

südtirol



South Tyrol The Other Side of Italy

Tips on places to visit for great experiences





Above: The Dolomites – ski a UNESCO World Heritage site in Val Gardena.

Cover image: Wine and culture – gentle hills surround the Leberberg Castle near Meran/Merano.





AT

CH

IT

Sterzing/
Vipiteno

Meran/
Merano

Brixen/
Bressanone

Bruneck/
Brunico

Bozen/
Bolzano

Dolomites

3.905 m



South Tyrol highlights



Glurns/Glorenza

Visiting Italy's smallest city, an architectural gem in the culturally rich Vinschgau valley, is like travelling back to the 16th century. A perfect stopover on the Via Claudia Augusta cycling route.



Gardens of Trauttmansdorff Castle

The botanical gardens of Trauttmansdorff Castle boast an arresting array of colours and scents. This garden theme continues along the promenades and into the city of Meran/Merano with its many parks.



Ötzi

The famous Iceman. Discovered in 1991 in the Schnalstal valley fully clothed and equipped, with evidence of a fight, he is now on display at the Museum of Archaeology in Bolzano.



Bolzano/Bozen

South Tyrol's capital city. A symphony of bilingualism. A tribute to culture and nature. A place to enjoy the symbiosis of the Alpine and the Mediterranean. You won't want to leave!



Wine road

A wine odyssey: travel through vineyards and sample the excellent wines of South Tyrol. Don't forget to visit Kalterer See lake, the warmest bathing lake in the Alps.



Neustift/Novacella monastery

Monastery, seat of learning, pilgrimage site and also one of South Tyrol's most important wineries. A place to taste excellent white wines, admire Baroque art and marvel at some 92,000 books.



Seiser Alm high plateau

Europe's largest high-Alpine pasture. Ideal for hiking, running or cycling, ranging from easy to challenging. Offers great views of the Dolomites, plus 365 Alpine farms and mountain huts.



Sellaronda

The circular tour of the Sella massif. Perfect for skiing in winter and biking in summer. And always surrounded by the magnificent rock faces of the Dolomites.



Messner Mountain Museums

A series of museums created by extreme mountaineer Reinhold Messner. Six museums spread across South Tyrol. Visit architectural masterpieces and immerse yourself in mountains, people and culture.



Three Peaks

This emblem of the Dolomites has been a UNESCO World Heritage Site since 2009, featuring an easy circular tour and a challenging climb. An impressive sight in summer and winter alike.



Palm trees, cypresses and gentle vineyards below the snow-covered Rosengarten massif.



Willkommen Benvenuti Ben gnüs*

Dolomites and wine. Contemporary art and thriving mountain farms. 300 days of sunshine and 350 peaks of over 3,000 metres. Dumplings and spaghetti.


What might at first seem to be contrasts come together in South Tyrol. What might at first sound jarring has developed its own harmony here. In South Tyrol, the distinctive features of north and south merge into a unique culture and landscape.

Go hiking and skiing in the Dolomites, visit monasteries and castles, and indulge yourself at the Terme Meran spa. Recharge your batteries, tuck into a delicious apple strudel, experience special events and explore South Tyrol's favourite haunts.

Why not join us?

- > One app does it all: the South Tyrol Guide provides information on hotels & restaurants, top attractions, leisure time activities, events and weather reports.

*German, Italian and Ladin are the three official languages in South Tyrol.

A scenic view of a vineyard in South Tyrol, Italy. The foreground is filled with lush green grapevines, some in sharp focus and others blurred. A rustic wooden fence runs through the rows of vines. In the middle ground, a large, calm lake with a blue-green hue stretches across the valley. The background features majestic, rugged mountains under a bright blue sky with scattered white clouds. The overall atmosphere is peaceful and picturesque.

Vernatsch and Lagrein

are the autochthonous wines of South Tyrol.



Kalterer See lake, the warmest bathing lake in the Alps, is surrounded by sunny vineyards and pretty villages. The wine of the same name is made from the Vernatsch grape, which in its various forms is South Tyrol's oldest indigenous red grape variety.



The cycling route over the Talfer river leads to the Museion, the Museum of Modern and Contemporary Art in Bolzano/Bozen. Every Thursday evening there is a special atmosphere, and not just because admission is free. Guided tours by the artists and the aperitivo lungo in the café invite visitors to discover South Tyrol's artistic side.



A typically Italian way to round off the day: relaxing with an aperitif, sitting back and enjoying antipasti and bruschetta.



Enrosadira is the Ladin name given to the phenomenon that sees the Rosengarten massif gleaming in reddish hues as the evening draws in. According to an ancient tale, this is caused by the roses of King Laurin blossoming in the twilight. South Tyrol contains lots of places shrouded in legend that are worth visiting on foot.

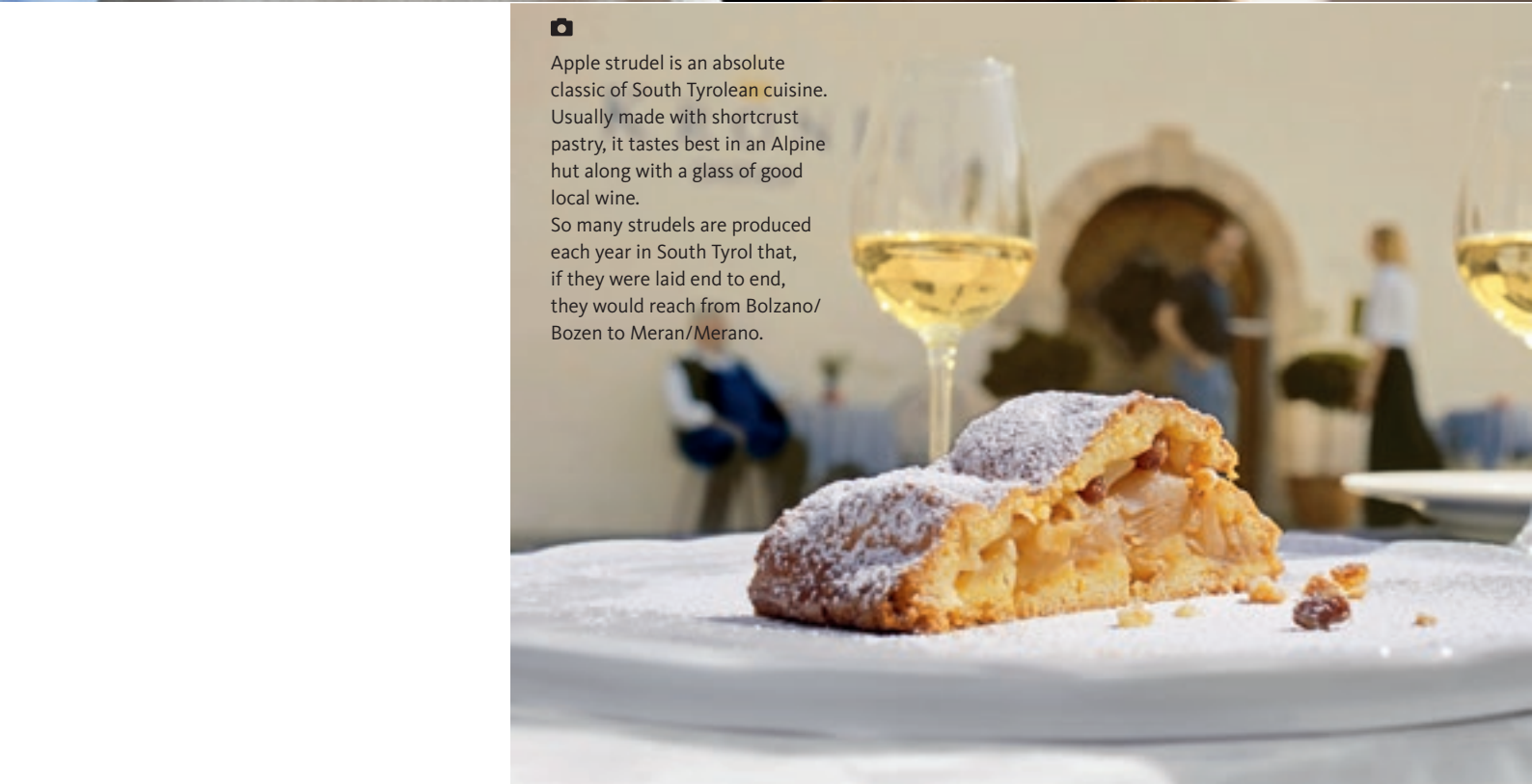


“The roses have betrayed me.”

King Laurin, hero of South Tyrolean legend



South Tyrol's fifth season is known as Törggelen, a time in autumn when the new wine is tasted together with chestnuts and local dishes in the Buschenschänke farmhouse inns.



Apple strudel is an absolute classic of South Tyrolean cuisine. Usually made with shortcrust pastry, it tastes best in an Alpine hut along with a glass of good local wine.

So many strudels are produced each year in South Tyrol that, if they were laid end to end, they would reach from Bolzano/Bozen to Meran/Merano.

“The Dolomites are the most beautiful mountains in the world.”

Reinhold Messner, South Tyrolean extreme mountaineer, on his local range



The Seiser Alm is Europe's largest high-Alpine pasture, equivalent in area to 8,000 football pitches and surrounded by the imposing peaks of the Langkofel and Plattkofel mountains.



Hiking in the Eisacktal valley: the “valley of trails” features spectacular views of the Dolomites, gentle paths and unspoilt nature.



Hiking and Mountaineering

The sun is out, you're fully packed – now where do you want to go? The peaks, pinnacles and towers of the Dolomites, a UNESCO World Heritage Site, gleam in the morning light as their summits entice you upwards. They might be even more beautiful from the top. The valleys are criss-crossed with trails through vineyards and apple orchards, past imposing castles and palaces, around enchanting lakes and along the ancient Waalweg canal trails. South Tyrol has more than 16,000 kilometres of signposted hiking trails that run through the ever-changing natural landscape, including themed trails, farm hikes, tours lasting several days and high-Alpine routes. So which trail would you like to take?



High-altitude hikes and Alpine tours

What makes high-altitude hikes in South Tyrol so special is that everyone can take part: the many cable cars and lifts whisk you up to easy circular trails and 360-degree panoramic vantage points. There is also much for mountaineers and climbers to explore, such as the 3,905-metre Ortler mountain. What all these tours share are spectacular views and a welcoming ambience in the mountain huts and Alpine farms.

Circular hike round the Three Peaks

The circuit of the Three Peaks is an absolute highlight for any holiday in South Tyrol. This easy tour takes you once round the imposing rock towers, providing unforgettable views of the UNESCO World Heritage Site.

DURATION



3 h

ELEVATION GAIN

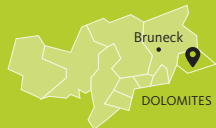


304 m

LENGTH



9 km



50

VIA FERRATAS

can be found in South Tyrol, ranging from difficulty level A to E.

Three specially selected tips:

- > Hoachwool via ferrata, Meran/Merano and environs
- > Fennberg via ferrata, Bolzano/Bozen and environs
- > Pisciadù via ferrata, Alta Badia region

The experts for all things climbing & fixed-rope routes:

South Tyrol Alpine Club, alpenverein.it

- > A list of all tours including detailed information on elevation gain, GPX tracks and difficulty levels can be found at suedtirol.info/hiking or via the “South Tyrol Trekking” app.

Waalwege canal trails and themed trails

The combination of hiking and discovery makes these themed trails an unforgettable experience. They take you on a journey through time, allowing you to explore the world of legends or simply indulge in culinary delights. The Strawberry Trail (Erdbeerweg), Milk Trail (Milchpfad), farm hikes and Waalwege canal trails are just some of the many options available.



Waalwege canal trails in Vinschgau and Meran/Merano: once cleverly designed paths following irrigation canals, now a place for relaxing hikes.



Chestnut Trail in Eisacktal valley

The Chestnut Trail (Keschtnweg) is a marked themed trail that runs 61 kilometres from Neustift monastery near Brixen/Bressanone to Bolzano/Bozen. Chestnuts are of course at the forefront: ancient chestnut trees line the route, while restaurants and taverns serve specialities based on this tasty delicacy. The individual sections of the route are recommended as one-day tours.

DURATION	ELEVATION GAIN	LENGTH
🕒	↕	↔
20 h	2,680 m	61 km



Hiking with the Family

There are numerous destinations and tours to delight adults and children alike, from walks through the springtime sea of apple blossom to an unforgettable overnight stay in a mountain hut. With 300 days of sunshine a year, South Tyrol offers child-friendly tours at all altitudes – featuring easy-to-reach huts boasting excellent cuisine and plenty of facilities for younger visitors.

- The family accommodation specialists:
Family hotel finder, familienhotels.com
Red Rooster, redrooster.it



In spring, the Etschtal valley turns into a sea of apple blossom.

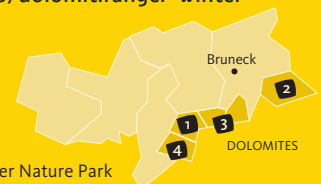


Dolomiti Ranger

Children between the ages of seven and twelve can become true Dolomiti Rangers during the summer months at the four nature parks in the Dolomites. Qualified instructors are on hand to teach them about the flora, fauna and geology of the Dolomites in a light-hearted and entertaining way, both indoors and outdoors. suedtirol.info/dolomiti-ranger-sommer

The Schlern-Rosengarten and Puez-Geisler Nature Parks are also open for winter adventures.

suedtirol.info/dolomiti-ranger-winter



- 1 Puez-Geisler Nature Park
- 2 Drei Zinnen Nature Park
- 3 Fanes-Sennes-Prags Nature Park
- 4 Schlern-Rosengarten Nature Park

Mountain Huts and Alpine Farms

Classics such as the South Tyrolean Marende (traditional snack) or fried egg and potatoes are perfectly complemented on the Alpine hut menus with such fine dishes as hay soup and pasta pockets stuffed with nettles. Many huts are small and rustic while others are elegant and innovative, offering sophisticated cuisine and a wide choice of wines. Spectacularly located mountain huts provide shelter from the wind and rain. The highest, the Becherhaus, is located at an altitude of 3,195 metres.



There are a total of 169 huts in South Tyrol – by lakes, on summits and at viewing points. This picture shows the Danielhütte hut in Val Gardena.



Real Quality in the Mountains

The Real Quality in the Mountains initiative highlights impeccably run mountain huts, Alpine farms and mountain inns around Meran/Merano and in the Vinschgau valley. Several aspects are carefully checked to ensure real quality: cuisine, appearance and, where applicable, the comfort of the sleeping arrangements. merano-suedtirol.it/real-quality



TIP: MERAN HIGH MOUNTAIN TRAIL

The Meran High Mountain Trail, one of the most beautiful circular hiking trails in the Alps, runs from hut to hut around the Texelgruppe Nature Park. Between five and eight days are required to cover the 100-kilometre route, which runs at an average height of 1,400 metres above sea level. meraner-hoehenweg.com

Biking through South Tyrol

Which are South Tyrol's finest cycle tours? It depends on what you're looking for. This region has it all – the Mediterranean charm of the valleys, steep mountain passes, magnificent peaks and gentle high-Alpine pastures. The valley cycle paths are ideal for families: the southern aspect shows the Alps at their gentlest and their upper reaches often provide spectacular views. Up here, from the mountains in the Vinschgau valley to the Dolomite regions, there are countless lengthy trails where mountain bikers can find their flow. Many of the passes are also household names for racing cyclists. Why? Because there is scarcely anything finer than standing at the top after a tough ascent, enjoying views that are second to none.



The cycle paths enable you to explore the local landscape and cuisine at the ideal tempo. These two cyclists are heading along the South Tyrolean Wine Road with Kalterer See lake in the background.

Valley cycle paths

There are clearly marked cycle paths running along the rivers of South Tyrol's main valleys, leading through meadows, forests, apple orchards and vineyards. To the west, part of the historic Roman road Via Claudia Augusta runs through the Etschtal valley – and another cycle path leads from the Brenner Pass to Bolzano/Bozen along the Eisacktal valley. The Pustertal valley cycle route heads into neighbouring East Tyrol on the way to Lienz.



Etschtal Cycle Path on the Via Claudia Augusta

Following the old Roman road Via Claudia Augusta, the Etschtal cycle path follows the Etsch river almost continuously downhill from the Reschen Pass to Salorno/Salurn at South Tyrol's southernmost tip. Highlights of this tour include Reschensee lake, numerous monasteries and castles, the cities of Glurns/Glorenza, Meran/Merano and Bolzano, and the landscape with its vineyards and apple orchards.

Route profile and planning assistance at viaclaudia.org

ELEVATION GAIN
↕
+274/-1,556 m

LENGTH
↔
148 km



BIKEMOBIL CARD

The South Tyrol bikemobil Card is a simple and straightforward way to combine the use of bus services, train travel and bike rental. Many cycle tours allow riders to cover part of the route by train. mobilcard.info

> Explore all tours incl. elevation gain and GPX tracks:
suedtirol.info/bike

Mountain Biking & Free Riding

There is plenty for mountain bikers to enjoy in South Tyrol: bizarre rock formations and historic military roads in the Dolomites, flowing trails in the Vinschgau valley, shaded forest trails and quiet meadow trails in the Eisacktal valley, and hundreds of kilometres of forest roads and single tracks between the Montiggler See and Kalterer See lakes. Numerous cable cars and bike shuttles additionally offer riders a quick and easy means of ascent, thus permitting even more descents.



The Dolomites are ideal for mountain bikers, with perfect trails catering to all difficulty levels amid breathtaking surroundings – such as here at the Grödner Joch pass.



- › Bespoke cycling holidays: bikehotels.it

Montesole Trail

The name says it all: Monte Sole (or Sonnenberg in German) means “Sun Mountain”. This trail on the Sonnenberg mountain in Vinschgau can be ridden nearly all year round and is accessible either by cable car from Latsch/Laces to St. Martin im Kofel/San Martino al Monte or via the road from Kastelbell/Castelbello. With stunning panoramic views over the Nörderberg mountain and the surrounding glaciers, the route descends via flowing forest trails and trickier rocky sections.

ELEVATION GAIN



1,078 m

LENGTH

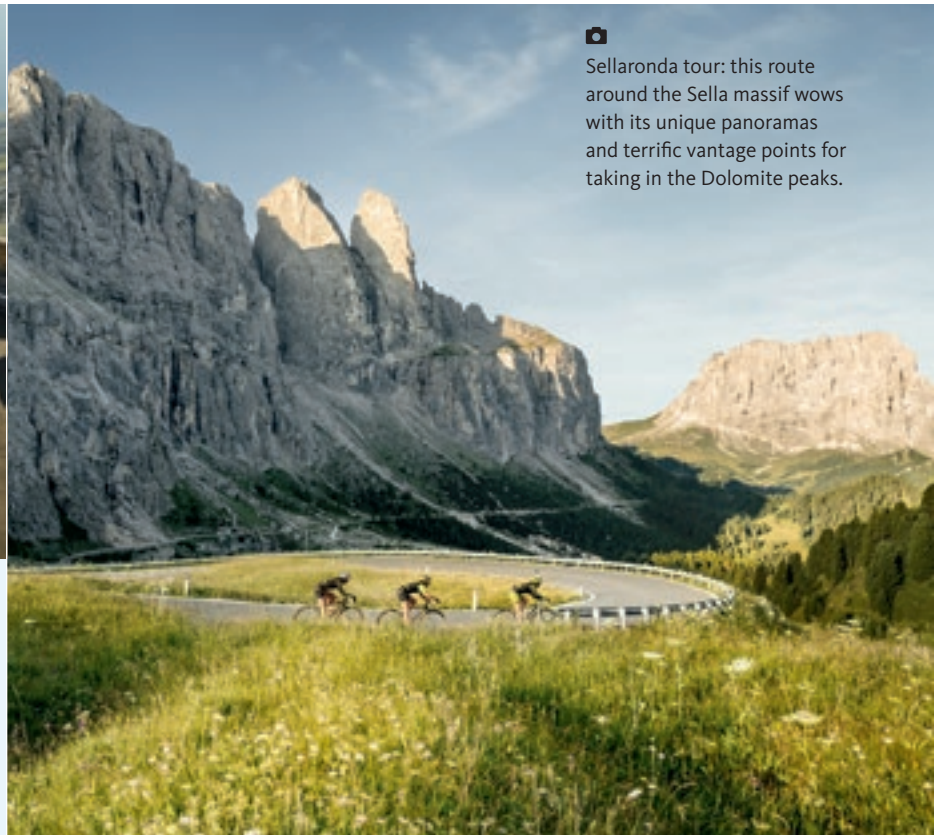



7.2 km



Road Racing

With a nine-month bike racing season from March to November, demanding mountain passes and long level stretches through the main valleys, South Tyrol is a paradise for road racers. Those seeking a real challenge can attempt the Stilfserjoch pass, the second highest in the Alps. The road between Al Plan de Mareo/San Vigilio di Marebbe and Kronplatz mountain follows the route of the Giro d'Italia.



 Sellaronda tour: this route around the Sella massif wows with its unique panoramas and terrific vantage points for taking in the Dolomite peaks.

Stilfserjoch Pass

Featuring breathtaking views of the glacier and rock formations in the Ortler range, the journey from Prad/Prato to the Stilfserjoch ridge is a cycling classic. The ascent along Europe's second-highest paved pass involves conquering 48 hairpin turns.

ELEVATION GAIN

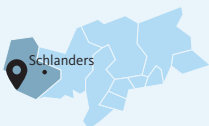


1,838 m

LENGTH



25 km



TOP BIKE EVENTS

- > **Maratona dles Dolomites** – international bike race over seven Dolomite passes
- > **Dolomiti Superbike** – Italy's biggest mountain bike race
- > **Sellaronda Bike Day** – car-free cycling days around the majestic Sella massif

All bike events at a glance:
suedtirol.info/biking-events

The Sunny Side of Winter

Take a seat at eye level with the white pinnacles of the Dolomites, your face turned towards the winter sun, a menu lying on your table – perhaps dumplings, perhaps spaghetti and perhaps a glass of fine South Tyrolean wine to go with it. Then it's off down the perfectly groomed slopes, with snow guaranteed. In the evening you can enjoy a sledge ride by moonlight. While winter sports are the main event in the resorts from the Dolomites in the east to the Ortler in the west, the winters south of Bolzano/Bozen are pleasantly mild and visitors can enjoy long walks plus plenty of relaxation in the charming winegrowing villages.



Spectacular views of the “pale mountains” while skiing in the Ladin area of Alta Badia.



Skiing and Snowboarding

Between the Sexten Dolomites in the east, the Ortler region in the west, the Ahrntal valley in the north and the Jochgrimm ski area in the south, South Tyrol has around 30 ski areas offering fun in the sun for skiers of all abilities. Snowboarders and free skiers can sharpen their skills at the numerous snow and fun parks, with the Seiser Alm Snow Park officially recognised as the best in Italy.



The Ortler Skiarena in Trafoi offers ideal conditions for the whole family.



Overview of Skiing Networks & Ski Areas

DOLOMITI SUPERSKI

The Dolomiti Superski area provides the ideal conditions for skiing in the “most beautiful mountains in the world”. The world’s biggest skiing network allows you to explore a total of 1,200 kilometres of slopes with just one ski pass. Nine of South Tyrol’s ski areas are included, boasting world-famous descents such as the Gran Risa, magnificent circular tours, and impressive views of the Langkofel mountain and the Sella and Rosengarten massifs. With its high-Alpine location between 1,500 and 3,200 metres and the highly professional snow-making facilities, white slopes are guaranteed.

ORTLER SKIARENA

Ortler Skiarena in the west of South Tyrol comprises 15 family ski areas offering an array of skiing adventures and guaranteed snow, far from the hustle and bustle of everyday life. The ski season lasts almost all year in the glacier ski areas of Selden and Schnalstal. Visitors can easily combine a city break and ski holiday in Meran/Merano and Bolzano/Bozen. The Ortler Skiarena is also ideal for ski touring and sledging.

More guaranteed fun on the slopes:

> [WIPPTAL SKI NETWORK IN SOUTH TYROL](#)

> [AHRNTAL SKIWORLD](#)

> Full details on the ski areas:
suedtirol.info/skiareas



Quality is paramount in South Tyrol's ski huts, with the main focus on excellent ingredients, creative chefs, a successful mix of Alpine and Mediterranean cuisine, and fine wines.



Sellaronda ski circuit

What a view! The Sellaronda circular ski tour takes in fantastic slopes across four Dolomite passes in a circuit round the imposing Sella massif. The Alta Badia and Val Gardena valleys are ideal starting points, and the Sellaronda circuit is also easily accessible via a transfer service from the Kronplatz ski area.



1,648 SKI INSTRUCTORS AND

192 snowboard instructors can help novices get started on the snow and offer top tips for improving their skills. Expert advice and top-quality service are also on offer at the wide range of ski rental shops.

- South Tyrol's private landlords – for winter family holidays: [suedtirolprivat.com](https://www.suedtirolprivat.com)

Cross-country Skiing and Biathlon

With some 1,800 kilometres of trails, including fun routes suitable for the whole family, high-altitude trails with spectacular views of the Dolomites, and floodlit trails, South Tyrol is a paradise for cross-country skiers. The Antholzertal valley, where the Biathlon World Cup is held each year, holds a special appeal for biathlon fans.



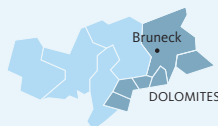
EVENT TIP

The Biathlon World Cup in the Antholzertal valley
biathlon-antholz.it

Dolomiti Nordicski

Dolomiti Nordicski is Europe's largest cross-country carousel with 1,300 kilometres of varied trails. It includes six regions in South Tyrol, from the Antholzertal valley to the Seiser Alm high plateau. Within the cross-country skiing network, there is a uniform pricing system and a common ski pass. The cross-country skiing options are complemented by exciting events and fantastic services such as the GPX download for each tour.

dolomitinordicski.com



Ski Tours and Snowshoe Hikes

Ski tours are especially popular with local people – understandably so, as in South Tyrol the tours visit some of the most beautiful parts of the Alps. From the Dolomites and the Ortler region to the Wipptal valley and the Sarntal Alps, there is always somewhere that offers perfect deep snow skiing conditions. The gentle high plateaus, idyllic valleys and easily accessible summits are ideal for snowshoe hikes.



Step by step, surrounded by the winter silence, you can enjoy thrilling views on a snowshoe excursion – such as here at the Aferer Geisler mountain range.

Ski Tour to the Pfannhorn Mountain

The Pfannhorn mountain near Toblach/Dobbiaco is one of the most beautiful vantage points in the Dolomites. The ski tour follows a forest trail from Kandellen up to the tree line, above which you can enjoy a wonderful panoramic view of the Hochpustertal valley basin. This tour continues over slopes covered in deep snow to the Bonner Hütte mountain hut (2,307 m) and then on to the summit cross (2,663 m).



ELEVATION GAIN

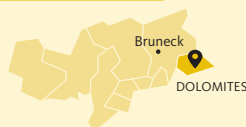


1,050 m

LENGTH



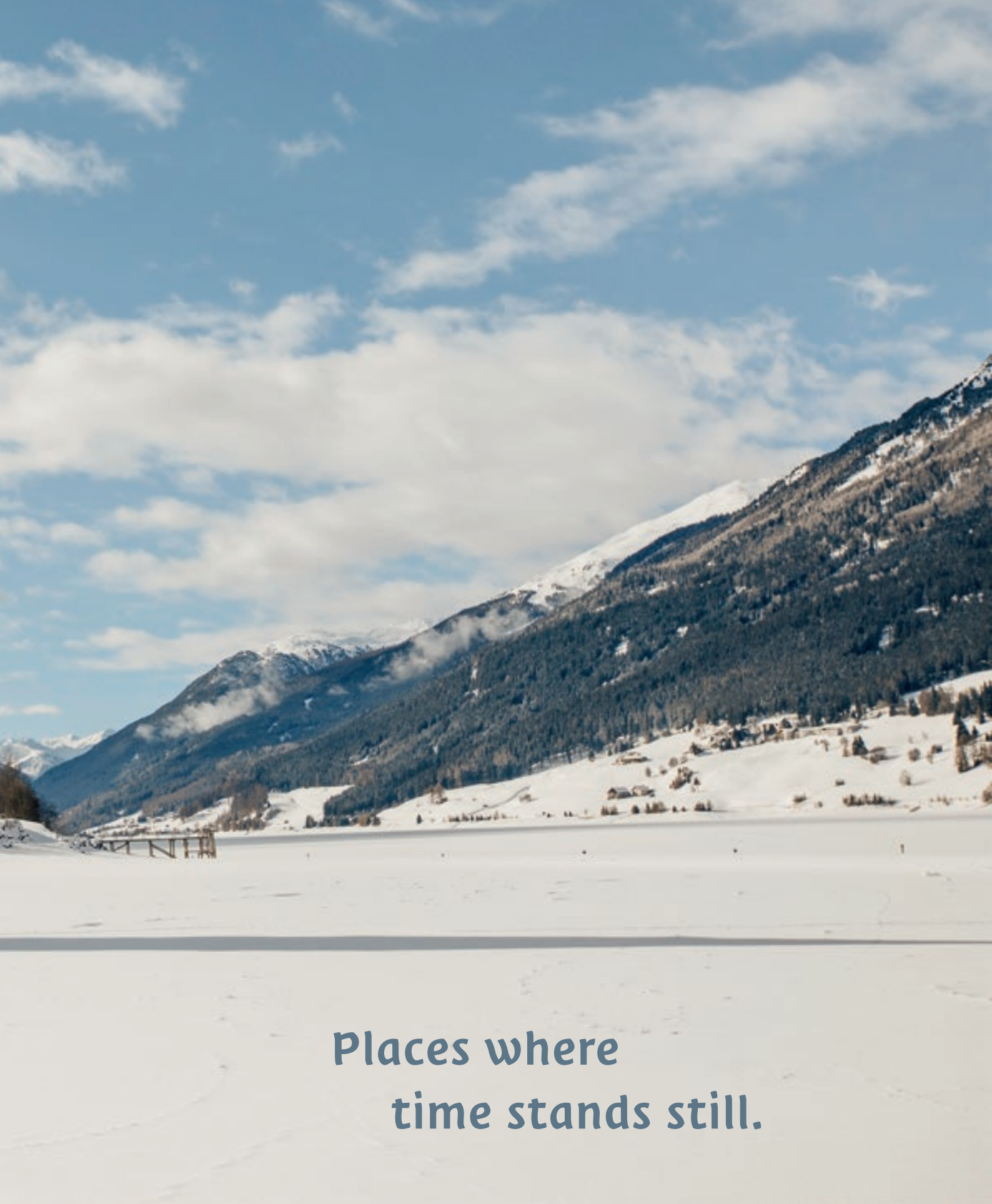
5.5 km



> The most beautiful tours:
suedtirol.info/ski-tours



A favourite haunt, even for the locals:
Reschensee lake with its sunken tower.



**Places where
time stands still.**

Winter Hikes and Sledging

Make your way up on foot or by cable car, then zoom or glide down on your sledge. The well-maintained winter hiking trails throughout South Tyrol are ideal for appreciating the snow-covered landscape to the full. And the numerous Alpine farms and huts are perfect for a refreshment stop en route. Over one hundred sledging trails are evidence of the popularity of sledging among South Tyroleans and visitors alike.

Winter Hiking on the Lüsner-Rodenecker Alm Alpine Pastures

Winter transforms the high plateau of the Rodenecker and Lüsner Alm, located near Brixen/Bressanone, into a quiet snowy landscape with views ranging from the Dolomites and the Sarntal, Ötztal, Stubai and Zillertal Alps right through to the Ortler region. Whether you want to walk, eat or simply enjoy yourself, well-maintained hiking trails and rustic huts await you.



FIVE TIPS FOR SLEDGING TRAILS

1. Rosskopf – ten-kilometre thrill ride
2. Fane Alm Alpine pasture – one of Europe's loveliest Alpine-farm villages
3. Reinswald in the Sarntal valley – a natural run ideal for children
4. Obereggen – floodlit sledging fun
5. Pfelders – a varied run in a picturesque landscape

Festive Markets and Christmas

When the air is scented with freshly baked Zelten cake and apple strudel, the magic of Advent lights up the cities and entices visitors with traditional arts and crafts, hot mulled wine and lots of festive cheer. In addition to the five original South Tyrolean Christmas markets in Bolzano/Bozen, Meran/Merano, Brixen/Bressanone, Sterzing/Vipiteno and Bruneck/Brunico, there are now a number of additional options including the medieval Christmas market in Klausen/Chiusa, the Glurns/Glorenza Advent market, the Sarntal Valley Advent market and more.



The original Christmas market in Brixen – a Green Event that blends Alpine and Mediterranean joie de vivre, contemporary art and traditional crafts.



> Get in the Christmas spirit: suedtirol.info/christmas



Recipe for South Tyrolean Zelten

Ingredients

200 ml water, 20 g yeast, 2 tbsp sugar, 150 g flour, 100 g rye flour, 15 g salt, 1 tbsp oil, 1 tsp each of aniseed and caraway, 500 g figs, dried and cut into cubes or strips, 250 g raisins, 120 g each of sultanas, mixed nuts, pine nuts, almonds, 50 g each of candied lemon peel and candied orange peel, 50 ml white wine, 3 tbsp rum, 70 g honey, 1/2 tsp each of grated lemon peel, orange peel and cinnamon, 1 pinch each of powdered cloves, allspice and nutmeg, nuts, almonds (shelled), plus candied cherries as decoration, and honey or sugar syrup to glaze

Preparation

Mix the yeast and sugar with the lukewarm water, then let rise for about 10 minutes. Add the flour, rye flour, salt, oil, aniseed and caraway and knead to a dough in a mixer. Let stand covered at 35°C for 30 minutes for the dough to rise. Marinate the figs, raisins, sultanas, nuts, pine nuts, almonds, candied lemon peel and candied orange peel in the white wine, rum and honey for at least one hour so the Zelten acquires a good aroma. Add the lemon and orange peel, cinnamon, powdered cloves, allspice and nutmeg to the marinated fruit mixture. Mix the dough with the marinated fruits and nuts using the mixer and knead it well. Form round or oblong shapes with the mixture and decorate with nuts and almonds. Place on a baking tray and allow to rise for about 20 minutes. Bake in a preheated oven at 170°C for about 40 minutes until the cake takes on a fine brown colour, brushing repeatedly with honey or sugar syrup. After cooling, decorate with candied cherries and wrap in plastic film.

Food and Drink

South Tyrol is world famous for its wine, smoked ham and apples. And for good reason! On closer inspection, however, South Tyrol's cuisine turns out to be much more varied. Down-to-earth farmhouse cooking seasoned with Mediterranean charm adds up to a distinctive taste. These southern influences are clear in all aspects of the region's food and drink, from a delightful aperitif to mouthwatering antipasti, handmade pasta variations and the obligatory "caffè" to round off a meal. Spinach dumplings and apple strudel are classics of South Tyrolean cuisine, and in recent years these have been sensitively complemented with innovations and international influences.



Sit back and take your time – in South Tyrol, a relaxed southern attitude and a vibrant wine culture blend with the down-to-earth Alpine outlook on life.

Restaurants and Award-Winning Cuisine

The excellence of South Tyrol's cuisine is reflected both in its numerous award-winning restaurants and its many small-scale establishments. High up in the mountains, in simple restaurants or charming wine cellars, the emphasis is always on quality – whether in the ingredients, the preparation or the wine selection. The menus are as rich in contrasts as South Tyrol itself, with Kasnocken (dumplings with melted cheese) and buckwheat cake offered alongside sophisticated pasta dishes and panna cotta.



Südtiroler Gasthaus Initiative

The Südtiroler Gasthaus (South Tyrolean Inn) initiative run by 36 traditional establishments throughout the region is intended to foster local specialities, genuine hospitality and a fine sense of tradition. The inns make a valuable contribution to maintaining the historical inn-keeping culture.

gasthaus.it

CULINARY SUPERLATIVES

- > The Sarntal valley is home to the Auener Hof – and Italy's highest starred restaurant, the Terra.
- > The smallest gourmet kitchen in the Alps, the Gostner Schwaige, is located at the Seiser Alm high plateau.
- > The Vögele Restaurant in Bolzano/Bozen has hosted South Tyrol's oldest regulars' table since 1895.

- > Find the right restaurant:
suedtirol.info/restaurants

Farmhouse Inns

Buschenschänke and Hofschänke farmhouse inns serve typical and genuine fare using produce from the farms themselves. Try barley soup and Tirtlan pastries, enjoy delicious Schlutzkrapfen ravioli, savour a wide variety of dumplings or tuck into a hearty Marende (snack) with Schüttelbrot (crispy bread), cheese and smoked ham, paired with a well-chosen glass of local wine. And if you're lucky, the farmer's wife might let you in on one or two of her kitchen secrets.

Authentic Törggelen

Törggelen refers to South Tyrol's fifth season, a time in autumn when farmers open up their homes and cellars for the tasting of the new wine together with chestnuts and farmhouse dishes. The Authentic Törggelen project aims to certify farms that grow grapes and chestnuts, serve up authentic dishes and their own wine, and offer both top-class hospitality and an insight into the rural way of life.

suedtirol.info/toerggelen_en



> Addresses of authentic farmhouse inns: redrooster.it

BACK TO THE FUTURE

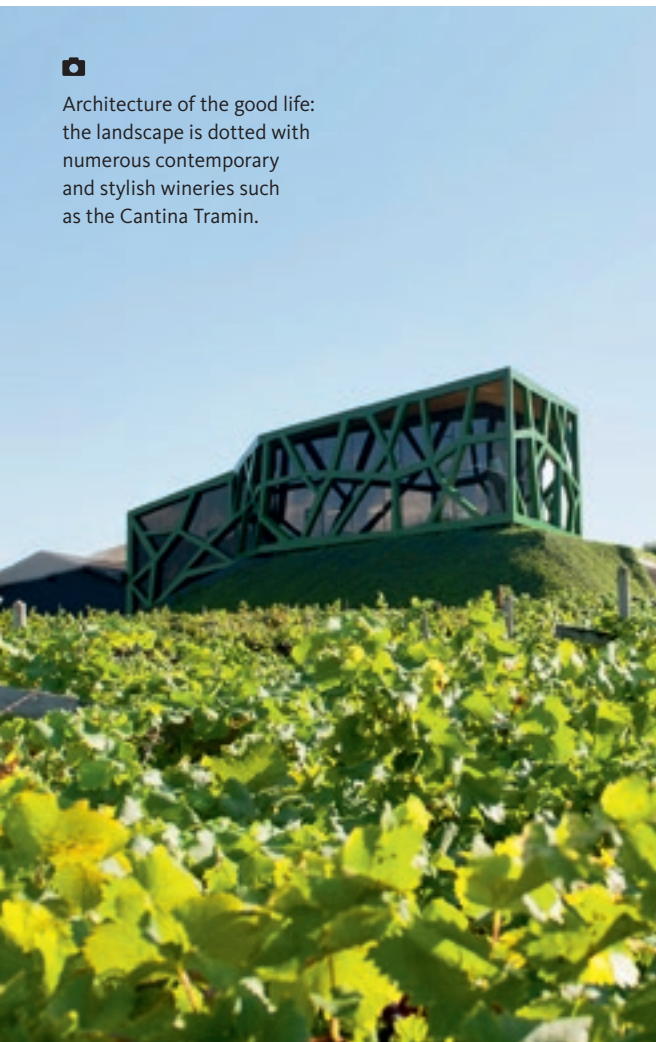
Old animal breeds, fruits and vegetables – including Villnöss sheep, lupine coffee from Altrei/Anterivo and Vinschgau Palabirne pears – are enjoying a delicious renaissance in South Tyrol.

Shopping & Markets

What better way to discover a region's culinary specialities than at the market? The traditional markets of South Tyrol – whether weekly, yearly or farmers' markets – are the ideal place to get to know both the variety of South Tyrolean products and the people who make them. There are also over 150 wineries where you can enjoy tastings, go on guided tours and buy wine. The shopping streets in the towns are recommended too, with Italian boutiques and traditional shops offering a wide range of clothes and shoes.



Architecture of the good life: the landscape is dotted with numerous contemporary and stylish wineries such as the Cantina Tramin.



Meran/Merano Market

Meran Market is held every Saturday from March to October, with fascinating pop-up stores selling only South Tyrolean natural and handicraft products. The market stalls were designed by Martino Gamper, a renowned designer and native of Meran.



Relaxation and wellness

A little indulgence, some gentle exercise, enjoying the silence, floating weightlessly in the water – what does wellness mean for you? Between the mountains and valleys of South Tyrol are natural places to restore your strength, spacious wellness areas with views of the Dolomites, and the Therme Meran spa with its unique architecture. Enjoy physical and spiritual invigoration with tried and tested spa treatments featuring typical regional products. Keep body and soul in harmony. Take that first step to liberate your mind. Discover what does you good.



Thermal Bath and Indoor Pools

With its clean lines, warm colours and outstanding levels of comfort, the Therme Meran spa masterfully fuses contemporary architecture with the city's great spa tradition. Wellness hotels with views of the Dolomites, water worlds with extensive sauna areas and indoor swimming pools are also ideal for combining the power of water, temperature and exercise to produce a feeling of relaxation.



The modern thermal baths, designed by Matteo Thun, continue the long tradition of Meran/Merano as a spa resort.



Cascade, Tauferer Ahrntal valley

The Cascade Baths in the Tauferer Ahrntal valley offer a bathing culture of pleasure and relaxation in harmony with nature. In 2011, the building was awarded first prize in an architectural competition for the tourism sector. Energy efficiency and conservation play a leading role in its construction and ongoing operation. Sand in Taufers/Campo Tures, South Tyrol's first climate municipality, is dedicated to protecting the environment.

- > Devoted to wellness from head to toe:
Belvita Leading Wellness Hotels South Tyrol
belvita.it

Typical Wellness Treatments

The bathing culture of South Tyrol has a long tradition of baths that use mineral-rich water and hay to produce a relaxing, soothing and analgesic effect. Hay baths are still popular today. The water from 32 recognised springs is used for sulphur and healing baths, while precious South Tyrolean products such as milk, wine and apples are employed in spa treatments.

- > Find establishments for an immersive experience:
suedtiroel.info/relaxation
badlkultur.it



The South Tyrolean Hay Bath

After a gruelling day's hay-making some 130 years ago, peasants would sleep the night on layers of hay and wake the next morning feeling refreshed and full of energy. Scientific studies now show that hay baths help with osteoarthritis, sciatica and rheumatism.

Mountain Pine Treatments

Growing in the acidic soils of South Tyrol's Sarntal valley, the mountain pine can be used as a skin care product in the sauna or as a pesto in the kitchen. The oil, with its characteristic resinous and forest-fresh scent, stimulates the circulation, nourishes the skin and also has an odour-eliminating effect.

The South Tyrolean Milk Bath

As Empress Sissi was convinced of the beneficial effects of whey, you can now enjoy a "Sissi bath" at the Therme Meran spa. In South Tyrol, the milk used comes from humanely kept animals that are often taken up to the Alpine pastures to enjoy the especially herb-rich hay.

The South Tyrolean Apple Bath

An apple bath has revitalising and purifying effects and stimulates the circulation. Apples keep you fit and are a particularly efficient anti-aging product as they relax the skin and muscles, ensure soft skin and contain lots of wonderful nutrients.

The South Tyrolean Wine Bath

A South Tyrolean 'wine bath' begins with a body exfoliation using wine marc followed by a brief rest. The bather is then wrapped in a linen sheet before being immersed in a tub of hot water, enjoying a glass of red wine and then emerging for a massage with grape seed oil.

Places for Reinvigoration and Wellness

There are places where wellness is so simple. South Tyrol teems with mystical and legendary locations, places to relax outdoors and a landscape that is shaped by its variety of forms and colours from peak to valley. Regain your strength in the world of nature, feel the warmth and freshness on your skin, use the air and water to feel good – are you ready to let go?

Stoanerne Mandln cairns

The Stoanerne Mandln cairns are a collection of centuries-old stone figures located in the Sarntal valley at 2,000 metres above sea level. Many myths and legends surround this place which is said to have hosted witches' covens and devil worship in the Middle Ages. The Stoanerne Mandln cairns are easy to reach on foot all year round. At the summit, the stone formations and captivating atmosphere are complemented by the wonderful 360-degree panorama.

DURATION



4 h

ELEVATION GAIN



560 m

LENGTH



13 km



- > Take a deep breath and experience the vitality of the Alps:
Vitalpina Hotels, vitalpina.info



Drawing strength from the mountain lake while enjoying the surrounding nature with views of the Peitlerkofel peak.





The Museion in Bolzano/Bozen – architectural jewel, focal point of modern and contemporary art, and meeting place for the arts scene.

Culture and Architecture

Would you rather discover the traces of history or see the future taking shape? In South Tyrol you can do both. Witnesses to the past that are well worth a visit include Ötzi the Iceman, whose mummified remains were found in a glacier. Some 800 medieval forts and castles, plus a number of monasteries and sacred structures, also boast impressive elements of different artistic eras. And interactive museums, churches with a contemporary design and other pioneering works of architecture all have their finger on the pulse. But above all it is the day-to-day culture that makes the northernmost part of Italy particularly exciting. It often leads to the eternal question: what's German and what's Italian?

Museums and Worlds of Adventure

The Museum of Archaeology in Bolzano offers the unique opportunity to have a look at Ötzi the Iceman. Throughout South Tyrol there is a rich and varied array of museums with child-friendly exhibits, impressive open-air museums and visitor mines, as well as interesting exhibitions and sensitively designed meeting places that deal with various aspects of the mountains.



Museum Ladin

Ladin is still a living language in the Dolomite valleys of Alta Badia and Val Gardena. The Museum Ladin in San Martin de Tor/San Martino in Badia addresses the history and culture of Ladinia and of its people, who have succeeded in preserving their own cultural identity and passing on their ancient heritage from generation to generation.



MUSEUMOBIL CARD

The museumobil Card combines travel by public transport with entry to nearly 100 museums and collections throughout South Tyrol.

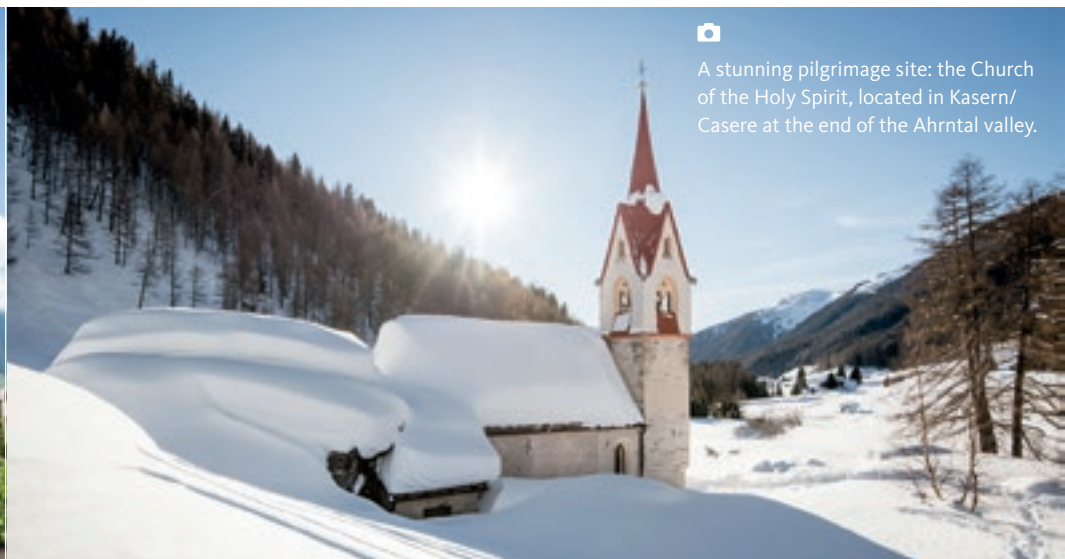
mobilcard.info



This reproduction of Ötzi the Iceman can be seen in the Museum of Archaeology in Bolzano/Bozen.

Churches and Monasteries

South Tyrol's sacred buildings, from small mountain chapels to impressive monasteries, are distinguished by their loving attention to detail. Vinschgau is South Tyrol's leading centre of Romanesque mural art, with particularly beautiful and well-preserved frescoes. Sacred buildings built in the last century also demonstrate an exciting contemporary style.



A stunning pilgrimage site: the Church of the Holy Spirit, located in Kasern/Casere at the end of the Ahrntal valley.

Monastic Life and Places to Pause and Reflect

MARIENBERG MONASTERY

In Europe's highest Benedictine Abbey, monks have lived according to the rules of St Benedict for over 800 years. Exhibition rooms in the monastery now offer an insight into their everyday life and the monastic routine. Of particular interest is the crypt, with its bright frescoes representing a unique example of Romanesque art.

SILENTIUM, LEGACY OF THE CARTHUSIANS

"Once it was the noise that disturbed people. Nowadays it's the silence." This and similar quotations line the Via monachorum hiking trail to the monastery village of Karthaus/Certosa. There, in the former Allerengelberg Monastery, you can watch a film that recounts its turbulent history. If you proceed to the village of Karthaus, you will recognise the building – and note the striking silence.



> For additional tips visit:
suedtirol.info/culture

Forts and Castles

Over 800 forts, castles and stately residences perch on rocky ledges, lie surrounded by vineyards or tower high above the towns. They attest to South Tyrol's strategically important position as a trading region and a link between north and south. A number of these forts and castles bring the era of knights and chivalry back to life, making them ideal for younger visitors. Some also house museums and collections, while others are run as castle hotels and restaurants.

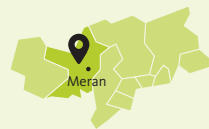


Trautmansdorff Castle near Meran/Merano is surrounded by more than 80 landscaped gardens and is home to the "Touriseum", the interactive Museum for the History of Tourism.



Schloss Tirol Castle

In the Middle Ages, Schloss Tirol castle was the ancestral home of the Counts of Tyrol. It now houses the South Tyrol Museum of Culture and History. The curtain wall around the castle, built around 1100, is one of the oldest surviving castle walls. In addition to the state museum, archaeological finds and interactive exhibits, there is also a centre for birds of prey that regularly offers falconry shows.



- South Tyrol for everyone: barrier-free attractions, accommodation and activities at suedtiroelfueralle.it

Small cities and charming places

South Tyrol's urban centres have a charming character. Many people want three things from a city visit: a relaxing shopping experience in the pedestrian zone, a cappuccino or aperitif in a place steeped in history, and the opportunity to sample local specialities. The best way to experience local flair is on an inspiring stroll through the city. And best of all, nature is often just a few steps (or in some cases a cable-car journey) away.

> More information at: suedtirol.info/cities



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2



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4



5

1. Bolzano/Bozen

The unique location of South Tyrol's capital city, dramatically situated between vineyards and orchards with a view of the Rosengarten and Schlern Dolomite peaks, is sure to delight and impress visitors with its Alpine-Mediterranean character. We invite you to explore unique attractions such as the Ötzi exhibit and to experience the contrast between the old town, villas and primarily Italian quarters.

2. Meran/Merano

Climatically blessed and protected by the imposing peaks of the Texelgruppe range, Meran, the second largest city in South Tyrol, has no shortage of Mediterranean flair. In addition to cultural highlights such as the Trauttmansdorff Castle with its magnificent gardens, the contrast between the modernity of the spas and the historical imperial architecture of Meran is especially intriguing.

3 Brixen/Bressanone

Cobblestone squares, narrow medieval alleys and magnificent attractions embody the rich history of Brixen as part of the bishop's seat. Feel the past come alive and witness the mix of modernity and Mediterranean flair during a walk through this picturesque city.

4 Sterzing/Vipiteno

The exciting townscape of Sterzing, with its historic pedestrian zone and venerable buildings, bears witness to a rich history as a centre of commerce. On a shopping spree that extends past the Zwölferturm tower, those hungry for action can transition from the shopping street to the Rosskopf recreational mountain in a matter of minutes thanks to the cable car.

5. Bruneck/Brunico

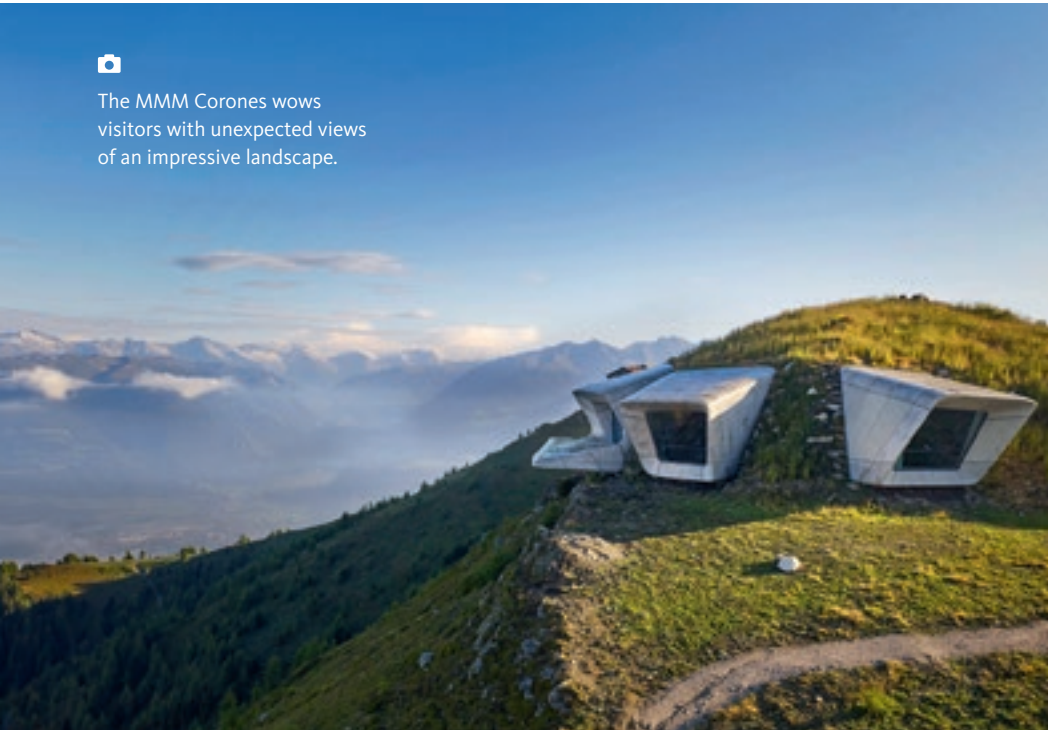
The urge to be active, participate in a rich cultural scene and explore numerous sporting options is palpable in Bruneck, the hub of the Pustertal valley. Located on a hilltop, the Schloss Bruneck castle overlooks this city that has won awards for its quality of life. Take in the attractions while wandering through the handsome shopping street or enjoying a cappuccino in the sun at the Rathausplatz square.

Architecture

Innovation and historical roots, as well as design and practicality, are factors characteristic of South Tyrol's architecture. In addition to numerous churches, monasteries and castles, a new architectural movement is taking hold in South Tyrol. This trend pays homage to the region's cultural heritage yet remains open to contemporary forms. Locally sourced materials are of central importance. So too is the unobtrusive integration of buildings into the surrounding landscape.



The MMM Coronas wows visitors with unexpected views of an impressive landscape.



Architectural sculptures lend the Timmelsjoch pass a fresh new look.



- > For more architectural attractions incl. information and addresses visit suedtirol.info/architecture

- > **Event tip:** round trips and guided tours with developers and architects are offered every year during the Architecture Days event – stiftung.arch.bz.it

MMM Coronas, Kronplatz

The Messner Mountain Museum, which has been unobtrusively integrated into the landscape, features grand views of the Lienz Dolomites to the east, the Ortler mountain to the west, the Marmolada to the south and the Zillertal Alps to the north. Zaha Hadid's world-famous architectural firm designed the museum.

“Passmuseum”, Timmelsjoch pass

The “Timmelsjoch Experience” is comprised of five distinctive info stations designed by South Tyrolean architect Werner Tscholl. This cross-border project, which extends from the Passeiertal valley to the Ötztal valley, is truly one of a kind.



Where culture and natural landscapes meet



Craggy peaks flow into gentle Alpine pastures in
St. Magdalena/Santa Maddalena in the Villnöss valley.





Anna Quinz

Creative Director, franzmagazine.com

“I’m a bar person. For me, a bar is the centre of creative life. In Bolzano/Bozen I love drinking a coffee in the Café Museion, in Humus, in Pur or in the garden of the Parkhotel Laurin.”



Simon Gietl

Climber

“I think that the Dolomites are a wonder of nature, with their steep walls and sharp ridges that seem to come out of nowhere and tower up into the sky. The Three Peaks are of course a special highlight.”



Martin Reichhalter

Trail Warden of the South Tyrol Alpine Club

“A must for me every year is to climb the Piz Duleda and Col da la Pières in the Puez region. I always feel as if I’ve landed in a lunar landscape.”



Manuel Astuto

Head Chef at the Parkhotel Laurin

“I love water. When I’m walking along the Talfer Promenade and can see the river and hear its sound, it clears my mind and I feel physically fit for my next shift in the kitchen.”

Letizia Ragaglia

Director of the Museion, Bolzano/Bozen

“I’ve been to Alois Lageder’s vineyard with numerous artists and visited his cellar there, as well as the Paradeis wine bar in Margreid/Magrè. Everyone was always delighted and impressed by the philosophy of the place.”



The favourite haunts of South Tyroleans

Who knows the mountains of South Tyrol better than the people who have climbed them hundreds of times? Who knows exactly where cultural life is happening if not the very people who are part of it? Let the people of South Tyrol guide you through their land – so their favourite haunts become yours too.

> Read and recount the whole story of these and other South Tyroleans at: storiesfromsouthtyrol.com



Nadine Lantschner

Seamstress

“South Tyrolean fashion is booming. My favourites are great labels such as Rebello (Laives/Leifers), Zilla (Bolzano/Bozen), Luis Trenker (Bolzano) and Dimitri (Meran/Merano). I particularly like the Dimitri label because you can see the couturier’s Greek roots in his collection, and it reflects a certain lightness.”



Manfred A. Mayr

Artist and Finder of Places

“The place I always seek out is the Marienberg Monastery in the upper Vinschgau valley. As well as the little museum and the artistically and historically significant Romanesque crypt with its unique frescoes, you can also experience the Benedictine monastery’s mysticism and sense the monastic way of life, free of everyday stress.”



Jutta T. Ebner and Renate Gamper

Herbal Teachers

“The little Church of St Hippolyte above Lana is a magical place for us. There are traces of ancient settlements that contribute to its fantastic energy, as well as spellbinding panoramic views of the Etschtal valley. We like to come here and let nature waft around us.”



Events

Bike

Watch or participate in top-class road and mountain bike races through the Dolomites, or enjoy car-free cycling days on many of South Tyrol's roads as they wind up towards magnificent passes:

- > **Ortler Bike Marathon**
Obervinschgau valley, *June*
- > **Hero Dolomites**
Val Gardena/Alta Badia, *June*
- > **Maratona dles Dolomites**
Alta Badia, *July*
- > **Dolomiti Superbike**
Niederdorf/Villabassa, *July*
- > **Cycling Days**
Stilfser Joch/Sellaronda/Mendel Pass/
Penser Joch

> More details:
suedtirol.info/events

Mountains

Explore the most beautiful mountains in the world, meet mountain enthusiasts from across the globe and scale eleven stunning peaks:

- > **11-peak tour**
Antholzertal valley, *August*
- > **Three Peaks Alpine Run**
Sexten/Sesto, *September*





📷 Ski World Cup, Val Gardena

Winter Sports

Follow live World Cup skiing, cross-country skiing and biathlon events or join in the cross-country skiing marathon – all with a great atmosphere and fantastic views:

- > **FIS Ski World Cup**
Val Gardena/Alta Badia, *December*
- > **Tour de Ski** (cross-country ski race/ World Cup)
Toblach/Dobbiaco, *December/January*
- > **Biathlon World Cup**
Antholz/Anterselva, *January*
- > **Gsieser Tal Race** (cross-country skiing marathon)
Gsieser Tal valley, *February*

Wine

Learn about South Tyrol's winegrowing areas, taste regional and international wines, and combine the pleasures of the palate with culture:

- > **WineRouteWeeks**
South Tyrolean Wine Road, *May/June*
- > **Meran WineFestival**
Meran/Merano, *November*

Specialities & Gourmet Food

Experience the culinary delights of regional specialities and enjoy a convivial atmosphere with music and events:

- > **Milk Festival**
Fane Alm Alpine pasture (Vals/Valles - Mühlbach/Rio di Pusteria),
August (every two years)
- > **Marble & Apricots Festival**
Laas/Lasa, Vinschgau, *August*
- > **Speck Festival**
Villnöss/Funes, *October*
- > **Bread & Strudel Market**
Brixen/Bressanone, *October*



📷 UNIKA Sculpture Fair

Tradition

The art of conservation with an eye to the future – authentic events from cattle-driving to the craft of wood carving:

- > **Oswald von Wolkenstein Ride**,
Schlern area, *May/June*
- > **UNIKA - Gardenese Art exhibition**,
Val Gardena, *August/September*
- > **Transhumance** (sheep drive)
Schنالstal valley, *June, September*

- > **Christmas markets**,
Bolzano/Bozen, Brixen, Bruneck/Brunico,
Meran, Sterzing/Vipiteno, *December*

Contemporary Art & Music

Stylish yet offbeat. Enjoy jazz at mountain huts and on the streets of Bolzano, or experimental art at unusual venues:

- > **South Tyrol Jazz Festival**
throughout South Tyrol, *June/July*
- > **Transart**
Festival of contemporary art,
throughout South Tyrol, *September*

Classical Music

Concerts and talks of the highest standard in the holiday home of the composer Gustav Mahler, plus top-quality classical music events in Bolzano/Bozen, Meran and Toblach:

- > **Gustav Mahler Music Weeks**
Toblach, *July*
- > **Bolzano Festival Bozen**
Bolzano, *July to September*
- > **südtirol festival merano . meran**
Meran, *August/September*
- > **South Tyrol Festival**
Toblach, *September*



📷 südtirol festival merano . meran

SOUTH TYROL MEASURES 7,389 km². 6% of the surface area is habitable.

80%
mountain ranges



3,905

metres is the height of the Ortler, South Tyrol's highest summit. There are a total of 350 summits over 3,000 metres.

18

food groups belong to the quality-tested "South Tyrol Specialities" brand, including apples, milk and smoked ham.



Every 12TH award-winning Italian wine comes from South Tyrol, one of Italy's smallest winegrowing areas.



3

official languages are spoken in South Tyrol, divided as follows: 70% German, 26% Italian, 4% Ladin.



4,000

students attend Europe's first trilingual university, the Free University of Bolzano-Bozen. Research and education are also the mission of the European Academy (EURAC) and the Fraunhofer Italia foundation in Bolzano/Bozen.

300
days a year
of sunshine make
South Tyrol
particularly attractive.

40%

of energy demand is covered by renewable sources. South Tyrol produces twice as much hydroelectric power as it consumes.

25

Michelin stars make South Tyrol the province with the highest density of Michelin-starred restaurants in Italy.



5,000

years of age:
South Tyrol's oldest resident, Ötzi, was discovered in 1991 in the Schnalstal valley.



1919

was the year in which Italy annexed South Tyrol. The region had previously belonged to Austria for over five centuries. Today South Tyrol is regarded as a role model for an autonomy of ethnic minorities.

South Tyrol in figures

A quick overview of South Tyrol with some curious facts and figures to ponder.



210

local brass bands in 116 different municipalities allow South Tyrol to blow its own trumpet.

15

dairy cows live on the average farm.

1908

was the year in which the world's first cable car opened at Kohlern/Colle near Bolzano. Some 375 cable cars and lifts are now in service.




1,200

kilometres of ski slopes criss-cross South Tyrol. Many are part of the Dolomiti Superski network, the world's largest ski carousel.



Around

5,000

mountain farms are still in operation.

28°C

is the water temperature of the Kalterer See lake in high summer, making it the warmest bathing lake in the Alps.



600 TO 1,000

litres of olive oil are produced in South Tyrol each year.

532,010

people live in South Tyrol, 20% of them in the provincial capital of Bolzano/Bozen.



2009

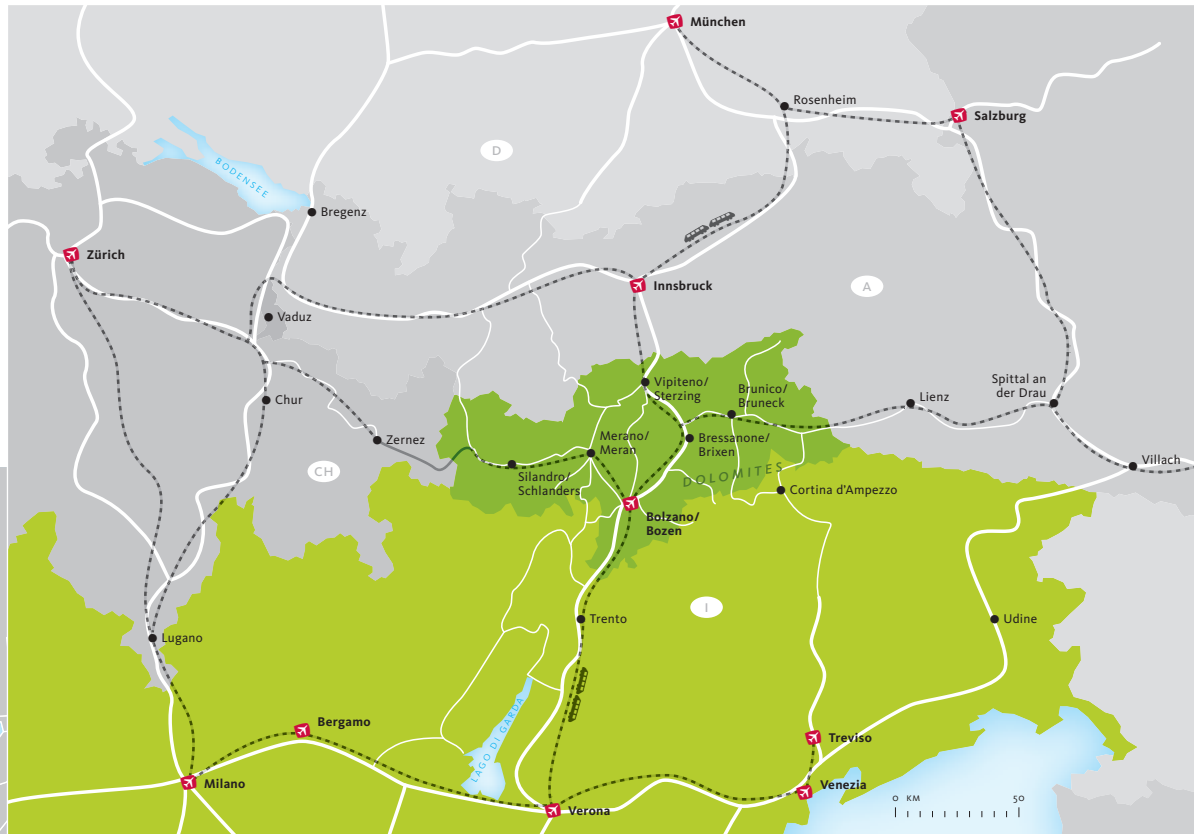
saw the Dolomites included on UNESCO's list of world natural heritage sites.

7

nature parks and one national park contain unique natural and cultivated landscapes. Information centres in the nature parks memorably demonstrate to visitors the true value of nature.

How to get there and mobility options

> Detailed information and the latest lists of the relevant operators can be found at suedtirol.info/how-to-get-there



TRAIN

From the north

Innsbruck > Sterzing/Vipiteno > Bolzano/Bozen

From the east

Lienz > Bruneck/Brunico > Brixen/Bressanone > Bolzano/Bozen

From the west

Zernez > Meran/Merano > Bolzano/Bozen

From the south

Verona > Bolzano/Bozen



BUS

Long-distance buses offer good connections from Germany, Austria and Switzerland.



CAR

From the north/south

Brennerautobahn motorway A22

From the east

Austria: E66 > SS49

From the west

Austria – Reschenpass: 180 > SS40

Switzerland – Ofenpass: 28 > SS41



AIRPORT BUS TRANSFERS FROM:

Innsbruck, Verona, Bergamo, Treviso, Venice, Milan, Munich



SÜDTIROL TRANSFER

Südtirol Transfer's stress-free shuttle service whisks you from the rail or bus station to your accommodation in South Tyrol. suedtiroltransfer.com

MOBILCARD

With the Mobilcard you can enjoy unlimited and flexible travel by public transport throughout the province. Mobilcard 1 day/3 days/7 days mobilcard.info

CAR HIRE

Car hire is available in all the major towns and cities in South Tyrol.

South Tyrol Information

Via Alto Adige 60

I-39100 Bolzano/Bozen

T +39 0471 999 999

info@suedtiroel.info

suedtiroel.info

