






HIKING HOLIDAY IN THE HEART OF THE DOLOMITES

 Self-guided tour

 Hike

 80-102 km

 Easy

Duration: 8 days / 7 nights

12 years and older



DESCRIPTION

Starting point of this hiking tour is the town Brixen - in Tyrol. Surrounded by centuries-old buildings, you will walk along numerous historical traces through the former bishop's town. The journey takes you over the local mountain houses of the Brixen people into the Villnöss Valley with its towering peaks and on into the heart of the Dolomites. The Val Gardena, also called Gherdeina, is a Ladin-speaking area and is widely known for its imposing mountain scenery and the woodcarving's tradition. This easy hike runs along marked hiking trails, through meadows and forests. You will not find any rocky paths on your way.

DETAILED ROUTES

📍 Day 1: Brixen

Individual arrival at the hotel in Brixen. Stroll through the arcades of the small town of Brixen, where you can admire the cathedral district and the bishop's castle. Day 2: Brixen - Plose - Villnöss.

📍 Day 2: Brixen - Plose - Villnöss

(ascent approx. 350 m, descent approx. 500 m / approx. 3,5-4 hours - Variant: ascent approx. 460 m, descent approx. 1350 m / approx. 5,5-6,5 hours)

Start your hiking trip with the cable car to the local mountain of Brixen - the Plose. At the top station at 2,050 m above sea level, you will be greeted by a breathtaking panorama of the Dolomites from their most beautiful side. Here you will find the picturesquely situated Ranui church, surrounded by green meadows.

📍 Day 3: Villnöss - Gröden

(ascent approx. 875 m, descent approx. 960 m / approx. 5,5 hours - Variant: ascent approx. 875 m, descent approx. 200 m / approx. 4 hours)

Starting from the main village of St. Magdalena, the hike leads you higher up to the Broglessattel. Enjoy the unique view of the Villnöss Geisler, with its main peak, the Sass Rigais (3,025 m). The mountain group forms a ridge and separates the Villnöss Valley from the Gardena Valley. Most of it lies in the Puez-Odle Nature Park. The trail now leads down into the 25 km long side valley of the Eisacktal with its communities of Ortisei, S. Cristina and Selva Gardena. Shortcut by funicular Raschötz (ticket not included).

📍 Day 4: Gröden - Seceda - Gröden

(ascent approx. 670-1.030 m, descent approx. 1.230 m / approx. 6,5-7,5 hours - Variant: ascent approx. 630 m, descent approx. 730 m / approx. 4 hours)

By bus you arrive to S. Cristina. In Ladin-speaking Val Gardena, on the sunny side of the valley, lies the Seceda alpine pasture. Embedded in the Puez-Odle Nature Park and part of the Dolomites' UNESCO World Natural Heritage, it offers an incomparable panorama not only of numerous Dolomite peaks, but also of renowned mountains like the Ortler or the Großglockner. The sideways view of the graceful Geisler peaks from the Seceda is one of the most popular photo motifs in the Dolomites. Shortening possibility to the valley with the Seceda cable car.

📍 Day 5: Gröden - Wolkenstein - Gröden

(ascent approx. 600 m, descent approx. 900 m / approx. 5-6 hours)

By bus to Selva Gardena. Today you explore the Val Gardena by foot. From Selva Gardena there is an easy way to Plan de Gralba and over the Tiejassattel to the Piz Sela. Enjoy the panorama of the mighty walls of the Sassolungo and the towering Sella massif. The hike continues down to S. Cristina, where you will find the largest hand-carved nativity scene in the world. It was created by a group of 18 sculptors. Shortcut from St. Christina by bus (ticket not included).

📍 Day 6: Gröden - Seiser Alm - Gröden

(ascent approx. 640 m, descent approx. 640 m / approx. 5,5-6,5 hours - Variant: ascent approx. 510 m, descent approx. 510 m / approx 3,5 hours)

The hiking day starts with a cable car ride up to the Seiser Alm. One of the largest alpine pastures in the world with its legendary 56 square kilometers. Breathtaking views of the nearby Dolomite peaks Sassolungo,

HIKING - THE VAL GARDENA

Langkofel, Plattkofel and the Schlern characterise today's hike. Around 790 different plant species have been added to the high plateau, which is a UNESCO World Heritage Site. The journey to the Val Gardena is again by cable car.

Day 7: Gröden - Klausen - Brixen

(ascent approx. 370 m, descent approx. 1.080 m / approx. 5-6 hours - Variant: ascent approx. 370 m, descent 500 m / approx. 4 hours)

In the past, the mail was transported from Klausen to Val Gardena via the Poststeig (Ladin: Troi da la Posta). Today, the old path serves as a panoramic trail through the Val Gardena. First it leads over the sunny slope to the Pontiveser Klause and through a sparse fir forest to the picturesquely village of St. Peter. Take one last look back at the pale mountains of the Val Gardena Dolomites. Slightly downhill through gentle meadow landscapes you reach the small town of Klausen with the impressive Säben monastery. Take the train back to Bressanone. Shortcut from Lajen to Klausen by bus (ticket not included).

Day 8: Brixen

Individual departure or possibility to extend your stay.

HIKING - THE VAL GARDENA

GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 80-102 km
- **Starting point:** Brixen
- **Arrival:**

By car: on the motorway Brenner/Brennero (A22) to Brixen/Bressanone or drive along the Felbertauernstraße to Lienz in Eastern Tyrol (Austria) and then further into Italy on the SS49 through the valley Pustertal/Valle Pusteria to Brixen.

By train: Take the train from Innsbruck over the Brenner/Brennero or via the Pustertal/Valle Pusteria to Brixen. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: The nearest airports are in Innsbruck (ca. 83 km), Verona Villafranca (ca. 191 km), Treviso (ca. 228 km) and Venice Marco Polo (ca. 313 km).

- **Accommodation:**

Inns and Hotels 3***

Attention: Tourist tax – if requested – has to be paid on the spot.

- **Parking:**

In Brixen by arrival hotel; payment in Hotel

INCLUDED SERVICES

- Accommodation in inns and hotels 3***category
- Breakfast buffet or full breakfast
- If booked with half board: buffet or 3-course dinner
- Videobriefing
- Luggage transfer from hotel to hotel
- Transfers according to the program, cable-car Plose and Seiser Alm (round tour)
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour
- Navigation APP

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner (if not booked)
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

HIKING - THE VAL GARDENA

STARTING DATES

Available - arrival possible Not Available Available for groups from 6 persons and on request

June							July							August							September									
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun			
						1		1	2	3	4	5	6							1	2	3		1	2	3	4	5	6	7
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14			
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21			
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28			
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	29	30								
30																														

PRICES

Standard

Package price in a double room	from 21/06/2025 to 21/09/2025	1.109 €
Package price high season	from 12/07/2025 to 07/09/2025	1.199 €
Half board supplement		219 €

Additional services

no bike		0 €
---------	--	-----

Additional nights

See ebsite