

# RICH PROGRAMME WITH ALMENCARD

**BOREDOM DOES NOT STAND A CHANCE IN SOUTH TYROL**

Programme subject to changes based on Covid-19 regulations

## MONDAY

- **E-bike tour of the pastures**

22.06. – 26.10.2020

A pleasurable tour on E-bikes and lifts to discover the idyllic villages and pastures in the Gitschberg-Jochtal holiday area.

*Meeting point: 09.30 | Vals lift valley terminal | Time: approx. 5-6 h |*

*Difficulty: easy*

*(for guests aged 14 and over) Price: €20.00*

- **Aperitif on Mt. Gitschberg**

22.06. – 02.11.2020

An easy panoramic walk on Mt. Gitschberg rounded off with an aperitif and a presentation of the Almencard weekly programme.

*Meeting point: 10.00 | Nesselbahn lift mountain terminal | Time:*

*approx. 2.5-3 h*

- **Old Castles & New Wines - Visit to the Vineyard & Organic Farm**

22.06. – 30.11.2020

A local winegrower will be showing you around his vineyard and illustrating his alternative methods for cultivating grapes and ancient

apple varieties.

*Meeting point: 10.00 | Mühlbacher Klause | Time: approx. 2 h*

- **Summer in the mountains with Kneipp**

22.06. – 26.10.2020

A pleasurable circular hike to the Kneipp course in the Altfasstal valley with stations along the way.

*Meeting point: 14.00 | Altfasstal car park | Time: approx. 3-4 h*

- **Wild herbs & Healing potions in Natz\***

15.06. – 28.09.2020 | Almencard PLUS holders only

Rediscovering ancient herbal knowledge

*Meeting point: 16.00 | Village square Natz | Time: approx. 3 h*

*\*Registration by 12 o' clock at the same day*

## TUESDAY

- **Hike to the Eisbruggsee lake in Pfunders**

23.06. – 13.10.2020

This challenging hike requires good training. Bring along suitable equipment and provisions.

*Meeting point: 8.30 | Gasthof Brugger, Pfunders | Time: approx. 5,5-6 h*

## WEDNESDAY

- **Big 5 Altitude hike to the Wilde Kreuzspitze/Seefeldspitze (alternately)**

24.06. – 07.10.2020

This challenging hike requires good training. Bring along suitable equipment and provisions

*Meeting point: Wilde Kreuzspitze: 8:15 Jochtal cable car mountain terminal*

*Meeting point: Seefeldspitz: 8:30 Car park Altfasstal*

*Time: approx. 7 h*

- **Discovering woods and pastures**

24.06. – 28.10.2020

Ringed trees, herbs, fun facts and quaint Alpine huts.

*Meeting point: 10.30 | Zumis car park, Rodenecker-Lüsner Alp | Time: approx. 5 h*

## THURSDAY

- **Sunrise hike**

25.06. – 05.11.2020

Some things are worth an early rise, even on holiday. You will be rewarded with the unique experience of an Alpine sunrise.

*Meeting point: Meeting time varies | Jochtal lift valley terminal | Time: approx. 2 h | Minimum number of participants: 12*

- **Panoramic E-bike tour of the Three Peaks**

25.06. – 22.10.2020

From Mühlbach we will travel to Innichen by train. From there, we will ride our E-bikes to Sexten and along the forest path leading to the Helm-Rotwand lift mountain terminal. Enthusiasts can ride all the way to the Hühnerspielhütte hut. We return by the same route.

*Meeting point: 09.00 | Mühlbach train station | Difficulty: intermediate | Time: 8-9 h | Price: €20.00 (for guests aged 14 years and over)*

- **Family hike to the Spinges bunker**

25.06. – 05.11.2020

A family-friendly walk through the village and woods to the Spinges bunker, where we will discover the power of breathing. A tour of the bunker is included.

*Meeting point: 10.00 | Spinges church | Time: 3 h*

- **Guided tours of the Mühlbacher Klause**

from 25.06.

The ruins were once a customs post and hunting seat, as well as the backdrop for the German Peasant's war in 1526 and the Tyrolean Rebellion of 1809.

*Meeting point: 10.00 + 15.00 | Mühlbacher Klause | Time: approx. 1 h*

- **Lama trekking for the whole family\***

02.07. – 03.09.2020 | Almencard PLUS holders only

Meet and greet these special farm animals

*Meeting point: 16.00 | Waldharthof Raas | Time: approx. 2-3 h*

*\*Registration by 12.00 on the previous day!*

## FRIDAY

- **Hike to the Pfunders mountain farms**

26.06. – 27.11.2020

The green Pfunders Valley boasts well-preserved historical farms, traditional craftsmanship and stunning landscapes.

*Meeting point: 10.00 | Pfunders sport area | Time: approx. 4 h*

- **E-bike tour of the Pustertal valley**

26.06. – 30.10.2020

Starting from Mühlbach, we will take the cycle path along the Rienz river and ride across the lower Pustertal valley to the Almdorf Haidenberg hotel, enjoying the fantastic view of Bruneck. Return trip either by bike or train.

*Meeting point: 10.00 | Mühlbach train station | Time: approx. 5 h |*

*Difficulty: easy | Price: €20.00 (for guests aged 14 years and over)*

- **The Meronsna Legend Trails**

26.06. – 30.10.2020

Surprisingly humorous and pleasurable, this easy hike is studded with legends, stories and facts about Meransen.

*Meeting point: 11.00 | Tennis hall Meransen | Time: approx. 3 h*

- **Taster rafting tour**

26.06. – 02.10.2020

Perfect for families and beginners who want to combine fun and adventure.

*Meeting point: 15.00 | St. Sigmund sports area | Time: approx. 1.5 h |*

*Price: adults €35.00 | children (5-14 years) €25.00*

### **ON-DEMAND MTB TOURS** (Tuesdays and Wednesdays)

- **Three Peaks Panoramic Tour:**

Difficulty: intermediate | Time: 8-9 h

We will travel to Innichen by train and then ride our E-bikes to the Helm-Rotwand lift mountain terminal.

- **E-bike tour of the Alpine pastures:**

Difficulty: intermediate | Time: approx. 6 h

The Gitschberg-Jochtal and Mühlbach-Meransen lifts take us and our E-bikes to the high mountain pastures.

Lifts are free of charge for Almencard Plus holders.

- **E-bike tour from Mühlbach to Haidenberg**

Difficulty: intermediate | Time: approx. 5 h

From Mühlbach train station, the gentle Pustertal cycle path leads us past St. Lorenzen and on to

Stephansdorf and the Almdorf Haidenberg hotel.

### **GENERAL INFORMATION**

Registration by 4:00 p.m. on the previous day unless otherwise specified.

For information and registration please contact your hotel reception or the

info points in the Ski & Holiday Area Gitschberg Jochtal & Natz-Schabs. Bringing suitable equipment (trekking boots, rain protection etc.) is recommended with each hike. Participation at your own risk. Minimum number of participants: 4 adults or 5 children aged 5 to 14. Activities available for a limited number of participants. Subject to change without notice.

#### REGISTRATION

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**The correctness of the data can not be guaranteed**