

Your autumn holiday in Vinschgau valley

Insights into culture and lifestyle from September to November



While nature in South Tyrol is colourfully preparing for a long period of rest, the best time to recharge your batteries for the cold season begins here in the Vinschgau valley. Deep insights into culture and lifestyle await the attentive connoisseur.

Autumn experiences in the Vinschgau valley

Savoury & Hearty – A Culinary Journey on the Alpine Pasture

As autumn bathes the mountain pasture in warm light and the crisp alpine air awakens the appetite, the Upper Stelvio Pasture opens its doors for a special culinary experience. Look forward to carefully selected regional cheese specialities and delicious delights from our very own smokehouse.

Discover the true taste of the alpine pasture: authentic, handcrafted, and full of flavour – a treat for all the senses!

Dates: Thursdays, 4 September – 16 October 2025

Duration: Approx. 1 hour

Price: €16 per person, €5 per child (up to 10 years)

Meeting point: 3:00 p.m. – Stilfs/Stelvio, Upper Stelvio Pasture

Registration: Tel. +39 0473 613 015 (Information office Suldén/Solda) or online until 5:00 p.m. the day before

The Goldseeweg trail – from Stilfser Joch pass to Furkelhütte hut

Few trails in the Alps are as diverse as the Goldseeweg trail. Accompanied by a hiking guide, you will encounter the impressive panorama of Stilfser Joch/Passo dello Stelvio and the glaciers of Ortler mountain, South Tyrol's highest mountain. Learn about the flora, fauna, and historical events of World War I, relics of which can be seen along the way.

- Period:** Fridays, September 5 – October 10, 2025
Duration: Approx. 8 hours (4 – 5 hours of actual hiking time)
Price: €5 per person (ages 16 and up)
Meeting point: 10:00 a.m. – Stilfser Joch, bus stop (Bus line no. 270)
Registration: Tel. +39 0473 613 015 (Information office Suldén/Solda),
Tel. +39 0473 616 034 (Information office Prad/Prato) or online by 5:00 p.m. the day before
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Art-historical guided tour of the Church of St. John in Prad

As the leaves begin to fall and nature comes to rest, the Church of St. John in Prad/Prato opens its doors for a special journey through time. Join us to explore Romanesque architecture, precious frescoes from centuries past, and moving stories surrounding the Lords of Tschengls/Cengles. We will also admire the unique frescoes by Karl Plattner and pause at the grave of botanist Hermann Müller – a place where history, art, and nature merge in autumnal silence.

- Period:** Wednesday, September 3 – November 19, 2025
Duration: 1 hour
Price: € 6 per person (ages 15 and up)
Meeting point: 4:00 p.m. – Prad/Prato, in front of the Church of St. John
Registration: Tel. +39 0473 616 034 (Information office Prad am Stilfserjoch) or online until 6:00 p.m. the day before

Vinschgau Val Venosta



Experience marble and indulgence – a unique e-bike tour

After an impressive film screening, we'll cycle together from Laas/Lasa through Tarnell up to the fascinating Göflan/Covelano marble quarry (approx. 1,300 metres of elevation gain). Look forward to breathtaking views and an exciting tour of the historic alpine quarry. To recharge, we'll enjoy a relaxed break at the Göflan mountain hut with a hearty snack (not included in the price). Back in the marble village of Laas, the perfect finale awaits you: indulge yourself at Venustis with exquisite chocolate and praline creations!

- Period:** Thursdays, September 4 – November 6, 2025
Duration: Approx 4.5 hours
Price: €38 per person, €25 for teenagers (aged 12–16), without e-bike
Route: Approx 15 km / 1,300 m elevation gain
Difficulty: medium – e-mountainbike required
Meeting point: 10:30 a.m. – Laas/Lasa, railway station
Registration: Tel +39 347 4095404 (Marmorplus) or online www.marmorplus.it until 6.00 p.m. the day before
Participants: min. 6 people
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Red deer in the rutting season

During the rutting season of the red deer at the end of September, the cries of the males ring out in the autumnal forests of the Stelvio National Park. Warmly dressed, we head out into the mountain wilderness to listen to these magnificent animals during the mating season. With any luck, we might even come across a few of them.

- Dates:** September 28, October 1 – 5, 2025
Duration: 3 hours
Price: €5 per person
Meeting point: 4:00 p.m. – Hintermartell/Alta Val Martello, Alpen Gasthof Zufritt inn car park
Registration: Tel. +39 0473 745 027 (Visitor Centre culturamartell) or online www.nationalpark-stelvio.it until 5:00 p.m. the day before

Gourmet hiking and organic wine tasting at Lehengut farm

After a leisurely hike along the Via Vinum Venostis wine trail accompanied by winemaker Thomas Plack from Lehengut farm, you will have the opportunity to visit the vineyard and taste four to five organic wines each where its respective variety is cultivated. At the end of the tour, the winemaker personally takes you on a tour through his cellar.

Period:	Tuesdays, September 2 – November 11, 2025
Duration:	3 hours
Price:	€15 per person (ages 16 and up)
Meeting point:	2:00 p.m. – Kastelbell/Castelbello, Information Office
Registration:	Tel. +39 0473 624 193 (Information office Kastelbell-Tschars) or online until 5:00 p.m. the day before
Attention:	currently, the tour is only offered in German and Italian

On the trail of the chestnut! Guided tour through the chestnut grove in Tschars

On a walk together, you will learn all about ‘the poor man's bread’ and learn interesting facts about the cultivation and harvesting of chestnuts.

Afterwards, you can roast chestnuts directly at the farmer's and enjoy a good glass of wine while learning a few more things first-hand.

Period:	Thursdays, September 25 – October 23, 2025
Duration:	2 hours
Price:	€15 per person, €9 for children (ages 5 – 14)
Meeting point:	2:00 p.m. – Tschars/Ciardes, car park below Pizzeria Sonne
Registration:	Tel +39 0473 624 193 (Information office Kastelbell-Tschars) or online until 5:00 p.m. the day before
Attention:	currently, the tour is only offered in German and Italian

Sunrise hike at Trumser Dolomitenblick

The fascination of sunrise in the mountains. This easy to moderately difficult mountain hike to the Trumser Dolomitenblick point offers a special experience: even before sunrise, in complete darkness, we experience the silence of nature. As dawn breaks, the first views of the valley open up, and finally we watch the world awaken from above.

Dates:	Fridays, September 12 & 26 and October 10 & 24, 2025
Duration:	Approx. 5 – 6 hours (about 3 hours of actual walking time)
Price:	€30 per adult, €15 for children (ages 8 – 14)
Meeting point:	Kastelbell/Castelbello– Juval Fruit Cooperative (exact time will be announced upon registration)
Registration:	Tel +39 0473 624 193 (Information office Kastelbell-Tschars) or online until 12:00 noon the day before
Attention:	currently, the tour is only offered in German and Italian

Cultural history farm tour

The farm hike with a lot of history starts in Vernagt/Vernago at the church. It goes over the dam where it joins the circular lake trail. From here you can get a good view of the church tower in the lake in spring, which bears witness to the flooding of the village of Vernagt in the 1950s. In autumn, the colourful larch trees are reflected in the crystal-clear water of the lake. At the end of the lake, turn right along path no. 8 towards Finailhof farm, once the highest granary in Europe. Follow farm trail no. 7, with a marvellous view of the lake, past the Raffeinhof and Tisenhof farms back to Vernagt.

- Period:** Tuesdays, September 16 – October 7, 2025
Duration: 4 hours
Price: €10 per person (ages 10 and up)
Meeting Point: 10:00 a.m. – Vernagt/Vernago, Leiterkirchlein
Registration: Tel +39 0473 679 148 (Information office Schnalstal/Val Senales) or online by 5:00 p.m. the day before
Attention: currently, the tour is only offered in German and Italian
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To the oldest high alpine pasture in the Tyrolean region – Moar Alm pasture

Enjoy the marvellous, unique view from the oldest high alpine pasture in Tyrol over the lower Vinschgau valley and the entrance to the Schnalstal valley. The starting point of the hike is above Katharinaberg/Monte Santa Caterina at the Schroflhof farm car park (1,708 m above sea level). From here, follow path no. No. 9 in the direction of Moar Alm pasture. After a leisurely two-hour ascent, you have now conquered around 400 metres in altitude and reached the Moar Alm pasture. After a well-earned break, the route continues via the Hühnerspielhof farm towards Katharinaberg.

Tip: Shuttle service to the Schroflhof parking area, price: €5 per person.

- Period:** Wednesdays, September 3 – October 8, 2025
Duration: 5 hours (3 – 4 hours of actual walking time)
Price: €10 per person (ages 10 and up)
Meeting Point: 9:50 a.m. – Katharinaberg/Monte Santa Caterina, bus stop
Registration: Tel +39 0473 679 148 (Information office Schnalstal/Val Senales) or online by 5:00 p.m. the day before
Attention: currently, the tour is only offered in German and Italian

Vinschgau Val Venosta



Circular hike to the lowest summit cross in the Schnalstal valley

The circular hike starts from the hiking starting point in Unser Frau/Madonna di Senales in the direction of Mastaun Alm pasture. After an ascent of around 2.5 hours, you reach the Mastaunpichele point with its summit cross (2,285 metres above sea level). From the summit cross, you can not only see the snow fields of the Niederjochferner and Marzellferner glaciers in all their splendour, but also the Vernagt/Vernago reservoir sparkling turquoise blue as you look down into the valley. The descent is via the Lafetz Alm pasture back to the starting point.

Period: Thursdays, September 4 – October 9, 2025

Duration: 7 hours (3 – 4 hours of actual walking time)

Price: €10 per person (ages 10 and up)

Meeting Point: 9:00 a.m. – Unser Frau/Madonna di Senales, parking area above the archeoParc (archaeological open-air and activity museum)

Registration: Tel. +39 0473 679 148 (Information office Schnalstal/Val Senales) or online by 5:00 p.m. the day before

Attention: currently, the tour is only offered in German and Italian

Discover your autumn experience!

Register easily online.

Find the online registration here: www.vinschgau.net/your-autumn-holiday

Show us your autumn experiences

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#autumntimeinvinschgauvalley

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Top-Events

Date	Top Event	Location
September	Cattle drive – Return of the animals from the alpine pastures	Vinschgau valley
September	Return of the sheep from the high mountain pastures / Transhumance – UNESCO Intangible Cultural Heritage	Kurzras/Maso Corto & Vernagt/Vernago
Sept 14 – Oct 31, 2025	Autumn exhibition with Reinhold Tappeiner at Kastelbell Castle	Kastelbell/Castelbello
Sept 17 – Nov 23, 2025	Opening Week at the Alpin Arena Schnals/Senales	Kurzras/Maso Corto
Sept 19	Opening of the Alpin Arena Schnals – Glacier ski area of the Val Senales. The world's alpine skiing elite is preparing for the 2025/26 World Cup season.	Kurzras/Maso Corto
Oct 5, 2025	Traditional and culinary festival	Prad am Stj./Prato allo Stelvio
Oct 11 – 12, 2025	Romanesque days Experience the mystic Romanesque featuring free guided tours at 19 cultural sites	Vinschgau/ valley
Nov 22 – 29, 2025	Ski Test Week Sulden – 40th Anniversary	Sulden/Solda

Specialty Weeks of local products

Date	Specialty Weeks	Location
Sept 29 – Nov 14, 2025	Törggelen season: New wines and regional delicacies in inns, traditional taverns, and wine cellars	Kastelbell/Castelbello & Vinschgau valley
Sept 6 – 28, 2025	Schnals Sheep – Slow Food specialties as part of the Transhumance	Schnalstal/Val Senales

Markets

Date	Market	Location
Sept 6, 2025	Streu Market – Guests in Stilfs	Stilfs/Stelvio
Sept 20, 2025	Traditional Matthew Market	Prad am Stj./Prato allo Stelvio