

## TO THE BLETTERBACH GORGE

A hike with many geologically interesting sights into the Bletterbach gorge.

**ROUTE:** Pilgrimage site of Weissenstein | Pietralba (1520 m), Pilgrims' House – path n. 15 – trail E5 and path n. 3 to the Lahner hut (1 h) – Geo Center Bletterbach – down into the riverbad and gorge – “Gorz” trail – gorge-trail back to the Geo Center – Lahner hut (1h) – path n. 3 – Köser Talvalley – trail E5 and path n. 15 back to Weissenstein | Pietralba (helmet recommended).



moderate



12 km



5.5 h



500 m



Gasthaus Weissenstein | Albergo Pietralba,  
Lahner hut, Schmieder hut

Stamp



## TO THE WEISSHORN | CORNO BIANCO

A climb to the summit, with a uniquely beautiful panoramic view from the top.

**ROUTE:** Pilgrimage site of Weissenstein | Pietralba (1520 m), Pilgrims' House – path n. 15 to “Pichlwies” – trail E5 through Köser Tal valley – trail n. 5 to the top (2317 m) (3 h). Return: Jochgrimm | Passo Oclini – path n. 1 – Neuhütt hut – path n. 2A and trail E5 through the Köser Tal valley to Weissenstein | Pietralba (3 h).



difficult



17 km



6 h



800 m



Gasthaus Weissenstein | Albergo Pietralba,  
Neuhütt hut

Stamp







## ROUNDRIP HIKE THROUGH ALPINE MEADOWS ON THE JOCHGRIMM | PASSO OCLINI

This pleasant roundtrip hike brings you to places with stunning vistas of beautiful landscapes.

**ROUTE:** Drive by car to the Auerleger hut (1872 m) (Lavazé Pass | Passo Lavazé - Jochgrimm | Passo Oclini) (1989 m) – parking – path n. 2 to the Jochgrimm | Passo Oclini – to the Gurndin hut – path n. 12A to the Isi hut – path n. 7 – Jochgrimm | Passo Oclini – back to the Auerleger hut.



easy			
 8 km	 2-2.5 h	 300 m	 Auerleger hut, Gurndin hut, Isi hut



# latemar

dolomites



The Latemar Massive, declared as a Dolomites World Heritage Site, provides the breathtaking backdrop to the Latemar.ium – a realm full of excitement and adventure.

Explore the interactive trails and audio game hikes!

## **Panoramic chairlift Obereggen-Oberholz:**

Open daily from early June to early October.

## **Cable car Obereggen-Ochsenweide:**

Open daily from mid-June to early October.

Hiking.  
Gazing.  
Exploring.

[latemar.it](https://latemar.it)







## LATEMARIUM – LATEMAR.PANORAMA

This adventure-hiking trail directly beneath the walls of the Latemar will guide you to the region’s most-spectacular outlook points, with lots of educational and informative fables of these places.

**ROUTE:** Obereggen – ascent with the chair lift Oberholz to the alpine hut Oberholz (2096 m) – path n. 18 – platform Latemar.360° – path n. 22 – Feudo Pass | Passo Feudo (2175 m) – path n. 504/505 – Reiterjoch | Passo Pampeago – path n. 9 – Epircher Laner hut – Obereggen.



<b>moderate</b>			
 7.5 km	 3 h	 510 m	Alpine hut Oberholz, Ganischger hut, Zischg hut, Epircher Laner hut



## TO THE TORRE DI PISA HUT

This is a challenging hike over mountain slopes and rocky terrain to the Latemar, on to the Forcella dei Camosci Gap, over the summit and to the Torre di Pisa hut. It affords a beautiful panoramic view.

**ROUTE:** Obereggen (1550 m) – ascent with the chair lift Oberholz to the alpine hut Oberholz (2096 m) – uphill on path n. 18 – Forcella dei Camosci Gap (2560 m) – path n. 516 – Torre di Pisa hut (2671 m).

Descent on paths n. 516 and n. 22 to the Mayrl hut – path n. 23 (20 min.) to the mountain station of the chair lift Oberholz.

Return via the chair lift Oberholz to Obereggen.

**VARIANT:** Down path n. 516 to the Feudo Pass | Passo Feudo – path n. 504 to the Zischg hut and Ganischger hut – path nr. 505 and n. 9 back to Obereggen.



difficult		
8 km	4 h	720 m
<p>Torre di Pisa hut, Mayrl hut, Ganischger hut, Zischg hut, Epircher Laner hut, Alpine hut Oberholz</p>		









## TO THE HUTS OF OBereggen

A panoramic hike across alpine meadows below the impressive mountain scenery of the Latemar and the Zanggen.

**ROUTE:** Obereggen (1550 m) – upper parking – “Alm” path n. 9 – uphill to the Epircher Laner hut (40 min.) – path n. 9 after 1 km take the left path n. 23 up to the Mayrl hut (30 min.) or on to the Reiterjoch | Passo di Pampeago (1996 m) – path n. 505 to Ganischger hut and Zischg hut (30 min).

**RETURN:** to the Mayrl hut – 20 min. to the mountain station of the chair lift Oberholz (50 min. from the Zischg hut) or back on path n. 9 to Obereggen.



<b>moderate</b>			 Alpine hut Oberholz, Epircher Laner hut, Mayrl hut, Ganischger hut, Zischg hut
 11 km	 2-4 h	 500 m	





### Malga Mayrl Alm

(2037 m)

- Open from beginning of June - beginning of October, no day off
- Only 20 min. from the mountain station of the Oberholz chairlift
- We offer hearty culinary pleasures, fresh cakes and refreshing drinks in the shelter of the peaks of the Latemar.

Obereggen - Ph. +39 333 623 4245 - [www.mayrl-alm.com](http://www.mayrl-alm.com)



### Zischg ALM

Latemar Dolomites

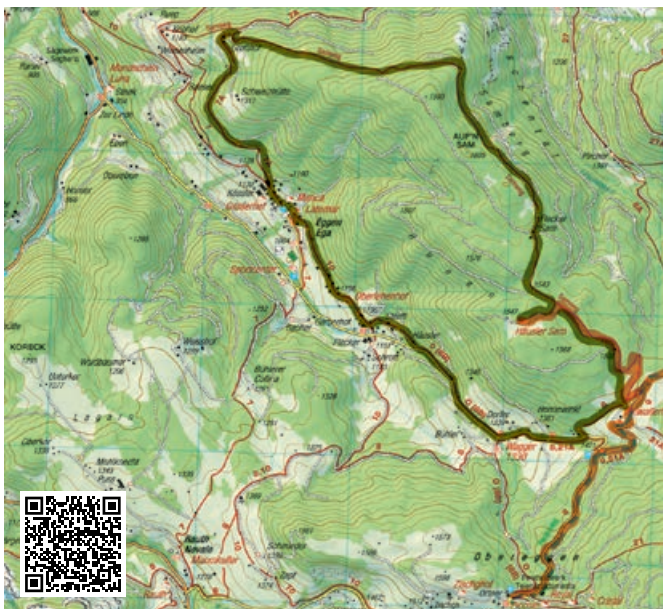
Restaurant & Übernachtungen | Ristorante & Soggiorno | Restaurant & Accommodation  
 E-Mail: [office@zischgalm.it](mailto:office@zischgalm.it) Tel. +39 338 765 2517 +39 388 924 8553 [www.zischgalm.it](http://www.zischgalm.it)  
 geöffnet vom 13. Juni bis 4. Oktober | aperto dal 13 giugno fino 4 ottobre | open from 13. of June until 4. of October

## HIKE OVER THE SAMBERG MOUNTAIN

A somewhat arduous, but rewarding forest hike with lots of panoramic views.

**ROUTE:** Eggen | Ega (1120 m), village square – path n. 7 – Grott farm – path S – Häusler Sam hut (3 h).

**RETURN:** trail n. 8 to Bewaller farm – trail n. 8B – Städtl path n. 10 to Eggen | Ega.



moderate



12 km



3-4 h

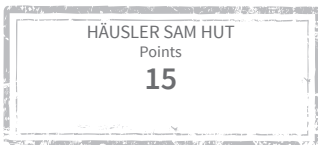


450 m



Häusler Sam hut, Hotel Gasserhof,  
Hotel Moar am Latemar, Hotel Marica

Stamp



www.hotel-mondschein.it - 0039 0471 610123





## ALONG THE TEMPL PATH TO LAKE CAREZZA

An interesting tour, especially for families with children, from Obereggen through the forest to the famous Lake Carezza. Hikers can also start from Eggen | Ega or vice versa.

**ROUTE:** Obereggen (1550 m), upper parking – path n. 9 – Bewaller farm – path n.8 – possible detour on to the Häusler Sam hut – path S or path n. 25A and n. 25 to Stadl Alm hut – path n. 8 to Lake Carezza – back on the same path.

**VARIANT:** Start from Eggen | Ega – path n. 10 – then on path n. 8B and on as described above.



<b>easy</b>			 Stadl Alm hut, Sea Bistro, Häusler Sam hut
 12-14 km	 3-4 h	 150 m	







## FROM WELSCHNOFEN | NOVA LEVANTE TO LAKE CAREZZA

Lake Carezza is one of the most beautiful alpine lakes and is known for its wonderful colours.

**ROUTE:** Parking lot cable car Welschnofen | Nova Levante (1182 m) – along the main street 500 m in the direction of Bozen | Bolzano until the civil defence centre – path n. 10A – Hotel Adler – path n. 10A – Lake Carezza (1520 m) – path n. 10A – Hotel Adler – path n. 7A – path n. 7 – parking lot cable car Welschnofen | Nova Levante.

**VARIANT:** From Hotel Adler – path n. 27 or n. 25 – Stadl Alm hut – path n. 27 – civil defence centre – main road back to the parking lot cable car Welschnofen | Nova Levante. Duration: 5 h; Height difference ascent: 675 m; Length: 14.6 km.



easy - moderate			 Hotel Adler Carezza, Sea Bistro, Stadl Alm hut
 10.1 km	 3.5 h	 489 m	







## SISSI TOUR

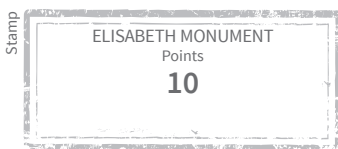
Destination of this lovely hike is the monument to the Empress Elisabeth (Sissi, wife of Franz Josef I), who stayed several times in the Grand Hotel Carezza. She was often accompanied by a local guide along the path n. 6, which was her favorite walk.

**ROUTE:** Lake Carezza (1520 m) – suspension bridge – path n. 6 – grain mill – path n. 6 – Meierei inn – Ladritscher farm – path n. 3 – Elisabeth monument (1566 m) – back to the crossing – path n. 6 – path n. 16 to the chairlift Tschein – path n. 6 – suspension bridge – Lake Carezza.

**VARIANT:** From Elisabeth monument – path n. 3 – path n. 3A – parking lot cable car Welschnofen | Nova Levante. Duration: 2 h; Height difference ascent: 68 m; Length: 6.5 km.



easy - moderate			 Meierei inn, Ladritscher farm, Sea Bistro
 11.1 km	 3 h	 229 m	



**LADRITSCHER HOF** 1.523 m  
Farm Restaurant on the Elisabeth promenade.

Schönblickweg 15 Via Bellavista - Welschnofen / Nova Levante - Carezza  
Tel. 329 9414436 - info@ladritscherhof.com - www.ladritscherhof.com





## FARM HIKE

With the fabulous view of the surrounding Dolomite mountains Rosengarten | Catinaccio and Latemar, this hike is an absolute Must-Do here in Val d'Ega.

**ROUTE:** Church square Welschnofen | Nova Levante (1182 m) – path n. 5 – pilgrimage chapel Lengeria – wolf pit – path n. 1 – Schiller farm (1555 m) – path n. 4A – Hagner hut (1550 m) – path n. 4B – Jocher farm – path n. 15A – path n. 15 – path n. 5 – church square Welschnofen | Nova Levante.

**VARIANT:** Welschnofen | Nova Levante – ascent by cable car Laurin I – Frommer hut – path n. 1A – Nigerpass | Passo Nigra – path n. 1 – path n. 4A – Hagner hut – path n. 4A back to Welschnofen | Nova Levante (Duration: 3.5 h; Height difference ascent: 37 m; Length: 12.5 km) or return on path n. 1 – Schiller farm – path n. 1 and n. 5 back to Welschnofen | Nova Levante (Duration: 3 h; Height difference ascent: 36 m; Length: 11 km).



<b>moderate</b>			
 10.6 km	 3.5 h	 452 m	Hagner hut, Jocher farm



## LATEMAR LABYRINTH

Latemar forest is home to the hazel spruce, a wood used to manufacture string instruments. Therefore, it is also called “tonewood”. From the Latemar forest you can reach into the popular rock labyrinth, which got its name from the boulders, which are as high as houses and which are the result of a huge landslide from the Latemar long ago.

**ROUTE:** Bus stop Karerpass | Passo Costalunga (1752 m) – path n. 21 to the Mitterleger | Radura di Mezzo (1839 m) – Labyrinth path n. 20 – turn left on path n. 18 – turn right on path n. 21 – path n. 21 – Karerpass | Passo Costalunga.



moderate



8.7 km



2.5 h



220 m



Restaurant Pizzeria Antermont

Stamp



## MASARÈ PATH

Along this panoramic path you will see an eagle made of bronze – this is to commemorate Theodor Christomannos, who built the legendary Dolomite road from Welschnofen | Nova Levante to Cortina.

**ROUTE:** Mountain station chairlift Paolina (2125 m) – path n. 539 – Christomannos monument (2349 m) – path n. 549 – Fronza alle Coronelle | Kölner hut (2337 m) – path n. 549 and n. 552 – chairlift Paolina.

**VARIANT:** Welschnofen | Nova Levante – cable car Laurin I – Frommer hut – cable car König Laurin I and II – Fronza alle Coronelle | Kölner hut – the round in the opposite direction.



moderate



8.1 km



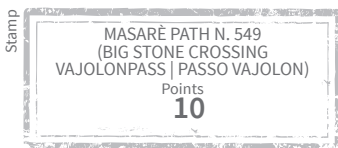
3 h



287 m



Paolina hut, Fronza alle Coronelle | Kölner hut,  
Laurins Lounge, Frommer hut



RIFUGIO A. FRONZA ALLE CORONELLE  
KÖLNER HÜTTE - 2.337M



At the foot of the Rosengarten in dreamlike panoramic position. A true paradise for all hiking and climbing enthusiasts. Comfortable rooms with 2-4-6-8 places. Fam. Trottnr serves gastronomic delicacies. At sunset, the Rosengarten turns red, enjoy the beautiful natural spectacle! Open: 1st of June to 10th of October

Tel. +39 0471 61 2033 (rifugio)  
Mobil/Cell. +39 346 543 2962  
www.rifugiofronza.com  
info@rifugiofronza.com

## CIRCULAR HIKE AROUND THE ROSENGARTEN | CATINACCIO MASSIF

This hike offers a fantastic view of the surrounding mountains for those who like walking and have mountain experience.

**ROUTE:** Welschnofen | Nova Levante (1182 m) – cable car Laurin I – Frommer hut (1743 m) – cable car König Laurin I and II – Fronza alle Coronelle | Kölner hut (2337 m) – path n. 550 – Tschagerjoch | Passo Coronelle (2630 m) – path n. 541 – Cigoladepass | Passo Cigolade (2550 m) – path n. 541 – Roda di Vael | Rotwand hut (2283 m), Pederiva hut (2275 m) – path n. 549 – path n. 539 – Paolina hut (2125 m) – path n. 552 – path n. 549 – Fronza alle Coronelle | Kölner hut.

**VARIANT:** From Paolina hut – the round in the opposite direction. Challenging hike; walkers must be well-equipped and have a head for heights.



**difficult**

  
10.7 km

  
5 h

  
724 m



Frommer hut, Fronza alle Coronelle | Kölner hut, Laurins Lounge, Roda di Vael | Rotwand hut, Pederiva hut, Paolina hut





**Laurin's Lounge**  
2.334m

T +39 0471 155 1870

info@laurinslounge.it

**Südtirols höchste Panoramalounge**  
La lounge più alta dell'Alto Adige



## TO THE POPPEKANZEL | PULPITO IN THE LATEMAR

The exhausting ascent will be repaid by an amazing view of the surrounding mountains like the Pala Group, Marmolada, Sella, Sassolungo, Rosengarten | Catinaccio and Ötztal Alps.

**ROUTE:** Karerpass | Passo Costalunga (1752 m) – path n. 17 – mountain cinema – Poppekanzel | Pulpito peak (2328 m) – back the same way.

Challenging hike; walkers must be well-equipped and have a head for heights.



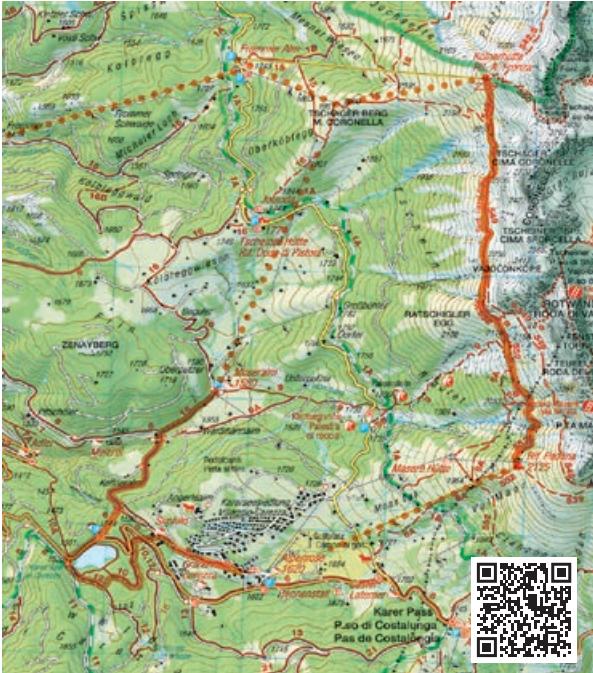
<b>difficult</b>			
7 km	3 h	565 m	Restaurant Pizzeria Antermont, Latmor Alm hut



## KING LAURIN TOUR

This hike takes you to the highlights between Latemar and Rosengarten | Catinaccio.

**ROUTE:** Parking lot cable car Welschnofen | Nova Levante (1182 m) – Laurin I cable car – Frommer hut – cable car König Laurin I and II – Fronza alle Coronelle | Kölner hut (2337 m) – Masarè path n. 549 – path n. 552 – Paolina hut (2125 m) – descent with Paolina chairlift – path n. 6 – path n. 10 – Lake Carezza (1520 m) – suspension bridge – path n. 6 – path n. 16 – chairlift Tschein – descent with cable car König Laurin I and cable car Laurin I to Welschnofen | Nova Levante.



moderate



7.5 km



3.5 h



100 m



Frommer hut, Fronza alle Coronelle | Kölner hut, Laurins Lounge, Paolina hut, Sea Bistro

Stamp



## INTO THE HEART OF THE ROSENGARTEN | CATINACCIO MASSIF – VAJOLON

Very nice excursion in the heart of the Rosengarten | Catinaccio massif. The hike offers a fantastic view of the nearby mountains.

**ROUTE:** Karerpass | Passo Costalunga (1752 m) – path n. 1A – path n. 552 – Hirzel path – path n. 9 – Vajolonpass | Passo Vajolon (2560 m) – path n. 551 – path n. 541 – Pederiva hut (2275 m), Roda di Vael | Rotwand hut (2283 m) – path n. 548 – path n. 1A – Karerpass | Passo Costalunga.

Challenging hike; walkers must be well-equipped and have a head for heights.



<b>difficult</b>			
10.7 km	5 h	818 m	Paolina hut, Roda di Vael   Rotwand hut, Pederiva hut



Rifugio



### Paolina Hütte

(2125 m)

Mountain station Paolina chairlift.

Tel. +39 0471 612008  
Mobil/Cell. + 39 347 9489641

[info@paolina.huette.com](mailto:info@paolina.huette.com) – [www.paolina-huette.com](http://www.paolina-huette.com)

## TO THE CHRISTOMANNOS MONUMENT

You will enjoy the marvellous view of the surrounding mountains.

**ROUTE:** Parking lot Kaiserstein (1744 m) – path n. 1A – path n. 548 – Roda di Vael | Rotwand hut (2283 m), Pederiva hut (2275 m) – path n. 549 – Christomannos monument (2349 m) – path n. 539 – Paolina hut (2125 m) – path n. 552 – path n. 6A – Masaré hut – forestry road – path n. 1A – parking lot Kaiserstein.

**SHORT VARIANT:** Mountain station chairlift Paolina (2125 m), Paolina hut (2125 m) – path n. 539 – Christomannos monument (2349 m) – path n. 549 – Pederiva hut (2275 m), Roda di Vael | Rotwand hut – same way back. Duration: 1.5 h; Height difference ascent: 153 m; Length: 3.8 km.



moderate



9.7 km



4 h



540 m



Pederiva hut, Roda di Vael | Rotwand hut,  
Paolina hut, Masaré hut

Stamp







## TO THE MESSNERJOCH HUT

Excursion for everybody with breathtaking view.

**ROUTE:** Parking lot cable car Welschnofen | Nova Levante (1182 m) – path n. 3A – Niger path – Nigerpass | Passo Nigra (1688 m) – path n. 1 – Messnerjoch hut (1930 m) – back the same way or path n. 1B, n. 15, Niger path and n. 3A.

**SHORT VARIANT:** Welschnofen | Nova Levante – cable car Laurin I – Frommer hut – path n. 15 and n. 1B – back the same way (Duration: 1.5 h; Height difference ascent: 200 m; Length: 3.4 km).



<b>moderate</b>			 Messnerjoch hut, Frommer hut
 15.9 km	 4.5 h	 764 m	



**Messnerjoch** 1.930m  
Rosengarten

Situated at the foot of the "Rosengarten" you can enjoy typical South Tyrolean dishes and the view to the surrounding Dolomites.





[www.messnerjoch.com](http://www.messnerjoch.com). Tel. +39 340 4734652

## VIAL DE LE FEIDE (SHEEP PATH)

High-altitude hike between Vigo di Fassa and Carezza with breathtaking panoramic views.

**ROUTE:** Parking lot cable car Welschnofen | Nova Levante (1182 m) – by bus to Vigo di Fassa (line 180) – cableway Ciampedie – Ciampedie (2000 m) – Vial de le Feide (Sheep path) – path n. 541 – Roda di Vael | Rotwand hut (2283 m), Pederiva hut (2275 m) – path n. 549 – path n. 539 – Paolina hut (2125 m) – descent with chairlift Paolina – return by bus to Welschnofen | Nova Levante.



<b>moderate</b>			 Roda di Vael   Rotwand hut, Pederiva hut, Paolina hut
 5.8 km	 2.5 h	 363 m	



## CIRCULAR HIKE AT THE TALTBÜHL

Circular walk with panorama view across the romantically situated biotope "Totmoos" up to the last wolf pit of the area. The path leads then towards Niger Pass | Passo Nigra and Rosengarten | Catinaccio.

**ROUTE:** Bus stop Obergummer | S. Valentino di Sopra (1350 m) or car park in front of „Lärchenwald“ – path n. 3 – at the farm Weggut junction turn left n. 22 – Totmoos (1625 m) – path n. 22 – Wolf pit (1506 m) – turn left path n. 1 – parking place in front of „Lärchenwald“ or bus stop Obergummer | S. Valentino di Sopra

**TIP:** At the wolf pit, continue along trail no. 1 until you reach the farm Schillerhof (approx. 850 m) – a wonderful viewpoint.



easy - moderate



10.5 km



3 h



380 m

Stamp



## STEINEGG RIDGEWAY

Panoramic circular forest hike with views of the mountains Schlern | Sciliar, Rosengarten | Catinaccio and Latemar.

**ROUTE:** Bus stop or parking Egger Moos (1522 m) – yellow shoe shield path and path n.5 – chapel „Kaserer Bild“ (1278 m) – path n. 5 – Lärch farm (1310 m) – Oberölgart farm (1201 m) – path n. 6 – follow the forest road with yellow shoe markings (do not turn off to Steinegg | Collepietra) – Soluck parking place - Steinegg | Collepietra sports zone – path no. 3 - bus stop or car park Egger Moos.



moderate



13 km



5 h



291 m



Oberölgart farm

Stamp







## CIRCULAR HIKE FROM STEINEGG TO THE WIEDENHOF

A varied circular trail with great views and some challenging sections.

**ROUTE:** Steinegg | Collepietra (820 m) – path n. 3 – turn right on path n. 6 (farm Kummer) – a side visit to the viewpoint Spitzköfele (935 m) – path n. 7 (above Spitzköfele) – votive pillar „Ölgartner Bild“ (1102 m) – turn right on path n. 6 – turn right on path n. 8B – farm Wiedenhof (920 m) – path n. 8 – Steinegg | Collepietra.



<b>moderate</b>			
 10 km	 3.5 h	 440 m	Wiedenhof farm, Hotel Berghang/Astra, Unterwirt Inn, Hotel Oberwirt



## STAR VILLAGE CIRCULAR WALK IN STEINEGG

Discover all the highlights of the Star Village of Steinegg | Collepietra in a varied hike. You will be accompanied by the mascot „Luxi“.

**ROUTE:** Steinegg | Collepietra (820 m) – path n. 2B via Pstosser Bühl (open-air exhibition & mountain cinema) – chapel “Weißes Bild” – path n. 2 – Katzenbach gorge – path n. 2 (earth pyramids) – Dosser Cross (970 m) – turn right on path n. 2A – Kummer farm (950 m) – path n. 2A (rocket tree house) – turn right on path n. 2 – Steinegg | Collepietra.

**TIP:** side trip to the ruins of Steinegg | Collepietra (from Steinegg | Collepietra centre, follow the signs with ruins symbol for 20 minutes).



easy			
			Hotel Oberwirt, Hotel Steineggerhof, Unterwirt Inn
6.5 km	2 h	300 m	







## PLANET PATH IN GUMMER

Against the backdrop of Latemar and Rosengarten | Catinaccio, it is possible to walk the planets of our solar system in a scale of 1:1 billion – within three hours from Mercury to Jupiter and on to Pluto.

**ROUTE:** Astronomic observatory (1315 m), Unteregger Inn – path n. 5 – biotope – planet path shield – path n. 3 – Lärchenwald (1350 m) – path n. 1 – planet path shield – parking Schenken (1300 m) – path n. 5 A – Learn pond – planet path shield – path n. 5 – Tschigg farm (1332 m) – planet path shield – Astronomic observatory.



easy			 Unteregger Inn
 9 km	 3 h	 262 m	



## PYRAMID PATH IN STEINEGG

A varied circular walk through forests, meadows and gorges with fascinating earth pyramids as a geological highlight.

**ROUTE:** Steinegg | Collepietra (820 m) – path n. 2B over the Pstosser Bühl – just before the chapel „Weißes Bild“ (895 m) follow on the left the wooden pyramids with stone – Katzenbach gorge – Raffener farm (840 m) – turn right on path n. 10 – turn right on path n. 2 – Dosser farm (855 m) – Dosser Cross – turn right on path n. 2 – earth pyramids – Glinger farm – path n. 2 – chapel „Weißes Bild“ – Steinegg | Collepietra.



**moderate**

6 km   2 h   360 m

Hotel Berghang/Astra, Hotel Steineggerhof, Hotel Oberwirt, Unterwirt Inn









## VIA FERRATA SANTNERPASS | PASSO SANTNER

A classic route in the Dolomites surrounded by steep rock walls and towers with excellent views. A relatively short via ferrata with difficult alpine spots which require mountain experience.

**ROUTE:** Mountain station cable car König Laurin II (2337 m), Fronza alle Coronelle | Kölner hut – path n. 542 to the beginning of the via ferrata – safe ascent (300 m) – most difficult spot is the often iced canyon (attention: icy in early summer) – Santnerpass hut (2734 m).

**DESCENT:** On the path n. 542 – Re Alberto | Gartl hut (2621 m) – Vajolet hut (2243 m) – path n. 541 and n. 550 over the Tschagerjoch | Passo Coronelle to the starting point.

Intermediate (B/C) – only for sure-footed climbers with climbing equipment and experience.

moderate			
 7.7 km	 6 h	 986 m	 Fronza alle Coronelle   Kölner hut, Laurins Lounge, Santnerpass hut



**SPORT LUCY**

NOLEGGIO ATTREZZATURA  
PER SPORT ESTIVI  
VERLEIH VON KLETTER  
UND WANDERAUSRÜSTUNG

PASSO CAREZZA • KARERPASS

 +39 0471 612162 [www.sportlucy.it](http://www.sportlucy.it)

## VIA FERRATA MASARÈ

Nice, varied via ferrata in the southern part of the Rosengarten | Catinaccio massif with fantastic views of the Dolomites.

**ROUTE:** Mountain station chairlift Paolina (2125 m), Paolina hut – path n. 539 – Christomannos monument (2349 m) – path n. 549 – to the Roda di Vael | Rotwand hut (2283 m), Pederiva hut (2275 m) – left steeply up to the start of the via ferrata – ascent over the chimneys and walls of rock to the Masarè peak (2585 m).

**DESCENT:** On path over the meadow in direction of the Torre Finestra (Window Tower) – directly on the rock face signposted descent to the Roda di Vael | Rotwand hut, Pederiva hut (wire cable, ladder) and back to the starting point.

**VARIANT:** On via ferrata Roda di Vael | Rotwand – Vajolonpass | Passo Vajolon and back to the Paolina hut.

Difficult (C) – only for sure-footed climbers with climbing equipment and experience.



difficult



6.3 km



4 h



483 m



Roda di Vael | Rotwand hut,  
Pederiva hut, Paolina hut

Berg- und Skiführer  
Guida alpina e sciistica

**HANSJÖRG  
WELSCHER**

Tel. +39 348 7 960 499  
www.welscher-hansjoerg.com

**Abenteuer Berg  
Avventura montagna**

**Alpinzentrum / Centro d'alpinismo OBereggen**

## VIA FERRATA ROTWAND | RODA DI VAEL

Technically not very hard, with some difficult spots. Famous for its beautiful panoramic views and mountain surroundings.

**ROUTE:** Mountain station chairlift Paolina (2125 m), Paolina hut – Masarè path n. 552 – path n. 9 to the Vajolonpass | Passo Vajolon – begin of the via ferrata to the peak of Rotwand | Roda di Vael (2806 m).

**DESCENT:** Over the via ferrata – Torre Finestra (Window Tower) – Parete del Diavolo (Devil’s Wall) – Rotwand | Roda di Vael hut (2283 m), Pederiva hut (2275 m) – path n. 549 and n. 539 back to the starting point. Less experienced hikers take the ascent route for the descent.

Intermediate (B/C) – only for sure-footed climbers with climbing equipment and experience.



moderate



6.4 km



4.5 h



681 m



Roda di Vael | Rotwand hut,  
Pederiva hut, Paolina hut



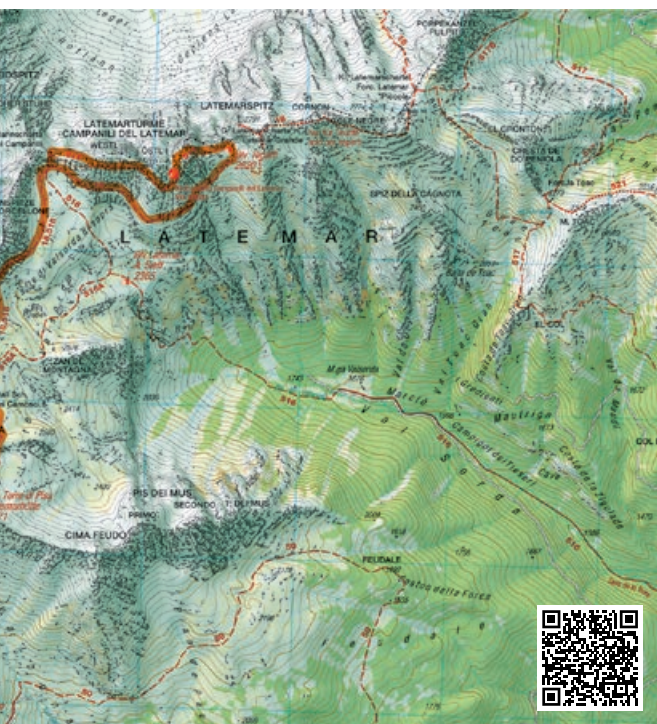
## VIA FERRATA LATEMAR TOWERS

Long and very panoramic hike with a moderately difficult via ferrata between the Latemar Towers and ascent to the Diamantidi Tower, the highest point of the Latemar.

**ROUTE:** Obereggen (1550 m) – mountain station of chairlift Oberholz (2096 m) – path n. 18 to the Forcella dei Camosci (2590 m) – then path n. 516 – Forcellone del Latemar – to the start of the via ferrata – path n. 511 with wire rope to the summit of the Diamantidi Tower (2842 m).

**DESCENT:** On path n. 511 – east to the Bivak M. Rigatti – right path n. 18 to the Forcella dei Camosci – path n. 516 to Torre di Pisa hut – down on path n. 516 and n. 22 to the Mayrl hut and the chairlift Oberholz.

Intermediate (A-C) – only for sure-footed climbers with climbing equipment and experience.



moderate



15 km



7 h



1115 m



Alpine hut Oberholz, Torre di Pisa hut, Mayrl hut, Platzi Mountain Lounge, Loox



@carezzadolomites #mycarezza [www.carezza.it](http://www.carezza.it)

*Mountain experience*

# Rosengarten



**6**

**Lifts**



**DOLOMITI  
SUPERSUMMER**



**Carezza**  
dolomites



## MOUNTAIN PASS

### 1 Ticket - 17 lifts - 3 mountains

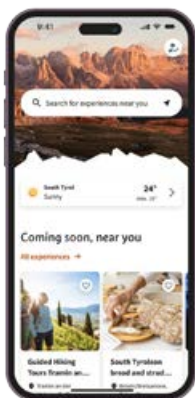
Holders of the Mountain Pass may use 17 lifts in the heart of the Rosengarten | Catinaccio, Latemar and Schlern | Sciliar any three or five days within a period of seven consecutive days.

More information and prices from your host, at the tourist offices on tel. 0471 619 500 or at [eggental.com/en/mountainpass](http://eggental.com/en/mountainpass)

# The only official Südtirol Guide App



**EXPLORE**  
what's near you



**DISCOVER**  
activities, events &  
restaurants



**BOOK**  
experiences



**Download now!**

## 10 RULES OF SAFE HIKING IN THE MOUNTAINS

- 1. Plan your hikes carefully:** Check distance and difficulty. Inform family, friends, or the hut warden about your route.
- 2. Check the weather:** Look at the latest forecast before starting and watch for changes on the trail. Hut wardens often provide valuable local advice.
- 3. Know your fitness:** Choose suitable routes, start early, and allow extra time to return before dark.
- 4. Keep a steady pace:** Walk evenly and take regular breaks, especially with children.
- 5. Hydration & snacks:** Drink plenty of water, tea, or natural juices. Bring nutritious snacks like whole-grain bread, nuts, or dried fruit.
- 6. Equipment:** Wear sturdy hiking boots for support and joint protection.
- 7. Clothing & safety:** Bring lightweight, breathable clothing and spare layers. Always pack warm and rain-proof gear and a first-aid kit.
- 8. Consideration & help:** Look out for weaker group members, warn others of hazards, and provide first aid if needed.
- 9. Respect nature:** Avoid noise, don't leave litter, and protect plants and animals.
- 10. Stay on the trails:** Follow marked paths, consult your map, and turn back in time if unsure.

### Emergency:

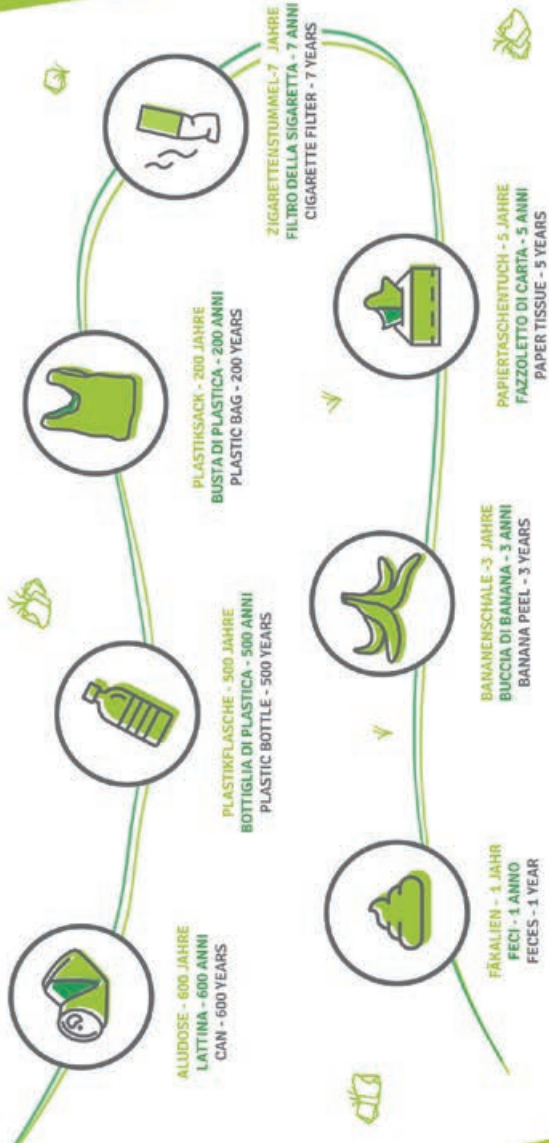


### Weather:

[weather.province.bz.it](http://weather.province.bz.it)  
0471 270 555

# WENIGER MÜLL – MEHR NATUR! MENO RIFIUTI – PIÙ NATURA! LESS WASTE – MORE NATURE!

ABBAUZEITEN • TEMPI DI DECOMPOSIZIONE • TEMPS DA SE DESFÉ • DECOMPOSITION TIMES



Achtsam am Berg  
Rispetta la montagna  
Respetea la montes  
Respect the mountain

Respektiere die Natur,  
lass keine Abfälle  
zurück.

Rispetta la natura,  
non abbandonare  
rifiuti.

Respect nature,  
don't litter.

## DEAR HIKING FRIENDS!

This hiking guide is also a hiking pass. All hikes have been carefully selected. All routes have been selected carefully to give you unforgettable moments in the Eggental valley. Stamp the respective fields in the hiking pass. Once you have reached the necessary points, you can collect your recognition at our tourist offices: the Eggental hiking pin, created by a local craftsman with Swiss pine wood from the valley.

**Required points: 90 points.**

**For children up to 13 and over 65: 50 points.**

**Enjoy your hiking adventures!**



### Impressum

Layout: [www.obkircher.com](http://www.obkircher.com)

Print: A. Weger, Brixen | Bressanone

Cartography: Tappeiner AG

Foto: Thomas Monsorno, StorytellerLabs, Alfred Tschager, Gabriel Eisath, Westsiders, Alex Filz, Harald Wisthaler, zulustudios, Michael Meusburger

All information without guarantee. Subject to changes and printing errors.



# EGGENTAL

CAREZZA  
LATEMAR  
DOLOMITES

**Eggental Tourismus**

+39 0471 619 500

info@eggental.com

eggental.com

Less waste, more nature. Return me to your accommodation when you no longer need me.



**Raiffeisen**  
Schlern-Rosengarten



**Raiffeisen**  
Deutschnofen-Aldein



**DOLOMITI**  
SUPERSUMMER