

LANZ ACTIVE



Summer Active 2022



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. 4-5 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 Eurospin)
or mountain guide office Globo Alpin, train station of Dobbiaco

* Using Taxi (10€ a persona)

or alternatively at the **Starting point hiking tour:** Lago Antorno, bus stop

View of Dobbiaco: **The Ratsberger meadows and Experience the** **farmlife at the Hansenhof**

We commence from Santa Maria, a small place of pilgrimage located above Dobbiaco. 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.

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.

The objective for going to the Ratsberg is to present us with wonderful views of Dobbiaco, Landro and the Dolomites.



Difference in altitude:	ca. 400 m
Farm visit:	ca. 1 hours
Hiking time:	ca. 3-4 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:



Meeting point: Busstation of Dobbiaco (in front of the supermarket Eurospin)
or mountain guide office Globo Alpin, train station of Dobbiaco

* Using public transports (bus ticket not included)

Bonner hut at the bottom of the Pfannhorn

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



Difference in altitude:

ca. 750 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 Eurospin)
or mountain guide office Globo Alpin, train station of Dobbiaco

* Using Taxi (5€ a persona)

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: Busstation of Dobbiaco (in front of the supermarket Eurospin) or alternatively at the

Starting point hiking tour: Rifugio Auronzo, bus stop

* Using Shuttlebus (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 Eurospin) 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:



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

* Using public transports (bus 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 take a shuttle Taxi til Fiames, 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 Eurospin)

* Using public transports (bus ticket not included) and shuttle taxi (7€)

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 m
Hiking time:	ca. 4 hours
Equipment:	Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes

Difficulty:



Meeting point: mountain guide office 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 24,00 €, Round-trip Juniors 16,00 €)

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

"Mythologies of the Dolomites"

Through the Knappenfuß 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. 600 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 Eurospin)

* Using public transports (bus ticket not included)

To the Troge Alm with a wonderful view of the Toblacher See & Kneipp Treatment at the lake

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.

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

From the lake 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:

Busstation of Dobbiaco (in front of the supermarket Eurospin)
or mountain guide office Globo Alpin, train station of Dobbiaco

Over the Two Waters Well to the Lachwiesenhut

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. 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 Eurospin)
or mountain guide office Globo Alpin, train station of Dobbiaco