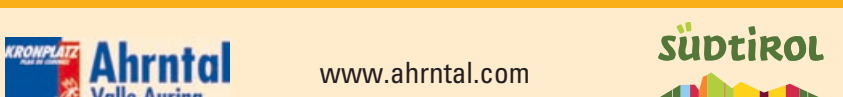




Ahrntal Valle Aurina

Tourismverein Ahrntal/Associazione turistica Valle Aurina
Ährnerstraße 22 Via Aurina
Tel. +39 0474 671136
www.ahrntal.com – info@ahrntal.it



WANDERVORSCHLÄGE/PASSEGGIATE ED ESCURSIONI/ WALKS AND HIKES

Sunnstetwäg/sentiero del sole/sun path

Gesamtstrecke/percorso totale/total path:
St. Peter/San Pietro Kirche/chiesa/church, 1384 m – Nr. 12 – St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m – Nr. 12 – Steinhaus/Cadietra (Kofelhütte), 1215 m – Nr. 12 – 4 – Keilbach – Nr. 6 + 8 – Holzberg (Biatthütte), 1416 m – Nr. 18 – Bloßenberg (Platterhof), 1200 m – Nr. 10 + 19 – Rohrberg (Stallia), 1472 m – Nr. 23 – Brunnberg (Großstahhof), 1200 m – Nr. 23 – Lutach/Lutago (Parplatz/parcheggio/car park Sportbar), 970 m
490 m 3-4 h

Teilstücke/tratti/parts:
Lutach/Lutago (Parplatz/parcheggio/car park Sportbar), 970 m – Nr. 23 + 26 – Schwarzbachwasserfall/cascata/waterfall – Nr. 26 – Schwarzbachalm, 1396 m – Nr. 32 + 8 – Rodachalm, 1423 m – Nr. 23 – Großstahhof, 1200 m – Nr. 23 – Lutach/Lutago (Parplatz/parcheggio/car park Sportbar), 970 m
450 m 3-4 h

St. Johann/San Giovanni Kirche/chiesa/church, 1050 m – Nr. 19 + 10 – Platterhof, 1200 m – Nr. 18 – Biatthütte, 1416 m – Nr. 8 + 18 – St. Johann/San Giovanni (Mühlegg/Costa Molin), 1044 m
410 m 2 1/2-3 h

St. Johann/San Giovanni Kirche/chiesa/church, 1050 m – Nr. 19 – Rohrberg – Nr. 19 + 19b – Stallia, 1472 m – Putzweg – Nr. 20 – Hölzer-Paul-Alm, 1630 m – Nr. 19 + 10 – Bloßenberg (Platterhof), 1200 m – Nr. 12 – St. Johann/San Giovanni (Hotel Aden), 1044 m
580 m 3-4 h

Steinhaus/Cadietra (Linderhof), 1050 m – Nr. 6 – Kugler, 1370 m – Nr. 6 – Waldlehn, 1320 m – Nr. 4 – Brunnkohlhof, 1200 m – Nr. 4 – Steinhaus/Cadietra, 1050 m
320 m 2 h

Steinhaus/Cadietra (Linderhof), 1050 m – Nr. 8 – Moarhof, 1100 m – Nr. 8 – Frankbachwasserfall/cascata/waterfall – Nr. 18 – Biatthütte, 1416 m – Nr. 6 + 8 – Holzberg – Nr. 4 – Keilbach – Nr. 4 – Steinhaus/Cadietra, 1050 m
410 m 3 h

St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m – Nr. 5 – Wollbachalm, 1609 m – Nr. 5 – Kofelberg – Kofelhütte – Nr. 12 – St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m
720 m 3-4 h

St. Peter/San Pietro Kirche/chiesa/church, 1364 m – Nr. 12 – Kordler, 1186 m
180 m 1 h

St. Peter/San Pietro Kirche/chiesa/church, 1364 m – Nr. 12 – Kordler, 1186 m – Nr. 12 – Leonardiweg/sentiero S. Leonardo/path St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m
180 m 1 1/2-2 h

Almenrunde/giro alle malge/mountain inns turn

Gesamtstrecke/percorso totale/total path:
St. Peter/San Pietro Kirche/chiesa/church, 1364 m – Nr. 16 + 20 – Samhütten, 2011 m – Nr. 15b – Gräsbachalm – Feichtenberg Hütte, 1925 m – Klammerhütte – Kofelhütte, 1831 m – Nr. 1 – Hühnerspielalm, 1910 m – Nr. 1 – Innhütten – Nr. 1 – Wollbachalm, 1609 m – Nr. 5 – Holzbohlen, 1900 m – Nr. 5 – Fliegerhütten, 1840 m – Nr. 18 – Biatthütte, 1416 m – Nr. 18 + 18a – St. Johann/San Giovanni (Mühlegg/Costa Molin), 1050 m
960 m 9 h

Teilstücke/tratti/parts:
St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m – Nr. 17 – Hollenzalm, 1831 m – Nr. 1 + 1 – Wollbachalm, 1609 m – Nr. 5 + 17 – St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m
650 m 3-4 h

St. Peter/San Pietro Kirche/chiesa/church, 1364 m – Nr. 16 + 20 – Samhütten, 2011 m – Nr. 15b – Gräsbachalm – Nr. 15b – Moarhof – Nr. 15b – Feichtenberg – St. Peter/San Pietro (Kaserne)/vecchia caserma/old barracks, 1241 m
770 m 3 1/2-4 h

Leonardiweg/sentiero San Leonardo/path St. Leonard

St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m – Nr. 17 – Lahnthal, 1229 m – Kneipbecker/Impianto "Kneipp" – Unterberghof, 1389 m – Mühlegg – Nr. 12 – St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m
200 m 1 1/2 h

Hexenstein/percorso delle streghe/path of witches

St. Johann/S. Giovanni (Platterhof), 1200 m – Nr. 18 – Frankbachwasserfall/cascata/waterfall – Nr. 8a – Hexenstein/"sentiero delle streghe"/path of witches – Biatthütte, 1416 m
280 m 1 h

Wasserfallrunde/giro alle cascate/waterfalls-path-round

Lutach/Lutago (Parplatz/parcheggio/car park Sportbar), 970 m – Nr. 23 + 26 – Schwarzbachwasserfall/cascata/waterfall – Nr. 26 – Schwarzbachalm – Nr. 23 – Brunnberg – Nr. 23 – Lutach/Lutago (Parplatz/parcheggio/car park Sportbar), 970 m
180 m 1-1 1/2 h

Gesundheitsweg/sentieri della salute/health paths

Gesamtstrecke/percorso totale/total path:
Weißbach/Rio Bianco Kirche/chiesa/church, 1334 m – Haus/Casa/house "Tirolienheim" – Kneipweg/sentiero Kneipp/"Kneipp" – Lachhörsalm, 1448 m – Bewegungsweg/sentiero dell'attività fisica/exercise path – Riesaalm, 1442 m – Kräutlerweg/sentiero delle erbe/herbal path – Weißbach/Rio Bianco Kirche/chiesa/church, 1334 m
110 m 3-4 h

Teilstücke/tratti/parts:
Kneipweg/sentiero Kneipp/"Kneipp" path: Weißbach/Rio Bianco – Haus/Casa/house "Tirolienheim" (Kneipanlage/Impianto "Kneipp", nach der Kirche/dopo la chiesa/after the church), 1334 m – Nr. 28 + 5a – Stillerhof, 1385 m – auf der Straße und Forstweg zurück zum Ausgangspunkt/ritorno sulla strada e strada forestale al punto di partenza/back on the street and forest street to the starting point
100 m 1-1 1/2 h

Kräutlerweg/sentiero delle erbe/herbal path: Weißbach/Rio Bianco Kirche/chiesa/church, 1334 m – Nr. 5a + 16a – Riesa Alm, 1442 m – Nr. 16 – Kirche/chiesa/church
110 m 1-1 1/2 h

Bewegungsweg/sentiero dell'attività fisica/exercise path: Weißbach/Rio Bianco Kirche/chiesa/church, 1334 m – Straße und Forstweg/stada e strada forestale/street and forest street – Lachhörsalm, 1448 m – Nr. 16a – Riesa Alm, 1442 m – Nr. 16 – Kirche/chiesa/church
110 m 2-2 1/2 h

Grenzwege/sentieri confine/boundary paths

Prettau/Predoi, 1476 m – Nr. 16b – Waldner Alm, 2070 m – Nr. 15b – Samhütten, 2011 m – Nr. 20 – St. Peter/San Pietro, 1384 m
720 m 3-4 h

Prettau/Predoi, 1476 m – Nr. 16b – Waldner Alm, 2070 m – Nr. 16b + 15a – Waldner See/lago/lake, 2345 m – Nr. 15a + 16a + 15 – Hundskähle/pass/pass, 2807 m
1130 m 3 1/2-4 h

Kasern/Casere, 1595 m – Nr. 15 – Starkalm, 2025 m – Nr. 15b – Schüttalm, 2025 m – Nr. 15b – Tauernalm, 2010 m – Nr. 14 + 13 – Kasern/Casere, 1595 m
430 m 3-3 1/2 h

Kasern/Casere, 1595 m – Nr. 15 – Biotop/torbiere Wieser Werfa, 2080 m – Nr. 15a – Waldner See/lago/lake, 2345 m – Nr. 15a + 16b – Waldner Alm, 2070 m – Nr. 16b – Prettau/Predoi, 1476 m
870 m 4-5 h

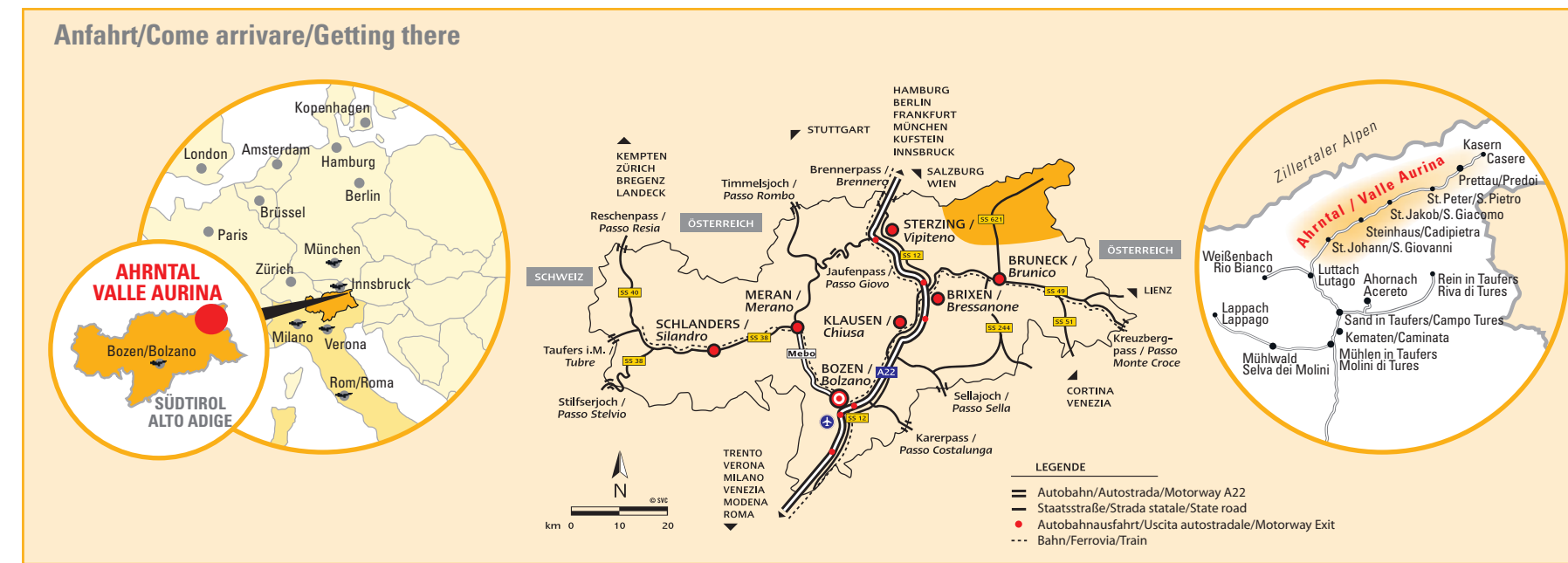
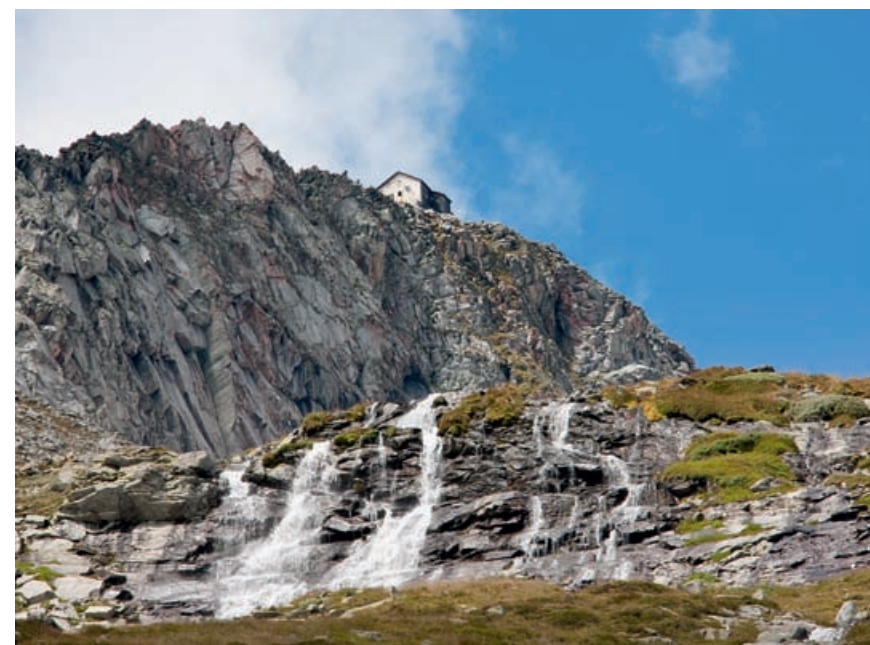
Hochalpiner Ahrntal Jakobsweg über 7 Brücken/Alta Via Compostela/St.Jakob's path over seven bridges

St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m – Nr. 12 – Kofelberg – Nr. 4 – Keilbachalm – Holzberg – Nr. 6 + 8a – Frankbachalm – Nr. 18 + 10 – Trippachalm – Nr. 19b + 23a + 23 – Rotbachalm – Nr. 32a – Schwarzbachalm – Nr. 26a + 5b + 5a – Jakobskirche/chiesa/church Weißbach/Rio Bianco, 1334 m
270 m 6-6 1/2 h

Teilstücke/tratti/parts:
St. Jakob/San Giacomo Kirche/chiesa/church, 1192 m – Nr. 12 – Kofelberg – Nr. 4 – Keilbachalm – Holzberg – Nr. 6 + 8a – Frankbachalm – Nr. 18 + 10 – Trippachalm – Nr. 19b + 23a + 23 – Rotbachalm – Nr. 32a – Schwarzbachalm – Nr. 26a + 5b + 5a – Jakobskirche/chiesa/church Weißbach/Rio Bianco, 1334 m
270 m 6-6 1/2 h

Höhenunterschied/dislivello/altitude difference
4 Gehzeit/tempo di percorrenza/duration

Flugplanlinien von Innsbruck, alle anderen Ausfahrten Tourismusbüro Ferienregion Talsassina Ahrntal, Tourismusverein Ahrntal, Josef Grotz Brewery, Kneippmuseum Minierhof, Kofelhütte, Kofelhütte, Grafische Gestaltung und Kartografie: www.tapeiner.it
Foto und Übersetzungen: Tourismusbüro Ahrntal



Ahrntaler Sonnenwege – Sentieri del Sole – Sun paths

Jaunsensation/Posto di ristoro
ROTBACHALM 1423 m

Brannberg
 39030 St. Johann/Ahrntal
 Tel. +39 348 9022048
www.rotbachalm.com



Unser Tipp:
 Einzigartiger Blick ins Ahrntal

Vi consigliamo:
 Stupenda veduta nella vallata

Our advice:
 Unique view through the valley

Berggasthof/Albergo di montagna
PLATTERHOF 1200 m
 Blossenberg 28
 39030 St. Johann (San Giovanni)
 Tel. +39 0474 671255
www.platterhof.info



Jausenstation/Malga
WOLLBACHALM 1609 m
 39030 St. Jakob/San Giacomo
 Tel. +38 347 0183941
www.niedererkolhof.com

Unser Tipp:
 Familienfreundliche Alm
Vi consigliamo:
 Malga/posto di ristoro ideale per famiglie
Our advice:
 Family-friendly mountain hut

Bar

SPORTBAR 970 m

Sportzone 3 zona sportiva
39030 Lutetach/Lutago
Tel. +39 348 2467143

Unser Tipp:

Spielplatz

Spielzone zum Fußball spielen

Ruhige Sonnenterrasse

Vi consigliamo:

Parco giochi

Campetto da calcio

Terrazza al sole

Our advice:

Children's playground

Mini-football pitch

Sun patio






Engl. When you travel through the Ahrntal, you will notice that most farms are situated on the sunny side of the valley which is exposed to the rising sun in the east from the early morning onwards and has thus a favourable climate.

To grind the grain, mills were built

glaziers and poachers used these tracks to cross the border to Austria, mainly because they were desperate to need for money. On the way about they carried wine and schnapps, on the way back they brought the 'white gold' – salt – as well as saccharine, an artificial sweetener, to the Ahrntal. The path connecting the farms, leading through blooming meadows and magnificent woods, can still tell a lot of the past. In former times the Kromer, wandering tradesmen, went from farm to farm, offering their products, and bigamers were asking for donations. But also young guys were out and about, looking for a girl to marry.

brand Ahrntal Natur.

by walls following the young air thief for the legendary Heist (Santich, the Church of the Holy Spirit) and the 19th-century iron mine. The tour is a real experience, as you'll witness quite easily using the forest roads! All of them are still formed and offer many possibilities for a rest stop. You should also try the local animal food such as milk, cheese, butter and buttermilk.

Suggestion: exhibition of farm equipment at the Rotbachalm farm

5 About farm food...

6 About the forest...

many more.

On a mountain beyond which has yet to be harnessed for a very long time. The aromatic hay, rich of herbs, is stored in tiny barns first and dragged down to the valley in wintertime, using particular wooden sledges. The name of this place derives from the playful curiosity of capercaillie cocks and black grouses which try to win the hen's favour in springtime. The crucifix, made and donated by Jakob Oberholzer, an artist from the valley, is also worth noticing.

The powerful force of the melting water coming from the glaciers has created deep ravines and

Especially the Ahrntaler grey cheese has become more and more popular lately. It is a strongly flavoured, rennet-free cow's-milk cheese and owes its name to the grey mould that usually grows on its rind. It is extremely low in fat (around 0.5%), yet it has a powerful, penetrating smell and becomes more intensive in flavour as it matures.

In 2005 the cheese was awarded with the "presidio", the highest award of "Slow Food". It goes without saying that all food products from the Ahrntal are organic, such as the goat cheese

Suggestion: Goat cheese from

6. **Places of interest**

The Mineralienmuseum in St Johann. This very interesting museum hosts over 950 impressive examples of minerals which were discovered in the Zillertaler Alps and in the High Tauern mountain range.

The Kornkasten, the old granary in

The mine, paintings, artistically decorated maps, books, documents and archeological finds bring back to life the mining history of the valley.
 Show mine in Prettau: Narrow galleries and shafts, entirely made by the miners, can be visited and create a fascinating underground world. Life-size imitations of mineworkers along the course give you an idea of how labourous and tough a mineworker's life must have been.
 The climatic gallery: It is situated inside the old mine in Prettau. Visitors find ideal air conditions

Klönne: spindle-shaped wood

The Platterhof chapel in St Johann was erected according to an inscription in 1793. The painting in the ceiling is worth noticing, denoting the four continents, as well as the various illustrations of the neighbouring Zillertal. On the ceiling there is an image of the Holy Spirit and another one reminding the viewer of the transient nature of life.

The complicated way to produce wonderful patterns of lace, pinned down with many needles. When the copper mine in Prettau closed down, people were forced to think about alternative sources of income. So the Klöppeln handicraft has become an important tradition in Prettau and the skill is passed on to the next generations by the Klöppelverein.

workshops at the farms, where fa-

the world of work engraving, or perhaps just the fact that the mining industry was the leading employer in the region. The exhibition is a very interesting insight into the history of the region, but it is also a very good example of how to present a large amount of information in a clear and concise way. The exhibition is a very good example of how to present a large amount of information in a clear and concise way. The exhibition is a very good example of how to present a large amount of information in a clear and concise way.