

Bucket List

10 things to do in South Tyrol to fulfil your life



1

The Adolph Munkel Trail

A hike in the Dolomites. Need we say more? Even if you have already seen a lot of the world, the diverse landscape and sweeping views of the “Pale Mountains” will never cease to amaze you – for example, on the Adolph Munkel Trail. Never heard of it? Then what are you waiting for? The 13-kilometre tour starts at the Zans parking lot in Villnöss/Funes and leads straight into the Dolomites, a UNESCO World Heritage Site; past the diverse flora of the Puez-Geisler Nature Park – breathtaking views and the looming presence of the rock formations of the peaks of the Geisler Group worth travelling for.

2

Schüttelbrot

Schüttelbrot is to South Tyrol/Südtirol as pretzels are to Bavaria. While the basic ingredients like rye flour, water, and yeast may seem unspectacular at first, these flat loaves of bread are refined through the addition of fresh spices such as caraway and fennel seed and then prepared following a traditional technique that leaves them (literally) well-rounded: the single pieces of dough are shaken in a circular motion (hence the name “Schüttelbrot”, which means “shaken bread”) to bring them into the typical flat form, and after just half an hour in the oven, the now crusty, well-browned bread is the perfect start to a tasty snack. At the “Marende”, the unofficial fourth main meal of the day, it is served with Speck Alto Adige, cheese, and apple chutney. Perhaps a glass of Alto Adige wine to wash it down – how about the indigenous grape varieties Schiava or Lagrein?



3

Stilfserjoch National Park

Sustainability and environmental protection are a top priority at the Stilfserjoch Nature Reserve and National Park: covering an area of 530 km², the national park is the largest habitat for flora and fauna in South Tyrol – it wholly belongs to the plants (edelweiss!) and animals such as vultures and eagles who are indigenous to the area. This your chance to go on a tour to find mountain herbs in truly unspoiled nature, watch deer and chamois, listen to the warning whistles of the alpine marmots on guided hikes, look at the diverse natural landscape in a new light at sunrise, or put your skills to the test on the via ferrata and learn new things at the visitor centres – all while helping protect the precious nature.



4

The Steeple in Lake Reschen

There are many churches with steeples in South Tyrol, but the one rising above the surface of Reschensee lake in the Vinschgau/Val Venosta region is part of an unusual story that is as tragic as it is incredible: right in the middle of the lake, the steeple of the Romanesque parish church of Alt-Graun/Curon Vecchia protrudes from the water of the reservoir. In 1950, that water submerged the villages of Curon and Reschen/Resia, with the steeple remaining as the sole witness. On warm summer days, Reschensee lake is a popular spot for swimming and sailing; when frozen, for snow kiting and ice skating – and it is a perfect photo spot all year round, of course.

5

The Ritten Cableway

Thanks to the strong public transport network including good connections to all the valleys, your next adventure is never more than a bus or train ride away. If you are looking how to get away from the city of Bolzano/Bozen, why don't you board the public Ritten cableway and quickly put some altitude difference between yourself and the hustle and bustle of the capital? The cableway floats you above the roofs of Bolzano, offers you a view of the Rosengarten massif (which is particularly beautiful in the evening sun), and takes you up the Ritten mountain, which is always pleasantly cool. Here you can take a walk or hike, go horseback riding, or enjoy a cappuccino at a Oberbozen/Soprabolzano café. A summer escape to the high plateau, just like in the old times.



6

The Gardens of Trauttmansdorff Castle

Let's recreate a southern atmosphere. Mountains or palm trees? Both, please! Contrasts make Meran/Merano, a historical spa city on the bank of the Passer river, absolutely fascinating. It also offers a broad cultural programme. On the city outskirts you can find an oasis of calm, amidst a Mediterranean long stretch of flowers. Visiting the gardens of Trauttmansdorff Castle is a jaw-dropping experience – get ready to see plants from all over the world and beautiful spots to rest and relax. The perfect place to stroll at leisure and to make plans for your next hiking or climbing tour. Apropos tour: the gardens offer a perfect view of the most impressive three-thousander of the Texel group. How about picking it for your next travel destination?





7

A Panoramic Cycling Tour

You cannot miss cycling in South Tyrol out – the beautiful landscape is a good enough reason. And such a panoramic tour on two wheels can be done completely at leisure. You will ride your bike along the Alto Adige Wine Road, going past blooming apple orchards in spring or golden vines in autumn: there is always a reason for a quick stop to admire what is around you. You can celebrate your athletic achievements on three different culinary routes and go straight to the wineries, traditional inns, and modern South Tyrolean wine stores to taste the best wines of South Tyrol: Pinot Blanc, Gewürztraminer, Lagrein, and many more. Where will your next culinary tour take you?

8

Art and Culture on the Kronplatz Mountain

Eat, relax, explore – with a view. On the Kronplatz near Bruneck/Brunico, gourmet cuisine meets art and culture. A mountain with a panoramic view, the Kronplatz has gained quite a reputation as a skiing region that offers great variety, but that's not all: the gondola cableway shuttles you up to the summit plateau, which is a great starting point to explore the Kronplatz on various hiking trails during the warm seasons. It is also where you can find the MMM Corones by mountaineering legend Reinhold Messner, telling Alpine history in a spectacular museum building designed by architect Zaha Hadid. And in the AlpiNN restaurant next door, the culinary philosophy of South Tyrolean star chef Norbert Niederkofler will indulge your palate. The restaurant serves seasonal gourmet dishes made with locally sourced ingredients – and the glass façade grants you an unobstructed view of the surrounding mountains.



9

Learn the Ladin Language in the Heart of the Dolomites

It is a truth universally acknowledged that the best way to get to know a place is through local folklore. Just one holiday in South Tyrol, and the common greeting “Hoi!” will become familiar and feel completely normal after a while. On trips to Alta Badia or the Val Gardena, you might also want to try a friendly “Bun di!” (Good morning!). After all, that is where the old Romance language dialect Ladin is still spoken – and the old Ladin customs and traditions are enthusiastically kept alive. In order to preserve this cultural heritage, the Ladin language is still being taught and supported here. How about a crash course? That will certainly make you a connoisseur of all things in South Tyrol!



10

Aperitivo

6:00 p.m., the working day is done and in South Tyrol's towns is Aperitivo time. Holidaymakers too are warmly welcome to join the locals for a traditional glass of white wine, sparkling wine, or a Hugo cocktail and enjoy the atmosphere in sunny places and romantic narrow side streets. The drinks are usually accompanied by Stuzzicchini – small snacks such as bread rolls with Alto Adige Speck and Kaminwurz sausage, Taralli crackers, and Taggiasca olives. And while everybody else is letting go of their everyday stress, you can recall the events of your (holi)day. There is no better occasion.



Look out for this sign

Many South Tyrolean hotels and restaurants have recently obtained the Sustainability Label South Tyrol. They pursue an aware resource management and run their business in respect of nature.



