



# Dolomites San Vigilio

## Summer activities

San Vigilio \ La Pli \ Rina  
San Martin \ Antermoia \ Lungiarü





**„Fojedöra“ in the Nature Park Fanes-Senes-Braies,  
Dolomites UNESCO World Heritage**



# Contents

- 6-7 Villages & starting points
- 8-22 Walks / Hikes in San Vigilio and surroundings
  - 23 Binoculars by Swarovski Optik for rent
- 24-25 Drinking water indications
- 26-34 Walks / Hikes in San Martin and surroundings
  - 35 Cable cars
  - 36 Rules of conduct
  - 37 BBQ sites
- 38-39 Zipline
  - 40 Top 5 must do's
  - 41 Spiaggetta Ciamaor
- 42-43 Horse trekking
  - 44 Tennis / Bowling / Fishing
  - 45 Tandem flights / Rafting
- 46-47 Mushroom gathering
- 48-49 Owl Park San Vigilio
- 50-51 Virtual Tourist office
  - 52 Holidaypass
  - 53 Important numbers



## 2 Nature Parks

650 km  
of hiking paths



600 km  
of mountain bike routes

---

Over 25 possible solo  
summit experiences

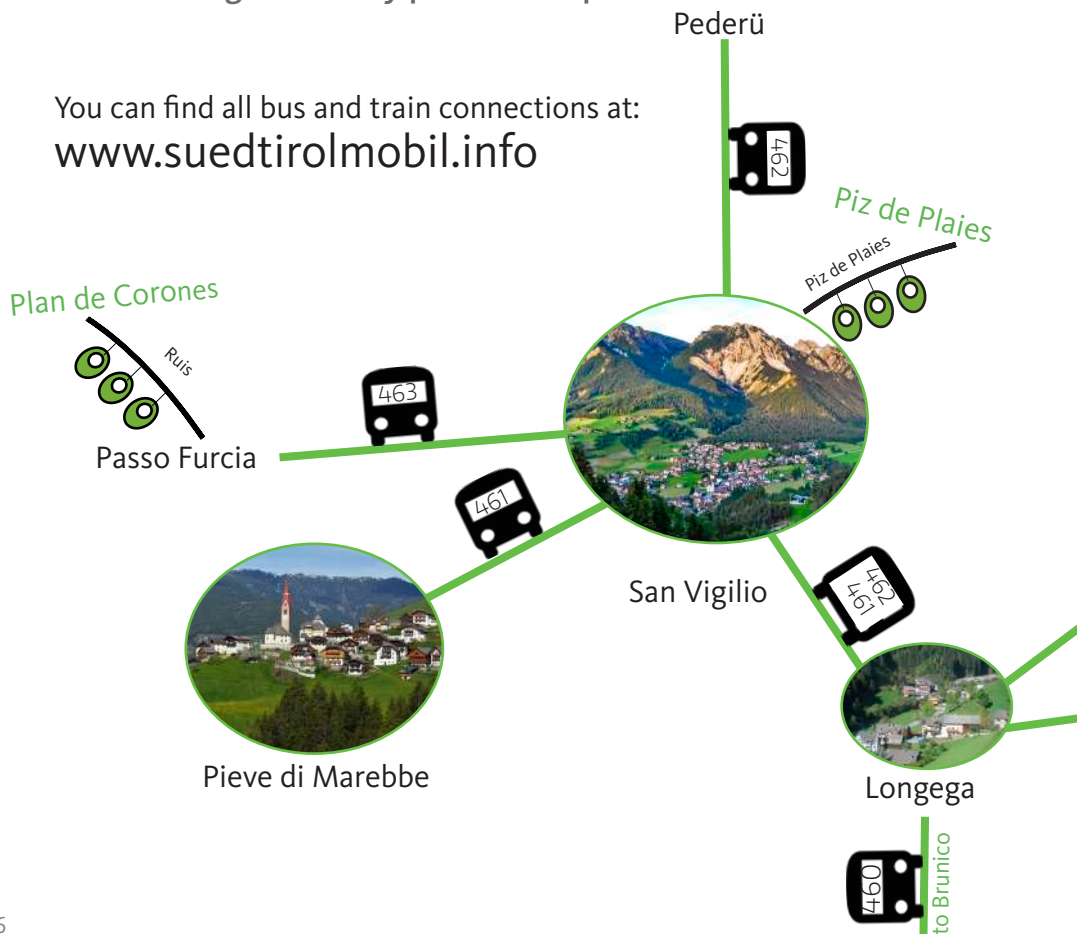
Fanes in the Nature Park Fanes-Senes-Braies,  
Dolomites UNESCO World Heritage

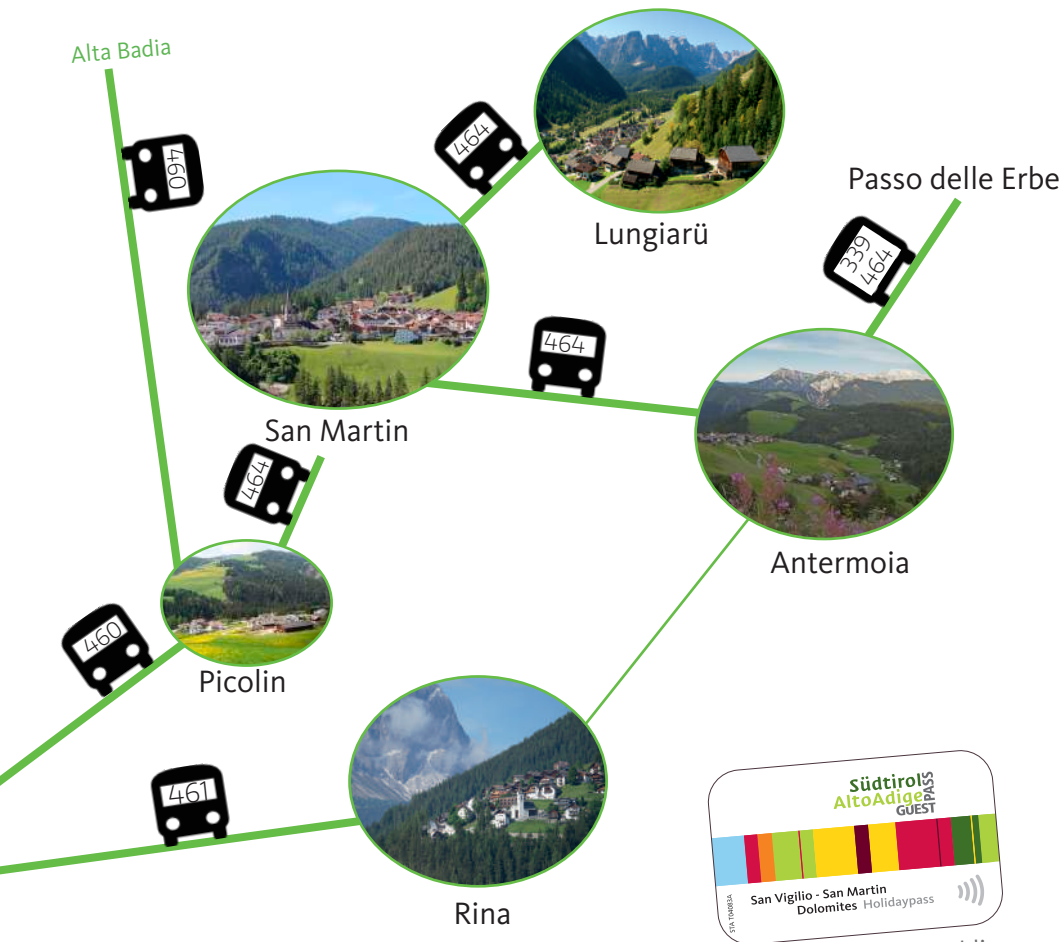
# Villages & starting points

and how to get there by public transport


You can find all bus and train connections at:

[www.suedtirolmobil.info](http://www.suedtirolmobil.info)





Unlimited use of all public  
transport throughout South Tyrol  
with the Holidaypass card

A vibrant landscape photograph featuring a field of pink flowers in the foreground, with green foliage interspersed. In the background, there are rolling hills or mountains under a bright sun that creates a lens flare effect in the upper left corner. The overall scene is bathed in warm, golden light.

„Every flower that blooms  
reminds us that the world  
is not yet tired of color.“

Fabrizio Caramagna

# Solo Hiking

## Key



=Official numbering of paths



= Circular path (walking time)



= Starting point



= Walking time (one way)



↑ = Uphill altitude difference



= Suitable for trekking pushchairs

You can find the summer map for excursions in the area San Vigilio - San Martin at the tourist offices and associated facilities free of charge.

# Walking paths and hikes starting in

# San Vigilio



## PLAYGROUND SPIAGGETTA CIAMAOR

📍 Church square ⌚ 1 hr. ⬆️ 50 m 🛒

From the church square, take the road between the Sport Erich shop and the Tabarel restaurant. After crossing the bridge, in front of you, you will see the indication for the „Ciamaoor“ path, which will take you to the Spiaggetta. Along the way, on the left bank of the river, you will also find the „Plan de Salt“ oasis of peace, perfect for those seeking relaxation. To return to San Vigilio, keep to the right and follow the path of legends „Tru dles Liondes“ until you reach the Nature Park Visitor Center.

## LAKE LAGO DELLA CRETA

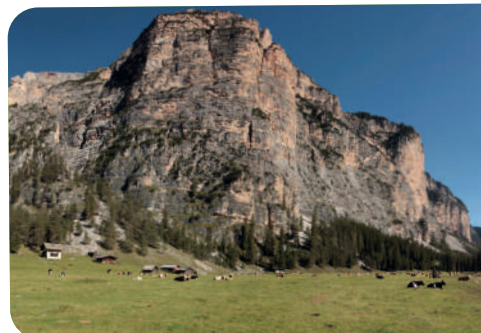
📍 Church square ⌚ 2 hr. ⬆️ 200 m 🛒

From the church square, take the road between the Sport Erich shop and the Tabarel restaurant. After crossing the bridge, in front of you, you will see the indication for the „Ciamaoor“ path. Walk past the „Spiaggetta Ciamaoor“ and continue along the river to a small bridge on your left, cross it and in about 10 minutes you will reach the „Lè dla Creta“. The return route to San Vigilio leads first along the main road and then continues on the walking path to Camping Al Plan.

## SAN VIGILIO - TAMERSC – PEDERÜ

🕒 Church square 🕒 3 hr. 📏 350 m 🚶

From the church square, take the road between the Sport Erich shop and the Tabarel restaurant. After crossing the bridge, in front of you, you will see the indication for the „Spiaggetta Cimaor“. Once you have reached the Spiaggetta, continue along the path „Tres la Val“, which leads through meadows and forests of rare beauty for about 10 km to Pederü. You can return to San Vigilio by shuttle bus or by following the same route.



## BRÜSCIA

19 – 19A ➡ 🕒 Hotel Monte Paraccia

🕒 1,5 hr. 📏 350 m

From the Hotel Monte Paraccia the route signed “Torpëi › A Sorëdl” leads up to the drinking water reservoir. Continue right across a beautiful woodland path to Cimaor. From there you return to San Vigilio on the path of legends.



## TORPËI – PINËI

19 – 1A – 1 ➡ 🕒 Hotel Monte Paraccia 🕒 1,5 hr. 📏 300 m

From the Hotel Monte Paraccia the path runs uphill to the hamlet of Torpëi. There you can enjoy the beautiful view of San Vigilio. The path continues past farm buildings. Return to the village via the hamlet of Pinëi.





## CHI VAI – TORPĚI

1 – A Sorėdl – 1A   Miara cable car

 2 hr.   300 m 

Starting from the Miara cable car, follow the signs for „Torpěi“; when the road becomes paved again, you can choose between 2 routes that lead back to San Vigilio.

## VAL – COSTA – RAS

1 – A Sorėdl   Miara cable car

 1,5 hr.   300 m 

Starting from the Miara cable car, follow the signs to „Passo Furcia“ and then for „Costa“, passing through the rural village of Val. Return to San Vigilio via „Ras“.

## SARJĚI – JU

21 (variant 21 A)   Hotel Les Alpes  3 hr.   200 m

From the Hotel Les Alpes on the small route to the middle station of the Piz de Plaies cable car. There, turn right and continue on the scenic path through green meadows to Sarjěi. From this path the route continues via a woodland path to the hamlet of Ju. For the return we recommend the route that goes to the mountain station of the Piz de Plaies cable car and then back to San Vigilio.

## CIASÉ

📍 Ciolà Restaurant ⌚ 1 hr. ⬆️ 100 m 🚶

At the crossroads near the Ciolà restaurant, take Str. Ciasé to the apartments of the same name. From there a dirt road leads up to the Bella Vista Hotel Emma. Cross the hotel car park, turn right and return to San Vigilio along the side walk.



## FURCIA PASS

1 📍 Miara cable car ⌚ 2 hr. ⬆️ 550 m 🚶

Starting from the Miara cable car, follow the indications to „Passo Furcia“ at every fork in the road. Variant: Starting from the Miara cable car, follow the indications to „Passo Furcia“ until you reach the Riff'a hut; from there a forest path leads to Hotel Restaurant Spaces. Once there, take the asphalt road uphill and continue to follow the signs for „Passo Furcia“. The same directions apply for the return journey.



## FURCIA PASS – HUT ÜCIA BIVACCO

1 📍 Furcia Pass ⌚ 45 min. ⬆️ 100 m 🚶

The path starts behind the church on the Furcia Pass (marked No. 1). After 45 minutes you will reach the hut Ücia Bivacco (refreshments and sun terrace).





## FURCIA PASS - HUT ÜCIA PICIO PRÉ

3 - 25 ➡ Ⓞ Furgia Pass ⌚ 45 min ▲ ↑ 150 m

The start is in front of the artificial lake on Furcia Pass. Follow the waymark No. 3 for approx. 15 minutes to the intersection, then continue following No. 12 signs to hut Ücia Picio Pré (refreshments and sun terrace).



## RODA DLES VILES – TOUR OF HAMLETS

A: 12 – 12A ; B: 12 – 2 ➡

Ⓞ Church square of Pieve di Marebbe ⌚ 2 hr. ▲ ↑ 300 m

Two routes leading to the Marebbe farms start at the church of Pieve di Marebbe. This culturally rich circular tour is ideal for exploring the beauty of the landscape and the architectural features of the hamlets.



## A SORĚDL – THEMED CIRCULAR WALK

A Sorėdl - 1 - 1A - A Sorėdl - 19 ➡

Ⓞ Miara cable car ⌚ 2,5 hr. ▲ ↑ 300 m 🛖

Starting from the Miara cable car, the path winds up the sunny slopes of Ras and Costa. Following the signs to “A Sorėdl” and walking via Val you reach the hamlet Torpėi. From there continue left on the tarmac road until you reach the village at the level of the Hotel Monte Paraccia.

## TRES LA VAL

📍 Mantëna ⌚ 3,5 hr. ⬆️ 300 m 🚶

The hiking path “Tres la Val” starts in Mantëna (App. Sorapunt) and, according to its Ladin name, which means “along the valley”, runs on the valley floor past San Vigilio, Ciamaor, lake Lago della Creta, Fodara Masaronn and Tamerse until it ends in Pederù. There are numerous points of entrance and exit along the entire route.

## THEMED WALK TRU DAL EGA

📍 Nature Park Visitor Center ⌚ 2,5 hr. ⬆️ 250 m 🚶

From the San Vigilio Nature Park Visitor Centre, walk to the Hotel Aqua Bad Cortina and follow the river in the direction of „Tres la Val“. After about 1 hour, you will see a small bridge on the left side leading to the 40 springs „Les Fontanes“. Back on the path, after a short asphalt stretch, you can take a diversion to the „Ciastlins“ waterfalls. Continuing on the forest path to Pederù, you will see signs for the „Ega de San Vi“ springs. Along the way, several educational stations illustrate the characteristics of water.

## TRU DLES LIONDES

Tres la Val - 25 ➡️ 📍 Aqua Bad Cortina Hotel

⌚ 1 hr. ⬆️ 150 m 🚶

We invite everyone to walk the trail of the amazing Fanes kingdom legends. The start is at the Hotel Aqua Bad Cortina. Before you start, do not forget to pick up an entertaining quiz, waiting for you at the tourist information and in the Nature Park Visitor Center.





## PIZ DA PERES (2507 m)

19 - 12 ➡ Ⓞ Hotel Monte Paraccia ⌚ 4 hr. ⬆️ 1300 m

3 ➡ Ⓞ Furcia Pass ⌚ 2 hr. ⬆️ 800 m

The route starts at the Hotel Monte Paraccia (signs No. 19). At the wayside cross turn right and follow waymark No.12 to the summit. Alternatively, you can also follow waymark No. 3 from Furcia Pass to the summit (2 hours).



## PLAN DE CORONES (2275 m)

1 ➡ Ⓞ Miara cable car ⌚ 4 hr. ⬆️ 1070 m

Starting from San Vigilio, reach the Furcia Pass (waymark No.1); from there continue along the forest road or mountain path no. 1 to get to the Panorama hut and then to the summit.



## LAKE OF BRAIES

19 ➡ Ⓞ Hotel Monte Paraccia ⌚ 6 hr. ⬆️ 1100 m

3 - 19 ➡ Ⓞ Furcia Pass ⌚ 4,5 hr. ⬆️ 630 m

From the Hotel Monte Paraccia follow waymark No. 19 and walk through Fojedöra valley to the pastures of Fojedöra; from there descend to the lake of Braies (return is also possible by bus). Alternatively, you can start from the Furcia Pass and follow the path No. 3 to Fojedöra Lake.

## RIT

21 - 15 - 13 ➡ Ⓞ Hotel Les Alpes ⌚ 5,5 hr. ⬆ 700 m

Starting from Hotel Les Alpes, walk up the road until you find the sign indicating the path to „Sarjëi“. Continue following the signs for „Rit“ (signpost No. 15). Return to San Vigilio via Ciamaor, following path no. 13 downhill through steep meadows and woods



## GIOGO MONTE CROCE - CIASTLINS – SAN VIGILIO

19 - 24 - 25 ➡ Ⓞ Hotel Monte Paraccia ⌚ 6 hr. ⬆ 1070 m

From the Hotel Monte Paraccia follow way-mark No. 19. Then from Giogo Monte Croce continue following waymark No. 24 until you reach Ciastlins; there, turn right onto waymark No. 25. The descent will take you first to „Lago della Creta“ and then to San Vigilio.



## CIASTLINS

25 ➡ Ⓞ Lake Lago della Creta ⌚ 4 hr. ⬆ 700 m

From the lake „Lè dla Creta“, follow the indications to „Ciastlins“, following path No. 25; after 15 minutes you reach the breathtaking waterfalls of Ciastlins. The path then takes us to the two hunting lodges on the idyllic pasture of Ciastlins (both not open for refreshments). Return to the Lago della Creta via the same route.





## CIASTLINS - ALPE DI SENES 25 - 24 - 24 A - 27 - 7A

☉ Lake Lago della Creta ⌚ 6 hr. ⬆️ 1250 m

Starting from the lake „Lè dla Creda“, follow the footpath No. 25 through the Ciaslins valley. When you reach the basin, continue to the right on trail No. 24 until you reach the Riciogogn pass, from where you descend to the Senes alpine huts. For the return walk, go via Fodara Vedla to Pederü.

PEDERÜ – FODARA VEDLA (1980 m) –  
SENES (2116 m) - RIFUGIO BIELLA (2300 m)

7 - 9 - 7 - 6  ☉ Pederü ⬆️ 800 m

⌚ Fodara Vedla 1,5 hr. – Senes 2 hr. – Biella 3 hr.

From Pederü, take the steep path to the left that leads to the Fodara Vedla alpine pastures and hut and then to Senes; from the Sennes hut, take path No. 6. (From the Biella hut it's possible to reach Lake Braies with a 3-hour walk each way, following Alta Via No. 1)

PEDERÜ – FANES (2042 m) – LAKE LIMO  
(2172 m) – GRAN FANES (2104 m)

7 - 11  ☉ Pederü ⬆️ 700 m

⌚ Fanes 2 hr. – Limò lake 2,5 hr. – Gran Fanes 3 hr.





From Pederü, follow the path to the right to the Fanes hut. Keep walking uphill to reach the Lake Limo and then the Gran Fanes alpine pastures.

## FANES – COL BECHEI (2793 m)

11 – 418   Fanes  2 hr.  ↑ 750 m

From Fanes to Pass of Limo; turn left away from the lake and follow the marked mountain path No. 418.

## PEDERÜ - FANES - SAS DLES DIESC (3011 m)

7 – 12 – 7B   Pederü  4 hr.  ↑ 1450 m

Hiking trail No. 7 leads from Pederü via Malga Fanes (hut Rifugio Lavarella) and on through karstified terrain to Ju dla Crusc. Below the summit of Sasso della Croce walk to just before Sas dles Dieisc. For the final section it is advisable to hike with a mountain guide! Descent is also possible following waymark No. 12 via lake Lé Parom.

## PEACE TRAIL / VIA DELLA PACE FANES - MONTE VALLON BIANCO

7 – 11 – 17 – Via della Pace   Fanes  2.5 hr.  ↑ 640 m

a) Fanes - Monte Vallon Bianco 2.684 m (waymark VB).





## PEACE TRAIL / VIA DELLA PACE FANES – FURCIA ROSSA

7 – 11 – 17 – Via della Pace ➡ ⦿ Fanes ⌚ 3,5 hr. ⬆ 750 m

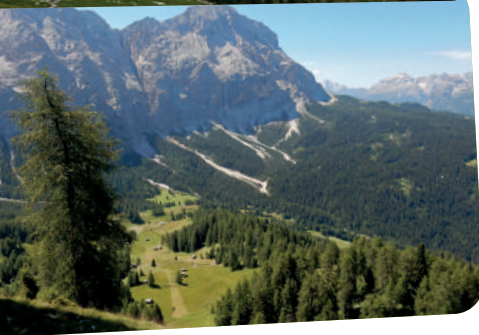
b) follow the waymark VB. After 1,5 hours turn right. ATTENTION: this path is a Via Ferrata!



## PEACE TRAIL / VIA DELLA PACE FANES - MONTE CASTELLO

7 – 11 – 17 ➡ ⦿ Fanes ⌚ 2,5 hr. ⬆ 720 m

c) Fanes - Monte Castello 2.760 m - Alta Via No. 1 (high route) or waymark No. 17.



## CIAMAOR - RIT – SAN ANTONIO PASS – FANES

13 – (7 return via Pederù) ➡ ⦿ Ciamaor ⌚ 7 hr. ⬆ 1450 m

From San Vigilio (Ciamaor) via Rit (waymark No. 13) to Spëscia; from there following waymark No.13 via San Antonio Pass to Malga Fanes; return is also possible via Pederù.

## SANTA CROCE

13 - 15 (7 return via Badia) ➡ Ⓞ Ciamaor ⌚ 6 hr. ⬆️ 800 m

From San Vigilio (Ciamaor), passing through Rit, always following path No. 13, you will reach Spëscia. Then take path no. 15 across the Armentara meadows to the Santa Croce pilgrimage site. You can also return by descending to San Leonardo/Badia (1.5 hours on foot or by chairlift).



## FODARA VEDLA – SAS DLA PARA (2460 m)

7 - (path without nr) ➡ Ⓞ Fodara Vedla ⌚ 1,5 hr. ⬆️ 480 m

Starting from the Fodara Vedla mountain hut, always keeping to the right, follow the signs to the summit.



## SENES – MONTE SELLA DI SENES (2787 m)

7 - 7 A - 7 - 27 ➡ Ⓞ Senes ⌚ 3 hr. ⬆️ 670 m

From the Sennes hut, continue to the Munt de Senes mountain hut and continue along trail No. 27 until you reach the summit. It is also possible to return by descending to the „Lé dla Creda“ via the Riciogogn pass and the Ciastlins valley (trail No. 25/24 - 3 hours). Numbering for the return via Ciastlins: 24 A - 24 - 25





## CONCORDIA SCENIC PATH (2275 m)

Ⓢ Plan de Corones (Concordia bell) ⌚ 1 hr. ⬆ 80 m 🛒

Gentle circular walk around the Plan de Corones plateau with amazing scenic views. The easy and well-signed circular route can also be walked easily with a pushchair.



## CIRCULAR WALK

### COL DL' ANCONA (1650 m)

Ⓢ Piz de Plaies mountain station ⌚ 1 hr. ⬆ 100 m 🛒

Easy and varied route, ideal for families, also with a pushchair. The circular walk starts at the mountain station of the Piz de Plaies cable car on Col dl'Ancona and runs to the hamlet of Gran Ju, from where a gentle woodland path leads back to Col dl'Ancona.



## LAKE OF RINA (2180 m)

26 A - 26 ➡ Ⓢ Sporting fiel Rina ⌚ 2,5 hr. ⬆ 800 m

From the sporting fiel in Rina a 1 - 1,5 hour walk on a signed path takes you to the hut Munt da Rina (refreshments available). The path continues via Col dal Lè to idyllic lake of Rina. Return is via the same route.

# Animals in sight!

## Binoculars Swarovski Optik for rent

Possibility to rent Swarovski binoculars at the Tourist Offices San Vigilio and San Martin and at the Visitor Center of the Nature Park at a cost of 7,00 € / day.

The income will support a naturalistic project.



  
**SWAROVSKI**  
**OPTIK**

A person wearing a yellow shirt and pink shorts is filling a water bottle from a stone spring. The background shows a lush green mountain landscape.

**The water of the  
region is  
drinkable !**

We have the best spring water quality.

Then why buy it in bottles?

The tap water here is excellent!

Reduce the waste caused by disposable bottles and  
fill your canteen with fresh mountain water!

You can find the nearest refill station at the page:  
[www.refill.bz.it](http://www.refill.bz.it)



Drinking bottles  
for sale  
at the tourist  
offices







Walking paths and hikes starting in

# San Martin



## TRU VISTLES

Tru Vistles  Church square  1 hr.  ↑ 100 m 

Starting on the road in front of the door of the church, follow the „Tru Vistles“ signs. The circular route is particularly inviting for families because of the many games on the route.

## PIZ DE PLAIES

 Top station Piz de Plaies  30 min.  ↑ 100 m 

Starting from the top station of the Piz de Plaies cable car, walk behind the hut Ütia al Cir through the forest until you get above the settlement of Ju. Here, follow the slightly uphill to the Piz de Plaies viewpoint at 1700 m. Alternatively, you can extend your trip by taking the cycle path around Piz de Plaies.





## LOVARA – COSTA – LA VAL

4 A – 4   Tourist office  2,5 hr.  ↑ 300 m

Follow the “Pinis” road to the retirement home and then continue straight ahead to Lovara. Cross the national road and walk to “Costa” (path No. 4A). From there, a forest road leads to the hamlet of “Ciampëi”. Finally, the hike leads on a tarmac road to the village of La Valle.



## PICOLIN – GRAN JU

21   Church square in San Martin  2 hr.  
 ↑ 400 m + 20 min Col dl’Ancona | + 30 min Piz de Plaies

Walk along the sidewalk in the direction of Piccolin. Turn right at the crucifix, pass the chapel and, immediately after the bridge, on the right take the tarmac road for about 1 km. Turn right on path No. 21 to „Gran Ju“. From there, you can continue to Col dl’Ancona or Piz de Plaies. At „Col dl’Ancona“ refreshments are available.



## VAL DL’ERT - THEMED WALK

 Museum Ladin  40 min  ↑ 150 m

Val dl’Ert (Art Valley), is a outdoor exhibition with the sculptures of the last editions of the SMACH art competition. Going up from the castle Museum Ladin after about 200 m take the path on the left that crosses the woods and that takes you to the Val dl’Ert after about 1 km.



# Walking paths and hikes starting in






BERGSTEIGER  
DÖRFER

## Lungiarü



### RODA DLES VILES CIRCULAR WALK OF THE HAMLES

Roda dles viles   Church square  4 hr.  1684 m

From the information boards in the centre of the village the route runs past on the left side the hotel Sanvi. This circular walk takes in a total of 9 hamlets, which count among the most beautiful in Val Badia. Here you can admire the rural architecture and culture.

### TRU DI LAGAC

9-5   Sports field  1,5 hr.  170 m

Take the dirt road just above the sports field (100 m before Chalet Morná). At the crossroad, follow the tarmac road (not to Frëina) past the Sitting Bull Ranch and the bridge.

Finally, follow forest road No. 9 and, at the first bend, turn onto the path to Pares. The path ends at forest road No. 5, follow it and, at the first small crossroads, turn onto the path to Misci, which leads to the Valle dei Mulini and the lime kiln. At the kiln you will find the path leading back to Lungiarü.

## VAL DI MORINS – LUNGIARÜ

4   Church square  2 hr.  ↑ 170 m

Follow the footpath southwest (direction Seres/Misci) towards the bridge, then turn right and stay on the path until you reach Frëina. At the bridge continue left on path No. 4. At Vanc farm take the left road leading to the entrance of Val di Morins. Continue to the lime kiln, then turn left through the woods and return to the village. Every Wednesday in June until September, you can visit the inside of a mill.



## PARES - JUVAC - HUT RIFUGIO GENOVA

5 – 5A – 3 – 35 – 4B   Parking place Pares

 5,5 hr.  ↑ 900 m

After 15 minutes you reach a fork. Follow waymark 5A or 5 (steeper). Passing the hut Ütia Ciampcios (refreshment) you arrive at path No. 3. Then follow path No. 3 (right turn) to the summit of Juvac. From there continue to the hut Rifugio Genova, then take paths No. 35 and 4B down into Val di Morins and to the car park of Pares.



## VAL DI MORINS – HUT RIFUGIO GENOVA - SAS DE PÜTIA (2875 m)

4 – 4B   Val di Morins  ↑ 1340 m

 3 hr. to Rifugio Genova | + 1,5 hr. Sas de Pütia

The first part of the route runs through the valley „Val di morins“. Continue following path No. 4 until you reach Rifugio Genova (3.5 hours). Remaining on path no. 4 you arrive at the Forcella di Putia from where, on path No. 4B, you reach the summit.





## VI – GÖMA (2106 m)

9 ⦿ Parking place Vi ⌚ 1,5 hr. ↑ 470 m

Follow forestry path No. 9 to the “Vaciara” meadows. On the way you will pass the „Open air museum“, a special wooden exhibition of a local artist. In front of the hut Ütia Vaciara the path continues to the right to Passo Göma.

## VAL DI MORINS – VACIARA - VI - LUNGIARÜ

4 - 35 - 9 ⦿ Curch of Lungiarü 5 hr. ↑ 945 m

Cross the bridge below the barn, then continue right on the gravel road to Frëina.

From there, continue through the forest until you reach the Seres chapel. Follow the asphalt road on the right and, after the bridge, turn into Valle dei Mulini (No. 4). After a demanding climb you will reach the meadows of Cialneur (No. 35). Turn right to reach the the Ütia Vaciara hut, from where the descent to Vi and Lungiarü begins.

## MUNTÇÖRTA - ANTERSASC (2085 m) - CRËP DALES DODESC (2384 m) - HUT RIFUGIO PUEZ (2475 m)

9 - 6 - (12-Cima Dodici) - (6 - Puez) ⦿ Parking place Muntcörta





↑ 1100 m ⌚ 2 1/4 hr. until Antersasc;  
+1 hr. from Antersasc to Crëp dales Dodesc + 1,5 hr. to Rifugio Puez

Follow forest road No. 9 through the forest until you reach the Antersasc alpine pasture. From here, climb northwards to Crëp dales Dodesc. For the Puez hut, walk to the end of the meadow, where an uphill path leads past the gorge. After a short descent, you will reach the Puez hut.

# Walking paths and hikes starting in

## Antermoia & Passo delle Erbe

### ANTERMOIA - COLAC – VAL – RINA

20   Sports ground  3 hr.  ↑ 250 m

Path No. 20 climbs up to the farms in Colac. Follow the road towards the valley and keep left until you reach the farms in Val. On path No. 20A you reach a wooden bridge via the Plattnerweg woodland path. Continue left on the road to Rina.



### ALFARËI – COLAC – ANTERMOIA

20 B – 20   Church square  1,5 hr.  ↑ 200 m

Walk along the road to Passo delle Erbe to the first bend. Here, path 20B turns off to the right. After crossing a small stream you reach the “Alfarëi” farm. Then the forest road leads down to the farms of Colac. Return to Antermoia is via path No. 20 towards the playing fields.





## RODA DE PAISC ANTERMOIA

8 - 5B - 8 ➡ Ⓞ Church square ⌚ 1 hr. ⬆️ 200 m

Path No. 8 starts to the left of the church on the municipal road. At the bridge at Fidelis turn left and join the main road and return to Antermoia.



## ALFARËI – FORC. DI LUSON - LAKE OF RINA

20 B - 1A - 26 ➡ Ⓞ Sports ground ⬆️ 591 m

⌚ 1,5 hr. Forcela de Lijun | + 0,5 hr. Lakes of Rina

In the direction of Passo delle Erbe, follow the signs for Alfarëi and then continue on No. 20B up to Passo di Luson. From Passo di Luson path No. 20B leads to the Rifugio Co dal Lé (closed). From there, keep right to get to the lake of Rina.



## PASSO DELLE ERBE

1B - 1 ➡ Ⓞ Sports ground ⌚ 1,5 hr. ⬆️ 446 m

Take path No. 1B to the top station of the ski lift and follow signs to "Passo delle Erbe". At the car park Pé de Börz turn left after the barriers and continue to climb to Passo delle Erbe.

## AL BAGN VALDANDER – GÖMA – PASSO DELLE ERBE

8 – 35 – 8 B – 8 A – 8 ➡ ⌚ Church ⌚ 5-6 hr. ⬆️ 1800 m

To the left of the church, take path No. 8 to the houses at the bottom of the valley. Then, on the main road, pass the Al Bagn Valdander hotel and climb up to Col dal Ermo. Take trail No. 35 to the Göma pass. From there follow trail no. 8B and then the signs for Passo delle Erbe, from where you return to the village on trail No. 8.



## MONTE MURO (2328 m)

20B – 1A ➡ ⌚ Center of Antermoia ⌚ 2,5 hr. ⬆️ 650 m

1 – 1A ➡ ⌚ Pé de Börz car park ⌚ 1,5 hr. ⬆️ 470 m

Heading in the direction of Passo delle Erbe, follow the signs for Alfarëi, then take the path No. 20B to Passo di Luson. From there path No. 1A takes you to the summit.

Alternative: From the car park Pé de Börz walk on forestry path No. 1 and 1A to the summit.



## SAS DE PÜTIA (2875 m)

8 A – 4 – 4B ➡ ⌚ Passo delle Erbe car park

⌚ 2 hr. 45 min ⬆️ 870 m

From the Passo delle Erbe, trail Nos. 8A and 4 take you to the Forcella del Sasso Putia, from where, on the left, starts the ascent between the main and secondary summits. The summit is reached by a short via ferrata.





## RODA DE PÜTIA

8A - 4 - 4B - 35 - 8B - 8A ➡ Ⓞ Passo delle Erbe car park

🕒 4 hr. ⬆️ 400 m

From Passo delle Erbe paths No. 8A and 4 run to Forcella del Putia. Follow the path on the south side down through the alpine meadows to the Passo Göma; then continue on to the northern side of Sasso Putia, where you then return to the starting point.



## HUT RIFUGIO GENOVA (2297m)

8A - 4 - 35 ➡ Ⓞ Passo delle Erbe car park

🕒 1 hr. 45 min. ⬆️ 420 m

From Passo delle Erbe paths No. 8A and 4 run to Forcella del Putia. From there take the right path No. 4 (Dolomites high route 2) and stay on it for approx. 15 minutes. At the fork descend to hut Rifugio Genova.



## MALGA CAVALLO – HUT RIFUGIO HALSL – HUT RIFUGIO SCHATZER

8 - 4 - 8 ➡ Ⓞ Passo delle Erbe car park 🕒 6 hr. ⬆️ 500 m

Stay on the road for approx. 200 m and then turn left onto path No. 8. Stay on this path to the hut Rifugio Halsl. There, follow waymark No. 4 to the hut Rifugio Schatzer and Plose. The return route runs via Malga dei Cavalli.



# Cable cars Kronplatz

Cable car	Connection	Operating time
RUIS	Passo Furcia - Plan de Corones	Mid June - September (daily) Beginning of June and beginning of October only on weekends
PIZ DE PLAIES	San Vigilo - Col dl'Ancona/Ju	July - September
KRONPLATZ 2000	Riscone- Plan de Corones	June - mid October
OLANG 1 + 2	Valdaora - Plan de Corones	End of June - September
RIED	Perca - Plan de Corones	July - September

Opening hours: 9 am - 5 pm (Kronplatz 2000 and Ried in part also until 6 pm)

# Info & composition rules



Dogs on a leash



Respect lawns, huts and fences



Do not leave any rubbish behind



The Pic-Nic tables are not disinfected



# BBQ sites

Enjoy a BBQ with friends

The public BBQ sites in San Vigilio and San Martin can only be used by prior arrangement.

- BBQ site Fodara Masaronn (direction of Pederü)
- BBQ site Muntcörta in Lungiarü (after the riding stables)

Tourist Information Tel. (+39) 0474 501 037

- BBQ site Rina (after the village of Rina, in the direction of the playing fields)
- Tel. (+39) 338 536 56 89

# An explosion of adrenaline !

## Europe's longest zipline

100 m above ground  
maximum 80 km/h speed  
3 km long and 400 m drop

Adrenaline X-Treme Adventures

Opening times: May - October

Tel. (+39) 331 418 80 07

info@zipline.it | [www.zipline.it](http://www.zipline.it)



# TOP 5 MUST DO'S

---

1

Hike to the Green lake on Malga Fanes with its Parliament of marmots.

#hiking #photography #naturelovers #lake

2

Horseback riding in the mountaineering village

#bergsteigerdorf #horseriding #nature\_perfection

3

Sas de Pütia circular walk with local delicacies in an alpine hut.

#mountains #dolomites #localspecialities #food

4

Summit tour to Piz da Peres with breathtaking 360° views.

#mountain #photooftheday #nature #view

5

Raising the adrenaline levels on Europe's largest zipline

#zipline #adventure #adrenaline #funtimes

# Spiaggetta Ciamaor

Just after the sports ground of San Vigilio, in the direction of Pederü, you can splash around in refreshing mountain water or sunbathe on the sunbathing lawn.







# Horse trekking

We not only offer riding lessons but also take you on exciting hacks on horse rides. Excursions for children, day trekking in the Nature Parks Fanes-Senes-Braies and Puez-Odle.

## Sitting Bull Ranch

Lungiarü

(+39) 380 499 05 45

(+39) 347 901 90 61

open from June to November

possibility of camper parking

# Tennis

## The smash paradise in San Vigilio

Two clay-effect courts and two clay courts await you in the sport area Ciamaor.

Strada Val dai Tamersc 6

Tel. (+39) 338 531 9852



# Bowling

4 fully automated bowling alleys at the Hotel Riposo al Bosco in San Vigilio provide entertaining hours for all ages.

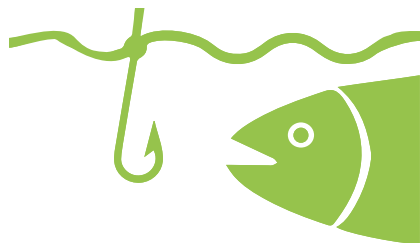
Tel. (+39) 0474 501 068

# Fishing

- San Vigilio in Rio San Vigilio;  
lake Lago della Creta - Longega

- San Martin and in Lungiarü  
in the respective fishing ponds

Tel. (+39) 0474 501 037 Tourist Information



# Tandem Flights

Paraglider tandem flight with the professionals of Tandemflights-Kronplatz

Tel. (+39) 349 564 16 05

[www.tandemflights-kronplatz.com](http://www.tandemflights-kronplatz.com)



# Rafting

Rafting, kayaking or canyonig, the Kreativ-Raft team in Brunico offers for the most courageous first experiences in the wild waters of the Dolomites.

KreativRaft, Brunico

Tel. (+39) 320 366 56 22

[www.kreativraft.com](http://www.kreativraft.com)



# Mushroom gathering

Looking for mushrooms in the beautiful forests of our region is a real adventure and a beautiful treasure hunt at the same time.

## **Permit:**

online [www.sanvigilio.info](http://www.sanvigilio.info)

for the parish of Marebbe > San Vigilio Tourist Office

for the parish of San Martin > San Martin Tourist Office,  
Pizzeria Fornata (Lungiarü), Hotel Fontanella (Antermoia)

Time: 7.00 am - 7.00 pm (only on even days)

Price: 8,00 € per person/day

Amount: up to 1 kg per person/day

Minimum age: 14 years

# Online permit

We offer the possibility to acquire the mushroom picking permission online on our page:

[www.sanvigilio.info](http://www.sanvigilio.info)

Attention: payment must be made by credit card or PAYPAL!





# Owl Park San Vigilio



Owl Park  
San Vigilio

The owl park in San Vigilio, next to the Spiaggetta Ciamaor counts more than 80 birds, including owls and birds of prey.

Lovingly kept by the owner Mario, who with great knowledge will gladly tell you the curiosities of the various species.

Guided and autonomous tours  
and flying demonstrations.

**Mario: Tel. (+39) 393 875 54 24**

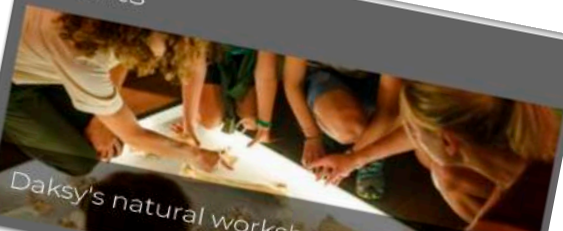
**Str.Val dai Tamersc 6 (between sports field and Spiaggetta Ciamaor)**

# Virtual tourist information

Are you planning an excursion, do you need a time table, are you looking for a shop, a restaurant, for opening times or a highlight in the holiday region San Vigilio and San Martin? You can access all of this information on your smartphone and tablet at:

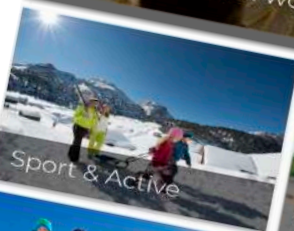
[www.sanvigilio.info](http://www.sanvigilio.info)

## Events



Daksy's natural workshop

15:00  
Uhr



Sport & Active



Subscriptions  
guided activities



Kids & Fun



Ski Schools &  
Skipass



Gastronomy



Shops





# Holidaypass Mobile in South Tyrol

Free

During your stay in San Vigilio, your host, as a member of the Tourist Office, will provide you with a free ticket which entitles you to unlimited use of all public transport throughout South Tyrol, including the regional railways. Alternatively, you can purchase a weekly card (Mobilcard) for 28,00 €.



## Emergency

---

San Vigilio pharmacy  
(+39) 0474 501 240

Health Department Val Badia  
(+39) 0474 524 552

Brunico hospital  
(+39) 0474 581 111

San Vigilio Police  
(+39) 0474 501 031

Ski pass office  
(+39) 0474 501 131

Vet  
(+39) 335 54 33 699

A full-page photograph of two skiers on a snowy mountain slope. In the foreground, a skier in a blue jacket and orange pants is in a dynamic pose, leaning into a turn. In the background, another skier in a black jacket is also turning, kicking up a spray of snow. The background features a vast, snow-covered mountain range under a clear blue sky with some lens flare in the top right corner.

# PLAN DE CORONES Kronplatz

---

South Tyrol's number 1  
ski resort

... winter awaits  
you too...

119 km of slopes

32 lifts and cable cars



[www.sanvigilio.info](http://www.sanvigilio.info)

# Dolomites San Vigilio

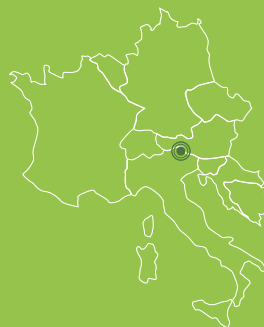
## see also

Winter activities  
Cycling  
Kids & Families  
Gastronomy - Shopping - Wellness  
Dolomites UNESCO & Culture  
Accommodation

---

## Follow us

@sanvigilio #sanvigiliodolomites



---

Tourist Office San Vigilio & San Martin  
Str. Plan de Corones 38/1  
I - 39030 San Vigilio di Marebbe (BZ)

(+39) 0474 501037  
[info@sanvigilio.com](mailto:info@sanvigilio.com)  
[www.sanvigilio.com](http://www.sanvigilio.com)