



# Hufeisentour

HIGH MOUNTAIN TRAIL IN THE  
SARNTALER ALPS

## IMPORTANT NOTICE:

The "Hufeisen – High Mountain Trail in the Sarntaler Alps" is a 7-day long-distance and high-altitude hike through the Val Sarentino/Sarntal Valley Alps. The route will take you through the heart of South Tyrol, over alpine terrain, past verdant meadows and fields, over summits and through gaps, and along less-often used trails that have retained their natural appearance. Hikers and mountaineers who venture forth on this route can enjoy the marvelous view of the Dolomites – declared to be a World Nature Site by UNESCO – and long-range vistas of the Zillertal Valley Alps, the Stubai Alps, the Ötztal Valley Alps, the Ortler area and the Brenta group.

## Mountains for a restful, enjoyable, but also awe-inspiring vacation.

The classic "Hufeisen" Tour starts in the eastern Val Sarentino/Sarntal Valley Alps from Sarentino Village and continues through 7 or 8 segments in the counterclockwise direction. However, you can also proceed in the clockwise direction, if you wish. And if you wish, you can also set out on the "Hufeisen" Tour from a number of different entry points.

The attached detailed maps provide more-detailed information on the various different entry points and points of interest along (or near) the route.

### Day 1

#### Entry at the

#### Rittner Horn Hut (2,259 meters above sea-level)

**Possible via:** Sarnthein / Sarentino, Wangener Crossing, Bozen, Oberbozen, Klobenstein, Atzwang / Campodazzo, Barbian / Barbiano, Villanders / Villandro, Klausen / Chiusa

**Trail description and information:** See detailed maps 1, 2, and 5

#### Additional possible starting and entry-points:

- From downtown Bozen / Bolzano by foot to the Rittner Horn, Trail Nos. 2, 6, 1
- From Bozen with the Rittner cableway, Rittner railway, Pemmern bus, aerial tram to the Rittner Horn, Trail Nos. 19, 1
- From Bozen with the Rittner cableway, Rittner railway, and then by foot to the Rittner Horn, Trail Nos. 24, 1B, 1A, 1
- From Bozen with the bus and then by foot to the Rittner Horn, Bus No. 165 to Klobenstein, Trail Nos. 1, 27, 1A, 1
- From Bozen, you can take the Rittner cableway, the Rittner railroad, and finally proceed on foot to the Rittner Horn, Trail Nos. 24, 1B, 1A, and 1.
- From Atzwang to the Rittner Horn, Trail Nos. 9, 1
- From Barbian, Huberkreuz parking lot to the Rittner Horn, Trail No. 4
- From Villanders, Gasser Hut parking lot to the Villanderer Alm, Trail No. 6
- From Latzfons, Kühnhof parking lot to the Latzfonsner Kreuz, Trail No. 1
- From Felthurns, Garner Wetterkreuz parking lot to the Latzfonsner Kreuz, Trail Nos. 10, 7, 5, 7
- From Brixen / Bressanone, Tils to the Latzfonsner Kreuz, Trail Nos. 8A, 8, 7, 5
- From Vahrn / Varna, Schalders / Scaleres to the Flaggerscharten Hutn Hut, Trail Nos. 5, 4, 13
- From Franzensfeste / Fortezza, Mittewald / Mezzaselva to the Flaggerscharten Hutn Hut, Trail No. 16
- From Höfe above Grasstein to the Penser Joch-Alm, Trail Nos. 15, 14, 14A
- From Stilfes / Stelvio to the Penser Joch, Kirchsteig
- From Sterzing / Vipiteno (CAI) to the Passo Pennes/Penser Joch Pass, Trail No. 1A
- From Piffinger Köpfl with the aerial tram and then to the foot of the Meraner Hut, Trail No. 18A
- From Piffinger Köpfl with the aerial tram and then to the foot of the Missensteinjoch, Trail No. 3
- From Falzeben, Hafling, to the Meraner Hut, Trail No. 14
- From Hafling to the Kreuzjoch, Trail Nos. 2, 5, 5A
- From Vöran / Verano, Grüner Baum to the Auener Joch (Stoanerne Mandln), Trail Nos. 16, 15, 38B, 11, 2, 23
- From Vöran, Grüner Baum to the Kreuzjoch, Trail Nos. 16, 15, 38B, 11, 11A, 2, 5, 5A
- From Sarnthein to the Rittner Horn, Trail Nos. 3, 1, 7, E10
- From Sarnthein to the Auener Joch, Trail No. 2

**Day 1**  
**(Classic Route)**  
**Sarentino Village (962 meters above sea-level)**  
**Rittner Horn House (2,259 meters above sea-level)**

**Altitude differential:** approx. 1742 diff. meters for the ascent and approx. 412 diff. meters for the descent (incl. variant to the cross on the summit of the Sarner Scharte),

**Recommended hiking time (without rest-stops):** 5, 5-6 hrs starting from Sarentino Village and 4.5 - 5 hrs starting from the Riedlerhof/Riedelsberg hiking parking lot.

**Possible refreshment-stops:** Almschank Tengler (open: 1:30 p.m. – 7:30 p.m.)

**Overnight lodgings and meals:** Rittner Horn House

**Special features:** Side trip to the cross on the summit of the Sarner Scharte, to the main Sarntal valley mountain with its unique 360° panoramic view. You can reach the "Brunnleit Brünndl" water source and rest-stop via the variant over Trail Nos. 3B and 3A.

**Route:** Sarentino village (962 m) – Trail No. 3 or, alternatively, with the taxi / van / hiking bus to the Riedlerhof hiking parking lot (1,503 m) – then continue on Trail No. 3 via the Sarner Scharte Bivouac (2,381 m) to the Gasteiger Sattel (2,056 m) – Trail Nos. 1, 3, 7 (= E10) to the Rittner-Horn House (2,259 m).

**Sarner Scharte summit variant:** Side trip from the Scharte Bivouac to the cross on the summit of the Sarner Scharte (2,468 m). From the Sarner Schartl (2,381 m) to the left on Trail No. 2 to the summit of the Sarner Scharte (2,468 m). Return to the Scharte Bivouac.

**Day 2**  
**Rittner-Horn House (2,259 meters above sea-level)**  
**Latzfonser Kreuz Hut (2,311 meters above sea-level)**

**Altitude differential:** approx. 929 diff. meters for the ascent, approx. 874 diff. meters for the descent

**Recommended hiking time (without rest-stops):** 5 to 5-1/2 hrs

**Possible refreshment-stops:** Pfroder Alm and Stöfl Hut (approx. 30 min.)

**Overnight lodgings and meals:** Latzfonsener Kreuz Hut

**Special features:** The Totenkirchlein (chapel), Latzfonsener Kreuz (highest place of pilgrimage in Europe), the high-altitude moors of the Villanderer Alm, the breathtaking panoramic view of the nearby Dolomites

**Route:** From the Rittner Horn House via Trail No. 1 to the Gasteiger Sattel. From here, continue on Trail No. 1 until you reach the Rittner wayside shrine. Then continue to the left via Trail No. 2 until you come to the Ochsenlucke. Then proceed via Trail No. 2A, past the Totensee (lake) until you come to the Totenkirchlein (chapel). From here, first proceed via the Totenrücken (ridge), always staying on Trail No. 16, until you come to the Prackfiederer Jöchel, and then continue on to the Stöfl Hut. From here, continue via Trail No. 15A across the Gfohler Alm and from the Jocherer Alm again on Trail No. 1 until you come to the Latzfonsener Kreuz.

**Day 3**  
**Latzfonsener Kreuz Hut (2,311 meters above sea-level)**  
**Marburger Hut (Flaggerscharten Hut - 2,481 meters above sea-level)**

**Altitude differential:** Approx. 450 diff. meters for the ascent, approx. 150 diff. meters for the descent

**Recommended hiking time (without rest-stops):** 5 hrs

**Possible refreshment-stops:** No refreshment-stops along the way

**Overnight lodgings and meals:** Flaggerscharten Hut

**Route:** Descend from the Latzfonsener Kreuz Hut along Trail No. 7 until you come to the Fortschellscharte (2,299 m). Then continue on Trail No. 5, and later on Trail No. 13, until you come to the Tellerjoch (2,520 m). From there, proceed to the Flaggerscharten Hut (trail marked No. 13).

**Day 4**  
**Marburger Hut (Flaggerscharten Hut - 2,481 meters above sea-level)**  
**Alpenrosenhof/Passo Pennes/Penser Joch Pass (2,215 meters above sea-level)**

**Altitude differential:** Approx. 350 diff. meters for the ascent, approx. 650 diff. meters for the descent

**Recommended hiking time (without rest-stops):** 6 hrs

**Possible refreshment-stops:** No refreshment-stops along the way

**Overnight lodgings and meals:** Alpenrosenhof / Passo Pennes/Penser Joch Pass

**Special features:** Wonderful outlooks with a view of the mountain ranges to the north

**Route:** Proceed from the Flaggerscharten Hut on Trail No. 13, passing the right-hand shore of the lake, down into a groove (initially somewhat exposed – use of safety ropes necessary), then ascent to the Hörflaner Scharte (2,603 m). Continue on Trail No. 13 until you come to the fork leading to the Tramin Valley (Asten). Then continue on Trail No. 13A until you come to Niedereck (2,304 m). From there, proceed on Trail 14 A to the Penser Joch Alm (2,158 m) and then ascend briefly via the road to the Alpenrosenhof at the Penser Joch.

**Day 5**  
**Extreme Variant**  
**Alpenrosenhof/Passo Pennes/Penser Joch Pass (2,215 meters above sea-level)**  
**Hirzer Hut (1,983 meters above sea-level)**

**Important: The King Route: very challenging (only for practiced alpine hikers)**

*This route can also be split up into a two-day journey. On the first day, you can reach the Ebenberg Alp, and on the second day, finish up at the Hirzer Hut.*

**Altitude differential:** *Approx. 1,723 diff. meters for the ascent, approx. 1,967 diff. meters for the descent*

**Recommended hiking time (without rest-stops):** 10 hrs

**Possible refreshment-stops:** Ebenberg Alp (may possibly also have sleeping berths)

**Overnight lodgings and meals:** Ebenberg Alp, Hirzer Hut

**Special features:** *The mighty pyramids of the Weisshorn, also referred to as the "Sarntal Valley Matterhorn," the Steinwand lakes, whose underground outflow are the source of the Talfer River.*

**Route:**

**First part:** *From the Alpenrosenhof, proceed on Trail No. 12A in a westward direction, passing the Penser Joch Lake and coming to the Grölljoch (2,557 m). Directly above the gap, the Weisshorn rises majestically – an extremely attractive side-trip for sure-footed hikers with no fear of heights (use of safety ropes necessary; ascent and descent in about 1 hour). From the Grölljoch, descend on Trail No. 9 – in part steep, and over crags and rubble – to the Oberberg Alm. Go down and through the Oberberg Valley, then turn right and follow Trail No. 27 until you come to the Ebenberg Alm.*

**Second part:** *From the Ebenberg Alm, follow along the road until you come to the Alpler Alm. Then follow the dotted markings (difficult, exposed route) to the Alpler Nieder. Then continue until you come to Trail No. 2B below the Alpler Pinnacle. Follow Trail No. 2B via the Pfandljoch and Grünangerjoch. For this segment, hikers should be sure-footed and have no fear of heights. Descent via Trail No. 2B until you come to the Hirzer Hut.*

**Day 5**  
**Family Variant**  
**Alpenrosenhof/Passo Pennes/Penser Joch Pass (2,215 meters above sea-level)**  
**Weissenbach (1,335 meters above sea-level)**

**Altitude differential:** *Approx. 350 diff. meters for the ascent, approx. 1,200 diff. meters for the descent*

**Recommended hiking time (without rest-stops):** 5-1/2 hrs

**Possible refreshment-stops:** No refreshment-stops along the way

**Overnight lodgings and meals:** Murrerhof Hotel in Weissenbach, Feldrand Hotel, Inn Rabenstein

**Special features:** *The mighty pyramids of the Weisshorn, also referred to as the "Sarntal Valley Matterhorn", the Steinwand lakes, whose underground outflow are the source of the Talfer River.*

**Route:** *From the Alpenrosenhof, proceed on Trail No. 12A in a westward direction, passing the Penser Joch Lake and coming to the Grölljoch (2,557 m). Directly above the gap, the Weisshorn rises majestically – an extremely attractive side-trip for sure-footed hikers with no fear of heights (use of safety ropes necessary; ascent and descent in about 1 hour). From the Grölljoch, descend on Trail No. 9 – in part steep, and over crags and rubble – to the Oberberg Alm. Go down and through the Oberberg Valley on Trail No. 9 or No. 27 out to the village of Weissenbach. Stop there and spend the night at the Murrerhof Hotel or Feldrand Hotel.*

**Day 6**  
**Hirzer Hut (1,983 meters above sea-level)**  
**Meraner Hut (1,960 meters above sea-level)**

**Altitude differential:** *Approx. 1,020 diff. meters for the ascent, approx. 820 diff. meters for the descent*

**Recommended hiking time (without rest-stops):** 6 hrs

**Possible refreshment-stops:** Kirchsteiger Alp, Kesselberg Hut, and Mittagter Hut (and possible variant),

**Overnight lodgings and meals:** Meraner Hut

**Special features:** *A little above the Obere Scharte, there's the summit of the Hirzer, the highest peak of the Val Sarentino/Sarntal Valley Alps. A side-trip is worthwhile. When taking the Gebirgsjägersteig trail, you'll also see the idyllic Kratzberger See Lake. Really hardy hikers can even risk going for a dip here.*

**Route:** *Proceed from the Hirzer Hut along the trail marked E5 until you come to the Obere Scharte. Hikers should definitely take this opportunity for a side-trip to the 2,781-m-high Hirzer. This is followed by a long descend along the trail marked E5 or 4 until you come to above the Anteran Alm. Always following the trail marked 4, you will pass by Kratzberger See Lake and finally come to the Missensteinerjöchl. Continue on Trail No. 4 to the Kirchsteiger Alp and to the Meraner Hut.*

*One possible variant is to ascend along Trail No. 13 to the Kesselberg Hut and to continue via 13A to the Mittagter Hut. Trail No. 13A will then take you down a step path to the Meraner Hut (1,960 m). This will result in an additional hiking time of one and a half hours.*

**Day 6**  
**Family Variant**  
**Weissenbach (1,335 meters above sea-level)**  
**Meraner Hut (1,960 meters above sea-level)**

**Altitude differential:** Approx. 850 diff. meters for the ascent, 200 diff. meters for the descent

**Recommended hiking time (without rest-stops):** 4 to 4-1/2 hrs

**Possible refreshment-stops:** Durr Alp, Kesselberg Hut, and Mittagter Hut (and possible variant)

**Overnight lodgings and meals:** Meraner Hut

**Special features:** This segment provides a good impression of the hard everyday life of the alpine farmers. You will see the wildness of the torrential Sagbach brook, which can still strike fear when swollen after hard rains. Additionally, hikers can view the lush meadows of the Durr Alp and Kaserwies Alp on the floor of the Sagbach Valley.

**Route:** From Weissenbach, along the trail marked No. 26 until to the Feldrand Hotel, continue along the bike path until you come to the Rabensteinerhof. From there, proceed along the trail marked No. 13, passing by the small lake, until you come to the neighborhood of Aberstückl. Stay on Trail No. 13 until you finally pass through a gorge, continue on the Sagenweg trail to the Durr Alp in the Sagbach Valley, and proceed via the Kaserwies Alp to the Missensteiner Joch (2,128 m). From there, descend directly along Trail No. 4 to the Meraner Hut (easily visible from the Missensteiner Joch).

**One possible variant** is to ascend along Trail No. 13 to the Kesselberg Hut and to continue via 13A to the Mittagter Hut. Trail No. 13A will then take you down a step path to the Meraner Hut (1,960 m). This will result in an additional hiking time of one and a half hours.

**Day 7**  
**Meraner Hut (1,960 meters above sea-level)**  
**Stoanerne Mandln/stone men (2,003 meters above sea-level) and descent**

**Altitude differential:** Depends upon chosen descent

**Recommended hiking time (without rest-stops):** 2 hrs to the Stoanerne Mandln (stone men) and then additional time, depending upon the chosen descent route

**Possible refreshment-stops** (descent via Möltner Kaser): Möltner Kaser Alp, Langfenn Hut

**Possible refreshment-stops** (descent via Sarnthein): Sarner Ski Hut, Auenerhof Hotel

**Special features:** This comfortable tour will take you along a lengthy ridge where you can admire the breathtaking panoramic view. The end of the tour, the legendary "Stoanernen Mandln," (stone men) are most impressive and are well worth viewing.

**Route:** Proceed from the Meraner Hut, staying on Trail No. 4, via the Kreuzjöchl and Kreuzjoch until you come to the Auener Joch. Then continue along Trails No. 23 and 23C until you come to the "Stoanernen Mandln," (stone men) at an altitude of 2,003 meters above sea-level.

The hike to the last stamping station (at the Möltner Kaser Alp) is via either Trail No. 23A or 28 to the Möltner Kaser Alp and from there to the villages of Mölten / Meltina, Jenesien / San Genesio Atesino, and the city of Bozen / Bolzano (for details, see entry-points on maps no. 1 and 4).

**Classic "Hufeisen" Tour:** From Auener-Joch-Trail No. 2 via the Auener Alm Alp, Sarner Ski Hut descent to Sarnthein (for details, see entry-point on map no. 5).

**Stamping stations**

**Lodgings & stamping stations along the "Hufeisen" Tour – High-altitude trail into the Sarentino Alps**

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