



Gsieser Tal Val Casies  
Welsberg Monguelfo  
Taisten Tesido



# HOLIDAY INFO

Tips for your perfect vacation!



More tips under  
[www.gsieser-tal.com](http://www.gsieser-tal.com)





## IMPRINT

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Val Casies-Monguelfo-Tesido

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# HELLO

and welcome to the holiday region Val Casies Valley-Monguelfo-Tesido. From the cultural centre Monguelfo with its sun terrace Tesido the Val Casies Valley – the valley of the huts – branches off northwards in between the mountains of Rieserferner-Gruppe and the Defregger Alpen. Our three unique locations await you with numerous leisure activities – this is how holidays must feel like!

## TOURIST INFO

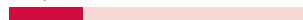
- Monguelfo** MO-SA: 8am-12noon & 3pm-6pm  
July-August: MO-SA: 8am-12noon & 3pm-7pm
- S. Martino & Tesido** MO-FR: 8am-12noon
- Infopoint Val Casies/ S. Martino:** 8am-10pm
- +39 0474 978 436
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- www.gsieser-tal.com

## IMPRINT

Greetings .....	1
Huts .....	4
Hiking in the summertime .....	8
Hiking in the wintertime .....	14
Cycling .....	16
Cross-country Skiing .....	18
Skiing .....	20
Family & Leisure .....	22
Culture .....	30
Events .....	33
Active Tourist Program .....	37
Products from the mountain and the valley .....	38
Info A–Z .....	40
Guest Pass Holidaypass .....	44

## KEY

easy



medium















difficult



very difficult



-  further information
-  E-Mail Adress
-  Useful links / Websites
-  Place / starting point / parking area
-  Duration
-  Bike route
-  Opening hours / duration
-  Open during winter
-  Open during summer
-  Day off
-  Highlights
-  Cost

**GP** Guest Pass Holidaypass Val Casies-Monguelfo-Tesido

#GSIESERTAL.VALCASIES  
#VISIT.GSIESERTAL






# HUTS

The valley of huts. In hardly any other holidayregion of South Tyrol you can find as many traditional alpine huts. The following huts are open nearly the whole year around. Enjoy the homemade delicacies like cheese and bacon, dumplings and many other treats whilst sitting on the sunny terrace and looking at the surrounding mountains. **Just ask for the updated Gastronomy-List at your accommodation or at the tourist office!**

**The GP-Plus: get the new and free Active Winter and Summer Map and the corresponding excursions booklet at your accommodation or at the tourist office.**






## ASCHTALM (1.950 m)

-  +39 348 728 2 727 (Fam. Steinmair)
-  Val Casies Valley/S. Maddalena – Weiler „Huben“
-  1 hour, path no. 10, drop 450 m







## KASER ALM (2.076 m)

-  +39 0474 948 094 (Fam. Selbenbacher)
-  Val Casies/S. Maddalena – end of valley
-  2 hours, path no. 47 or no. 12 + 13, drop 616 m







## KRADORFER ALM (1.704 m)

-  +39 0474 948 043 | +39 348 696 1 541 (Fam. Hintner)
-  Val Casies/S. Maddalena – end of valley
-  1 hour, path no. 49, drop 240 m
-  Playground and animals







## MESSNER HÜTTE (1.660 m)

-  +39 340 496 3 098 (Fam. Steger)
-  Val Casies/S. Maddalena – end of valley
-  50 min., path no 49, drop 195 m
-  Playground and animals



## MOOS ALM (1.477 m)

-  +39 0474 948 735 (Fam. Obojes)
-  Val Casies/S. Maddalena – end of valley
-  5 min, drop 17 m
-  Playground





### OBERBERGALM (1.975 m)

- ☎ +39 0474 948 034 (Fam. Taschler)
- 📍 Val Casies/S. Maddalena – end of valley
- 🚶 1 hour/30 min., path no. 49, drop 510 m



### SCHÄFERALM (1.616 m)

- ☎ +39 345 5 042 250 (Fam. Brunner)
- 📍 Val Casies/S. Martino – parking area "Am Kofel"
- 🚶 1 hour/15 min., path no. 36, drop 260 m



### STUMPFALM (2.100 m)

- ☎ +39 0474 948 146 (Fam. Selbenbacher)
- 📍 Val Casies/S. Maddalena – end of valley
- 🚶 1 hour/30 min., path no. 47 + 12, drop 541 m



### HOUFAHITTE (1.883 m)

- ☎ +39 349 7 855 098 (Fam. Innerbichler)
- 📍 Val Casies/Colle – Scandole
- 🚶 1 hour/30 min., path no. 51, drop 405 m



### UWALDALM (2.042 m)

- ☎ +39 345 9 192 552
- 📍 Val Casies/S. Maddalena – end of valley
- 🚶 2 hours, path no. 12, drop 582 m
- ♥ Playground with a huge swing and animals



### TALSCHLUSSHÜTTE GSIES (1.400 m)

- ☎ +39 0474 948 553
- 📍 Val Casies/S. Maddalena – end of valley
- ♥ Starting point for various excursions



### RANDLHÜTTE – HINTERSCHUHER ALM (1.862 m)

- ☎ +39 389 2 780 383 (Fam. Hintner)
- 📍 Val Casies/S. Martino – town centre
- 🚶 1 hour/45 min., path no. 44, drop 586



### TAISTNER VORDERALM (2.012 m)

- ☎ +39 340 3 359 611 (Fam. Patzleiner Karl)
- 📍 Tesido – above restaurant Mudler
- 🚶 1 hour/30 min., path no. 38 A, drop 428 m



### TOLDER HÜTTE (1.942 m)

- ☎ +39 0474 978 238 | +39 347 8 732 429 (Fam. Hintner)
- 📍 Val Casies/S. Martino – town centre
- 🚶 2 hours, path no. 44, drop 664 m



### BONNER HÜTTE (2.340 m)

- ☎ +39 340 9 428 264 (Fam. Stoll)
- 📍 Val Casies; Dobbiaco – Gandelle
- 🚶 S. Maddalena: 5 hours/30 min, 13 km
- 🚶 S. Martino: 4 hours/30 min, 10 km
- 🚶 Dobbiaco: 2 hours/30 min, 4 km





## HIKING IN THE SUMMERTIME

**Whoever hikes in Val Casies Valley, gets closer and closer to nature – you will feel it!** On easy and more difficult paths, passing traditional huts and further to amazing mountain summits. Spectacular views of majestic mountains of the Dolomites, Unesco World Heritage. Thanks to the versatility of the area there are many, familyfriendly excursions and tours available. Walking on the path „Almweg 2000“, where many huts are reachable, you can enjoy breathtaking views into and outward the valley.

There are also many themend paths: „Via Lucis“, the first path for meditation in South Tyrol, which shows pictures of Easter and Pentecost along the way. A unique familyfriendly excursion would be the „Sagenweg“: in wood carved figures are lurking behind every corner and tell fairytales. On the „Ochsenweg“ you will find out details of the famous oxen of Val Casies Valley.

### USEFUL INFORMATION

**Map and Hiking Tips** available at your accommodation

[www.alpinschule.com](http://www.alpinschule.com) Tourguide

[www.sentres.com](http://www.sentres.com) most beautiful excursions also by bike

[www.alpenverein.it](http://www.alpenverein.it) provided information about excursions

[www.naturparks.provinz.bz.it](http://www.naturparks.provinz.bz.it) information about the national parks in South Tyrol

[www.provinz.bz.it/wetter](http://www.provinz.bz.it/wetter) weather prediction

112 Emergency number

### THE PATHS ACROSS THE COLS!

Three cross-border themed paths with different topics lead from Val Casies Valley-Monguelfo-Tesido to Villgratental Valley



#### THE CULTIVATING PATH

Even though technology got more modern and machines help to ease work, farmers from Val Casies Valley and Villgratental Valley keep doing their work similar to the way they did it 100 years ago.

Directions: Starting point in S. Maddalena/ Val Casies Valley and walking through Pfoital Valley until Gsieser Lenke further to lake Schwarzsee and Unterstalleralm hut.

It is also possible to walk it the opposite way!

6 hours

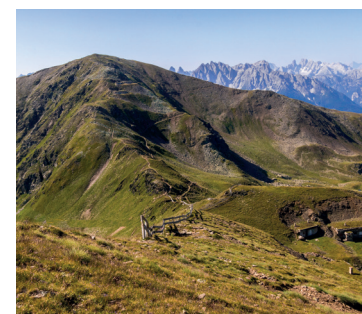


#### THE SMUGGLERS' PATH

After the 1st world war, according to the contract of Saint Germain, South Tyrol became part of Italy. That is how a border emerged between Val Casies Valley and Villgraten Valley. Across that border smugglers brought goods like sugar, coffee, tobacco, petrol and cigarette lighters from Austria to Italy.

Directions: Starting point at the hut by the end of the valley „Talschlussütte“ in S. Maddalena/ Val Casies Valley taking the path with number 48 to reach the Tscharniet Alm hut (1976m) and further to „Kalksteinjöchel“ (2349m). Descent on the smuggler's path (13a) through the Valley Rosstal past the Oberlipper Alm hut and finally to Kalkstein. It is also possible to walk it the opposite way!

4–5 hours



#### THE TRADITIONS AND CUSTOMS PATH

How are butter and cheese even made? What kind of festivity is „Kirchtag“ and how is it celebrated? What are healing herbs and where are they to be found? – This educational trail will teach its visitors all those things.

Directions: Starting point in S. Martino/ Val Casies Valley on the path that leads through Verseltal Valley to Gruber Lenke until Alfental hut and Kalkstein. It is also possible to walk it the opposite way!

4–5 hours



**HIKER'S BUS** This bus brings the hikers from Villgratental Valley (AT) back to Val Casies Valley from Monday to Friday in July, August and September.



### PATH OF THE OXEN

**Circuit at the end of Val Casies Valley about the oxen of Val Casies Valley.**

Follow the tracks of the "Gsieser Almochsen" – Val Casies Valley Oxen: the circular hike starts at the end of the valley in St. Magdalena, leads along the "Talblickweg" and passes the adventure farm Reierhof, the fruit farm Regiohof and the diary factory Waldsamerhof. On the way some surprises expect you.

Beneficial effects: the Gsieser oxen weighed about 700 kilograms were distinguished by their special mast. For two summers, the animals, under the care of their shepherds, are taken to the native pastures, where they get the juicy feeds and herbs to eat.

📍 S. Maddalena/Val Casies Valley.

🚶 Path: approx. 6.5 km long circular route.

⌚ 1 hour/30 min. – 2 hours, drop: 200 m



### TRAIL OF LEGENDS IN TESIDO

**Mystic encounters along the trail of legends.**

4 legends from the area around Tesido are represented along the Trail of Legends. Immerse yourself in the myths and legends on the 3 km long round trail.

📍 parking place in the Via Riva di Sotto,

100 meters above the parish church at Tesido/Taisten.

🚶 1 hour/30 min. – 2 hours, drop: 150 m



### „VIA LUCIS“

**South Tyrol's first „Way of Light“ in S. Martino/Val Casies Valley. The Way of Light (Via Lucis) celebrates the most joyful time in the Christian liturgical year, the fifty days from Easter (the resurrection) to Pentecost (descent of the Holy Spirit).**

Along the trail you will find spiritual paintings from the local artist Lukas Kargruber.

📍 Parish church in S. Martino/Gsieser Tal Valley.

Destination: Breitgisse. Back via Karbach Valley.

🚶 2 hours, drop: 200 m

### BAREFOOT PATHS

These trails will bring joy to everyone who is excited about special adventures in nature – unforgettable moments are assured.



### SCHNEIDER WALDILE

**Val Casies Valley/ Colle–Planca di Sotto–Puregg (1.260 m)**

„Feel the freedom with bare feet...“ Have a break at the Kneipp facility and enjoy the refreshing experience. By wading through the cooling water you'll do something good for your health. The facility is suitable for young and old and offers the possibility to make this extraordinary experience: waking barefooted through the water, walking over meadows and bathing your arms and feet as well.



### PYRAMID KNEIPP PATH „RUDLBACH“

**parking area of Prati di Tesido (1400m).**

By keeping the saying „naturally healthy“ in mind, the barefoot path in Tesido was built. The single stops along this path offer relaxation and recovery. You will never forget this unusual experience full of joy and fun. By walking over wooden bridges, small stones and forest floors, and by dipping your feet into the cool stream, you can feel the nature. Get out of your socks and jump into the fresh water!

### „HOT SPOTS“

These are places you **MUST SEE!** Go on a little journey in the Dolomites, which are part of the UNESCO world heritage, because of their breathtaking beauty.



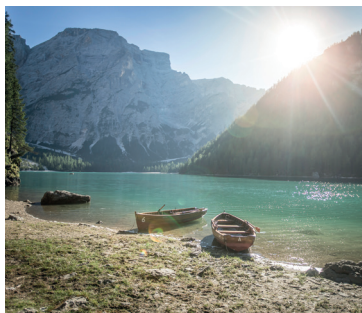
### THREE-HUT-EXCURSION FROM SESTO TO THREE PEAKS

**Adventurous hike through the valley Altensteintal passing the Tre Cime.**

Hardly any excursion is more breathtaking. The amazing trail leads from hut Zsigmondihütte to hut Dreizinnenhütte, which offers the popular view of the northern side of the Tre Cime. Halfway through there is a hut named Büllelejochhütte where there is a refreshment possibility.

📍 Sesto – Parking area Dolomitenhof

🚶 6 hours, drop: 1.000 m



### LAKE BRAIES IN BRAIES VALLEY

#### Circular walk around Lake Braies in Braies Valley

This hike around the pearl of the Dolomites is an adventure for the little ones and every adult. Picknicking and diving into the water included.

📍 Braies Valley – Parking area Lake Braies

🕒 1 hour, drop: 90 meters



### HIGH PLATEAU PRATO PIAZZA

#### in Braies Valley

This beautiful place has an altitude of 2000 meters and offers incredible views of the surrounding mountains named Dürrenstein, Hohe Gaisl, Monte Christallo and Tofane.

📍 Braies Valley – Parking area Ponticello.

🕒 1 hour/30 min., drop: 550 meters



### LAKE ANTERSELVA

#### in Valley Anterselva

A beautiful lake at the end of Valley Anterselva. A renewed nature-adventure-path leads around the 35 meters deep lake.

📍 Valley Anterselva – Parking area by the lake

🕒 1 hour, drop: 80 meters



### LAKE DOBBIACO

#### in Dobbiaco

This lake lies in Höhlensteintal Valley (1.259 m) which connects Dobbiaco with Cortina, midst Nature Park Fanes-Sennes-Braies. All round the lake there leads an educational trail with eleven stations about flora and fauna

📍 Dobbiaco – parking area Lake Dobbiaco

🕒 1 hour, drop: 80 meters







## HIKING IN THE WINTERTIME

### SKI TOUR TO "HOHER MANN"

From the head of the valley in St. Magdalena in the Gsieser Valley 1.465 m, follow the piste uphill on its edge to the alpine path number 10 "Ascht". Now continue on a wide forest road through the woods covered in deep snow all the way to the Aschtalm at 1.950 m (rest point). Then proceed westwards on the alpine path to the Pfinnalm at 2.152 m and to the Pfinncharte (notch) at 2.395 m. Please consider the avalanche risk: only descend the slope if the covering of snow is stable! In another 30 minutes reach the Hoher Mann at 2.539 m, over the steep ridge. The impressive panoramic view rewards your efforts. Now look forward to a fantastic downhill run! As the touring map explains, you can also climb on the orographic left side of the stream from the Aschtalm, traverse clear mountain woods and wide alpine terrain and hike past many hay barns of the Pfinnalm towards Hoher Mann. At the notch, at an altitude of 2.499 m, keep left and climb the Hoher Mann over the "Nord Grat" (northern ridge). Snowshoe hikers: As explained previously, keep to the forest path number 10 all the way to the Pfinnalm 2.152 m. From there, reach the Pfinncharte (notch) at 2.359 m in just 45 minutes by climbing up steeply along the basin of the valley.

📍 Head of the valley in S. Maddalena in Val Casies Valley 1.465 m

👤 ca. 3 hours/30 min., drop: 1.100 m



### SNOWSHOE TOUR TO "LUTTERKOPF" AND "DURRAKOP"

From the tourist office in Tesido 1.203 m, turn left at the gothic piety column and pass the parish church in the direction of the Hotel Alpen Tesitin. Turn right onto the Guggenberg and follow the forest road to the next crossing. Please note: take a left there and after a tight right corner and another 300 m reach the starting point of your route at the large parking area. There, at 1.590 m the forest path numbered 31 diverts on your left in a westerly direction. After the first bend take the steep and bumpy path on your left, leading you directly to the higher situated forest road. Cross it and walk leisurely uphill by paying attention to the red-white markings and number 31. The landscape visibly becomes more fascinating as you cross the terrain at an altitude of 2.000 m above sea level. In the distance, catch sight of the summit cross of the Lutterkopf 2.145 m, surrounded by magnificent mountain scenery. The tour continues northwards across open alpine terrain. Always along the ridge and after a considerable hike reach a fence with an opening, taking you directly down to the Taistner Vorderalm. At this point, however, continue to your second destination, namely the Durakopf at 2.275 m. From its summit, go down eastwards to the Klenkboden at 2186 m and then southwards across a vast mountain pasture to the Taistner Vorderalm at 2.012 m (rest point). From here, return to the starting point Mudler Hof (rest point) in just 1 ½ hours on foot or much faster by tobogganing.

📍 parking area above the mountain restaurant Mudler Hof in Tesido 1.584 m

👤 ca. 3 hours – 3 hours/30 min., drop: ca. 700 m



### HIKE TO CASTLE WELSPERG

From the bus stop in "Via Stazione" at 1087 m, proceed through the village centre, pass the bandstand in the main square on your right side and carry on straight to the bridge over the Gsieser Stream. There, in an easterly direction follow the signs for the "Grosse Schlossrunde" (long Castle Walk) on the old Gsieser Road. After about 50 minutes turn right over a narrow wooden bridge and continue left on the other side. After a short climb along a wide bend and through meadows, continue all the way to the forest where you find the old Castle Walk. Now proceed downhill out of the valley through woods past Welsperg Castle, the "Paul Troger" memorial park and the secondary school all the way back to the starting point.

📍 bus stop in the "Via Stazione" in Monguelfo 1.087 m

👤 2 hours, drop: 100 m



## CYCLING

Whoever wants to get to know the history of all the little towns, of the citizens and of the impressive and intact nature, should do it by bike! There are no major drops and the panorama constantly changes. The roads are ideal for beginners and families. In Monguelfo you can access to the cycling path of Valpusteria Valley towards Brunico or Lienz (AT). So hop on your bicycle and right into the Valley!

### USEFUL INFORMATION

#### Renting Services

**Rent a bike Papin Sport.** Rent and drop everywhere.

Rental of bikes, e-bikes and supplies along the cycling path of Valpusteria Valley.

📍 In Monguelfo: near the Spielgolf area:

📅 31<sup>st</sup> May–29<sup>th</sup> September 2019

☎ +39 0474 944 146 (Monguelfo), +39 0474 913 450, +39 0474 720 455 566

☎ Service: +39 348 821 2256

#### MTB-Schule SSV Pichl/Gsies

📍 Val Casies Valley/Sports zone Colle

♥️ guided tours and trainings

☎ +39 342 0 177 354



### CYCLING ROUTE FROM MONGUELFO TO VAL CASIES VALLEY

Following partly the old Val Casies Valley road and partly access roads to farms, the route takes you from Monguelfo to Planca di Sotto, where you cross the river and follow the road again. In Prateria you cross the main street and follow the cycling route to chapel "Maria Heimsuchung". From S. Martino you follow again the old Val Casies Valley road until you reach the head of the valley in S. Maddalena. From there you return to Monguelfo at the same route.

📍 Monguelfo – village centre

🚲 Drop: 372 m, distance: 18,4 km



### CYCLING ROUTE FROM MONGUELFO TO BRUNICO

Along the train rails on uphill and downhill from town to town until Brunico. Cycling through nature until you reach the small city Brunico where many shops and a beautiful castle await you. If you are tired you can easily use the train for free (using your guestpass) for returning to Monguelfo and leave the bike at the rental station (Papin-Rent a Bike). Just make sure to buy a ticket for your bike.

🚲 Drop: 249 m, distance: 16 km



### CYCLING ROUTE FROM MONGUELFO TO LIENZ (A)

This road is one of the most loved ones in Alto Adige: the transboundary track to Lienz. It is suitable for every kind of bike and for adults as well as for children. Everybody can cycle the 55 km without a huge effort and for the return you can use the train for free (using your guestpass) and leave the bike at the rental station (Papin – Rent a Bike) in Lienz. From Lienz to S. Candido you need to buy a ticket for you and for your bike. From S. Candido to Monguelfo you just need a ticket for your bike. The small city offers many shops and nice restaurants.

🚲 Drop: 530 m, distance: 55 km

# CROSS-COUNTRY SKIING

Cross-country skiing in paradise! Snow guaranteed for the tracks which are in total 42 km long. An additional benefit of the tracks in Val Casies-Monguelfo-Tesido is, that they lead along many bars and restaurants where you can stop and enjoy South Tyrolian dishes while enjoying the sunshine on the terrace. The circuit in S. Maddalena/Val Casies is lit with artificial lights from 5–10pm and can be used for free during that time.



## DOLOMITI NORDIC SKI THE SUPERLATIVE CROSS-COUNTRY SKIING AREA

The tracks in Val Casies-Monguelfo-Tesido are part of the biggest European cross-country area with over 1.300 km of tracks in twelve areas (Alta Badia, Valle Anterselva, Val Casies-Monguelfo-Tesido, 3 Zinnen Dolomites, Osttirol, Cortina d'Ampezzo, Auronzo-Misurina-Lorenzago, Valle Aurina, Alpe di Suisi, Forni di Sopra and San Vigilio/San Martino-Dolomites).

[www.dolomitinordicski.com](http://www.dolomitinordicski.com)

### TRACKS WITH GUARANTEED SNOW

- ♥ FIS-homologated track in S. Maddalena/Val Casies Valley
- ♥ Connection from Val Casies-Valley to Monguelfo
- ♥ Connection from Monguelfo to the tracks "Pustertaler Marathon" towards Alta Pusteria
- ♥ Opening some of the tracks by December 8th

### TICKETS FOR THE TRACKS

- ♥ daily ticket
- ♥ weekly ticket for 2 different areas: Val Casies Valley-Monguelfo-Tesido and Dolomiti Nordicski
- ♥ seasonal ticket for 2 different areas: Val Casies Valley-Monguelfo-Tesido and Dolomiti Nordicski

### SELLING POINTS

Daily, weekly and seasonal tickets are available at the tourist offices in Val Casies Valley/S. Martino, Monguelfo and Tesido. Daily and weekly tickets are also available at the restaurant, at the bar Binta Pub in Val Casies Valley/Colle, and at Hotel Magdalenahof in Val Casies Valley/S. Maddalena. Daily tickets are also available on the tracks. Please be aware of the controls on the tracks for the tickets.

### CROSS-COUNTRY SCHOOL

#### Cross-country School Val Casies Valley

- 📍 Val Casies Valley/ S. Maddalena – Ski Area
- ☎ +39 0474 948 142

### SKI AND CROSS-COUNTRY SKI RENTALS, SKISERVICE

#### HUSKI Sports Rental

- 📍 Val Casies Valley/ S. Maddalena Ski Area
- ☎ +39 0474 948 142

#### Rentcenter

- 📍 Near restaurant Binta in Val Casies Valley/Colle
- ☎ +39 0474 978 436

#### Hellweger Intersport

- 📍 Monguelfo
- ☎ +39 0474 946 007



## SKIING

**Travelling by train for free towards skiing areas?** No traffic, stress and endless search for parking lots – this is how ski holidays must feel like! Starting from the train station Monguelfo towards the skiing areas Plan de Corones and Drei Zinnen Dolomites twice an hour. Connection from Val Casies Valley by ski bus.

Free travelling for our guests with the **GUEST PASS VAL CASIES VALLEY-MONGUELFO-TESIDO**.

### USEFUL INFORMATION

- ! [www.sii.bz.it](http://www.sii.bz.it) Timetables for trains and buses
- ! **Free ski-shuttle** from Val Casies Valley – take advantage by making your reservation +39 0474 978 436
- ! [www.provinz.bz.it/wetter](http://www.provinz.bz.it/wetter) Weather prediction
- ! **112** emergency number

[www.dolomitisuperski.com](http://www.dolomitisuperski.com)

1200 km of skiing-joy in 12 different skiing areas in the Dolomites. Using only one ticket!

**DOLOMITI  
SUPERSKI**   
wonderful times



### SKILIFT S. MADDALENA

Ski school, ideal for children, beginners and families.

- 📍 Val Casies Valley/S. Maddalena
- ☎ +39 0474 948 142
- 🌐 [www.skilift-gsies.com](http://www.skilift-gsies.com) | [info@skilift-gsies.com](mailto:info@skilift-gsies.com)
- 🗨 Skiing by night: artificial illumination



### SKILIFT GUGGENBERG

Small, sunny skiing area with a ski school, ideal for families.

- 📍 Tesido
- ☎ +39 348 355 0468
- 🗨 Every Friday from 7.30 pm–10pm nightly skiing with artificial illumination



### SKILIFT PICHL

Small, ideal for children, beginners and families.

- 📍 Val Casies Valley/Colle
- ☎ +39 349 620 0072 (Skiing course, SSV Pichl)
- 🕒 Daily 1 pm–4 pm

## SKI AND CROSS-COUNTRY SKI SCHOOL VAL CASIES VALLEY

### Ski school at the lift in S. Maddalena

Registration at the office by the skilift

- ☎ +39 0474 948 142
- 🌐 [www.skischule-gsies.it](http://www.skischule-gsies.it) | [info@skischule-gsies.it](mailto:info@skischule-gsies.it)

### Cross-country skiing courses in S. Maddalena or Colle

- 📍 Restaurant Pizzeria Binta Pub.
- 🕒 Registration: 1–2 hours before class at the office in S. Maddalena.

### Ski school Tesido Guggenberg

- 🕒 Daily 9am–4pm
- ☎ +39 348 355 0468
- 🗨 Skiing and snowboard lessons

# FAMILY & LEISURE

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Experiences and adventures: running, climbing, swimming, playing Tennis or a drive to Plan de Coronas – in the holiday destination Val Casies Valley-Monguelfo-Tesido there are so many leisure possibilities! Families are having their best time too: how about a visit of the zoo regiohof, Lama-trekking or a riding lesson? Fans of culture will find many treasures at the Castle Welsperg or in the many chapels and churches of the area. Find your luck!

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## IN THE AREA OF VAL CASIES VALLEY-MONGUELFO-TESIDO

**ICE SKATING****Pizzeria/Restaurant Binta Pub in Val Casies/ Colle**

Rentals of skates the whole day; ice fishing (price/kg), free curling (equipment available). Free ice skating with Guestpass Val Casies Valley-Monguelfo-Tesido.

**Ice Rink Prenniger Park**

At the sports area in Monguelfo. Monday free skating with Guestpass Val Casies Valley-Monguelfo-Tesido.

☎ +39 0474 944 287

**Ice Skating in Tesido**

No rental of skates. Free skating Guestpass Val Casies Valley-Monguelfo-Tesido

**Monguelfo-Tesido**

Ice Skating in Val Casies Valley/ S. Martino, Rental of skates. Free skating Guestpass Val Casies Valley-Monguelfo-Tesido

**LAMA TREKKING****Tesido**

You will learn about the habits of these beautiful creatures during a short lesson, right before the adventure will start. After a few exercises you will be ready to start with the Lama Trekking.

☎ +39 349 8 641 010 | +39 334 9 887 342

🌐 [www.lama-trekking.it](http://www.lama-trekking.it) | [info@lama-trekking.it](mailto:info@lama-trekking.it)

**PLAYGROUNDS**

**Parc Prenniger** near the sports area in Monguelfo

**Tesido** near the barefoot-path Rudlbach

**"Schneider Waldile"** in Val Casies Valley/ Colle

**Near the party building "Ribisen"**

in Val Casies Valley/ S. Martino

**Playground in the centre** of Val Casies/S. Martino

**RIDES WITH THE HORSE-DRAWN SLEDGE**

in Val Casies Valley/ S. Maddalena and S. Martino  
Admiring the breathtaking winter landscape while sitting in the sledge with your loved ones, cuddled under a blanket.

☎ +39 338 2 399 576 for reservation

**RIDING****"Sun Ranch" Sonnenhof, Val Casies Valley/Colle**

Try out riding for the first time or improve your existing skills.

☎ +39 0474 746 835

🌐 [www.reiten-sonnenhof.it](http://www.reiten-sonnenhof.it)

**RUNNING**

Monguelfo is an ideal playground for runners – beginners and advanced.

**Walk Rienz:** Start/finish: Tourist office Monguelfo. Length: 6 km. Drop: 65 m. Difficulty: easy.

**Biotopo Rienzau:** Start/finish: Tourist office Monguelfo. Length: 10,5 km. Drop: 190 m. Difficulty: easy.

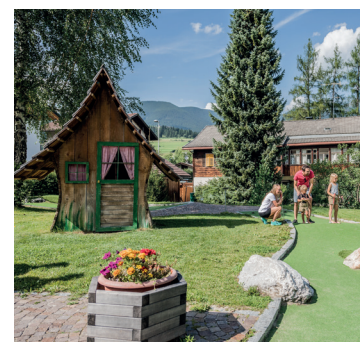
**Torrente Pidig:** Start/finish: Tourist office Monguelfo. Length: 9,2 km. Drop: 235 m. Difficulty: medium.

**Big circuit to the castle:** Start/finish: Tourist office Monguelfo. Length: 6 km. Drop: 203 m. Difficulty: medium.

**Maso Lettner Hof – Maso Gailer Hof:**

Start/finish: Tourist office Monguelfo. Length: 7 km. Drop: 391m. Difficulty: difficult.

**Monte Unterrainer Berg:** Start/finish: Tourist office Monguelfo. Length: 16,3km. Drop: 544m. Difficulty: difficult.

**SPIELGOLF – MINI GOLF**

Monguelfo

Much more fun than the real golf!

🕒 June, September and October 9 am–10 pm,  
and July and August 9 am–10 pm.

☎ +39 0474 978 436



## SWIMMING

### Outdoor swimming pool, Monguelfo

There is a large swimming pool, a small one for children, a playground and a volleyball field.

📅 From June to mid of September.

☎ +39 0474 978 436



## TENNIS

### Sportzone Welsberg

#### Sports area in Monguelfo

A perfect tennis court with artificial illumination.

☎ +39 0474 944 287

#### Sports area in Val Casies/ Colle

☎ +39 0474 747 006



## ZOO

Reierhof, Val Casies Valely/S. Maddalena

Small zoo, where you can pet the animals.

Small, traditional restaurant.

☎ +39 348 3 048 676



## OUTSIDE THE AREA OF VAL CASIES-MONGUELFO-TESIDO



## ADVENTURES WORLD

### Faunistic parc of adventures, Assling Austria (A)

49 km away from Monguelfo

☎ +43 485 520 474

🌐 www.erlebnisswelt-assling.at



## BIATHLON

### Biathlon Centre Anterselva

22 km away from Monguelfo

☎ +39 0474 492 446

🌐 www.biathlon-antholz.it



## CLIMBING AT THE ADVENTURE PARC

High rope course, Dobbiaco

14 km away from Monguelfo

14 different courses for different levels. 17 Flying Foxes, 2 slacklines and very easy courses for children.

(starting from age 3). 10% off with Guestpass

☎ +39 340 5 678 960

🌐 www.abenteuerpark.it



## CLIMBING IN A CLIMBING GYM

### Nordic Arena, Dobbiaco

☎ +39 335 5 949 871

🌐 www.nordicarena-toblach.it

### Climbing Gym, Brunico

☎ +39 0474 055 005

🌐 www.kletterzentrum-bruneco.it

### Additional Information Guide Alpine

☎ Val Pusteria: +39 348 2 290 640 (afternoon)



## CHILDREN'S WORLD

### Big play area, Valdaora

11 km away from Monguelfo

☎ +39 0474 496 277





**DOLOMYTHOS**  
**Museum of the Dolomites, San Candido**  
 14 km away from Monguelfo  
 ☎ +39 0474 913 462  
 🌐 www.dolomythos.com



**MINE PREDOI**  
**Mine, Valle Aurina Valley/Predoi**  
 54 km away from Monguelfo  
 ☎ +39 0474 654 298  
 🌐 www.bergbaumuseum.it



**FLYLINE**  
**Waterfalls of Riva, Campo Tures**  
 31 km away from Monguelfo  
 ☎ +39 388 5 777 270  
 🌐 www.fly-line-wasserfall.eu



**NATURE PARC OLPERL**  
**Themed path, Monte Elmo**  
 18 km away from Monguelfo  
 ☎ +39 0474 710 310  
 🌐 www.dreizinnen.com



**FUNBOB**  
**Toboggan run, mountain Baranci**  
 14 km away from Monguelfo  
 Longest summer toboggan run in South Tyrol.  
 ☎ +39 0474 710 355  
 🌐 www.dreizinnen.com



**ADVENTURE PARK KRON ACTION**  
**High rope course. Lago d'Issengo, Falzes**  
 25 km away from Monguelfo  
 ☎ +39 347 9 848 957  
 🌐 www.kronaction.com



**KIDS FUN CAMP**  
**Play area for kids, Valdaora**  
 11 km away from Monguelfo  
 ☎ +39 345 5 383 930



**SKYSCRAPER**  
**Huge Swing, Plan de Corones**  
 11 km away from Monguelfo  
 ☎ +39 0474 592 035



**KRON ARC ADVENTURE PARK**  
**Arch course, Valdaora**  
 11 km away from Monguelfo  
 ☎ +39 345 5 383 930  
 🌐 www.kronaction.com



**TUBING PARK**  
**In the area Kids Panorama, Valdaora di Sopra**  
 11 km away from Monguelfo  
 ☎ +39 345 5 383 930  
 🌐 www.kronschoool.com







## CULTURE



### WHAT TO VISIT IN VAL CASIES VALLEY



- ✔ Church S. Nicolò in Colle
- ✔ Church S. Martino in S. Martino
- ✔ Church S. Maddalena in S. Maddalena
- ✔ Monument dedicated to Haspinger in S. Martino



### WHAT TO VISIT IN MONGUELFO



- ✔ Church S. Margherita
- ✔ Church S. Maria
- ✔ Tabernacle



### WHAT TO VISIT IN TESIDO



- ✔ Parish Church of S. Genuino and Albuino
- ✔ Chapel S. Giacomo
- ✔ Chapel S. Erasmo
- ✔ Tabernacle



### CHAPEL S. GIORGIO IN TESIDO



A gothic/romantic style chapel with an intense charm. Even today you can admire the work of the masters Leonhard von Brixen and Simon von Taisten.

📞 Visits: +39 0474 978 436



### ON THE TRACKS OF PAUL TROGER



Paul Troger is one of the best known artists of the austrian/german barock and was born on october 30th 1698 in Monguelfo. His unique „Troger-blue“ remained distinctive until today. His artistic journey started beside his home in the church of Monguelfo on the altare and on the other stations around Monguelfo.

🌐 [www.paultroger.it](http://www.paultroger.it)



### CASTLE WELSPERG



Two words describe this medieval building the best: authentic and special. During the summer time there are art exhibitions, concerts and small festivities.

🌐 [www.schlosswelsperg.com](http://www.schlosswelsperg.com)



### CASTLE BRUNICO RIPA

The objects shown in the castle are part of the heritage of the mountains.

+39 0474 410 220

[www.messner-mountain-museum.it](http://www.messner-mountain-museum.it)



### CASTLE TURES

Accessible with or without guide.

+39 0474 678 053

[www.burgeninstitut.com](http://www.burgeninstitut.com)



### MMM MESSNER MOUNTAIN MUSEUM PLAN DE CORONES

MMM Corones on Kronplatz between the Puster and Gader Valleys is devoted to the supreme discipline of mountaineering: The Trad Adventure Alpinism on which Reinhold Messner has left his mark.

+39 0474 501 350

[www.messner-mountain-museum.it](http://www.messner-mountain-museum.it)



### LUMEN PLAN DE CORONES

Man's fascination with mountains has been unbroken as long as anyone can remember. Lumen gives this fascination a photographic home: located at the summit of the region Kronplatz (in South Tyrol), 1,800 square metres are dedicated to mountain photography.

+39 0474 431 010

[www.lumenmuseum.it](http://www.lumenmuseum.it)



## THE MOST WELL-KNOWN MUSEUMS AND CASTLES OF THE SURROUNDINGS:

**Archeological Museum of Alto Adige (body of Otzi)** in Bolzano. Info: +39 0471 320 100

**Provincial Museum of Customs and Traditions:** in Brunico/Teodone. Info: +39 0474 522 087

**Nature Parc Tre Cime** at the cultural centre Grand Hotel in Dobbiaco. Info: +39 0474 973 01

# EVENTS

**Events in the touristic area of Val Casies Valley-Monguefo-Tesido. Unique events for every taste!** Find out about the variety of the region by visiting our unique events. Sweet treats at the Chocolate Festival in Monguefo, concerts at the Castle Welsperg, farmer's markets, evening concerts with traditional bands, traditional costumes, parades and local dishes... every event offers its own treasures.



## JUNE

### Sacred-Heart-of-Jesus Concerts

With beautifully illuminated houses and bonfires on many mountains, which you can see from the valley.

### Alta Pusteria International Choir Festival

Concerts in Val Casies Valley-Monguelfo-Tesido. Many more concerts in Sesto, San Candido, Dobbiaco, Braies, Villabassa, Valdaora and Brunico.

[www.festivalpusteria.org](http://www.festivalpusteria.org)

## JULY & AUGUST

### Culinary Pleasures

At the Spielgolf-Minigolf area in Monguelfo. South tyrolian desserts are served while you and the children can play a round of Spielgolf.

### After-work feast

By the pavillon in Tesido. Entertaining events. Traditional music and southtyrolian delicacies await you.

### Dolomiti Superbike in Villabassa

[www.dolomitisuperbike.com](http://www.dolomitisuperbike.com)

### Chocolate Festival in Monguelfo

A highlight with a lot of chocolate surprises! Taste, admire, try and learn. Music and celebrations. Artists as well as sculptors are going to prove their artistic skills and mould sculptures out of chocolate right along the main road of Monguelfo. The artists are going to work till late in the evening. The history and production of chocolate is explained at the various sales stalls.

[www.schokoladefestival.com](http://www.schokoladefestival.com)

### Val Casies Valley Hay Barn Festival

Ancient traditions and music, local delicacies and a special atmosphere: a festival not to be missed! In the festival hut "Ribisen" in Val Casies Valley/S. Martino. Entertaining program for children.

## SEPTEMBER

### Val Casies Valley Mountain Pasture Festival at S. Martino/Val Casies Valley

The best way to experience a beautiful natural landscape is a hiking tour accompanied by friends. Therefore, since several years the end of the summer in the Val Casies Valley is celebrated with a funny festival that takes place between alpine huts and mountain pastures. Hikers, families and lovers of the rural cuisine come from all over the region in order to enjoy the special program, including pleasant hiking trails, live music and many culinary delicacies like grilled ribs with potato salad, traditional Pressknödel (cheese dumplings) with cabbage salad, soup with "Tirtlan", Tyrolian "Schlutzkrapfen" and traditional deep-fried sweets such as Buchteln and Strauben.

### Village celebration Keiler Kirchtage

In Colle with live music and local delicacies. On Saturday the „Kirschtamichl“ (a man made of straw wearing a white shirt and a wine bottle in his hand) will be put up on a tree. Day and night, it has to be watched over in order not to be stolen by the neighboring village. At the end of the feast "Michl" will be auctioned. Different bands will play their traditional songs. On Sunday there is a parade of decorated cows and various local bands round off the event. Entertainment, music and local dishes.

## OCTOBER

### Octoberfest

In Tesido, you'll find typical delicacies, original beer of the Oktoberfest of Munich, lots of music and a special music-entertainment program. Everyone is invited to come and have a terrific time in the town of Tesido. On both days typical delicacies will be served.

### Village Celebration Obotola Kirchtage

"Kirchtage" is typical event in Alto Adige. Also, in Val Casies Valley/S. Maddalena. Every autumn there is this big celebration where a giant doll called "Kischa Michl" is put up on a tree trunk

and then sold. With lots of music, typical delicacies and fun for the whole Family, this event is for everyone.

### Traditional annual market in the Val Casies Valley

Traditional dishes are being served, there is a parade and bands are playing music. This is an event for everybody.

## NOVEMBER

### Devils' Parade "Krampusumzug"

These scary devils take a very important part of South Tyrolean's customs and traditions. Many parades around the region take place in November and December, where children and adults get scared over and over again. In Colle in Val Casies Valley it is always in November.

## DECEMBER

### Tesido's Christmas Time

Hot drinks and calm music.

### Nightly cross-country skiing at the end of valley

When it gets dark the artificial lights are enlightened in S. Maddalena. Enjoy the peaceful, yet sporty experience from 5–10pm every day for free.

### Romantic Parc Prenniger

Ice skating with your loved ones in the evening through the romantic parc in Monguelfo.

### New Year's Eve Festivities

Many parties around the towns of Val Casies Valley, Monguelfo and Tesido

## JANUARY

### Val Casies "Dumpling's Marathon"

A sporty cross-country day along the 42km long tracks with a delicious twist: every participating restaurant offers a different kind of dumpling for you to enjoy.

## FEBRUARY

### Gran Fondo Val Casies

Since the very beginning of this sport's event, this race has become one of the most popular and attended races in South Tyrol, totaling over 66,000 skiers who crossed the finishing line. It is an international event as there are over 30 represented countries.

You can find many more events under:  
[www.kronplatz.com/en/val-casies-monguelfo-tesido/experience/events](http://www.kronplatz.com/en/val-casies-monguelfo-tesido/experience/events)





# ACTIVE TOURIST PROGRAM

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**There are endless possibilities for leisure and pleasure activities midst nature:** guided excursions, easy walks in great company, vie ferrate, family days at little farms and cultural impressions within the area the whole year around. Nothing better for your well-being than a great outdoor-program to boost your energy in the fresh air.

Every season the program changes and offers new and interesting tours. You will find detailed information about the current guided tours of our "Active tourist program" under [www.gsieser-tal.com](http://www.gsieser-tal.com) or in the offices of the Tourist Association Val Casies Valley-Monguelfo-Tesido.

☎ +39 0474 978 436

@ [info@gsieser-tal.com](mailto:info@gsieser-tal.com)

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# PRODUCTS

## FROM THE MOUNTAIN AND THE VALLEY



### REGIOHOF

#### Val Casies Valley/S. Maddalena

At the small shop at the farm you can purchase traditional delicacies like chutneys, bacon, liquors, cheese, teas and much more. Or you enjoy everything at the little restaurant by the farm.

☎ +39 0474 948 065  
🌐 [www.regiohof.com](http://www.regiohof.com)



### HERBS CULTIVATION VOADOHUIBN

#### Val Casies Valley/S. Maddalena

Herbs from the mountains: at about 1500m many different herbs get biologically degraded or collected at the mountain meadows. The herbs are used to make different products like tea, spices, herbal salt and herbal syrup.

☎ +39 0474 948 065  
🌐 [www.voadohuibn.com](http://www.voadohuibn.com)

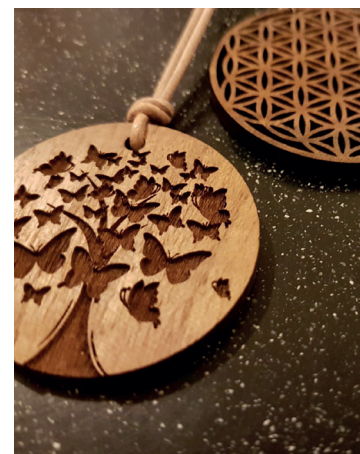


### CHEESE DAIRY WALDSAMERHOF

#### Val Casies Valley/S. Maddalena

Alto Adige's smallest "teaching dairy". Come and see how butter and cheese dairy products are made out of milk: you'll be amazed and learn many interesting things. In their own store, the Huber Family sells a vast range of products. Only with reservation!

☎ +39 0474 948 009  
🌐 [www.waldsamerhof.it](http://www.waldsamerhof.it)



### GRAVUR DESIGN DANIEL STOLL

#### Tesido

Personalized handicraft works made out of different materials. Wonderful engraving- and stamping works.

☎ +39 349 5 826 590  
🌐 [www.gravurdesign.com](http://www.gravurdesign.com)



### ALPEN HIGH® LIQUEURS

#### of high quality from the farmer "Seppila", Tesido

Explore a variety of grappas and liquors from the mountain farm "Seppila" and find new favourites. Taste the best hay schnapps in the world, the Edelweiss Kaiser liqueur and many more along with homemade bread and bacon.

☎ Info and reservation: +39 348 1 905 518  
🌐 [www.seppila.com](http://www.seppila.com)



### TURNER TASCHLER JOSEF

#### Val Casies Valley/S. Maddalena

At the far end of the Val Casies Valley, in absolute quiet and in the middle of a unique mountain landscape, the hand-turned wooden bowls of Josef Taschler come to life. They are an expression of the power of the Alps. For his works, which are often more objects of design than utilitarian objects, he uses only exquisite local woods.

☎ Info and reservation: +39 0474 948 083

# INFO A-Z



## AUTOMOBILE

### Garage Edelweiss by Oberhammer Norbert

📍 Monguelfo – Via Pusteria 26  
☎ +39 0474 944 186

### Oberhammer Renate – Petrol station

📍 Monguelfo – Via Pusteria 2  
☎ +39 0474 944 138

## BANK | BANCOMAT

### Cassa Raiffeisen Val Casies

📍 S. Martino – S. Martino 8/B  
☎ +39 0474 947 800

### Cassa Raiffeisen Tesido

📍 Tesido – Via del Sole 28  
☎ +39 0474 947 820

### Cassa Raiffeisen Monguelfo

📍 Monguelfo – Via Pusteria 9  
☎ +39 0474 944 139

### Banca Popolare

📍 Monguelfo – Vicolo della Parrocchia 13  
☎ +39 0474 544 750

## BUS TOURS

Reservation of tours with bus stops in Val Casies, Monguelfo and Tesido (Innsbruck, Salisburgo, Monaco di Baviera, Carnevale a Venezia...) via tourism association  
☎ +39 0474 978 436

## CAR RENT

### Auto Kirchler

S. Candido – Via Pizach 27  
☎ + 39 0474 913 276

## CLOTHING SHOPS

### Hellweger Intersport

📍 Monguelfo – Via Pusteria 7  
☎ +39 0474 946 007

### Shoes Hintner

📍 Monguelfo – Via Pusteria 14  
☎ +39 0474 944 171

### Mittermair Mondo Shopping Welt

📍 Monguelfo – Via Stazione 1  
☎ +39 0474 944 380

## DOCTOR

### Dott. Gregor Moroder

📍 Val Casies  
☎ +39 0474 978 490 | +39 348 7 155 141

### Dott.ssa Claudia Kraler

📍 Monguelfo  
☎ +39 0474 944 549

### Dott.ssa Andrea Kargruber

📍 Monguelfo  
☎ +39 0474 921 010

## EMERGENCY

### Emergency number

☎ 112

### Carabinieri Police Monguelfo

☎ +39 0474 944 133

## EQUESTRIANISM

### Farm Sun Ranch, Val Casies/Colle

☎ +39 0474 746 835  
🌐 [www.reiten-sonnenhof.it](http://www.reiten-sonnenhof.it)

## FARMACY

### Medicine distribution

📍 Val Casies – S. Martino 10a  
☎ +39 0474 948 543

### Farmacia del Castello

📍 Monguelfo – Via Parrocchiale 1a  
☎ +39 0474 944 112

## GROCERY SHOPS

### Bakery Amhof

📍 Monguelfo – Piazza Centrale 2  
☎ +39 0474 944 052

### Bakery Trenker

📍 Monguelfo – Via Parrocchiale  
☎ +39 0474 944 130

### Despar Amhof

📍 Val Casies/S. Martino – S. Martino 11b  
☎ +39 0474 978 408

### Despar Hellweger

📍 Monguelfo – Piazza S. Margherita 4  
☎ +39 0474 946 512

### Commercio Reier

📍 Val Casies/S. Maddalena  
Via S. Maddalena 11b  
☎ +39 0474 948 116

### Butcher Hell

📍 Monguelfo – Piazza Centrale 3  
☎ +39 0474 944 012

## GUIDE ALPINE

### Guide Alpine Val Pusteria

📍 Monguelfo – Via Stazione 2  
 ☎ +39 0474 944 660 | +39 348 2 290 640  
 🌐 www.alpinschule.com

## HOLY MASS

Val Casies – Monguelfo – Tesido  
 Ask at the tourist board  
 for the current timetable.

## HORSE SLEIGH

📍 Val Casies/ S. Maddalena  
 ☎ +39 338 239 9576

## HOSPITAL

### S. Candido

📍 Via Freising 2, 39038 S. Candido  
 ☎ +39 0474 917 111

### Brunico

📍 +39 0474 581 111  
 ☎ Via Ospedale 11, 39031 Brunico

## ICE SKATING

Restaurant Binta Pub Val Casies/ Pichl  
 Prenniger Park Welsberg  
 Sports zone Tesido  
 Ice Rink Val Casies/ S. Martino

## INTERNET

### Restaurant Pizzeria Binta Pub

📍 Val Casies/Colle – Strada Val Casies 2a  
 ☎ +39 0474 746 024, WIFI

### Library Monguelfo

📍 Monguelfo – Via P.-J.-Schwingshackl 3  
 ☎ +39 0474 946 083

### Dorfcafé

📍 Monguelfo – Piazza S. Margerita 2  
 ☎ +39 0474 944 833

### Restaurant Pizzeria Goldener Löwe

📍 Monguelfo – Piazza Centrale 4  
 ☎ +39 0474 944 547, WIFI

### Library Tesido

📍 Tesido – Piazza Bruder-Hans-Oberstaller 1  
 ☎ +39 0474 950 015

## LAMA TREKKING

📍 Tesido  
 ☎ +39 349 864 1010  
 🌐 www.lama-trekking.it

## LIBRARY

### Library Val Casies

📍 S. Martino – S. Martino 12c  
 ☎ +39 0474 978 469

### Library Monguelfo

📍 Monguelfo – Via P.-J.-Schwingshackl 3  
 ☎ +39 0474 946 083

### Library Tesido

📍 Tesido – Piazza Bruder-Hans-Oberstaller 1  
 ☎ +39 0474 950 015

## LOST AND FOUND

### Police Polizia Municipale Monguelfo

☎ +39 0474 946 012

## MUSHROOMS

Mushrooms can only be collected with a mushroom license, different for every town (municipal) and just on the straight days of the calendar (2,4,6...) from 7am–7pm. Maximum 1 kg is allowed per license. You can get the licenses at the tourist info offices in Monguelfo, Tesido and in Val Casies/ S. Martino. Cost: 8€ per license.

## OTHER SHOPS

### Ottica Cadore

📍 Monguelfo – Via Stazione 17  
 ☎ +39 0474 946 035

### Hellweger Intersport

📍 Monguelfo – Via Pusteria 7  
 ☎ +39 0474 946 007

### Elektro Mairhofer

📍 Monguelfo – Via Paul Troger 4  
 ☎ +39 0474 944 084

### Mittermair Mondo Shopping Welt

📍 Monguelfo – Via Stazione 1  
 ☎ +39 0474 944 380

### M.T. Ferramenta

📍 Monguelfo – Via Stazione 15  
 ☎ +39 0474 944 136

### Furnishing Wohnland

📍 Monguelfo – Via Principale 7  
 ☎ +39 0474 944 480

## PAUL TROGER

### Paul Troger Circuit in Monguelfo

🌐 www.paultroger.it

## POST OFFICE

### Val Casies/S. Martino – Lahn 1a

☎ +39 0474 978 405

### Monguelfo – Via Pusteria 10

☎ +39 0474 944 104

## RECYCLING

### Val Casies – S. Martino

📍 Im Steinanger 30, 39030 Gsies  
 ☎ +39 0474 978 232

### Monguelfo

📍 Via Principale 12, 39035 Welsberg  
 ☎ +39 0474 946 012

## RENT SKI, CROSS-COUNTRY SKISERVICE

### HUSKI Sports Rental Val Casies/S. Maddalena

📍 End of valley, skiing area  
 ☎ +39 340 466 7989

### Rentcenter Val Casies

📍 Val Casies, 2/a, 39030 Casies  
 ☎ +39 0474 746 024

### Skiverleih Hellweger Monguelfo

📍 Via Pusteria 7, 39035 Monguelfo  
 ☎ +39 0474 946 007

## SHOPPING – OPENING HOURS

Vivid squares, antique stories, welcoming shops and restaurants and special kindness from the local people. Timetable: MON–FRI 8.30/9.00am–12.00 noon & 3 pm–7pm, SAT 8.30/9.00am–12.00 noon & 3 pm–6pm (afternoon only during high-season). Bakeries open between 6–8 am. Detailed timetable available at each shop.

## SKI SCHOOL AND CROSSCOUNTRY SKI

### Scula sci-sci da fondo-snowboard Val Casies

☎ +39 0474 948 142

### Scula sci-snowboard Guggenberg

☎ +39 348 355 0468

## SKIDEPOT

### Trainstation Monguelfo

(Info at the tourist office Monguelfo)  
 ☎ +39 0474 944 118

## SOUVENIRS

### Ideen by Rita

📍 Monguelfo – Via Pusteria 14  
 ☎ +39 0474 944 699

## Mittermair Mondo Shopping Welt

📍 Monguelfo – Via Stazione 1  
 ☎ +39 0474 944 380

## Geschenkestube

📍 Monguelfo – Via Paul Troger 1  
 ☎ +39 0474 944 633

## Hoppla articoli bricolage e carta

📍 Monguelfo – Via Parrocchiale 8  
 ☎ +39 0474 944 128

## STAMP

Available at the post offices or at Mittermair mondo shopping in Monguelfo.

## STATION

### S. Candido

☎ +39 0474 913 224

### Brunico

☎ +39 0474 553 623

### Monguelfo

Tickets available only at the ticket machine

## STREET FEE

### Centrale viabilità provinciale

+ 39 0471 416 100  
 www.provincia.bz.it/traffico

## TAXI

☎ Taxi Hofmann +39 340 7 196 392  
 ☎ Taxi Oberhammer +39 0474 950 016  
 ☎ Taxi Oberhammer Renate +39 0474 944 138  
 ☎ Taxi Seiwald +39 0474 948 023  
 ☎ Taxi Sinner +39 349 8 680 314

## TIMETABLE BUS AND TRAIN

Alto Adige (I): www.sii.bz.it

Trenitalia (I): www.trenitalia.com

Deutsche Bahn DB (D): www.deutschebahn.com

Österreichische Bundesbahn (A): www.oebb.at

## TRAFFIC AND MOBILITY

### ALTO ADIGE INFO – HOTLINE

☎ From Italy: 840 000 471  
 ☎ From abroad: +39 056 676 234

## VIGNETTA MOTORWAY

Vignetta for the austrian motorway is available at any petrolstation near the national border.



## GUEST PASS

### HOLIDAYPASS VAL CASIES-MONGUELFO-TESTIDO

Upon arrival, all guests staying at a Val Casies Valley-Monguelfo-Tesido Tourist Office member accommodation will automatically receive a free **GUEST PASS HOLIDAYPASS** – the free discount card for our guests.

#### FREE USE OF ALL PUBLIC SOUTH TYROLEAN MEANS OF TRANSPORT!

- ♥ **Regional trains** in South Tyrol (Brennero–Trento, Malles–San Candido)
- ♥ **Local busses** (intercity – and citybusses)
- ♥ **Cable cars** to Renon, Maranza, San Genesio, Meltina, Verano an Colle (Bolzano)
- ♥ **Narrow-track railway** up to Renon and the cable railway up to Mendola
- ♥ **Post van Swiss** between Malles and Müstair (CH)

#### NOT AUTHORIZED:

- ! for Intercity, Eurocity, Euronight and Eurostar trains
- ! for the transport of dogs and other animals
- ! for the trains at the route San Candido–Lienz (A) and Brennero (A)–Innsbruck (A), single tickets are available on the train
- ! for the shuttle service to Lago di Braies Lake and to the Mountain Refuge Auronzo (3 Peaks)

#### DISCOUNTS AND TOURISTIC SERVICES:

- ♥ **Guided excursions for free** or with a discount: excursions for families, mountain tours, relax-, family-, hiking-, sledge-, cross-country-, ski- and culture days.
- ♥ **Map of trails** available at your accommodation
- ♥ **Children** until 13,9 years participate at the weekly programme for free.
- ♥ **Spielgolf Welsberg/Monguelfo:** Monday discount: adults: 2 €. Children until 13,9 years 1,50 €. If there are more than 4 people, 1 child for free.

- ♥ **Artificial ice-rink Parco Prenniger:** on MONDAY free entry with the Guest Pass Val Casies Valley-Monguelfo-Tesido
- ♥ **Free use of the ice-rinks** in Val Casies Valley and Tesido.
- ♥ **Free use of the floodlit cross-country** circuit in Val Casies Valley/S. Maddalena daily from 5–10 pm
- ♥ **Discount of 5%** by the alpine- and nordic rental Intersport Hellweger in Monguelfo
- ♥ **Discount of 10%** at the “Abenteuerpark” in Dobbiaco
- ♥ **Discount** at the ski- and cross-country school in Val Casies Valley
- ♥ **Free skibus** service from Val Casies Valley to the train station in Monguelfo on request.
- ♥ **Museum Mansio Sebatum** in S. Lorenzo (Brunico): 20% discount to the entry.
- ♥ **Museum Lumen:** on top of Plan de Coronas: 10% off the entrance fee.
- ♥ **KreativRaft Südtirol:** 10% off the fee of every activity offered by KreativRaft Südtirol ([www.kreativraft.com](http://www.kreativraft.com)). Online booking with promotion code.

**CHILDREN UNTIL THE AGE OF 5,9 YEARS,  
BUGGIES AND LUGGAGE ARE CARRIED FREE OF CHARGE.**

#### PROCEDURE FOR THE TRANSPORT OF BIKES:

- ! Bikes can be transported only if there is enough space in the train.
- ! Passengers have the precedence of the bikes in any case.
- ! The transport of bikes can be refused when the train is overfilled.
- ! The transport of bikes in the busses is not allowed.

#### PROCEDURE FOR THE TRANSPORT OF DOGS AND OTHER ANIMALS:

Guide dogs and small animals are carried free of charge if being carried in one’s arms or within a cage or container with a maximum size of 70x30x50 cm. Other animals can travel or with a single ticket: 15 cents per kilometer or with the Mobilcard Junior (1, 3 or 7 days).

#### HANDLING AND VALIDATION:

- ! **IMPORTANT:** on the back side the guest’s name and the accommodation has to be signed.
- ! The ticket must be validated at the beginning of every ride (when traveling by train already before boarding using the blue devices), without indication of the destination.
- ! The HOLIDAYPASS will be valid for seven days from the day of the first use.





Gsieser Tal Val Casies  
Welsberg Monguelfo  
Taisten Tesido

