

HIKES SUITABLE FOR PRAMS IN THE DOLOMITES REGION SEISER ALM

Hiking with a pram can quickly become a dilemma. If you are on the wrong hiking trails, you will soon reach your limits - either those of the pram or your own. Then it is either turn back or carry the child and stroller. However, if you want to get out into nature with the whole family on vacation in the Dolomites region Seiser Alm and prefer to take your child in a pram rather than carry it, we have put together tips for the perfect hike with a stroller. Hiking trails suitable for prams without significant differences in altitude and comfortable walks.

SEISER ALM

Section of the Hans und Paula-Steger-Trail.....	2
The gourmet tour.....	3
The Witches' Springs in Saltria - Sensory adventure trail	3
At the Puflatsch.....	4
Compatsch – Panorama – Tschapit.....	5

KASTELRUTH

Loop-trail of the Calvary hill	6
Tour in the Laranz wood.....	7
Kastelruth – Tisens – Tagusens.....	7
Kastelruth – Wasserebene – Kastelruth.....	8
Kastelruth – St. Valentin – Seis.....	8

SEIS AM SCHLERN

Hike to Völs am Schlern	9
Seis – Felderer – Furscherhof – Seis	10
Seis – Trotz – Schererplatzl – Telfen – Seis	10
Seis – Telfen – Seis	11

VÖLS AM SCHLERN









Völs – St. Anton – Völs – Peterbühl	12
Völs am Schlern – Konstantiner Weiher lake	13
Hike to Prösels Castle.....	13
Völs am Schlern – Ums	14
From the Völser Weiher lake to the Tuffalm mountain hut.....	14

TIERS AM ROSENGARTEN

From the Nigepass/Passo Nigra to the Hagneralm mountain hut	15
From Weißlahnbad to the Wuhnleger lake	16
From Nigepass/Passo Nigra to the Messnerjoch mountain hut	16










SECTION OF THE HANS UND PAULA-STEGER-TRAIL

-  **Starting point:** Compatsch, mountain station of the Seiser Alm Aerial Cableway
-  **Arrival point:** Laranzer Schwaige hut
-  **Parking:** Seis, valley station of the Seiser Alm Aerial Cableway - followed by a gondola ride to Compatsch
-  **Duration:** 1 h 35 min
-  **Distance:** 5,4 km
-  **Elevation gain ascent:** 124  m **Elevation gain descent:** 70 m
-  **Difficulty:** easy








The hike starts at the mountain station of the Seiser Alm Aerial Cableway in Compatsch, behind the Church of St. Francis. Trail no. 30 runs across meadows, past the Hotel Steger Dellai, to the Ritsch Schwaige hut. The hike continues through forests and across Alpine meadows to the Laranzer Schwaige hut. This hike offers unique views and insights into the magnificent natural landscape. The view of Salscia, the Langkofel and Plattkofel peaks, the mountains of the Val Gardena is magnificent! In addition, **boards along the way provide information about the special features of this unique region.**

THE GOURMET TOUR

-  **Starting and arrival point:** Compatsch, mountain station of the Seiser Alm Aerial Cableway
-  **Parking:** Seis, valley station of the Seiser Alm Aerial Cableway - followed by a gondola ride to Compatsch
-  **Duration:** 3 h
-  **Distance:** 11 km
-  **Elevation gain ascent:** 194 m  **Elevation gain descent:** 192 m
-  **Difficulty:** easy








The tour begins in Compatsch, behind the Church of St. Francis, and leads comfortably along trail no. 30A towards Hotel Ritsch. At the junction shortly before the hotel, we first turn left and then right towards **the Sanon Hut, one of the rarest huts** on the Seiser Alm. We enjoy the peace and quiet and let ourselves be enchanted by the idyllic mountain world. We continue hiking to the Schgaguler Schwaige hut. From there, trail no. 6 leads to the point where trails no. 6A and no. 6 pass by the Vitalpina Hotel Icaro and bring us back to Compatsch, the starting point of the tour.

THE WITCHES' SPRINGS IN SALTRIA - SENSORY ADVENTURE TRAIL

-  **Starting and arrival point:** Saltria, Seiser Alm
-  **Parking:** Seis, valley station of the Seiser Alm Aerial Cableway - followed by a gondola ride to Compatsch
-  **Duration:** 1 h 30 min
-  **Distance:** 3,4 km
-  **Elevation gain ascent:** 87 m  **Elevation gain descent:** 87 m
-  **Difficulty:** easy








We take the Seiser Alm Aerial Cableway to Compatsch and from there the bus (line 11) to Saltria and walk to the Hotel Tirlir. Here we leave the pram behind and hike along the **sensory trail** without it. Out of the shoes and off we go! **The trail is an adventure to stimulate the senses: smelling, feeling, hearing, looking, tasting, recharging your batteries and finding relaxation.** The circular trail leads in adventurous stations through the legendary forest "Bosch Curasoa". Past healing sulphur springs and carved figures. Through forest clearings and marshlands, the trail offers a nature experience for young and old.

AT THE PUFLATSCH

-  **Starting and arrival point:** Compatsch, mountain station of the Seiser Alm Aerial Cableway
-  **Parking:** Seis, valley station of the Seiser Alm Aerial Cableway - followed by a gondola ride to Compatsch
-  **Duration:** 3 h
-  **Distance:** 8,8 km
-  **Elevation gain ascent:** 333 m  **Elevation gain descent:** 333 m
-  **Difficulty:** medium

From Seis am Schlern we reach the starting point Compatsch on the Seiser Alm with the barrier-free cable car. Near the mountain station we follow a small gravel path down to the Puflatsch cable car (gradient approx. 15%). Amidst wide mountain meadows we enjoy the peace and quiet of Europe's largest high alpine pasture. The Seiser Alm is a true paradise for mountain lovers in winter as well as in summer. The barrier-free Puflatsch cable car takes us up to 2119 metres. Close to the top station is the **“Engelsrast”, a wonderful vantage point with a few wooden benches offering a 360° panoramic view of the Schlern, the Plattkofel and the Langkofel.** Over the gentle hills of Puflatsch we follow a wide footpath with gravel surface up to an extensive plateau (gradient approx. 10%). After a rather short flat stretch, the descent to the Arnika hut (2062 m) finally begins. In this section, the trail winds over some smaller knolls and has a pronounced gradient in parts afterwards. From the Arnika hut, a small steep footpath leads over a bumpy ascent (wooden gate) to a wooden cross (2077 m). From this hill with benches and tables we enjoy a wonderful view of Kastelruth, as well as Lajen and the surrounding area. We return the same way.








COMPATSCH – PANORAMA – TSCHAPIT

-  **Starting and arrival point:** Compatsch, mountain station of the Seiser Alm Aerial Cableway
-  **Parking:** Seis, valley station of the Seiser Alm Aerial Cableway - followed by a gondola ride to Compatsch
-  **Duration:** 3 h 20 min
-  **Distance:** 10,9 km
-  **Elevation gain ascent:** 382m  **Elevation gain descent:** 382 m
-  **Difficulty:** difficult

From the mountain station of the Seiser Alm Aerial Cableway, we hike along the road to the mountain station of the Panorama chairlift. From here we hike on to the Laurin hut and in the direction of Spitzbühl. Before reaching the Spitzbühl hut we turn left and continue in the direction of Tschapit. We hike to the Gstatsch hut and can continue hiking to the Saltner hut in Tschapit. From here we take the same path back to the starting point. To shorten the trail, you can of course only hike part of the way, as there are several places to stop for refreshments along the way.










LOOP-TRAIL OF THE CALVARY HILL

-  **Starting and arrival point:** Village centre of Kastelruth
-  **Parking:** parking garage in Kastelruth
-  **Duration:** 30 min
-  **Distance:** 1 km
-  **Elevation gain ascent:** 42 m  **Elevation gain descent:** 42 m
-  **Difficulty:** easy








The starting point of the hike is the historic village square of Kastelruth. From here we walk through the right archway of today's town hall in the direction of Calvary or, as the people of Kastelruth call this hill, the Kofel. **The Passion of Jesus Christ** is impressively re-enacted. Numerous **small wayside shrines** with **wood-carved, almost life-size figures** bring the event back to life. Information boards and symbols along the way explain the course of the path. During the tour of the Kofel, we have a magnificent view of the hamlet Tisens, that belongs to the market town of Kastelruth. Once at the top, the view over Kastelruth with its imposing church tower and the Santner and Schlern massifs is impressive. Benches distributed over the entire area invite you to linger.

TOUR IN THE LARANZ WOOD

-  **Starting and arrival point:** Sports centre Telfen
-  **Parking:** Sports centre Telfen
-  **Duration:** 1 h
-  **Distance:** 1,4 km
-  **Elevation gain ascent:** 56 m  **Elevation gain descent:** 56 m
-  **Difficulty:** easy






The starting point of the hike is the sports centre Telfen. Across meadows and with a beautiful view of Seis and the Schlern, the tour in the Laranz wood leads through a pine forest to the **football field in Laranz**. There is a stop for refreshments at the Laranz sports bar. The hike leads back along the same path to the starting point.

KASTELRUTH – TISENS – TAGUSENS

-  **Starting and arrival point:** Village centre of Kastelruth
-  **Parking:** parking garage in Kastelruth
-  **Duration:** 2 h 30 min
-  **Distance:** 7,2 km
-  **Elevation gain ascent:** 430 m  **Elevation gain descent:** 430 m
-  **Difficulty:** medium









The path leads through the left archway at the square Krausplatz to the Hotel Villa Kastelruth. There we turn half-right into the rather steep little road. Tisens is considered the birthplace of Sabine Jäger, the hapless lover of Oswald v. Wolkenstein. The little church of Tisens was first mentioned in a document in 1353 and is dedicated to St. Nicholas. Having arrived in the village of Tisens, the sunny road, surrounded by lush meadows and pastures, leads us on to the next village, Tagusens. The little church dedicated to St. Magdalena dates back to the 14th century and houses a beautiful altar with statues from 1752. A school museum and an old cobbler's workshop have been set up in the old schoolhouse building. Please contact one of our Tourist Offices for the opening hours or look at www.seiseralm.it. We walk back the same way or take the bus line 177 back to Kastelruth.

KASTELRUTH – WASSEREBENE – KASTELRUTH

-  **Starting and arrival point:** Village centre of Kastelruth
-  **Parking:** parking garage in Kastelruth
-  **Duration:** 1 h 15 min
-  **Distance:** 4,3 km
-  **Elevation gain ascent:** 157 m  **Elevation gain descent:** 157 m
-  **Difficulty:** easy

We start this walk from the village square in Kastelruth, walk towards the crossroads and turn left. The path leads past the primary schools, after about 200 m we turn right and follow the road towards the Pizzeria Sporthütte. We follow this road and after 1.5 km we reach the **Wasserebene football field** (refreshment stop). The way back is the same.








KASTELRUTH – ST. VALENTIN – SEIS

-  **Starting and arrival point:** Village centre of Kastelruth
-  **Parking:** parking garage in Kastelruth
-  **Duration:** 1 h
-  **Distance:** 4 km
-  **Elevation gain ascent:** 117  **Elevation gain descent:** 168 m
-  **Difficulty:** medium
-  **Only suitable for off-road prams**

The trail leads along the Maritzenstraße road to the Wegmacher farm, where a slightly ascending path leads up to the Schererplatzl. Continue along the road in a southerly direction until you reach a little Madonna shrine where you turn right onto a path and then cross the Seiser Alm road. This is a relatively short, pleasant walk. In addition to the beautiful landscape, the hiker is offered sights of art-historical significance. The interior and exterior of **St. Valentin's church** contains a series of frescoes from the 14th and 15th centuries in the style of the Veronese school. From St. Valentin we follow an old cobbled path to our destination of Seis am Schlern. We take the shuttle bus no. 3 or the bus no. 170 back to Kastelruth.










HIKE TO VÖLS AM SCHLERN

-  **Starting and arrival point:** Tourist Office Seis am Schlern
-  **Parking:** Underground car park in Seis at the bus station
-  **Duration:** 2 h
-  **Distance:** 7 km
-  **Elevation gain ascent:** 18 m  **Elevation gain descent:** 142 m
-  **Difficulty:** easy








The starting point is the Tourist Office in the centre of Seis. We turn into Burgfriedenstraße street, which leads through the craftsmen's zone to the end of the village. We cross the main road and take path no. 11 opposite the entrance to the craftsmen's zone. This leads through meadows and woods via St. Konstantin and St. Anton to Völs without any significant difference in altitude. Return as for the outward journey or alternatively by bus (shuttle bus no. 2 can carry prams or wheelchairs).

SEIS – FELDERER – FURSCHERHOF – SEIS

-  **Starting and arrival point:** Tourist Office Seis am Schlern
-  **Parking:** Underground car park in Seis at the bus station
-  **Duration:** 50 min
-  **Distance:** 2,9 km
-  **Elevation gain ascent:** 91 m  **Elevation gain descent:** 91 m
-  **Difficulty:** easy








The starting point is the tourist office in the centre of Seis. We turn into street Burgfrieden, which leads into the craftsmen's zone. Here we follow the trail Felderer which leads to Furscherhof farm and turn right onto trail St. Oswald. We continue slightly uphill to the Peterlungerhof farm and finally return to the village centre.

SEIS – TROTZ – SCHERERPLATZL – TELFEN – SEIS

-  **Starting and arrival point:** Bus station in Seis am Schlern
-  **Parking:** Underground car park in Seis at the bus station
-  **Duration:** 1 h 30 min
-  **Distance:** 5,5 km
-  **Elevation gain ascent:** 172 m  **Elevation gain descent:** 172 m
-  **Difficulty:** easy

The walk starts at the bus station in Seis. From there we turn right into street Henrik-Ibsen and walk slightly uphill towards Trotz. After about 1 km we turn left at the crossroads and continue along street Patener until we reach the Seiser Alm road. Cross this road, turn left after 20 m and follow the asphalt road across Schererplatzl. After 800 metres, we turn left again and take the path to Telfen, from here we walk a back to Seis on the pavement.








SEIS – TELFEN – SEIS

-  **Starting and arrival point:** Tourist Office Seis am Schlern
-  **Parkplatz:** Underground car park in Seis at the bus station
-  **Duration:** 1 h 30 min
-  **Distance:** 5,2 km
-  **Elevation gain ascent:** 150 m  **Elevation gain descent:** 150 m
-  **Difficulty:** easy

We start at the village centre of Seis and walk on the pavement along the main road in the direction of Kastelruth until we reach the crossroads to the Hotel Mirabell. Here we continue to the Hotel Rungghof and then turn right. We follow the road to Telfen and walk on the pavement along the main road back to Seis. To shorten the hike, you can take a bus back to Seis in Telfen. Of course, the hike can also be done in the opposite direction.










VÖLS – ST. ANTON – VÖLS – PETERBÜHL

-  **Starting and arrival point:** Tourist office Völs am Schlern
-  **Parking:** parking garage in Völs
-  **Duration:** 1 h 20 min
-  **Distance:** 4,4 km
-  **Elevation gain ascent:** 132 m  **Elevation gain descent:** 128 m
-  **Difficulty:** easy









This walk starts at the tourist office Völs am Schlern and leads comfortably along trail no. 11 in the direction of St. Anton. At the Hotel St. Anton we take the subway and follow the road for about a kilometre in the direction of the Völser Weiher lake. In a sharp left-hand bend, trail no. 15 branches off to the right and leads back to the tourist office. Continue walking up to the beautifully situated **little church of St. Peter**, also known as "Peterbühel". Trail no. 2A leads through a beautiful forest to a small children's playground and then winds its way up to the little hilltop church. It dates back to the 12th century and was given its present form through later alterations. From here you have a magnificent view of **Völs, Ums, Prösels, the Schlern massif and down into the Eisacktal Valley**. Excavations here have brought interesting finds and old masonry to light. At the junction, the trail leads back through pastures to the starting point, Völs am Schlern.

VÖLS AM SCHLERN – KONSTANTINER WEIHER LAKE

-  **Starting and arrival point:** Roundabout, Völs am Schlern
-  **Parking:** parking garage in Völs
-  **Duration:** 1 h 55 min
-  **Distance:** 6,8 km
-  **Elevation gain ascent:** 67 m  **Elevation gain descent:** 67 m
-  **Difficulty:** easy








This walk starts at the roundabout in Völs am Schlern and leads leisurely along path no. 11 in the direction of St. Anton. Here we continue to St. Konstantin, where we turn left at Hotel Perwanger and continue walking towards the Konstantiner Weiher lake. To shorten the way back, you could take the bus line 170 or the shuttle bus line 2 coming from the valley station of the Seiser Alm Aerial Cableway on the main road in St. Konstantin to Völs am Schlern, where we started.

HIKE TO PRÖSELS CASTLE

-  **Starting point:** Tourist office Völs am Schlern
-  **Arrival point:** Prösels Castle
-  **Parking:** parking garage in Völs
-  **Duration:** 2 h 50 min
-  **Distance:** 8,3 km
-  **Elevation gain ascent:** 365 m  **Elevation gain descent:** 363 m
-  **Difficulty:** medium









The hike begins at the roundabout in Völs am Schlern. Follow the main road towards Bozen for about 400 m until you reach the Carabinieri station. On the left side of the road, trail no. 6 leads through meadow slopes and past historic farms and houses. The breath-taking natural landscape also provides a change between culture and tradition here. After crossing the Tschafonbach stream, the trail continues slightly uphill to **Prösels Castle**, which together with the Schlern massif is one of the landmarks of the municipality of Völs. The castle tours are highly recommended. The times of the tours can be found at the tourist office or directly at the castle. The huge dining hall with its murals and unique wood panelling and the magnificent knights' hall are well worth seeing. We return either by bus (line 176) or whoever wants to hike via Ums on trail no. 3 and no. 6 back to Völs am Schlern, the starting point of the tour.

VÖLS AM SCHLERN – UMS

-  **Starting and arrival point:** Roundabout, Völs am Schlern
-  **Parking:** parking garage in Völs
-  **Duration:** 1 h 30 min
-  **Distance:** 5,6 km
-  **Elevation gain ascent:** 82 m  **Elevation gain descent:** 82 m
-  **Difficulty:** easy

The hike starts at the roundabout in Völs am Schlern, from where we hike towards Obervöls on the road to Ums. Ums is a small fraction (a hamlet) of the municipality of Völs am Schlern. The church that is located in Ums is the Sankt Martin church. This church is a branch church of the parish church of Völs am Schlern, the Maria Himmelfahrt parish church. The church is located directly on the village street relatively centrally in the village. There we also find a children's playground and a place to stop for refreshments. We hike back the same way or take bus line 176, which brings us back to the starting point, to shorten the hike a bit.








FROM THE VÖLSER WEIHER LAKE TO THE TUFFALM MOUNTAIN HUT

-  **Starting and arrival point:** Völser Weiher lake
-  **Parking:** Völser Weiher lake (subject to charge)
-  **Duration:** 1 h 20 min
-  **Distance:** 3,8 km
-  **Elevation gain ascent:** 220 m  **Elevation gain descent:** 220 m
-  **Difficulty:** medium
-  **Only suitable for off-road prams**

The starting point of the hike is the car park at the Völser Weiher lake. Leisurely walk around the lake and then onto trail no. 1 to the Tuffalm mountain hut. There is a playground and a **petting zoo with rabbits and goats**. Besides cows and horses, **alpacas and camels** also graze in the surrounding meadows. Immerse yourself in the paradisiacal nature and enjoy the view over the extensive meadow plateau. Return to the Völser Weiher lake on the same trail no. 1.











FROM THE NIGERPASS/PASSO NIGRA TO THE HAGNERALM MOUNTAIN HUT

-  **Starting and arrival point:** Nigerpass/Passo Nigra
-  **Parking:** Nigerpass/Passo Nigra
-  **Duration:** 3 h 5 min
-  **Distance:** 10,7 km
-  **Elevation gain ascent:** 329 m  **Elevation gain descent:** 329 m
-  **Difficulty:** medium









Beautiful mountain hike along the ridge that separates Eggental Valley from the Tierser Valley. The trail runs along a forest road that is closed to traffic, starting near the Niger Hut (1,690 m a.s.l.). The well-signposted trail follows the winding slopes, is very interesting in terms of scenery and runs alternately level and then ascending and descending again. The surface is unpaved, and every 20 to 30 metres the road is crossed by drainage gullies, which, however, are not obstacles. Most of the hike runs through the forest, but after the devastating storm damage caused by storm Vaia in October 2018, the forest has been heavily thinned and so numerous views of the imposing fossil reef of the Rosengarten and the Latemar now open up. There are a few forks along the trail, but each one is marked with signposts to the Hagneralm mountain hut. There are no refreshment stops until you reach the Hagneralm mountain hut.

FROM WEIßLAHNBAD TO THE WUHNLEGER LAKE

-  Starting and arrival point: Weißlahnbad
-  Parking: Weißlahnbad
-  Duration: 2 h 25 min
-  Distance: 6,1 km
-  Elevation gain ascent: 498 m  Elevation gain descent: 498 m
-  Difficulty: medium
-  Only suitable for off-road prams

From the Weißlahnbad car park, follow the "Wuhn" forest path. Through forests and meadows, we walk comfortably towards the Wuhnleger lake. There we have a gigantic view of the Rosengarten massif, can really relax and observe creatures such as **toads, salamanders and also dragonflies**, which the **lake at the Wuhnleger** and its surroundings are home to. The sight of the Rosengarten peaks and the Vajolet towers reflected in the lake is also gigantic. From the lake, the same path leads back to the starting point Weißlahnbad.

FROM NIGERPASS/PASSO NIGRA TO THE MESSNERJOCH MOUNTAIN HUT

-  Starting and arrival point: Nigerpass/Passo Nigra
-  Parking: Nigerpass/Passo Nigra
-  Duration: 1 h 20 min
-  Distance: 3,9 km
-  Elevation gain ascent: 241 m  Elevation gain descent: 241 m
-  Difficulty: easy
-  Only suitable for off-road prams

The hike starts at the Nigerpass/Passo Nigra, below the mighty Rosengarten massif. We hike leisurely through the forest over the Messnerjoch to the Messnerjoch mountain hut. **This pass is an ideal destination for families with children.** Nimble children's legs whiz across the wide meadows and have great fun at the children's playground. We hike back along the same path.