

**LANZ ACTIVE**

**GLOBO ALPIN**

# **Summer Active 2021**



# Kneipp Treatment at the Toblacher See

According to Father Sebastian Kneipp our health and well-being rely on the five pillars: water, exercise, nutrition, plants and balance. Kneipp's best-known method to increase well-being and strengthen the immune system is his hydrotherapy: water treading in cold clear water whereby one's legs are alternately plunged into and pulled out of the water. This process stimulates the metabolism and blood circulation

We hike from Dobbiaco to Toblacher See: a beautiful mountain lake, nestled between the mountains of the Drei Zinnen Nature Park and the Fanes Senes Braies Nature Park, where we strengthen our immune system by doing kneipp therapy and walking barefoot.



**Difference in altitude:** ca. 100 m  
**Hiking time:** ca. 2-3 hours  
**Equipment:** Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes, towel

**Difficulty:**



**Meeting point:** Bus Station of Dobbiaco  
**or** Globo Alpin office, at the Train Station of Dobbiaco

During the hiking tour a distance of two metres must be maintained between persons who are not of the same household. If the minimum distance cannot be maintained, the mouth and nose must be covered.

# “Experience the farmlife” at the Hansenhof above Aufkirchen

From Toblach we start on foot and hike to the Marian pilgrimage church in Aufkirchen. From there we walk steadily up to the hamlet of Mellaten, where we visit the Hansenhof, a mountain farm located at 1500m. It has been with the family for four generations, and they farm it with love, diligence and with a deep connection to nature.

Milk production has been the farm's main income since 1978. In 1990 they diversified their income by adding farm holidays.

In 2020, as part of a qualitative expansion of the farm building, the stable was converted into a playpen and milk production into organic hay milk.

The owner of the Hansenhof gives us an insight into life and work on the farm and shows us his animals. Then we get a little taste of the farm's own products.



**Difference in altitude:** ca. 400 m  
**Farm visit:** ca. 1 hours  
**Hiking time:** ca. 4 hours  
**Equipment:** Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes  
**Guiding and tasting:** **6 € (Children up to 10 years free)**

**Difficulty:**



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# “Mythologies of the Dolomites” Through the Knappenfuß Valley to the Plätzwiese

*The princess of the marmots. In an old cave at the bottom of the mountain Hohe Gaisl once lived an old Anguna. She was always alone there, only the marmots, who lived in the cracks of the mountain, were her friends.*

The breathtaking view on the Hohe Gaisl has already fascinated our ancestors and inspired hundreds of legends such as “The princess of the marmots.” We start our tour in the Höhlenstein-Valley and reach through the Knappenfuss-Valley the Plätzwiese. The ascent starts in the wood and reaches after some serpentines the Plätzwiese. After a lunch break at Prato Piazza we descend to Schluderbach, from where we will reach shortly our starting point.



**Difference in altitude:** ca. 500 m  
**Walking time:** ca. 4 hours  
**Equipment:** Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes

**Difficulty:**



**Meeting point:** busstop “Cimabanche” (can be reached by car or by bus Toblach- Cortina 445)

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## Along the Rienz Valley to the Three Peaks of Lavaredo

We start in Landro at the Hotel Drei Zinnen Blick and hike up the less frequented Rienztal to the Rienzboden at 2200m. Rewarded by the long ascent, we are now standing directly in front of the imposing north walls of the Three Peaks. When the weather is good we can watch from a distance the climbers on the overhanging walls and, with a bit of luck, the marmots in front of their caves.

The descent takes us back down the same steep path, always along the Rienza, to our starting point.



**Difference in altitude, ascent:** ca. 900 m

**Hiking time:** ca. 5 hours

**Equipment:** Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes



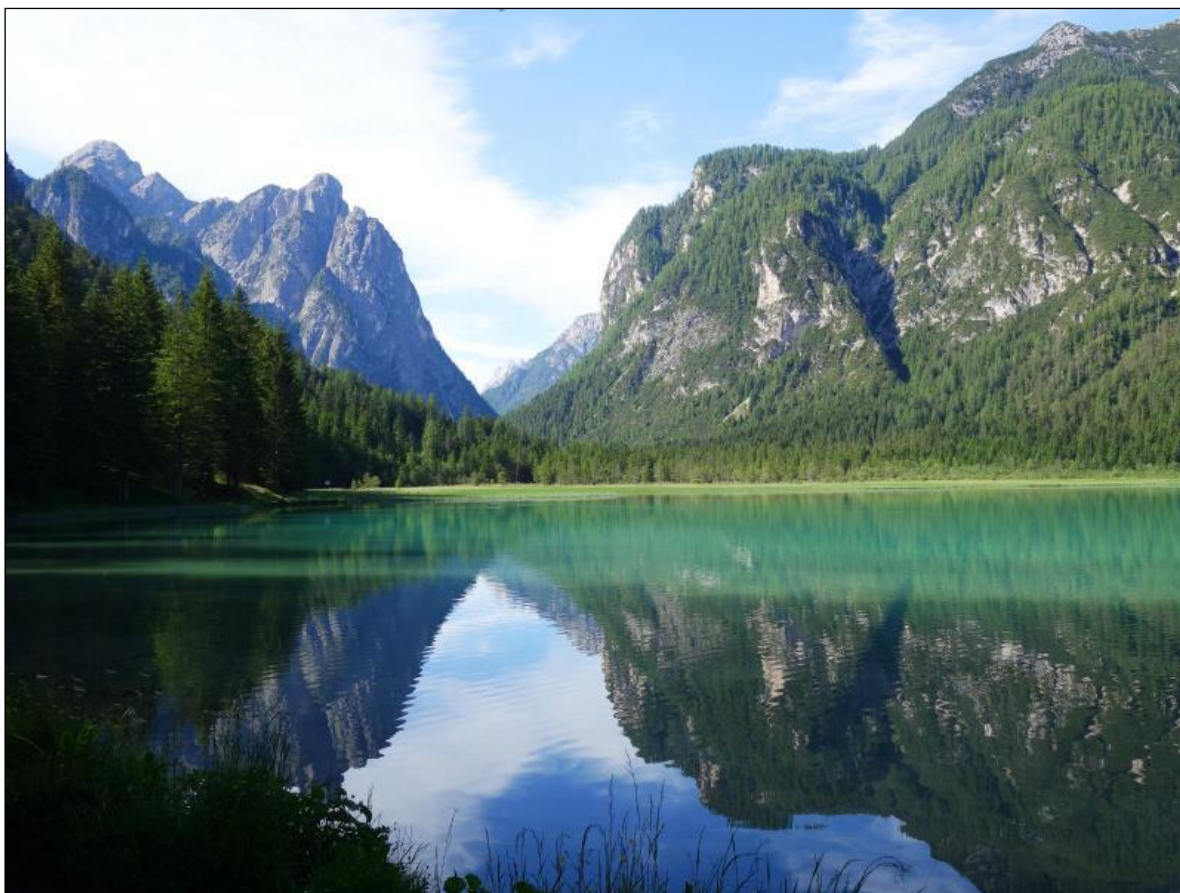
**Difficulty:**

**Meeting point: Meeting point:** busstop "Punto Panoramico Tre Cime" (can be reached by car or by bus Toblach- Cortina 445)

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## To the Troge Alm with a wonderful view of the Toblacher See

We hike from Dobbiaco to Toblacher See: a beautiful mountain lake, nestled between the mountains of the Drei Zinnen Nature Park and the Fanes Senes Braies Nature Park. From there we go uphill to the Troge, located at the foot of the Sarlkofel, from where we enjoy the view of the lake and the surrounding mountains. After a cozy picnic at the abandoned alpine hut, we hike back to Toblach.



**Difference in altitude:** ca. 350 m  
**Hiking time:** ca. 3 hours  
**Equipment:** Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes

**Difficulty:**



**Meeting point:** Bus Station of Dobbiaco  
**or** Globo Alpin office, at the Train Station of Dobbiaco

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# Over the Two Waters Well to the Lachwiesen

We hike from Alttoblach past the parish church to the two-water fountain, an idyllic vantage point with a view of the town and the surrounding mountains. The two waters of Dobbiaco can be tasted at the Two Waters Well: the iron-containing water that springs from the foot of the Pfannhorn and the calcium-containing water that comes from the Höhlenstein valley.

A little-used hiking trail now takes you through larch and spruce forests to the Lachwiesenhut, where we can take a break and enjoy the view of the Sesto and Braies Dolomites.



**Difference in altitude:**

ca. 400 m

**Hiking time:**

ca. 3-4 hours

**Equipment:**

Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes

**Difficulty:**



**Meeting point:**

Bus Station of Dobbiaco

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