



# WALKING HOLIDAYS IN THE MERANO COUNTRYSIDE

Whether strolling along the ancient Marling irrigation channel or hiking along the Marling mountain path from one Alpine farm to another, Marling is a hiking paradise that knows no limits. Numerous inns dot the paths, guaranteeing a unique Törggelen experience (new wine, fresh roasted chestnuts, wooden cutting board heaped with local meats and cheeses, and a fire in the corner stove heating the wooden Stube)

Set off from the hotel for **the Marling Waalweg** (irrigation channel walk) and other irrigation channel walks in Plars, Algund, Verdins, and in Schnalstal Valley.

The guided tour and hike to **the Vigiljoch springs** is a very special experience. Register at the tourist office in Lana: 0473-561 770

Enjoy the wonderful views from the **Knottnkino** viewpoint with cinema chairs on the Rotsteinkogel mountain in Hafling.

Walk over the Tschöggelberg mountain on the **European long-distance path**, or hike to the Möltner Kaser and Vöraner Alm Alpine lodges.

Explore the vastness of the **Rittner high plateau** above Bozen.

Walk around the small **Montiggler Lake** and follow the romantic forest path to the large Montiggler Lake. A summer dip in the wonderful waters of the lake can be very refreshing.

**Lake Tretsee** on the Deutschnonsberg mountain is a very special insider's tip.

Explore the untouched quarters of the **Ultental Valley**, either passing the lakes en route to the Höchsterhütte Alpine hut or on the farm hike.

Have you ever experienced the magnificent floral display in June, when the Alpine roses are in full bloom? If not, you should certainly pay a visit to the **Hirzer region** just above Saltaus in the Passeiertal Valley at the beginning of June.

The summer is a perfect time for hiking in small ski resorts such as **Meran 2000**: over the Maiser and Moschwaldalm mountains to the Meraner Hütte Alpine hut, and much more besides.



Enjoy the magnificent view of the **Muthöfen farmhouses** in Dorf Tirol, or let yourself be enchanted by the unique natural mountain scenery en route to the **Spronser Lakes**.

Visit the **St. Hippolyt Church at Naraun** in Tisens, just above Lana. It is an ancient place of power with historical significance.

The **Schnalstal Valley** has a variety of hikes to offer. Hike around the Vernagt-Stausee reservoir or take advantage of several other hiking options in Kurzras.

The selection of well signposted, diverse and numerous hikes in the Meran region is truly unique. You will find routes covering all degrees of difficulty.