






## ORCHARDS, PASTURES IN FULL BLOOM & ITALIAN FLAIR

 self-guided tour

 Hike

 00-00 km

 Easy

Duration: 7 days / 6 nights

## DESCRIPTION

Marvel at vineyards and apple orchards as far as the eye can see, during the first part of your week of walking. Starting from the well-known spa town of Merano you walk along the South Tyrolean wine route, past historic castles and palaces. Again and again idyllic wine-growing villages along the way invite you to a brief break and to sample the countless South Tyrolean delicacies with wine and apples as staple ingredients. Another highlight of the tour is a detour to the provincial capital Bolzano. This town oozes elegance and Italian flair with its quaint arbour alleys and the hustle bussle on the busy square ‚Piazza Walther‘. After having experienced this amazing town meanwhile, you finally reach the sunny high plateau Meltina where you can enjoy the marvellous quiet and nature at its finest! Alpine pastures in full bloom, clear larch forests and grazing cattle, whose milk is turned into delicious specialities there and then. During the whole walking experience you are accompanied by countless panoramic views, for instance, onto the jagged peaks of the Dolomites, the Sarnthaler Alps, the most fertile Etsch valley or Lake Caldaro. All routes on this tour take place on good hiking trails. These are mostly forest roads or paved roads. The distance is between 11 and 19 kilometres daily. If you have good basic fitness, this hiking trip is guaranteed to be pleasurable. You will be rewarded with panoramic views, culinary temptations and fresh alpine air.



# SÜDTIROLER WEIN- & ALMENWEG

# SOUTH TYROLEAN WINE & ALPINE PASTURE TRAIL

## DETAILED ROUTES

### 📍 Day 1: Meran/Merano

Individual arrival to Meran/Merano. Along the path ‚Marlinger Waalweg‘, the longest Waal of South Tyrol into the ‚apple metropolis‘ Lana. On your way marvellous views onto Merano and the Etsch valley until Bolzano await. Through deciduous forests you ascend all the way to Tisens, famous for its sweet chestnuts. The second section of Day 2 brings you to an area teeming with castles, in Nalles the 3 castles Stachelburg, Schwanburg and Payersberg await.

### 📍 Day 2: Merano/Meran - Nalles/Nals

(approx. 11 km / ascent approx. 550 m, descent approx. 550 m / approx. 5,5 hours)

Along the path ‚Marlinger Waalweg‘, the longest Waal of South Tyrol into the ‚apple metropolis‘ Lana. On your way marvellous views onto Merano and the Etsch valley until Bolzano await. Through deciduous forests you ascend all the way to Tisens, famous for its sweet chestnuts. The second section of Day 2 brings you to an area teeming with castles, in Nalles the 3 castles Stachelburg, Schwanburg and Payersberg await.

### 📍 Day 3: Nalles/Nals - Bolzano/Bozen

(approx. 11 km / ascent approx. 480 m, descent approx. 400 m / approx. 4 hours)

A wonderful walk past palaces and castles along the high-altitude path with a fantastic view. Part of the way leads you along the 3-castle route into the well-known wine-growing village of Eppan with its extensive wine growing areas and the characteristic flair of the South Tyrolean wine route. Then a short bus ride into the provincial capital Bolzano. Enjoy the Italian flair in the arbour alleys and whilst sipping a cappuccino on Waltherplatz square.

### 📍 Day 4: Bolzano/Bozen - Meltina/Mölten

(approx. 11 km, / ascent approx. 480 m, descent approx. 420 m / approx. 4.5 hours)

In the morning take the bus to Jenesen and experience South Tyrol’s most stunning facets. Starting with a unique panoramic view from Lake Caldaro over the castles and palaces along the wine route to the jagged rockfaces of the Dolomites. Walk across vast meadows dotted with horses and cattle and through clear forests with ancient larch trees until you reach the village of Meltina on the high plateau of the Tschöggelberg mountain.

### 📍 Day 5: circular walk Meltina/Mölten

(approx. 16 km / ascent approx. 610 m, descent approx. 910 m / approx. 4 hours)

The picturesque village of Meltina, situated above 1100 m is surrounded by breathtaking scenery. Meadows covered in flowers, insanely fragrant larch forests and alpine pastures right up to the ‚Steinerne Mandln‘ (stone people) invite to a relaxing walk. Nature at its finest as well as breathtaking distant views onto the Etsch valley right at your feet and numerous impressive mountain peaks. This wonderful circular tour also includes a break at the rustic hut on the „Möltner Kaser“ with a tasting of traditional dumpling specialties.

### 📍 Day 6: Meltina/Mölten - Merano/Meran

(approx. 13 km / ascent approx. 600 m, descent approx. 450 m / approx. 5 hours)

Your final stage leads through magnificent meadows and forests to the „Knottnkino“, three spectacular open-air stages with breathtaking views of the surrounding mountains and the Adige Valley. From the rocky peaks of the Knottn, the route continues to Hafling, the home of the famous horse breed. A short bus ride takes you down to Merano, where the magnificent gardens of Trauttmansdorff Castle are well worth a visit before you stroll into the

# SOUTH TYROLEAN WINE & ALPINE PASTURE TRAIL

town center in the footsteps of Empress Sissi.

## Day 7: Merano/Meran

Individual departure from Merano/Meran or possibility to extend your stay.

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## GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 7 days / 6 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Meran
- **Arrival:**

**By plane:** airport Bozen/Bolzano or Verona

**By train:** By train (train station Meran/Merano – see on: [www.trenitalia.com](http://www.trenitalia.com)).

**By car:** directly to Meran/Merano

- **Accommodation:**

3\*\*\* hotels and inns, 4\*\*\*\* hotel in Bolzano

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

- **Parking:**

Hotel parking spaces or Hotel parking garage, approx. Euro 10.00 to Euro 20.00 per day. Public parking spaces/parking garage approx. Euro 50.00 to Euro 90.00 per week.

## INCLUDED SERVICES

- Accommodation in lovely 3\*\*\*hotels and inns, 4\*\*\*\* hotel in Bolzano
- Breakfast
- If you have booked half board: evening meal often multi-course, sometimes outside the property, payable with voucher
- Luggage transfer
- 1 bus ride Jenesian
- Welcome briefing (German, English)
- Carefully elaborated route description
- Detailed travel and tour documents 1x per room (German, English, French)
- App for Navigation and GPS-data
- Service hotline

## NON INCLUDED SERVICES

Arrival at the starting point 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“

