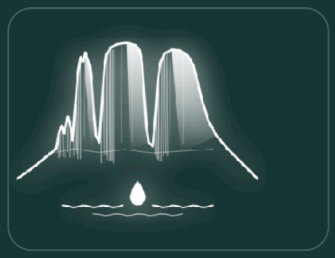
SUMMER HIKING PROGRAMME

Guided hikes around Toblach



Lakes, alpine pastures, summits and water – twelve hikes in the Dolomites and the Villgraten mountains, chosen and guided by me. All dates on request, for small groups of 2 to 8 people.

1	**Around Lake Toblach** easy · great for children · May – Oct	**40 min** 2.8 km · ↑ 17 m	HALF DAY →
2	**Around Lake Prags (Braies)** easy · short steps on the south shore · May – Oct	**1 h 10 min** 3.6 km · ↑ 100 m	HALF DAY →
3	**From Altprags to the Putzalm** easy to moderate · June – Oct	**2 h 50 min** 4.8 km · ↑ 421 m	HALF DAY →
4	**To the earth pyramids of Platten** easy · children aged 6+ · May – Oct	**1 h 25 min** 3.5 km · ↑ 190 m	HALF DAY →
5	**Up the Sarlkofel via the Trogeralm** moderate · sure-footed · June – Oct	**7 h 55 min** 13.2 km · ↑ 1,162 m	FULL DAY →
6	**Up the Pfannhorn – my home mountain** moderate · good fitness · June – Oct	**6 h 55 min** 11.0 km · ↑ 1,063 m	FULL DAY →
7	**Up the Markinkele on the Toblach high trail** moderate · good fitness · July – Sept	**7 h 25 min** 19.0 km · ↑ 810 m	FULL DAY →
8	**From the Plätzwiese up the Strudelkopf** easy to moderate · sure-footed at the top · June – Oct	**3 h** 8.0 km · ↑ 338 m	HALF DAY →
9	**Via the Knappensteig to the Plätzwiese** moderate · good fitness · June – Oct	**3 h 45 min** 9.0 km · ↑ 479 m	FULL DAY →
10	**From the Three Peaks view through the Rienz valley** moderate (variant A easy) · June – Oct	**7 h 40 min** 17.0 km · ↑ 1,011 m	FULL DAY →
11	**From the Three Peaks view to the Langalm** moderate · good fitness · June – Sept	**6 h 30 min** 11.6 km · ↑ 889 m	FULL DAY →
12	**To the Zsigmondy hut below the Hochbrunnerschneide** moderate · good fitness · June – Oct	**5 h 30 min** 11.0 km · ↑ 770 m	FULL DAY →

YOUR HIKING GUIDE

Anita Mancini

Anita Mancini · Certified hiking guide · Water sommelier

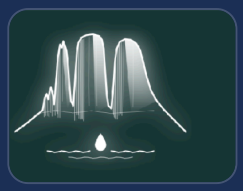
anitamancini@me.com · anitamancini.eu

I do not offer hikes in winter.

Scan for info & contact

EASY WALK · TOBLACH · FOR FAMILIES

Around Lake Toblach



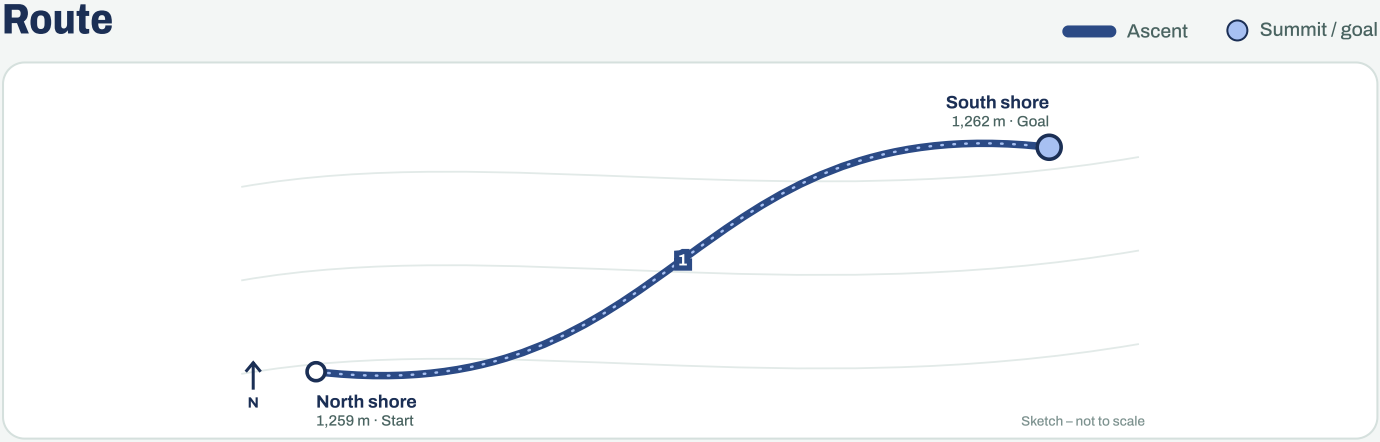
A walk by the water: boardwalks through reeds and fen, water birds and views of the Sarlkofel and the Höhlenstein valley – where the Rienz river flows through the lake.

DATE	MEETING POINT / START	BOOKING
on request May – Oct	9:30 Lake Toblach	by arrangement by e-mail

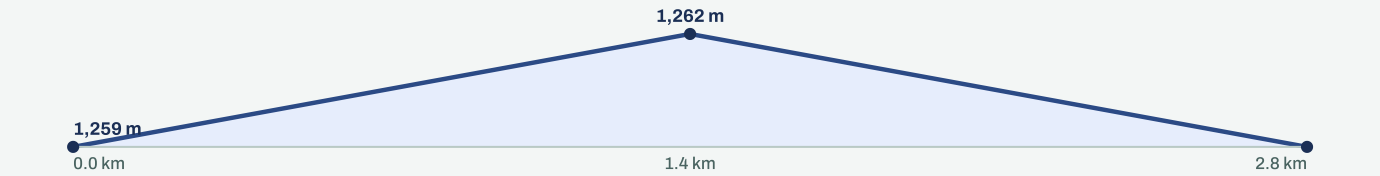
WALKING TIME	DISTANCE	ELEVATION
40 min	approx. 2.8 km	↑ 17 m · ↓ 17 m

DIFFICULTY	START → FINISH	GROUP
easy · great for children	Lake Toblach (loop)	2 to 8 people

Route



Elevation profile (simplified)



Experience water: the Rienz comes down from the Three Peaks and flows through the lake. We look at where its water comes from and why it is so clear – and as a water sommelier I tell you what makes Toblach's springs special.

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Anita Mancini

Certified South Tyrol hiking guide · Toblach
anitamancini@me.com · anitamancini.eu

Schedule, prices & info overleaf →

AROUND LAKE TOBLACH

Schedule & walking times

Half day · May – Oct
Lake Toblach (loop)

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
9:15	Meeting point: **Car park on the north shore of Lake Toblach (1,259 m)**				15 min
9:30	1 North shore (1,259 m) → South shore (1,262 m)	1.4	10	7	**20 min**
9:50	South shore: panels on the fen and bird life, water observation				20 min
10:10	2 South shore (1,262 m) → North shore (1,259 m)	1.4	7	10	**20 min**
10:30	Back at the start, farewell				
	Total walking time	**2.8**	**17**	**17**	**40 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 1 h.

Variants

A · Lake loop	2.8 km	↑ 17 m	**45 min**
B · From Toblach village along the Rienz, lake loop, back	8.5 km	↑ 80 m	**2 h 20 min**
C · Half loop, cycle path to Lake Dürrensee, back by bus	9.5 km	↑ 165 m	**2 h 40 min**

Bad-weather option

In light rain the loop works well, but the boardwalks can be slippery. In steady rain we postpone.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Half day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Comfortable, sturdy shoes
- Wind and rain jacket
- Packed snack
- At least 1 litre of water

Booking

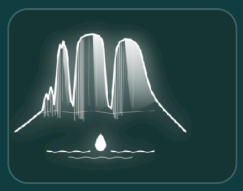
By arrangement – by e-mail with:

Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.
I do not offer hikes in winter.

EASY WALK · PRAGS DOLOMITES · FANES-SENNES-PRAGS NATURE PARK



Around Lake Prags (Braies)

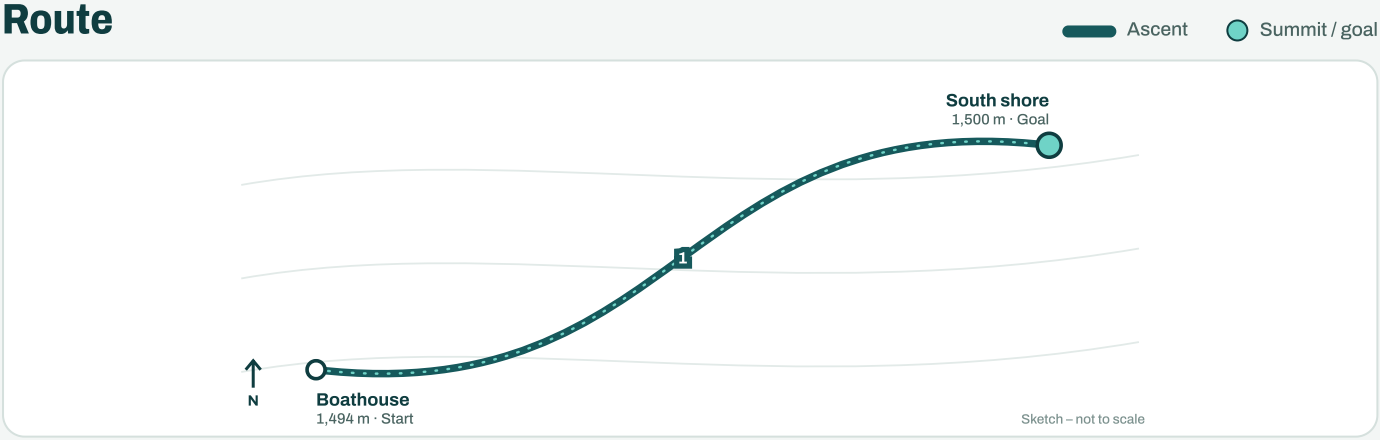
Early in the morning, while the lake is still quiet: a loop around the emerald water below the north face of the Seekofel – with a rest on the gravel delta on the south shore.

DATE	MEETING POINT / START	BOOKING
on request May – Oct	8:00 Boathouse	by arrangement by e-mail

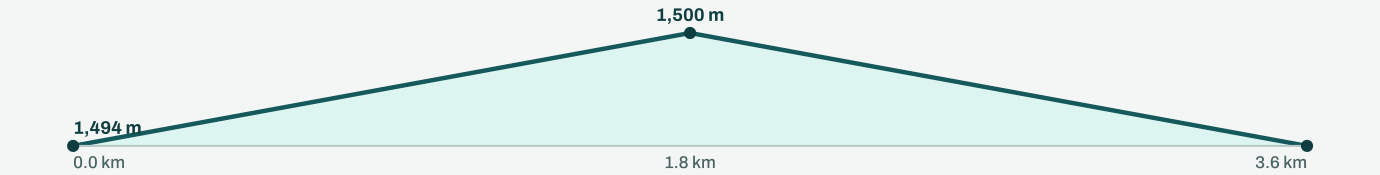
WALKING TIME	DISTANCE	ELEVATION
1 h 10 min	approx. 3.6 km	↑ 100 m · ↓ 100 m

DIFFICULTY	START → FINISH	GROUP
easy · short steps on the south shore	Lake Prags (loop)	2 to 8 people

Route



Elevation profile (simplified)



Experience water: the lake, up to 36 m deep, formed about 8,300 years ago when a huge dolomite rockslide dammed the valley. In summer access is regulated (booking or bus) – details when you book.

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Anita Mancini

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anitamancini@me.com · anitamancini.eu
Schedule, prices & info overleaf →

AROUND LAKE PRAGS (BRAIES)

Schedule & walking times

Half day · May – Oct
Lake Prags (loop)

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
7:45	Meeting point: **Hotel Pragser Wildsee, by the boathouse (1,494 m)**				15 min
8:00	1 Boathouse (1,494 m) → South shore (1,500 m)	1.8	60	54	**35 min**
8:35	South shore: reflection of the Seekofel north face, photo stop				20 min
8:55	2 South shore (1,500 m) → Boathouse (1,494 m)	1.8	40	46	**35 min**
9:30	Back at the start, farewell				
	Total walking time	**3.6**	**100**	**100**	**1 h 10 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 1 h 30 min.

Variants

A · Lake loop	3.6 km	↑ 100 m	**1 h 10 min**
B · Lake loop with detour to the Grünwaldalm (1,590 m)	7.2 km	↑ 200 m	**2 h 20 min**

Bad-weather option

In light rain we still go – the lake is almost empty then. In steady rain we switch to Lake Toblach.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Half day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy hiking shoes with good tread
- Wind and rain jacket
- Warm layer (fleece, hat)
- At least 1 litre of water
- Packed snack
- Cash for the hut

Booking

By arrangement – by e-mail with:

Anita Mancini

anitamancini@me.com

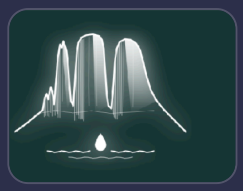
Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.

I do not offer hikes in winter.

ALPINE PASTURE HIKE · PRAGS VALLEY · ALTPRAGS

From Altprags to the Putzalm



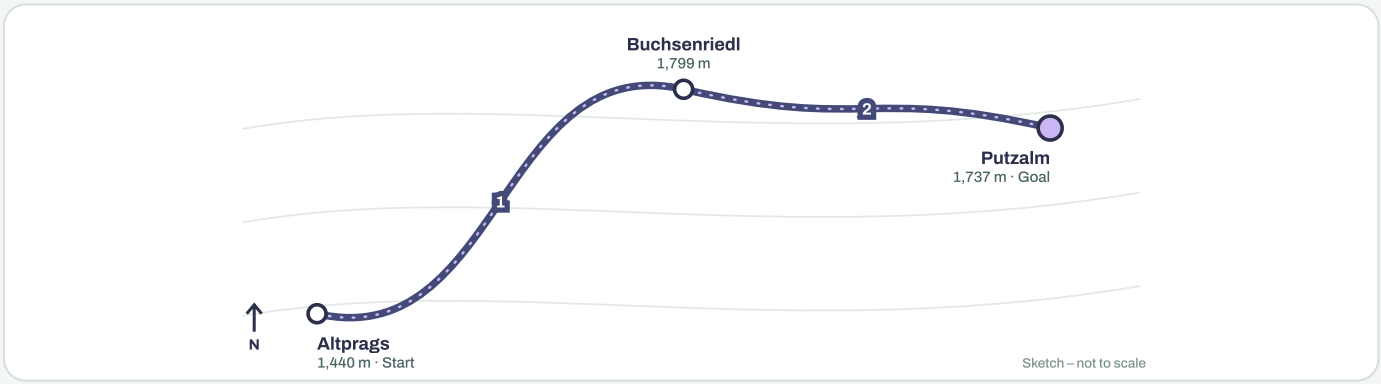
Across meadows and larch clearings along the stream, up through shady forest to the Buchsenriedl on the border between Prags and Niederdorf – and then a cosy stop at the Putzalm.

DATE	MEETING POINT / START	BOOKING
on request June – Oct	9:00 Kameriot lifts	by arrangement by e-mail

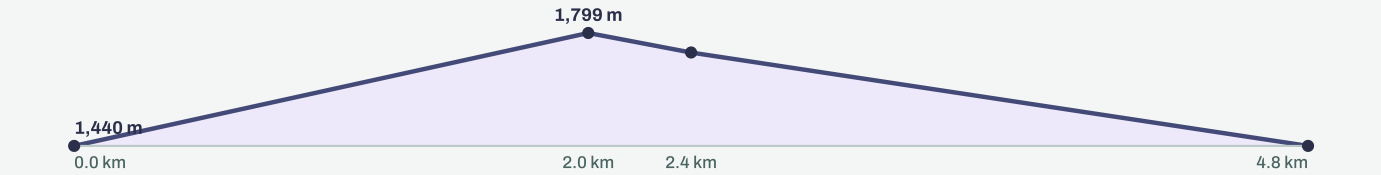
WALKING TIME	DISTANCE	ELEVATION
2 h 50 min	approx. 4.8 km	↑ 421 m · ↓ 421 m

DIFFICULTY	START → FINISH	GROUP
easy to moderate	Altprags → Putzalm → Altprags	2 to 8 people

Route



Elevation profile (simplified)



Along the way: flowering meadows, light larch woods and, at the Buchsenriedl, the old boundary fence between Prags and Niederdorf. The Putzalm is only open in summer – it is closed in winter.

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Schedule, prices & info overleaf →

FROM ALTPRAGS TO THE PUTZALM

Schedule & walking times

Half day · June – Oct
Altprags → Putzalm → Altprags

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
8:45	Meeting point: **Car park by the Kameriot lifts in Altprags (approx. 1,440 m)**				15 min
9:00	1 Altprags (1,440 m) → Buchsenriedl (1,799 m)	2.0	359	–	**1 h 25 min**
10:25	*Drinks and photo break*				*10 min*
10:35	2 Buchsenriedl (1,799 m) → Putzalm (1,737 m)	0.4	–	62	**10 min**
10:45	**Stop at the Putzalm – terrace with views of the Lungkofel and Sarlkofel**				**1 h**
11:45	3 Putzalm (1,737 m) → Altprags (1,440 m)	2.4	62	359	**1 h 15 min**
13:00	Back at the start, farewell				
	Total walking time	**4.8**	**421**	**421**	**2 h 50 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 4 h.

Variants

A · Altprags – Putzalm and back (trail no. 15)	4.8 km	↑ 421 m	**2 h 50 min**
B · Loop with the Allwartstein summit (1,954 m)	9.0 km	↑ 600 m	**4 h 20 min**

Bad-weather option

The trail runs mostly through forest and works well even in light rain. In steady rain we postpone.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Half day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy hiking shoes with good tread
- Wind and rain jacket
- Warm layer (fleece, hat)
- At least 1 litre of water
- Cash for the hut

Booking

By arrangement – by e-mail with:

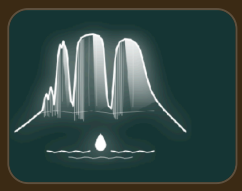
Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.
I do not offer hikes in winter.

FAMILY HIKE · RIESERFERNER-AHRN NATURE PARK · WIELENTAL

To the earth pyramids of Platten



My favourite hike with children: past stone cairns and wood carvings to the most important earth pyramids in the Puster Valley – with the legend of the enchanted dwarf folk.

DATE	MEETING POINT / START	BOOKING
on request May – Oct	14:00 Platten car park	by arrangement by e-mail

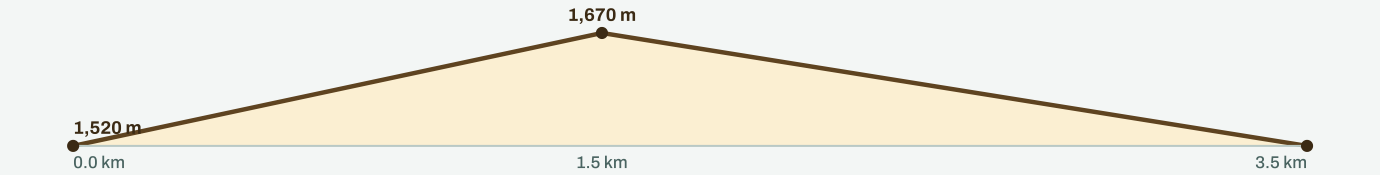
WALKING TIME	DISTANCE	ELEVATION
1 h 25 min	approx. 3.5 km	↑ 190 m · ↓ 190 m

DIFFICULTY	START → FINISH	GROUP
easy · children aged 6+	Platten → pyramids → Platten	2 to 8 people

Route



Elevation profile (simplified)



How the pyramids formed: a few centuries ago a landslide buried the cart track between Thalerhof and Aschbach, and in 1882 a storm tore open a large gully. Rain washed out the clay – only where a stone protected it did the columns remain.

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Anita Mancini

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anitamancini@me.com · anitamancini.eu
Schedule, prices & info overleaf →

TO THE EARTH PYRAMIDS OF PLATTEN

Schedule & walking times

Half day · May – Oct
Platten → pyramids → Platten

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
13:45	Meeting point: **Oberwielenbach / Platten, car park no. 2 (fee approx. €4)**				15 min
14:00	1 Platten car park (1,520 m) → Pyramid viewpoint (1,670 m)	1.5	150	–	**40 min**
14:40	At the pyramids: the legend, info panels, photo stop				30 min
15:10	2 Pyramid viewpoint (1,670 m) → Platten car park (1,520 m)	2.0	40	190	**45 min**
15:55	Back at the start, farewell				
	Total walking time	**3.5**	**190**	**190**	**1 h 25 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 1 h 55 min.

Bad-weather option

After a shower the pyramids look especially beautiful, but the forest path is slippery. In steady rain we postpone.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Half day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Comfortable, sturdy shoes
- Wind and rain jacket
- Packed snack
- At least 1 litre of water
- A pencil for the quiz questions

Booking

By arrangement – by e-mail with:

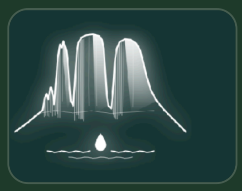
Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.
I do not offer hikes in winter.

SUMMIT HIKE · PRAGS DOLOMITES · TOBLACH

Up the Sarlkofel via the Trogeralm



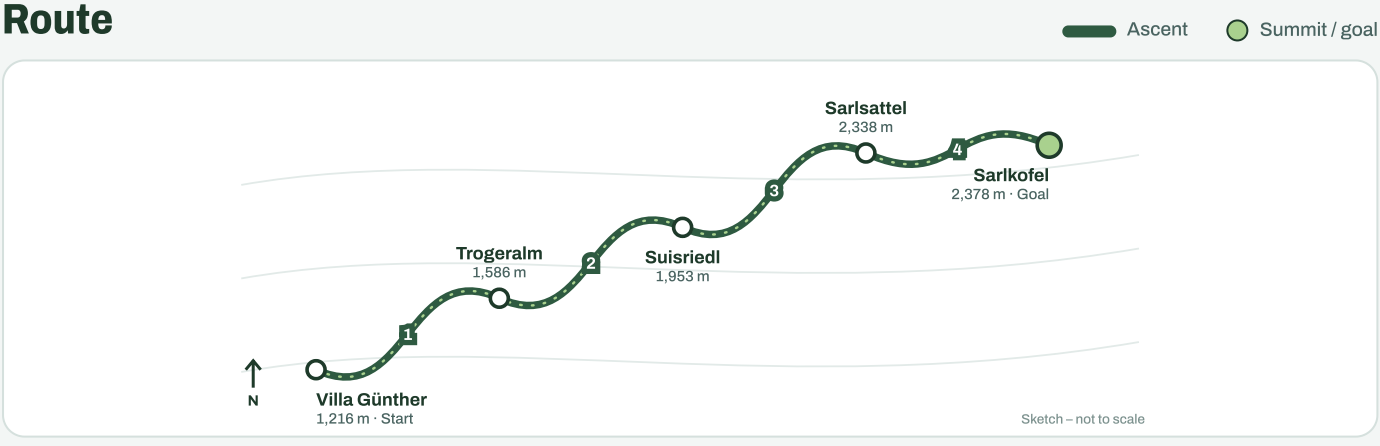
From Toblach through the Troge woods to the Trogeralm with a view of Lake Toblach, over the Ochsenboden and the Sarl saddle to the new summit cross.

DATE	MEETING POINT / START	BOOKING
on request June – Oct	8:00 Villa Günther	by arrangement by e-mail

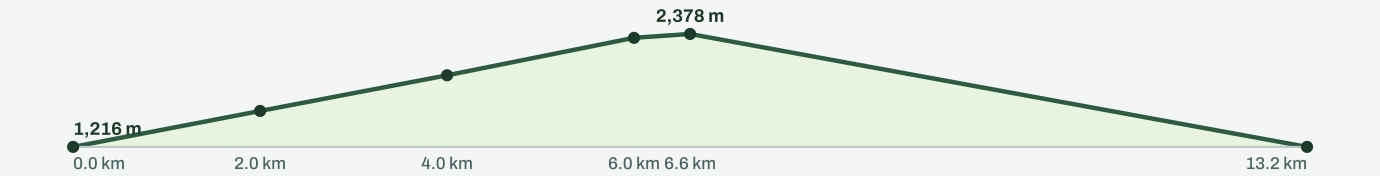
WALKING TIME	DISTANCE	ELEVATION
7 h 55 min	approx. 13.2 km	↑ 1,162 m · ↓ 1,162 m

DIFFICULTY	START → FINISH	GROUP
moderate · sure-footed	Toblach → Sarlkofel → Toblach	2 to 8 people

Route



Elevation profile (simplified)



Along the way: flowering meadows, views of the peaks around Toblach, short cable-secured rock steps – and the massive new summit cross at the top.

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Anita Mancini

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anitamancini@me.com · anitamancini.eu

Schedule, prices & info overleaf →

UP THE SARLKOFEL VIA THE TROGERALM

Schedule & walking times

Full day · June – Oct
Toblach → Sarlkofel → Toblach

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
7:45	Meeting point: **Villa Günther, In der Rienz district, Toblach (1,216 m)**				15 min
8:00	1 Villa Günther (1,216 m) → Trogeralm (1,586 m)	2.0	370	–	**1 h 30 min**
9:30	*Drinks break at the Trogeralm, view of Lake Toblach*				*10 min*
9:40	2 Trogeralm (1,586 m) → Suisriedl (1,953 m)	2.0	367	–	**1 h 30 min**
11:10	*Drinks and photo break*				*10 min*
11:20	3 Suisriedl (1,953 m) → Sarlsattel (2,338 m)	2.0	385	–	**1 h 30 min**
12:50	*Drinks and photo break*				*10 min*
13:00	4 Sarlsattel (2,338 m) → Sarlkofel (2,378 m)	0.6	40	–	**15 min**
13:15	Summit break at the new cross – views of Dürrenstein, Hohe Gaisl and the Villgraten mountains				45 min
14:00	5 Sarlkofel (2,378 m) → Villa Günther (1,216 m)	6.6	–	1,162	**3 h 10 min**
17:10	Back at the start, farewell				
	Total walking time	**13.2**	**1,162**	**1,162**	**7 h 55 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 9 h 10 min.

Bad-weather option

The steep scree slope to the Sarl saddle is not advisable in rain. Then we only go to the **Trogeralm** and back – with a lovely view of Lake Toblach.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Full day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy mountain boots – sure-footedness needed
- Poles for the descent
- Wind and rain jacket
- Packed lunch – no hut on the way
- At least 1.5 litres of water

Booking

By arrangement – by e-mail with:

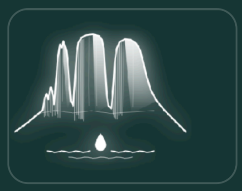
Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.
I do not offer hikes in winter.

MOUNTAIN HIKE · VILLGRATEN MOUNTAINS · TOBLACH

Up the Pfannhorn – my home mountain



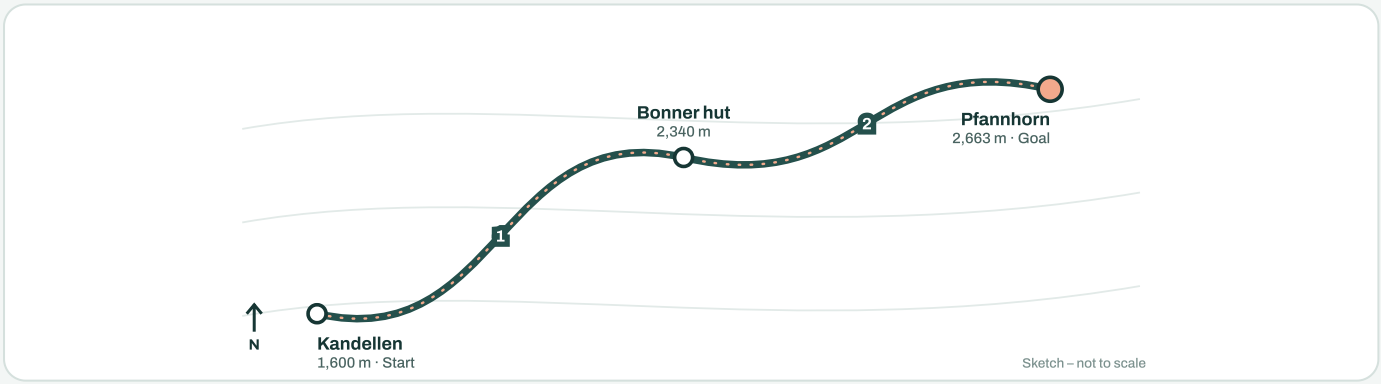
From Kandellen via the Bonner hut to Toblach's viewpoint summit: the Dolomites to the south, glaciers to the north – and between them the border of two worlds of rock.

DATE	MEETING POINT / START	BOOKING
on request June – Oct	7:30 Kandellen	by arrangement by e-mail

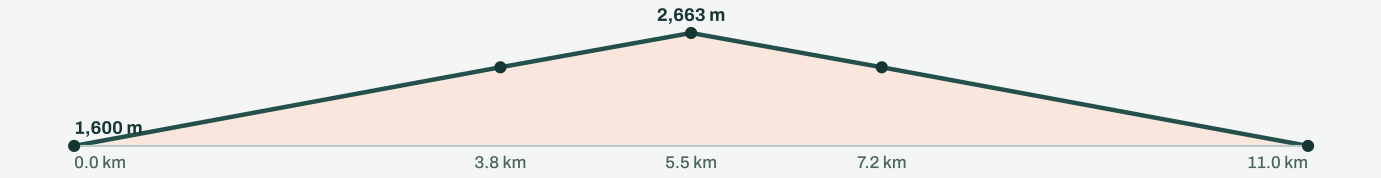
WALKING TIME	DISTANCE	ELEVATION
6 h 55 min	approx. 11.0 km	↑ 1,063 m · ↓ 1,063 m

DIFFICULTY	START → FINISH	GROUP
moderate · good fitness	Kandellen → Pfannhorn → Kandellen	2 to 8 people

Route



Elevation profile (simplified)



Along the way: the Golfen stream, mica schist and gneiss, iron-rich spring water – and the striking contrast with the bare Dolomites opposite. Also possible as a sunrise tour.

YOUR HIKING GUIDE
Anita Mancini

Certified South Tyrol hiking guide · Toblach
anitamancini@me.com · anitamancini.eu

Schedule, prices & info overleaf →

UP THE PFANNHORN – MY HOME MOUNTAIN

Schedule & walking times

Full day · June – Oct
Kandellen → Pfannhorn → Kandellen

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
7:15	Meeting point: **Car park by the chapel next to the Seiterhof farm, hamlet of Kandellen (1,600 m)**				15 min
7:30	1 Kandellen (1,600 m) → Bonner hut (2,340 m)	3.8	740	–	**2 h 55 min**
10:25	*Drinks and photo break*				*10 min*
10:35	2 Bonner hut (2,340 m) → Pfannhorn (2,663 m)	1.7	323	–	**1 h 15 min**
11:50	Summit break: views of the Sexten Dolomites and the glaciers of the Hohe Tauern				30 min
12:20	3 Pfannhorn (2,663 m) → Bonner hut (2,340 m)	1.7	–	323	**50 min**
13:10	**Lunch at the Bonner hut (2,340 m)**				**1 h**
14:10	4 Bonner hut (2,340 m) → Kandellen (1,600 m)	3.8	–	740	**1 h 55 min**
16:05	Back at the start, farewell				
	Total walking time	**11.0**	**1,063**	**1,063**	**6 h 55 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 8 h 35 min.

Bad-weather option

In fog or on wet grass we stop at the **Bonner hut** – the view over the Puster Valley is worth it even without the summit.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Full day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy hiking shoes with good tread
- Wind and rain jacket
- Warm layer (fleece, hat)
- Sun protection and hat
- At least 1 litre of water
- Cash for the hut

Booking

By arrangement – by e-mail with:

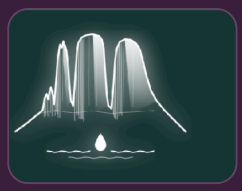
Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.
I do not offer hikes in winter.

MOUNTAIN HIKE · VILLGRATEN MOUNTAINS · SILVESTER VALLEY

Up the Markinkele on the Toblach high trail



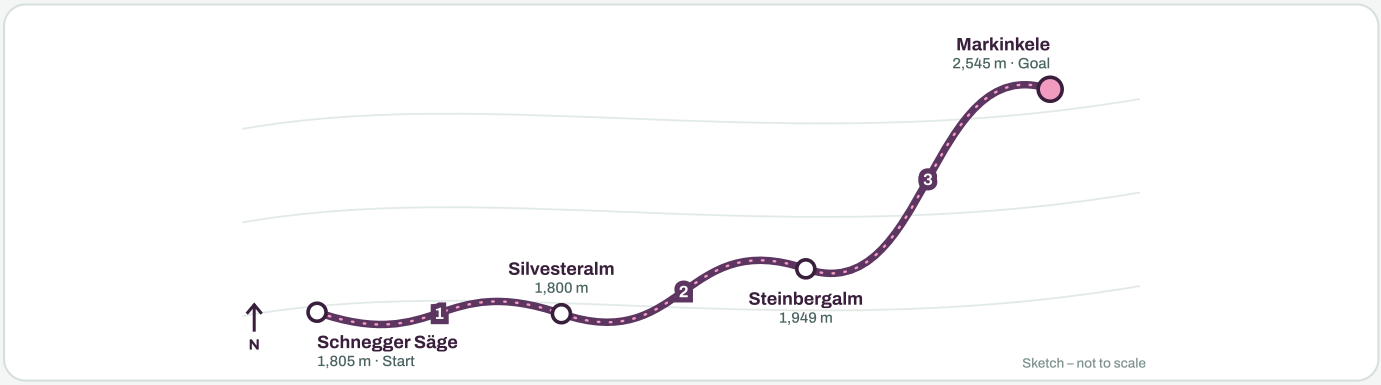
Through the quiet Silvester valley, past alpine pastures and flowering alpine roses, to the border summit between South and East Tyrol – with views as far as the Three Peaks.

DATE	MEETING POINT / START	BOOKING
on request July – Sept	8:00 Schnegger Säge	by arrangement by e-mail

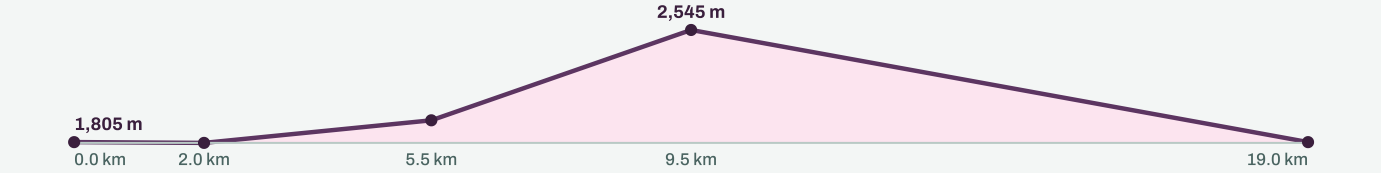
WALKING TIME	DISTANCE	ELEVATION
7 h 25 min	approx. 19.0 km	↑ 810 m · ↓ 810 m

DIFFICULTY	START → FINISH	GROUP
moderate · good fitness	Silvester valley → Markinkele → back	2 to 8 people

Route



Elevation profile (simplified)



Along the way: old smugglers' paths, 1930s Vallo Alpino barracks that are now the Marchhütte – and in July a sea of alpine roses.

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Schedule, prices & info overleaf →

UP THE MARKINKELE ON THE TOBLACH HIGH TRAIL

Schedule & walking times

Full day · July – Sept
Silvester valley → Markinkele → back

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
7:45	Meeting point: **Silvester valley, "Schnegger Säge" car park (1,805 m), Toblach**				15 min
8:00	1 Schnegger Säge (1,805 m) → Silvesteralm (1,800 m)	2.0	30	35	**35 min**
8:35	*Detour to St Silvester's chapel and its frescoes*				*15 min*
8:50	2 Silvesteralm (1,800 m) → Steinbergalm (1,949 m)	3.5	149	–	**1 h 5 min**
9:55	*Drinks and photo break*				*10 min*
10:05	3 Steinbergalm (1,949 m) → Markinkele (2,545 m)	4.0	596	–	**2 h 30 min**
12:35	**Lunch at the Marchhütte below the summit**				**1 h**
13:35	4 Markinkele (2,545 m) → Schnegger Säge (1,805 m)	9.5	35	775	**3 h 15 min**
16:50	Back at the start, farewell				
	Total walking time	**19.0**	**810**	**810**	**7 h 25 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 8 h 50 min.

Bad-weather option

In fog or unsettled weather we stay in the valley: a loop via the **Silvesteralm** and Steinbergalm – relaxed and still scenic.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Full day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy hiking shoes with good tread
- Wind and rain jacket
- Warm layer (fleece, hat)
- Sun protection and hat
- At least 1.5 litres of water
- Cash for the hut

Booking

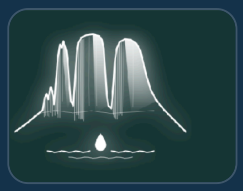
By arrangement – by e-mail with:

Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

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I do not offer hikes in winter.

MOUNTAIN HIKE · PRAGS DOLOMITES · PLÄTZWIESE



From the Plätzwiese up the Strudelkopf

From the wide alpine plateau of the Plätzwiese via the Dürrenstein hut and the Strudel saddle to the Homecomers' cross – the finest viewing box opposite the Three Peaks, with Cristallo, Hohe Gaisl and Dürrenstein all around.

DATE	MEETING POINT / START	BOOKING
on request June – Oct	9:00 Plätzwiese car park	by arrangement by e-mail

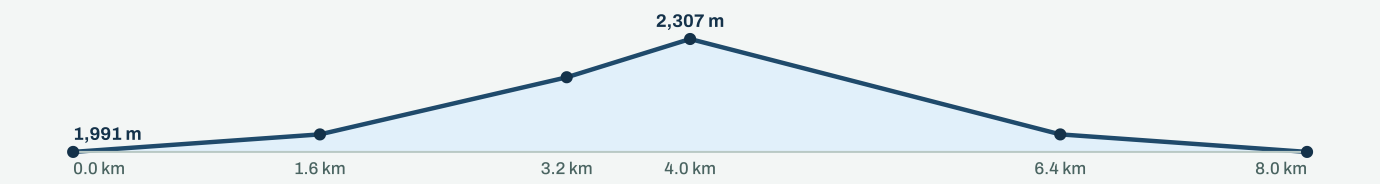
WALKING TIME	DISTANCE	ELEVATION
3 h	approx. 8.0 km	↑ 338 m · ↓ 338 m

DIFFICULTY	START → FINISH	GROUP
easy to moderate · sure-footed at the top	Plätzwiese → Strudelkopf → Plätzwiese	2 to 8 people

Route



Elevation profile (simplified)



Along the way: ruins of the Plätzwiese fort (1889–94), First World War positions, ptarmigan and marmots. In summer access is regulated – shuttle bus 443 from Brückele.

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Schedule, prices & info overleaf →

FROM THE PLÄTZWIESE UP THE STRUDELKOPF

Schedule & walking times

Half day · June – Oct
Plätzwiese → Strudelkopf → Plätzwiese

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
8:45	Meeting point: **Plätzwiese car park (1,991 m), access via Brückele**				15 min
9:00	1 Plätzwiese car park (1,991 m) → Dürrenstein hut (2,040 m)	1.6	60	11	**30 min**
9:30	2 Dürrenstein hut (2,040 m) → Strudel saddle (2,200 m)	1.6	160	–	**45 min**
10:15	*Drinks and photo break*				*10 min*
10:25	3 Strudel saddle (2,200 m) → Strudelkopf (2,307 m)	0.8	107	–	**25 min**
10:50	Summit break at the Homecomers' cross (1981) – views of the Three Peaks, Cristallo and Hohe Gaisl				45 min
11:35	4 Strudelkopf (2,307 m) → Dürrenstein hut (2,040 m)	2.4	–	267	**50 min**
12:25	**Lunch at the Dürrenstein hut (2,040 m)**				**45 min**
13:10	5 Dürrenstein hut (2,040 m) → Plätzwiese car park (1,991 m)	1.6	11	60	**30 min**
13:40	Back at the start, farewell				
	Total walking time	**8.0**	**338**	**338**	**3 h**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 4 h 40 min.

Variants

A · Plätzwiese – Dürrenstein hut – Strudelkopf and back	8.0 km	↑ 338 m	**2 h 55 min**
B · Descent via war trail no. 34 to the Höhlenstein valley, back by bus (head for heights)	8.5 km	↑ 327 m	**4 h**

Bad-weather option

In fog or wet conditions we skip the rocky summit section and do a loop across the Plätzwiese to the **Dürrenstein hut** – with a stop.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Half day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy hiking shoes with good tread
- Wind and rain jacket
- At least 1 litre of water
- Cash for the hut

Booking

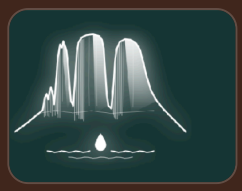
By arrangement – by e-mail with:

Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.
I do not offer hikes in winter.

MOUNTAIN HIKE · FANES-SENNES-PRAGS NATURE PARK · HÖHLENSTEIN VALLEY



Via the Knappensteig to the Plätzwiese

From the Gemärk pass through the quiet Knappenfuss valley, past the waterfall at its head and up in switchbacks to the Plätzwiese – the wide high plateau below the Hohe Gaisl.

DATE	MEETING POINT / START	BOOKING
on request June – Oct	8:30 Gemärk	by arrangement by e-mail

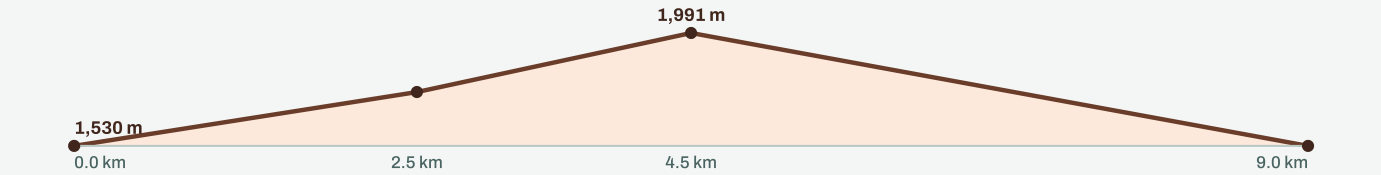
WALKING TIME	DISTANCE	ELEVATION
3 h 45 min	approx. 9.0 km	↑ 479 m · ↓ 479 m

DIFFICULTY	START → FINISH	GROUP
moderate · good fitness	Gemärk → Plätzwiese → Gemärk	2 to 8 people

Route



Elevation profile (simplified)



Along the way: the quiet Knappenfuss valley with its waterfall, the rock walls of the Hohe Gaisl and, at the top, the Plätzwiese with the ruins of its fort (1889–94).

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Schedule, prices & info overleaf →

VIA THE KNAPPENSTEIG TO THE PLÄTZWIESE

Schedule & walking times

Full day · June – Oct
Gemärk → Plätzwiese → Gemärk

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
8:15	Meeting point: **Gemärk / Cimabanche, car park at the pass (1,530 m), also reachable by the Toblach–Cortina bus**				15 min
8:30	1 Gemärk (1,530 m) → Knappenfuss waterfall (1,750 m)	2.5	220	–	**1 h 5 min**
9:35	*Drinks and photo break*				*10 min*
9:45	2 Knappenfuss waterfall (1,750 m) → Plätzwiese (1,991 m)	2.0	250	9	**1 h 5 min**
10:50	**Lunch on the Plätzwiese – views of the Hohe Gaisl, Dürrenstein and Cristallo**				**1 h**
11:50	3 Plätzwiese (1,991 m) → Gemärk (1,530 m)	4.5	9	470	**1 h 35 min**
13:25	Back at the start, farewell				
	Total walking time	**9.0**	**479**	**479**	**3 h 45 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 4 h 55 min.

Variants

A · Gemärk – Knappensteig (trail no. 18) – Plätzwiese and back	9.0 km	↑ 479 m	**3 h 40 min**
B · With a detour to the Dürrenstein hut (2,040 m)	12.2 km	↑ 550 m	**4 h 30 min**

Bad-weather option

When wet, the switchbacks at the head of the valley are slippery. Then we only go to the **waterfall** and back.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Full day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy hiking shoes with good tread
- Wind and rain jacket
- Warm layer (fleece, hat)
- At least 1.5 litres of water
- Cash for the hut

Booking

By arrangement – by e-mail with:

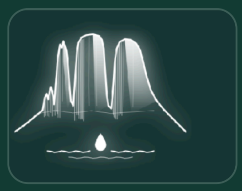
Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

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I do not offer hikes in winter.

MOUNTAIN HIKE · THREE PEAKS NATURE PARK · RIENZ VALLEY

From the Three Peaks view through the Rienz valley



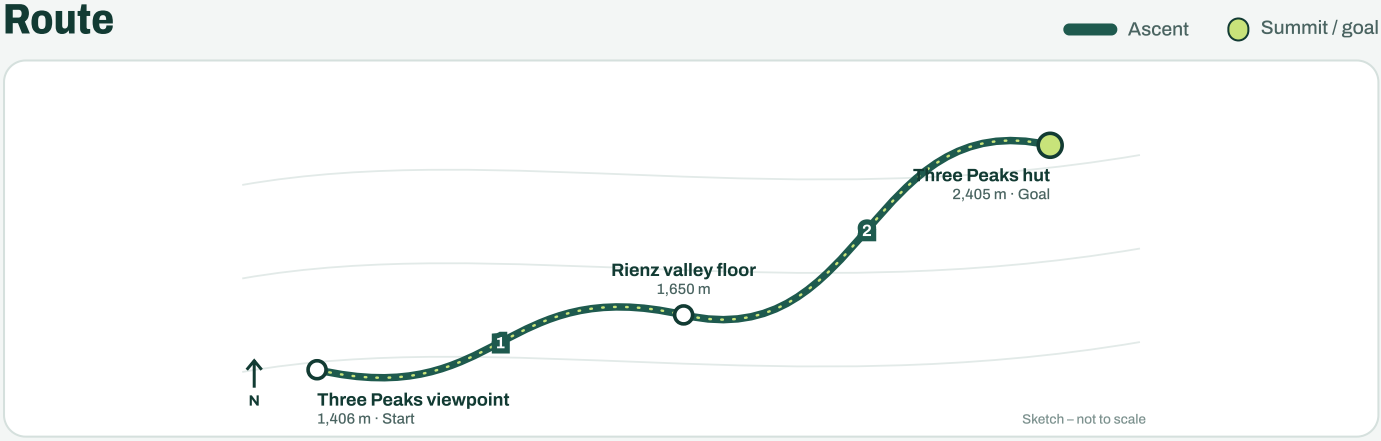
Upstream along the water: from the famous viewpoint in the Höhlenstein valley through the wild Rienz valley up to the north faces of the Three Peaks – in three variants, from valley walk to grand traverse.

DATE	MEETING POINT / START	BOOKING
on request June – Oct	7:30 Three Peaks viewpoint	by arrangement by e-mail

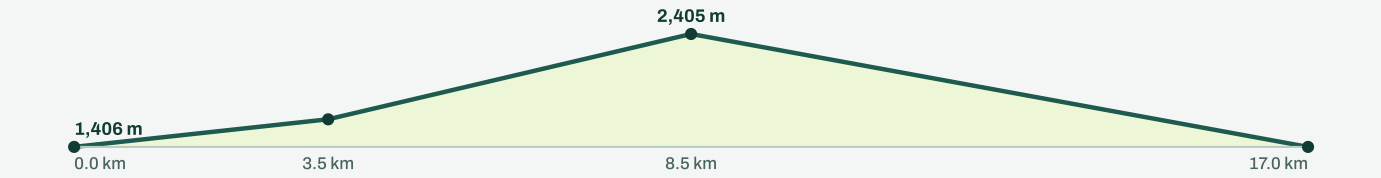
WALKING TIME	DISTANCE	ELEVATION
7 h 40 min	approx. 17.0 km	↑ 1,011 m · ↓ 1,011 m

DIFFICULTY	START → FINISH	GROUP
moderate (variant A easy)	Three Peaks viewpoint → Three Peaks hut → back	2 to 8 people

Route



Elevation profile (simplified)



Experience water: the Rienz rises below the Three Peaks – the river that flows through Toblach and the whole Puster Valley. On the valley floor it meanders across wide gravel flats.

YOUR HIKING GUIDE
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Schedule, prices & info overleaf →

FROM THE THREE PEAKS VIEW THROUGH THE RIENZ VALLEY

Schedule & walking times

Full day · June – Oct
Three Peaks viewpoint → Three Peaks hut → back

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
7:15	Meeting point: **Three Peaks viewpoint car park in the Höhlenstein valley, by Lake Dürrensee (1,406 m)**				15 min
7:30	1 Three Peaks viewpoint (1,406 m) → Rienz valley floor (1,650 m)	3.5	250	6	**1 h 20 min**
8:50	*Drinks and photo break*				*10 min*
9:00	2 Rienz valley floor (1,650 m) → Three Peaks hut (2,405 m)	5.0	755	–	**3 h 10 min**
12:10	**Lunch at the Three Peaks hut – right in front of the north faces**				**1 h**
13:10	3 Three Peaks hut (2,405 m) → Three Peaks viewpoint (1,406 m)	8.5	6	1,005	**3 h 10 min**
16:20	Back at the start, farewell				
	Total walking time	**17.0**	**1,011**	**1,011**	**7 h 40 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 8 h 50 min.

Variants

A · Valley walk to the Rienz valley floor and back	7.0 km	↑ 256 m	**2 h 25 min**
B · To the Three Peaks hut and back	17.0 km	↑ 1,011 m	**7 h 30 min**
C · Traverse via the Three Peaks hut and Altenstein valley to the Fischlein valley, back by bus	14.5 km	↑ 1,011 m	**6 h 55 min**

Bad-weather option

In uncertain weather we only do variant A along the flat valley floor – atmospheric even with low cloud.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Full day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy mountain boots – sure-footedness needed
- Wind and rain jacket
- Warm layer (fleece, hat)
- Sun protection and hat
- At least 1.5 litres of water
- Cash for the hut
- Bus ticket (or guest card)

Booking

By arrangement – by e-mail with:

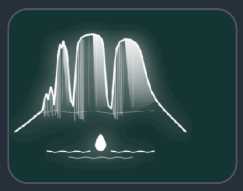
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Min. 2, max. 8 people

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MOUNTAIN HIKE · THREE PEAKS NATURE PARK · RIENZ VALLEY

From the Three Peaks view to the Langalm



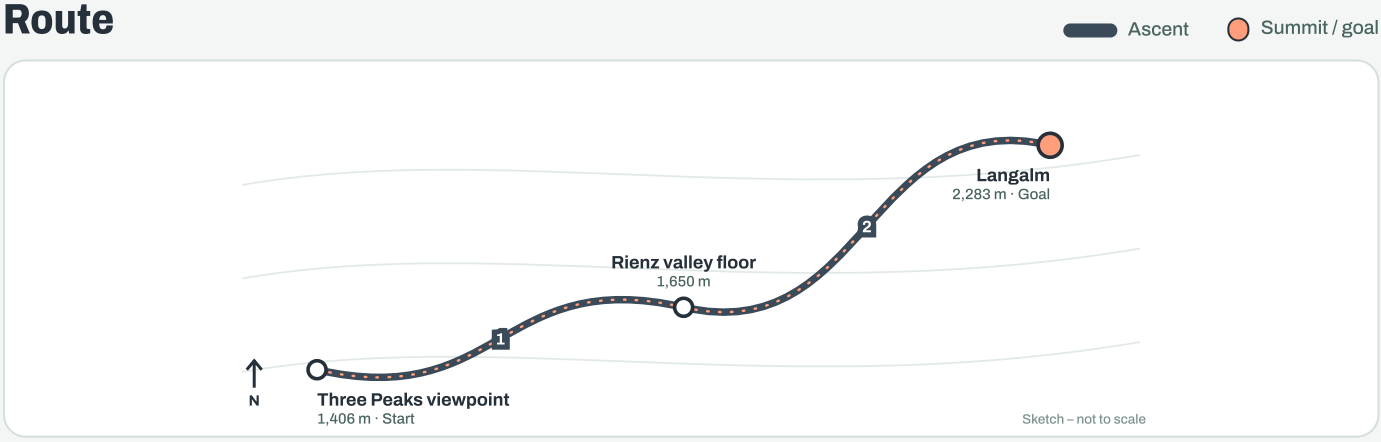
Upstream along the water: from the famous viewpoint in the Höhlenstein valley through the wild Rienz valley up to the Langalm – to the little lakes where the Rienz rises, with the north faces of the Three Peaks right in front of you.

DATE	MEETING POINT / START	BOOKING
on request June – Sept	7:30 Three Peaks viewpoint	by arrangement by e-mail

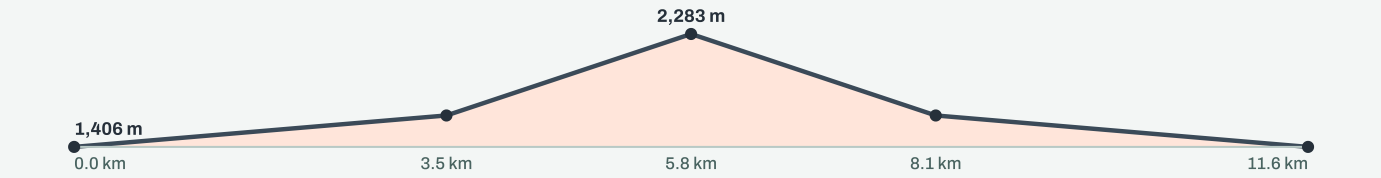
WALKING TIME	DISTANCE	ELEVATION
6 h 30 min	approx. 11.6 km	↑ 889 m · ↓ 889 m

DIFFICULTY	START → FINISH	GROUP
moderate · good fitness	Three Peaks viewpoint → Langalm → back	2 to 8 people

Route



Elevation profile (simplified)



Experience water: by the little Langalm lakes, below the north faces of the Three Peaks, the Rienz rises – the river that flows through Toblach and the whole Puster Valley. On the valley floor it meanders across wide gravel flats.

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Schedule, prices & info overleaf →

FROM THE THREE PEAKS VIEW TO THE LANGALM

Schedule & walking times

Full day · June – Sept
Three Peaks viewpoint → Langalm → back

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
7:15	Meeting point: **Three Peaks viewpoint car park in the Höhlenstein valley, by Lake Dürrensee (1,406 m)**				15 min
7:30	1 Three Peaks viewpoint (1,406 m) → Rienz valley floor (1,650 m)	3.5	250	6	**1 h 20 min**
8:50	*Drinks and photo break*				*10 min*
9:00	2 Rienz valley floor (1,650 m) → Langalm (2,283 m)	2.3	633	–	**2 h 25 min**
11:25	**Lunch at the Langalm – facing the north faces**				**1 h**
12:25	3 Langalm (2,283 m) → Rienz valley floor (1,650 m)	2.3	–	633	**1 h 35 min**
14:00	*Drinks and photo break*				*10 min*
14:10	4 Rienz valley floor (1,650 m) → Three Peaks viewpoint (1,406 m)	3.5	6	250	**1 h 10 min**
15:20	Back at the start, farewell				
	Total walking time	**11.6**	**889**	**889**	**6 h 30 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 7 h 50 min.

Bad-weather option

In uncertain weather we only do the valley walk to the Rienz valley floor and back (7 km, ↑ 256 m, approx. 2:25 h) – atmospheric even with low cloud.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
per person, 6 people	€34.57	€48.80
per person, 8 people	€25.93	€36.60

This tour: **Full day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy mountain boots – sure-footedness needed
- Wind and rain jacket
- Warm layer (fleece, hat)
- Sun protection and hat
- At least 1.5 litres of water
- Cash for the hut
- Poles for the descent

Booking

By arrangement – by e-mail with:

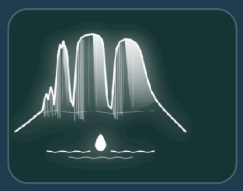
Anita Mancini
anitamancini@me.com

Min. 2, max. 8 people

Participation at your own risk. If the minimum number is not reached by the booking deadline, the hike is cancelled. Programme and weather changes reserved.
I do not offer hikes in winter.

HUT HIKE · SEXTEN DOLOMITES · FISCHLEIN VALLEY

To the Zsigmondy hut below the Hochbrunnerschneide



From the Fischlein valley up to the Zsigmondy hut – right between Zwölferkofel, Elferkofel and the Hochbrunnerschneide (3,046 m). Three variants, from valley walk to big loop.

DATE	MEETING POINT / START	BOOKING
on request June – Oct	8:00 Fischlein valley	by arrangement by e-mail

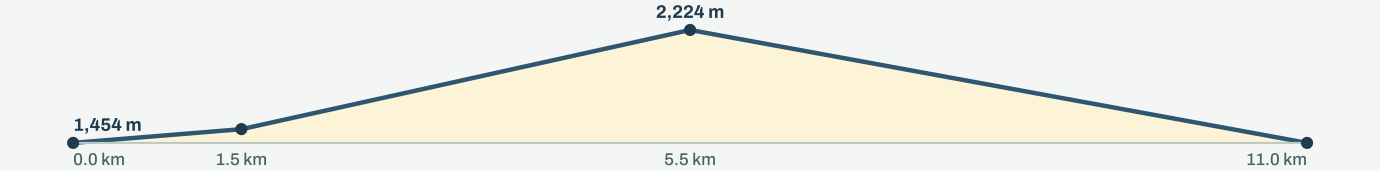
WALKING TIME	DISTANCE	ELEVATION
5 h 30 min	approx. 11.0 km	↑ 770 m · ↓ 770 m

DIFFICULTY	START → FINISH	GROUP
moderate · good fitness	Fischlein valley → Zsigmondy hut → back	2 to 8 people

Route



Elevation profile (simplified)



The Hochbrunnerschneide (3,046 m) we admire from the hut – the summit itself is a high-alpine climb for mountaineers with a mountain guide. The hut is named after the Viennese climber Emil Zsigmondy.

YOUR HIKING GUIDE
Anita Mancini

Certified South Tyrol hiking guide · Toblach
anitamancini@me.com · anitamancini.eu

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TO THE ZSIGMONDY HUT BELOW THE HOCHBRUNNERSCHNEIDE

Schedule & walking times

Full day · June – Oct
Fischlein valley → Zsigmondy hut → back

TIME	SECTION / PROGRAMME	KM	↑ M	↓ M	DURATION
7:45	Meeting point: **Fischlein valley car park by Hotel Dolomitenhof, Sexten (1,454 m)**				15 min
8:00	1 Fischlein valley car park (1,454 m) → Talschluss hut (1,548 m)	1.5	94	–	**30 min**
8:30	2 Talschluss hut (1,548 m) → Zsigmondy hut (2,224 m)	4.0	676	–	**2 h 45 min**
11:15	**Lunch at the Zsigmondy hut (2,224 m), view of the Hochbrunnerschneide**				**1 h**
12:15	3 Zsigmondy hut (2,224 m) → Fischlein valley car park (1,454 m)	5.5	–	770	**2 h 15 min**
14:30	Back at the start, farewell				
	Total walking time	**11.0**	**770**	**770**	**5 h 30 min**

Walking time per section using the DAV formula: 4 km/h distance, 300 m/h ascent, 500 m/h descent – larger value plus half the smaller, rounded to 5 min. About 10 min break per hour of walking. Total duration incl. breaks: approx. 6 h 30 min.

Variants

A · To the Talschluss hut and back (valley walk)	3.0 km	↑ 94 m	**1 h**
B · To the Zsigmondy hut and back	11.0 km	↑ 770 m	**5 h 30 min**
C · Big loop: Altenstein valley – Three Peaks hut – Büllelejoch – Zsigmondy hut	17.0 km	↑ 1,150 m	**8 h 15 min**

Bad-weather option

In uncertain weather we only go to the **Talschluss hut** (variant A) – flat, with a stop and a view of the Sexten sundial peaks.

If thunderstorms are forecast I cancel the day before by 6 pm – free of charge.

Guiding rates

	HALF DAY	FULL DAY
Net rate	€170.00	€240.00
+ 22 % VAT	€37.40	€52.80
per group	**€207.40**	**€292.80**
per person, 2 people	€103.70	€146.40
per person, 4 people	€51.85	€73.20
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per person, 8 people	€25.93	€36.60

This tour: **Full day**. Included: guiding and planning. Not included: hut meals, drinks, travel, parking.

Please bring

- Sturdy hiking shoes with good tread
- Wind and rain jacket
- Warm layer (fleece, hat)
- Sun protection and hat
- At least 1.5 litres of water
- Cash for the hut

Booking

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