

Hiking Guide

Contents



1 Summer hiking map

4

Lüsen. The silent valley of the Dolomites

16



Leisurely hikes

28



Mid-mountain hikes

31



Lüsner Alm hikes

35



Mountain hikes

40

Recommended hikes

41

Highlights of Lüsen



42 Lüsen Valley hiking map

46



E-biking/Mountain biking

50



Snowshoe hikes

54



Winter hikes and tobogganing

56



Cross-country skiing

58



Skiing

60

Excursions and
sightseeing tours

62

Good to know

64

Hospitality
establishments



64

Winter hiking map



ZILLERTALER ALPEN

HOHE TAUERN

SEXTNER DOLOMITEN
DOLOMITI DI SESTO

FANES-DOLOMITEN
DOLOMITI DI FANES

2875+
Peitlerkofel -
Sas Putia

Naturpark Puez-Geisler
Parco Naturale Puez-Odle

PFUNDERER BERGE
MONTI DI FUNDRES

Kronplatz

BRUNECK
BRUNICO

Reischach
Riscone

Pfalzen
Falzes

St. Lorenzen
S. Lorenzo d.S.

St. Sigmund
S. Sigismondo

Kiens
Chienes

Pustertal
Val Pusteria

Rodenecker
Alm

Alpe di Luson

Lüsner Alm

Maurerberg
2332+

Würzjoch
P.so d. Erbe

Peitlerscharte
Forc. Putia

Maurerberg
2332+

Utia de Pecol
1930

Villnöss/Funes

Gunggan

Kalkofen

Stadel

Taschjoch

Zirmalm
2042

Gabler
2576

Kl. Pfannspitz

Mitterberg

Lüsner Scharke
2383

Plosehütte
2446

Rif. Plose

Telegraph
2486

Kaserboden

Gambriller Alm

Nivenol
1586

Tschigg

Kropfländer
Forstweg

Sägewald

Silberleichen

Kreuzstö
984

Prantrol

Prister

Huben

Niedermoar

Mairhof

Rosental

Grosskarnaid

Pardeller

Balbein

Bergschlössl

Säge

Stricker Mühle

Kaserbach

Kohlplatz

Gritze

Goste

Gostner

Schmied Brücke

Schmied

St. Nikolaus

Örtl

Gschlierer

Lengerei

Goar

Kompatsch

Oberflitt

Schweiger Böden

Maurer-Drei-Wiesen

Herneglalm

Genaid

Koch Campill

Jakobsköpf

Jakobstöckl

Campill

Astjoch

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Grosskarnaid

Pardeller

Balbein

Bergschlössl

Säge

Stricker Mühle

K

Lüsen. The silent valley of the Dolomites

The Bishopric of Brixen, in the heart of South Tyrol, is the gateway to a hushed, ethereally beautiful valley of dreams in the Dolomites.

The town of Lüsen, nestled amidst velvety-green mountain pastures and spruce and larch forest at an altitude of 971 metres, radiates a sense of serenity and simplicity: Its beautiful old farmsteads, the village church, sustainable local economy, a natural swimming pond supplied with spring water peace and an authentic South Tyrolean rural lifestyle have barred all access to shopping centres, nightclubs, wide transit roads and imposing cable cars. The golden backdrop to this idyllic setting is the steep rocky face and surreal form of the Peitlerkofel, one of the main peaks of the Puez-Geisler Dolomite Nature Park, and the softly blanketed meadows of the Lüsner Alm mountain pasture; summer and winter alike, they make this secluded area an out-and-out paradise for hikers.

The peaceful town of Lüsen, with the mighty Dolomite peak of the Peitlerkofel in the background.

A mild, sunny climate... in our weather and in our hearts

A woman with her hair in a bun, wearing a white tank top and dark pants, is sitting on a grassy bank. She is looking out over a calm lake towards a large, rugged mountain range under a clear blue sky. The sun is low on the horizon to the left, creating a warm glow and a lens flare effect. The water reflects the blue of the sky and the mountains.

Here in these azure-blue skies, the hours of sunshine are a generous friend, and caress the beautiful south-west facing Lügen right through until late in the evening. Bordered by the high mountain plateau of the Lüsner Alm to one side and the Plose mountain range to the other, the town is sheltered from unpleasant winds all year round. The climate, then, is mild: With 300 days of sunshine a year, very little wind and mild temperatures, people's spirits are kept high too. The people of Lügen are good-natured folk, with a traditional, authentic village culture; guests here can feel the gentle tranquillity of the land and its people and open their hearts to the peaceful joy of a wonderful holiday.

The green-blanketed meadows of the Lüsner Alm mountain pasture

The Lüsner Alm, the longest mountain pasture in South Tyrol, is a secluded, peaceful, velvety-green meadow and sea of blossom in the heart of South Tyrol, where vibrant colours bedeck the gently undulating landscape.

The surreal mountain castles of the Dolomites with the Puez-Geisler Nature Park, the Plose mountain range and the glacier paradise of the main Alpine ridge embellish the Alm with spectacularly beautiful natural works of art. As world-famed European author Stefan Zweig said in 1932 "Clear and pure the fan of colours unfolds. All opposites flow harmoniously together. Nowhere is there a brusque movement in this landscape, nowhere a broken line. As if written with round, calm handwriting, nature has written the word peace into the world in colourful letters. I will walk as far as my feet can carry me."

The Lüsner Alm – a beautiful, secluded hiking paradise. A hike to Campill

UNESCO Dolomites- Puez-Geisler Nature Park

At the end of the Lüsen Valley, the mighty peaks of the UNESCO Dolomites Puez-Geisler Nature Park stretch up to meet the sky.

This the set-off spot for fabulous Dolomite hikes and mountain tours. The area covers over 10,000 hectares of sheer mountain faces and rugged peaks, together with gentle mountain pastures and alpine meadows overflowing with flowers. The landscape seems to embody all traditional characteristics attributed to the sexes: The strong masculinity of the steep rocky towers flows into the soft femininity of green alpine meadows awash with flowers. Secluded valleys and mysterious pine forests add the final picturesque touches to the fairy-tale vision of this nature park and set off the extraordinary diversity of the landscape to beautiful perfection.

The magnificent view of the Puez-Geisler Nature Park with the Peitlerkofel from the Maurerberg (2,332 m)

The 4 Seasons – Hiking Paradise

Alpine pasture and mountain moor hikes, leisurely hikes and summit climbs on the Lüsner Alm mountain pasture and in the Puez-Geisler Nature Park.

A sea of blossoming marigold, gentian and alpine roses bedeck the meadows and hillocks in vibrant hues in spring, green-carpet meadows stretch out to infinity on the alpine pastures in summers, autumn is a sea of colour tinged with the whisper of larch forests. And winter is a guarantee of snow here on the Lüsner Alm, far from the chaotic frenzy of the ski resorts and tourist centres, where snowshoers leave a soft mark in the white gold in the heart of the snow-blanketed mountain meadows and pine woods, past the snowy-covered mountain huts and feeding troughs... and listen to the sounds of nature.

A silent snowshoe hike on the Lüsner Alm –
Kreuzwiesen Alm mountain pastures

Where children and parents relax together

Lüsen is a haven of peace for the modern family, where time and tranquillity, exciting encounters and sheltered security unfold at their own pace.

The 21st century is a constant challenge for modern families: After school and homework are done, a never-ending list of sports, music and leisure activities are packed into children's everyday lives, while mum and dad work hard to provide a comfortable life. Every day is packed with appointments, and spending time together alone, in peace, is a rare event. Lüsen is a haven of tranquillity for the modern family: After an epic hike over the green-blanketed meadows of the Lüsner Alm, mums, dads and kids can take a refreshing dip in the natural swimming pond, while along the nature trail leading to the old mill in the Kaserbach Valley, kids can listen to endless fascinating stories, and younger children can let off steam in the village playground. Mountain biking, climbing, cycling, hiking and a children's ski lift: The vibrant array of activities and facilities for families in Lüsen permeates the sweetly scented mountain air, the mild climate and the quiet tones of nature.

The natural swimming pond is supplied with fresh mountain spring water from the Lüsner Alm.

The development of non-development

Sustainability in a peaceful Dolomite valley

To protect, nurture and leave behind us all the strength and the silence, the health and the beauty of this countryside, so that the grandchildren of today's children can enjoy them in all their purity, and pass them on to their own grandchildren every bit as intact. This is our guiding philosophy, and a matter of course in the everyday economy of Lüssen. With its three hydropower plants and a woodchip plant, the town sources its energy from self-sufficient, landscape-friendly management practices. The ancient fabric of the town is preserved, as can be seen in the renovation of the old blacksmith's, the mill and the sawmill in the old artisan area. The sustainable philosophy of Lüssen also shines through in the absence of ski resorts, high use of public transport, the maintenance of old hay trails and steep mountain trails, a healthy relationship between local people and guests who come in search of relaxation, and the promotion of gentle activities such as hiking in all four seasons - and, every bit as much, in its preservation of old traditions and unwavering endeavours to make the right ecological decisions in agriculture, forestry and construction.

The old artisan area with the renovated blacksmith's, sawmill and mill

An ode to hiking

The beauty of the mountains and alpine pastures - especially the magnificent countryside of Lügen - is a very special gift to humanity, offering us as it does an endless array of special meaningful experiences: Climbing to a mountain peak to enjoy the views, hiking to a mountain hut where a mouth-watering meal is waiting to greet you - and, on every step of the way, feeling your every sense awaken and basking in the vastness and the freedom as you listen to the birds and marmots, smell the arnica and alpine roses, meet new people who know what the mind and body need, and how to provide it: This is a place where people practice endurance training, strengthen their energy and muscles, take a step away from everyday life and into their own bodies - and all this in the heart of a fairy-tale landscape, and the untouched, secluded hiking paradise of the Lüsner Alm, The Puez-Geisler Nature Park and the Dolomites. Ascent and descent, arrival and emergence, blossoming into fullness and fading to decay, and beauty beyond compare: These are all the experiences which people encounter when hiking, and in life itself. It is when we slow down and become mindful of the greatness of nature, leaving behind us all thoughts of responsibility and limited notions of performance, that we reach a clear awareness of the fullness in which life blossoms. The unique attributes of Lügen are the diversity of its countryside, the easy accessibility of set-off points for the countless hiking trails: From leisurely hikes through to

Alpine hikes and summit ascents, there is something to suit everybody, in every season of the year. The following pages provide you with a variety of options so you can be sure of finding the perfect tour for you. Onwards and upwards!



Franz Hinteregger
Hiking guide and pioneer of gentle tourism and sustainability in Lügen.

"I am very grateful to contribute to the preservation of our idyllic Lügen Valley."

-  Elevation
-  Distance in km
-  Duration
-  Refreshments available
-  Bus connection
-  Suitable for pushchairs
-  Trail numbering
-  Set-off point



When you're out and about, we recommend using the Lügen App, Sentres or Outdoor Activ app.

1 Riverside walk on the Via Crucis

 115 melev.
 5,5 km
 1,5 h

 1 and unnumbered trail ►
Hotel Rosental > Lasankenbach / Kreuzwegstationen (Stations of the Via Crucis) > Sport zone > St. Nikolaus Church > Town centre

 Hotel Rosental

The revitalising air of the river banks

The gentle babbling of the Lasankenbach stream is a refreshing balm for the soul. To get here from the Hotel Rosental in the town centre, follow the road towards the south to the first station of the Via Crucis. The subsequent stations of the Via Crucis are situated alongside the Lasankenbach stream. Follow this leisurely stream-side walking trail until you come to the sport zone and continue on to the St. Nikolaus church in Petschied; this peaceful church, which in its origins was very probably a pagan spring sanctuary, houses a Lourdes style grotto within its walls. The trail leads back to the village through the forest on the other side of the stream. Hikers in this area can feel the calming energy of the flowing stream: The bubbling water is relaxing for both body and mind, giving you the inner peace to let your thoughts roam free.



2 The Lügen village & culture hike



 220 melev.
 4,5 km
 1,5 h

 1 - 1A ► Town square > Gfasebach > Natural swimming pond > Oberburgerhof > Mairhof > Nature trail or blacksmith's > Strickermühle mill > Sawmill (Säge) > Town

 Hotel Rosental

An insight into history and culture

On this route, you will learn a wealth of information about local culture and history with every step of the way. Setting off from the town square, walk past the St. Georg church, the playground and the tennis court and on to the natural swimming pond. From here, continue uphill to the right on the "Wastlrunde" trail as it is known by the locals, where a gentle ascent will take you to the Oberburgerhof farm, where the trail leads downhill past the ancient Mairhof. When you come to the district heating plant, follow the road downwards to the Kaserbach river where, just after the bridge, the nature trail branches off to the right and leads us up to the Strickermühle mill. As you leave the Kaserbach river, you will come to the old Venetian sawmill (Säge) and the first hydropower station in Lügen. The road then takes you back to the newly renovated blacksmith's and past the ancient buildings of the historic artisan area and into the village.

SHORTCUT: At the swimming pond, head a short way down the Gfasebach stream and past the forest playground to the Mairhof.



3 The Lügen panoramic hike

240 melev.	1 ► Hotel Rosental >
5 km	Via Crucis > Balbeinbrücke bridge >
1,5 h	Zalner Leiten > Gedrarzer-Hof >
	Natural swimming pond >
	Gfasebach river > Village
Hotel Rosental, Lüsnerhof	

Experience the multi-faceted countryside at the foot of the Lügen valley

Setting off from the Hotel Rosental, this hike leads you along the Way of the Cross on the bank of the Lasankenbach stream. When you come to the cross-roads after the wayside shrine, follow the paved road to the left and continue uphill to the Balbein bridge, where you turn right and follow the stream uphill, past the Balbein Platzl rest-stop area with its small pond and roofed viewpoint station with loungers, until you come to the road to Flitt. The route now leads downhill to the Bacher Leite. Turn right immediately after the bridge, follow the field trail leading up the edge of the forest and then take the path to the left. Enjoy the magnificent views of the Lügen mountains as you continue onwards on the idyllic forest trail until you reach the Zalner Leiten viewpoint. Hike onwards, on the gently undulating trail, past the Gedrarzerhof and on to the Gfasebach stream. Follow the course of the stream as you head down the forest trail to Berger Straße road, which takes you in a brief ascent to the Plasellhof before leading downhill once again, on a field trail, to the Oberburgerhof and back to the natural swimming pond and the town centre.

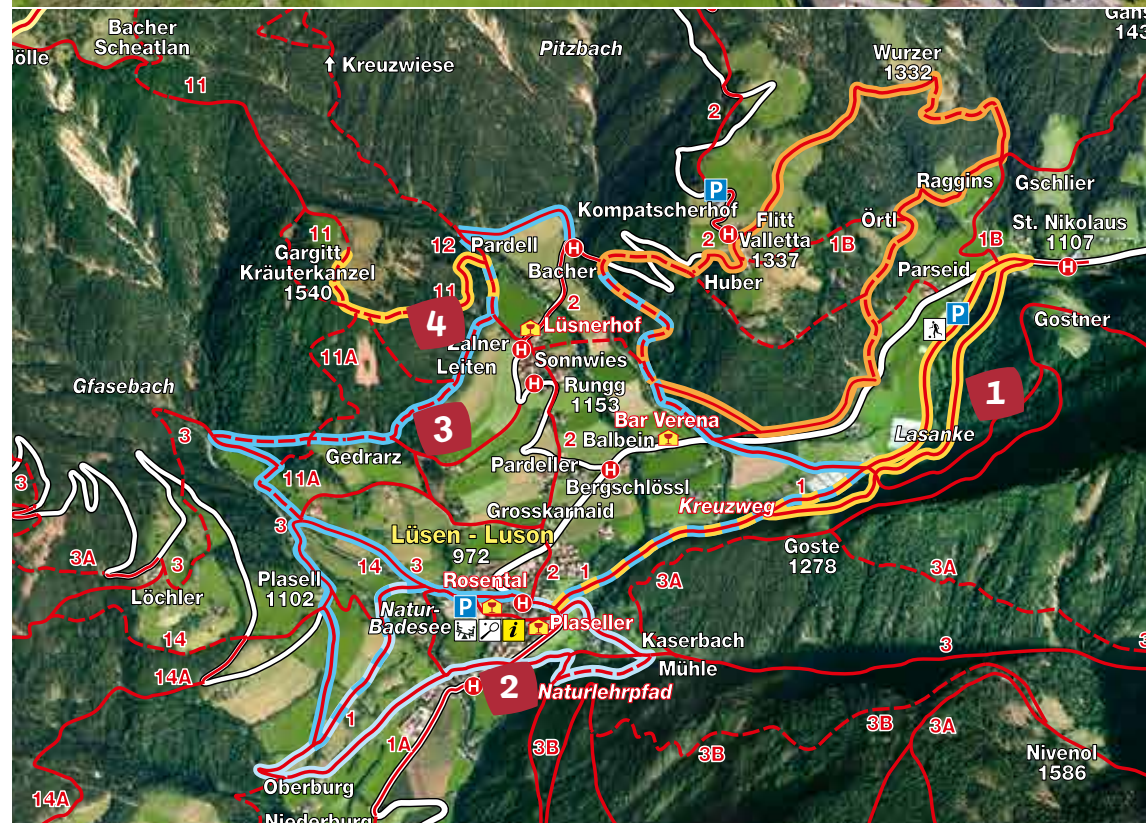


4 To the Kräuterkanzel Gargitt "Pulpit of herbs"

430 melev.	11a - 11 ► Lüsnerhof >
4,2 km	Zalner Leiten viewpoint >
2 h	Gargitt > Lüsnerhof
Lüsnerhof	

The scent of herbs

The air is imbued with the scent of greenery with a slightly bitter edge to it, reminiscent of wormwood - a healing plant which grows in abundance around the Gargitt farm. At one time, this was the healing herb garden of the Ragginers, the renowned farmers and healers from Lügen who, from 1780 onwards, cured over four generations of people and animals with their natural remedies. The last member of the dynasty, Sebastian Ragginer, died in 1899. His pharmacy is exhibited at the South Tyrolean Folklore Museum in Dietersheim, near Bruneck. The book "Die Ragginer - 200 Jahre Volksmedizin in Südtirol" (The Ragginers - 200 years of folk medicine in South Tyrol) provides a wealth of fascinating information about their lives and work. This trail passes by the Zalner Leiten viewpoint in a steep ascent to the Kräuterkanzel "pulpit of herbs" and the old Gargitter Hof farm. The descent leads along the forest trail towards Pardell and back to the Lüsnerhof.





5 The Flitt loop route

320 m elev. 2 - 1b
7 km
2,5 h
Bar Verena > Flitt > Wurzerhof > Start of toboggan slope > Wood trail > Bar Verena

Lüsnerhof, Bar Verena

A beautiful walk through the steep forest

This slightly challenging route begins at the bridge near the Bar Verena. Along a stretch of the Panoramaweg trail, we hike to the left until the bridge, and up to the mountain hamlet of Flitt (1,337 m), where an idyllic chapel provides a wonderful spot for a rest. The meadows below the hamlet boast spectacular views over Petschied and the end of the valley, with the Peitlerkofel. For baby strollers and bikes, we recommend taking the shortcut 100 m before the chapel, in the valley direction.

For hikers, the route leads on towards the south-east, into the valley and on to the Wurzerhof farm, where the steep descent to the start of the sledge slope begins. From here, hike onwards along the forest trail towards the Pekuler Hof farm. From here, the road leads back to your set-off point at the Bar Verena.

The Lügen tree trail

The Panoramaweg trail has been extended to include a couple of very special natural-experience spots for countryside lovers to enjoy: A double-faceted tree trail. This tour comprises both the “Trail of Strength” with exercise points to kindle your inner strength, and the “Trail of Imagination” with activities to awaken the power of your mind’s eye. Each exercise consists of questions and movement or observation instructions. And nature provides the rest, as a mirror to our progress. Come and pick up your flyer and start feeling the inspiration!



6 The High Moor trail

360 m elev. 14 - 2 - 3 - 3A
12 km
3,5 h
Tulperhof bus stop > Gschlorerhof > Roner Alm > Pianer chapel > Rastnerhütte or Starkenfeldhütte > Tulper Gampis > bus stop

Gasthof Tulper, Roner Alm, Rastner- or Starkenfeldhütte

High moors – a unique mountain biotope

High moors are the natural habitat of a variety of rare plants and animals. From Lügen, you have the option of taking the hiking bus to the Gasthof Tulper (1627 m). From the Tulper, take the westward trail through the woods (no. 14), then follow the farm road to the Wieserhof and up to the Gschlorerhof. From here, follow the wood trail uphill and hike northwards over the alpine meadows to the Roner Alm, and then eastwards, along the Confinweg trail to the Pianer Chapel (no. 2). Then take the Almstraße alpine pasture road past beautiful alpine pastures with spectacular views until you come to the junction. Turn left here for the Rastnerhütte (1931 m) or continue straight onwards for the Starkenfeldhütte mountain hut (1936 m). After a rest, return to the junction of hiking trail no. 3 (wooden hut on the right). From here, descend in a southwards direction, past the high moor, and take Almweg trail no. 3A back to your set-off point at the Gasthof Tulper.

7 Creation trail

230 m elev. 4 - 2
10,5 km
3 h
Zumis bus stop > Roner Alm > Pianer Chapel > Rastnerhütte or Starkenfeldhütte > return by same route

Oberhauserhütte, Roner Alm, Rastner- or Starkenfeldhütte

This trail of observation, wonder and contemplation leads along the Lüsner and Rodenecker Alm mountain pastures and the surrounding landscape. Behold the breathtaking views over the Dolomites and the main Alpine ridge, marvel at the magic of the landscape with its alpine fauna and flora and perceive the secrets of creation, of God, of people and of nature. After the turn-off to the Oberhauserhütte mountain hut, turn left along the Creation Trail and hike onwards to the Roner Alm and on to the Pianer Chapel. The foundation stone for this sacred building was laid and blessed in 2002 by then-Cardinal Josef Ratzinger, later Pope Benedict XVI. The little chapel was built on the exact spot on the Lüsner Alm where, many years ago, an old chapel stood. The trail continues onwards, past the mountain plateau and a viewing platform with magnificent panoramic views, to the Rastnerhütte or Starkenfeldhütte hut. For proficient hikers, we recommend continuing onwards to the Kreuzwiesen Alm (trail 2A).

TIP: The mountain plateau is also easily accessible from the Herol or Tulper car parks (approx. 250 m elev.) and in winter from the Tulper Gampis car park (100 m elev.).



8 The Almweg – Kreuzwiese trail



235 m elev.

5.5 km

4.5 h

2 - 2b - 2a ► Schweiger Böden car park > Maurer-Dreiwiesen > Kreuzwiesen Alm > Schmalzhaus Steig steep trail > Schweiger Böden

Kreuzwiesen Alm

The classic Lüsner Alm mountain pasture hike to the Kreuzwiese meadows – hiking heaven!

The set-off point for this hike is the Schweiger Böden car park (1,730 m) above Lusen Flitt. From here, hike upwards, in part along woodland trails and in part along forest roads, until you come to the alpine pasture area and the Maurer Dreiwiesen meadows. Then take the tarred road to the left and hike onwards to the Kreuzwiesen Alm mountain pasture (1924 m) and its traditional alpine hut, with its own dairy and spectacular views over the Peitlerkofel, Plösestock and Sarntal Valley Alps. The return road leads along the Schmalzhaussteig steep trail and Ratlmoos through high-mountain stone pine forests to the set-off point at the car park. If you are hiking with a baby stroller, we recommend returning by the ascent route, along the Almstraße alpine road.



To extend the hike

Along the uphill stretch, keep right at the fork in the trail at the Maurer-Dreiwiesen and follow the farm trail to the Genaideralm; from here, head towards the north-west until you come to the access road to the Koch Campillalm (2050 m). Continue onwards down the trail that connects to the Almweg alpine pasture trail, which leads to the Kreuzwiesen Alm. To extend the route with a summit hike, see Lüsner Alm summit hike No. 20



9 Griablsteig/Kreuzwiese - Almweg trail



360 m elev.

8.5 km

3 h

3 - 11b - 2a
► Herol > Gampis > Kreuzwiesen Alm > Schmalzhaussteig > Schweiger Böden or directly to Gargitt > Rungg/Lüsen

Kreuzwiesen Alm, Starkenfeld

ASTJOCH VARIANT: Over the mountain pastures and past the Starkenfeldhütte hut to the Astalm, and a steep ascent to the Astjoch with its panoramic viewing platform and panoramic views of the Zillertal Alps and the Dolomites. Descend to the Kreuzwiesen Alm. Panoramic hikes in the natural and floral paradise, with breathtaking views. See Astjoch - Kreuzwiese Summit Hike No. 18

A legendary hike over the mountain plateau

The Lüsner Alm mountain pastures are home to countless legends of mythical beings that have been passed down through the generations, many of which are narrated on the information panels lining this route. The option of taking the hiking bus to the set-off point at Herol and returning from the Schweiger Böden makes this trail an ideal family outing. From the Herol car park, the trail leads through the forest to the Tulper Gampis, where you will find a viewing platform and views over the Lusen mountains. When you come to the high moor, hike to your right along the Griablsteig trail, through meadows and forests, in a series of gentle ups and downs, until you come to the Kreuzwiesen Alm with its own dairy. The descent leads along the romantic Schmalzhaussteig steep trail to the Schweiger Böden car park, or past Gargitt and back to Lusen.





10 Swiss stone pine trail

 310 m elev.	 9 - 8 - 4 - 9 ► Kalkofen
 9,5 km	bus stop > Gunggan > Unterpiscoi
 3 h	Alm > Halslhütte > Runggatscher
	Wiesen meadows > Kalkofen
 Halsl-Hütte, Schatzerhütte	

A leisurely hike through the sweet-scented wood

The sweet scent of the Swiss stone pine forest leads the way to a unique landscape. This hike begins in the upper Lügen Valley, also known as the Lüsner-tal, at “Kalkofen,” the former lime kiln (1710 m). The kiln has been restored, as a memorial to the days when lime was burnt in the Lügen Valley. Follow the course of the wide Lasankenbach river, filled with Dolomite rocks and boulders, past the Gunggan area and on to the Unterpiscoi mountain pas-ture. From here, continue onwards to the Halsl hut, up the Almweg alpine pasture trail and turn right

towards Gunggan. The return stretch along the cart track leads through the pine forests, where the sweet smells entice us to stop for a moment to watch, smell and wonder. The final stretch of the trail leads over the Runggatscher Wiesen meadows and back to the set-off point at Kalkofen.



11 The Peitlerkofel Nature Park hike

 150 m elev.	 8A - 8B ► Würzjoch bus
 5,5 km	stop > Munt de Fornella > Ütia
 2 h	de Göma > Munt de Fornella >
	Würzjoch
 Würzjoch, Munt de Fornella, Ütia de Göma	

Touching the Dolomites

This hike begins at the Würzjoch (1,987 m), which is easily accessible by bus throughout the sea-son. From here, hike through the mountain meadows (trail 8A) towards the south until you come to Munt de Fornella, and then towards the east, along the foot of the Peitlerkofel, to the Ütia de Goma. The magic of the sheer Dolomite mountain faces is absolutely stunning in this area. The return leg follows the same route. The climbing park between Munt de Fornella and Ütia de Goma holds regular climbing courses for children. Alternative: via Gömajoch to Ütia Vaciera. The Munt de Fornella is a popular day-trip destination for families with small children; up to this point, the route is also suitable for baby strollers.

12 To Ütia Pecol and the Maurerberg hut

 600 m elev.	 7A - 7
 10 km	► Stadl > Maurerberg trail > Schwarz-
 3,5 h	bachtal > Ütia Pecol > Maurerberg hut
	> Descent towards Pe de Börz > return
 Maurerberg hut, Würzjoch, Ütia Pecol	

Along the babbling Schwarzbach brook

This hike leads through the pine forests to the Schwarzbachtal Valley, on to Ütia Pecol and over al-pine meadows to the Maurerberg hut (2120 m) with breathtaking views of the Dolomites.

VARIANT: From Pe de Börz, a 30-minute, 150 m ascent along the forest trail will take you to the Würzjoch.

TIP WITH BABY STROLLERS: A 1-hour, 100 metre ascent on the forest path also leads from the Pe de Börz car park to Ütia Pecol.



View over Lüssen to the Eisack Valley from Flitt

13 Farm hikes

570 m elev. 12,5 km 4,5 h	1A - 1 - 4 ► Lüssen > Swimming pond > Oberburger > Raffreid > Kreuzplonerhof > Kreuzstöckl > Niedersthof > return along the road to the bus stop or the Autoservice Kaser, or take the outgoing route Bar Autoservice Kaser
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Old trails to wonderful wines

This variety-packed hike leads along ancient farm trails to the Niedersthof farm in Lüssen /Kreuz. From the natural swimming pond, the trail leads through meadows and woodland and past a number of farms and river valleys to the Oberburgerhof farm. Follow the tarred road for a short stretch until you come to the Kreuzplonhof farm, and then hike



up through a field trail to the right until you come to the Kreuzstöckl Chapel (984 m), erected in 1676 in mark of gratitude when two children were found safe and well after a 14-day search. The first stretch of the following descent to the Niedersthof leads along a steep trail, followed by an access road. The return route to Lüssen leads along the access road and main road, or along the access road until you come to the petrol station, where you can take a bus back to your set-off point.

14 Cultural hike to Brixen or Neustift

1080 m elev. 18 km 6 h	1A - 1 - 4 - 6 - 1 Lüssen > Huben > Kreuz > Niederst > Natz > Elvas > Brixen Restaurants etc. in Natz und Elvas, Neustift Monastery tavern, Brixen
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High apple plateau Natz – Cathedral city of Brixen

Until the Niedersthof (821 m) follow the direction for farm hike no. 13. Following the forest trail, hike downhill to the Rienz Gully, over the arched bridge (600 m) and, uphill again, to Natz (900 m). Then follow the road through the high apple plateau towards Elvas – with a view over the Brixen valley – through the vineyards and past Kranebitt and along the left bank of the Eisack, past Stufels, to Brixen. Alternative: From Natz to the Neustift Monastery via Raas. This is a leisurely walk along the Eisack river (approx. 1 hour, 4 km), or by bus to Brixen. From Brixen, take the bus back to Lüssen.



15 Panoramic hike on the Plöse mountain

200 m elev. 6 km 2 h	14 - 17a - 17 St. Andrä > Plöse cable car to Kreuztal > Almweg alpine pasture trail or WoodyWalk > Rossalm > Kreuztal > Descent by cable car or on foot Rossalm, Bergrestaurant, Geisler
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“WoodyWalk” – the popular family loop route from Kreuztal to the Rossalm

This leisurely, family-friendly trail provides a variety of play options for children along the route and treats the adults to breathtaking views of the Peitlerkofel and Geisler mountain ranges en-route to the Rossalm, famed far and wide for its hospitality. This is a beautiful hike, even in winter, when hikers have the option of sledging back along the Almstraße alpine road and, from Kreuztal, sledging down the Rudi Run toboggan slope to the valley station in St. Andrä.

See Winter hikes and natural toboggan trails: Plöse hike no. 20.



Rossalm, looking over to the Geisler mountain range



View over the gentle peaks of the Lüsner Alm mountain pasture with the Puez-Geisler Nature Park at the end of the valley.

Cultural hikes and experiences...

CHURCHES AND CHAPELS

- > St. George parish church, first referenced in a document dated 1391, renovated after the village fire of 1921
- > St. Kilian, first referenced in 1243, Easter Sepulchre during Holy Week, first referenced in 1598.
- > St. Nikolaus in Petschied, first referenced in 1400 in the Urbar (Register of owners. The water in the old spring sanctuary is said to help eye ailments.

- > Mary of Good Hope in Flitt, built in 1913 by Huberbauer
- > Apparition of Holy Mary chapel in Villpeder, built in 1751. Our Lady of the Day procession on 2 July.
- > Pianer Kreuz chapel, 1751. The chapel was rebuilt in 2001/2002. The foundation stone was laid and blessed by then-Cardinal Dr. Joseph Ratzinger, later Pope Benedict XVI.
- > Chapel of Mary of Good Counsel in Niederst, Kreuz, 1811

- > Soler Chapel in Petschied, 1960/61
- > Kompatsch Chapel, Flitt, late 19th century
- > Kreuzstöckl Chapel in Kreuz, 1676
- > Kreuzplon Chapel, Kreuz, 1762

TIP:
For more information, see the Lüssen Church Guide or the Dorfbuch (Village book) and Ragginerbuch (Ragginer book).

TESTIMONY TO ANCIENT CRAFTSMANSHIP

- > Time stands still in the Kaserbach Valley. The old artisan area is home to numerous age-old, harmonious ensembles:
 - Strickermühle Mill, 1645
 - Venetian Saw /Stricker Saw, 1847
 - Old blacksmith's and other historic buildings
- > Lime kiln (Kalkofen) Gunggan, first referenced in 1536, restored in 1994, a memorial to the days when lime was burnt in the Lüssen Valley.



16 Castle Rodeneck-gully hike



 650 melev.	 1
 11 km	 Lüssen Kreuz – Kreuzploner or Sieberlechner – Kreuzstöckl chapel – Rodeneck
 4 h	
 Restaurants in Rodeneck und Natz	

In the footsteps of knights

Castle Rodeneck – A hike in the Rienz Gully. To Lüssen Kreuz following the directions for farm hike No. 13. After the Kreuzplonhof or Sieberlechnerhof, turn right and walk uphill to the Kreuzstöckl Chapel (984 m). From here, follow the trail through the woods, heading north, until you come to the hamlet of Spisses, then walk along the road via Gifen to Vill, where you can visit Castle Rodeneck (info at <https://www.rodeneck.it/english/>), a mediaeval castle and grounds with frescoes depicting the Iwein saga. saga frescoes. Return to Lüssen along the same route.

Gully route extension

Not far from Castle Rodeneck, a small cart track leads downhill to the Rienz Gully and onwards to the Rundlbrücke covered bridge (635 m). At the former Brixen power station



17 The Lüsen Berg mountain hike

750 m elev.

9 km

3-4 h

14 - 3

Swimming pond > Plaseller > Pliderer > Tulper > Herol > Löchler > Gfasebach > Lüsen

Gasthof Tulper

Excursion to the farms on the sunny Lüsen Mountain

Leave from the Hotel Rosental and follow trail no. 14 uphill and past the natural swimming pond. As you walk towards the Pliderhof (1460m), you will cross the tarred road twice. Once here, take the farm access road uphill, following the course of a small stream, until you come to the Gasthof Tulper (1627 m) (set-off point for parachutists, beautiful views over the Lüsen and Eisacktal Valleys). The road now leads eastwards and in a slight uphill to the Herol farm (1643 m), the highest point of the hike. To descend, take trail no. 3 to the Löchler farm then continue along the road. Turn left at the bend and onto trail no. 3 leading down to the Gfasebach stream and follow the course of the stream back to Lüsen.

VARIANT: North-east from the Gasthof Tulper towards Tulper Gampis (1806 m), then turn right to the steep Griablsteig trail and head eastwards, in a series of gentle ups and downs, to the Plaseller Alm mountain pasture. Take the traffic road to the Kreuzwiese hut or turn right and hike downhill southwards to the Bacheralm. (1810 m). The last stretch leads along a climbing trail, then on the old hay trail (no. 11), steep in parts, down to the isolated Gargitt farm, located on a hill (1531 m). Now take the path to the forest road, turn left and hike onwards past Rungg and the Lüsnerhof and back to the village. (1080 m elevation, 15 km, 6 hours)



18 Astjoch – Kreuzwiese summit hike

630 m elev.

11 km

4 h

3 - 2 - 67 - 11 - 2A

Herol bus stop > Gampis > Starkenfeldhütte > Astalm > Astjoch > Kreuzwiese Alm > Schmalzhaussteig > Schweiger Böden car park or return via the Plaseller Alm > Gampis > Herol bus stop

Schutzhütte Kreuzwiesen Alm, Starkenfeldhütte

Loop tour over the Lüsen Alm mountain plateau

Hike along the wood trail to the Tulper Gampis (1806 m). This is where the Lüsen Alm begins. The Almweg alpine pasture trail (no. 3) leads past the mountain moor and up to the Almweg alpine trail.

Head eastwards to the Starkenfeldhütte hut and past alpine meadows to the Astjoch summit (2194 m), with a beautiful panoramic view of the main Alpine ridge and the Dolomites. Descend to the Kreuzwiesen Alm hut, with its own dairy. Continue onwards on the steep Schmalzhaussteig trail to the Schweiger Böden car park or return to Herol and then follow the Griablsteig trail in a series of gentle ups and downs to the Plaseller Alm and back to your set-off point via Gampis, or, at the Kreuzwiese Alm hut, descend to Lüsen via Gargitt.



19 Gargitt – Kreuzwiese mountain pasture hike

780 m elev.

8,5 km

3,5 h

11 - 12

Lüsnerhof > Gargitt > Bacher Alm > Kreuzwiesen Alm > Gostalm > Lüsnerhof

Kreuzwiesen Alm

Classic hike along ancient hay trails to the Lüsen Alm mountain pastures

Long before engines were invented and roads were built, the hay harvested on the mountain pastures was sledged down the mountains, often at perilous risk. This hike begins at the Hotel Lüsnerhof, where you take the forest trail uphill to the left of the stream and continue onwards, on the left of the forest and then through the forest to the isolated Gargitt

farm (1531 m). Now take the steep hay trail (no. 11) up to the Bacheralm and then a slightly less steep, easier trail to the Kreuzwiesen Alm mountain hut (1924 m). The return route leads along a shorter but challengingly steep stretch past the Gostalm and directly to Lüsen or, alternatively, a longer but easier route on the Schmalzhaussteig trail (nos. 2A – 2) to the Schweiger Böden car park. You can also return with the hiking bus.



20 Lüsen Alm–Campill summit hike

460 m elev.

8 km

3,5 h

2 - 10 - 12A

Schweiger Böden car park > Genaiden Alm > Jakobstöckl > Campill > Kreuzwiesen Alm > Schmalzhaussteig trail > Schweiger Böden car park

Kreuzwiesen Alm

Legendary hike over Alpine pastures

All-round panoramic view over the Dolomites, Sarntal Alps, Zillertal Alps, Rieserferner and the Hohe Tauern. From the Schweiger Böden car park, take the trail and Almweg alpine pasture path no. 2, passing the Genaiden and Schneider Fall-Alm mountain pasture, onwards to the Astalm on the crest and then to the

ancient Jakobstöckl (2026 m), with a view over the Bruneck Valley. From the Jakobstöckl chapel, hike to the north west until just before the Campillalm pasture followed by a steep ascent to Campill (2190 m). Walk down through the meadows to the Almweg alpine pasture trail and follow this trail to the right. After a short ascent, turn left onto the hiking trail leading to the Almstraße alpine road, which takes you to the Kreuzwiesen Alm. To return to the Schweiger Böden car park, follow trails 2A or 2.

Astjoch variant

Over the ridge and on to the Einhauserer Alm, then left to the Astjoch (2194 m). Descend to the south on the marked trail to the Kreuzwiesen Alm hut. Return along the Schmalzhaussteig trail to the Schweiger Böden car park.

21 Glittnersee Lake summit hike

Remote Alpine pasture hike to the small mountain lake mirroring the Peitlerkofel

From the Oberflitt car park, hike eastwards along the forest trail (no. 10) through the wood. Turn right when you approach the Hernegg Alm and continue onwards through the pine forest, along tight bends, heading towards the ridge, until you come to the Glittner Ställe (2189 m, viewpoint with bench). Continue in the same direction in a slight descent to the Glittnersee Lake. Return on trail 10 to the Wieseralm, trail 10 to Jakobskopf and on to the Astalm pasture, trail 2 to the Genaiden Alm, then the farm road to the Schweiger Böden car park and Oberflitt.

VARIANT A

660 m elev.

13 km

4,5 h

10 - 2

Oberflitt car park > Glittner Ställe > Glittnerjoch > Glittnersee lake > Wieseralm > Jakobskopf > Astalm > Genaiden Alm > Oberflitt car park

Detour to Munt da Rina / Wellschellener Alm, 230 elev., 2 km, 40 mins from the Glittnersee lake, trail no. 26

VARIANT B

460 m elev.

14 km

4,5 h

Pe de Börz > Maurerberg-hütte > Lüsner Joch > Glittnersee lake > Wieseralm > Glittner Ställe > Oberflitt car park

Maurerberghütte – Detour to Munt da Rina (see variant A)



22 Peitlerkofel loop tour



550 melev.

13 km

5,5 h

8A – 4 – 35 – 8B – 8A

Würzjoch > Peitlerscharte > Peitlerwiesen > Vaciara > Gömajoch > Würzjoch

Munt de Fornella, Ütia Sot Putia, Ütia Vaciara, de Göma und Cir

A classic Dolomite hike around the rocky Peitlerkofel massif

This hike in the famed Peitlerwiesen meadows is particularly beautiful when the flowers are in blossom. From the Würzjoch bus stop (1987 m) take the Almstraße alpine road (no. 8A) towards the south, through the mountain meadows to the Munt de Fornella. Turn right towards the south-west here and take steep trail no. 8A beneath the western face of the Peitlerkofel and along the scree land, followed by a snaking uphill trail to the Peitlerscharte saddle (no. 8A). Descend to the Peitlerwiesen meadows on the wide trail on the eastern face, from where trail no.35 leads north-east direction to Ütia Vaciara and slightly uphill to the Gömajoch (2109 m). Descend to the west on trail no. 8B to Ütia de Goma and Munt de Fornella. From here, follow the ascent route back to the bus stop.

23 Peitlerkofel (2875 m)

1000 melev.

11 km

6 h

8A – 4B

Würzjoch > Munt de Fornella > Peitlerscharte > Peitlerkofel > return on same route

Ütia de Börz, Ütia Cir, Schlüterhütte

The Peitlerkofel – one of the most rewardingly beautiful mountain peaks in the Dolomites

For a safe ascent to this summit, sure-footedness and a head for heights are essential (via ferrata equipment recommended for children). Ascent to the Peitlerscharte saddle as per Peitlerkofel loop tour no. 22. Turn left at the Peitlerscharte and follow the trail north-east to the southern-facing gully. From here, follow the snaking trail to the scree land area and on to the wide col leading to the summit (2765 m). The short ascent to the summit is secured with wire ropes and is not as difficult as it appears. A trail leads up the flat slope to the Peitlerkofel peak (2875 m). The Kleiner Peitler summit (2812 m) is an easy hike, is ideal for less experienced hikers, and boasts fabulous panoramic views. Descend and return along the same route.

24 Herrnsteig-Villnöss

770 melev.

10 km

4,5 h

32A - 32 - 32B

Russiskreuz > Unterer Herrnsteig > Oberer Herrnsteig > Kofelalm > Furtschelle > Russiskreuz

No refreshment options. To get to the set-off point, pass Hinterlüssen/Gunggan/Halsl/ Russiskreuz (100 m after Brixen junction)

The Herrnsteige trail in the Villnöss Valley

This mountain hike beneath the Geisler summit in the Villnöss chamois reserve calls for considerable stamina. Begin at the Russiskreuz car par (1729 m). The trail follows the same route as the Aferer Geisler – Tullen tour no. 25 until you come to the turn-off to the right on the grassy slope (trail no. 32A, Unterer Herrnsteig) to the idyllic Kofelwiese meadow (1952 m). From here, head eastwards in gentle ups and downs on the forest slope above the Zanser Alm towards Kaserilltal, crossing over to trail 32B (2060 m). Take a left here and hike uphill on the Oberen Herrnsteig trail, partly on rocky terrain, and cross over to the west again to the Kofelalm. From here, take the trail marked GM to the Furtschellesattel on the north-west side, and follow the outward route back to the car park.

25 Aferer Geisler – Tullen

920 melev.

10 km

4,5 h

GM - 25

Russiskreuz > Kofelalm > Tullen > return on same route

No refreshment options. To get to the set-off point, pass Hinterlüssen/Gunggan/Halsl/ Russiskreuz (100 m after Brixen junction)

Geological interest mountain tour – impressive panoramic views from one of the least-ascended summits

The trail marked GM/25 leads southwards through the woods and up to a rocky outcrop (secured with wire cables. From here, turn right at the treeline on the grassy slope and continue on to the Furtschellesattel and to the southern side of the Aferer Kamm ridge (incredible views of the Geisler mountain range). Follow the trail marked GM uphill, over the meadow slopes of the Kofelalm mountain pasture to the northeast, to the Tullenkar area of scree land. From here, turn left and hike northwards along the snaking trail to the col, and over the eastern ridge (sure-footedness a must) to the Tullen summit (2653 m). Return along the same route.

26 The Günther Messner Steig

1200 melev.

15,5 km

6,5 h

GM

Russiskreuz > Tullenkar > Welscher Ring > Peitlerscharte > Rodelwiesen > Russiskreuz

No refreshment options. To get to the set-off point, pass Hinterlüssen/Gunggan/Halsl/ Russiskreuz (100 m after Brixen junction)

This route is dedicated to the mountaineer Günther Messner from Villnöss, who died on Nanga Parbat

Secured in part, this long mountain tour calls for good physical condition, mountaineering experience and sure-footedness, and can only be undertaken in good weather. The tour begins at the Russiskreuz (1729). Until the Tullenkar area of scree land, follow the directions for the Aferer Geisler – Tullen tour, no. 25. After the turn-off to the Tullen summit, turn right and continue onwards, through a secured gully to the ridge, followed by the rocky northern face over secured rocky slabs to a saddle, then right to the Welschen Ring summit (2646 m). Now head eastwards in the ridge area along the southern slope and, after a considerable distance, back to the ridge line (short ladder) and, on the northern

side, to the grassy eastern slope. Descend towards the north-east to the Peitlerscharten-Steig steep trail (2357 m). Follow this trail (2357 m) downhill and turn off to the left at the bottom of the saddle, on the edge of the treeline. Traverse to the west, passing the Kofelwiesen meadows and the wood, and continue onwards to the Halsl Straße road and back to the Russiskreuz.

TIP: Hike through the 9400-hectare Puezi-Geisler Nature Park from Zans/Villnöss to the Würzjoch. Bus to Villnöss and the Zanser Alm: via Würzjoch-Gunggan or Brixen-Villnöss. Return hike via Kaserill or Kreuzjoch, Schlüter hut, Peitlerscharte, Würzjoch. Alternative shorter route: From the Russiskreuz car park, take the bus to Würzjoch, or park at the Würzjoch, take the bus to Russiskreuz and begin there. This shortens the route by around 1.5 hours.





27 Rossalm Pfannspitz

770 melev. 14 km 4,5 h	4 - 6 - 7 - 17A - 4 ► Halsl > Gampenwiesen > Schnatzgraben > Pfannspitz > Rossalm > Schnatzgraben > Gampenwiesen > Halsl
Rossalm, Halshütte, Edelweißhütte, Schatzerhütte	

Rewarding summit hike with breath-taking views of the Dolomites and the Lüsner Alm

From Halsl (1868 m), take trail no. 4 to the north-west through the woods to the Gampenwiesen meadows. Turn right here, and hike uphill on the steep trail to the Schnatzgraben ditch and on to the ski lift. From here, continue uphill to the mountain station of the Pfannspitz cable car and north-eastwards over the ridge (no. 7) to the Großen Pfannspitz (2545 m). Descend to the south-west to the ski lift, then take trail no. 6 to the Rossalm mountain hut (2160 m). Trail 17A then leads back to the Schnatzgraben ditch and on the outward route (trail no. 4) back to your set-off point.

TIP: From Pfannspitz, continue onwards to the Großen Gabler.

28 Plose summit and the Brixen high-mountain trail

540 melev. 11 km 4 h	7 - 6 - 30 ► Kreuztal > Plose/Telegraph > Leonharder Kreuz > Ochsenalm > Brixner Höhenweg high mountain trail > Kreuztal
Mountain station, Plosehütte, Ochsenalm	

Interesting ridge traverse with ever-changing views

Take the Plose cable car from St. Andrä to the Kreuztal mountain station. From here, follow trail no. 7 to the north-east – with a beautiful view of the Dolomites – to the Plose hut (2446 m). Continue northwards on trail no. 6 along the ridge line area until you come to the flat summit of the Telegraph (2446) with its spectacular 360° views. Continue up the trail and over the north ridge to the Leonhard Cross and the Plosescharte saddle (2219 m). Descend to the west here and hike to the Ochsenalm (refreshments available). Return along the Brixner Höhenweg high-mountain trail (no. 30), and then southwards to the mountain station of the Plose cable car.

29 Maurerberg summit hike

480 melev. 10,5 km 3,5 h	1-1A - 2B - 2 ► Pe de Börz bus stop > Maurerberghütte > Maurerberg > Ütja Pecol > Pe de Börz
Ütja Pecol, Maurerberghütte	

Easy summit hike with a view of the Zillertal Alps

The gateway between the Lüsner Alm mountain pastures and the Dolomites. Starting point is the Pe de Börz bus stop. Then take the forest trail to the Maurerberghütte mountain hut (2120 m). Continue onwards along the grassy slope towards to the west, then northwards along the flat ridge to the Maurerberg (2332 m). Descend southwest to Ütja Pecol and back to the Pe de Börz bus stop.

TIP: Take the bus to Pe de Börz. Hike to the Oberflitt car park via the Maurerberghütte, Lüsner Joch and Glittnersee Lake, and back to Lüssen.

For hikers in good physical condition, we recommend the ascent from the Stadl car park (+ 320 m ascent).

DESCENT TO LÜSEN: Setting off from behind the Ochsenalm, descend initially on the traffic road and then on the steep north-east trail leading to trail no. 3A to the via Nivenol to the Kaserbach Valley (Kaserbachthal) and Lüssen. Additional elevation difference 1,150 m, 3 hours.

TIP: For hikers in good physical condition, we recommend the romantic Kaserbach Valley ascent from Lüssen to the Plose, elevation difference 1,500 m.



Maurerberg, looking over to the Lüsner Alm

Recommended hikes outside of the Lüssen Valley

Kaserillalm - Villnöss Nature Trail

From Zans car park and Dolomites UNESCO Info Point through the Kaserilltal valley to the Kaserill-alm mountain pasture (1,920 m) (Insiders' tip: The Kaserill dairy produce their own cheese and other alpine products). Return along the same route. Our suggestion: A trip to the Nature Park Visitor Centre in St. Magdalena.

-  270 m elev.
-  4,5 km
-  2 h
-  Kaserillalm



Hike to the mills of Campill in the Gader Valley

Drive to the set-off point from Lüssen to Gunggan-Würzjoch and on to Campill-Misci, where the "Val di Mulins" mill-tour hike begins. Our suggestion: A trip to the Ladin museum in Thurn (large museum dedicated to Ladin culture).

-  200 m elev.
-  4 km
-  1,5 h
-  Refreshment options in Misci & Campill



Combined hike & bus

Karlspromenade

Take the bus to the Majestic Restaurant then hike southwards along the Karlspromenade to the Millander church, and along the banks of the Eisack river back to Brixen.

-  ↑150 m elev. ↓217 m elev.
-  5 km
-  1,5 h

Brixen – Neustift (4 km north of Brixen)

Take the bus to the Majestic Pizzeria, just before Brixen. From here, cross over the Andreas-Hofer Brücke bridge and hike towards Kranebitt and onwards, either via Elvas or along the banks of the Eisack, and past the fruit orchards to the Neustift monastery. To visit the Augustinian Canons' Monastery and wine cellar, tel. 0472/836 189.

-  100 m elev.
-  6,6 km
-  2 h
-  Monastery and wine cellar

Hike in the Villnöss Valley

Variant A: Bus to Würzjoch, on to the Peitlerscharte, Schlüterhütte hut, Kaserill alm (own dairy), Zans, return by bus to Gunggan (below the Würzjoch) or via Brixen to Lüssen.

-  ↑450 m elev. ↓732 m elev.
-  9,5 km
-  3,5 h

Variant B: From the Kaserillalm mountain pasture along the Herrnsteige to the bus stop at Russiskreuz.

-  ↑957 m elev. ↓1.200 m elev.
-  16 km
-  5,5 h

„Keschtnweg“ (Chestnut trail) – Säben Monastery

From Lüssen, drive via Brixen to Feldthurns. The hike begins in the village centre. Head southwards along the "Keschtnweg" (Chestnut trail) towards the Säben Monastery above Klausen. This magnicently-located fortress dates back to the 6th century. Saint Ingenuin was the first bishop of what is today a Benedictine nunnery. After your descent to the romantic historic centre of Klausen, take the bus back to Brixen or Lüssen. This hike is particularly beautiful in spring and during the chestnut "Törggelen" season in autumn.

-  250 m elev.
-  6 km
-  2,5 h
-  Huberhof, above the fortress



Lüssen highlights at a glance

10



1 Spring: Hike to the Kräuterkanzel Gargitt "pulpit of herbs"



2 Summer: Nature park hikes. Peitlerkofel loop route or Peitler summit hike



3 E-bike tour in the Lüssen mountains



4 Picnic at the Glittnersee Lake with views of the Puez-Geisler nature park



5 Autumn: Legendary hikes along the Griaiblsteig (Almweg trail) or Campill to the Kreuzwiese



6 A trip to the old artisan area in the Kaserbach Valley



7 Family trip to the natural swimming pond



8 Snowshoe hike to Campill



9 Learn to ski at the Baby lift



10 Cross-country skiing through the larch forest on the Lüsner Alm mountain pasture

Lüsen Valley Hiking Map

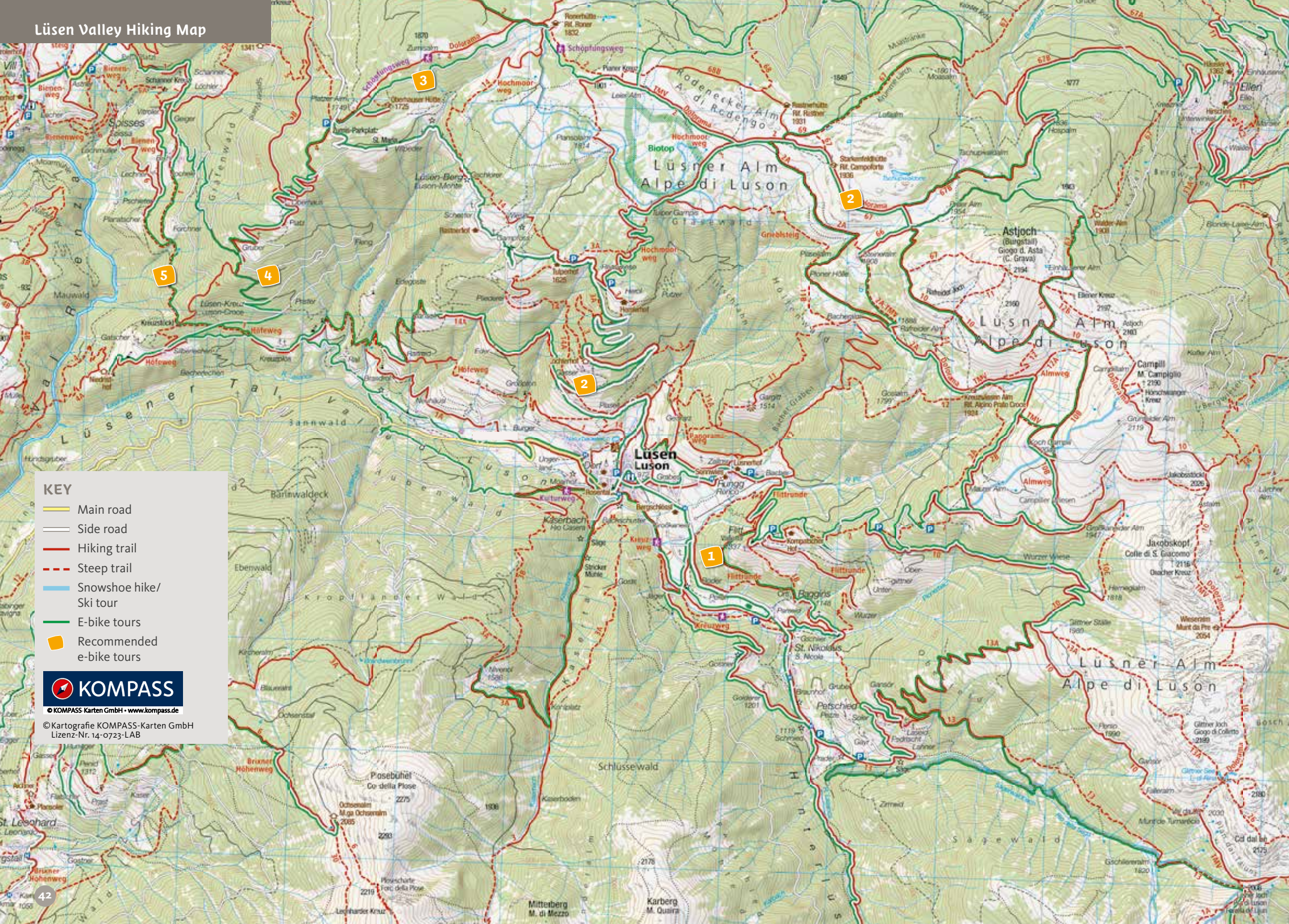
KEY

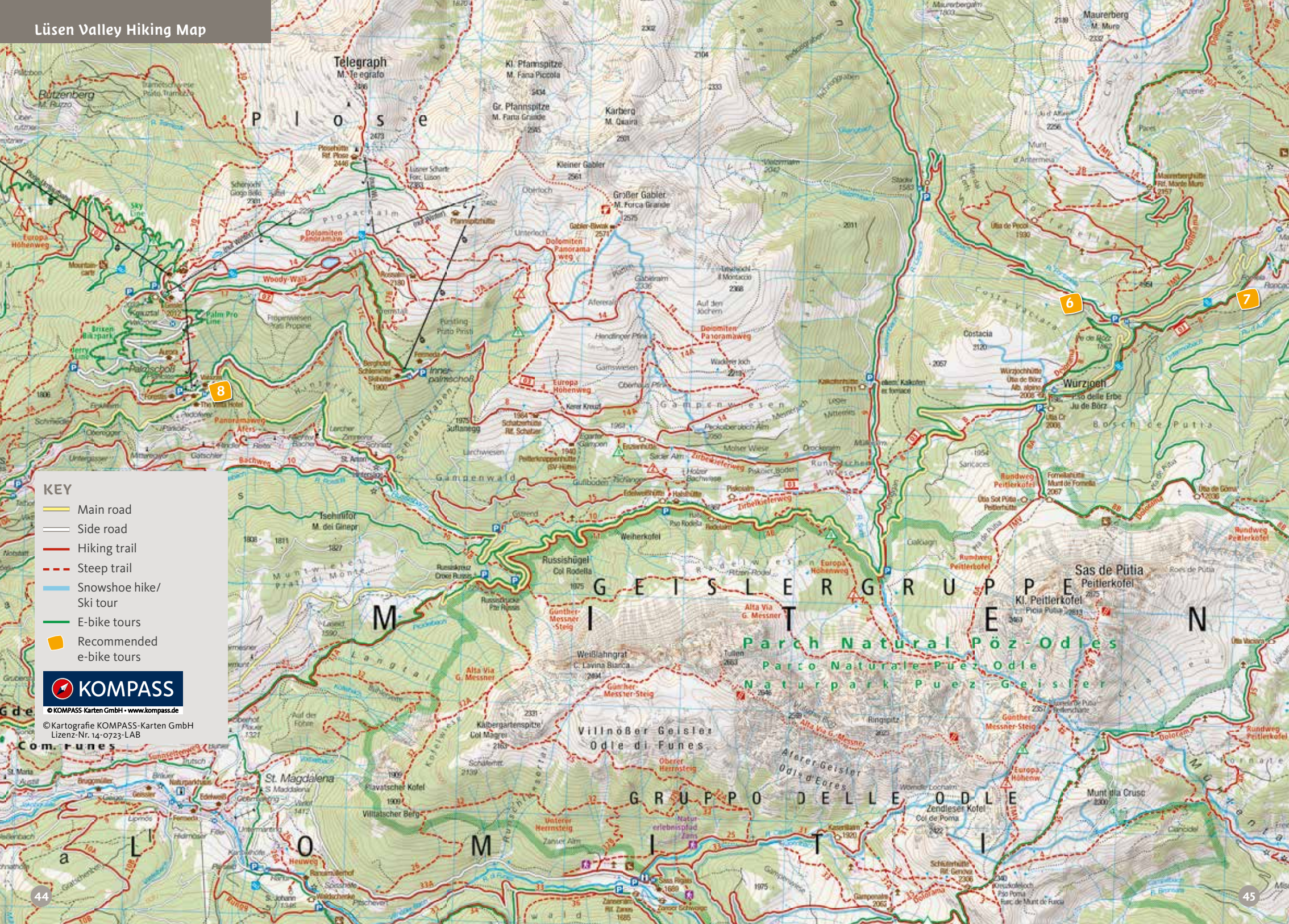
- Main road
- Side road
- Hiking trail
- Steep trail
- Snowshoe hike/
Ski tour
- E-bike tours
- Recommended
e-bike tours



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KEY

- Main road
- Side road
- Hiking trail
- Steep trail
- Snowshoe hike/
Ski tour
- E-bike tours
- Recommended
e-bike tours



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E-biking in Lüssen

Lüssen is the ideal set-off point for e-bike and mountain bike tours. The unique natural architecture of the landscape with its alpine pastures, low mountain ranges and the Dolomites protects Lüssen from unpredictable winds and weather. Given the valley's south-west orientation, the sun shines until late in the evening in the summer months – on up to 300 days a year. Mountain roads with very little traffic and countless forest trails provide an immense variety of tours: The wide array of loop tours and family routes guarantee variety-packed fun, and a challenge to suit all fitness levels. On the Lüsner Alm mountain pasture, you can explore the landscape on flat trails and enjoy the beauty of the countryside on relatively easy routes, and the view of the nearby Dolomite peaks and the vibrant flora and fauna of the alpine meadows promise an absolutely unique experience. This area is fabulous for families and leisure cyclists and, with the immensity of tours to choose from, athletes who are looking for a challenge are equally spoilt for choice. Cycling tours begin directly from the village, from nearly 1,000 m above sea level, and lead to outstandingly beautiful spots at over 2,000 m above sea level on the Würzjoch or the Plose. Whether to get there completely under your own steam or with the help of an e-bike – the decision is entirely up to you.

 Stretch
  Uphill
  Downhill
 Asphalt  Trail  Steep trail

INFORMATION & RENTAL

All recommended tours are indicated in **green** on the Kompass map. When you're out and about, we recommend using the **Lüssen App, Sentres or Outdoor Activ app**. **Please be considerate of hikers** and, on all routes, treat the countryside with respect. Our hiking trails are **not Freeride Trails**. If you are looking for freeride trails, we recommend the Brixen Bikepark. (www.plose.org), where trail surfers will find a range of lines in a variety of difficulty levels and lengths.

Bike rental in the surrounding area:

Südtirol Rad, Brixen

Tel. 0473 201 500, info@suedtirol-rad.com

Rent and Go, Sportservice Erwin Stricker

Brixen, Plose

Tel. 0472 850 077, bressanone@rentandgo.it

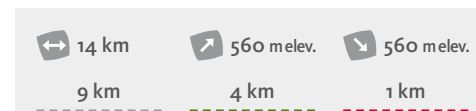
Hotel Lüsnerhof, Lüssen

Tel. 0472 413 633, info@naturhotel.it

1 Lüssen Valley loop route

► Lüssen > Kaserbachtal > Kreuzweg > Petschied > Petschied Church > Örtlhof > Flitt > Flittner Chapel > Rungg > Berger Straße > Plasellhof > Natural swimming pond > Lüssen

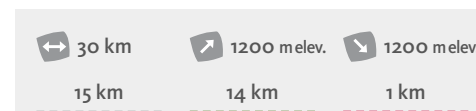
This tour leads past old cultural heritage sites, chapels and churches in the Lüssen Valley.



2 Lüsner Alm mountain pasture tour

This classic loop tour begins and ends in Lüssen. The trail leads over mountain roads without much traffic from the village of Lüssen to the Zumis car park and, from there, onwards to Rodenecker and Lüsner Alm mountain pastures and on to the Kreuzwiesen Alm mountain pasture. After a rest and refreshments with a magnificent view of the Peitlerkofel and the Ploseberg mountain, head back down the hill to the village centre.

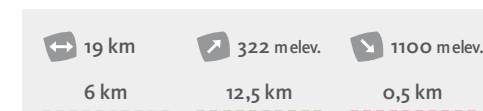
VARIANT: Ascent via Huben/Neuhäusl and Lüssen Kreuz to the Zumis car park, following the directions for tour no. 4 (+150 m).



3 Small Lüsner Alm mountain pasture tour

► Zumis > Starkenfeld > Kreuzwiesen Alm > Lüssen

This leisurely family tour begins at the Zumis car park and leads, in a series of gentle ups and downs along the Almstraße alpine road, over the soft, rolling hills of the Rodenecker and Lüsner Alm mountain pastures, past the Pianer Chapel and on to the Kreuzwiesen Alm mountain pasture. Return along same route or descend to Lüssen on the Almstraße alpine road, which is relatively free of traffic.



4 Lüssen Kreuz – Berg

► Lüssen > Huben > Neuhäusl > Kreuz > Sieberlechnerhof > Berg > Lüssen

A view-packed tour along a tarred road, relatively free of traffic, from Lüssen to the Lüssen Berg mountain with views over the village of Lüssen, the Brixen valley basin and the Natz high-mountain plateau.

↔ 23 km ↗ 1020 m elev. ↘ 1020 m elev.

----- 22 km ----- 1 km



5 Gully tour

► Lüssen > Kreuz > Rodeneck > Rundlbrücke bridge > Viums > Natz > Rienzschlucht Gully > Kreuz > Lüssen

Challenging tour to Rodeneck and Rodenegg Castle. The route leads along steep trails and past pine forests to Rodenegg Castle, through the romantic Rienz Gully and across the Natz High Apple Plateau.

↔ 27 km ↗ 1200 m elev. ↘ 1200 m elev.

----- 5 km ----- 18 km ----- 4 km



6 Würzjoch – Peitlerkofel

► Lüssen > Petschied > Stadl car park > turn left > Schwarzbachtal > Pe de Börz > forest trail to the right of the road > Würzjoch > Munt de Fornella > Würzjoch > return along the toboggan slope to the right of the road > Pe de Börz > Lüssen > or from Würzjoch to Gunggan on the main road > Lüssen

This tour leads alongside the Lasankenbach stream to the Stadl car park, where you turn left and follow the forest trail beside the rushing Schwarzbach river until you come to Munt de Fornella with the breathtaking backdrop of the Peitlerkofel, or to the Costacia viewpoint to the right of Würzjoch.

↔ 28 km ↗ 1120 m elev. ↘ 1120 m elev.

----- 4 km ----- 22 km ----- 2 km



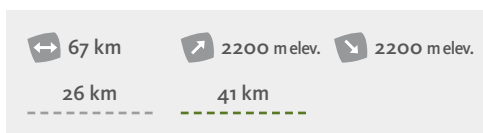
7 Lüsner Alm loop route

► Lüssen > Stadl car park > Schwarzbachtal > Pe de Börz > Onach > Pustertal Radweg bike path > Mühlbach > Rodeneck > Lüssen

Long, challenging tour around the high mountain plateau of the Lüsner Alm mountain pasture. The route leads over tarred roads with little traffic, forest trails and the Pustertal (Puster Valley) bike path, and features magnificent views of the Dolomites, the main Alpine ridge and the Puster Valley basin.

↔ 67 km ↗ 2200 m elev. ↘ 2200 m elev.

----- 26 km ----- 41 km



8 Plose loop route

► Lüssen > St. Andrä > Afer > Palmschoß > towards Würzjoch > Gunggan > Kalkofen > Lüssen

This tour loops around the Plose mountain along tarred roads with very little traffic. Bike past the romantic mountain hamlets on the sunny slopes of the Afer, with views of the Villnösser Geisler on the southern side of the Plose up to the Würzjoch. Less-fit bikers can ease the route by taking the cable car from St. Andrä to Kreuztal, where the route leads downhill again to Palmschoß (approx. 1000 less elevation).

↔ 47 km ↗ 1450 m elev. ↘ 1450 m elev.

----- 47 km



Gentle winter sports in the Lügen Valley

Far from the chaotic frenzy of the ski resorts and tourist centres, the Lügen Valley (Lügen Tal) - offers a vast array of winter leisure options so that you can leave the stress of everyday life behind and breathe freely in the hushed stillness of an untouched winter countryside. This area boasts the perfect winter sport for all tastes, from snowshoeing to sledging. With its safe, gentle and easily accessible summits, the Lügen Valley is probably the best snowshoeing area of the Dolomites: The solitude of these breathtaking mountains brings long yearned-for peace and strength to mind, body and soul.

Amidst the snow-blanketed mountain meadows and pine forests, past snow-covered Alpine huts and feeding troughs for roe deer, chamois and red deer, snowshoe hikers leave their tracks on the legendary Lügen Alm mountain pasture. This sport is easy to accomplish for anybody who can hike; the only equipment required is snowshoes, and there is no special technique to master. We do recommend, however, joining a guided snowshoeing group tour. Snowshoeing, like cross-country skiing, is an exceptionally healthy, relaxing winter sport, and is also inexpensive: All you need is normal weatherproof clothing, snowshoes and hiking poles. The Lügen Valley, in addition to revitalising winter hikes, is also ideal for sledging trips.

Beautiful cross-country trails weave their way over the Lügen Alm mountain pasture and the Puez-Geisler Nature Park. The slopes of the Lügen mountain and the Plose ski resort are a guarantee of fun for one and all, from beginners through to experienced skiers.

SKI TOURING TIP:

In the Lügen Valley, you will also find a wide array of beautiful ski-touring areas. The Lügen Alm mountain pasture is home to easy tours in a safe landscape, while, on the northern slopes of the Plose, pros will find an abundance of challenges. Tours **6**, **7** (from Petschied, tour can be extended to the Großer Gabler), **8**, **9**, **10** and **11** are also particularly suitable for ski touring.

-  **Elevation**
-  **Trail length in km**
-  **Duration**
-  **Refreshments**

-  **EH | Easy hike**
-  **MH | Moderate hike**
-  **CH | Challenging, difficult hike**

Zillertaler Alpen - Alpenhauptkamm

Astloch

Campill

Glittnerjoch

Maurerberg

Rodenecker Alm Loipe

Zumis

Lügen Berg

Lügen Alm FIS Loipe

Tulper

Kreuzwiesenloipe

Kreuzwiese

Oberflitt

Glittner Ställe

Snowshoe hiking

View of the Lügen Alm

1 Tschuppwaldsee Lake (1985 m)

Short "taster tour" over the high mountain plateau of the Lügen Alm pasture, ideal for beginners.

-  1800 m elev.
-  6 km
-  2 h
-  **EH**

► Tulper Gampis bus stop (1806 m) > Almweg trail > Starkenfeldhütte > Tschuppwaldsee Lake above Starkenfeldhütte > return on same route

 Starkenfeldhütte, Rastnerhütte



2 Gargitt - Kreuzwiese

-  780 m elev.
-  8,5 km
-  3,5 h
-  **CH**

Challenging alpine pasture hike with steep ascent and descent from the Hotel Lügenhof. See Gargitt - Kreuzwiese mountain pasture hike no. **19**

 Kreuzwiesen Alm

3 Kreuzwiese (1924 m)

-  400 m elev.
-  5,5 km
-  3 h
-  **EH**

► Oberflitt car park > Koch Campill > Kreuzwiese

Oberflitt car park > Koch Campill > Kreuzwiese See Almweg - Kreuzwiese trail no. **8**

 Kreuzwiesen Alm

4 Pianer Chapel (1900 m)

Alpine pasture hike from Lügen/Berg mountain over the high-mountain plateau of the Lügen and Rodenecker Alm pastures. Ideal for beginners. See High Moor trail no. **6**.

-  300 m elev.
-  6,5 km
-  3 h
-  **EH**

► Tulperhof bus stop (1625 m) > old ski lift route > via Tulper Gampis to the Almweg > turn left towards Pianer Chapel > Pianer Chapel > Roner Alm > Tulperhof or via the Confinweg trail > Oberhauserhütte > Tulperhof

 Tulperhof, Roner Alm, Oberhauser Hütte





5 Glittner Ställe (1980 m)

Along the Almweg alpine pasture trail to the Glittnerställen. For good hikers, we recommend taking the meadow ascent to the Glittner Joch (2190 m).

- 530 m elev.
 - 8,5 km
 - 3,5 h
 - MH
- Petschieder/Laseider (1430 m) > Glittner Ställe > Herneggalm > Flitt



7 Halslhütte (1850 m)

VARIANT A

Rewarding snowshoe hike at the foot of the Gabler. For route description, see Swiss Stone Pine Trail no. **10**.

MH

VARIANT B

Hinterafers car park (1640 m) or Petschieder / Hinterlüssen. Along the valley to the Halslhütte hut. To extend the tour, we recommend the ascent to the Schatzerhütte hut in the Gampenwiesen meadows. Return along the sled route back to your set-off point.

EH

8 Campill (2190 m)

- 460 m elev.
- 8 km
- 3,5 h
- MH

Exceptionally beautiful summit hike past the Jakobstöckl chapel to Campill, with a break and a bite to eat at the Kreuzwiesen Alm mountain hut. For route description, see Lüsner Alm – Campill Summit Hike no. **20**.



9 Astjoch (2194 m)

Classic 360° view of the Dolomite peaks and the main Alpine ridge.

VARIANT A: LÜSENER BERG MOUNTAIN

- 400 m elev.
 - 10 km
 - 4 h
 - MH
- Tulper Gampis (1806 m) > Almweg alpine pasture trail > Starckenfeldhütte > Astalm > Astjoch > Descend on ascent route or via the Kreuzwiesen Alm

Starkenfeld-, Rastnerhütte, Kreuzwiesen Alm



VARIANT B: FROM FLITT

- 600 m elev.
 - 6,5 km
 - 4 h
 - CH
- Oberflitt car park (1630 m) > Maurer Dreiwiesen > Kreuzwiesen Alm > Astjoch > Kreuzwiesen Alm > Schmalzhaussteig steep trail - Oberflitt car park

Kreuzwiesen Alm

10 Glittner Joch (2189 m)

- 580 m elev.
 - 10 km
 - 4,5 h
 - MH
- Oberflitt car park (1630 m) > Herneggalm > Glittner Ställe > Glittner Joch > Descend on ascent route or along the ridge to the Jakobstöckl and down to the Oberflitt car park.

11 Maurerberg (2332 m)

ROUTE A

- 820 m elev.
 - 14 km
 - 6 h
 - CH
- Stadel car park (1583 m) > Schwarzbachtal > Pe de Börz > Maurerberg > Ütia Pecol > Stadel car park.
- Shorter route variant from the Pe de Börz car park

ROUTE B

- 900 m elev.
 - 13 km
 - 6 h
 - CH
- Petschieder/Laseider (1430 m) > Gschlierer Alm > Lüsner Joch > Maurerberg > Descend on ascent route

Winter hikes and natural toboggan trails

12 Gampis Rastnerhütte

Ascent from Tulper Gampis, past the high moors to the Almweg mountain pasture trail (short natural toboggan trail). Return along same route. Leisurely family hike. Extension: Ascent from Herol car park, one hour more.

- 130 m elev.
- 4 km
- 1,5 h
- EH
- Tulper Gampis car park (1806 m) > Rastnerhütte Almweg alpine pasture trail > return along same route > Extended route variant begins at the Herol car park (1650 m)

Rastnerhütte

13 Tulper Gampis natural toboggan run

Natural toboggan trail from the Tulperhof to Tulper Gampis. From Gampis, you can hike onwards to the Rodenecker and Lüsner Alm mountain pastures (refreshments available).

- 200 m elev.
- 1,5 km
- 40 min.
- EH
- Tulperhof car park > natural toboggan trail to the Gampis car park

Tulperhof

PLEASE NOTE

Natural toboggan trails are not officially monitored and are also used as hiking routes. Use of these trails is at your own risk!

14 Rodenecker/Lüsner Alm hike

Leisurely hike to the Pianer Chapel. Extended route variant to the Rastnerhütte or Starkenfeldhütte recommended.

- 160 m elev.
- 6,5 km
- 2 h
- EH
- Zumis car park (1749 m) > Almstraße alpine pasture road > Roner Alm > Pianer Chapel (1900 m) > return along same route

Oberhauser Hütte, Roner Alm, Rastnerhütte, Starkenfeldhütte



15 Lüsner Alm traverse with natural toboggan trail

Sunny hike over the mountain plateau to the Kreuzwiesen Alm. A natural sledging slope leads down the mountain road to the Schweiger Böden car park or, in good snow conditions, the Oberflitt car park. Also suitable for snowshoe hikers, with descent via the Gostalm.

- 300 m elev.
- 10 km
- 3,5 h
- EH
- Tulper Gampis car park (1806 m) > Almweg mountain pasture trail > Starkenfeldhütte > Astalm > Steiner Alm > Raffreider Alm > Kreuzwiesen Alm mountain hut > Maurer Dreiwiesen > Oberflitt car park or Flitt

Kreuzwiesen Alm

16 Flitt/Oberflitt Kreuzwiese with natural toboggan trail

Hike up through the wood along the Wirtschaftsweg farm trail to the Kreuzwiesen Alm. Sledge down to the Schweiger Böden or Oberflitt car park. See Almweg – Kreuzwiese trail, hike no. 8.

- 400 m elev.
- 7 km
- 3 h
- EH
- Flitt/Oberflitt car park (1620 m) along the Almstraße alpine pasture toboggan trail > Maurer Dreiwiesen > Kreuzwiesen Alm (1924 m). Return: same route

Kreuzwiesen Alm

17 Via Crucis

- 115 m elev.
- 5,5 km
- 1,5 h
- EH
- Easy hike along the Lasankenbach stream to the Petschied sports area. See the Riverside walk on the Kreuzweg trail no. 1.

18 Panoramaweg trail

- 240 m elev.
- 5 km
- 1,5 h
- EH
- Beautiful loop tour on the sunny side of Lügen. See directions for Lügen panoramic hike no. 3.

19 Plose hike

Sunny hike to the Rossalm with beautiful views of the Dolomites

- 200 m elev.
- 6 km
- 3 h
- EH
- St. Andrä car park > Plose cable car up to the mountain > Kreuztal (2050 m) > Schönboden chair lift, valley station > Gasthof Geisler > along the Almstraße alpine road (toboggan run) to the Rossalm (2160 m). Return: same route > Kreuztal

Rossalm

20 “Rudi Run” – the longest toboggan run in South Tyrol

This 9-km toboggan run guarantees family fun at its very best.

- 900 m elev.
- 9 km
- MH
- Plose cable car > Mountain ascent > Sledge down to the valley station

Restaurants at the mountain and valley stations



Tobogganing at the Rossalm

High-mountain cross-country trails

High-mountain trails on the Lüsner and Rodenecker Alm mountain pastures

21 Lüsner Alm FIS trails / sports trails

100 melev.	Loop route Tulper Gampis car park > Roner Alm
7 km	
MH	
Roner Alm, Tulperhof	

22 Rodenecker Alm cross-country trail

240 melev.	Zumis car park > Roner Alm > Starkenfeld > Astalm > Rastnerhütte > Zumis
12 km	
EH	
Roner Alm, Starkenfeldhütte, Rastnerhütte	

23 Kreuzwiesen cross-country trail

250 melev.	Tulper Gampis > Starkenfeldhütte > Steiner Alm > Kreuzwiesen Alm > return via Plaseller Alm > Starkenfeld
20 km	
CH	
Longer route variant over the Roner Alm (total 20 km - 300 elev.) from Tulper Gampis or Zumis	
Rastner-, Starkenfeldhütte, Kreuzwiesen Alm	

24 Herol loop route

100 melev.	Herol car park
4 km	
EH	
Tulperhof	

25 Hinterlüssen

120 melev.	Loop route in the sports zone.
5 km	Night-time illumination once a week. Ideal training slope.
EH	
Restaurants in the village	



26 Halsl/Würzjoch cross-country trail

350 melev.	via St. Andrä > Afers > Palmschoß car park > Russiskreuz > Halslhütte > return along same route or continue onwards to Würzjoch via Gunggan
16 km	
MH	Depending on snow conditions, this route can also be skied from Kalkofen
Halslhütte, Ütia de Börz	

27 Würzjoch/Peitler cross-country trail

300 melev.	Gunggan > Würzjoch
8 km	The cross-country trail with the most certain snow guarantee in South Tyrol, at the foot of the Peitler.
MH	
Ütia de Börz	



i TIP



In Lüssen you will find a variety of secluded cross-country trails with breathtaking views and a snow guarantee. These trails are suitable for the skiing techniques (classic and skating). The roads to the Lüsner Alm mountain pasture are always cleared of snow. When there is an avalanche risk, access from the Gunggan/Stadl car park is closed (check road signs). Trails no. 21, 22, 23 are all interconnected.

Skiing in Lüssen for all ages

The “Rungg” ski slope near Lüssen village centre is an out and out paradise for children and an absolute highlight experience, especially for our young guests and returning skiers.

In 2019, the vast “Kinderberg” children’s mountain was overhauled in its entirety and fitted out with the very latest in skiing technology, modernisations which guarantee a punctual, pre-Christmas start to the ski season. The avant-garde ski lift is a promise of fun, as are the meticulously designed slope stretches, the new children’s snow land with 2 magic carpets and the exciting obstacles.

The qualified children’s ski instructors are on hand at all times: With the latest in instruction methods and a blend of games and skiing, children learn to keep their balance and move around on skis in a relaxed, easy-going atmosphere. Time to head out and explore the winter paradise!



Rungg ski lift

- > Length: 800 m, Elevation: 120 m
- > Inexpensive and safe, snow guaranteed
- > Ski rental: Rent and go: at the Rungg ski lift Tel. +39 0472 850 170
- > Skiing courses: Ski school Lüssen/ Tel. +39 349/2303582 info@ski-school.net

Plose ski resort

The two and a half thousand metre high Plose is the Bishopric of Brixen's home mountain, and the skiing mountain of the Eisack and Lüssen valleys. The Plose boasts magnificent panoramic views of the Dolomites and the glaciers of the main Alpine ridge, fabulous downhill runs and masses of sun. This ski resort is home to wide, safe slopes and one of the longest downhill runs in the Alps. It is a part of the Dolomite Superski arena, Europe's largest skiing region. With just one ski pass, skiers have access to almost 500 lifts and over 1,200 kilometres of slopes.

More information at www.plose.org



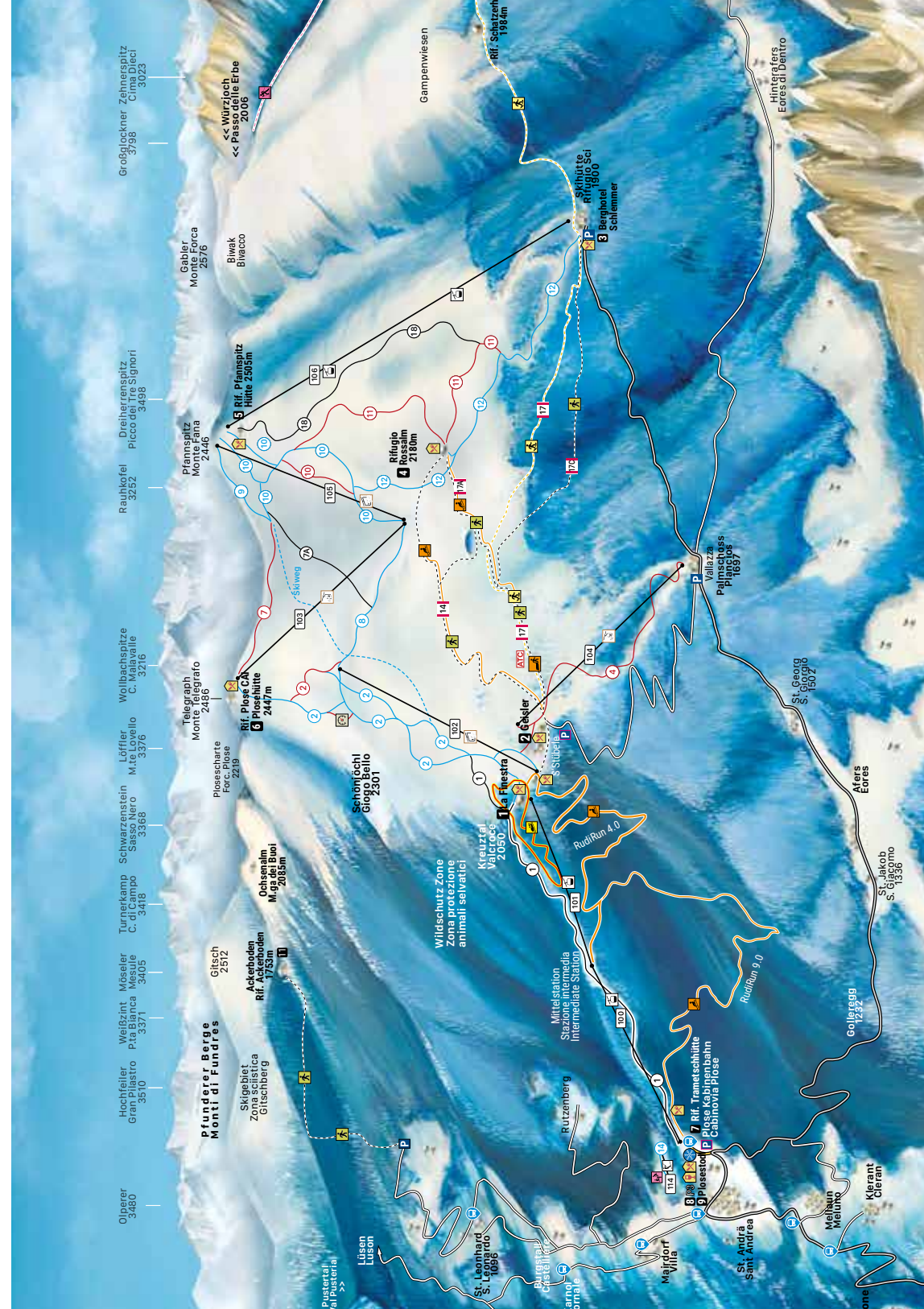
Plose

- > various modern lifts, including the fully automatic cable car from St. Andrä open out onto 43 km of slopes
- > Trametsch (9 km), the longest valley run in South Tyrol
- > Skiing and snowboarding courses in Lüssen and on the Plose, Ski kindergarten (Tel. 349 2303 582),
- > Halfpipe/Funpark
- > Ski rental: “Rent a sport” – Plose valley station (www.rentasport.it)
- > Numerous huts, mountain restaurants and apres-ski venues
- > Ski bus to the Plose (15 km)
- > Rudi Run toboggan run



More ski resorts in the surrounding area:

Kronplatz/Alta Badia 50 km, Meransen/Vals 35 km, Gröden, St. Ulrich 44 km



Daytrip destinations in South Tyrol

Bishopric of Brixen and surrounding area

Brixen:
Diözesan museum and crip collection: extensive collection of sacred art in the Episcopal Hofburg (60 showrooms).
Brixen cathedral: Baroque building with paintings by Paul Troger

Neustift:
 A trip to the **Augustine Monastery of Neustift**

Franzensfeste:
 Largest **fortress** in Central Europe

Klausen:
Mediaeval old town and **Säben Monastery**

Feldthurns:
 A trip to the Renaissance **Castle of Velthurns**

Teis: High above the entrance to the Villnöss Valley: **Mineral Museum Teis**, shimmering gems from the depths of the Earth - Geodes of Teis, mountain crystals, precious stones

Around the Lüsner Alm mountain pasture

From Lüssen village, over the Lüssen-Berg mountain to Rodeneck:

Visit **Castle Rodeneck**, a fortified 12th-century castle housing the famous Iwein frescoes

Mühlbach - Vintl:
Loden museum

Bruneck:
 Beautiful old town with the **Messner Mountain Museum** and the **Dietenheim folklore museum**

Ahrntal Valley:
Taufers Castle

St. Lorenzen - Gader Valley:
 St. Lorenzen, to St. Martin in the Gaderal Valley with a trip to the **Ladin museum**, Würzjoch (2000 m): beautiful view of the Peitlerkofel

Daytrip destinations in the Dolomite mountains

Small Dolomite tour:
 From Lüssen - Brixen - Klausen in the Gröden Valley

Gröden Valley:
 St. Ulrich: **Museum de Gherdeina**, on to Wolkenstein, Grödner Joch (2121 m). **Tip:** Easy via ferrata climb to the Cirsipitze peak; Kolfuschg - Corvara - La Villa - St. Martin; Thurn Ladin Museum - Würzjoch - Kalkofen - Lüssen.

Sterzing and surrounding area

Sterzing:
 (old Fugger town): Trip to the **Jöchlsthurn manor**.

Ridnauntal Valley:
 Setting off from the entrance to the valley, hike through the romantic **Gilfenklamm Gully**, the only gully in the world carved out deep into marble (Walking time approx. 1 hour). Trip to the **Hunting Museum in the Baroque castle of Wolfsthurn** in Mareit or the **Mountain Mining Museum in Maiern Schneeberg** at the bottom of the valley.

Bozen and Meran

Bozen and surrounding area:
Archaeology Museum (Bozen, "Ötzi, the Ice Man"), **Natural History Museum** (Bozen), **Bozen Cathedral**, **Messner Mountain Museum** (Firmian), **Lake Kaltern** (Kaltern) popular swimming lake

Meran and surrounding area:
 Trip to **Trauttmansdorff Castle** (Botanical garden, Tourist museum), Dorf Tirol with **Tyrol Castle** (Geological and Regional Museum). Passeier Valley: **Sandwirt** (House of Andreas Hofer's birth) - Jaufenpass - Sterzing

 www.museen-suedtirol.it
<https://www.suedtirol.info/en/en/experiences-and-events/culture-and-attractions>



A-Z of useful info, sport and leisure

Shopping: Lüsén village square – good value and friendly

Bakery & Confectionery - Market Gasser (large array of local breads and confectionery, over 100 local products incl. speck, cheese, grappa and much more) (0472/413810)

Market Lüsén (food, general goods, newspapers) (0472/413733)

Pöder Ida (general store) (0472/413734)

Brixen old town (12 km from Lüsén)

Autoservice Kaser: Garage, petrol station, bar Lüsner Straße 7 (0472/413930)

Bank + EC Automat: Südtiroler Volksbank Lüsén branch – town hall (0472/811590)

Bus company: Mellauner (0472/413612) www.mellauner.it

Carabinieri police station: 0472/413721

Chemist: Dorfgrasse 11 (0472/941200)

Children's play parks: Leisure area with play park and ballgame park in Lüsén village centre

Church services: see www.pfarreiluesen.org

Climbing: Courses in the Würzjoch climbing garden in July and August, sports climbing in the Lüsén gym.

Concerts: Folk and classical music in Lüsén und Brixen

Dancing and entertainment: Numerous pubs and bars in Brixen, Disco Max

Emergency number: 112

Five-a-side football pitch: in the Petschieder sport zone and in the village

Hair stylists: Ladies and gents' hair stylist: Salon Rita (389 432 4370) Bea's Hairstyle (391 404 6667)

High ropes garden: Issing/Pfalzen, Villnöss, Sterzing

Hiking map: Tappeiner Lüsén 1:25000 available at your accommodation and in the tourist information office

Ice rink: in the Petschieder sports zone, free entry

Local culture evenings: regular events in hotels in summer

Lüsén Fire Brigade: Emergency no. 112 or 0472/413566

Lüsén natural swimming pond: with giant slide and relaxation area

Nature trail: in the Kaserbach Valley

Paragliding centre: Courses at the Tulperhof (0472/413760) www.tulperhof.it / www.fly-luesen.com

Plose cable car: from St. Andrä (0472/200433) www.plose.org

Publications about Lüsén:

Lüsner Dorfbuch, Schicksale einer unseligen Zeit.
Lüsén 1914 – 1945, Die Ragginer-Voksmedizin in Lüsén,
Lüsén – Einblicke ins Gestern, Bilder die Tragen,
Church guide, Wir Lüsner

Riding: Hotel Herol, (0472/413770), www.hotel-herol.com – Peniederhof, St. Leonhard, Brixen (328 0324474)

Rifle range: Lüsén gym

Ski rental: (Skis, cross-country skis, sledges): rent and go, at the Rungg ski lift (+39 0472 850 170)

Sledging: FIS toboggan slope in the sports zone, natural toboggan trail in Kreuzwiese-Flitt, Gampis-Tulper

Snowshoe hiking: Organised tours at Lüsén tourist information office (0472/413750) and Hotel Lüsnerhof (0472/413633, www.naturhotel.it)

Swimming and wellness: Aquarena – Adventure pool in Brixen (0472/268433), www.aquarena.com

Tennis: Tennis court in Lüsén, open from April until the end of October, Hotel Rosental (0472/413800)

Weather and avalanche report: www.provinz.bz.it/wetter

Weekly market: in Brixen every Monday, farmers' market every Wednesday and Saturday, in Bozen every Saturday

Wellness: baths, beauty, massages and sauna at the Naturhotel Lüsnerhof (0472/413633) www.naturhotel.it and the Hotel Sonnwies (0472/413533) www.sonnwies.com

More information:

Lüsén Tourist Information Office

0472/413750, info@luesen.com, www.luesen.com



Dolomite retreats: the Villnöss and Lüsén Valleys

From the gentle Lüsner Alm pastures to the awe-inspiring Geisler peaks



www.villnoess.info
www.luesen.com

Hospitality establishments

Bars, restaurants and inns

Endless hospitable hosts, who have time for their guests

In the valley...

Bar / Restaurant Tal	335 1846368
Bar/Restaurant Lüsnerhof	0472 413633
Bar Verena	0472 414030
Bar Autoservice Kaser	0472 413930
Buschenschank Niederst	
(by prior booking)	0472 413670
Gasthof Tulperhof	0472 413760

On the mountain pastures...

Kreuzwiesen Alm mountain hut **	333 7484880
Munt da Rina / Wellschellener hut	335 6614500
Walderalm	349 0987951
Ütia Pecol *	335 7878777
Maurerberghütte mountain hut *	0474 520059
Oberhauser Hütte mountain hut	0472 677670
Runa Naturhotel	0472 546016
Rastnerhütte mountain hut	0472 546422
Starkenfeldhütte mountain hut	0472 671565

Bottom of the valley/Peitler/Plose area

Edelweißhütte mountain hut	0472 521216
Halslhütte mountain hut	0472 521267
Rodelalm *	388 4770816
Schatzerhütte mountain hut	328 7782228
Ütia de Börz	0474 520066
Munt de Fornella *	335 6166673
Sot Pütia *	0474 773552
Utia de Göma *	347 4186136
Utia de Vaciara *	339 7026003
Schlüterhütte mountain hut *	0472 670072
Plosehütte mountain hut	0472 521333
Rossalm	377 3772275
Ochsenalm *	328 8433955

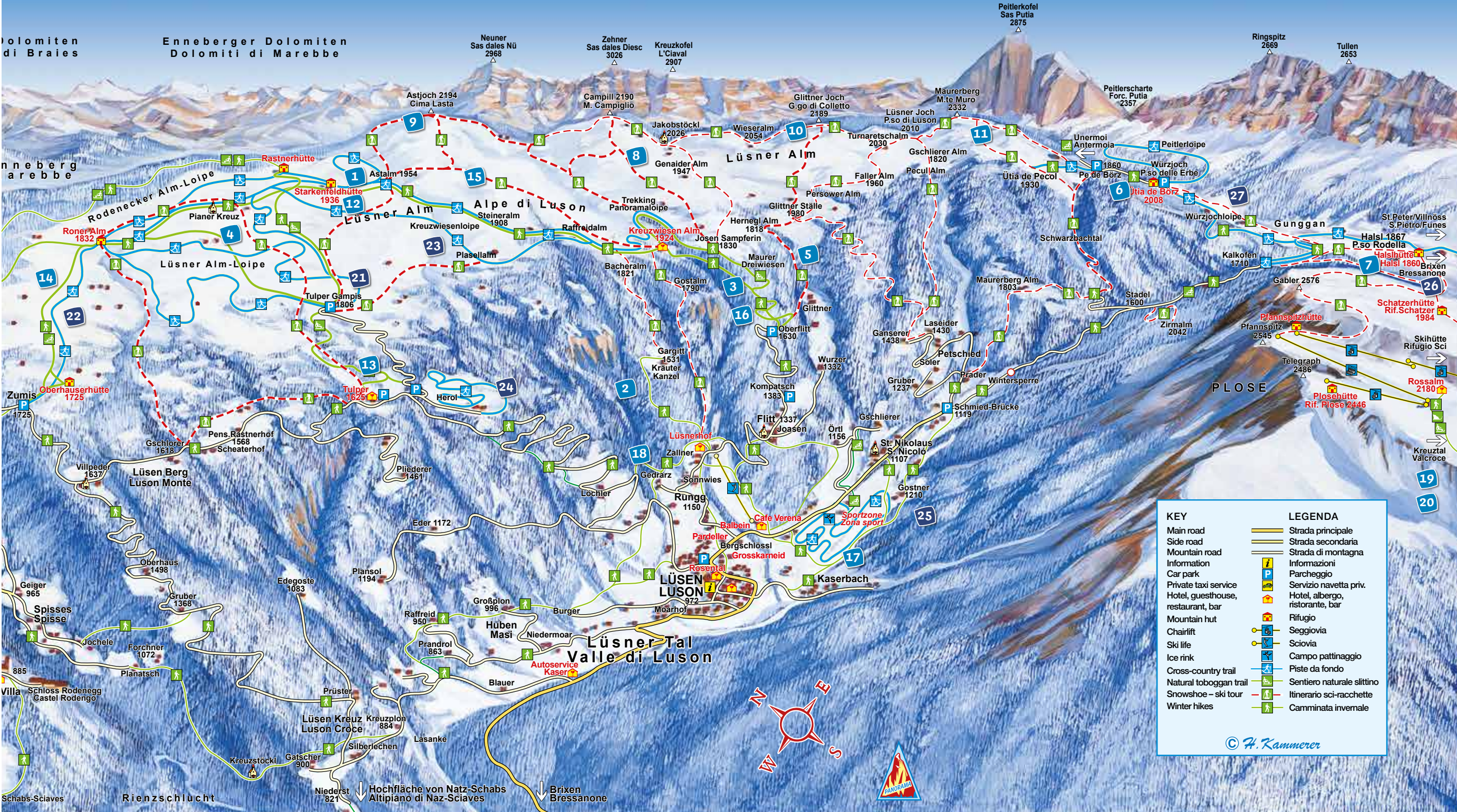
* closed in winter

** Kreuzwiese open in winter, at Christmas and Carnival

A CLOSING REQUEST:

The meadows, forests and alpine pastures are a part of our cultural landscape and economic area. Please respect this by observing the following guidelines: Keep to the marked trails and tours, even in winter, so as not to disturb wild and grazing animals - Close gates behind you – Keep dogs on a leash and their waste in a bag – Give grazing animals their space and keep your distance from them.

The Lüsner Alm – the untouched snowshoeing paradise in the Dolomites



Accommodation

Hotels

- ****^s **Naturhotel Lüsnerhof - Naturellness**
Runggerstraße 20 / Tel. 0472 413633
www.naturhotel.it / info@naturhotel.it
- ****^s **Sonnwies Dolomites - Familienhotel**
Alter Rungger Weg 20 / Tel. 0472 413533
www.sonnwies.com / info@sonnwies.com
- **** **Hotel Bergschlössl - Art & Nature**
Lüsner Str. 24 / Tel. 0472 413933
www.bergschloessl.com / info@bergschloessl.com
- *** **Hotel Rosental**
Dorfstraße 5 / Tel. 0472 413800
www.hotelrosental.com / info@hotelrosental.com
- *** **Hotel Herol**
Berg 1 / Tel. 0472 413770
www.hotel-herol.com / info@hotel-herol.com
- *** **Hotel Kompatscherhof**
Flittner Str. 6 / Tel. 0472 413600
www.kompatscherhof.it / info@kompatscherhof.it

B&Bs/ Guest houses

- ** **Pension Tulperhof**
Berg 3 / Tel. 0472 413760
www.tulperhof.it / info@tulperhof.it
- ** **Pension Rastnerhof**
Berg 11 / Tel. 0472 413625
www.pension-rastnerhof.com
info@pension-rastnerhof.com
- * **Pension Löchlerhof**
Berger Str. 16 / Tel. 0472 413740
www.loechlerhof.com / info@loechlerhof.com

Residence / Holiday apartments and rooms to let

- **** **Naturresidenz Alma**
Rungger Str. 20 / Tel. 0472 413633
www.naturhotel.it / info@naturhotel.it
- *** **Residence Tirol**
König-Arnulf-Weg 3 / Tel. 0472 413768
www.residencetirol.com / info@residencetirol.com
- *** **Grünfelder room rental**
Unterrungger Str. 5 / Tel. 0472 413632
www.ferienhaus-gruenfelder.com
info@ferienhaus-gruenfelder.com
- **** **Residenz Lusina**
St.-Florian-Weg 1 - 2 / Tel. 0472 413633
www.naturhotel.it / info@naturhotel.it
- **** **Alma Dependance**
Alter Rungger Weg 19 / Tel. 0472 413533
www.sonnwies.com / info@sonnwies.com
- * **Grossenhaus holiday apartments**
Dorfstraße 20 / Tel. 0472 413734 / tomoso@web.de
- Apartments Santer**
Rungger Str. 19 / Tel. 0472 413714
www.zalnerhof.com / info@zalnerhof.com

Holidays on the mountain pasture

- > **Kreuzwiesen Alm mountain hut** / Lüsner Alm mountain pasture / Tel. 333 7484880 /
www.kreuzwiesenalm.com / info@kreuzwiesenalm.com
- > **Oberhauserhütte – Passion for Nature** *** / Berg 15 / Tel. 0472 677670 / www.oberhauserhuetten.com / info@oberhauserhuetten.com
- > **Lüsner Almhüttl** / Gschlierer Weg 1 / Tel. 333 2010307 / luesneralmhuettl@hotmail.com
- > **Raffreiderjochalm** / Huben 8 / Tel. 348 1604205 / www.raffreiderhof.it / info@raffreiderhof.it

Publication details

PUBLISHER Lüsener Tourism Association GRAPHICS AND PRINT dialog.bz IMAGE TEXT lucerna.it TEXT Franz Hinteregger

PHOTOGRAPHS Lüsener Tourism Association, Franz Hinteregger, Helmut Molling, Henryk Berlet, Kreuzwiesen Alm, Rossalm, TV Rodeneck | Brixen Tourismus Gen.: Manuel Kottresterger/Thomas Grüner/Santifaller Photography | IDM: Alex Molling/Laurin Moser/Alex Filz/ Daniel Geiger/Florian Andergassen/Hannes Niederkofler/Clemens Zahn/Dietmar Denger/Harald Wisthaler

Farmhouse holidays

- **** **Bacherhof**
Rungger Str. 21 / Tel. 328 6994698
www.bacher-hof.com / info@bacher-hof.com
- **** **Grossplonerhof**
Huben 6 / Tel. 340 261 9114
www.grossplonerhof.com / info@grossplonerhof.com
- **** **Gruberhof**
Kreuzner Berg 3 / Tel. 388 9363613
www.gruiba.com / info@gruiba.com
- **** **Kreuzplonhof**
Kreuzner Str. 6 / Tel. 333 9829063
www.kreuzplon.com / info@kreuzplon.com
- **** **Perseiderhof**
Petschieder Str. 5 / Tel. 335 6833443
www.bauernhof-luesen.com
info@bauernhof-luesen.com
- **** **Scheaterhof**
Berg 12 / Tel. 320 0648247
www.scheaterhof.com / info@scheaterhof.com
- **** **Sieberlechnerhof**
Kreuzner Str. 7 / Tel. 349 5643628
www.ferienwohnung-luesen.com
info@ferienwohnung-luesen.com
- **** **Zalnerhof**
Rungger Straße 18 / Tel. 340 3823978
www.zalnerhof.com / info@zalnerhof.com
- **** **Balbeinhof**
Petschieder Straße 2 / Tel. 349 2206744
www.balbeinhof.com / info@balbeinhof.com
- **** **Gatscherhof**
Kreuzner Str. 9 / Tel. 340 2447796
www.gatscherhof.it / info@gatscherhof.it
- **** **Gedrarzerhof**
Rungger Str. 8 / Tel. 0472 413951
gedrarzerhof@gmail.com
- **** **Grosskarnaid-Hof**
Unterrungger Strasse 2 / Tel. 345 4115382
www.grosskarnaid.com / info@grosskarnaid.com
- **** **Lehrnerhof**
Alter Rungger Weg 16 / Tel. 349 2693250
www.lehrnerhof.com / info@lehrnerhof.com
- **** **Pardellerhof**
Runggerstraße 1 / Tel. 348 8426917 / 334 7434216
www.pardellerhof.com / info@pardellerhof.com
- **** **Plansolerhof**
Berger Str. 15 / Tel. 346 0858365
www.plansol-hof.com / info@plansol-hof.com
- **** **Raffreiderhof**
Huben 8 / Tel. 348 1604205
www.raffreiderhof.it / info@raffreiderhof.it
- **** **Sorgenhof**
Alter Rungger Weg 19 / Tel. 0472 413533
www.sonnwies.com / info@sonnwies.com
- **** **Villpederhof**
Berg 14 / Tel. 0472 413753
www.villpederhof.it / info@villpederhof.it
- * **Wieserhof**
Berg 6 / Tel. 0472 413547 / margit.ploner@bb44.it

Lüsen

Lüsener Tourism Association

I-39040 Lüsen

T +39 0472 413 750

info@luesen.com

www.luesen.com