



★★★★★ (24)

## *South Tyrolean Wine & Alpine Pasture Trail*

ORCHARDS, PASTURES IN FULL BLOOM & ITALIAN FLAIR.

What more could you want: romantic villages, views of historic castles and palaces and a landscape bordered by flowering vines and fragrant apple trees. The icing on the cake is that you can also enjoy excellent South Tyrolean culinary specialities with fine wines. Stroll through the winding alleyways, and taste the city air on the light-flooded high plateau of Mölten. This is South Tyrol, as you always wanted to experience it.

### *Details of the South Tyrolean wine & alpine trail*

Begin your hiking trip in the spa town of Merano, where beloved Austrian Empress Sisi fell in love. Before you come to the provincial capital of Bolzano and the fairytale Piazza Walther, visit Lana. The charming market town is also known as the Apple Metropolis. A cable car ride to Jenesien is also part of this tour. From a bird's eye view you can see the castles, palaces, Lake Caldaro and the mountain massifs of the Dolomites. You'll feel totally relaxed in Mölten at 1,100 metres. Because the feelings as you gaze upon the magnificent views of the Adige Valley are difficult to put into words. You hike up the Stone Mandln, from where you can see the alpine Rosengarten.

### *Highlights of the South Tyrolean wine & alpine trail:*

- **Spa Merano:** The spa town and the idyllic old town of Bolzano let you enjoy typical Italian flair.
- **South Tyrolean wine route:** Take time to enjoy! Because you don't get to taste wine like this every day. Cin cin!
- **Romantic views:** The Rossengarten (a mountain group), the Adige Valley and Lake Caldaro will melt any mountaineer's heart. Because the Italians and their landscapes have a lot of charm.
- **Knottnkino:** A unique vantage point of the Adige Valley and the Meraner Becken on your way from Mölten to Merano. Enjoy the breathtaking panorama of the mountains from your cinema seat!

## *Useful information about the South Tyrolean wine & alpine trail*

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.

Book a luggage-free seven-day trip in South Tyrol with Eurohike now – then you can start looking forward to it!

- Get all information and many more tour tips for our [hiking tours in South Tyrol](#).

### *Walking*



7 Days / 6 Nights



Self-guided Tour

### To the online version



# Itinerary

DAY  
1

## *Arrival in Meran*

Discover the countless enchanting corners of Meran during a stroll through this spa town, a favourite dwelling spot of the Empress Sissi. After a walk through its arbour alleys, relax along the promenade of the raging river Passer.

Hotel example: [Flora](#)

DAY  
2

## *Meran – Nals*

Along the path ‚Marlinger Waalweg‘, the longest Waal of South Tyrol into the ‚apple metropolis‘ Lana. On your way marvellous views onto Meran and the Etsch valley until Bozen 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 Nals the 3 castles Stachelburg, Schwanburg and Payrsberg await.

Hotel example: [Traubenheim](#)



approx. 5.5 hours



19 km



550 m



550 m

DAY  
3

## *Nals – Bozen*

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 Bozen. Enjoy the Italian flair in the arbour alleys and whilst sipping a cappuccino on Waltherplatz square.

Hotel example: [Parkhotel Mondschein](#)



approx. 4 hours



11 km



480 m



400 m

DAY  
4*Bozen – Mölten*

In the morning take the cable car to Jenesien and experience South Tyrol's most stunning facets. Starting with a unique panoramic view from lake Kalterer See 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 Mölten on the high plateau of the Tschöggelberg mountain.

Hotel example: [Zum Löwen](#)



approx. 4.5 hours



11 km



480 m



420 m

DAY  
5*Circular walk Mölten*

The picturesque village of Mölten, 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' (stoney 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 are a constant companion on this circular walk.

Hotel example: [Zum Löwen](#)



approx. 4 hours



14 km



610 m



910 m

DAY  
6*Mölten – Meran*

The final leg of this tour takes you across a glorious Alpine pasture scenery with green meadows and grazing cattle to the Leadner Alp, where you simply have to taste their home-made dumpling specialities. After a hearty break your tour continues along the panoramic high-altitude path to Trauttmannsdorff palace. Please visit the magnificent parks and landscaped gardens before you descend into the centre of Meran.

Hotel example: [Flora](#)



approx. 5 hours



13 km



580 m



440 m

DAY  
7*Departure or extra days*

# *Tour character*

You walk on well-maintained walking paths, on ‚Waalwegen‘ (old irrigation systems) and in sections on forest roads and asphalted paths. Technically an easy tour, for walking times of 4 to 5.5 hours a good basic fitness level is required.

# Prices and events

*Place of arrival: Meran*

	<b>Season 1</b> 06.05.2023 - 21.05.2023   18.09.2023 - 07.10.2023   Arrival Saturday, Sunday	<b>Season 2</b> 22.05.2023 - 18.06.2023   28.08.2023 - 17.09.2023   Arrival Saturday, Sunday	<b>Season 3</b> 19.06.2023 - 27.08.2023   Arrival Saturday, Sunday
<b>South Tyrolean Wine &amp; Alpine Pasture Trail, 7 days, IT-SJWME-07X</b>			
Base price	699.00	799.00	869.00
Surcharge half board evening meal 6x (often multi-course, sometimes outside the property, payable with voucher)	169.00	169.00	169.00
Surcharge single room	189.00	189.00	189.00

Category: lovely 3\*\*\*-hotels und inns, Bozen 4\*\*\*\*-hotel

## Additional nights

*Place of arrival: Meran*

	<b>Season 1</b> May 6, 2023 - May 21, 2023   Sep 18, 2023 - Oct 7, 2023   Arrival Saturday, Sunday	<b>Season 2</b> May 22, 2023 - Jun 18, 2023   Aug 28, 2023 - Sep 17, 2023   Arrival Saturday, Sunday	<b>Season 3</b> Jun 19, 2023 - Aug 27, 2023   Arrival Saturday, Sunday
<b>Meran</b>			
Double room p. P.	89.00	89.00	99.00
Surcharge single room	29.00	29.00	29.00

Prices per person in EUR

# Services and infos

## Services

### Included:

- Accommodation as already mentioned
- Breakfast
- Luggage transfer
- Welcome briefing (German, English)
- 1 Cable car ascent fare Jenesien
- Carefully elaborated route description
- Detailed travel documents 1x per room (German, English)
- App for Navigation and GPS-data available
- Service hotline

### Optional extras:

- Half board evening meal (often multi-course, sometimes outside the property, payable with voucher)

## Infos

### Arrival / Parking / Departure:

- Arrival by train in Meran.
- Verona airport.
- Parking: Limited number of free hotel parking spaces or limited parking spaces near the hotel approx. EUR 50 per week. Underground carpark (limited spaces) approx. EUR 12 per day, payable on site, no reservation possible.

### Things to note:

- Tourist tax, if due, is not included in the price
- Bus fares (Eppan – Bozen, Vöran – Meran), approx. EUR 6 per person
- Special dates on request
- Further important information according to the package travel law can be found [here!](#)

# Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



**Sarah Manglberger, Travel specialist**



+43 6219 60877 181



s.manglberger@eurohike.at

**Book now**

