

# Walking in South Tyrol - Wine & Alpine Pastures

Trip Code: SGWA

Version: SGWA Walking in South Tyrol - Wine & Alpine Pastures



WALK & TREK



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Walk through vineyards and orchards on the wine route and enjoy sampling the local wines
- Stay in the Thermal Spa town of Merano and the Capital of South Tyrol, Bolzano
- Discover Trauttmansdorf palace and its immaculate botanical gardens

- Explore the Tschoggelberg plateau for views of the soaring Dolomites and Etschtal valley below

### AT A GLANCE

- Self-Guided
- 5 days walking
- Max altitude 1520m
- Luggage transfer
- GPS travel app
- Saturday and Sunday departures
- Join at Merano

### ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 6 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

Grand architecture, spa towns, palaces, 300 days of sunshine, and views of the Dolomites. Welcome to the South Tyrol, the Alps but not as you know them. This is German-speaking Italy, with 95% of the county having German as their first language. An area where Austrian, Italian, and Alpine traditions compliment each other seamlessly.

This one-week self-guided walking holiday explores the enchanting Etschtal Valley and its kaleidoscope of cultures and landscapes. Your trip begins in the spa town of Merano where palm trees line the streets, before walking the Marlinger Waalweg irrigation channel to the charming town of Nalles, teeming with palaces for you to explore. The contrasts continue as you traverse the eastern mountains along the wine route to the capital of South Tyrol, Bolzano, before the Tschoggelberg plateau and views of the soaring Dolomites. You end your South Tyrol experience by returning to Merano. There are plenty of welcoming mountain huts and restaurants along your walking routes, where you can stop and enjoy the local cuisine and fantastic wines as you please. Plus, you will be staying in family run 3-star and 4-star hotels, some with pools, so you can be sure of warm hospitality at the end of each day too.

### Is this holiday for you?

We have designed this trip to harness the unique culture of the Etschtal Valley, where the sun shines for 300 days a year, palm trees grow, and where you can take in views of the high Dolomites from high balcony paths. As you traverse the soaring mountains that protect Merano, Nalles, and Bolzano below, you will be blown away by the area's beauty. This trip makes an ideal introduction to the South Tyrol, with walks averaging 14km each day taking you through vineyards and across high mountain plateaus scattered with welcoming mountain huts. Routes are well marked for easy navigation, and are on well-established paths and Waalwegen's quiet forest roads. In the evenings you can look forward to staying in family run 3-star and 4-star hotels, all specially chosen for their warm hospitality and excellent locations. Plus, staying in the spa town of Merano, the palace town of Nalles, and Bolzano - the gateway to the Dolomites - there are plenty of great restaurants and sights to enjoy along the way too.

# Itinerary

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## DAY 1

### Arrive in Merano and immerse yourself in this enchanting alpine spa town.

Arrive in Merano, check into your hotel in the heart of the town. Merano is full of charm with arbour alleys, grand architecture and colourful alpine flower boxes. The town is not only popular for its fantastic walking and wines but it is also a traditional spa town and was a firm favourite with Emperess Sissi. The thermal waters have long been used for their therapeutic benefits and you will find a large modern Therme in the centre of town, which makes the perfect place to spend the afternoon relaxing. Depending on the time of your arrival we recommend taking a stroll through the town along the river Passer and enjoy a gelato in one of the riverside cafes; after all you are in Italy. In the summer months you will often spot families paddling in the river or fisherman trying their luck in the flowing waters. Alternatively, you may wish to explore the fantastic Trauttmansdorff castle and botanical gardens. The town's location within the basin of the valley provides the perfect Mediterranean like conditions for the botanical gardens to bloom and with the backdrop of the high peaks it is made even more beautiful. In the evening, a KE representative will meet you at your accommodation to answer any questions you may have and you will find plenty of restaurants to enjoy an evening meal.



**Accommodation**  
Hotel

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## DAY 2





### Walk along the Marlinger Waalweg, discover orchards and forests and stay in Nalles, teeming with castles.

Your first walk of the week is one of contrasts. You will discover the fantastic 'Waalwegens' of the South Tyrol (old irrigation channels); walk through thriving orchards and chestnut fields; delight in the shade of the deciduous forests, and arrive in Nals teeming with castles for you to explore. All this and it is only your first walk of the week! Walking on irrigation channels is something most people associate with walking on Madeira, but 'Waalwegens' have long been used in this area of Italy to feed the water from the high mountains to the vineyards and orchards that fill the valley floor. Your walk begins following the Marlinger Waalweg, the longest of the Waals in South Tyrol, to lead you to Lana. This lovely market town is known as the 'Orchard of South Tyrol', set in the heart of the Mediterranean- alpine landscape the town's main produce is apples making a great coffee stop to enjoy a slice of Apfelstrudel and admire the breath-taking views up and down the valley. Continuing, your route takes you through fragrant forests to Tisens where chestnuts now fill the fields and the fantastic views towards Bolzano come into sight. Your final goal for the day is Nalles where the castles of Strachelburg, Schwanburg and Payrsberg punctuate the skyline. You will have time to explore the town and its castles before enjoying dinner in one of the

inviting restaurants.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 550M		<b>Descent</b> 550M		<b>Distance</b> 19KM
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### DAY 3

## Traverse the mountainside on a high path to Bolzano, accompanied by panoramic views along your way.

After a long day of exploring yesterday, today is much more relaxed as you make your way towards the capital of South Tyrol, Bolzano. You will have time to further explore before leaving Nalles to ascend to a high path allowing you to traverse the mountains and appreciate fantastic views too. Part of today's route leads you along the 3 castle route before dropping down into the extensive wine producing area of Eppan. You will have chance to wander through the town, soak up its characteristic flair, and perhaps sample some of the tasty wines they produced here before catching the bus to Bolzano. This fascinating city was once a popular stop on the coach route between Austro-Hungary and Italy, making this natural basin not only the meeting point of valleys but also cultures. You will have time to explore this picturesque city of meticulously painted houses against a backdrop of mountains green pastures. We recommend visiting the South Tyrol Museum of Archeology, home to Otzi the Iceman, dating back to 3300 BC or pay a visit to the imposing 13th Century fortress of Maretsh Castle. Your day draws to a close with dinner in one the city's buzzing restaurants- possibly with a glass of wine from the vineyards you have walked through earlier in the day.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 480M		<b>Descent</b> 400M		<b>Distance</b> 11KM
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### DAY 4

## Reach the Tschoggelberg Plateau and walk a high mountain trail to Molten accompanied by panoramas of the Dolomites.

Feeling refreshed, today begins with taking the Jenesien cable car allowing you to experience the South Tyrol's most stunning facets (please note this is currently undergoing maintenance work and is replaced by a shuttle service). Arriving at the top of the cable car you can enjoy a morning coffee in the mountain town of Jenesien before heading on along today's route. It won't be long before you will be rewarded with a unique panoramic view from lake Kalterer See over the castles and palaces of the wine route and the jagged peaks of the Dolomites. Simply stunning. Following a high mountain path you are accompanied by views across the vast meadows dotted with cattle and horses and in the spring, alpine flowers too. Continuing through ancient larch trees you begin your descent into the mountain village of

Molten. Set upon the high plateau of Tschoggelberg the village is filled with alpine charm and your traditional chalet style home for the next two nights is sure to provide you the warm alpine hospitality which makes the alps so popular. The perfect place to unwind and watch the sun set over the mountains.

Meals: **B**





	<b>Accommodation</b> Hotel		<b>Ascent</b> 480M		<b>Descent</b> 420M		<b>Distance</b> 11KM
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## DAY 5

### Discover the Stoanernen Mandln of the Sarntal Alps on a circular walk.

Waking up to views across the rolling plateau to the impressive high peaks; you can take time to have a relaxed breakfast before beginning today's walk. Your route today is a circular one allowing you to soak in the landscapes of the Tschoggelberg plateau; meadows filled with spring alpine flowers, insanely fragrant larch forests and perfect alpine pastures. Ascending to a high point you will reach the Stoanernen Mandln (stone men) sat proudly. Walking through the sea of cairn-like sculptures you cannot help but wonder what their purpose is. The Stoanernen Mandln have often served as a means of orientation but the large quantity of these stone men have given rise to the legend that they were created as part of a witches gathering in the Sarntal Alps. We will let you make your own conclusions, but whatever their purpose they make for a great walk. When you have finished appreciating the 360 degree panoramas you will return to the old charm of Molten/Meltina you can take advantage of the pool and spa facilities of your hotel. Alternatively, you can perhaps enjoy a coffee and the local delicacy 'Kaiserschmarrn', a chopped pancake dessert introduced to the area from Austria which is dusted with icing sugar and served with stewed apples from the valley below. If like us here at KE you have a sweet tooth, you will love it.

Meals: **B**

	<b>Accommodation</b> Hotel		<b>Ascent</b> 610M		<b>Descent</b> 910M		<b>Distance</b> 14KM
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## DAY 6

### Sample homemade dumplings in a welcoming mountain hut as you walk through glorious alpine pastures to Merano.





Your final walk of the week explores the glorious alpine pastures and green meadows occupied by grazing cattle leading you to the inviting Leadner Alp. This welcoming alpine hut is set within a working farm and offers some of the best homemade dumplings in the Alps. We recommend stopping off for lunch before continuing along the high-path accompanied by more panoramic views. As you begin to descend towards Merano you will pass the impressive Trauttmansdorf palace providing further

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opportunity to explore the palace and its immaculate botanical gardens before arriving at your hotel for your final evening in this wonderful town. In the evening you can delight in dinner at one of the many restaurants and toast to a great week in the South Tyrol.

Meals: **B**

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 <b>Accommodation</b> Hotel	 <b>Ascent</b> 580M	 <b>Descent</b> 440M	 <b>Distance</b> 13KM
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## DAY 7

### Departure Day.

Enjoy a final breakfast in this alpine haven and perhaps take a final stroll through the town before making your onward journey.

Meals: **B**

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# Holiday Information

## What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfer
- Cable car ascent fare Jenesen
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Travel to / from Merano
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Public bus on day 3 and optional bus on day 6
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

Your trip starts at your hotel in Merano. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airports are Verona or Venice Marco Polo, and both are well-served with great low-cost flight options from UK regional airports.

The rail network in this part of Italy is extremely good and offers regular connections from both Verona and Venice airports, making it the best option for getting to your hotel.

If you are flying into Verona Airport you can either take a taxi, or a shuttle bus, from outside the airport to Verona Porta Nuova train station. From there you can take the train to Merano station. The shuttle bus from Verona Airport to Verona Porta Nuova train station takes 15 minutes, with departures every 20 minutes. The train from Verona Porta Nuova to Merano takes around 2-3 hours, with one change at Bolzano.

If you are flying into Venice Marco Polo Airport you can take the shuttle bus to Venezia Mestre train station. From there you can take the train to Merano. The journey takes around 5 hours with either one change at Bolzano, or two changes at Verona Porto Nuova and Bolzano.

Tickets for Italian trains can be booked through Trenitalia in advance of your holiday - simply visit their website [www.lefreccce.it](http://www.lefreccce.it)

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.



## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

One of the great things about this trip is being able to see the cultural influences on the local cuisine from the German inspired delicacies of South Tyrol such as Apfelstrudel and Grostl (a beef stew) to typically Italian pasta dishes. With so many culinary delights to enjoy along your route, we have designed this programme on a bed and breakfast basis, allowing you to sample as many as possible. Breakfasts are typically continental with fruit, cereals and fresh pastries on offer, served with a cup of coffee. Along your walks you will find inviting mountain huts and cafes, and in the evening there are many fine restaurants to choose from. We recommend always asking for the house wine, they are usually from the local vineyards you have been walking through each day, not to mention that they are fantastic.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

Alpine hospitality is second to none and you are sure for a warm welcome in our carefully selected family run 3\* and 4\* hotels on this trip. All of the hotels on this trip have been chosen for their fantastic locations and local character. Some also have pool facilities or gardens, making them perfect for unwinding after a day of exploring. The hotels all offer a great breakfast buffet to fuel you for the day ahead and rooms are on a double or twin basis, some with Austrian style twin beds as is traditional in this area (two beds within one bed frame and separate bedding).

It is possible to arrange additional nights accommodation if you would like to enjoy this magnificent region a little longer.

Please refer to the dates and prices tab for further details or speak to one of our sales team.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are walking.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel.

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and its always a good idea to spend some time walking in the footwear you are going to use on this holiday.

## Climate

North Italy is still in the middle European climate zone making for warm summers and cold winters however, Merano sits within a large basin giving it a unique microclimate and allowing higher temperatures in the valley and a short snow season in the winter months. Spring brings beautiful wild flowers across the meadows, warm days and often cool evenings. Temperatures in the Autumn are similar. Rainfall in the region occurs in all seasons and so we recommend you pack your waterproofs just in case.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses

- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

This trip is available for departures on SATURDAYS and SUNDAYS throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airports are Verona or Venice Marco Polo and both have great low cost flight options from UK regional airports so you can choose the best option for you.

You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will also be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

# Why Choose KE

## Why KE?

Discover the unique town of Merano, and nearby Bolzano and Nalles, with KE Adventure. With sunshine 300 days a year, thermal baths, Austrian-influenced architecture, vineyards, and soaring Alpine peaks, you can look forward to experiencing the South Tyrol anew. We have included a pass for the Jenesiens Cable Car, allowing you to enjoy the high mountain plateau and its panoramic views.

**Please Note** This document was downloaded on 18/03/2025 and the trip is subject to change