

# Rich programme with Almencard

Programme subject to changes based on Covid-19 regulations

## MONDAY

MAY-NOVEMBER

- **“From grain to bread” family excursion in Terenten**

This excursion is a great opportunity to learn all about the life of mountain farmers. After a walk to the farm, you can try some freshly baked typical farmer’s bread. The hike will then resume and lead you to the mills’ valley in Terenten, where you can see a collection of ancient grain mills as well as the exciting earth pyramids.

*Meeting point: 9:00 a.m. | Info office in Terenten | Duration: approx. 4 h | Price: € 5 (free for children up to 14 years old)*

- **Electric bike tour from Mühlbach**

Easy tour: an E-bike ride through the Eisacktal valley to visit the Neustift monastery, followed by a guided tour and wine tasting.

Sporty tour: a long tour through the Eisacktal valley to visit the Neustift monastery, followed by a guided tour and wine tasting.

For both tours:

*Meeting point: 9:30 a.m. | Mühlbach train station, Outdoor Centre Gitschberg Jochtal | Return time: about 2:30 p.m. | Price: € 25, € 12 optional supplement for the guided tour and wine tasting | Minimum age: 9 years | Electric mountain bikes available on request and at a fee*

- **Aperitif on Mt. Gitschberg**

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

*Meeting point: 10:00 a.m. | Nesselbahn lift mountain terminal | Duration: approx. 3 h*

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

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 a.m. | Mühlbacher Klause | Duration: approx. 2 h | Price: € 12 (incl. tasting), free for children up to 14 years old*

- **The Legend Trails Meransen**

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

*Meeting point: 2:00 p.m. | Tennis hall Meransen | Duration: approx. 3 h*

- **Llama and Alpaca trekking in Meransen**

The unforgettable family experience with the 14 llamas and alpacas from the Hinterwalderhof.

*Meeting point: 3:00 p.m. | Hinterwalderhof farm in Meransen (at the entrance to the Altfasstal valley) | Duration: approx. 1 h | Price: adults € 15, children € 8 | Registration: +39 380 8660375 or +39 377 2173860*

## JUNE - SEPTEMBER

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

Rediscovering ancient herbal knowledge.

*Meeting point: 4:00 p.m. | Village square Natz | Duration: approx. 3 h |*

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

## TUESDAY

### MAY-NOVEMBER

- **Circular tour of the Marblsee and Wildersee Alpine lakes (2,532m)**

This fantastic Alpine excursion of medium difficulty will take you from Fane

Alm (1,700m) to Aschila Alm and Marblsee lake (2,250m) and on to Wildersee lake. Return to Fane Alm via Labiseben Alm and Valler Schramme gorge. Good physical condition, adequate equipment and sufficient provisions are required.

*Meeting point: 8:30 a.m. | Car park by the Jochtal lift terminal in Vals | Duration: approx. 5-6 h | Elevation gain: 850 m | 12 km | Price: € 10 | Minimum age: 12 years*

- **Summer in the mountains with Kneipp in Meransen**

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

*Meeting point: 9:00 a.m. | Altfasstal car park | Duration: approx. 3 h*

- **Electric bike tour from Terenten**

Easy tour: lower Pustertal valley (Terenten, Issinger Weiher, Bruneck)

Sporty tour: lower Pustertal valley (Pertinger Alm, Ochsentreiber Alm, Hofern)

For both tours:

*Meeting point: 9:30 a.m. | Village square in Terenten | Return time: about 2:30 p.m. | Price: € 25 | Minimum age: 9 years | Electric mountain bikes available on request and at a fee*

- **Healthy Kneipp walk in Terenten**

Physical exercise, fresh air and cool water are three important, but often underestimated factors when it comes to promoting good health. This excursion will give you the opportunity to experience first-hand the positive effects of cold water on the body.

*Meeting point: 2:00 p.m. | Info office in Terenten | Duration: approx. 3 h*

## JUNE - SEPTEMBER

- **Kletterhetz (10–14 years)**

High ropes course with a 12-metres high climbing wall for budding climbers wishing to learn the basics.

*Meeting point: 9:30 a.m. | Kurzkofelhütte hut, Vals | Duration: approx. ca. 5 h*

- **Krixly Kraxly (5–9 years)**

Taster course for aspiring mountaineers. Kids will try their hand at climbing under the expert supervision of our alpine guides.

*Meeting Point: 10:00 a.m. | Jochtal cable car mountain terminal Vals |*

*Duration: approx. 5 h*

## WEDNESDAY

### MAY-NOVEMBER

- **Morning walk and Alpine breakfast in Terenten**

Follow our hiking guide on an early-morning excursion! After a relatively steep climb to the Tiefrastenhütte hut (2,312m), you will be rewarded with a hearty Alpine breakfast and a breath-taking panorama. For this excursion you will need to be in good physical condition and have appropriate equipment.

*Meeting point: 6:30 a.m. | Info office in Terenten | Duration: approx. 5 h |*

*Elevation gain: 900 m | 10 km | Price: € 20 (incl. breakfast) | Minimum age: 12 years*

- **Guided E-bike tour from Mühlbach**

Easy tour: Haidenberg Alpine village

Sporty tour: Haidenberg Alpine village (via Vintl, Terenten, Hofern, Haidenberg)

For both tours:

*Meeting point: 9:30 a.m. | Mühlbach train station, Outdoor Centre Gitschberg*

*Jochtal | Return time: about 3:00 p.m. | Price: € 25 | Minimum age: 9 years |*

*Electric mountain bikes available on request and at a fee*

- **Discovering woods and pastures**

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

*Meeting point: 10:30 a.m. | Zumis car park, Rodenecker-Lüsner Alp | Duration: approx. 5 h*

- **Meeting the animals at the mountain farm (5–9 years)**

During the farm visit, kids have the chance to get to know the resident donkeys, chicken, cats, calves and bunnies. A real treat for the little ones!

*Meeting point: 1:30 p.m. | Ahner mountain farm, Rodeneck | Duration: approx. 2,5 h*

## JUNE – SEPTMEBER

- **River-crossing family hike in Terenten**

This child-friendly walk leads to the river in the Winnebachtal valley. On arrival, children and adults can try to cross the stream with the help of a rope and a slackline. This is followed by a picnic in the woods.

*Meeting point: 9:30 a.m. | Info office in Terenten | Duration: approx. 5 h |  
Prices: € 10 for adults, € 5 for children aged 6 to 14 years.*

## THURSDAY

### MAY-NOVEMBER

- **Sunrise hike**

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

*Meeting time varies | Jochtal lift valley terminal Vals | Duration: approx. 2 h*

- **Guided E-Bike Tour from Rodeneck**

Easy tour: Rodenecker-Lüsner Alm

Sporty tour: Rodenecker-Lüsner Alm and Astjoch pass

*Meeting point: 9:30 a.m. | fire station in Rodeneck | Return time: about 3:00 p.m. | Price: € 25 | Minimum age: 9 years | Electric mountain bikes available on request and at a fee*

- **The world of ants and bees**

This excursion starts from Vintl and leads into the Weintal, where you can learn interesting facts about ants and bees and their importance along the way. The experience includes a visit to a beekeeper.

*Meeting point: 9:45 a.m. / Vintl train station / Duration: approx. 4 h*

## JUNE – SEPTMEBER

- **Alpine excursion to the Terner Jöchel pass and Mt. Mutenock in Terenten**

A high-mountain tour of medium difficulty that leads to the Terner Jöchel pass (2,405m) and offers a fantastic all-round view of the Dolomites and the Zillertal and Sarntal Alps. Good physical condition, appropriate equipment (mountain boots, weatherproof clothing) and sufficient provisions are required.

*Meeting point: 9:00 a.m. / Schneeberg car park (Pertinger Alm) in Terenten /*

*Duration: approx. 5 h / Elevation gain: 900 m / 13 km / Price: € 10 / Minimum age: 12 years*

- **Climbing in the Dolomites**

Diverse via ferratas on Mt. Rosengarten and the Three Peaks are waiting for you!

*Meeting point: announced at registration / Return time: about 4:00 p.m. / Price:*

*€ 100 per person for 4 participants, € 90 per person for 5 participants /*

*Minimum age: 12 years*

- **Carriage ride for children in Meransen (5–14 years)**

Children get the chance to go for a parent-free carriage ride and maybe even sit next to the coachman.

*Meeting point: 10:00 a.m. / Tennis hall Meransen / Duration: approx. 1 h / Price:*

*€ 5*

- **Guided tours of the Mühlbacher Klause**

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 a.m. + 3:00 p.m. | Mühlbacher Klause | Duration: approx. 1 h*

- **Taster rafting tour**

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

*Meeting point: 3:00 p.m. | St. Sigmund sports area | Duration: approx. 1.5 h |*

*Price: adults € 35, children (5-12 years) € 25*

- **Llama excursion for the whole family**

Trek around a mountain farm with llamas, including a traditional South Tyrolean snack.

*Meeting point: 4:00 p.m. | Waldharthof in Raas, near Natz Schabs | Duration:*

*approx. 2.5 h | Registration by 12:00 noon on the previous day*

## FRIDAY

MAY - NOVEMBER

- **Family hike to the Spinges bunker**

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 a.m. | Spinges church | Duration: approx. 3 h*

- **Hike to the Pfunders mountain farms**

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

*Meeting point: 10:00 a.m. | Pfunders sport area | Duration: approx. 4 h | Price:*

*€ 10 (free for children up to 14 years old)*

- **At work with heart and soul**

Learn how milk turns into cheese and make your own soft cheese under expert guidance. A tasting of farm products rounds off the experience.

*Meeting point: 10:00 a.m. | Gatscher cheese dairy in Kiens | Duration: approx. 3 h | Prices: € 10 for adults, € 5 for children aged 4 to 10 years.*

## JUNE – SEPTMEBER

- **Let's build an insects' hotel**

Can you imagine a wood or a meadow without the cheerful buzzing of busy insects? Our expert will help you to build a hotel for these lovely creatures.

*Meeting point: 2:00 p.m. | Village square in Natz | Duration: approx. 3 h |  
Registration by 12:00 noon on the previous day*

## 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. A

ctivities available for a limited number of participants.

Subject to change without notice.