

# Holiday *guide*

Bike trips, hiking and so much more...



Apfelstadt  
**Leifers**  
Branzoll Pfatten

The logo for Apfelstadt Leifers Branzoll Pfatten, featuring a stylized apple with a green leaf and a red stem, positioned above the text.

## A very warm welcome to Laives/Leifers, Bronzolo/Branzoll and Vadena/Pfatten!

It is here in the south of South Tyrol that you can enjoy the unique blend of a Mediterranean atmosphere and the traditional South Tyrolean culture, surrounded as far as the eye can see by fabulous apple orchards. Thanks to their central position, the three towns are the ideal starting points to discover the area and its many other wonderful destinations.

We wish you a pleasant and relaxing stay!



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Town of  
Laives/  
Leifers



Town of  
Bronzolo/  
Branzoll



Town of  
Vadena/  
Pfatten

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## > South Tyrol, the realm of apples

Every tenth apple produced in Europe comes from South Tyrol, so the region is famous everywhere for its apples. Apple trees cover about 18,400 hectares but the cultivation is spread across very small farms: there are more than 7,000 family farms, with an average area of 2.5 - 3 hectares.

South Tyrolean farmers have been harvesting apples for over 100 years, since the strategic position of the Alpine pass and the mild, Mediterranean climate offer the best conditions for apple growing. The South Tyrolean apple is distinguished by its bright colours, unique taste and excellent quality and with 300 days of sunshine a year, the sun also plays an important role. During the year, approx. 1 million tons of apples are harvested in South Tyrol, of which 85% are eating apples for immediate consumption, 4% are organic and 11% are for industrial use. This harvest represents approximately 10% of the total apple production in the EU.



## > Apples in Laives/Leifers

Laives/Leifers is surrounded by apple orchards, which in spring transform the city into a sea of flowers.

In Laives/Leifers more than 200 families work in the apple business and together they manage a total of about 500 hectares of apple orchards. The municipality of Laives covers 24 km<sup>2</sup>, and more than 1/5 of that land comprises apple orchards. 32,500 tons of apples are harvested every year and there is a great variety: 13 different types of apples are grown. The Gala apple is the one that tops the list and in fact every fourth apple in Laives is a Gala. Besides Gala, Pink Lady, Granny Smith, Golden Delicious and Fuji are also grown in the apple orchards in and around Laives.



## > Four seasons of apples



### Spring

If fruit growers intend to plant new trees, they have to do this in spring. For that purpose they have to work and loosen the soil and plant young trees that have been grown in nurseries and provide them with nutrients. During the nights where there is a risk of frost, fruit growers have to monitor the temperature and if it sinks below the critical zero degrees Celsius, they will have to switch on their frost protection irrigation. Bees pollinate the apple blossoms and cater for a high-yield harvest.



### Summer

Fruit growers remove surplus and damaged fruit by hand. In the event of drought, the trees are irrigated with a spray or drop irrigation system. The grass around the apple trees is cut and left to lie as it is an important source of nutrition for the micro organism in the soil. The fruit trees are checked regularly for pests and beneficial insects. If needed, environmentally-friendly pesticides which do not harm these insects are used selectively.



### Autumn

In autumn, fruit growers prepare for the harvest. They ensure that their equipment is in working order and collect the empty large boxes from the marketing company. Farmers are obliged to close their field books and present them to the board of control. After the harvest, fruit growers take soil samples for analysis and fertilise their fields. If new layouts are planned, the old trees are cleaned, the roots removed and the soil loosened.



### Winter

In the case of young trees, fruit growers prune long, surplus shoots near the treetip. Where the shoots are protruding too steeply they are tied back. In this way more fruit can accumulate. Young and fruit-bearing trees are cut in the shape of a Christmas tree. This structure allows for a favourable exposure to the light that is crucial for a good quality of fruit and regular yields. In the winter, fruit growers continue their professional development by attending expert conferences.

## > Apple varieties

### Apple varieties in Laives/Leifers

**In South Tyrol there are approximately 7,000 farmers who grow apples with great care and attention. South Tyrolean apples are known for their fresh aroma and are typically juicy with an intense taste.**

*The following apple varieties are most commonly grown in Laives:*



*Gala*

Gala apples are summer apples that are harvested from the middle of August, which marks the beginning of the apple harvest. Its crunchy skin, juicy pulp and sweet taste makes it so popular that it is grown all over the world. In Laives, Gala apples top the leader board in terms of production quantity, as they account for 26% of the entire apple production.



*Pink Lady*

Pink Lady apples owe their name to the colour of this apple, 2/3 of which is a shiny pink-red hue. Due to its late harvest in November, it is only grown in the south of South Tyrol and it is precisely for this reason that the Pink Lady in Laives is in second place with 16% of the production. The queen of apples has a very distinctive flavor: juicy, aromatic and slightly acidic.



*Granny Smith*

Granny Smith apples, which account for 13% of the total apple production, is in third place for the quantity of apples grown in Laives. They do not like the sun but need a warm climate to fully ripen. Generally the Granny Smith apple is very juicy and acidic.



*Golden Delicious*

The Golden Delicious is the main apple in South Tyrolean fruit growing. It feels at home and is at its best at a high altitude, where it can develop its well-known quality and obtains its typical red cheek. Thanks to its perfectly balanced sweet – acidic taste, the Golden Delicious apple is a favourite among children.



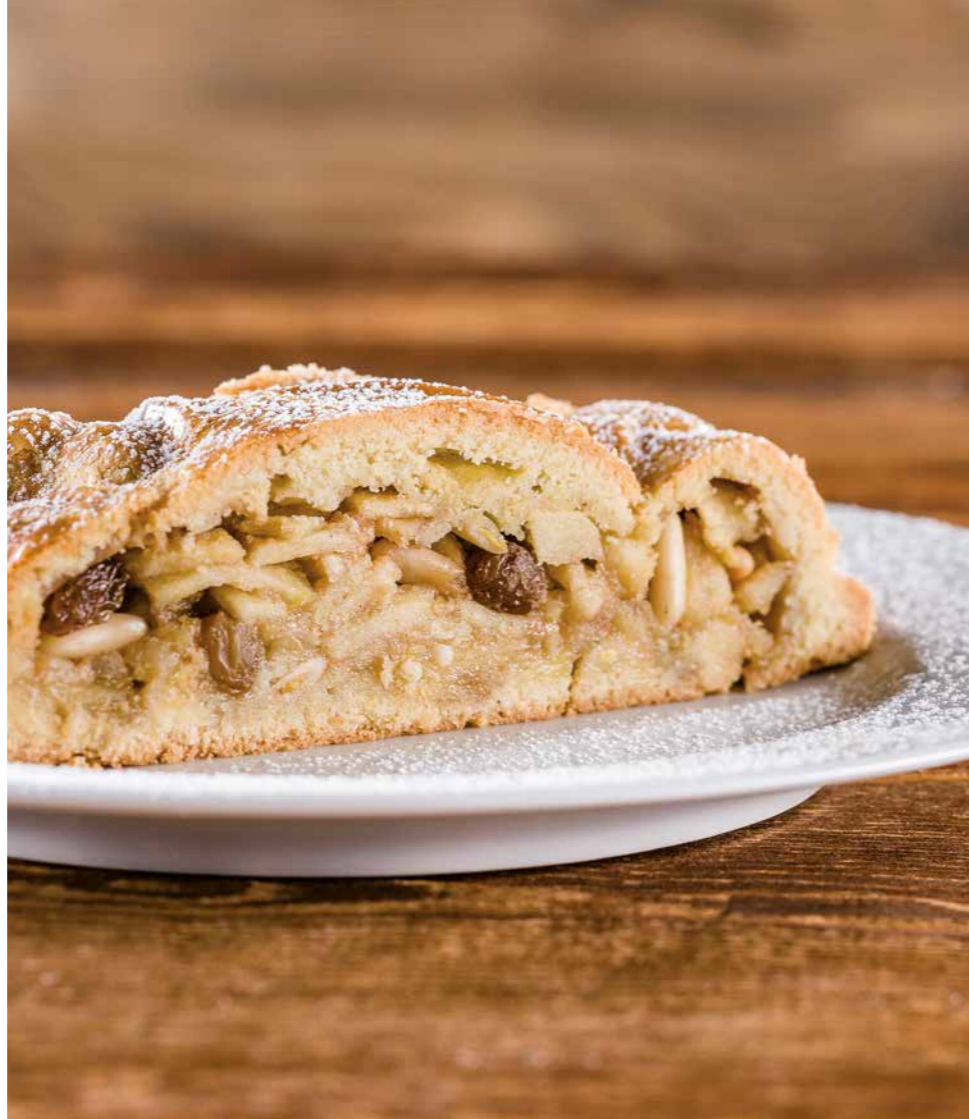
*Fuji*

This apple is number 1 in the world rankings. Its origin is Japanese but in the low valleys of South Tyrol its aroma can develop to its very best. Fuji apples have a strong taste and the very juicy pulp is extremely sweet.

## > Apple specialities

The apple is the best choice for a healthy snack.

Whether at school, at work or doing sports, a South Tyrolean apple always makes a good impression. Connoisseurs know that an apple contains many beneficial ingredients, such as sodium, potassium, magnesium, calcium and iron. Moreover, it contains many healthy vitamins from the B, C and E group. An apple is not only delicious and healthy, but it's also a real thirst-quencher; in fact water makes up 85% of an apple! South Tyrolean apples are of the highest quality and very versatile in their use. Depending on their taste, which can be sweet or sour, and on their ripeness and aroma, you can create a variety of apple dishes, including „Apfelkiechln“ (apple fritters), apple pie, apple mousse and of course apple strudel, which is traditional and well known to all. For those of you who love the most special of delicacies, apples can be transformed into apple chips, apple tea, apple risotto and much much more.



## > The Wine Road

Following the wine trail from Nalles/Nals to Salorno/Salurn.

The Strada del Vino/Weinstraße was founded in 1964 and is one of the oldest wine roads in Italy. The road starts in Nalles/Nals and joins 16 municipalities: from Nalles to Andriano/Andrian and Terlano/Terlan in the Val d'Adige/Etschtal valley, through Bolzano/Bozen to the Oltradige/Überetsch valley to Appiano/Eppan, Caldaro/Kaltern and Termeno/Tramin, and then for the Bassa Atesina/Unterland valley to Cortaccia/Kurtatsch, Magré/Margreid, Cortina/Kurtinig to Salorno/Salurn. On the other side of the valley the Wine Route leads to Egna/Neumarkt, Ora/Auer, Montagna/Montan, Vadena/Pfatten and Bronzolo/Branzoll. The Wine Route represents 4,250 hectares of vineyards, out of the total 5,100 hectares throughout South Tyrol. It comprises about 84% of the total vineyards in South Tyrol, so if you are a wine lover, a trip along the Wine Route is a must during your stay in South Tyrol. You will be able to explore the vineyards, cellars, private cellars and cooperatives that wind their way along the Wine Route for about 40 km.



*“Wine is bottled poetry.”*  
(Unknown)

## > South Tyrolean specialities

### Regional ingredients and a unique taste.

On South Tyrolean tables there are many traditional specialties such as speck, wine and „Schüttelbrot“, but also dumplings, „Gulasch“, stew or ravioli filled with spinach. Only those who have tried the regional specialties can claim to be completely immersed in the region. Everything that is served on the South Tyrolean table has been prepared with love and passion. The recipes are handed down from generation to generation and are cherished. All ingredients are carefully selected and a lot of attention is paid to their European origins and the following quality classification: DOP (Protected Designation of Origin), IGP (Protected Geographical Indication) and the „Quality of South Tyrol“ quality label. All of them guarantee South Tyrolean origins and the certified quality of agricultural products and foodstuffs. South Tyrol is very varied and nature has a lot to offer: apples, fruit and vegetables, aromatic herbs, milk free from genetic engineering and all of this is still under controlled cultivation!



## > Törggelen

### An ancient tradition.

The mountain taverns and inns throw open their doors in the last warm days of a golden autumn so that you can savour the tasty dishes that characterise the traditional „Törggelen“. „Törggelen“ originates from the grape press and the main event is the tasting of the new wine, known as „Sußer“. You can taste the wine and eat very abundantly, starting with a barley soup or a trio of dumplings and ravioli, followed by home-made sausages, sauerkraut, spare ribs and much more. „Törggelen“ means being together and enjoying the tastes of autumn, which is why home-made donuts and chestnuts are often served for dessert. Finishing with a grappa is the perfect end to the evening and you'll return home happy and full.

 *In the mood for a cosy „Törggele“ evening? You can find our „Törggele“ restaurants on page 37!*



## › Hiking and walking

*Walking is an activity for everyone!*

**What do you need to spend a wonderful day in South Tyrol? In reality not much - just an intense love for the natural environment and the right equipment!**

Take your backpack, put on your mountain boots and discover the fascination of our Dolomites. Every season of the year is suitable for active holidays. So depending on your level of fitness and what you want to do, you can go on easy walks or tackle challenging trails with various altitude differences.

*“You’ve only really visited a place if you’ve done it on foot.”*

*(Unknown)*



## Pilgrimage to the Madonna di Pietralba/Maria Weissenstein sanctuary

🕒 approx. 4 h  
 📏 10 km  
 ⚡ approx. 1280 m  
 📌 no. 1

### Itinerary:

The old pilgrimage route, marked no. 1, begins at the "Haus Emmaus" with its 14 stations of the Via Crucis. After approx. 2 hours you pass by the crumbling farm that marks half-way. Continuing along path no. 1 you arrive at the former Munter inn (at three-quarters of the route) and cross the road to Nova Ponente/Deutschnofen - San Pietro/Petersberg. The last moderate ascent of the trail leads to the Madonna di Pietralba/Maria Weissenstein sanctuary. You can get back to the starting point by bus!

### Our tip:

There's no place to stop along the route so take enough food and water with you!

🕒 Duration 📏 Outward route 🔄 Route ⚡ Altitude difference 📌 Sign posting

Detailed description: [www.laives-info.it](http://www.laives-info.it)

## The high altitude trail of Laives/Leifers

🕒 approx. 6 h  
 📏 19 km  
 ⚡ approx. 953 m  
 📌 no. 12, 3

### Itinerary:

Starting from the church, follow the Vallarsa/Brantental road to the Schwobmiel and Schwabhof taverns. After a short ascent, a trail leads you to a panoramic viewpoint, after which you pass the Steinerhöfe, Alplerhof and Altebnerhof old farms until you reach the Rechtebner inn. From there, follow path no. 3 leading to Flavon/Haselburg castle. In San Giacomo/St. Jakob there is a descent to be tackled and then you can return to Laives/Leifers by bus. This hike is for advanced hikers and only if you are not suffering from vertigo.

### Our tip:

The route can be shortened by returning to Laives from the Steinerhöfe farms (3.5 - 4 hours).

## From Colle/Kohlern to the Titschenwarte lookout point

🕒 approx. 3 h  
 📏 7 km  
 ⚡ approx. 430 m  
 📌 no. 1, 5A, 5





### Itinerary:

You start your hike at the mountain station of the cable car Colle/Kohlern and follow the path no. 1 to the Schneiderwiesen inn, where you can stop for a break. From the inn, follow paths no. 1 and 5A to reach the Titschenwarte lookout point in approx. 45 minutes. Here you can enjoy the breathtaking view of the Val d'Ega/Eggental valley and rest in the idyllic wooden cottage before returning to Colle via path no. 5.

### Our tip:

Enjoy a glass of wine on the Titschenwarte with breathtaking views of the Dolomites!

## To the chapel of St. Peter

-  approx. 45 min
-  2 km
-  approx. 203 m
-  no. 1





### Itinerary:

Walk along Via Pietralba passing the church, until you reach the "Haus Emmaus". From there take pilgrimage path no. 1 towards Madonna di Pietralba/Maria Weissenstein until you reach the chapel of St. Peter, the symbol of Laives/Leifers.

### Our tip:

Make sure you wear sturdy walking shoes as the route is steep and stony at the beginning.

## From San Giacomo/St. Jakob to Flavon/Haselburg Castle

-  approx. 1 h
-  3 km
-  approx. 230 m
-  no. 3





### Itinerary:

Starting from San Giacomo/St. Jakob, follow the Via A. Thaler, which after a challenging climb leads to the small church of San Giacomo. Continue along the road until you turn right and go through the apple orchards. After an approx. 40 minute walk, the path leads to Flavon/Haselburg castle.

### Our tip:

Take a break at the San Giacomo chapel and enjoy the splendid views across the valley.

## A trip to three viewpoints

-  approx. 2.30 h
-  8 km
-  approx. 332 m
-  no. 1, 5A, 5, 1, 1B, 1, 1A, 1





### Itinerary:

From the Schneiderwiesen inn follow paths no. 1 and 5A, and after a walk of about 45 minutes you reach the Titschenwarte lookout point. Stay on path no. 5 where you reach a crossroads, from there path no. 1 takes you to the scenic views of Rotwand and Rotenstein. Go back to the fork and follow path no. 1 to return to the inn.

### Our tip:

Wear lots of layers!

## From Vadena/Pfatten to the lakes of Monticolo/Montiggl

-  approx. 2.30 h
-  7,3 km
-  approx. 440 m
-  5, follow the red/white signs, 5A





### Itinerary:

From Vadena/Pfatten town hall (parking possibility at the school), follow the red and white signs until you reach the ridge of Monte di Mezzo/Mitterberg. Cross the Monticolo/Montiggl wood up to the large lake of Monticolo. You'll find the small lake of Monticolo a few minutes walk from there. Trail no. 5A brings you back to Vadena.

### Our tip:

Enjoy a break on one of the lakes and be amazed by the unique atmosphere!

## From Bronzolo/Branzoll to the Göller See Lake

-  approx. 3 h
-  6 km
-  approx. 890 m
-  no. 6, 17B





### Itinerary:

To find the beginning of the hiking trail no. 6 to the Göller See lake, cross the state road in Bronzolo/Branzoll and follow Via Aldino until its end. Here the hiking trail starts. For approx. 5 km the trail climbs steeply until you reach a height of approx. 1000 m. The crossing with the mark 17B leads you to the Göller See lake in Aldino/Aldein.

### Our tip:

Follow path no. 17 to the breathtaking Burgstallegg lookout point, from where you can see the entire Val d'Adige/Etschtal valley and the Bassa Atesina/Unterland valley.

## Hiking around Castelchiaro/Leuchtenburg

-  approx. 2.30 h
-  7,3 km
-  approx. 424 m
-  no. 13, 13A

### Itinerary:

The trail to the ruins of Castelchiaro/Leuchtenburg castle starts at the car park in Novale al Varco/Kreith and leads along path no. 13 directly up to the ruins. Thereafter the path brings you to the natural phenomenon "warmth holes" and to the "Rosszähne" rock formation. Finish the circular hike along path nr. 13A, which leads back to the starting point at the car park.

### Our tip:

Today the ruins are freely accessible and inside the frescoes of the fifteenth century are still visible.



## > Bicycle trips

Fun is guaranteed all year round when you go cycling in the south of South Tyrol - the landscape speaks for itself.




With e-bikes, city bikes or racing bikes, you can explore numerous cycle paths, and every single trip is an unforgettable experience. Fall in love with this environment and breathe in this pure Mediterranean and Alpine air!

*"Nothing compares to the simple pleasure of riding a bike."  
(John F. Kennedy)*

 **Local bike hire!**  
[www.laives-info.it/rentabike](http://www.laives-info.it/rentabike)



## Around Monte di Mezzo/Mitterberg

 approx. 3.30 h  
 45 km  
 approx. 341 m




### Itinerary:

From Laives/Leifers start along the cycle path until you reach the village of Ora/Auer and from there continue towards the Kalterer See lake and Appiano/Eppan. The Claudia Augusta ancient Roman road leads up to Firmiano/Sigmundskron and Bolzano/Bozen. Continuing along the cycle path, you pass alongside the safe driving centre in Vadena/Pfatten until you return to Laives.

### Our tip:

Don't forget your swimming costume so you can have a refreshing dip in the Kalterer See lake!

## A day trip to Merano/Meran

 approx. 3 h  
 40 km  
 approx. 115 m




### Itinerary:

This trip takes you towards Bolzano/Bozen. Pedaling along the Adige/Etsch cycle path you reach Firmiano/Sigmundskron where you should then follow the signs to Merano/Meran. The going is very easy along the path near the river, where you are surrounded by fabulous apple trees. You will go past Terlano/Terlan, Vilpiano/Vilpian, Gargazzone/Gargazon and Lana.

### Our tip:

Take some time to enjoy the Passer Promenade and the old centre of Merano/Meran.

## An easy trip to Trento

 approx. 4 h  
 55 km  
 approx. 81 m

### Itinerary:

The cycle path starts in Laives/Leifers and leads directly to Trento. Enjoy the fantastic panorama passing through the Bassa Atesina/Unterland valley and the villages of Ora/Auer, Egna/Neumarkt, Magrè/Margreid, Mezzocorona and San Michele all'Adige. Once you arrive in Trento, you can take a break and enjoy a coffee in the fabulous Piazza del Duomo. Before returning, make sure you don't miss the historic city centre.

### Our tip:

Make the most of the excellent train service and take the train to get back!

## With the racing bike to La Costa/Seit and Colle/Kohlern

🕒 approx. 4.30 h  
 🚲 38 km  
 ⚠️ approx. 1074 m

### Itinerary:

From Laives/Leifers go to Pineta/Steinmannwald, and from there follow an initially steep road towards La Costa/Seit. Continuing 12 km you arrive at an intersection, turn in direction of the Colle/Kohlern and continue up to the cable car station. From there a downhill road takes you back to Bolzano/Bozen. Finally, take the cycle path back to Laives.

### Our tip:

Stop at the Rechtebner inn and enjoy the marvellous views across Laives and all its surrounding countryside.

## Take a racing bike to Lake Garda

🕒 approx. 5 h  
 🚲 101 km  
 ⚠️ approx. 404 m

### Itinerary:

The cycle path that starts in Laives/Leifers crosses the Bassa Atesina/Unterland valley and leads to Trentino. After cycling about 60 km, you go past Trento and Rovereto, and then you proceed towards Mori and Passo San Giovanni. At Nago, take the old road to go down to Torbole del Garda. And you have already arrived!

### Our tip:

Take a break in one of the many bars or cafés along the lakeside and enjoy an aperitivo in the sun.

## Up to the Mendola/Mendel on a racing bike

🕒 approx. 6.30 h  
 🚲 100 km  
 ⚠️ approx. 1850 m

### Itinerary:

On the cycle path in the direction of Ora/Auer, follow the signs that lead to Caldaro/Kalern and cycle up the Passo Mendola/Mendelpass road. Once you reach the top, the panoramic view will leave you speechless. Then you continue on a slightly inclined road until the beginning of the Trentino region, where you also face a small climb to get to the Palade pass. From there the road leads down, with a view of Merano/Meran and the Val d'Adige/Etschtal valley, passing Nalles/Nals, Terlano/Terlan, Andriano/Andrian and Bolzano/Bozen and back on the cycle path to Laives/Leifers.

### Our tip:

Make sure you have a windproof and waterproof jacket with you: the descent is long and the mountain air can be very chilly!

## > Mountain bike trips

You can also have a great time in the saddle of a mountain bike in Laives/Leifers, Bronzolo/Branzoll and Vadena/Pfatten.

Whether in spring, or even in summer or autumn, MTB lovers will be able to let off steam on forest roads and forest trails.





Explore the many routes that lead to La Costa/Seit, to Nova Ponente/Deutschnofen and through Monte Largo/Breitenberg, to Caldaro/Kalern or Monticolo/Montiggel so that you can enjoy the magnificent views of the surrounding countryside.

*“It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and can coast down them...”*

*(Ernest Hemingway)*



## Around Nova Ponente/ Deutschnofen

-  approx. 4 h
-  21 km
-  approx. 1145 m
-  no. 5, 1, 11





### Itinerary:

From the centre of Laives/Leifers you will have to pedal hard up the Via Pietralba road, passing the "Haus Emmaus" and the Schwabhof inn up to Nova Ponente/Deutschnofen. From there take path no. 1 and then no. 11 which leads to the Steinerhöfe farms, then return to Laives by crossing the Monte Largo/Breitenberg.

### Our tip:

This is a trip for advanced cyclists as is well-known for its steep ascents.

## Through the woods around Monticolo/Montiggel

-  approx. 5 h
-  48 km
-  approx. 575 m
-  Etsch/Adige cycle path, no. 2, 1, 5A, 5 Etsch/Adige cycle path





### Itinerary:

Take the cycle path along the Adige/Etsch river towards Bolzano/Bozen to Firmiano/Sigmundskron castle. Turn left towards Appiano/Eppan. At the San Michele/St. Michael roundabout in Appiano follow the sign that leads to the lakes of Monticolo/Montiggel. The roads leading to the lakes become slightly challenging. Crossing the wood of Monticolo towards Rungg, Colterenzio/Schreckbichl and Cornaiano/Girlan you return to Firmiano castle. From there follow the cycle path that leads to Laives/Leifers.

### Our tip:

Take a break and freshen up at the small lake of Monticolo. It's really worth it!

## Around Colle/Kohlern

-  approx. 3.30 h
-  32 km
-  approx. 593 m
-  no. 5, 6, 1, 5





### Itinerary:

This trip takes you from Laives/Leifers via the Adige/Etsch cycle path to Bolzano/Bozen, from where you can reach Colle/Kohlern by cable car. Following the signals for paths no. 5 and 6, go past the Schneiderwiesen inn. Path no. 1 brings you to the Wölfhof farm and to Nova Ponente/Deutschnofen. From there follow path no. 5 which takes you through Monte Largo/Breitenberg back to Laives.

### Our tip:

If you decide not to take the cable car up, this trip becomes a lot more challenging!

## Short trip around the meadows of Colle/Kohlern

-  approx. 2 h
-  9 km
-  approx. 500 m
-  no. 1, E5, 5, 6





### Itinerary:

Take path no. 1 from the Schneiderwiesen inn to the Rotwand vantage point, from where you can admire the Bassa Atesina/Unterland valley. At the crossroads, turn onto path no. E5 passing Colle dei signori/Herrenkohlern and along paths no. 5 and 6 you will return to the Schneiderwiesen inn.

### Our tip:

A trip that's also great for kids! The tour will be easier if you follow paths no. 3 and 3B along the paved road from Colle di Villa/Bauernkohlern to the Schneiderwiesen inn.

## The cycle path along the old railway line

-  approx. 4.30 h
-  34 km
-  approx. 873 m
-  "Alte Bahntrasse"/"Vecchia Ferrovia"





### Itinerary:

Follow the cycle path up to Ora/Auer, and once at the Imbiss Castelfeder food kiosk, cross the main road and turn back, following the signs for "Vecchia Ferrovia"/"Alte Bahntrasse". The trail crosses the magnificent Castelfeder and Pinzano/Pinzon biotope. Go up via Pinzano until just before Montagna/Montan. On the right the Old Railway path continues and leads to Fontanefredde/Kaltenbrunn up to San Lugano.

### Our tip:

You can stop at any time on this route and go back along the main road.

## The high altitude trail of Caldaro/Kaltern

-  approx. 5.30 h
-  50 km
-  approx. 836 m
-  Etsch/Adige cycle path, no. 9, 98, 10, Etsch/Adige cycle path

### Itinerary:

Along the Adige/Etsch cycle path you arrive at the fabulous Kalterer See lake and the village of Caldaro/Kaltern. From here follow the signs to the valley station of the Mendel cable car in the hamlet of San Antonio/St. Anton. Here starts path no. 9, the high altitude trail of Caldaro. At the end of this road there is a forester's house and a fountain. From there turn left onto path no. 98 in direction of Castelvecchio/Altenburg and go back to Caldaro on path no. 10. You can then return easily to Laives/Leifers on the cycle path.

### Our tip:

If you run out of water, fill your water bottle with fresh water from the fountain!

## > Tips for all the family



### Geoparc Bletterbach

The Geoparc Bletterbach in Aldino/Aldein is one of many UNESCO World Heritage Sites. Live a unique experience - it is also suitable for children. Discover fossilized plants, traces of dinosaurs that show life on earth as it was millions of years ago. Alternatively, you can also explore the visitor center at the entrance to the Bletterbach.

**Info:** [www.bletterbach.info](http://www.bletterbach.info)



### Latemarium

The numerous themed trails of the Latemarium hiking area are adventurous and an unforgettable experience in a playful way! The routes pass through green meadows, ancient mountain forests to the South Tyrolean alpine pastures where you can enjoy exquisite regional dishes. This astonishing mountain range has been a UNESCO World Heritage Site since 2009.

**Info:** [www.latemarium.com](http://www.latemarium.com)



### Urlesteig path

The Urlesteig nature trail is divided into six different sections. Therefore you can easily choose which path is best for you, as the difference in altitude varies between 70 to 560 meters, and they are all downhill. The Urlesteig has enough to thrill the whole family! Children can climb on the giant dragonfly, slide across the surface of a small body of water with a raft and much more!

**Info:** [www.sarntal.com](http://www.sarntal.com)



### The world of Toni

The buggy-friendly family trail starts directly at the mountain station of the cable car of the Corno del Renon/Rittner Horn. The various themed stations of Toni's fabulous world are ideal for kids to play and explore the nature. Meanwhile, the adults can relax and enjoy the fresh air and the view of the surrounding mountaintops.

**Info:** [www.ritten.com](http://www.ritten.com)

## > Free time

### Kneipp treatment

Via Rio Vallarsa 12, Laives  
**T** +39 0471 950 420  
 🕒 from June to end of October  
**Free entry**



### Tennis

Via Aldino 23, Bronzolo  
**T** +39 0471 950 420  
 🕒 from beginning of April to end of September, only with court booking.  
 Tennis rackets for rent.

You can find all information on opening hours at: [www.laives.guestnet.info/en](http://www.laives.guestnet.info/en)

### Bike hire



**Ride +39**  
 Via Kennedy 181, Laives  
**T** +39 0471 537500  
 🕒 from April until October  
 For opening hours visit:  
[www.laives-info.it/rentabike](http://www.laives-info.it/rentabike)

### Ice skating

Via Rio Vallarsa 12, Laives  
**T** +39 0471 950 420  
 🕒 end of October – mid-March

### Laives/Leifers municipal outdoor swimming pool

Via Stazione 27, Laives  
**T** +39 0471 950 420  
 🕒 end of May – beginning of September



### Fishing in Bronzolo/Branzoll

Via Dogana, Bronzolo  
**T** +39 0471 950 420  
 🕒 beginning of March - beginning of November

## > Bad weather tips

Even the rain is beautiful when you have the sun in your heart!

Rainy weather is no reason to mope, with the right tips even a rainy day will become a highlight of your holiday week!



## City @ Shopping

In the cities of **Bolzano/Bozen, Merano/Meran** and **Bressanone/Brixen** you will find many traditional shops, boutiques, restaurants and bars. The historical arcades and the historical alleys invite you to stroll and linger.

**Twenty**, the shopping experience in Bolzano, is the largest shopping centre in South Tyrol with over 80 shops. And if you're really in the mood for shopping, the **Brenner Outlet Center** is the place to be. From clothing and leather goods to household articles, here all your wishes will be fulfilled!

The historical **cathedral Maria Assunta/Maria Himmelfahrt**, directly on Walther square, is the parish church and the landmark of Bolzano. In the **cathedral treasury** you can find one of the most extensive baroque church inventories in the Tyrol area. Also worth seeing is the **cathedral of Bressanone** - the highest ranking and from an architectural point of view one of the most interesting churches in South Tyrol.



## Museums @ Castles

First the classics: **Ötzi**, probably the most famous inhabitant of the city of Bolzano, **Runkelstein castle** in Bolzano with the world's largest profane fresco cycle and **Firmiano/Sigmundskron castle**, one of the 6 "Messner Mountain Museums" - you must have seen them!

In the impressive **Wine museum** in Caldaro/Kaltern or in the remarkable South Tyrolean **Museum of Fruit Growing** in Lana you get an insight into the South Tyrolean fruit and wine growing world of then and now.

The **Franzensfeste fortress**, on the other hand, is not a museum in the classical sense: it is much more a place of encounter and cultural exchange. Or how about a visit to the **mysterious bunkers of the Upper Val Venosta/Vinschgau valley**, embedded and well camouflaged in the landscape?



In the **Museum of Natural History** in Bolzano you can learn about the ecosystems of South Tyrol by playing and experimenting, in the **Bee Museum** in Renon/Ritten you can explore the wonder world of the honey bee and the fascinating railway world in Rablà/Rabland will amaze young and old. In the **Adventure Mine Villandro/Villanders** you can learn more about the life of a miner and experience a piece of the past up close!

## Active @ Free time

Mountain sports enthusiasts will have a lot of fun in the **Salewa Cube** in Bolzano South, currently the largest climbing hall in Italy, and in the **Rockarena climbing and boulder hall** in Merano.

Or how about trampoline fun for young & old? Try **Easy Jump** in Egna/Neumarkt!

Also suitable for everyone is the first leisure centre in South Tyrol: **Gigajoy!** On 4000 m<sup>2</sup> you can find several bowling alleys, a laser game arena, three different escape rooms and a billiard and gaming room. Endless fun!



You can relax for a day in the thermal baths of **Terme Merano**, a place of well-being in the heart of the city. At the **Aquarena indoor swimming pool** in Bressanone, action with the whole family is the motto.

You are in the mood for a cosy **movie night**?! Whether in the Filmclub, the Cineplexx or the UCI Cinema, all cinemas are located in Bolzano and easy to reach.

## > Town & Culture

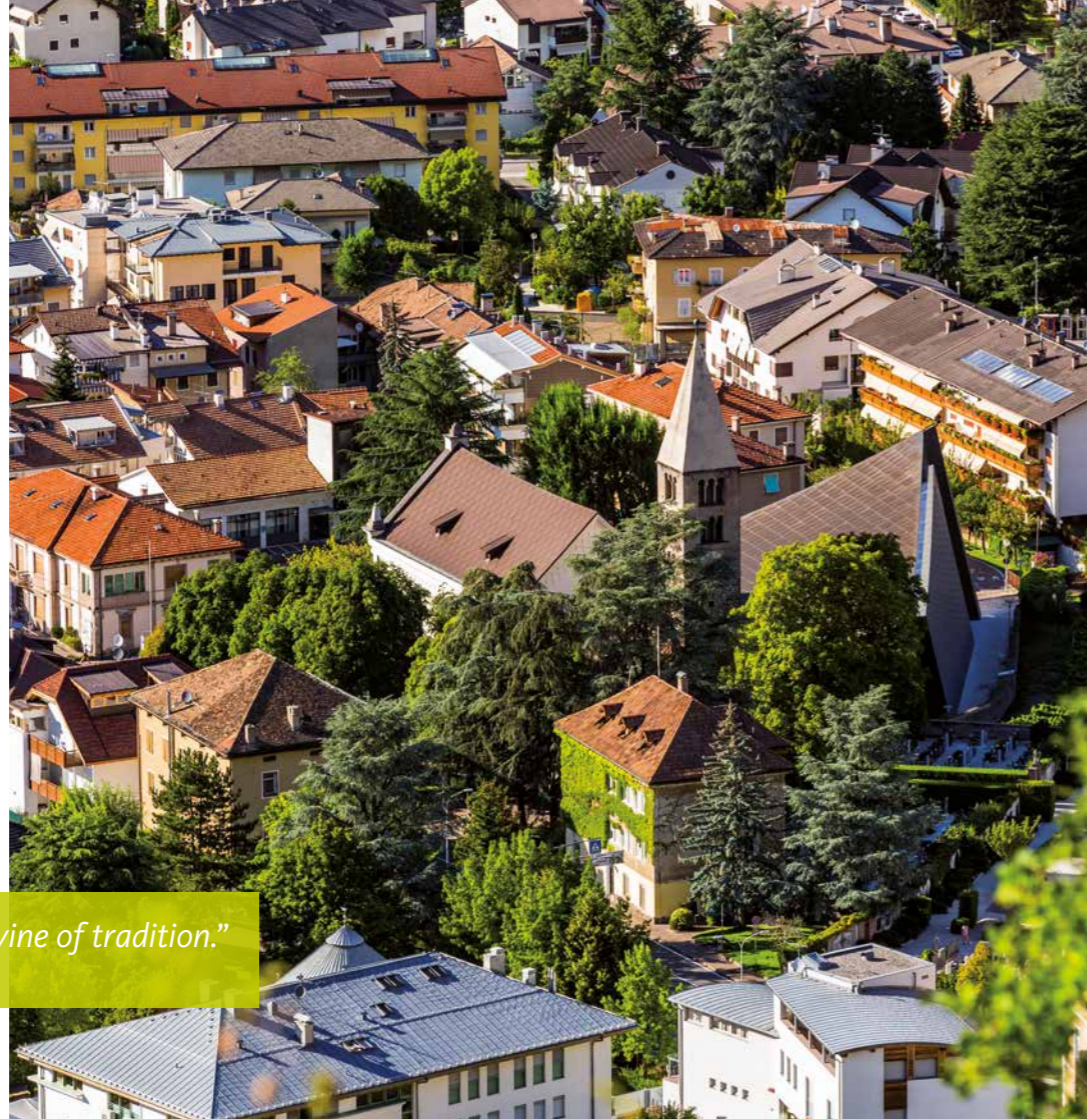
Experience and enjoy the culture of South Tyrol.

Would you like to explore the culture of South Tyrol and visit numerous museums and exhibitions? Investigate castles and immerse yourself in their magnificent history? Perhaps you are passionate about and interested in different churches or chapels?

Laives/Leifers, Bronzolo/Branzoll and Vadena/Pfatten - the locations in the heart of South Tyrol that are suitable for people who love to visit places of cultural interest. The towns provide excellent access to anywhere you wish to visit in South Tyrol.

*"Cultures grow on the vine of tradition."*

*(Jonah Goldberg)*



## Laives/Leifers the apple town

Laives/Leifers is the most recent place to receive official town status in South Tyrol. It is located about 10 km from Bolzano/Bozen, and is surrounded by 500 hectares of fabulous apple orchards. It has various municipalities that belong to it: Pineta/Steinmannwald, San Giacomo/St. Jakob and La Costa/Seit have about 18,000 inhabitants - 28% are native German speakers and 72% Italian. The symbol and the emblem of the city is the "Peterköfele", the imposing old chapel of the Lichtenstein castle. Laives is very central, so you can reach many destinations in no time!



## Bronzolo/Branzoll on the wine route

The village of Bronzolo/Branzoll is located on a large alluvial plain that was built to avoid the dangers of flooding by the Adige/Etsch river. It has a population of just under 3,000 inhabitants. In the nineteenth century, the income of the population mainly came from breeding animals and viticulture, although the wood trade and the dismantling of porphyry also flourished. The centre of Bronzolo is characterized by its noble residences. We recommend a quiet walk through Bronzolo to take in its historical sights.



## Vadena/Pfatten on the wine route

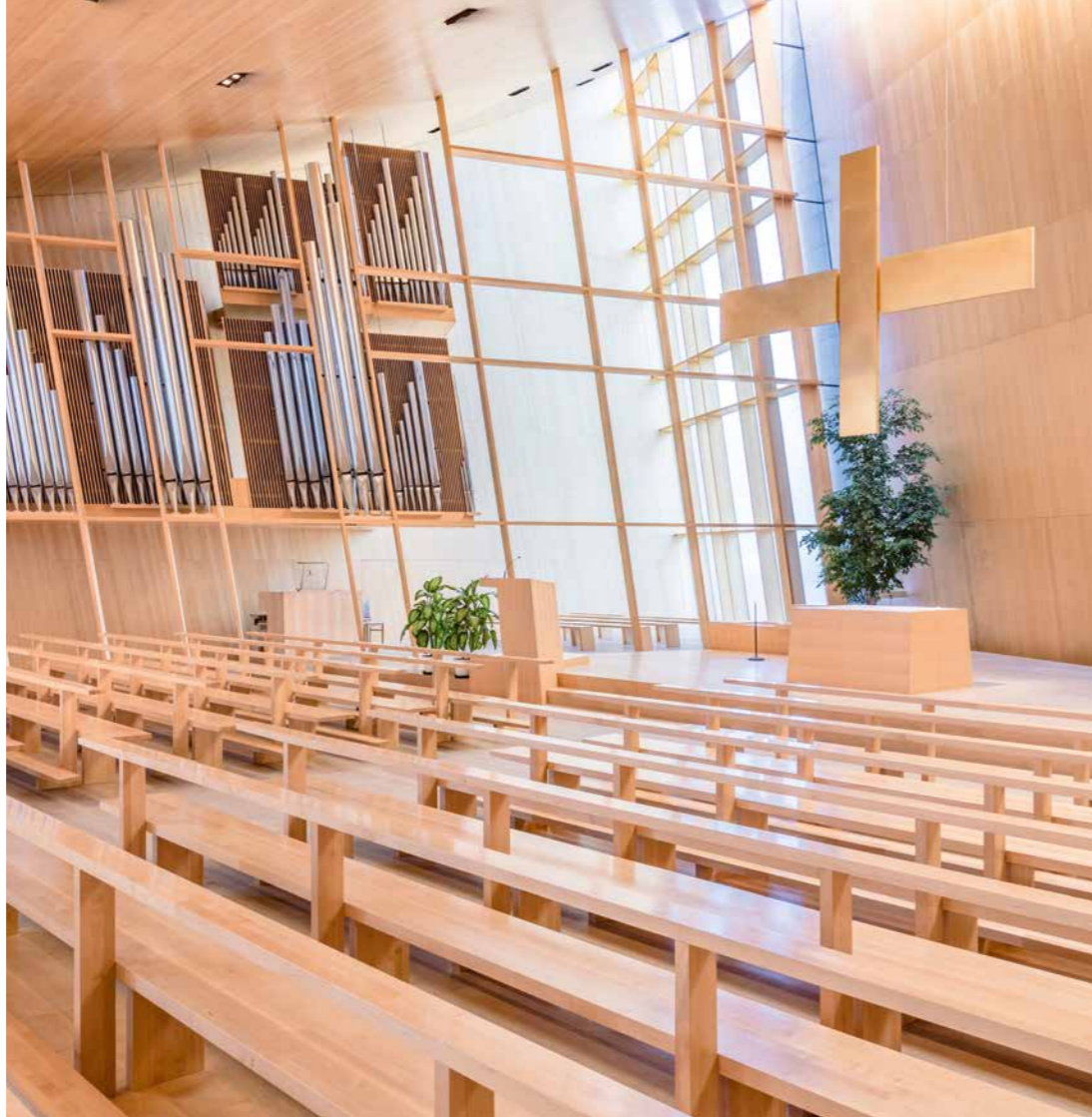
The village of Vadena/Pfatten extends from Bolzano/Bozen to the Kalterer See lake and is located on the edge of Monte di Mezzo/Mitterberg. Vadena, even if it only has approximately 1,000 inhabitants, is fascinating for its small details. Thanks to the ancient tombs from the late Bronze Age and the early Iron Age, the small area is well known in archaeological circles. Worthy of being seen in Vadena are the two castle ruins on Monte di Mezzo: the ruin of Laimburg which is located on the pass from Laimburg to the Kalterer See lake and the ruins of Castelchiaro/Leuchtenburg castle that tower above the lake.



## > Places to visit

If you want to experience a cultural trip, we have the right advice for you!

Explore the best sides of our three municipalities of Laives/Leifers, Bronzolo/Branzoll and Vadena/Pfatten and discover the remarkable churches and chapels. The surrounding area also offers a lot of sights that should not be missed: Firmiano/Sigmundskron castle with its unforgettable panoramic view, the famous Ötzi museum, showcasing the famous Iceman and his life or the impressive Dolomites - all of which are easily accessible!



## The parish church of Laives/Leifers

**The harmonious union between ancient and modern.**

The first written documentation of the parish church of Laives/Leifers dates back to 1286. It was built in the Romanesque style and contains within it the precious Pietà of Pietralba/Weissenstein. Due to the need to bring together the German and Italian linguistic groups, it was decided to expand an already existing complex. Work began in 2000 and ended 4 years later. The new church of Laives was then inaugurated with its brilliant interaction of ancient and modern. Its particular tent shape symbolizes „hospitality“, „the home“, „friendship“ but also the spiritual awareness that guides the people to their



eternal homeland. Above the altar stands a large cross depicting the resurrection of Christ. The lights that illuminate the interior of the church in different places represent Christ, the light of the world. The church houses the precious painting of the Madonna of Pietralba, which, in the eighteenth century during the blowing up of churches and the dissolution of the monasteries, was brought safely from

Pietralba to Laives by the curate Johannes von Kolb. According to the legend, a chapel was built by a pious farmer in honour of the Madonna of Pietralba and this chapel can still be visited in the church.

🕒 open daily from 7.00am - 7.00pm

## The Peterköfele – the chapel of St. Peter

**The symbol of Laives/Leifers.**

The chapel of St. Peter is the symbol of the Municipality of Laives, and is also depicted in the town's coat of arms. It is located on a hill above Laives and dates back to the 12th century. The chapel was originally intended to be the chapel for Castle Lichtenstein. Next to the church there are only a few ruins left of the ancient castle,

which was also part of a fortress Johannes von Kolb. According to the legend, a chapel was built in 1160 and destroyed in 1290. Today the chapel can only be visited from the outside. Inside only the altar remains with its altar stone.



### Parish church of the Sacred Heart of Jesus



The original church of San Leonardo/St. Leonhard in Bronzolo/Branzoll had become too small and so the new neo-Romanesque parish church was built in 1896. It is a three-aisled basilica with a perforated clerestory, flat ceiling and a bell tower with a pyramid roof. The church was inaugurated in 1897 and dedicated to the Sacred Heart of Jesus. 🕒 It is open daily from 8.00am to 6.00pm

### The little church of San Giacomo/St. Jakob



The church was first mentioned in 1237. The main patron is Saint James the Greater, but the church was also dedicated to St. Barbara and St. Christopher. Originally, the little church was a Romanesque nave construction, which in the 15th century has been adjusted to the new gothic architectural forms. The old Gothic winged altar, also of the 15th century, is still preserved inside the church.

### The castle ruin Laimburg



Laimburg Castle was built in the 13th century by the Lords of Laimburg as a residence and was intended to secure the transition over the "Kreithersattel", the connection between the Bassa Atesina/Unterland valley and the Oltradige/Überetsch valley. Originally, the castle was built in Romanesque style and later, in 1342, extended in Gothic style. Towards the end of the 15th century the castle was abandoned and fell into disrepair. In 2002 the castle was completely restored and secured and is freely accessible ever since.

### The Castelchiaro/Leuchtenburg ruins



Castelchiaro/Leuchtenburg castle is the ruin of a castle that was built in the 13th century above the Kalterer See lake by the Lords of Rottenburg, in the municipality of Vadena/Pfatten. The fortress was well protected thanks to its position and its striking shield wall. After 1610, Castelchiaro castle remained empty and gradually fell into ruin. Today the ruin is freely accessible, and inside the well-preserved remains of the building, the corridor and the frescoes of the fifteenth century are still visible.



## > Places to visit in the area



### *Bolzano/Bozen*

Nowhere else in any other city will you be able to find the fascinating combination of the Italian temperament and South Tyrolean authenticity. This is Bolzano/Bozen, the capital of the small Alpine province. On Waltherplatz, the main and most famous square, you can enjoy a delicious latte macchiato with a wonderful view over the Maria Assunta/Maria Himmelfahrt cathedral. Bolzano's famous arcades with their traditional shops make shopping a must. At the market in Piazza delle Erbe, the stall holders offer a vast array of South Tyrolean specialties, fresh fruit and seasonal vegetables. Due to the excellent bus and rail connections, Bolzano is an attractive destination for everyone.



### *Merano/Meran*

Merano/Meran, the spa town, is the second largest city in the region after Bolzano/Bozen, embraced by the splendid Tyrolean mountains. Not only do many important castles belong to its cultural treasures, but it also boasts the landmark "Kurhaus", a masterpiece in the Art Nouveau style. Enjoy a walk along the Passer Promenade with its numerous benches in the sun or wander through the old city with its shops under the medieval arcades. The gardens of Trauttmansdorff castle, the most beautiful gardens in Italy, offer you the unique opportunity to be overawed by the natural spectacle of their exotic and Mediterranean landscapes.

## > Places to visit in the area



### *Kalterer See Lake*

The Kalterer See lake is a natural swimming lake, and amongst other things, it is the warmest lake in the Alps and one of the largest in South Tyrol. It is one of the easy to reach destinations from Laives/Leifers, either by car or by bike. It offers numerous sports and fun activities: pedaloes or rowing boats, sailing, windsurfing, hiking and many different bike rides or you can just relax and enjoy the view. In short, there is something for everyone. And if you enjoy fishing, the lake is full of fish: carp, pike and eel.



### *The Dolomites*

The magnificent Dolomite mountains of limestone and dolomite rocks were formed about 200 million years ago. They are one of the most famous mountain ranges in the world and since 2009, due to their unique beauty and geology, they have been a UNESCO World Heritage Site. Typical for the chain is the sudden change between steep cliffs and green pastures. Because of its characteristic shape and its recognition value, the Sciliar/Schlern mountain is considered one of the symbols of South Tyrol. The Sella, Catinaccio/Rosengarten, the Odle/Geisler group and the Latemar are all part of the Dolomites and can be reached from Laives/Leifers in about an hour by car.

## > Museums



### Museum of Archeology

The most extraordinary aspect (or perhaps person!) of the Museum of Archeology is the spectacular mummy that is hosted there. This man is one of the most famous mummies in the world - his name is Ötzi. Not only will you get to see Ötzi, but you will also be able to view artifacts from the Copper Age, and discover so much about his life, his weapons and his clothing – and all this about a man who is 5,300 years old. He came from the ice and is now there for you to visit in Bolzano/Bozen.

**Info:** [www.iceman.it](http://www.iceman.it)



### MMM Firmian

Firmiano/Sigmundskron castle is one of the oldest castles in South Tyrol and houses one of the six Messner Mountain Museums, founded by famous mountaineer Reinhold Messner. The exhibition recounts the synergy between humans and the mountains in the form of images, objects, relics and sculptures.

**Info:**

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



### Museum of Nature

Explore the secret world of nature with the museum's permanent and temporary exhibitions. South Tyrol has many ecosystems and all these in a very narrow space. The Museum of Nature illustrates this impressive coexistence. Test your knowledge of South Tyrolean plants and animals and discover rare fossils and minerals.

**Info:** [www.natura.museum](http://www.natura.museum)



### Museion

Art in all its different facets. Since 1985 the Museion has been gathering a collection of modern and contemporary art and the collection currently has 4,500 works by important regional and international artists. The Museion commits itself to preserving these works.

**Info:** [www.museion.it](http://www.museion.it)

## > Castles



### Roncolo/Runkelstein Castle

Above the city of Bolzano/Bozen, on an impressive rocky outcrop lies the mighty Roncolo/Runkelstein castle. It has the largest cycle of profane frescoes from the Middle Ages and that is why it is known as "The Illustrated Castle". The castle can be reached by walking half an hour along the Talvera/Talfer river starting from the centre of Bolzano.

**Info:** [www.runkelstein.info](http://www.runkelstein.info)



### Triangle of Castles

Korb Castle, Hocheppan Castle and Boymont Castle are the names of the three historic buildings that make up the famous castle triangle. All three are located above Missiano/Missian at the foot of Mount Macaion. The walk to the three castles is an unforgettable experience.

**Info:** [www.eppan.com](http://www.eppan.com)



### Flavon/Haselburg Castle

Flavon/Haselburg Castle is a half-ruin of a 13th-century castle. It is located in a unique position above Aslago/Haslach, a district of Bolzano/Bozen. Today the castle houses a renowned restaurant and has a Skybar, a bar with a terrace and a spectacular view across Bolzano and the surrounding valley.



### Haderburg Castle

The Haderburg castle in Salorno/Salurn is a ruin of a medieval castle and was built at the beginning of the 13th century. The castle towers above the village, guarding the narrowing of the valley at Salorno and is one of the most important monuments in South Tyrol. Since 2003 the castle has been accessible for lovers of these cultural treasures. Try not to miss a special dinner in the castle tavern!

## > Dining in Laives/Leifers, Bronzolo/Branzoll and Vadena/Pfatten

Our restaurants offer typical fare such as speck, goulash and dumplings as well as the best of Italian cuisine, including pasta, mozzarella caprese and pizza. In South Tyrol you can indulge in Alpine and Mediterranean delights and spoil your senses. Welcome to our restaurants!

### Trattoria Brunner

Via Luigi Negrelli 128, Laives  
**T** +39 0471 194 1361  
 Closed on: Saturday

### Tavern Locanda al Drago

Via Chiesa Vecchia 15, Bronzolo  
**T** +39 0471 967 103  
 Closed on: Saturday from 1 pm & Sunday

### Restaurant | Pizzeria | Bar Da Carlos

Via J.F. Kennedy 280, Laives  
**T** +39 0471 1810948  
 No day off

### Restaurant | Bar Rotwand

Via M. Gamper 2, Pineta  
**T** +39 0471 954 512  
 Closed on: Sunday

### Restaurant | Pizzeria | Bar Steinmannwald

Via Brennero 51, Pineta  
**T** +39 0471 954 243  
 Closed on: Sunday

### Restaurant | Pizzeria | Bar Steiner

Via J.F. Kennedy 32, Laives  
**T** +39 0471 954 225  
 Closed on: Monday

### Restaurant | Pizzeria Moro / Zum Mohren

Via J.F. Kennedy 258, Laives  
**T** +39 0471 590 148  
 Closed on: Sunday

### Restaurant | Pizzeria Würstlhof

Via San Giacomo 151, San Giacomo  
**T** +39 0471 251 081  
 Closed on: Monday

### Restaurant | Bar Zur Brücke

Via Vadena 19, Laives  
**T** +39 0471 951 677  
 Opening hours: March-October  
 Closed on: Monday

### Rustic restaurant Rechtebner

La Costa 21, La Costa  
**T** +39 0471 250 142  
 Opening hours: only Saturday & Sunday  
 from mid February-November

### Tavern Schluntner

La Costa 26, La Costa  
**T** +39 0471 251 868  
 Opening hours: only Saturday & Sunday  
 from mid March to mid June,  
 September-November

### Rustic restaurant Schneiderwiesen

La Costa 41, La Costa  
**T** +39 0471 250 500  
 Opening hours: Mid March-November  
 Closed on: Wednesday  
 (except June-September)

### Tavern Schwabhof

Vallarsa 1, Laives  
**T** +39 0471 950 328  
 Closed on: Wednesday

### Refreshment point Schwobmiel

Vallarsa 2, Laives  
**T** +39 0471 967 741  
 Opening hours: May-October

### Refreshment point Soini @ Figli

Via Nazionale 12, Bronzolo  
**T** +39 0471 967 044  
 Closed on: Sunday (in August)

### Refreshment point Tschueggghof

Via Montelargo 17, Laives  
**T** +39 0471 955 029  
 Opening hours: March-November  
 Closed on: Sunday (in July and August)

### Tavern Köhlhof

La Costa 39, La Costa  
**T** +39 0471 254 120  
 Opening hours: only Saturday & Sunday  
 from April-mid June and August-mid November

All information on opening hours and days of rest are without warranty. You can find the exact opening hours at: [www.laives.guestnet.info/en](http://www.laives.guestnet.info/en)

 "Törggele" restaurant

## > Bars, Pastry shops, Bakeries

Whether you start the day with a tasty cappuccino and a hearty croissant or enjoy a refreshing aperitif, you are always right with us!



### Bar *La Costa*

Via San Giacomo 161, San Giacomo/Laives  
T +39 0471 254 136

### Bar *Stampfer*

Via della Stazione 19, Bronzolo  
T +39 0471 967 023

### Bar | Ice cream shop *Alla Stazione*

Via Stazione 49, Laives  
T +39 0471 954 547

### Bakery | Bar *Mein Beck*

Via J.F. Kennedy 158, Laives  
T +39 0471 678 652

### Wine bar *Veritas*

Via J.F. Kennedy 218, Laives  
T +39 0471 951 829

## > On the way in South Tyrol

### *Mobilcard*

With the Mobilcard you can use all public transport services throughout South Tyrol for one, three or seven consecutive days. The card is available at the „südtirolmobil/altoadigemobilità“ sales points and at the tourist offices.

- regional trains between Brennero/Brenner and Trento, and between Malles/Mals and San Candido/Innichen (up to the train stop Versciaco/Vierschach)
- local buses: city buses, urban and extra-urban buses
- cable cars: Renon/Ritten, Colle/Kohlern, Meltina/Mölten, Maranza/Meransen and Verano/Vöran
- the scenic train that runs along the Renon/Ritten plateau and the funicular railway to Mendola/Mendel
- postbus between Malles/Mals and Münstair



südtirolmobil app

### *Museumobil Card*

The museumobil Card brings together two special offers: unlitimed travel on South Tyrol's public transport network for three or seven consecutive days, as well as admission to more than 90 museums and exhibitions in South Tyrol. The card is available at the „südtirolmobil/altoadigemobilità“ sales points, tourist offices and in some museums.



### *Indications*

**Validation:** The ticket must be validated before each trip and it is personal and nontransferable. Before using it for the first time, please write your name and the ticket duration on it.

**Children under 6 years of age** do not require a ticket and they can enter most museums for free.

**Carrying bicycles** on the public transport network requires an extra ticket: a day bicycle ticket (7,00 €) to be validated before each trip. The transport of bicycles on trains is allowed only when space is available. It is not possible to transport bicycles on urban buses, citybuses and most of the extra-urban buses. When transporting bicycles on the cable cars of Colle/Kohlern, Meltina/Mölten, Verano/Vöran and Meranza/Meransen the appropriate ticket needs to be purchased directly at the cable car station.



**We are looking forward to your visit!**



**Laives/Leifers Tourist Association**

Via J.F. Kennedy 88 • I – 39055 Laives

T + 39 0471 950420 • [tourist@laives-info.it](mailto:tourist@laives-info.it) • [www.laives-info.it](http://www.laives-info.it)



**Raiffeisen**

Raiffeisenkasse Unterland

Cassa Raiffeisen Bassa Atesina