

Easy walks from S.Cassiano for the whole family

S.Cassiano - Malga Valparola - Störes meadows (1.00-2.00 hours approx.)

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From the Armentarola Hotel you must take the trail that leads into the forest and follow it until you reach a little bridge on the Gran Ega. In a southerly direction you must then cross the meadows of Costa. Having abandoned the meadows the trail enters the forest and, for a brief part, it becomes rather steep. At the Malga Valparola (summer pastures) there is the possibility of sampling a milk and butter based snack.

Before reaching the Malga Valparola you have the possibility to take the forest road to the Störes meadows.

S.CASSIANO - PIZ SOREGA - PRALONGIÀ (1.30 hours approx.)

Reaching the Piz Sorega by chair-lift, you can take walks and excursions in all directions. Well marked out trails connect the area to the inhabited zones of La Villa and Corvara and to the plateau of Pralongià. The Piz Sorega can be reached also by following trail n. 22 that starts at the station downstream of the Piz Sorega chair - lift.

NATURALISTIC AND EDUCATIONAL TRAIL SAN CASSIANO - RUDIFERIA (1.30 hours approx.)

The trail with start from the localities of Glira or Armentarola goes through the farmsteads of Rù and Larscei and leads to the Rudiferia farmstead where you can admire a characteristic water mill that was recently restored and that is perfectly functional. The trail, which was set up thanks to the work of the natural parks office of the Province of Bolzano, unwinds through larch forests and alpine meadows at the foot of the Fanes - Senes - Braies natural park.

Apart from offering suggestive views of the countryside, the route also gives excursionists the possibility of admiring some interesting man-made creations that are in perfect harmony with the surrounding nature, such as the characteristic fences of the alpine region, the dry walls and the aforementioned water mill. Along the trail a series of data plates give most important information regarding certain types of plants and shrubs

and there are also some tables with information on the flora, fauna and geology of the area.

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Naturalistic and educational trail San Cassiano - Rudiferia (1.30 hours approx.)

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