

LANZ ACTIVE



# Summer Active 2023



## **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. 600 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 from the Ratsberg with farmlife experience**

We reach Santa Maria with the Citybus, 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.



<b>Difference in altitude:</b>	ca. 350 m
<b>Farm visit:</b>	ca. 1 hours
<b>Hiking time:</b>	ca. 4 hours
<b>Equipment:</b>	Hiking shoes, rucksack with something to drink and eat, raincoat and warm clothes
<b>Guiding and tasting:</b>	<b>6 € (Children up to 10 years free)</b>

**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 (6€ 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. 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 – The shuttle bus must be booked online in advance)

## **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)

# **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. 500 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 26,50 €, Round-trip Juniors 18,00 €)

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



# **“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 serpentine the Plätzwiese, where we make a lunch break at the hut.



**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



## 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. 300 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 Eurospin) or alternatively at the

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

\* Using cable car (One-way adults 20,00 €, One-way Juniors 14,00 €)

\* Using public transports (bus and cable car 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 Eurospin or alternatively at the

**Starting point hiking tour:** Hotel Lago di Braies, 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 hut and then we walk down to Villabassa.



**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 alternatively at the  
**Starting point hiking tour:** , Bagni di Braies Vecchia, bus stop

\* Using public transports (bus ticket not included)



## From the Haunold hut to the Innerfeld valley

We take the lift that brings us from Innichen to the Haunold hut at 1500 m. From there we hike along under the massive peak of the Haunold towards the Innerfeld valley and the Dreischuster hut. On the return we take the bus from the „Alte Säge“ back to Innichen.



**Difference in altitude:**

ca. 500 m

**Hiking time:**

ca. 4 - 5 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 Eurospin) or alternatively at the  
**Starting point hiking tour:** Fun Bob, Baranci S.Candido, valley-station

\* Using cable car (One-way adults 15,50 €, One-way Juniors 11,00 €)

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

# **The Baumgartner meadows at the entrance to the Höhlenstein valley**

Our hike begins behind the Grand Hotel in Neutoblach. The former Südbahnhotel was built by the Südbahngesellschaft at the end of the 19th century after the opening of the Pustertal Railway and was visited in the following years by many prominent guests from European rulers and the European aristocracy. The Gustav Mahler Music Weeks take place annually in today's Grand Hotel cultural center.

Our hiking path leads us from the foot of the Neuner group past the Assental meadows uphill to the Baumgartner Kaser, from where you have a wonderful view of the Sarlkofel and the Dürrenstein. At the alpine hut, which is not managed, we enjoy the quiet mountains with a picnic and return to the valley strengthened.



**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:**

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