





Snowshoe hikes

Staller Saddle (2,050 m) > Antholz


 Antholz Lake (1,641 m) > Via the main road (closed during the winter) to the Staller Saddle (2,050 m)


 1-1/2 hrs


 400 m


 at the Antholz lake

Taistner Alm > Durakopf (2,275 m) > Lutterkopf (2,145 m) > Rasen/Taisten -


 Berggasthof Mudlerhof (1,590 m) > Taistner Alm (1,992 m) > Durakopf (2,145 m) > Lutterkopf (2,145 m)

 4 to 5 hrs (for entire round trip)


 800 m

 Mudlerhof, phone: 0474 950 036 (closed TUE)
Taistner Alm, phone: 340 335 96 11 (closed MO)


Brunstalm (1,889 m) > Olang


 Oberolang (1,083 m) > trail No. 20B > Brunstalm (1,889 m)


 2 hrs

 800 m


Lanzwiesenalm (1,870 m) > Olang -


 Oberolang (1,083 m) > via the Forest path to the Angerer Alm (1,401 m) > continue to the Lanzwiesenalm (1,870 m)


 1-1/2 to 2 hrs

 740 m


 Route


 Difference in elevation

 Walking time


 Meals/snacks


 Easy

 Medium-hard

 Difficult


Gönner Alm (1,870 m) > Hochnall (2,231 m) > Platten/Percha ■


 Höllerhof/Platten (1,564 m) > Gönneralm (1,870 m) > Hochnall (2,231 m)

 3 to 3-1/2 hrs


 670 m

Strudelkopf (2,307 m) > Plätzwiese/Pragser Tal ■ - ■


 Plätzwiese (1,991 m) > Dürrenstein Hut (2,040 m) > Strudelkopf (2,307 m)

 1,5-2 hrs

 300 m


 Dürrenstein Hut, phone: 0474 972 505 (closed WED)

Rastner Hut (1,877 m) > Rodenecker Alm ■

 Ellen / St. Lorenzen (1,360m) > path nr. 67 b / 67


 2 hrs

 550 m


 Rastnerhütte, phone: 0472 546 422

Snowshoe Rental:

> Sport Bergfuchs, Niederrasen


 phone: 0474 498 350

> Cross-Country Ski and Biathlon School Antholzertal


 phone: 0474 492 446

Guided Snowshoe Hikes:


> Cross-Country Ski and Biathlon School Antholzertal

 phone: 0474 492 446

> Alpine School Pustertal, Welsberg

 phone: 0474 944 660

> Sport Bergfuchs, Niederrasen

 phone: 0474 498 350



Route



Walking time



Easy



Difference in elevation



Meals/snacks



Medium-hard



Information and/or registration



Difficult