

GLOBO ALPIN **IRIS LANZ**
Sommer Aktiv Programm
2018



From Misurina to the Three Peaks “On the tracks of the war in the Dolomites”

A walking tour next to the Three Peaks is always an unforgettable experience. The contrast between the soft south-side and the bleak north with the steep walls is as characteristic for these mountains as the long and spectacular history around the First World War.

We start our tour on a less used trail and reach through the pasture Rimbianco the Three Peaks. On the “long pasture” we enjoy the marvellous view on the northwalls of the Three Peaks.



Difference in altitude:

ca. 700 m

Hiking time:

ca. 4 hours

Equipment:

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



Difficulty:

Meeting point: Globo Alpin, train station of Dobbiaco or alternatively at the

Starting point hiking tour: Lago Antorno, bus stop

* Using public transports (bus ticket not included)

View of Dobbiaco: **The Ratsberger meadows**

We commence from Santa Maria, a small place of pilgrimage located above Dobbiaco. The objective for going to the Ratsberger Mountain meadows is to present us with wonderful views of Dobbiaco, Landro and the Dolomites. On the Ratsberg Mountain meadows a variety of wild flowers can be admired.



Difference in altitude:

ca. 500 m

Hiking time:

ca. 3 hours

Equipment:

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

Difficulty:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar)

* Using public transports (bus ticket not included)

Bonner hut – new hut at the bottom of the Pfannhorn

At the bottom of the Pfannerhorn there is the Bonner hut, which was renovated this year. From there you have a marvellous view. We start our tour in Kandellen and walk to the hut, where we make a lunchbreak. Afterwards we descent to the "mountain-pasture" Bergalm.



Difference in altitude:

ca. 750 m

Hiking time:

ca. 5 hours

Equipment:

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



Difficulty:

Meeting point: Globo Alpin, train station of Dobbiaco

“Experience the farmlife”

We visit a farm in Prags, the Lechnerhof, where they show us how they produce cheese respectively.

It's exciting and interesting to see how this work is done, to feed the cows and the goats.

Afterwards we get to sample their homemade produce.

After visiting the farm we go for a short walk in the surrounding area.



Difference in altitude:

ca. 200 m

Farm visit:

ca. 1 hours

Hiking time:

ca. 2 hours

Equipment:

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

Guiding and tasting:

5 € (Children up to 12 years free)

Difficulty:



Family tour

Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the
Starting point hiking tour: Lechnerhof, Braies

* Using public transports (bus ticket not included)

Büllelejoch hut – A quaint hut near the Drei Zinnen

A hike nearby the Drei Zinnen is always an unforgettable experience. The contrast between the gentle slopes of the south side and the sheer cliffs of the north side characterizes these mountains, which have also witnessed many important events in the history of alpinism and the combats of world war I. We circle the Paternkofel peak, pass the Laveredo hut, the Büllelejoch hut and the Drei Zinnen. Breathtaking views of the North faces of the Drei Zinnen and the Zwölferkofel make this hike a truly unforgettable experience!



Difference in altitude: ca. 700 m
Hiking time: ca. 5 hours
Equipment: Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes



Difficulty:

Meeting point: Globo Alpin, train station of Dobbiaco or alternatively at the
Starting point hiking tour: Rifugio Auronzo, bus stop

* Using public transports (bus ticket not included)

Around the Three Peaks **“In the shadow of big alpinists”**

A walking tour next to the Three Peaks is always an unforgettable experience. The contrast between the soft south-side and the bleak north with the steep walls is as characteristic for these mountains as the long and spectacular alpine history around the First World War.

The classical walking tour starts from the Auronzo-hut and goes to the Lavaredo-hut, the Three-Peak's hut and "long pasture". The tour is easy because we start already on an altitude of 2320m.



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: Globo Alpin, train station of Dobbiaco or alternatively at the
Starting point hiking tour: Rifugio Auronzo, bus stop

* Using public transports (bus ticket not included)

From Lake Braies via the Rossalm to Ponticello

Lake Braies situated amidst this wonderful mountain world really is a magical place. Embedded with fascinating scenery this mountain lake with its beautiful colours is definitely worth a visit.

From Lake Braies we ascend up above the Nabige Loch to the Rossalm. At this beautifully situated and magnificent alpine hut we stop for a lunch break before descending to Ponticello.

Because the start and the termination of the hike are not from the same point, we have to make use of the Prags valley public transport facilities.



Difference in altitude:

ca. 800 m

Hiking time:

ca. 5 hours

Equipment:

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

Difficulty:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the
Starting point hiking tour: Hotel Lago di Braies, bus stop

* Using public transports (bus ticket not included)

From the Kreuzberg pass to the Rotwand meadows

Our starting point is the Kreuzbergpass at the border between the provinces of Southtirol and Belluno.

From there we hike up to the Rotwand meadows, where we enjoy our lunch break and a spectacular view on the Carnic Ridge and the Dolomites of Sesto.

In the afternoon we walk down to Bad Moos or we take the lift back to the valley.



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: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the **Starting point hiking tour:** Passo Montecroce di Comelico, bus stop

* Using public transports (bus ticket not included)

“Water – The source of life” along the Rienz river: Drei Zinnen / Rienztal valley

Travelling by bus we reach our starting point, the Auronzohütte hut at 2320m. From there we first walk gently over the Forcella Col di Mezzo to the Langen Alm hut. Gaining a top view on the north walls of the famous “Drei Zinnen” mountains we keep walking to the Rienzboden, where the “Schwarze Rienz” (Black Rienz river) rises. Descending on a steep and long way trough the Rienztal valley we follow the course of the Rienz river from its source at the bottom of the Drei Zinnen until we reach Landro.



Difference in altitude, ascent: ca. 100 m

Difference in altitude, descent: 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: Globo Alpin, train station of Dobbiaco

* Using public transports (bus ticket not included)

From the Pragser Wildsee to the Kühwiesenkopf 2140m

Our starting point is the famous Pragser Wildsee lake located at 1494m height and wonderfully embedded in the Dolomites of Prags. At the beginning we gain altitude walking smoothly upwards on the forest road, later on the path gets steeper and after reaching the forest line we already enjoy a fantastic view on the Seekofel.

From there the Kühwiesenkopf peak is not far anymore! On the top we enjoy a deserving break and a wide view on the Dolomites of Prags, the Main chain of the Alps and the Pustertal valley.



Difference in altitude:

ca. 700 m

Hiking time:

ca. 4-5 hours

Equipment:

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

Difficulty:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the
Starting point hiking tour: Hotel Lago di Braies, bus stop

* Using public transports (bus ticket not included)

Prato Piazza - Strudelkopf "On the tracks of the war in the Dolomites"

Prato Piazza was part of the Austrian front line in the First World War. During the hike, we encounter a ruin of an Austrian base camp as well as the remains of trenches and a ropeway for equipment transportation.

Marvellous walking tour on the 2000 m high plateau in the middle of the Dolomites of Prags.

The tour is easy and very interesting also for children. We walk to the near peak "Strudelkopf", 2300m, from where we enjoy the beautiful view.



Difference in altitude: ca. 350 m
Hiking time: ca. 3-4 hours
Equipment: Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes

Difficulty:



Family tour

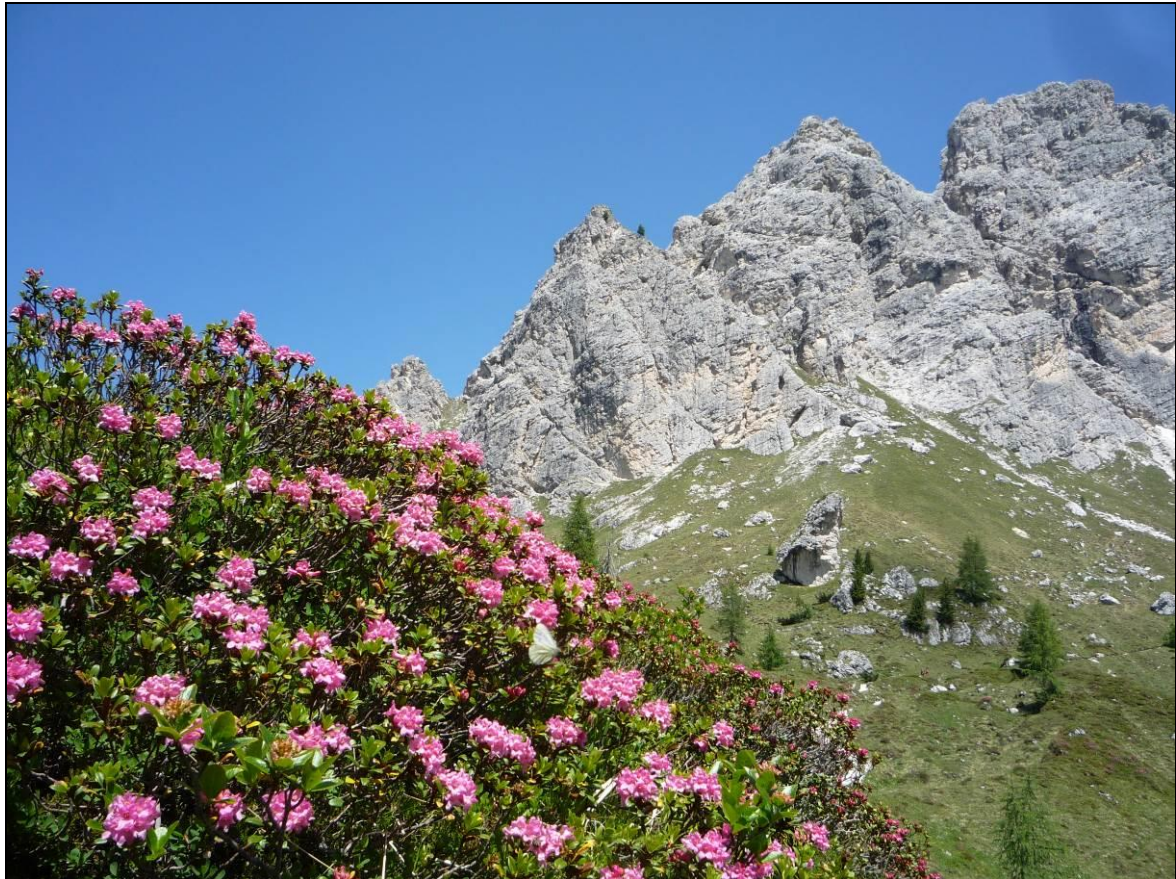
Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the
Starting point hiking tour: Prato Piazza, bus stop

* Using public transports (bus ticket not included)

The Fonda Savio hut in the Cadini di Misurina group

The little Cadini group has its own character: uncountable towers, peaks, nicks, gravel cols and within this scenery lies the small Fonda Savio hut. The Dolomites in miniature!

Starting at Misurina we walk to the Cadini di Misurina along a nice, varied hiking tour.



Difference in altitude: ca. 600 m
Hiking time: ca. 4 hours
Equipment: Hiking boots, rucksack with something to eat and drink, raincoat and warm clothes

Difficulty:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the
Starting point hiking tour: Misurina Genzianella, bus stop

* Using public transports (bus ticket not included)

From the Kameriot alpine pasture to the Allwartstein "Mythologies of the Dolomites"

"From the north gate of the Dolomites where the jagged protruding peaks encloses the land of the Birch people, a beautiful cloudless May morning greeted the day; and when the sun from the Sesto side lit up the multi-hued rock formations, the Queen of the birch people was sitting with her husband on the castle ... "

Continuing from Altprags we wander through these "fantastic" mountains which make frequent references to the Dolomites parables. Our goal is to reach the Allwartstein, and here we are bestowed a beautiful view of the Prags Dolomites. A short detour takes us along the way back to the Putz alpine pasture.



Difference in altitude:

ca. 500 m

Hiking time:

ca. 4 hours

Equipment:

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

Difficulty:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the **Starting point hiking tour:** , Bagni di Braies Vecchia, bus stop

* Using public transports (bus ticket not included)

Monte Piana “On the tracks of the war in the Dolomites”

The north-top of the Monte Piana was the base for the Austrian army and the south-top of the Monte Piana the base for the Italian army. We start our tour in Misurina, pass the Bossi-hut and reach the south-top of the Monte Piana. There we explore the museum of the First World War.



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: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the
Starting point hiking tour: Lago Antorno, bus stop

* Using public transports (bus ticket not included)

Nordic Walking Tour to the lake of Dobbiaco

Nordic walking means sports for the entire body! While walking your leg muscles are being strengthened. Thanks to the poles' swing in addition your arms, shoulders and back are being trained – provided that you are using the right technique! Based on the sequence of different movements, you train large parts of your muscles in your entire body without putting too much weight on your joints.

On a hiking tour to the lake of Dobbiaco we show you the correct Nordic Walking technique!



Difference in altitude: ca. 200 - 300 m
Walking time: ca. 3 hours
Equipment: Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes



Difficulty:
Rental fee for Nordic Walking poles: 3 € per person

Meeting point: Globo Alpin, train station of Dobbiaco

From "Stiergarten" to the Nemes hut

The new cableway takes us from Signaue in Sesto to the "Stiergarten" (the bulls' garden), where the bulls of this area once spent their summers. Today, the farmers of the surroundings do not breed bulls anymore; in summer, however, the farmers of Sesto send their calves, horses and sheep up to the wide alpine pastures.

From this high plateau, we enjoy a wonderful view of the Dolomites of Sesto. We start hiking slightly downhill to the Klammbach hut and then over the alpine path over a smooth uphill and downhill stretch, offering a stunning view of the Three Peaks proceeding to the Nemes hut, where we stop for a good lunch.

In the afternoon, we then head back to the Passo Monte Croce from where we use the public bus service back to our starting point.



Difference in altitude, ascent: ca. 200 m

Difference in altitude, descent: ca. 500 m

Hiking time: ca. 4 hours

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

Difficulty:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the

Starting point hiking tour: Baita Pollaio, Sesto, valley-station

* Using cable car (One-way adults 14,00 €, One-way Juniors 8,80 €)

* Using public transports (bus and cable car ticket not included)

Herb and flower hike to the Ratsberg

Wild flowers from alpine pastures and meadows are not only beautiful, many plants have actually healing powers and a series of possible applications, known for a long time and passed down through generations.

We are no professional botanists, but nonetheless we can show you some plants suitable for herbal tea, possible uses in the kitchen or external applications with healing effects on our body.

All year round, we can find different plants, admiring their wonderful blossoms, their hidden leaves or their invisible roots of great importance.

Our hiking tour leads us on foot from Dobbiaco to the Ratsberg, where we find the most beautiful flowers and herbs.



Difference in altitude:

ca. 300 - 500 m

Hiking time:

ca. 4 hours

Equipment:

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

Difficulty:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar)

Morning mood at the Three Peaks

We would like to be the first ones to experience the mountain world of the Three Peaks early in the morning. We only meet some rock climbers heading towards Forcella Lavaredo, where we are also directed looking for a nice breakfast place.

Ready for some coffee, freshly made with our little camping coffee machine and a little breakfast surprise, just for you!

Afterwards, we start our hiking tour around the Three Peaks, passing the Malga Lange hut, where we can have a good lunch. Afterwards, we head back to our starting point.



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:
Little breakfast cost contribution: 3.00€

Meeting point: Globo Alpin, train station of Dobbiaco

* Outward trip to the Auronzohütte hut by private car (toll road: 25 € per car)
or alternatively by taxi (10 €) and way back by public bus service (ticket not included)

From the Gotres valley to forcella Lerosa and Ra Stua hut

Our destination point of this hiking tour is the nature park "Dolomiti d'Ampezzo", which is part of the municipality Cortina, with the Tofane peaks, the mountain massifs of Fanes, Col Becchei, Croda Rossa d'Ampezzo and Cristallo.

We take the ascent from the passo Cimabanche over the Gotres valley to the Forcella Lerosa, from where we get a stunning view of the south face of the Croda Rossa d'Ampezzo. On the wonderful mountain meadows of the Forcella Lerosa, most probably, we will spot some marmots and hear their whistling echoing over the alpine pastures and, if we are lucky, we will discover some chamois and deer's traces. Those animals are particularly shy and therefore rarely to be seen during the day. However, who knows, we might be lucky...

From the saddle, we take the descent to the Ra Stua hut, where we enjoy a good lunch. Afterwards, we proceed our walk to the bus stop of the village S.Umberto, from where we take the bus back to Dobbiaco.



Difference in altitude:

ca. 500 m

Hiking time:

ca. 4 hours

Equipment:

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



Difficulty:

Meeting point: Busstation of Dobbiaco (in front of the supermarket Despar) or alternatively at the

Starting point hiking tour: Passo Cimabanche, bus stop

* Using public transports (bus ticket not included) and shuttle taxi (6€)

Sunrise tour at Monte Elmo

Getting up very early, very tired, with a torch ... and starting to walk in the deep night, reaching the peak at dawn... and then waiting –full of excitement– for the rise of the sun. Your day starts with an unforgettable experience in the middle of the alpine beauty.

We start early and take the Monte Elmo cable car from Sesto to Monte Elmo and then walk to the summit. There, we witness sunrise in beautiful silence with 360° panoramic views of the Dolomites and the Central Alps. Afterwards we enjoy a delicious alpine breakfast in the Monte Elmo restaurant.



Difference in altitude:

ca. 400 m

Hiking time:

ca. 3 hours

Equipment:

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

Difficulty:



Meeting point: Globo Alpin, train station of Dobbiaco

* Outward trip to Sesto by private car or alternatively by taxi

* Using cable car (round-trip ticket cable car and breakfast 28,00 €)

The Carnic Ridge – from Helm to the refuge Sillianerhütte

The starting point of our hiking tour is the Western edge of the Carnic Ridge. For this tour we take the cable car in Vierschach up to 2000m height. From the top we walk along pleasant paths moderately sloping up and along the Carnic High Alpine Trails until reaching the refuge Sillianer Hütte. On the way back it is possible to climb on the Helm peak from where we get a wonderful view of the Sexten Dolomites.



Difference in altitude: ca. 400 – 500 m
Hiking time: ca. 4 hours
Equipment: Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes

Difficulty:



Meeting point: Globo Alpin, train station of Dobbiaco or alternatively at the
Starting point hiking tour: Versciaco, Monte Elmo, valley-station

- * Using cable car (Round-trip adults 19,00 €, Round-trip Juniors 12,00 €)
- * Using public transports (bus and cable car ticket not included)

“Mythologies of the Dolomites” Through the Knappenuß Valley to the Plätzwiese - descent to Braies

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 Ponticello / Valley of Braies.



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: Busstation of Dobbiaco (in front of the supermarket Despar)

* Using public transports (bus ticket not included)