



## TRADITIONAL BREAD BAKING

Home-made food tastes the best. At the "Stacherhof" in Tesido the farmer's wife Angelika explains you how to bake the typical bread. After the workshop, you can taste your own fresh baked bread. Time: 10.00 a.m. - 11.30 a.m. Meeting point: Stacherhof in Tesido. Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

**Town:** Tesido

**On 24.07.2019**

Wednesday: 10:00 - 11:30 o'clock

**On 31.07.2019**

Wednesday: 10:00 - 11:30 o'clock

**On 07.08.2019**

Wednesday: 10:00 - 11:30 o'clock

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## BUS EXCURSION: VENEZIA

Visit the lagoon city of Venice & enjoy a boat trip on the famous Canale Grande! Route: passing through Bruneck - Toblach - Cortina d'Ampezzo  
Program: arrival in Venice at approx. 10:00 • boat trip up to St. Marcus Square • free time • return trip at 16:00 (carnival time: 17:00) Included are: trip on modern coach • entrance tax for Venice • boat trip • tourist guide. Cost: € 73,00 | € 36,50. Information and registration within 5.00 p.m. of the previous day by Tourist Board Gsieser Tal - Welsberg - Taisten: T. +39 0474 978436. Access at the bus stops at Gsieser Tal - Welsberg - Taisten.

**Town:** Gsieser Tal Valley / St. Martin

**On 24.07.2019**

Wednesday: 07:00 - 20:00 o'clock

**On 31.07.2019**

Wednesday: 07:00 - 20:00 o'clock

**On 07.08.2019**

Wednesday: 07:00 - 20:00 o'clock



## ALONG THE OLD SMUGGLER PATHS

Gripping stories about being a smuggler at the cross-border between the Val Casies Valley and the Villgraten Valley (A). The "old track" leads from S. Maddalena/Val Casies Valley to the "Kalkstein Jöchel" and eventually further to the "Geilspitze" (2494) with a view of the famous "Three Peaks". Descent to Kalkstein in Villgraten Valley (A). Backpack provisions. Time: 9.30 a.m.-5.00 p.m. Walking time/duration: 4-5 hours. Difference in altitude: Ascent to Kalkstein Jöchel 900m, to the "Geilspitze" 1050m; descent: 700m. Difficulty: middle to demanding. Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

**Town:** Val Casies Valley/S. Maddalena

**On 24.07.2019**

Wednesday: 09:30 - 17:00 o'clock

**On 31.07.2019**

Wednesday: 09:30 - 17:00 o'clock

**On 07.08.2019**

Wednesday: 09:30 - 17:00 o'clock



## CULTURE: SAN GIORGIO'S CHURCH

The ornated San Giorgio's Church - Tesido. Visit one of the oldest churches of the Val Pusteria Valley with the local priest Oberhammer. At the right end of the south side you can see a fresco of Christophorus by Simon of Tesido. Above the entrance of the San Giorgio's Church is a sun dial made in the 18th century. Duration: 9.45 a.m. - 11.00 a.m. Costs: free. Meeting point: Tourist office Tesido at 9.45 a.m. Reservation within 5 p.m. of the previous day by the Tourist Board Val Casies Valley-Monguelfo-Tesido, T. +39 0474 978436.

Town: Tesido

**On 24.07.2019**

Wednesday: 09:45 - 11:00 o'clock

**On 31.07.2019**

Wednesday: 09:45 - 11:00 o'clock

**On 07.08.2019**

Wednesday: 09:45 - 11:00 o'clock



## APERITIVO FARM REGIOHOF

Enjoying the evening at the Regiohof in Val Casies Valley/S. Maddalena by having some drinks and fingerfood. Every Wednesday and Friday.

Town: Val Casies Valley/S. Maddalena

**On 19.07.2019**

Friday: 18:00 - 00:00 o'clock

**On 24.07.2019**

Wednesday: 18:00 - 00:00 o'clock

**On 26.07.2019**

Friday: 18:00 - 00:00 o'clock



## HIKING BUS

Hiking bus from Val Casies Valley - Villgraten Tal Valley - Dobbiaco. Outward journey and back: from the Villgratental Valley to the Val Casies Valley at 4.00 p.m. from Kalkstein (car park Gasthaus Kalkstein) and at 4.15/4.30 p.m. from Unterstallalm. From Dobbiaco to Val Casies Valley at ca. 4.45 p.m. from the Centre village Dobbiaco, bus station. Adults € 8,00 - Kids till 14 years free. Information and registration within the day before 5.00 p.m. by the Tourist Board Val Casies Valley-Monguelfo-Tesido, T. +39 0474 978436.

Town: Gsieser Tal Valley

### On 19.07.2019

Friday: 16:00 - 00:00 o'clock

### On 24.07.2019

Wednesday: 16:00 - 00:00 o'clock

### On 26.07.2019

Friday: 16:00 - 00:00 o'clock



## BUS EXCURSION: SALZBURG

Salzburg is an architectural piece of art - the tour brings you to the most beautiful parts of the city! Route: passing through Bruneck - Lienz - Salzburg  
Program: arrival in Salzburg at approx. 11:00 • at 11:30 guided sightseeing tour (approx. 1 hr.) • free time • return trip. Cost: € 65,00 | € 31,50.  
Information and registration within 5.00 p.m. of the previous day by Tourist Board Gsieser Tal - Welsberg - Taisten: T. +39 0474 978436. Access at the bus stops at Gsieser Tal - Welsberg - Taisten.

Town: Gsieser Tal Valley / St. Martin

### On 18.07.2019

Thursday: 07:10 - 00:00 o'clock

### On 25.07.2019

Thursday: 07:10 - 00:00 o'clock

### On 01.08.2019

Thursday: 07:10 - 00:00 o'clock



## DAY OF TRADITION: BUTTER MAKING

Making butter by yourself at the alpine hut. How milk turns into butter and which equipment you need for it, that is what you will be learning at the hut.

Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

**Town:** S. Martino/Gsieser Tal Valley

**On 18.07.2019**

Thursday

**On 25.07.2019**

Thursday

**On 01.08.2019**

Thursday



## VIA FERRATA ON THE MONTE PATERNO/PATERNKOFEL

Easy climbing route on the Paternkofel at the Three Peaks. You can get to the mountain hut Auronzo by bus. Our mountain guide gives you an introduction into modern climbing technology; assessment of dangerous situations and many tips and tricks to get safe and have fun on the steep terrain. Equipment: ankle-covering footwear, rain protection, gloves, cap. Time: 6.30 a.m. - 4.00 p.m. Walking time/duration: 5,5 hours. Difference in altitude: 600m. Difficulty: middle. Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

**Town:** Val Casies Valley/S. Maddalena

**On 18.07.2019**

Thursday: 06:00 - 16:00 o'clock

**On 25.07.2019**

Thursday: 06:00 - 16:00 o'clock

**On 01.08.2019**

Thursday: 06:00 - 16:00 o'clock



## FEAST AT THE PAVILION AND FARMER'S MARKET

Farmer's market starting at 4pm offering many different products produced by locals. Concert at the pavilion starting at 6.30pm and traditional delicacies are being served. Also children will be having lots of fun.

Town: Monguelfo

**On 18.07.2019**

Thursday: 16:00 - 22:00 o'clock

**On 25.07.2019**

Thursday: 16:00 - 22:00 o'clock

**On 01.08.2019**

Thursday: 16:00 - 22:00 o'clock



## HIKING BUS

Hiking bus from Val Casies Valley - Villgraten Tal Valley - Dobbiaco. Outward journey and back: from the Villgratental Valley to the Val Casies Valley at 4.00 p.m. from Kalkstein (car park Gasthaus Kalkstein) and at 4.15/4.30 p.m. from Unterstallalm. From Dobbiaco to Val Casies Valley at ca. 4.45 p.m. from the Centre village Dobbiaco, bus station. Adults € 8,00 - Kids till 14 years free. Information and registration within the day before 5.00 p.m. by the Tourist Board Val Casies Valley-Monguelfo-Tesido, T. +39 0474 978436.

Town: Gsieser Tal Valley

**On 19.07.2019**

Friday: 16:00 - 00:00 o'clock

**On 24.07.2019**

Wednesday: 16:00 - 00:00 o'clock

**On 26.07.2019**

Friday: 16:00 - 00:00 o'clock



## 2-SUMMIT'S EXCURSION

Incredible variety of the alpine flora. Excursion from alpine hut Aschtalm in Val Casies Valley/ S. Maddalena along the path "Almweg 2000" towards the summits Fellhorn and Hörneggele. The pleasant smell of the blooming flowers accompanies you all the way. The returning leads through the valley Karbachtal with a stop at the alpine hut Schäfer Alm. Drop: 900m. Good fitness necessary. Rucksack provisions. Time: 9.00am-4.00pm. Meeting point: Val Casies Valley/ S. Maddalena end of valley. Cost: 0€ with GP, 5€ without GP. Reservation: within 5pm on thursday at the tourist office Val Casies Valley-Monguelfo-Tesido. +39 0474 978 436

Town: Val Casies Valley/ S. Maddalena

On 19.07.2019

Friday: 09:00 - 16:00 o'clock

On 26.07.2019

Friday: 09:00 - 16:00 o'clock

On 02.08.2019

Friday: 09:00 - 16:00 o'clock



## KIDS PROGRAM

A versatile kids' program in the fresh air with natural materials. Time: 2.00pm-4.00pm. Cost: 0€ with GP, 10€ without GP. Reservation: within 5pm on thursday at the tourist office Val Casies Valley-Monguelfo-Tesido. +39 0474 978 436

Town: Val Casies-Monguelfo-Tesido

On 19.07.2019

Friday: 14:00 - 16:00 o'clock

On 02.08.2019

Friday: 14:00 - 16:00 o'clock

On 23.08.2019

Friday: 14:00 - 16:00 o'clock



## APERITIVO FARM REGIOHOF

Enjoying the evening at the Regiohof in Val Casies Valley/S. Maddalena by having some drinks and fingerfood. Every Wednesday and Friday.

Town: Val Casies Valley/S. Maddalena

**On 19.07.2019**

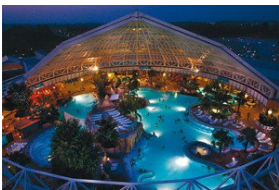
Friday: 18:00 - 00:00 o'clock

**On 24.07.2019**

Wednesday: 18:00 - 00:00 o'clock

**On 26.07.2019**

Friday: 18:00 - 00:00 o'clock



## BUS EXCURSION: ERDING - THERMAL

A very popular Water Park including 27 slides, an exotic thermal paradise and the world's largest sauna! Route: passing through Bruneck - Vahrn - Brenner - München - Erding Program: arrival in Erding at approx. 09:00 • fun, adventure and action with over 2,700 sliding meters until 19:00 • full recreation in the large relaxing area, in the tropical warm water paradise • certified spa-water More info at: [www.therme-erding.de](http://www.therme-erding.de) Included are: trip on modern coach • day ticket to Thermenparadies & Galaxy-Rutschenparadies. Cost: € 85,00 | € 61,00. Information and registration within 5.00 p.m. of the previous day by Tourist Board Gsieser Tal - Welsberg - Taisten: T. +39 0474 978436. Access at the bus stops at Gsieser Tal - Welsberg - Taisten.

Town: Val Casies Valley/S. Martino

**On 20.07.2019**

Saturday: 04:30 - 00:00 o'clock

**On 21.09.2019**

Saturday: 04:30 - 00:00 o'clock

**On 12.10.2019**

Saturday: 04:30 - 00:00 o'clock





## WALK ON THE WAY OF TALES IN TESIDO

With the mountain guide Andreas you can dive into the mystic and fascinating world of Tesido's tales. Four legends from the area around Tesido are represented along the theme trail. Enjoy the spectacular views of the Dolomites in the UNESCO World Heritage. Time: 1.30 p.m. - 3.30 p.m. Walking time/duration: 1,5 - 2 hours. Difference in altitude: 200m. Difficulty: easy. Information and registration within Saturday 11.00 a.m. by the Tourist Board Val Casies Valley-Monguelfo-Tesido, T. +39 0474 978436.

**Town:** Tesido

**On 20.07.2019**

Saturday: 13:30 - 15:30 o'clock

**On 27.07.2019**

Saturday: 13:30 - 15:30 o'clock

**On 03.08.2019**

Saturday: 13:30 - 15:30 o'clock



## BRUNCH FARM REGIOHOF

Enjoying the morning at the Regiohof in Val Casies Valley/S. Maddalena by having a delicious breakfast. Every Sunday.

**Town:** Val Casies Valley/S. Maddalena

**On 21.07.2019**

Sunday: 10:00 - 12:00 o'clock

**On 28.07.2019**

Sunday: 10:00 - 12:00 o'clock

**On 04.08.2019**

Sunday: 10:00 - 12:00 o'clock



## CULTURAL GUIDE

A cultural guide through Monguelfo. Important information about this pretty town. In addition we will present you the weekly program and the most useful infos for your perfect holiday.

Town: Monguelfo

**On 22.07.2019**

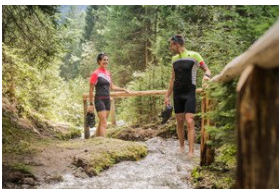
Monday: 13:30 - 15:30 o'clock

**On 29.07.2019**

Monday: 13:30 - 15:30 o'clock

**On 05.08.2019**

Monday: 13:30 - 15:30 o'clock



## BAREFOOT PATH RUDLBACH

Barefoot hiking - Feel the effect of the water. Let yourself be enlivened by walking barefoot, kicking water and using the armbands of the Barefoot - Kneipp Pyramid path „Rudlbach“ in Tesido. Duration: 1.30pm - 3.30pm Walking time: 2 hrs. Difference in altitude: 200m. Costs: with GP € 0,00, without € 5,00. Information and registration within Monday 5pm by the Tourist Board Val Casies Valley-Monguelfo-Tesido, T. +39 0474 978436.

Town: Taisten

**On 23.07.2019**

Tuesday: 13:30 - 15:30 o'clock

**On 30.07.2019**

Tuesday: 13:30 - 15:30 o'clock

**On 06.08.2019**

Tuesday: 13:30 - 15:30 o'clock



## BUS EXCURSION: NEUSCHWANSTEIN | KING ´S CASTLE

The „Fairyland Castle“ of King Ludwig II and Wieskirche (UNESCO-World Cultural Heritage)! Route: passing through Bruneck - Brenner - Innsbruck - Fernpass - Oberammergau - Steingaden - Füssen Program: arrival in Oberammergau approx. 09:00 • freetime • afterwards, trip to Wieskirche, one of the most beautiful Rococo buildings in the world • trip continues to Füssen • footpath to castle approx. 30 min. • sightseeing tour with audio guide • return trip at 15:30 Included are: trip on modern coach • entrance and audio guided sightseeing tour • tourist guide. Costs: € 72,00 | € 36,00. Information and registration within 5.00 p.m. of the previous day by Tourist Board Gsieser Tal - Welsberg - Taisten: T. +39 0474 978436. Access at the bus stops at Gsieser Tal - Welsberg - Taisten.

**Town:** Gsieser Tal Valley / St. Martin

**On 23.07.2019**

Tuesday: 05:30 - 00:00 o'clock

**On 06.08.2019**

Tuesday: 05:30 - 00:00 o'clock

**On 20.08.2019**

Tuesday: 05:30 - 00:00 o'clock

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## HIKING BUS

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Town: Gsieser Tal Valley

**On 19.07.2019**

Friday: 16:00 - 00:00 o'clock

**On 24.07.2019**

Wednesday: 16:00 - 00:00 o'clock

**On 26.07.2019**

Friday: 16:00 - 00:00 o'clock



## TRADITIONAL BREAD BAKING

Home-made food tastes the best. At the "Stacherhof" in Tesido the farmer's wife Angelika explains you how to bake the typical bread. After the workshop, you can taste your own fresh baked bread. Time: 10.00 a.m. - 11.30 a.m. Meeting point: Stacherhof in Tesido. Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

Town: Tesido

**On 24.07.2019**

Wednesday: 10:00 - 11:30 o'clock

**On 31.07.2019**

Wednesday: 10:00 - 11:30 o'clock

**On 07.08.2019**

Wednesday: 10:00 - 11:30 o'clock



## BUS EXCURSION: VENEZIA

Visit the lagoon city of Venice & enjoy a boat trip on the famous Canale Grande! Route: passing through Bruneck - Toblach - Cortina d'Ampezzo  
Program: arrival in Venice at approx. 10:00 • boat trip up to St. Marcus Square  
• free time • return trip at 16:00 (carnival time: 17:00) Included are: trip on modern coach • entrance tax for Venice • boat trip • tourist guide. Cost: € 73,00 | € 36,50. Information and registration within 5.00 p.m. of the previous day by Tourist Board Gsieser Tal - Welsberg - Taisten: T. +39 0474 978436. Access at the bus stops at Gsieser Tal - Welsberg - Taisten.

**Town:** Gsieser Tal Valley / St. Martin

**On 24.07.2019**

Wednesday: 07:00 - 20:00 o'clock

**On 31.07.2019**

Wednesday: 07:00 - 20:00 o'clock

**On 07.08.2019**

Wednesday: 07:00 - 20:00 o'clock



## ALONG THE OLD SMUGGLER PATHS

Gripping stories about being a smuggler at the cross-border between the Val Casies Valley and the Villgraten Valley (A). The "old track" leads from S. Maddalena/Val Casies Valley to the "Kalkstein Jöchel" and eventually further to the "Geilspitze" (2494) with a view of the famous "Three Peaks". Descent to Kalkstein in Villgraten Valley (A). Backpack provisions. Time: 9.30 a.m. - 5.00 p.m. Walking time/duration: 4-5 hours. Difference in altitude: Ascent to Kalkstein Jöchel 900m, to the "Geilspitze" 1050m; descent: 700m. Difficulty: middle to demanding. Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

**Town:** Val Casies Valley/S. Maddalena

**On 24.07.2019**

Wednesday: 09:30 - 17:00 o'clock

**On 31.07.2019**

Wednesday: 09:30 - 17:00 o'clock

**On 07.08.2019**

Wednesday: 09:30 - 17:00 o'clock



## CULTURE: SAN GIORGIO'S CHURCH

The ornated San Giorgio's Church - Tesido. Visit one of the oldest churches of the Val Pusteria Valley with the local priest Oberhammer. At the right end of the south side you can see a fresco of Christophorus by Simon of Tesido. Above the entrance of the San Giorgio's Church is a sun dial made in the 18th century. Duration: 9.45 a.m. - 11.00 a.m. Costs: free. Meeting point: Tourist office Tesido at 9.45 a.m. Reservation within 5 p.m. of the previous day by the Tourist Board Val Casies Valley-Monguelfo-Tesido, T. +39 0474 978436.

Town: Tesido

**On 24.07.2019**

Wednesday: 09:45 - 11:00 o'clock

**On 31.07.2019**

Wednesday: 09:45 - 11:00 o'clock

**On 07.08.2019**

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## APERITIVO FARM REGIOHOF

Enjoying the evening at the Regiohof in Val Casies Valley/S. Maddalena by having some drinks and fingerfood. Every Wednesday and Friday.

Town: Val Casies Valley/S. Maddalena

**On 19.07.2019**

Friday: 18:00 - 00:00 o'clock

**On 24.07.2019**

Wednesday: 18:00 - 00:00 o'clock

**On 26.07.2019**

Friday: 18:00 - 00:00 o'clock



## BUS EXCURSION: SALZBURG

Salzburg is an architectural piece of art - the tour brings you to the most beautiful parts of the city! Route: passing through Bruneck - Lienz - Salzburg  
Program: arrival in Salzburg at approx. 11:00 • at 11:30 guided sightseeing tour (approx. 1 hr.) • free time • return trip. Cost: € 65,00 | € 31,50.  
Information and registration within 5.00 p.m. of the previous day by Tourist Board Gsieser Tal - Welsberg - Taisten: T. +39 0474 978436. Access at the bus stops at Gsieser Tal - Welsberg - Taisten.

Town: Gsieser Tal Valley / St. Martin

**On 18.07.2019**

Thursday: 07:10 - 00:00 o'clock

**On 25.07.2019**

Thursday: 07:10 - 00:00 o'clock

**On 01.08.2019**

Thursday: 07:10 - 00:00 o'clock



## DAY OF TRADITION: BUTTER MAKING

Making butter by yourself at the alpine hut. How milk turns into butter and which equipment you need for it, that is what you will be learning at the hut.  
Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

Town: S. Martino/Gsieser Tal Valley

**On 18.07.2019**

Thursday

**On 25.07.2019**

Thursday

**On 01.08.2019**

Thursday



## VIA FERRATA ON THE MONTE PATERNO/PATERNKOFEL

Easy climbing route on the Paternkofel at the Three Peaks. You can get to the mountain hut Auronzo by bus. Our mountain guide gives you an introduction into modern climbing technology; assessment of dangerous situations and many tips and tricks to get safe and have fun on the steep terrain. Equipment: ankle-covering footwear, rain protection, gloves, cap. Time: 6.30 a.m. - 4.00 p.m. Walking time/duration: 5,5 hours. Difference in altitude: 600m. Difficulty: middle. Information and registration until the day before, 18 p.m. by the Tourist Board Gsieser Tal-Welsberg-Taisten, T. +39 0474 978436.

Town: Val Casies Valley/S. Maddalena

On 18.07.2019

Thursday: 06:00 - 16:00 o'clock

On 25.07.2019

Thursday: 06:00 - 16:00 o'clock

On 01.08.2019

Thursday: 06:00 - 16:00 o'clock



## FEAST AT THE PAVILION AND FARMER'S MARKET

Farmer's market starting at 4pm offering many different products produced by locals. Concert at the pavilion starting at 6.30pm and traditional delicacies are being served. Also children will be having lots of fun.

Town: Minguelfo

On 18.07.2019

Thursday: 16:00 - 22:00 o'clock

On 25.07.2019

Thursday: 16:00 - 22:00 o'clock

On 01.08.2019

Thursday: 16:00 - 22:00 o'clock