

SÜDTIROL



11/12

Vacation Tips

Wintersport | Info A-Z | Events



ANTHOLZERTAL KRONPLATZ
PLAN DE CARONET
VALLE ANTERSELVA

RASEN IM ANTHOLZERTAL KRONPLATZ
PLAN DE CARONET
RASUN IN VALLE D'ANTERSELVA

www.rasen.it < > info@rasen.it
www.antholz.com < > info@antholz.com



E.ON
IBU WORLD CUP BIATHLON
2011/2012



Antholz Anterselva

E.ON IBU
World Cup Biathlon



19. - 22.01.
2012



biathlon-antholz.it

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Cross-Country Ski and Biathlon School Antholz Valley



I-39030 Rasen-Antholz
Cross-Country Ski & Biathlon School Antholz Valley | Biathlon Centre 33
phone +39 0474 492 446 | fax +39 0474 492 446
info@langlauf-antholz.it | www.langlauf-antholz.it

Tourist office Rasen im Antholztal

Niederrasen 60 I-39030 Rasen/Antholz
phone +39 0474 496 269 | fax +39 0474 498 099
info@rasen.it | www.rasen.it

Tourist office Antholztal

Antholz Mittertal 81, 39030 Rasen/Antholz
phone +39 0474 492 116 | fax +39 0474 492 370
info@antholz.com | www.antholz.com

i

■ Safari Bus for Hikers

Hiking possibilities around Rasen and to Rein in Taufers, Misurina, St. Vigil/Pederù, Sexten or Kartitsch (A).

Dates 12.01., 26.01., 02.02., 09.02., 16.02., 23.02., 01.03., 08.03., 15.03. 2012

€ € 10.00 per person, free of charge for guests of Rasen;

👤 Limited no. of participants

☎ by 4:30 p.m. of the previous day at the Tourist Info Rasen phone +39 0474 496 269

■ Snowshoe hike with Gilbert

Dates TUE: 03.01.2012–20.03.2012

🕒 9:00 a.m

€ 30,00 per person (incl. snowshoe rental)

👤 Minimum no. of participants: 2 persons

☎ by 5:00 p.m. of the previous day at the Tourist Info Rasen | phone +39 0474 496 269

■ Biathlon guest shooting

with the Antholz Cross-Country Ski and Biathlon School

Dates Every SUN, TUE and THU: 25.12.2011–25.03.2012 (escape 16.–22.01.2012)

🕒 1:30 p.m. (Participants of all ages are welcome, including non-skiers; short introduction)

€ 1x5 shots for € 5,00

👤 Minimum no. of participants: 4 persons (children over 12 years of age)

☎ by 5:00 p.m. of the previous day at the Cross-Country Ski and Biathlon School | phone +39 0474 492 446

■ Snowshoe hike

with ski instructors from the Antholz Cross-Country Ski and Biathlon School.

Dates every WED: 28.12.2011–21.03.2012 (escape 18.01.2012)

🕒 from 1:30–4:30 p.m.

€ 30,00 per person (incl. snowshoe rental)

👤 Minimum no. of participants: 5 persons

☎ by 5:00 p.m. of the previous day at the Cross-Country Ski and Biathlon School | phone +39 0474 492 446

■ Guest fun Biathlon

with the Antholz Cross-Country Ski and Biathlon School

Dates

Every FRI: 30.12.–16.03.2012 (escape 20.01.2012)

🕒 In the Biathlon Centre at Antholz Lake. Start at 2:30 p.m. Prior to the start, every participant can make practice shots (5 shots). 1,5 km run, 1 x shooting, 5 shots in prone position, then across the finish line

€ 15,00 per person

☎ by 5:00 p.m. of the previous day at the Cross-Country Ski and Biathlon School | phone +39 0474 492 446

■ Easy evening snowshoe hike

Dates

Every TUE: 10.01.–10.03.2012

🕒 at 8:30 p.m. at Sport Bergfuchs in Niederrasen (Duration: approx. 2 hours)

€ 10,00 per person, free of charge for guests of Rasen. Equipment rental: € 10,00 per person (snowshoes, poles, forehead lamps).

👤 Participants 4–10 pers. (Only if snow conditions permit)

☎ by 5:00 p.m. at the Sport Bergfuchs | phone +39 0474 498 350

■ Skishow

Amazing skishow presented by the skischools Kron and Cima at the liftstation Olang.

Dates

Every THU at 6 p.m. from 15.12.2011–16.02.2012, start at 9.00 p.m. from the 23.02.–08.03.2012

The event on the 29.12.2011 will be moved on the 31.12.2011.

€ free entry

■ Shooting with the rifle club ad Antholz

appointment: Taferner Herbert

☎ Tel. +39 0474 492 140

■ Horse sledging

☎ phone +39 348 808 01 42, Leitgeb Karl Heinz, Antholz

☎ phone +39 329 007 50 26, Zitturi Edmund, Antholz



Sport Highlights Winter 2011/2012

- 03.–04.12.2011 > Biathlon Italian cup in Antholz
- 18.12.2011 > Biathlon Südtirol cup in Antholz
- 21.12.2011 > Fis European cup at St. Vigil in Enneberg
- 05.–08.01.2012 > Tobogganing European cup in Olang
- 07.–15.01.2012 > 10th Dolomites Balloon Festival in Toblach
- 11.–13.01.2012 > Snow Skulpture Festival in Innichen
- 13.–15.01.2012 > Würz Energy World Cup sledging in Olang
- 14.–15.01.2012 > 36th Pustertaler Skimarathon in Toblach
- 15.01.2012 > Dumpling-marathon in the Gsieser Tal
- 16.–18.01.2012 > Snow Skulpture Festival in St. Vigil
- 19.–22.01.2012 > **Biathlon World Cup in Antholz**
- 04.–05.02.2012 > 35th International People's Cross Country Run (Toblach to Cortina)
- 10.–11.02.2012 > Red Bull Kronplatz Cross in Olang
- 18.–19.02.2012 > 29th Gsieser Valley Run
- 24.–25.03.2012 > Biathlon Italian championships in Antholz

Beauty Facilities

Hotel Bad Salomonsbrunn at Antholz Niedertal

- ☑ "The Wonder of Water", a variety of baths, massages and beauty treatments (no public sauna); by appointment
- ☎ phone +39 0474 492 199

Santeshotel Wegerhof at Antholz Mittertal

- ☑ "Relax days": different kinds of baths, beauty applications, massages (no public sauna); by reservation only
- ☎ phone +39 0474 492 130

Hotel Alpenresidenz at Antholz Obertal

- ☑ "Oase of quiet": sauna and swimmingpool, massages, beauty applications by reservation only.
- ☎ phone +39 0474 494 520

Cinema

Two movie theatres with Dolby Surround System in Odeon-Cinema in Bruneck

- ☎ phone +39 0474 554 299

Cross-Country Skiing

60 km of tracked cross-country courses through the Antholz Valley, including 30 km in the famous Cross-Country and Biathlon Stadium at and around Antholz Lake. Toll on all cross-country courses in Antholz Valley:

- € Day Ticket: € 5,00; Weekly Ticket (zone): € 20,00
Weekly Ticket for Dolomiti-Nordic Ski region: € 25,00

- ☎ Available at the Tourism Agency in Rasen and Antholz or directly at the Biathlon Centre

Attention: During the Biathlon World Cup from 16.01.–22.01.2012 the courses in the vicinity of the Biathlon Stadium and Antholz Lake are closed to the public!

Cross-country skiing in the region

Gsieser Valley 42 km of courses	St. Vigil 23 km of courses
Prager Valley 40 km of courses	Rein in Taufers 15 km of courses
Sexten 70 km of courses	Kasern 17 km of courses
Toblach 100 km of courses	

Horse riding

Tharerhof, Mitterolang

☎ phone +39 348 473 14 92

Ice-skating, Hockey, and „Lattlschiessen“

In Niederrasen and Oberrasen, at the iceskating rink. Rental of skates in the tennis bar in Niederrasen and at the Camping Antholz +39 0474 492 204

Ice stadium in Bruneck

📺 see stadium program

€ Adults: € 4,00 Children under 14 years of age € 3,00
Groups (min. 15 persons): -10%

☎ phone +39 348 557 90 55 | www.hcpustertal.com

Indoor climbing

Boulder hall at Olang (on the old train station)

📺 daily open, 9.00 a.m.–10.00 p.m.

☎ Tickets available at the Hotel Pörnbacher, phone +39 0474 496 112

Climbing wall (11 meters high) in Bruneck

Near Rathausplatz and Tourist Information

📺 Mo. till Sunday 8.00 a.m.–10.00 p.m.

☎ Mobil +39 347 251 81 14

Judo

In the Gymnasium in Niederolang

€ Free admission for guests

☎ phone +39 0474 496 430

Skiing

Kronplatz

South Tyrol's number-one ski mountain, with 32 skilifts and 114 km of groomed slopes; map of slopes available from your host or at the Tourism Agency.

☎ Skilifts in Olang | phone +39 0474 592 035
www.kronplatz.com

Riepenlift Skilift in Antholz

This 1,600 meter long ski lift is especially well-suited for children and beginning skiers.

☎ Ski school phone +39 0474 492 107
☎ Ski rental at the Riepen Skilift mobil +39 340 466 79 89

Ski- and Cross-Country Ski Bus

Bus schedule and tickets available from your host or at the Tourism Agency.

Ski and Snowboard Schools

Ski School CIMA Olang, at the lift station Olang, in Mitterolang and at the Gipfelrestaurant in the top of Kronplatz

📺 MON–FRI: 8:00 a.m.–noon and 3:00–7:00 p.m.
SAT and SUN: 8:00 a.m.–noon and 1:00–8:00 p.m.

☎ Skishop and rental: phone +39 0474 497 190
www.cimaschool.com | info@cimaschool.com

CIMO Club: for children from 3 to 12 years of age, **Juniorclub** till 16 years of age, ski school Cima at the summit restaurant.

Day-long Ski Tours: upon request: e.g. Sellaronda Tour, Cortina Tour, Alta Badia, etc.

Ski School KRON

at the lift station Olang and at the Kronrestaurant

☎ phone +39 0474 592 091
www.skischool-kron.com | info@skischool-kron.com

CRONIWORLD: babysitting, kid's play area, kid's restaurant and ski lessons at the Kron restaurant.

Day-long Ski Tours: also in program!

Cross-Country and Biathlon Ski School Antholz

at the Biathlon Centre at Antholz Lake

☎ phone +39 0474 492 446 | +39 349 893 48 17
www.langlauf-antholz.it | info@langlauf-antholz.it



■ Skiing Options in the Vicinity

From Kronplatz connection with Alta Badia
Hochpustertal - Innichen, Sexten
Ahrntal - Klausberg, Speikboden
Brixen - Plose
Cortina

The Sella Route - One of the best-known one-day ski tours in the Dolomites takes you all around the Sella-Dolomite Massive. The entire roundtrip (between Skilifts and slopes) is 40 km long. Start at Corvara (54 km drive), Wolkenstein (84 km), Canazei (78 km), or Arabba (64 km). Map of slopes available at the Tourism Agency. **IMPORTANT:** Dolomiti-Super-Ski-Pass necessary.

■ Ski Pass Office

Ski Passes for Kronplatz and Dolomiti Superski are available at the Ski Pass Office at the Gassl-Olang valley station

☎ phone +39 0474 592 035 | www.kronplatz.com

■ Skiservice - Ski rental

Sport Bergfuchs, Niederrasen

Alpine- and cross country skiers, rental of snowshoes and ski tour equipment as well as water-proof ski clothing in GTX.

🕒 9:00–12:00 a.m. and from 3:00–7:00 p.m.
 SAT till 10:00 p.m.

☎ phone +39 0474 498 350

Skirent - service - repair, Niederrasen

🕒 8:15 a.m.– noon +3:00–6:00 p.m.

☎ phone +39 348 455 83 96

Sport Taschler, Antholz Obertal

cross-country skiers

☎ phone +39 0474 492 454

Hubert Leimgruber, Antholz Mittertal (Riepenlift)

Alpinski, snowboards, cross-country skiers, snowshoes


☎ phone +39 340 466 79 89



Leimgruber Hubert - Antholz Mittertal / Anterselva di Mezzo (BZ)
 Tel. 340 46 67 989 - open 8:00–17:00 - www.riepenlift.com

Swimming

»Cron 4« indoor swimming pool Bruneck-Reischach.

 Daily: 10:00 a.m.–10:00 p.m.

WED + FRI: 6:00 a.m.–10:00 p.m.

Sauna: daily from 12:00 a.m.–11:00 p.m.


WED and holidays: 10:00 a.m.–11:00 p.m.

SUN: 10:00 a.m.–10:00 p.m.

Women sauna: daily: 2:00–10:00 p.m.

 phone +39 0474 410 473 | www.cron4.it

»Acquafun« experience indoor pool Innichen

 Daily: 10:30 a.m.–9:00 p.m.

closed on TUE (open in the high season)


Sauna:

MON–SAT: 1:00–10:00 p.m.

WED: only women sauna 1:00–6:00 p.m.


SUN and holidays: 10:30 a.m.–10:00 p.m.

closed on TUE (open in the high season)


 phone +39 0474 916 200 | www.acquafun.com

Automobile repair shop


Veider Auto Repair Shop, Niederrassen

 phone +39 0474 496 157

Hofer Josef Auto Repair Shop, Neunhäusern


 phone +39 0474 496 461


Leitgeb Anton, Auto Repair Shop, Antholz Mittertal

 phone +39 0474 492 320


Bank/cash point


Raiffeisenkasse in Niederrassen

 MON, TUE, WEN, FRI 8:05 a.m.–12:45 p.m. and 2:30–4:30 p.m.;
THU 8:05 a.m.–12:45 p.m. and 5:00–6:00 p.m.

 phone +39 0474 584 103

Raiffeisenkasse Antholz Mittertal

 MON 8:05 a.m.–12:45 p.m. and 2:30–4:30 p.m.
TUE–FRI 8:05 a.m.–12:45 p.m.

 phone +39 0474 584 106

Carwash

Automobile repair shop Veider at Niederrassen


 phone +39 0474 496 157 (Self Service 24 h)


Messner Nikolaus Industrial area Antholz Mittertal

 mobil +39 348 384 11 60 (Self Service 24 h)

Chemistry

"Engel-Apotheke" in Niederrassen

 MON–FRI: 8:30–12:00 a.m. and 3:00–7:00 p.m.
SAT: 8:30–12:00 a.m.

 phone +39 0474 497 076

Divine service (in German)

in the Parish Church of Niederrassen

SAT 7:30 p.m. and SUN at 8:30 a.m.,

in the Parish Church of Oberrassen

SUN at 10:00 a.m.

in the Parish Church of Antholz Mittertal

SAT 7:00 p.m. and SUN 10:00 a.m.

in the Parish Church of Antholz Niedertal

SUN 8:30 a.m.



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www.apotheke-farmacia.com

info@apotheke-farmacia.com

■ **Filling Station**

Agip in Niederrasen

🏠 MON-FRI: 7:30 a.m.-12:30 p.m. and 2:30-7:00 p.m.
SAT: 7:30 a.m.-12:30 p.m.
(selfservice after regular hours)

☎ phone +39 0474 496 330

■ **Hospital**

Bruneck

☎ phone +39 0474 581 111

Innichen

☎ phone +39 0474 917 111

■ **Internet**



Tourist Information Rasen

🏠 MON-FRI 8:00-12:00 a.m. | 2:30-5:30 p.m.
SAB 9:00-12:00 a.m.

Library in Niederrasen

🏠 MON + THU 3:00-7:00 p.m. | TUE 08:00-12:00 a.m.
WED 9:00-12:00 a.m.

Tourist Information Antholz

🏠 MON-FRI 8:00-12:00 a.m. | 2:30-5:30 p.m.
(SAT open in the high season 9:00-12:00 a.m.)

Cafè St. Walburg, Antholz Niedertal

☎ phone +39 0474 492 180

■ **Library**

In the Parish House of Niederrasen with internet access

🏠 MON + TUE 3:00-7:00 p.m., TUE 8:00-12:00 a.m.,
WED 9:00-12:00 a.m.

☎ phone +39 0474 497 250

Antholz Mittertal, elementary school

🏠 MON 4:00-5:00 p.m., WED 2:00-4:00 p.m., THU 2:30-3:30 p.m.,

Antholz Niedertal, elementary school

🏠 TUE 4:00-6:00 p.m., FRI 4:00-5:00 p.m.

■ **Medical Doctor/Alpine Rescue**



Antholz Alpine Rescue Service

☎ emergency number 118 or phone +39 0474 492 197

Dr. Plaikner, community physician, Niederrasen

🏠 MON 8:00-12:30 p.m., TUE 10:30-12:30 a.m.,
WED 8:00-12:30 a.m., THU 5:00-8:00 p.m.,
FRI 8:00-12:30 a.m.

☎ phone +39 0474 498 090, mobil +39 348 743 64 91

Dr. Plaikner, elementary school in Antholz Mittertal

🏠 TUE 5:00-8:00 p.m., THU 8:00-11:30 a.m.

☎ phone +39 0474 492 372

Dr. Gasser, elementary school Antholz Mittertal

🏠 MON 3:00-4:30 p.m., WED 6:00-7:30 p.m.

☎ mobil +39 339 695 37 38

Pediatrician: Dr. Steinkasserer, Mitterolang

☎ phone +39 0474 497 229 or mobil +39 348 999 79 00
(by appointment only)

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Taferner

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www.rcmarketing.it

■ **Police**

📞 **Emergency phone number: 112**

Carabinieri, stationed in Welsberg
📞 phone +39 0474 944 133

Carabinieri, stationed in Oberolang
📞 phone +39 0474 496 145

■ **Post office**

in Niederrasen
📅 MON, TUE, THU, FRI 8:00 a.m.–1:30 p.m.
📞 phone +39 0474 496 159

in Antholz Mittertal
📅 TUE, THU, SAT 8:00 a.m.–1:00 p.m.
📞 phone +39 0474 492 129

■ **Staller Saddle**

Border crossing to Austria. In the winter it is closed to car traffic. Accessible for winter hiking, sledding, snowshoeing and skiing.

MIETWAGEN M. FAHRER
Mob.Tel. +39 348 7279509
 Holzer Josef
 Oberrasen 114
 E-Mail: holzer@alice.it
 www.auto-rasenantholz.it

Die Antholzer
 Tel. 348 7257436
 MIETWAGEN MIT FAHRER
 NOLEGGIO CON CONDUCENTE

■ **Taxi**

Holzer Josef, Oberrasen 114
📞 mobil +39 348 727 95 09

Egger Manfred, Antholz
📞 phone +39 0474 492 124, mobil +39 349 806 01 68

"Die Antholzer" by Oberlechner Paula, Antholz
📞 mobil +39 348 725 74 36

Taxi Stefan
📞 mobil +39 342 057 02 00, info@stefantaxi.it

■ **Kennels**

Kennels saint Franziskus, Sellastraße 6 Olang
📞 phone +39 0474 496 370 | mobil +39 348 605 68 33

■ Neunhäusern

Gasthof Neunhäusern | MON closed | phone +39 0474 497 006

■ Niederrasen

Hotel Brötz | MON closed | phone +39 0474 496 138

Hotel Adler | THU closed | phone +39 0474 496 117

Hotel Brunnerhof | TUE closed | phone +39 0474 496 244

Sporthotel Rasen | THU closed | phone +39 0474 496 134

Hotel Frida | FRI closed | phone +39 0474 496 102

Hotel Alpenhof | WED closed | phone +39 0474 496 451

Pizzeria Willi | WED closed | phone +39 0474 496 529

Berggasthaus Mudlerhof | TUE. closed | phone +39 0474 950 036

Café Pub „No 2“ | MON closed | public bar only
phone +39 347 260 28 81

Café Pub „Prosecco“ | WED closed (open every day during
the high season) | public bar onl | phone +39 0474 496 211

Hotel Dolomitenhof | WED closed | phone +39 0474 497 104

Wirtshaus Ansitz Goller | MON closed | phone +39 0474 498 431

■ Oberrasen

Hotel Andreas Hofer | MON closed | phone +39 0474 496 136

Schlosshotel Restaurant Ansitz Heufler | MON closed
phone +39 0474 496 218 | mobil +39 335 630 68 34

Gasthof Troger | THU closed | public bar only
phone +39 0474 496 215

Gasthof Lechner | FRI closed | public bar only
phone +39 0474 496 213

■ Antholz Niedertal

Hotel Antholzerhof | THU closed | phone +39 0474 492 148

Hofschänke Nösslerhof | evenings only
phone +39 0474 492 211

Hofschänke Dorf Müller | phone +39 0474 492 165

Café St. Walburg | TUE closed | phone +39 0474 492 180

Hotel Bad Salomonsbrunn | THU closed | phone +39 0474 492 199

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Antholz Niedertal / Anterselva di Sotto
Tel. 0474 492 180 / Fax 0474 493 689
info@cafe-st-walburg.com

■ Antholz Mittertal

Café Egger | MON closed | phone +39 0474 492 124

Restaurant Pizzeria Anger | TUE closed | phone +39 0474 492 333

Berghotel Johanneshof | phone +39 0474 492 107

Gasthof Bruggerwirt | THU closed | phone +39 0474 492 120

Santeshotel Wegerhof | phone +39 0474 492 130

■ Antholz Obertal

Restaurant Huberalm | WEN closed | phone +39 0474 492 343

Restaurant am See | phone +39 0474 492 252

Camping Antholz | phone +39 0474 492 204

Biathlon Inn | MON closed | phone +39 0474 492 280

Niederrasen:

Renzler General store

🏠 MON-FRI 8:00-12:00 a.m. | 3:00-6:30 p.m.
SAT 8:00-12:00 a.m. | 3:00-6:30 p.m.
☎ phone +39 0474 496 183

Steiner Butcher Shop

🏠 MON-FRI 7:30-12:00 a.m. | 3:00-6:30 p.m.
SAT 7:30-12:00 a.m. & 3:00-6:00 p.m. (Saturday afternoon till 04.03.2012)
☎ phone +39 0474 496 117

Oberlechner & Messner Electrical Appliances

🏠 MON-FRI 8:30-12:00 a.m. | 3:00-7:00 p.m. | SAT 8:30-12:00 a.m.
☎ phone +39 0474 498 430

Bergfuchs Sports & Fashions

🏠 MON-FRI 9:00-12:00 a.m. | 3:00-7:00 p.m.
SAT 9:00-12:00 a.m. | 3:00-6:00 p.m.
☎ phone +39 0474 498 350

Oberrasen

Renzler General store

🏠 MON-FRI 7:30-12:00 a.m. | 3:00-6:30 p.m. | SAT 7:30-12:00 a.m.
☎ phone +39 0474 496 179

Niederegger Fruit Market

🏠 MON-FRI 7:30-12:00 a.m. | 3:00-7:30 p.m. | SAT 7:30-12:00 a.m.
SAT afternoon (17.12.2011-03.03.2012) 3:00-6:00 p.m.
☎ phone +39 0474 496 296

Antholz Niedertal

Backery Seeber

🏠 MON-SAT 07:00-12:00 a.m.
☎ phone +39 0474 493 047

Antholz Mittertal

Egger Irmgard General store

🏠 MON-FRI 8:00-12:00 a.m. and 3:30-6:30 p.m.
SAT 8:00-12:00 a.m.
☎ phone +39 0474 492 134

Ploner Agnes General store

🏠 MON-FRI 7:30-12:00 a.m. and 4:00-7:00 p.m.
SAT 7:30 a.m.-noon
☎ phone +39 0474 492 128

Backery Seeber

🏠 MON-FRI 7:00-12:00 a.m. and 3:30-6:00 p.m.
Sa. 7:00-12:00 a.m.
☎ phone +39 0474 492 106

Bachmann Josef - wood carver

☎ phone +39 0474 492 502

Steiner Butcher Shop

🏠 MON-SAT 8:00-12:00 a.m.
☎ phone +39 0474 492 293

Christmas Markets In South Tyrol

Bruneck > at Graben and Rathausplatz
25.11.2011-06.01.2012

Brixen > at the Domplatz
25.11.2011-06.01.2012

Sterzing > at the Stadtplatz
25.11.2011-06.01.2012

Bozen > at the Waltherplatz
25.11.2011-23.12.2011

Meran > at the Passerpromenade
25.11.2011-06.01.2012

🏠 MON-FRI: 2:30-7:00 p.m.
SAT/SUN/holidays: 10:00 a.m.-7:00 p.m.
26.12.2011-06.01.2012 daily: 10:00 a.m.-7:00 p.m.
24.12.2011 from 10:00 a.m.-3:00 p.m.
closed 25.12.2011; 01.01.2012 from 2:30-7:00 p.m.

www.christmas-markets.it





■ **Starting point: Oberrasen 1.078 m**

Biotope hike

Starting 15 m under the shop Despar Renzler at Oberrasen > follow the indication „ Biotop“ > winter hike across the biotope in direction Antholz Niedertal (Walderhöfe) – direction Bad Salomonsbrunn > return along the river to Oberrasen

Whole round about 3–4 hours

✗ Bad Salomonsbrunn | closed THU | phone +39 0474 492 199

Bad Salomonsbrunn

Culture House, in a northern direction to Bad Salomonsbrunn

40 minutes

✗ Bad Salomonsbrunn | closed THU | phone +39 0474 492 199

To the biotope

Starting from the Culture House, in a northern direction > take the righthand turn and continue along the edge of the forest until you reach the biotope

40 minutes

Burgfrieden

Oberrasen > Hotel Ansitz Heufler > cross the main street- continue over the slightly ascending Village street up to the hunting lodge on the edge of the forest > continue to the mountain cemeteries, 1.269 m

40 minutes

■ **Starting point: Niederrasen 1.027 m**

To Oberrasen

Niederrasen > fire house > cross the settlement > continue along the river towards Oberrasen

30 minutes

Alte Goste

Niederrasen > Baumgartner sawmill > continue via a field path to the edge of the forest continue along the forest edge to an asphalt road and proceed to the Alte Goste, 1.096 m

50 minutes

✗ Gasthof Alte Goste | closed MON | phone +39 0474 496 171

Camping Corones - Neunhäusern

Niederrasen > Camping Corones > continue via the forest trail until you come to the main road > follow it until you reach Neunhäusern, 1.006 m (inn - closed MON | phone +39 0474 497 006)

1 hour

✗ Gasthof Neunhäusern | closed MON | phone +39 0474 497 006

Achmühle - Oberolang

Niederrasen > Antonius Chapel > cross the main road continue past the industrial zone to the Achmühle > after the bridge, you will ascend slightly and continue towards Oberolang or Mitterolang

1 hour, 10 minutes

Variation: After the bridge, take the right path towards Niederolang

Oberstall

Both from Niederrasen and from Oberrasen, pass by the church and ascend towards the forest edge; continue to the Oberstaller Estates (no refreshment opportunity)

30 minutes

■ **Starting point: Antholz-Niedertal 1.120 m**

Bad Salomonsbrunn circular path

Lower Valley > via the Antholzer Brook and to the Walder Estates > to Bad Salomonsbrunn and then continue along the river back to the starting point

1¼ hours

Nößlerhof

Niedertal > Dörfel > Sieslhof > Nösslerhof > return path along the Village street towards Lower Valley to Niedertal

1 hour, 25 minutes

Mittertal

🌀 Niedertal > church > Dörfel > Riepen Skilift > Stolz sawmill > towards Mittertal/village, 1.241 m

🕒 1 hour, 20 minutes

Biotope Rasen

🌀 Niedertal > along the Antholzer Brook until you reach the Biotope

🕒 1 hour, 10 minutes

Rauter Estates

🌀 Niedertal > Rauter Estates, 1.296 m

🕒 1 hour

■ **Starting point: Antholz-Mittertal 1.241 m**

Ammerer Estates

🌀 Riepen Skilift > Stolz sawmill > Ammerer Estates

🕒 1½ hours

Mittertaler circular path

🌀 Mittertal > Egger Estates > Kumpfl Estates > Klamm Estates > Wanzl Estates > Vierbrunnen > village

🕒 1¾ hours

Rundweg Mooshöhe

🌀 Fischer > Camping > Bruggen > Wieser Estates > Mittertal

🕒 1 hour

■ **Biathlon Centre at Antholz**

lake circular path (next to the cross-country course)

🌀 Residence Seehaus > lake restaurant and back to the Biathlon Center

🕒 1¼ hours

■ **Lake of Antholz**

Staller Saddle

🌀 parking area lake Antholz > some curves to the Staller Saddle (2.052 m)

🕒 2 hours



🏠 **Bergasthaus Mudlerhof (1.590 m) [Rasen/Taisten](#)**

In the wintertime, the starting point for various hikes

📅 25.12.2011–25.04.2012 | closed TUE

☎ phone +39 0474 950 036

🏠 **Huberalm (1.637 m) [at Antholz lake](#)**

In the immediate vicinity of the Biathlon Centre

📅 From middle of December 2011 till the end of March 2012
open 7 days a week.

In the evening, advance registration required

☎ phone +39 0474 492 343

🏠 **Biathlon Inn (1.640 m) [in the Biathlon Centre](#)**

📅 From December 2011 till Easter 2012 | open 7 days a week

☎ phone +39 0474 492 280

🏠 **Restaurant am See (1.642 m) [at Antholz lake](#)**

Behind the Antholz lake

🌀 Antholzer lake > cross the lake > Restaurant am See

🕒 20 minutes ⬆️ 0 m

📅 23.12.2011 till the middle of March 2012
open 7 days a week

☎ phone +39 0474 492 252 | +39 347 271 95 88

🏠 **Hexenschenke (2.050 m) [Staller Saddle](#)**

🌀 Antholz Lake > Staller Saddle road > Hexenschenke

🕒 1½ hours ⬆️ 450 m

📅 25.12.2011 till middle of March 2012 | open daily

☎ phone +39 347 271 95 88

REST | SNACK STATIONS & ALPINE LODGES

CLEARED WINTER HIKING PATHS

Steinzgeralm also Montalalm (1.891 m)

Antholz lake

Antholz Lake > Trail No. 7 A > Steinzgeralm

1 hour ⬆️ 240 m

04.12.2011 till the end of March 2012 | open daily

phone + 39 338 239 94 54

Taistner Alm (1.992 m) Taisten

Mudlerhof > Trail No. 38 > Taistner Alm

1 ¼ hours ⬆️ 400 m

22.12.2011 till middle of March 2012 | closed MON

phone +39 340 335 9611

Obereggeralm (1.560 m) Geiselsberg/Kronplatz

From Geiselsberg (fire house) > Trail No. 3

1/2 hour ⬆️ 200 m

27.11.2011–10.04.2012 | open daily

phone +39 347 522 01 22

Aschtalm (1.950 m) Gsieser Tal

Talschluss Hut/St. Magdalena/Gsieser Tal
forest path No. 10

1 hour ⬆️ 490 m

26.12.2011–middle of March 2012 | open daily

phone +39 348 728 27 27

Kradorfer Alm (1.704 m) Gsieser Tal

Talschluss Hut/St. Magdalena/Gsieser Tal
forest path No. 49

50 minutes ⬆️ 250 m

December 2011 till the end of March 2012 | closed MON

phone +39 0474 948 043 | +39 348 696 15 41

Stumpfalm (1.950 m) Gsieser Tal

Talschluss Hut/St. Magdalena/Gsieser Tal
forest path No. 47

1½–2 hours ⬆️ 490 m

18.12.2011 till end of March 2012 | open daily

phone +39 0474 948 146

Messner Hütte (1.659 m) Gsieser Tal

Talschluss Hut/St. Magdalena/Gsieser Tal
forest path No. 49

50 min. ⬆️ 300 m

08.12.2011–11.12.2011 & 28.12.2011–end of March 2012
closed THU

phone +39 340 496 30 98

Berggasthof Haidenberg (1.345 m) Stefansdorf

Stefansdorf (950 m) > Berggasthof Haidenberg

1 hour ⬆️ 380 m

01.12.2011 till end of March 2012 | open daily

phone +39 0474 548 062

Lercheralm (1.650 m) Oberwielenbach

Oberwielenbach (950 m) > Trail No. 1, 6, 7A

1 hour ⬆️ 210 m

04.12.2011 till end of March 2012 | WED closed

phone +39 333 113 57 68



Rasen

Toboggan in Niederrasen/Oberstall

(children's tobogganing course) ■

↔ 1.000 m ⬆️ 184 m

✕ Hotels, bars, and inns in Niederrasen

Antholz

Tobogganing course "Steinzgeralm" ■

↔ 2.500 m ⬆️ 250 m | 🏠

✕ Steinzgeralm | phone +39 338 239 94 54
Hotels, bars and inns at the Antholz lake

Tobogganing course Staller Saddle ■

↔ 5.000 m ⬆️ 400 m | 🏠

✕ Seerestaurant | phone +39 0474 492 252
Hexenschenke | phone +39 347 27195 88

Olang

Tobogganing course "Brunst-Alm" ■

↔ 7.000 m ⬆️ 800 m

Taisten

Tobogganing course "Taistner Alm - Mudlerhof" ■

↔ 4.500 m ⬆️ 400 m | 🏠

✕ Taistner Alm | phone +39 340 335 9611 | closed MON
Mudlerhof | phone +39 474 950 036 | closed TUE

Stefansdorf/St. Lorenzen

Tobogganing course "Haidenberg" ■

↔ 3.000 m ⬆️ 380 m | 🏠

✕ Gasthof Haidenberg | phone +39 0474 548 062

Oberwielenbach/Percha

Tobogganing course "Lercher Alm" ■

↔ 2.500 m ⬆️ 250 m

✕ Lercher Alm | phone +39 333 113 57 68 | closed WED

Staller Saddle (2.050 m) Antholz ■

🌀 Antholz Lake (1.641 m) > via the main road (closed during the winter) to the Staller Saddle

🕒 1½ hours ⬆️ 400 m

✕ Hexenschenke | phone +39 347 271 95 88
Seerestaurant | phone +39 0474 492 252

Taistner Alm - Durakopf (2.275 m) - Lutterkopf (2.145 m) Rasen/Taisten ■ ■

🌀 Berggasthaus Mudlerhof (1.590 m) > Taistner Alm (1.992 m) > Durakopf (2.145 m) > Lutterkopf

🕒 4-5 hours ⬆️ 800 m

✕ Mudlerhof | phone +39 0474 950 036 | closed TUE
Taistner Alm | phone +39 340 335 9611 | closed MON

Brunstalm (1.889 m) Olang ■ ■

🌀 Oberolang (1.083 m) > ■ ■ Trail nr. 20B > Brunstalm

🕒 2 hours ⬆️ 800 m

Lanzwiesenalm (1.870 m) Olang ■ ■

🌀 Oberolang (1.083 m) > via the Forest pad to the Angerer Alm

🕒 1½-2 hours ⬆️ 740 m

Gönner Alm (1.870 m) - Hochnall (2.231 m) Platten/Percha ■ ■

🌀 Höllerhof/Platten (1.564 m) > Gönneralm (1.870 m) > Hochnall

🕒 2½-3 hours ⬆️ 670 m

Strudelkopf (2.307 m) Plätzwiese/Pragser Tal ■ ■ ■

🌀 Plätzwiese (1.991 m) > Dürrenstein Hut (2.040 m) > Strudelkopf

🕒 2½-2 hours ⬆️ 300 m

✕ Dürrenstein Hut | phone +39 0474 972 505 | closed WED

Rastner Hut (1.931 m) Rodenecker Alm ■

- Ellen/St. Lorenzen (1.360 m) > ■ ■ nr. 67b/67
- 2 hours ⬆️ 550 m
- Rastnerhütte | phone +39 0472 546 422

i Snowshoe Rental:

- Sport Bergfuchs, Niederrasen**
phone +39 0474 498 350
- Cross-Country Ski and Biathlon School, Antholzertal**
phone +39 0474 492 446
- Sport Taschler, Biathlon Centre**
phone +39 0474 492 454
- Hubert Leimgruber, Antholz Mittertal**
phone +39 340 466 79 89

i Guided Snowshoe Hikes:

- Sport Bergfuchs, Niederrasen**
phone +39 0474 498 350
- Cross-Country Ski and Biathlon School, Antholzertal**
phone +39 0474 492 446
- Alpine School Pustertal, Welsberg**
phone +39 0474 944 660



Rote Wand (2.818 m) Antholz ■

- Antholz lake (1.641 m) > Steinzger Alm (1.891 m) > Obere Steinzger Alm > (2.076 m) > Rote Wand
- 4 hours ⬆️ 1.200 m

Kalksteinjöchl (2.349 m) Gsieser Tal ■ ■

- St. Magdalena/Talschluss Hut (1.465 m) > take right turn > ■ ■ nr. 48 > Tschernied Alm (1.976 m) > ■ ■ nr. 48/48a > Kalksteinjöchl
- 3-3½ hours ⬆️ 880 m

Toblacher Pfannhorn (2.623 m) Toblach/Kandellen

- Toblach/Kandellen, starting from the parking lot of Berggasthof Hofer (1.604 m) > Bonner Hut > Toblacher Pfannhorn
- 3-3½ hours ⬆️ 1.000 m

Sextner Stein (2.539 m) Sexten ■

- Hotel Dolomiten/Fischlein Valley/Sexten (1.454 m) > Talschluss Hut (1.548 m) > Altensteintal > Sextner Stein
- 3½-4 hours ⬆️ 1.100 m

Henne/Gorner Berg (2.475 m) ■ ■

- Weissenbach/Ahrntal**
- Weissenbach, parking lot 1,5 km to the west of the village (1.334 m) > Wurmtal > Gorner Joch (2.277 m) > Henne
- 3½-4 hours ⬆️ 1.500 m

i Rental of ski equipment

- Sport Bergfuchs, Niederrasen**
phone +39 0474 498 350

i Guided ski tours

- Alpine School Pustertal, Welsberg**
phone +39 0474 944 660

i Avalanche Report

- phone +39 0471 270 555 | +39 0471 271 177 | www.provinz.bz.it/lawinen



Messner Mountain Museum "Ripa" Bruneck

The fifth Messner Mountain Museum, with "mountain peoples" as its theme, at Bruneck Castle.

📅 08.12.2011–25.03.2012 | 10:00 a.m.–6:00 p.m. | TUE closed

€ Adults € 8,00; | Children € 3,00; | Family ticket: € 18,00
Students/Senior Citizens: € 6,00; | Groups of 15 people or more: € 6,00;

☎ phone +39 0474 410 220

Cripmuseum "Maranatha" In Luttach/Ahrntal

Exhibitions on two stories, with 500 square meters of exhibition floor space. You'll see dynamas of landscapes and with religious themes, as well as various other works of art. All in an impressive atmosphere.

📅 20.11.2011 till Eastern | MON–SAT

9:00–12:00 a.m. and 2:00–6:00 p.m.

SUN: 2:00–5:00 p.m. (closed on 25.12.2011)

€ Adults € 5,00; children € 2,00; Family ticket € 11,00

☎ Groups must be registered in advance:

phone +39 0474 671 682 | www.krippenmuseum.com

Castle Taufers in Sand in Taufers

A fascinating dynasty fortress

📅 Guided tours at 11:00 a.m. + 3:00 p.m. from
05.12.2011–06.01.2012 + 17.04.–01.05.2012, open daily
closed 24.12., 25.12., 26.12.2011 and 01.01.2012
THU, FRI, SAT: 07.01.–16.04.2012, 3:00 p.m.

€ Adults € 7,00; children with guide, 6–14 years € 3,00
Senior citizens and students € 4,00
Groups of 20 or more persons € 4,00

☎ phone +39 0474 678 053 | +39 340 869 01 68
www.burgeninstitut.com

Museum Of Archeology in Bozen

With Ötzi, the Ice-Man (open all year round)

📅 THU–SUN: 10:00 a.m.–6:00 p.m. | closed MON
(Dec.: open 7 days a week) | closed Dec. 25,12.2011 and 01.01.2012

€ Adults € 9,00
family-card (2 adults and children till 14 years) € 18,00

☎ phone +39 0471 320 100 | www.archaeologiemuseum.it

Loden Adventure Worlds in Vintl

The fascinating way from soft sheep's wool to tough, impermeable cloth.

📅 Year round, from MON–SAT: 9:00 a.m.–5:30 p.m.

€ Adults € 5,00; Children up to 12 years of age € 2,00
Families € 11,00; Groups € 3,00

☎ Groups must be registered in advance
phone +39 0472 868 540

Museum Ladin "Ciastel de Tor" in St. Martin in Thurn

A closer look at the history and present of the five Ladine valleys in the Dolomites

📅 26.12.2011–Eastern, from THU–SAT: 2:00–6:00 p.m.

€ Adults € 8,00; Family ticket (parents + all children under 14 years of age) € 16,00; groups of 15 or more persons - Senior citizens (over 65 years of age) and students € 6,50
Children up to 6 years of age: Free of charge

☎ phone +39 0474 524 020 | www.museumladin.it

Museum of Mining in "Kornkasten" in Steinhaus - Ahrntal

A comprehensive collection of exhibits and information on the history of mining in Ahrntal

📅 26.12.2011 till end of March 2012, THU + WED: 9:00–12:00 a.m. and 3:00–6:00 p.m.

THU: 3:00–10:00 p.m., SAT: 3:00–6:00 p.m.

SUN: 2:00–6:00 p.m. | MON + FRI: closed

€ Adults € 4,00; Children over 7 years of age € 2,50
Senior citizens (over 60 years of age) € 3,00
Family ticket (parents + children under 14 years of age) € 8,00

☎ phone +39 0474 651 043 | www.bergbaumuseum.it

Municipal Museum for the Graphic Arts in Bruneck

📅 THU–FRI: 3:00–6:00 p.m.

SAT + SUN: 10:00–12:00 a.m. | closed MON

€ Children under 10 years of age: free of charge, groups of 15 or more persons, students and senior citizens € 1,50

☎ phone +39 0474 553 292

Augustinian Choir Seminary
in the Abbey of Neustift near Brixen With late-Gothic seminary church, Gothic cloisters, miracle fountain, and significant library.

🗓️ THU–SAT guided tours at 11:00 a.m. and 3:00 p.m. (MON guided tours only by advance registration)

€ Adults € 5,50; Children 10 and older € 3,00
 Groups at 10 or more persons € 5,00

📞 phone +39 0472 836 189 | www.kloster-neustift.it

Naturparkhaus Rieserferner–Ahrn in Sand in Taufers

You can take a closer look at Mother Nature in a playful, "hands-on" way.

🗓️ 27.12.2011–end of March | closed SUN & MON

€ Free admission

📞 phone +39 0474 677 546

Dolomythos in downtown Innichen

The world of dinosaurs and treasures of the Dolomites

🗓️ All year round | daily from 10:00–12:00 a.m., 3:00–7:00 p.m. | closed on SUN

€ Adults € 6,50; Family ticket (Adults: + children under 14 years of age) € 17,00 | Children from 4 to 14 years of age € 4,50 | seniores € 5,50 | children under 4 years of age: free of charge

📞 phone +39 0474 913 462 | www.dolomythos.com

Museum Mineralis in Sand in Taufers-Ahrntal

🗓️ MON–SAT 9:00–12:00 a.m. and 3:00–6:00 p.m

€ Adults € 3,00; Children € 2,00 till the age of 14 years
 Groups at 12 or more persons € 2,00

📞 phone +39 0474 678 187 | www.mineralis.it

Mineralogical Museum in St. Johnn - Ahrntal - Treasures of the Alps

🗓️ November till end of March. Daily 3:00–6:00 p.m.

€ Adults: € 3,00; Children from 6 to 14 years of age: € 2,00
 Groups at 10 or more persons: € 2,50

📞 phone +39 0474 652 145 | www.museo-mineralogico.it

Tourism Museum Hochpustertal at Haus Wassermann in Niederdorf

Learn more about the origins of tourism, all the way up to modern-day times.

Oberegger Alm ^{1560 m}

39030 Olang/Geiselsberg
 Tel. 347 522 01 22

Open every day · Reachable by car all year long

🗓️ December till 28.02.2012 | (closed 01.01.2012)
 FRI + SUN: 4:00–7:00 p.m.
 SAT: 9:00–12:00 a.m. + 4:00–7:00 p.m.

€ Adults € 3,00; Groups of 10 or more persons € 3,00
 Students and schoolchildren € 1,50; Children under 6 years of age: free of charge

📞 Tourism Agency of Niederdorf | phone + 39 0474 745 136

Tree Peaks open – door cheese factory

🗓️ THU–SAT: 8:00 a.m.–6:00 p.m.
 SUN: 10:00 a.m.–5:00 p.m. | closed MON

€ Tours: € 3,60 per person (children under 8 years of age: free of charge). Tours with beverages and small taste sample € 5,50 per pers. Tours with beverages and cheese plate € 6,50 per pers.

📞 phone +39 0474 971 300
www.schaukaesereidreizinnen.com

Changes in program and schedule reserved.
We accept no liability for any damages, accidents or injuries.
 In the event that you can't find a particular listing, please bear in mind that we list only member organizations of the Tourism Association. These member organizations contribute to making you stay as pleasant as possible!

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Metzgerei *Steiner* Macelleria



NIEDERRASEN
RASUN DI SOTTO

Restaurant Adler

Tel. 0474 496 117

www.hotel-adler.it

Metzgerei Steiner

In Niederrasen:

Tel. 0474 496 849

In Antholz Mittertal:

Tel. 0474 492 293

www.metzgerei-steiner.it

Bergfuchs

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NIEDERRASEN ZENTRUM, Tel. 0474 498 350

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La mia banca

www.rasen.it < > info@rasen.it
www.antholz.com < > info@antholz.com