



Dolomites
San Vigilio

Gastronomy | Shopping | Wellness

San Vigilio / La Pli / Rina

San Martin / Antermoia / Lungiarü



RECYCLED
100%





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Shopping

When you are on holiday you have time and leisure for a day out shopping. You'd think that in the heart of the mountains, surrounded by the most beautiful of the pale Dolomites, there would be no huge shopping centre - that is true! But there are fantastic shops in the village centres that offer everything your heart desires. And all with heart, character and quality.

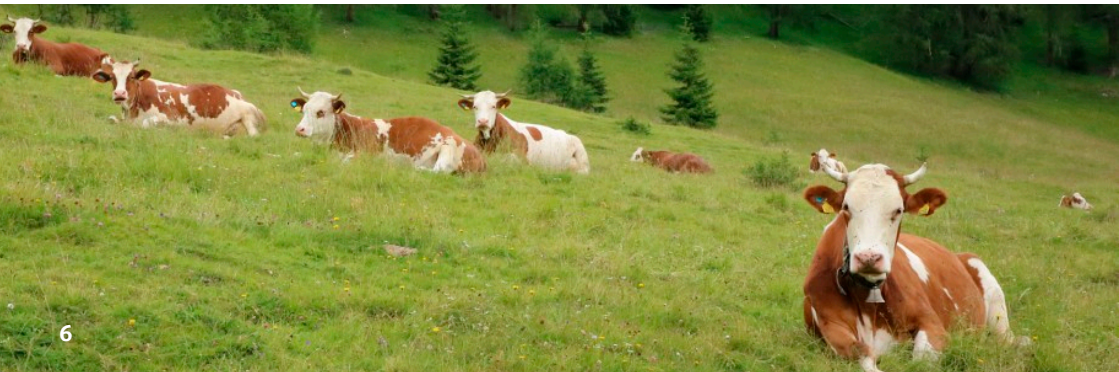
High quality products are prized here - not only in bakeries, butchers' and grocery shops. There are also crafts, souvenirs and clothes.



Products from our own farm

Sales on the farms

Agriculture plays an important role in South Tyrol. The efforts of local farmers to conserve and protect our cultivated landscapes have also greatly benefited regional tourism. For this reason we ask you, dear holiday guests, to appreciate the beauty of our nature and the hard daily work of our farmers.





If you are looking for a special holiday souvenir or if you would like to take a piece of San Vigilio or San Martin home with you, why not give the products from South Tyrolean mountain farmers a try, offered at the traditional farmers market in San Vigilio. If you prefer to buy your groceries where they are produced, you can visit the nearby farms and pastures and purchase directly from the producer. Good things to taste, good things to take with you!





LÜ DA CIANORÈ

In our schnapps distillery at the Cianorè farm we produce grappas, fine brandies, fruit and herb schnapps and liqueurs. All from our own production!

*Str. Cianorè 1 | Pieve di Marebbe
Tel. (+39) 328 561 67 60
distilleria.cianore@gmail.com*



LÜ DE CORCELA

Fresh ripe cheese, cream cheese and yoghurt, all made from goat's milk.

*Str. Al Plan Dessora 40 | San Vigilio
Tel. (+39) 348 570 30 95
info@corcela.it | www.corcela.it*

„One should offer the body something good, so that the soul may have a desire to dwell in it.“

Winston Churchill

LÜ DE MESAVILA | ORGANIC FARM

Various organic cheeses, mild-creamy “Caciotta” and aromatic Alpine cheese.

Str. Pliscia 11 | Pieve di Marebbe
Tel. (+39) 0474 501 374
info@mesavila.it



LÜ DE PINCIA | ORGANIC FARM

We produce exquisite mead, natural jams, honey and herbs.

Str. Mantena 1 | San Vigilio
Tel. (+39) 0474 501 059
Tel. (+39) 333 964 27 12
www.luedepincia.it





LÜ TLÓ PLAZORES - RUSTIC FOOD

Using livestock bred on our farm, we produce cured meats and speck ham. Ours is a traditional and long ageing process.

Str. Plazores 14 | San Vigilio

Tel. (+39) 0474 506 168

www.plazores.com | info@plazores.com



LÜCH DA PCEI

Unpasteurised milk and cream cheese, natural and fruit yoghurts. Gastronomic delicacies.

Str. Catarina Lanz 24 | San Vigilio

Tel. (+39) 0471 849 286

info@luchdapcei.it | www.altabadialat.it



LE DELIZIE DI LUCIA

Jams from our own farm, syrups, various herb salts and selected tea blends can be purchased in our fine farm shop.

Str. Bioch 37 | San Martin

Tel. (+39) 338 991 83 26

www.la-flu.it

Virtual tourist information

Are you looking for your nearest restaurant or the opening hours for the shops? You can access all of this information on your smartphone and tablet at:

www.sanvigilio.info



Grocery shops



L' APETIT BISTRO SHOP - GASTONOMY - CAFÈ

Cold meats and cheese, open sandwiches, wines, homemade dumplings, coffee, aperitifs, warm dishes

*Str. Catarina Lanz 6 | San Vigilio
Tel. (+39) 0474 501 040*



BOCARIA CALL - BUTCHERY SHOP

Local beef and venison, sausages and ladin speck from our own production, local deli.

*Str. Catarina Lanz 20 | San Vigilio
Tel. (+39) 0474 501 041
info@macelleriacall.it
www.macelleriacall.it*

BOCARIA CRAFFONARA

Butcher's, local products,
online shop

Str. Longega 14 | Longega
Tel. (+39) 0474 501 005
info@craffonara.com
www.craffonara.com

BAKERY FURNARIA MARTIN

Bakery, patisserie

Str. Gran Pré 55 | Str. Catarina Lanz 35
San Vigilio
Tel. (+39) 0474 506 030

MUPAN BAKERY AND PATISSERIE COFFEE HOUSE

Coffe, pastries, bakery, homemade ice cream,
bread delivery service

Str. Fanes 4 | San Vigilio
Tel. (+39) 0474 501 015
info@mupan.it

BOTEGA SAUTER

Tobaccos, lottery tickets, newspapers,
haberdashery, toys, regional speciali-
ties, souvenirs

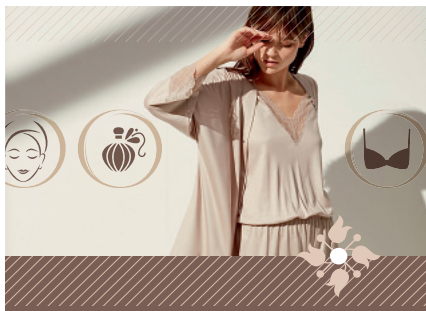
Str. Fanes 3 | San Vigilio
Tel. @ Fax (+39) 0474 501 360
sauter@trebo.biz

EUROSPAR SAN VIGILIO

Groceries, perfumes

Str. Fanes 1 | San Vigilio
Tel. (+39) 0474 501 935
Tel. (+39) 333 218 10 49
Fax (+39) 0474 503 777
info@eurospartrebo.it
www.eurospartrebo.it

Other shops



CHRISTOPHORUS PERFUMES LINGERIE

Perfumes, cosmetics, make-up, lingerie
women - men - children

Str. Catarina Lanz 26 | San Vigilio
Tel. (+39) 0474 501 333
Fax (+39) 0474 506 755
info@christophorus-residence.com



MASCOTTE

Newspapers, stationery, gifts

Str. Plan de Corones 16 | San Vigilio
Tel. (+39) 0474 501 293
info@ciasamascotte.it | www.ciasamascotte.it

PEDEVILLA ARTISTIC CRAFTS AND WEAVERS - SOUVENIRS

Our small, modest and attractive shop is located in the centre of San Vigilio di Marebbe. Here you will not only find handmade fabric goods, which are common for artistic weavers, but also souvenirs and decorative items.

*Str. Catarina Lanz 24 | San Vigilio
Tel. (+39) 0474 501 302
tessitura@rolmail.net | www.tessitrapedevilla.com*



PEDEVILLA ARTISTIC CRAFTS AND WEAVERS

Since 1915 the artistic crafts and weavers Pe-devilla has been manufacturing their most beautiful fabrics and used them to create a diverse range of products for you. The range of hand-sewn and handmade products ranges from simple table cloths and curtains to needlework in the style of local handicrafts. The shop does not only offer fabrics but also some decorative items.

*Str. Plazores 24 | San Vigilio
Tel. (+39) 0474 501 302
tessitura@rolmail.net | www.tessitrapedevilla.com*



ARTEJANAT LADIN

Ladin crafts, wood carving

*Str. Plan de Coronas 9 | San Vigilio
Tel. & Fax (+39) 0474 501 243
Tel. (+39) 339 777 18 10
artigianatoladino@gmail.com*

ELEKTRO MUTSCHLECHNER

Household appliances, electrical appliances, household goods, gifts, repairs

*Str. Catarina Lanz 9 | San Vigilio
Tel. & Fax (+39) 0474 501 198
elektro.mutschlechner@rolmail.net*

SPORT SCHÖNHUBER

Sports goods, clothing

*Str. Catarina Lanz 18 | San Vigilio
Tel. (+39) 0474 501 248
info@sport-schoenhuber.com*

PHARMACY

*Str. Plan de Coronas 22 | San Vigilio
Tel. (+39) 0474 501 240
Fax (+39) 0474 506 676
info@farmaciasanvigilio.it*

SPORT ERICH

Sports goods, clothing

*Str. Catarina Lanz 32 | San Vigilio
Tel. (+39) 0474 501 917*



Shopping San Martin

ALIMENTARI WINKLER

Groceries, beverages,
bread, tobacco, souvenirs

Str. S. Antone 51 | Antermoia
Tel. (+39) 0474 520 049

DESPAR MARKET PROUSCH

Groceries, South Tyrolean specialities,
toys, perfume, tobacco

Str. Tor 18/A | San Martin
Tel. (+39) 0474 523 100

ELVIS'S MINIMARKET

Groceries, household goods, toys,
fruit, vegetables, chemist goods

Str. S. Lizia 42 | Lungiarù
Tel. (+39) 0474 523 312

Gastronomy

The creative restaurant menus include hearty Tyrolean dishes, well-known Italian specialities and traditional Ladin delicacies, sophisticated starred cuisine and simple, savoury dishes in delicious harmony.

Restaurants and inns in San Vigilio and San Martin enjoy international recognition for their lived passion for good food and their authenticity.

By the way: Tultres are raviolis filled with sauerkraut or spinach and fried in oil; Furtaies, also called Strauben, are a sweet dessert made from fried yeast dough curled in a pan into narrow „sausages“.



Ladin cuisine

Flour, potatoes, eggs, milk, butter, cheese, fresh fruit and vegetables in the snow free months and meat on high days and holidays: this is what was available to the mountain people in the Ladin valleys. The climate and the hard work required nourishing and filling meals. The meat was dried and smoked to preserve it for longer. Bread was baked only twice a year and dried to prevent it from going mouldy.



Looking at the menus of local inns, these traditional dishes are easily recognised. The Ladin names clearly stand out: panicia, balotes, gnoch da zigher, tultres, cancì checi, cancì blanc, scartè... and for dessert cütles da pom, furtaies, puncerli. You don't understand the Ladin names? Then take a culinary journey to our traditional inns and allow the local experts to advise you!



SPECK DUMPLINGS

- Balotes da cioce

Preparation

Prepare a bowl of bread (cut in small cubes) and add onion and bacon slightly fried. Mix carefully milk, flour, eggs and salt, parsley and chives. Form round dumplings with wet hands and cook them in boiling water for approximately 10-15 minutes.

Tip

Instead of speck, you can also use other ingredients, such as cheese, spinach, beetroot, mushrooms and everything you like. Serve with melted butter.



Ingredients for 3 servings

- 500 gr of bread cut in small cubes
- 150 gr of speck ham cut in small cubes
- 3 spoons of flour
- 3 eggs
- ½ onion
- 1 cup of milk
- some minced parsley, some chives,
- salt, some oil



Ingredients for the dough

500g of flour
500g of boiled, mashed potatoes
50g of yeast
1/2 l of milk
2 eggs
1 tablespoon of sugar
a pinch of salt

CANCÍ CHECI

- Cajencí arestis

Preparation

Dissolve in warm milk yeast and sugar. Leave to rest in a warm place for approx. 10 minutes. Add half of the flour and prepare a dough. Let it rest for another half hour. Then add the mashed potatoes, eggs, salt and the other half of the flour. Knead with your hands until a soft dough is formed. Roll out the dough quite thin. Cut out rings of approx. 6 cm in diameter. Fill them with the spinach filling and fold in half. Close tightly with your fingers and let rest again for approx. 40 minutes in a warm place. Fry in hot oil.

Ingredients for the spinach filling

½ kg of spinach,
300g of curd cheese (ricotta),
1/2 onion
some butter
a pinch of salt, pepper
and nutmeg

KAISERSCHMARRN

Praparation

Put the eggs, milk and salt into a mixing bowl and beat vigorously with a whisk until fluffy. Then add the flour and stir well. Heat the butter in a pan, then add the batter and fry at low heat until the bottom is slightly browned. Turn at intervals until it is slightly brown all over. Finally, cut into small pieces, put on plates, dust with icing sugar and serve with cranberry jelly or another jam.

Ingredients for 4 persons

5 eggs

500 g flour

icing sugar for dusting

4 msp cranberry jelly or an other jam

600 ml milk

1 pinch of salt

60 g butter



Restaurants



AL SOLE - SONNENHOF RESTAURANT ROMANTIK-STUBE

In our cozy Stuben we delight you with local and international dishes, horse riders-grill, Kaiserschmarren and cake buffet. Music for every occasion!

*Str. Catarina Lanz 8 | San Vigilio
Tel. (+39) 0474 501 012
hotel@sonnen-hof.com | www.sonnen-hof.com*



AMA STAY RESTAURANT

Head chef Marco manages to combine tradition with new culinary trends and interprets typical Alpine-Mediterranean recipes in a cosmopolitan way. Vegetarian, vegan, gluten-free and lactose-free alternatives are also available.

*Str. Plan de Coronas 44 | San Vigilio
Tel. (+39) 0474 431 481
restaurant@ama-stay.com | www.ama-stay.com*

CIOLÀ RESTAURANT - STEAKHOUSE

Fresh starters, typical dishes and creative cuisine with a broad selection of local grilled meat to vegetarian delicacies. Terrace with views of the Dolomites and lounge bar.

Str. Plan de Coronas 17 | San Vigilio
Tel. (+39) 0474 501 701
lois.ciola@gmail.com
www.ciola.info



DAL BAGN - BIOSTARIA

Organic delights in a feel-good atmosphere. Dinner tasting menu.

Str. Fanes 40 | San Vigilio
Tel. (+39) 0474 501 215
info@aquabadcortina.it
www.aquabadcortina.it





FANA LADINA RESTAURANT

Since 1977 we have served homemade Ladin specialities for our guests to enjoy in our rustic dining rooms and in summer also in our romantic garden.

Str. Plan de Corones 10 | San Vigilio
Tel. (+39) 0474 501 175 | Tel. (+39) 338 387 40 51
info@fanaladina.com
www.fanaladina.com



EMMA RESTAURANT

Enjoy South Tyrolean specialities and Mediterranean creations, a wide selection of fine wines in an elegant restaurant with a fantastic view of the Dolomites.

Str. Plan de Corones 39 | San Vigilio
Tel. (+39) 0474 501 133
info@hotelemma.it | www.hotelemma.it



LAGO DELLA CRETA RESTAURANT

Daily fresh fish specialities from our lake and local cuisine.

Str. Val dai Tamerse 8 | San Vigilio
Tel. (+39) 0474 501 051
info@lagodellacreta.it | www.lagodellacreta.it

LA PARA RESTAURANT

Local, traditional cuisine. Family run.
Panoramic views of San Vigilio.

Str. Sarjei 14 | San Vigilio
Tel. (+39) 0474 501 959 | Tel. (+39) 346 302 42 55
info@lapara.it
www.lapara.it



LE TABLE RESTAURANT

We pamper you with specialities from South Tyrolean cuisine and Mediterranean classics. We almost exclusively use regional ingredients and cook with so much love according to traditional recipes.

Str. Chi Vai 18 | San Vigilio
Tel. (+39) 339 128 02 11 | www.letable.it



TLÓ PLAZORES – RUSTIC CUISINE

Ancient Gothic walls are the perfect setting for this treasure trove full of history made of simple and ancient flavours. All the love for farming traditions and the research of regional raw materials, can be discovered in the meats and herbs grown in our farm.

Str. Plazores 14 | San Vigilio
Tel. (+39) 0474 506 168
osteria.plazores@rolmail.net | www.plazores.com





ÜCIA BIVACCO

Restaurant open summer and winter.

Str. Furcia 35 | Plan de Corones

Tel. (+39) 348 706 35 47

bivacco@rolmail.net



ÜCIA CORONES

Panoramic dining room and terrace.
Culinary delights all day. Yak enclosure and children's playground.

Str. Furcia 39 | Plan de Corones

Tel. (+39) 0474 530 264 | Tel. (+39) 349 226 96 31

info@corones-kronplatz.com

www.corones-kronplatz.com



ÜCIA GRAZIANI

The Rifugio Graziani is the ideal place to fortify yourself with simple, natural and traditional dishes, surrounded by the incredible panorama of the Dolomites. This unique place and the surrounding nature are the perfect base for rest and restoration before returning happy back into the valley. Overnight accommodation in the lodge or in the chalets.

Str. Furcia 33 | Plan de Corones

Tel. (+39) 0474 501 158 | info@graziani.bz

www.graziani.bz

ÜCIA PICIO PRÉ RESTAURANT

Restaurant open in summer and winter.
Local dishes. Member of Slowfood.

Passo Furcia | Prè da Peres slope
Tel. (+39) 338 140 64 52 | piciopre@tiscali.it
www.piciopre.it

CHI CIANEIS RESTAURANT

Pedagà-Piste - local cuisine.
Open in winter.

Str. Valiares 30 | San Vigilio
Tel. (+39) 0474 501 892

BISTROT FLOWER

In a casual and youthful atmosphere, you will find cold cuts, bread, bruschetta, hamburgers of all kinds, vegetarian and vegan dishes and an amazing selection of special beer. Our kitchen offers you traditional Ladin and Italian dishes. After dinner a gaming room, a billiard table and a big screen will be available for you.

Str. Gran Pre 41 | San Vigilio
Tel. (+39) 0474 501 065 - Tel. (+39) 335 588 4420
info@hotelgranpre.it | www.hotelgranpre.it



GADER RESTAURANT

In our cosy dining room you can indulge your palate with dishes from three generations: the typical Ladin dishes from Grandma Albina, the delicious recipes from Mother Caterina and the desserts from Irene.

Str. Longega 10 | Longega
Tel. (+39) 0474 501 008
info@albergogader.it | www.albergogader.it

GARSUN TRATTORIA

Ladin menu with several courses.
Booking required.

Str. Mantena 14 | San Vigilio
Tel. (+39) 0474 501 282

POSTA RESTAURANT

Cuisine according to our own tradition.

Str. Longega 1 | Longega
Tel. (+39) 0474 501 009
info@postalongega.com

SONNE PIZZA STOP

Relaxed refreshment stop at the lower cable car station of the Sonnenlift. The specialities are pizza and starters. Closed in summer.

Plan de Coronas

TABAREL RESTAURANT STEAKHOUSE - BISTROT – WINEBAR

International cuisine by French chef Patricia. Ladin dishes, fish and meat specialities, homemade pasta, vegetarian dishes. Large selection of wines, schnapps and spirits.

Str. Catarina Lanz 28 | San Vigilio
Tel. (+39) 0474 501 210
info@tabarel.com | www.tabarel.com

TAIBON 1885 RESTAURANT

In our restaurant we offer a cuisine based on the research of raw materials. As for meat, cheese and vegetables (in summer), our Chef Stefano follows the philosophy of the regional product. Pasta is possibly homemade and fish is also one of our great passions.

Str. Al Plan Dessora 41 | San Vigilio
Tel. (+39) 0474 501 018
www.restaurant-taibon-1885.com

Restaurants / Pizzeria

LA BRONTA RESTAURANT - PIZZERIA

Local cuisine, house plate, grill specialities, game dishes & pizza from the wood oven.

Str. Plan de Coronas 78 | San Vigilio
Tel. (+39) 0474 501 123
www.labronta.it | info@labronta.it



MORIS ABI PIZZA KEBAB BAR COFFEE

Choose from a variety of dishes of traditional and Turkish cuisine and let yourself be enchanted by the taste. Tasty fast food and typical recipes; with heated terrace.

Str. Catarina Lanz 36 | San Vigilio
Tel. (+39) 339 146 9693
www.morisabi.eatbu.com | emregunergok12@gmail.com





RITTERKELLER RESTAURANT - PIZZERIA

Pizza from the wood-fired pizza oven, local dishes, game specialities, panoramic terrace.

Str. Ras-Costa 2 | San Vigilio

Tel. (+39) 0474 501 418

info@ritterkeller.it | www.ritterkeller.it



RESTAURANT - PIZZERIA SPACES

Pizzeria and creative restaurant with panoramic hall for large and small banquets.

Str. Chi Vai 16 | San Vigilio

Tel. (+39) 0474 430 565

freedom@spaces-hotel.com

www.spaces-hotel.com



VIVES LOUNGEBAR

Pizza - Cocktails - Beer - Wine

Str. Catarina Lanz 42 | San Vigilio

Tel. (+39) 371 593 1286

info@mupan.it

www.mupan.it

ARNOLD'S RESTAURANT – PIZZERIA

South Tyrolean and Italian cuisine, from lunchtime onward large selection of pizzas from our wood-fired pizza oven with South Tyrolean and Italian wines. Rustic ambience.

Str. Catarina Lanz 65 | San Vigilio
Tel. (+39) 0474 501 409

ERIKA RESTAURANT - PIZZERIA

Homemade pasta and local cuisine, terrace, free WiFi.

Str. Catarina Lanz 31 | San Vigilio
Tel. (+39) 0474 506 160
Tel. (+39) 338 182 17 07
ristorante.erika@yahoo.it
www.ristorantepizzeriaerika.it

DA ATTILIO RESTAURANT – PIZZERIA

- tasty pizzas topped with the finest ingredients
- ladin specialities
- home delivery service
- charging station for your e-car (on payment)

Str. Catarina Lanz 49 | San Vigilio
Tel. (+39) 0474 501 109
Tel. (+39) 340 829 30 10
bonvicini.diego@hotmail.it | www.daattilio.it



Farmers' tavern / Agritourism



ALLA ROSA SOTRÙ - RESTAURANT

Welcome to our family-run village inn. Enjoy Ladin specialities and our regional cuisine. Traditional dining room and romantic veranda with a wonderful view of the Dolomites. Sun terrace and children's playground with farm animals.

*Str. La Pli 25 | Pieve di Marebbe
Tel. (+39) 347 880 36 38 | sotru@hotmail.it*



CIASTEL OSTERIA

In our tavern in a historic castle dating back to the 14th century, you can enjoy the finest South Tyrolean delicacies. Whether for a cosy get-together or for refreshments after an excursion, we treat you to wholefood products from our own farm.

*Str. Ras-Costa 1 | San Vigilio
Tel. (+39) 0474 501 748 | Tel. (+39) 347 287 54 61
info@ciastel.it | www.ciastel.it*

OSTARIA GRAN CIASA

Ladin specialities (booking required).
Historic country house.

Str. La Pli 45 | Pieve di Marebbe
Tel. (+39) 0474 501 511
loistaibon@gmail.com



SOLESEID AGRITURISMO

Traditional farmers' cuisine, cosy farm-house-style dining rooms and a relaxed setting. Located just off the Erta/Piz de Plaies hiking trail and slope.

Str. Sarjei 12 | San Vigilio
Tel. (+39) 0474 501 405 | info@soleseid.it
www.soleseid.it



Alpine huts

in the nature park and surrounding area



FODARA (1.980 m)

The mountain air on Malga Fodara Vedla makes you hungry! Whether after a hike in the Dolomites or on holiday in our hut, we indulge you with homemade dishes from our local hut cuisine. Our menu includes various crispy salads from our own garden, homemade pasta dishes and various meat dishes. As a sweet finale we surprise you with homemade cakes and sophisticated desserts.

Malga Fodara Vedla 2

*Tel. (+39) 0474 646 432 | Tel. (+39) 348 853 74 71
rifugio@fodara.it | www.fodara.it*



LAVARELLA (2.050 m) - THE HIGHEST MICROBREWERY IN EUROPE

At the Rifugio Lavarella good food is particularly important. We are fascinated by genuine healthy mountain cooking and we therefore value it highly. Let the aromas of our dishes tempt you, whether on a hike, during a mountain biking tour, a ski tour or a snowshoe hike in the Dolomites.

Alpe di Fanes 4

*Tel. (+39) 0474 501 094
rifugio@lavarella.it | www.lavarella.it*

PEDERÜ (1.548 m)

We offer you typical dishes, emphasising fresh South Tyrolean products, to indulge you with our outstanding local cuisine. Our restaurant is the starting point of various hikes to the pastures of Fanes - Senes and Fodara Vedla.

*Str. Val dai Tamersc 16 | Pederü
Tel. (+39) 0474 834 316
info@pederue.it | www.pederue.it*

ÜCIA MUNT DA RINA | MALGA DI RINA (1.947 m)

Enjoy the peace and the homemade delicacies! You get to us from Rina in 1- 1,5 hours.

*Tel. (+39) 335 661 45 00
bernadetta@muntdarina.com
www.muntdarina.com*



Bars - Patisseries



CAMPEX SWAROVSKI OPTIK GELATERIA - PASTICCERIA

Showroom “Swarovski Optik” - Homemade Ice Cream & Patisserie made with high quality local products. Traditional “Strudel”- take away and personalized cakes for special occasions, on reservation. Breakfast with Eco-Premium coffee, croissants and a large selection of herbal teas and hot chocolates. Ideal place to enjoy a selected glass of wine, a delicious appetizer or a special cocktail.

*Str. Plan de Coronas 2 | San Vigilio
Tel. (+39) 0474 501 001
info@hotel-teresa.com | www.hotel-teresa.com*



DAL BAGN - BIIOSTARIA

Organic delights in a feel-good atmosphere. Dinner tasting menu.

*Str. Fanes 40 | San Vigilio
Tel. (+39) 0474 501 215
info@aquabadcortina.it | www.aquabadcortina.it*

MORIS ABI PIZZA KEBAP BAR COFFEE

Choose from a variety of dishes of traditional and Turkish cuisine and let yourself be enchanted by the taste. Tasty fast food and typical recipes; with heated terrace.

Str. Catarina Lanz 36 | San Vigilio
Tel. (+39) 339 146 9693
www.morisabi.eatbu.com
emregunergok12@gmail.com



MUPAN BAKERY AND PATISSERIE COFFEE HOUSE

Coffee, pastries, bakery, homemade ice cream, bread delivery service.

Str. Fanes 4 | San Vigilio
Tel. (+39) 0474 501 015
info@mupan.it



BAR ROSALPINA

Coffee, breakfast, snacks, homemade cakes, appetizers, draft beers. Sunny and cosy terrace overlooking.

Str. Plan de Coronas 1 | San Vigilio
Tel (+39) 0474 501 413
info@appartamenti-rosalpina.com
www.appartamenti-rosalpina.com

Gastronomy San Martin

A person with long, wavy hair, wearing a bright yellow jacket, is seen from the back, sitting on a wooden bench. The background is a vast, snowy mountain landscape under a clear blue sky. The mountains are covered in snow and have some rocky outcrops. In the middle ground, there is a wooden fence and some evergreen trees. The overall scene is bright and clear, suggesting a sunny day in winter.



Restaurants



COL DL' ANCONA (1.620 m)

Our restaurant offers typical local cuisine, large dining room, and terrace with a panoramic view of the Dolomites. It is an ideal resting spot after a walk in the woods or a day skiing. We are located in the heart of the ski carousel Plan de Corones. We can be also easily reached by car. OPEN: from late June to late September and early December to mid-April

Piz de Plaies | Tel. (+39) 349 531 90 92



OSTARIA POSTA RESTAURANT

We emphasise seasonal, fresh local dishes. Our irresistible desserts and our comprehensive wine list round off the sensuous experiences.

Str. Picolin 42 | Piccolino

Tel. (+39) 0474 523 128

info@ostariaposta.com | www.ostariaposta.com

DASSER RESTAURANT

Historic restaurant, first mentioned in the records as an inn 300 years ago. Traditional South Tyrolean cooking and Ladin delicacies.

Str. Tor 20 | San Martin
Tel. (+39) 0474 523 120
info@dasser.it | www.dasser.it

ÜTIA AL CIR (1.620 m)

Traditional cuisine next to the mountain stations “Piculin” and “Piz de Plaies”. Starting point for snowshoe hikes and woodland walks. OPEN: in winter and from July to the middle of September

Piz de Plaies - Antonia
Tel. (+39) 338 899 72 07

RENÈ CIASADAFÜCH

In Lungiarü, *Paisc dl alpinist*, a gourmet restaurant, exclusive for food style and tradition. Reservation only.

Str. Santa Lizia 144 | Lungiarü
Tel. (+39) 0474 590 021 | Tel. (+39) 334 703 46 66
rene.ciasadafuech@gmail.com

ÜTIA DA JU (1.620 m)

Hot food. Evening meals must be pre-booked. Accessible by car. At the piste Piz de Plaies, starting point for summer hikes. OPEN: End November–End April.

Piz de Plaies
Tel. (+39) 339 865 68 31
info@utiadaju.com | www.utiadaju.com

Restaurants/Pizzeria



CRISTLA RESTAURANT - PIZZERIA

The wood oven pizzas and South Tyrolean dishes are prepared with much love and only using fresh and local products. The creations by chef Ivo, who comes from the fine dining sector, excite diners.

*Str. Valdander 14 | Antermoia
Tel. (+39) 348 564 99 14
cristla.restaurant@gmail.com*



RESTAURANT - PIZZERIA FORNATA

Restaurant and large selection of pizzas from our wood-fired pizza oven.
In summer also for lunch.

*Str. St. Lizia 119 | Lungiarù
Tel. (+39) 0474 590 015
info@pizzeria-fornata.it | www.pizzeria-fornata.it*

FONTANELLA RESTAURANT - PIZZERIA

Ladin and Italian specialities/Italian tradition: Lagrein ravioli, hemp and Tyrolean grey cheese tortelloni, local game. Depending on the season pizza is available at lunchtime. NEW: comfortable sun terrace.

Str. S. Antone 101 | Antermoia
Tel. (+39) 0474 520 042
info@hotel-fontanella.com
www.hotel-fontanella.com

OSTÌ NICL RESTAURANT – PIZZERIA

From original traditional local recipes to Italian dishes and pizza.

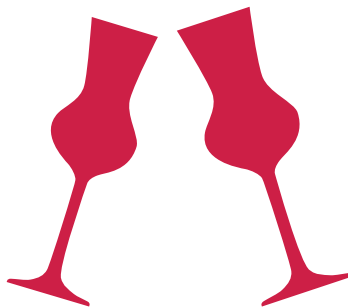
Str. Stufles 21 | San Martin
Tel. (+39) 320 535 52 87
www.ostinicl.it

Bar

BAR VAL

Café - snack bar

Str. Pinis 9 | San Martin
Tel. (+39) 0474 523 131



Farmer's tavern / Agritourism



LÜCH DE VANC RESTAURANT

Ladin cuisine: fresh and tasty. Dumplings, barley soup and many other delicacies. Speck cured ham and homemade cheese, cake and apple strudel.

*Str. Seres-Misci 22 | Lungiarü
Tel. (+39) 0474 590 108 | info@vanc.it
www.vanc.it*



TLISÖRA SPECKSTUBE

The Speckstube is located at the entrance to Valle dei Mulini and is therefore an ideal place for refreshments. We offer traditional Ladin cuisine: dumplings, barley soup, Schlutzkrapfen ravioli, mixed grill platter, cakes and, of course, traditionally produced Speck.

*Str. Seres-Misci 17 | Lungiarü
Tel. (+39) 0474 590 145 | info@tlisora.it
www.tlisora.it*

Alpine huts

in the nature park and surrounding area

MONTE MURO (2.157 m)

Here you can enjoy homemade South Tyrolean delicacies, as well as delicious desserts and cakes on the sun terrace or in the wooden „stube“, with a unique panorama. OPEN: June - middle/end of October

Str. BÖrz 19 | Antermoia

*Tel. (+39) 0474 520 059 | Tel. (+39) 347 084 04 35
info@maurerberg.com | www.maurerberg.com*



ÜTIA CIR

Our rustic log cabin restaurant is located a few meters away from Passo delle Erbe. The Menu is based on traditional local cuisine, we use only fresh and local products; all that we serve is home made! You can easily reach us by car, foot, bike, moto! OPEN: summer/winter

Str. BÖrz 23 | Passo delle Erbe

*Tel. (+39) 338 588 5808
info@boerz.it | www.boerz.it*

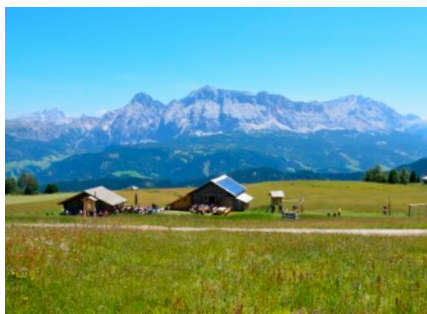




ÜTIA DE BÖRZ RESTAURANT

The Ütia de Börz restaurant in South Tyrol offers a cuisine made of simple and genuine flavors to be enjoyed while admiring a breathtaking panorama. We strive daily to prepare a variety of dishes abounding in flavors and tradition. We serve the thrilling results in a relaxed and genuine atmosphere.

*Str. Börz 26 | Passo delle Erbe
Tel. (+39) 0474 520 066
info@boerz.it | www.boerz.it*



VACIARA (2.113 m)

Hot and cold food. Accessible from Campill/Vi (1 hr.), Seres-Valle dei Mulini (1,5 hrs.), from Passo delle Erbe (Monte Putia circular hike) via the gorge (2 hrs.) or via Passo Göma (1,5 hrs.). OPEN: June-October

*Meadows of Pütia | Lungiarü
Tel. (+39) 345 846 35 97
info@gscnara.it | www.gscnara.it*

CIAMPCIOS (2.030 m)

Panoramic views of the Odle Group.
Hiking trails 5 and 5A or Dolomites high route.
OPEN: June - End October

*Munt d'Adagn | Lungiarü
Tel. (+39) 335 786 64 36
info@uetiaciampcios.com
www.uetiaciampcios.com*

GÖMA (2.050 m)

At the foot of Monte Putia, reachable through the „Stone Town“ (55 mins. from Passo delle Erbe car park) or on the Monte Putia circular walk (3,5 hours). Local and international cuisine, cakes.
OPEN: June - End October

Meadows of Putia

Tel. (+39) 347 418 61 36

uetiadegoema@yahoo.com

ÜTIA DE PECOL (1.930 m)

Characteristic alpine hut located 40 minutes from the parking lot Pe de Börz, in a quiet area. It has a beautiful terrace overlooking Monte Putia. Here you can find the traditional dishes of the valley, prepared with local and fresh products.

Str. Börz 18 | Antermoia

Tel. (+39) 335 787 8777 | gary.s@rolmail.net

ÜTIA DA RIT (2.000 m)

Ütia da Rit mountain hut is located in an amazing territory, among the most famous Dolomites Peaks. Our tasty but healthy menu offers cold starters, traditional alpine soups, home-made pasta, meat and egg plates, as well as tasty desserts.

Rit, La Valle

Tel. (+39) 338 899 72 07 | www.utiadarit.it

MUNT DE FORNELLA (2.080 m)

Rustic hut beneath Monte Putia, approx. 20 mins. from Passo delle Erbe. Ladin dishes, grill specialities and “Tirtlan” pastries.
OPEN: Beginning July – mid-October.

Meadows of Putia

Tel. (+39) 340 579 44 24 | Tel. (+39) 335 616 66 73

www.muntdefornella.it | erlacher.david@rolmail.net

SOT PÜTIA (2.080 m)

20 minute walk from the car park you enjoy Ladin delicacies on our sun terrace and admire Monte Putia.
OPEN: End June-End September

Meadows of Putia

Tel. (+39) 0474 773 552

Tel. (+39) 338 500 96 98

info@frapes.it | www.frapes.it

Wellness

The main focus for holiday makers is relaxation. For some, that means climbing rock faces and peaks and getting close to wild nature, others take time for themselves and look after body and soul with a massage, a sauna session, gentle lengths in the swimming pool - in San Vigilio and San Martin you can do both ! Woodland air, hay bath, thermal waters - our specialist local providers have the right application for you, ranging from close to nature to individual.



AQUA BAD CORTINA - THERMAL BATHS

Over 230 years of pure spa indulgence: Breathe in the invigorating scent of Swiss stone pine while sitting back and relaxing in the world's first silver quartzite bath tub, filled to the brim with soothing mineral water.

Str. Fanes 40 | San Vigilio

Tel. (+39) 0474 501 215

info@aquabadcortina.it | www.aquabadcortina.it



BELLA VISTA SPA

Alpine and Caribbean applications, revitalising massages and spa baths, emotional private spa suite, harmonising beauty treatments.

Beauty Center, Bellavista Emma

Str. Plan de Coronas 39 | San Vigilio

Tel. (+39) 0474 501 133

info@hotelemma.it | www.hotelemma.it





BELSANA

Massages, beauty and wellness treatments, facial and body packs, private spa suites for couples, osteopathy, physiotherapy and sun beds.

*Beauty and Therapy Center, Belvitahotel Almhof Call
Str. Plazores 8 | San Vigilio
Tel. (+39) 0474 501 043
info@almhof-call.com | www.almhof-call.com*



CARMEN AESTHETICS

Carmen takes care of your individual needs. Foot care, massages, facial treatments, face skin check up, depilation, body shaping treatments, vulcanic muds, press therapy legs, lymphatic drainage and manicure.

*Str. Pinis 2 | San Martin
Tel. (+39) 335 625 16 72
carmen.aesth@gmail.com*



CHRISTOPHORUS BEAUTY & MORE

Facials and body treatments, massages, full body packs, massage baths with light therapy, manicure, pedicure, permanent varnish, hair removal with wax.

*Str. Catarina Lanz 26 | San Vigilio
Tel. (+39) 0474 501 333
info@christophorus-residence.com
www.christophorus-residence.com*

CORONA'S "REALM OF CRYSTALS"

Massages, Guinot face and body treatments, manicures and pedicures. Many of our treatments are enhanced by the soothing effect of gemstones. The new natural range: Team Dr. Joseph, lifting and lashed extension.

Str. Catarina Lanz 22 | San Vigilio
Tel. (+39) 0474 501 038
info@hotelcorona.net | www.hotelcorona.net



EXCELSIOR DOLOMITES LIFE RESORT

Well-being on 2.500 m² with Sky Spa adults only and separate family wellness area. In the beauty castle Castello di Dolasilla you enjoy massages, IQMS facial treatments, body treatments and exclusive couple treatments in the Private Spa Suite.

Str. Valiares 44 | San Vigilio
Tel. (+39) 0474 501 036
info@myexcelsior.com | www.myexcelsior.com

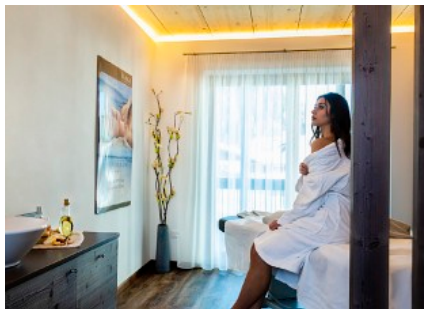


HOTEL AL SOLE - SONNENHOF THE ROMANTIC HAY BATH

Enjoy this dream bath for two or alone in the candlelight whirlpool starting with a nice glass of hay brandy. Pamper the skin with essential oils, mineral salts and mare's milk and then rest in the romantic bed of hay.

Str. Catarina Lanz 8 | San Vigilio
Tel. (+39) 0474 501 012
hotel@sonnen-hof.com | www.sonnen-hof.com





BEAUTY & SPA “LES FONTANIES” HOTEL TERESA

Relax & regenerate yourself in our beauty: massages, body and facial treatments, pedicure, manicure, depilation, baths, solarium, paraffin packing... A relaxing feeling of balance for body and soul!

Str. Plan de Coronas 2 | San Vigilio

Tel. (+39) 0474 501 001

info@hotel-teresa.com | www.hotel-teresa.com



MAREO DOLOMITES

Enjoy massages, body treatments and facials with natural products by Vitalis Dr. Joseph. Alpine Cocktail-Bar with personalized cocktails, enjoy sensory experiences for every taste.

Str. Al Plan Dessora 17 | San Vigilio

Tel. (+39) 0474 501 007

info@mareo-dolomites.it | www.mareo-dolomites.it

Hairdressers

SALON LINEA EA ERICA

Unisex hairdresser | San Vigilio

Str. Fanes 21 | San Vigilio

Tel. (+39) 338 852 75 55

SALONE NELLO

Unisex hairdresser | San Vigilio

Str. Catarina Lanz 31 | San Vigilio

Tel. (+39) 0474 501 967



Cron4

Indoor swimming pool and sauna world

The Cron4 indoor swimming pool is split into a fitness and a leisure section, guaranteeing the ideal swimming fun for all. Inside there are 5 different pools with a total water area of 800 sqm, a 75m flume and a large lawn area.

The sauna section covers 3000 sqm. This 6-pearls world sauna offers thirteen different sauna options. There are relaxation rooms in various designs, Kneipp spa applications and regular professionally guided sauna sessions.

Im Gelände 26 | Brunico - Riscone
Tel. (+39) 0474 410 473
www.cron4.it

19 km from San Vigilio



Fitness

FITNESS CENTER

BODYtec

FIVE STAR PANORAMA CLUB



BODYtec is your competent fitness studio in the Pustertal for fitness, sports and health. On an area of 1000 m², in bright rooms with a panoramic view, you will always find the latest fitness trends for motivation and the joy of movement. Over 100 training machines make up the ultra-modern Technogym equipment park with multimedia functions for the highest performance demands.

The professional competence of our team and 25 years of experience will help you reach your goal in a friendly and well-kept ambience. Whether muscle building, weight reduction, endurance training, calisthenics or functional training, youth training, company fitness or senior fitness, everyone can successfully achieve their goals in our gym. We are happy to accompany and coach you in the form of individual personal training or with a variety of fitness courses. Solarium and massage round off the offer at the BODYtec fitness centre.

Rienzfeldstr. 30 | Brunico

Tel. (+39) 0474 411 292

www.bodytec.it

19 km from San Vigilio



Handcraft

JOINERIES

CARPENTRY ERICH COMPLOI KG

*Str. Gran Pré 95 | Tel. (+39) 389 972 4746
www.comploierich.jimdofree.com*

JOINERY GADERFORM SRL

*Str. Longega 4 | Tel. (+39) 0474 501 178
info@gaderform.com | www.gaderform.com*

JOINERY PALFRADER

*Str. Tlosöra 3
Tel. (+39) 333 179 3442*

SCULPTOR HUBERT PEZZEI

*Str. Santa Lizia 5 | Tel. (+39) 0474 590 105
www.woodartcreation.it*

JOINERY FEICHTER

*Str. Gran Pré 63
Tel. (+39) 348 769 5378*

JOINERY MOBILI MAREO

*Str. Framacia 10 | Tel. (+39) 0474 506 834
info@mobilimareo.it | www.mobilimareo.it*

JOINERY TAMERS FRIEDRICH

*Str. Plazores 7
Tel. (+39) 348 095 9373*



ELECTRICIANS

ELECTRICIAN KYMA CONTROLS S.R.L.

*Str. Ties 36 | Tel. (+39) 0474 765 100
info@kymacontrols.com | www.kymacontrols.com*

ELECTRICIAN LD ELEKTROTECHNIK

*Str. Pelegrin 9 | Tel. (+39) 331 616 82 98
lanthaler.daniel@rolmail.net*

ELECTRICIAN ELECTRO PLONER

*Str. La Pli 11 | Tel. (+39) 348 953 9216
filiplonier@gmail.com*

HYDRAULICS

HYDRAULIC ENGINEER AND PLUMBER MEDO KG

*Str. Gran Pré 4 | Tel. (+39) 0474 501 315
info@medo.bz.it*

HYDRAULIC ENGINEER TERMOTECNICA KASTLUNGER

*Str. Gran Pré 6 | Tel. (+39) 347 859 1920
termotecnica.kastlunger@rolmail.net
www.kastlunger.com*

CONSTRUCTION WORKS AND LABOUR

BRICKLAYER, FLOORER AND TILER OBOJES HUBERT

*Str. Ches Costes 17 | Tel. (+39) 335 105 10 17
hubert.obojes@rolmail.net*

BUILDING WORKS PLONER GIUSEPPE

*Str. Framacia 7
Tel. (+39) 389 2716115*

PAINTER - DECORATOR FLOOR LAYER ERLACHER DAVID SRL.

*Str. S. Antone 113 | Tel. (+39) 347 910 2642
info@erlacher.pro | www.erlacher.pro*

PAINTER AND DECORATOR MOLING ALBERO GMBH

*Str. Gran Ega 2 | Tel. (+39) 0474 523 166
www.moling.it*

CARPENTRIES

CARPENTRY ERARDI OSWALD

*Str. Val dai Tamersc 4 | Tel. (+39) 339 5738606
www.carpenteriaerardi.it*

CARPENTER HOLZMAR OTHMAR CASTLUNGER

*Str. Frëina 25 | Tel. (+39) 349 603 20 65
info@holzmar.it | www.holzmar.it*

CARPENTRY AND PLUMBER ZP GMBH

*Str. Val dai Tamersc 31 | Tel. (+39) 348 412 4277
gabriel@zhp.bz | www.zhp.bz*

MOVING EARTH

MOVING EARTH AND CIVIL ENGINEERING MARKUS ERLACHER

*Str. Al Plan dessora 12 | Tel. (+39) 334 156 7234
markus.erlacher@libero.it*

MOVING EARTH AND CIVIL ENGINEERING VERGINER GMBH

*Str. Gran Ega 13 | Tel. (+39) 0474 52 3399
www.verginer.bz.it*

OTHER ARTISANS

MECHANICAL GARAGE ZINGERLE

*Str. Gran Pré 61 | Tel. (+39) 0474 501 260
garage.zingerle@rolmail.net*

CERAMIST - ARTIST IRINA TAVELLA ATELIER

*Str. Al Plan dessora 36 | Tel. (+39) 339 855 7964
irina.tavella@rolmail.net | www.irinatavella.com*

PATISSERIE ROSI

*Str. Ches Costes 5 | Tel. (+39) 339 591 2655
pasticceria.rosi@gmail.com*

SAWMILL BAUHOLZ KG

*Str. Ties 7 | Tel. (+39) 0474 590 090
info@bauholz.it | www.bauholz.it*

LOCKSMITH ISIFER CLARA ISIDORO

*Str. Ties 5 | Tel. (+39) 349 210 8290
info@isifer.it | www.isifer.it*

GRAPHICS AND DESIGN STUDIO PULS

*Str. Gran Ega 4 | Tel. (+39) 0474 523 183
hi@studiopuls.it | www.studiopuls.it*



Holidaypass Mobile in South Tyrol

During your stay in San Vigilio and San Martin, your host, as a member of the Tourist Office, will provide you with a free ticket which entitles you to unlimited use of all public transport throughout South Tyrol, including the regional railways. Alternatively, you can purchase a weekly card (Mobilcard) for 28,00 € .

The transport of bicycles is only partially possible on public transport.

112 Emergency

San Vigilio pharmacy
(+39) 0474 501 240

Health Department Val Badia
(+39) 0474 524 552

Brunico hospital
(+39) 0474 581 111

San Vigilio Police
(+39) 0474 501 031

Ski pass office
(+39) 0474 501 340

Vet
(+39) 335 543 36 99

www.sanvigilio.info

Dolomites San Vigilio

see also

Summer activities

Cycling

Winter activities

Kids & Families

Dolomites UNESCO & culture

Accommodation

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Tourist Office San Vigilio & San Martin
Str. Plan de Corones 38/1
I - 39030 San Vigilio di Marebbe (BZ)

(+39) 0474 501037
info@sanvigilio.com
www.sanvigilio.com