

LANZ ACTIVE



Summer Active 2025



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€ per person)

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

Bonner hut at the bottom of the Pfannhorn

Located at the foot of the Pfannhorn, with a beautiful view, the Bonnerhütte, renovated in 2006, is definitely a worthwhile hiking destination north of Toblach.

During the hike, we repeatedly see the Pfannhorn's ditches, over which large amounts of debris have been swept down countless times during storms in the past and which have been dammed for some time now by torrent control measures.

From Kandellen, we ascend via the Wildbachhütte to the Bonnerhütte at 2340 m, where we take a lunch break and enjoy the unique view of the Pustertal Valley and the Dolomites.



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€ per person)

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€ per person) 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

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

“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

* Using public transports

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

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)

* Using public transports

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 descend via the beautiful Boite waterfall path to 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)

Across the Rienztal and Rimbianco Valleys with a view of the Three Peaks

We follow in the footsteps of Paul Grohmann, who in 1869 was the first alpinist to climb the Great Cime di Lavaredo, accompanied by his guides Peter Salcher and Franz Innerkofler.

Our starting point is Landro, from where we begin our ascent along a wide path, initially slightly uphill, through the Rienztal with a view of the north faces of the Three Peaks.

Then the climb becomes steeper through the Rimbianco Valley to the alpine pasture of the same name and continues to Lago Antorno, from where we now also have a view of the Three Peaks from the south side. After a short descent, we reach Misurina, from where we return to Toblach by bus.



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:



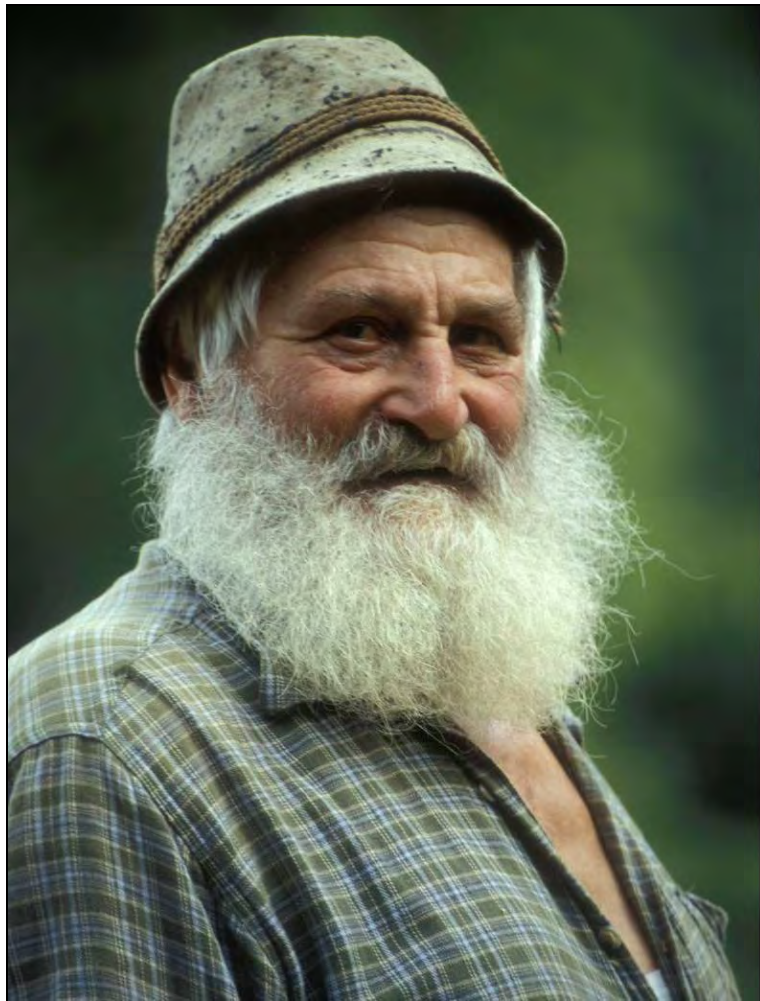
* Using public transports

Pasture tour "Nemesalm"

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

From there we hike gently uphill to the Nemes pasture, a large pasture where the farmers bring there cattle to the high plateaus in the summer. On the way there, we make a detour to the Seikofel (1,908 m), from where we enjoy beautiful views of the Sesto Dolomites and the Carnic Alps.

We continue to the Nemesalm, where we take a lunch break and then return to the Kreuzberg Pass.



Difference in altitude:

ca. 400m

Hiking time:

ca. 4 hours

Equipment:

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

Difficulty:



* Using public transports

Conquering the Golfen 2476m

If you look north from Dobbiaco, the the mountain peak of "Golfen" 2476m immediately catches your eye.

We have to climb there... I'd be curious to see what Dobbiaco and the Dolomites look like from up there!

The starting point is Frondeigen, a hamlet above Dobbiaco.
The climb leads through forests, larch trees, and mountain meadows, offering breathtaking views of the Dolomites opposite, the Puster Valley, and Lake Toblach glinting in the sun.

We won't pass a single hut serving food on the hike. Please bring your own packed lunch!



Difference in altitude:

ca. 800 m

Hiking time:

ca. 4 - 5 hours

Equipment:

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

Difficulty:



* Using Taxi (8€ per person)

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:



* Using public transports