

# South Tyrol Guided Walking Holiday

**Tour Style:** European Centre Based

**Destination:** Italy

**Trip code:** MSLCL

2 & 4



## HOLIDAY OVERVIEW

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Perched above the historic spa town of Merano, our base in Schenna provides great access to a variety of mountain trails in and around the craggy Dolomite Mountains. The network of cable cars gives speedy access to a marvellous selection of mountain walks. Choose from leisurely orchard and vineyard walks with magnificent views over Merano or more challenging Alpine routes dominated by the imposing peak of Ifinger. This mountainous region of Italy was once in Austria; the food and local architecture suggest that it still holds on to its Germanic roots making it a unique part of Italy.

## WHAT'S INCLUDED

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- A full programme of guided walks with 2 options every walking day
- Transfers to and from Verona Airport (see travel tab)
- All transport to and from walks
- The services of experienced HF Holidays' leaders
- Return flights from the UK on 'with flight' holidays
- 7 nights' accommodation in en-suite rooms
- Half Board – extensive buffet breakfast and 4-course evening meal

## HOLIDAYS HIGHLIGHTS

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- Walk in the beautiful Merano Valley, once the destination of choice for Austrian royalty
- Enjoy Alpine scenery and a host of superb walking trails
- Explore the pretty town of Merano, famed for its spa and art nouveau architecture
- The Tirolean-styled village of Schenna offers a charming base
- Relax in comfort and enjoy great South Tyrol cuisine at the Hotel Schwefelbad

## TRIP SUITABILITY

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This is a level 2 and level 4 graded Activity, Easier walks: 5 to 9 miles (8 to 14½km) on good paths, with some rocky sections. Up to 1,300 feet (390m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) with some steep, rough ascents and rocky sections. Up to 3,000 feet (900m) of ascent in a day.



## ITINERARY

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### Day 1: Arrival Day

Welcome to Hotel Schwefelbed. Unpack and settle in.

### Day 2: Merano 2000 Valley

These walks explore the upper valley and its peaks to the east of Schenna accessible from the Merano 2000 Cable Car.

#### Option 1 - Piffing And Kreuzjochl

**Distance:** 6 miles (10km)

**Total ascent:** 800 feet (240m)

**Total descent:** 1,600 feet (480m)

**In summary:** Using the cable car we ascend to explore the Piffinger and Kirchsteiger Valley. On good tracks, we head to the Meranoer Hut for refreshments and then, on a gentle ascent we go to the Spieler ridge for views of Merano valley and the mountains to the east. Descending then through open forest we head to Falzeben with more refreshment opportunities at local mountain huts and take a second gondola lift to return.

**Highlight:** Enjoy views down the Merano valley.

## Option 2 - Grosser Mittagter

**Distance:** 9 miles (14½km)

**Total ascent:** 2,300 feet (690m)

**In summary:** On good paths and tracks we ascend to Kesselberg Col (2280m) and Grosser Mittagter (2422m) for views of Pfingger and Hirzer plus the mountains to the east. We then descend through the Piffinger and Kirchsteiger Valley passing mountain huts for refreshments throughout our journey.

**Highlight:** Ascend Grosser Mittagter for fabulous views across the valley.

## Day 3: Vigiljoch

These walks circumnavigate the Vigiljoch mountain area above Lana to see views of the three Merano Valleys, the North, South and West in one day.

### Option 1 - The Merano Valleys

**Distance:** 9 miles (14½km)

**Total ascent:** 1,000 feet (300m)

**In summary:** Leaving the cable car we head up to the Barenbad Alm for morning refreshments and views of the southern Merano Valley. From here we continue to see the small church on Monte St Vigilio and our second view of the western Merano Valley. Then after a visit to the lake "Schwarze Lacke" for more refreshments we head back on the Panoramaweg to see the northern Merano Valley.

**Highlight:** Schwarze Lacke, a lovely refreshment spot.

### Option 2 - The Merano Valleys And Naturner Boden

**Distance:** 10 miles (16km)

**Total ascent:** 2,000 feet (600m)

**In summary:** We visit Barenbad Alm on our ascent to Naturner Boden a mountain plateau offering great views of the southern Merano Valley. Then onto the Naturner Alm hut for refreshments and views of the western Merano Valley to then head back visiting Mount St Vigilio and the "Schwarze Lacke" to take the Panoramaweg to see the northern Merano Valley.

**Highlight:** Ride the Vigilio cable car, the second oldest in Europe.

## Day 4: Meranoer Hohenweg

The walks follow the Meranoer Hohenweg "High Way" in the western Merano Valley. Beginning near Partchins we ascend and head along the contouring path to descend to Naturns.

## Option 1 - Meranoer Hohenweg To Naturns

**Distance:** 6 miles (9½km)

**Total ascent:** 600 feet (180m)

**In summary:** Ascending on the Texelbahn Cable Car we walk on the Meranoer Hohenweg heading west. With opportunities for refreshments throughout the day we enjoy the views of the valley and across to Vigiljoch.

**Highlight:** Incredible views on this walk.

## Option 2 - Ohrnknot, Meranoer Hohenweg To Naturns

**Distance:** 8 miles (13km)

**Total ascent:** 2,600 feet (780m)

**Total descent:** 3,400 feet (1,020m)

**In summary:** Ascending on the Texelbahn Cable Car we walk up to Ohrnknot. After a decent we join the Meranoer Hohenweg to continue to enjoy the views and refreshments along the route.

**Highlight:** Climb Ohrnknot at 2,258m for amazing views of the Merano Valley.

## Day 5: Free Day

Today is a free day which gives you the opportunity to explore at your leisure. Some popular options include:

**Trauttmansdorff Castle Gardens** – these botanical gardens feature impressive borders set out in a natural amphitheatre with mountains rising in the background. Paths wind their way around the 12-hectare site and lead down to the central lake. The gardens are laid out into four main areas showcasing plants which thrive in a variety of habitats from forest and wetland areas to the drier habitats of the Mediterranean. The gardens are in Merano, easily accessible by public transport.

**Visit the Terme Merano Spa** – this is one of the largest spas in Merano. It has 15 different indoor pools and 10 outdoor pools. Indoor choices include a brine pool and whirlpool while outside you can opt to soak in the thermal baths while gazing at views of the nearby foothills. The spa also has a sauna and spacious relaxation rooms.

**Explore Merano old town** – Merano's historic centre is a wonderful place for a wander. Start in the Piazza Del Grano and weave your way through medieval arcades and along the banks of the Passer River.

## Day 6: Hochmuth And Dorf Tirol

The walks explore the upper areas of Dorf Tirol and its Castles.

### Option 1 - Vellau, Meranoer Waalrunde, Dorf Tirol

**Distance:** 5 miles (8km)

**Total ascent:** 800 feet (240m)

**Total descent:** 1,600 feet (480m)

**In summary:** We walk from Vellau on the Meranoer Waalrunde above Dorf Tirol to the town centre enjoying views of Dorf Tirol and Merano.

**Highlight:** Spectacular views of the surrounding mountains.

## Option 2 - Hans Freden Felsenweg, Vellau And Dorf Tirol

**Distance:** 6 miles (10km)

**Total ascent:** 1,600 feet (480m)

**In summary:** From the Hochmuth Cable Car we follow the Hans Frieden Felsenweg for great views and refreshments at Leiter Alm. Descending then in a single person cable car we walk from Vellau on the Meranoer Waalrunde above Dorf Tirol to the town centre.

**Highlight:** Incredible views over the valleys and of the mountains above.

## Day 7: Almenweg And Oberkirn

Taking the Hirzer Cable Car we walk along the Almenweg and Oberkirn area to descend to the village of Verdins.

### Option 1 - Almenweg To Oberkirn

**Distance:** 7 miles (11km)

**Total ascent:** 1,000 feet (300m)

**Total descent:** 2,500 feet (750m)

**In summary:** Leaving the Hirzer Cable Car we walk to join the Almenweg, a contouring path in the shadows of Hirzer mountain. We take refreshment stops at the mountain huts and descend to Oberkirn to take the cable car to the village of Verdins.

**Highlight:** Verdins is a beautiful village full of character. Visit it at the end of your walk.

### Option 2 - Upper Almenweg To Oberkirn

**Distance:** 9 miles (14½km)

**Total ascent:** 1,600 feet (480m)

**Total descent:** 3,100 feet (930m)

**In summary:** From the Hirzer Cable Car we head south for views of Ifinger mountain and then join the upper part of the Almenweg and contour beneath Honigspitz and Hirzer north. Taking refreshments on our journey we descend to Prenn and Oberkirn to take the alternate cable car to Verdins.

**Highlight:** Marvel at the delightful views on this fabulous walk.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Hotel Schwefelbad - South Tyrol

Part of the larger Schenna Resort, the traditional Alpine styling of Hotel Schwefelbad compliments the more contemporary public areas. This 4-star superior hotel offers a luxurious base for our walking holiday and in the 2018 HF Holidays Hotel Awards received the Best European Hotel accolade. The five course evening meals are

of an exceptionally high standard. With beautiful elevated views over Merano and a range of great facilities, including an indoor and outdoor pool as well as an extensive wellness centre, this hotel is sure to impress.

## Accommodation Info

### Rooms

There are 60 comfortable and well appointed rooms with fabulous views. All rooms feature:

- Television
- Telephone
- Room Safe
- Hair Dryer
- Fridge
- Complimentary toiletries
- Air Conditioning

### Facilities

As a guest you will be able to enjoy the use of:

- An outdoor and indoor swimming pool
- Extensive wellness centre with saunas, emotion showers and relaxation areas
- Well stocked bar with inside and outside seating areas perfect for an evening cocktail
- Free Wi-Fi
- Hot Tub / Jacuzzi

### Food & Drink

Our holidays at Schenna are half board including breakfast and evening meal.

Breakfast is an extensive buffet with an impressive selection of hot and cold options as well as home-made pastries.

A 5-course meal is served each evening with options for each course. Enjoy large salad and pasta buffets and select your starter, main course and dessert from the a la carte menu.

Cheese and biscuits are available on request.

### Your Evenings

The friendly atmosphere of our Guided Walking holidays continue into the evening. Enjoy a glass of wine or beer whilst listening to your leaders outlining the next day's walks. Or you can just relax in the hotel bar or on the terrace outside chatting with your fellow guests.

## TRAVEL DETAILS

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### *THE HASSLE FREE OPTION*

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Book your holiday 'with flight' and choose between Gatwick or Manchester flights to Verona airport.

If you choose this option, we automatically include return transfers between the airport and the hotel.

The coach transfer takes approx 2 hours 20 minutes to the Hotel Schwefelbad.

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## THE FLEXIBLE TRAVEL OPTION

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Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. We recommend independent travellers meet our **HF Holidays' transfer coach** from Verona airport. This is timed to meet the HF Holidays' flights\* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £30.50.

Transfers must be pre-booked. Please call 020 8732 1220 for more details

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## USEFUL HOLIDAY INFORMATION

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### Essential Information

#### Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

#### EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

#### Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

## Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

## Useful Information

**Language:** German

**Currency:** Euro

**Changing money:** There is an ATM machine in Schenna Town Centre at the Bus Station where you can obtain money.

**Electricity:** 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

**Tap water:** Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

**Telephone code:** If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial an Italian number 0039

The local language is German.

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial an Italian number 0039

## Local Currency

The local currency for South Tyrol is the Euro.

## Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

## ATM Availability

There is an ATM machine in Schenna Town Centre at the Bus Station where you can obtain money.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

## PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

## MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

### TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

## PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

**Document produced:** 19-09-2021

