

LANZ ACTIVE®



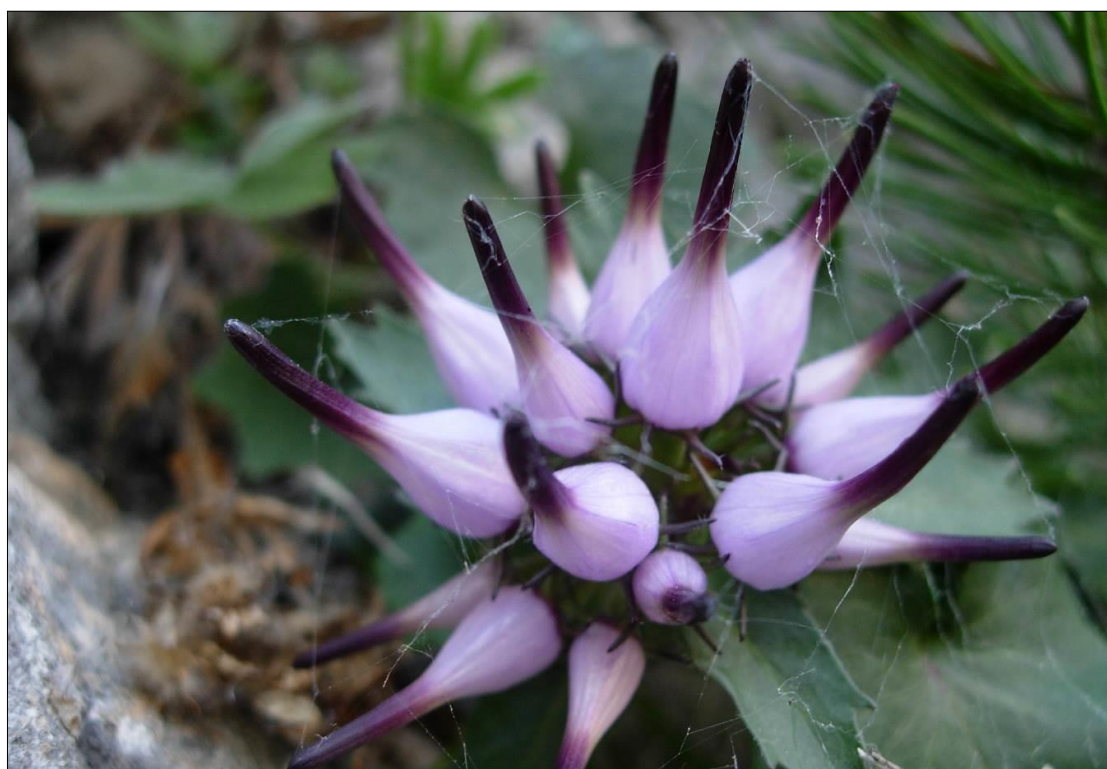
# Summer Active 2024



## 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 (13€ a persona)

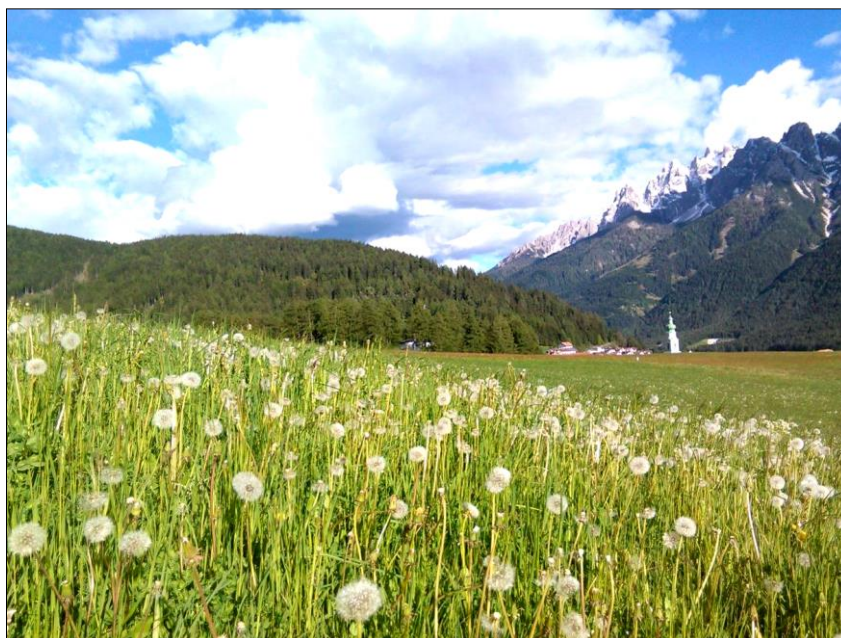
or alternatively at the **Starting point hiking tour:** Lago Antorno, bus stop

## 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.



**Difference in altitude:** ca. 350 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:** **8 € (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:**

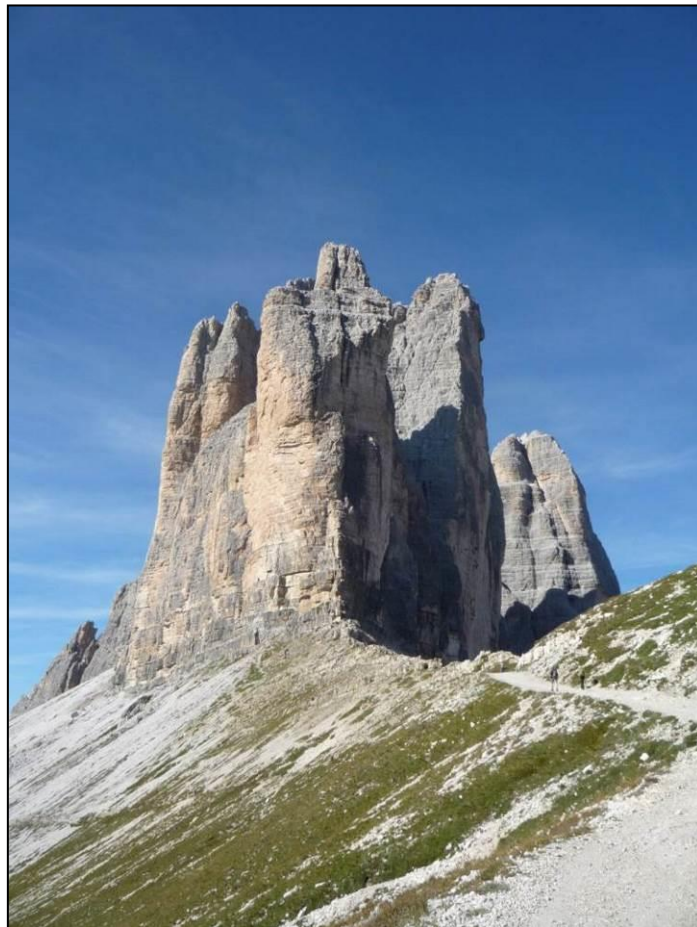
Busstation of Dobbiaco (in front of the supermarket Eurospin)  
or mountain guide office Globo Alpin, train station of Dobbiaco

\* Using Taxi (8€ 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** mountain guide office Globo Alpin, train station of Dobbiaco

\* Using Taxi (25€ a persona) maximum 15 people

## 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 29,50 €, Round-trip Juniors 19,50 €)

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



# “Mythologies of the Dolomites” Through the Knappenuß 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, 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)

## 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 23,00 €, One-way Juniors 15,50 €)

\* 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:**



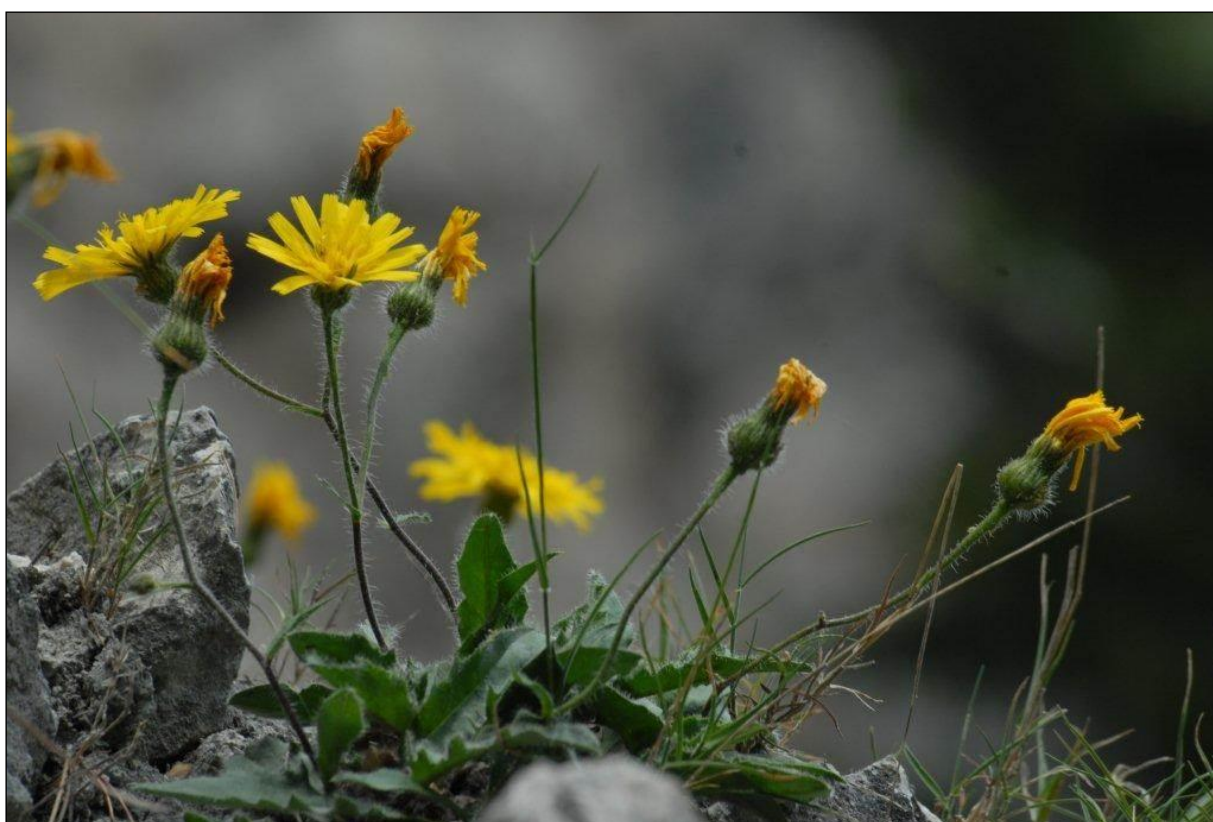
**Meeting point:** Busstation of Dobbiaco

\* 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.



<b>Difference in altitude:</b>	ca. 500 m
<b>Hiking time:</b>	ca. 4 hours
<b>Equipment:</b>	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)

## 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 17,50 €, One-way Juniors 12,50 €)

\* Using public transports (bus and cable car 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 walk down to Sant'Uberto, 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)