



STELVIO NATIONAL PARK

GUIDED NATURE EXPERIENCES



NATIONAL
PARK
STILFSE
R JOCH

PARCO
NAZIONALE
DELLO
STELVIO



**“NATURE IS NOT A PLACE TO VISIT,
IT IS HOME.”**

GARY SNYDER

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**THE PROTECTED AREA
HARMONIOUS
COEXISTENCE
BETWEEN
HUMANS AND
WILDLIFE.**

The protected area was specifically created to safeguard indigenous flora & fauna and their natural ecosystems, as well as to preserve the cultural landscape. Protection also extends to the preservation of the cultural, historical and archaeological heritage of the nature reserve, as well as the economic and

general welfare of its resident human population. Thanks to continuous environmental education and applied research, the park also serves as an eco-friendly public recreational area, in step with Nature.



**EUROPEAN CHARTER FOR
SUSTAINABLE TOURISM IN
PROTECTED AREAS:**

The Europarc Federation conferred the Charter Certificate Award on the Stelvio National Park, for its efforts in promoting sustainable tourism (2019 – 2023).



EUROPARC
Sustainable Tourism
in Protected Areas



Oswald Breitenberger

Fact Sheet

Founded: 1935

Total area: 130,734 ha

South Tyrol portion: 53,495 ha

Highest point: Ortler Mountain – 3,905 m above sea level

Lowest point: Morter – 700 m above sea level

Regions: Trentino-South Tyrol & Lombardy

South Tyrol Municipal Districts:

Stilfs/Stelvio, Prad/Prato, Glurns/

Glorenza, Taufers i.M./Tubre i.V.M., Mals/

Malles, Laas/Lasa, Schlanders/Silandro,

Martell/Martello, Latsch/Laces & Ulten/

Ultimo



ENVIRONMENTALLY-SUSTAINABLE PRODUCERS

IN THE STELVIO NATIONAL PARK

With their high-grade natural products, the mountain farmers within the Stelvio National Park make a valuable economic contribution to its natural and cultural landscape. Those following the most environmentally-sustainable practices in a socially responsible manner receive awards.



ENVIRONMENTALLY-SUSTAINABLE OPERATORS

IN THE STELVIO NATIONAL PARK

Eco-friendly and socially responsible hotels, guesthouses, holiday apartments, as well as camping sites and holiday farms located in the nature reserve, contributing to the preservation of the natural and cultural landscape, receive a “Sustainable Business” Award.



Awards are assigned as part of the “Tourism and Agricultural Development in the Stelvio National Park” initiative of the Stelvio National Park Office, in conjunction with IDM South Tyrol.

For more information about sustainable producers, points of sale and contact details of sustainable accommodation-providers in the nature reserve, please see:

www.parconazionale-stelvio.it

**"THE MOST BEAUTIFUL THING WE CAN
EXPERIENCE IS THE MYSTERIOUS."**

ALBERT EINSTEIN (1879 – 1955)



BESUCHER
ZENTREN
CENTRI
VISITATORI
VISITOR
CENTRES

NATIONAL
PARK
STILFSER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO



VISITOR CENTRES NATIONAL PARK HOUSES

All seasons in the Stelvio National Park promise great time for adventures in unspoilt nature. A variety of programs at the five Visitor Centres offer useful information about the fauna and flora that inhabit this high mountain nature reserve.



Aquarium



AQUAPRAD VISITOR CENTRE

Permanent Exhibition: Among the Fish – Journey Into a Strange World

At the aquaprad Visitor Centre, visitors have a chance to observe some 30 native fish species: in the 15 m-long stream aquarium, through the large panoramic window into the outdoor pond or in one of the 14 other aquariums of the Visitor Centre. Other animal species including the European pond turtle, the Alpine newt, the grass snake and the dice snake can also be seen.

Temporary Exhibitions: The Amphibians of South Tyrol

The exhibition offers visitors an overview of the 13 amphibian species of South Tyrol.

First World War – Exhibition of the association Ortler Sammlerverein (Ortler collectors) about the First World War. The association is involved in collecting relicts from the First World War. Free entrance to the temporary exhibitions on the first floor



aquaprad Visitor Centre

The aquaprad Visitor Centre is located in the centre of Prad/Prato.

Kreuzweg/Via Croce 4c, I-39026 Prad/Prato (BZ)

You can find the **opening hours** here: www.parcnazionale-stelvio.it/en/experiences/visitor-centres-of-stelvio-national-park/aquaprad

For further info and/or registration:

aquaprad Visitor Centre | T. +39 0473 618 212 | info@aquaprad.com | www.nationalpark-stelvio.it

Prad Tourist Association | T. +39 0473 616 034 | office@prad.info | www.prad.info



(*) Luigi Calabrese

Little Owl



Traditional farmhouse parlour



AVIMUNDUS VISITOR CENTRE

Permanent Exhibition:

The World of Birds

People have always wondered about birds in flight. This also extends to the Stelvio National Park, where numerous bird species occupy a wide variety of natural habitats. The avimundus Visitor Centre provides a comprehensive insight into the world of birds in the Alpine regions.

avimundus Visitor Centre

The avimundus Visitor Centre is located in the pedestrian zone of Schlanders/Silandro in the Venosta Valley. Hauptstraße/Via Principale 67, I-39028 Schlanders/Silandro (BZ)

Opening hours: Opening hours: Tue – Sat 9.30 am – 12.30, 2.30 pm – 6.00 pm (3 May 2022 – 29 Oktober 2023)

For further info and/or reservation: avimundus Visitor Centre | T. +39 0473 730 156 | info@avimundus.com | www.nationalpark-stelvio.it

Schlanders – Laas Tourist Association | T. +39 0473 730 155 | info@schlanders-laas.it | www.schlanders-laas.it



NEL CENTRO VISITATORI CULTURAMARTELL

Permanent Exhibition:

Martell in mein Tol

Traditional mountain farming still persists in the rural Martelltal Valley. But centuries ago, this used to be a tough way of life. In this exhibition, modern South Tyrolean mountain farmers tell their story from their perspective. The centrepiece of the exhibition is the traditional “stube”.

A Relic from the Bronze Age

This archaeological find shows how important the Martelltal Valley used to be for livestock grazing in summer, as well as mining and trading. An old dagger with its engraved handle is on show at the Visitor Centre.

Temporary Exhibition:

Larches – Alpine “Child of Light”

The special exhibition deals with the second-most ubiquitous conifer found in South Tyrol. As is common knowledge, the larch has deep roots – but it also needs plenty of light to grow. For this reason, it’s often called the “child of light”. But what is the “Lörget” (essence) of the larch and how old in fact are the oldest larches in South Tyrol?

culturamartell Visitor Centre

The culturamartell Visitor Centre can be found next to the Trattla Recreational Centre in Martelltal/Val Martello Valley.

Ennewasser/Transacqua-Trattla 246, I-39020 Martell/Martello (BZ)

Opening hours: Tue – Sat at 9.30 am – 12.30 and 2.30 pm – 6.00 pm (May – June and September – October), Mon – Sun 9.30 am – 12.30 and 2.30 pm – 6.00 pm (July – August)

For further info and/or reservation: culturamartell Visitor Centre | T. +39 0473 745 027 | info@culturamartell.com | www.nationalpark-stelvio.it

Latsch – Martelltal Tourist Association | T. +39 0473 623 109 | info@latsch.it | www.latsch-martell.it



Wood sculpture



Rock



LAHNERSÄGE VISITOR CENTRE

Temporary Exhibition:

Flowers – Meadows – Life

Flowers in bloom and the fluttering of colourful butterflies extend as far as the eye can see. The gentle breeze induces a reverie. The harmonious coexistence of native flora and fauna is the theme of this special exhibition, showing why flowering meadows are considered hotspots of biodiversity throughout Europe.

Permanent Exhibition:

Forest and Wood

Matters concerning forestry and wood are featured at this permanent exhibition at the lahnersäge Visitor Centre. The exhibition focuses on the importance of forests for both Man and Nature. The important topic of the forest is dealt with comprehensively, and in a manner, intelligible to the general public.

lahnersäge Visitor Centre

The lahnersäge Visitor Centre can be found at the end of the Ultental/Val d'Ultimo, in the southern part of the Stelvio National Park in the South Tyrolean section. Lahnersäge 62, I-39016 St. Gertraud/S. Gertrude (BZ)

Opening hours: Tue – Sat 9.30 am – 12.30 pm and 2.30 – 5.30 pm (May – October and January – March), Sun 2.30 – 5.30 pm (July – August)

For further info and/or registration:

lahnersäge Visitor Centre | T. +39 0473 798 123 | info@lahnersaege.com |

www.nationalpark-stelvio.it

Ultental Tourist Association | T. +39 0473 795 387 | info@ultental.it | www.ultental.it



NATURATRAFOI VISITOR CENTRE

Temporary Exhibition:

Baby Animals – Born to Be Wild

Whether large or small, predators or herbivores, the start of life is a challenge for all new-born mammals. The temporary exhibition focuses on natural threats to their existence, together with increasing agricultural mechanization and other dangers posed by humans.

Permanent Exhibition:

Living on the Edge

The exhibition provides fascinating insights into the life and survival strategies of plants and animals under the extreme conditions of the high mountains. Some interesting facts about the geology and climate of the Ortler Group are presented.

naturatrafoi Visitor Centre

The naturatrafoi Visitor Centre is right on the road along the Stelvio Pass beneath the Ortler. Trafoi 13/A, I-39029 Stilfs/Stelvio (BZ)

Opening hours: Tue – Sat 9.30 am – 12.30 pm and 2.30 – 6.00 pm (May – October and January – March), Sun 2.30 – 6.00pm (July – August)

For further info and/or reservation:

naturatrafoi Visitor Centre | T. +39 0473 530 045 | info@naturatrafoi.com |

www.nationalpark-stelvio.it

Ortler Tourist Association – Office in Suldén/Solda | T. +39 0473 613 015 | info@ortlergebiet.it |

www.ortlergebiet.it

Open the map:



Requirements/Disclaimer

When signing up for the organised hikes, please bear in mind that sure-footedness, stamina and a good fitness level, rugged footwear, protective clothing for wet weather, head covering and food/drinks are required. Claims for potential injuries resulting from accidents cannot be accepted! For your own safety, make sure you are fully informed about the difficulty level of the particular hike you're signing up for!

THE HIKES WITH GUIDES ARE CONDUCTED EITHER IN GERMAN OR ITALIAN OR IN BOTH LANGUAGE.

Please note: in the event of bad weather, or if the minimum number of participants hasn't been reached, the programme may be altered or cancelled at short notice.

THE FOLLOWING TERMS AND CONDITIONS APPLY

(unless stated otherwise)



Entry fee: € 5.00 per person
Free entry: children up to (and including) 15 years



Requirements: weatherproof clothing, mountain shoes or hiking boots, head covering, hiking food/water and (if possible) a camera, binoculars and a headlamp.



Reservation: at any of the five Stelvio National Park Visitor Centres, at the local tourist offices, or online: www.nationalpark-stelvio.it – but no later than 5.00 pm on the day before! Please note the opening hours at the Visitor Centres.



The events take place in the vicinity of one of the Visitor Centres. For more information, see our map.



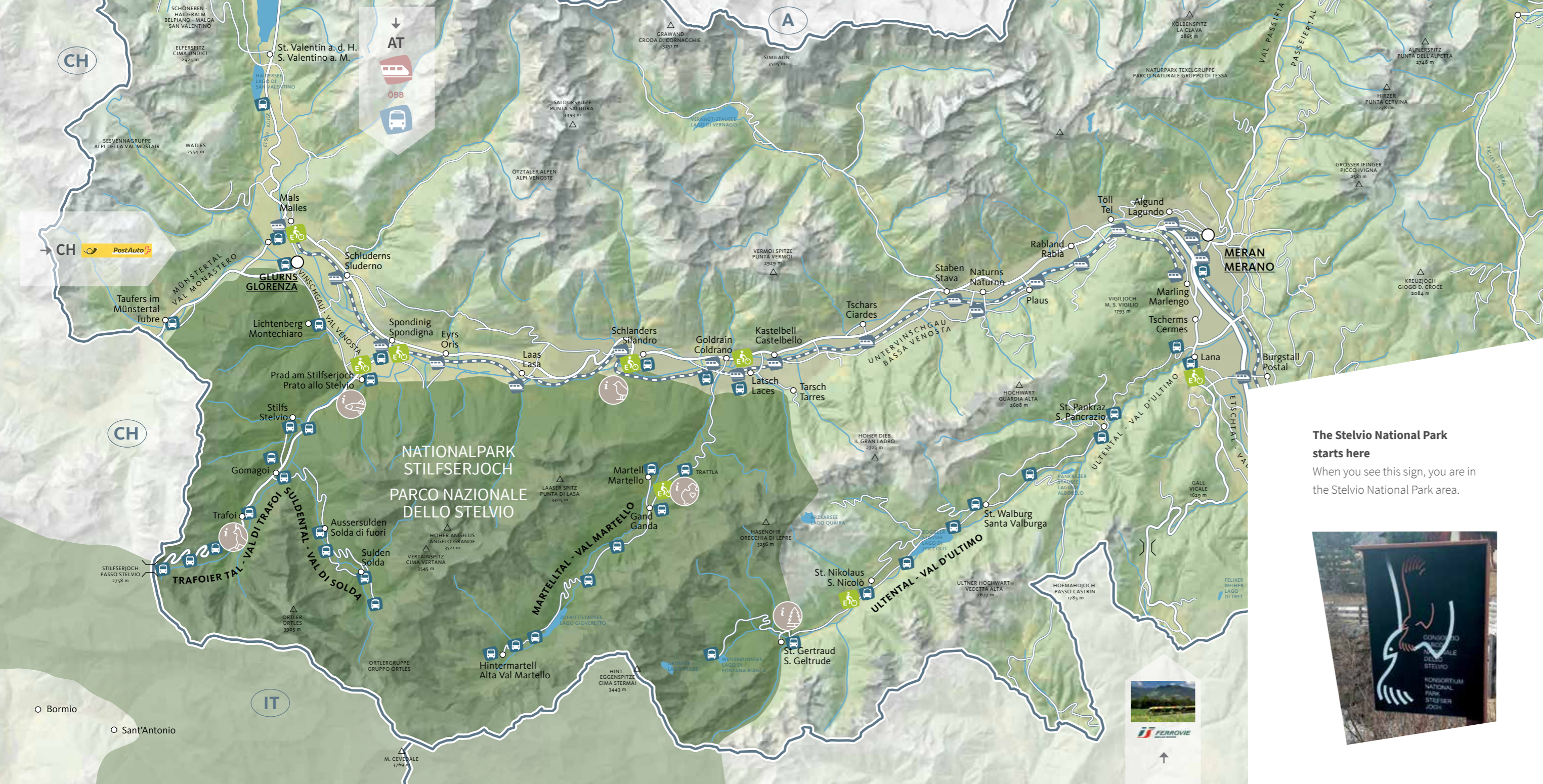
The meeting points are accessible via public transport. For more information see: www.suedtirolmobil.info



Opening hours of the Visitor Centres: visit the website or call to find out about the Visitor Centres opening hours, as well as possible program changes and updates.



Find out about our special Programs for Children.



STELVIO NATIONAL PARK OVERVIEW OF THE NATURE RESERVE IN SOUTH TYROL

Stelvio National Park is my name.

Just so you know, I'm one of the biggest nature reserves in Europe, extending across four Italian provinces: South Tyrol, Trento, Brescia and Sondrio. The golden eagle is my heraldic animal and I provide a natural habitat to deer (including red deer), chamois, the bearded vulture. Rare plants, including Edelweiss, Alpine roses, larch and Swiss stone pines all thrive here. The limpid waters of my glaciers, streams and lakes are vital to all living creatures, including the humans whose homes lie within my boundaries that extend northwest, as far as the Swiss National Park and south to the Parco dell'Adamello Park. I support ten villages in South Tyrol alone: Stilfs/Stelvio, Prad/Prato, Glurns/Glorenza, Taufers im Münstertal/Tubre i. V. M., Mals/Malles, Laas/Lasa, Schlanders/Silandro, Martell/Martello, Latsch/Laces and Ulten/Ultimo. These communities are vital in helping me preserve the diversity of my high mountain landscape for posterity. My pristine, natural beauty should help persuade you that I'm well worth the effort!

Help us to protect nature by using sustainable transport. For more details about public transport go to: www.suedtirolmobil.info

The Stelvio National Park starts here






When you see this sign, you are in the Stelvio National Park area.



-  bus stop
-  train station
-  E-Bike rental

Visitor Centres

For further information see page 10.

-  aquaprad
-  lahnensäge
-  avimundus
-  naturatrafoi
-  culturamartell

**"HAPPINESS IS A PATH,
NOT A DESTINATION."**

Unknown



ERLEBNISSE
ESPERIENZE
EXPERIENCES

NATIONAL
PARK
STILFSER
JOCH

PARCO
NAZIONALE
DELLO
STELVIO



SUMMER EXPERIENCE

HIKING

Discover the Stelvio National Park in summer: marvel at the breath-taking panoramas from the summits, the high mountain pastures and lakes. Birds of prey circle in the sky amidst the whistles of marmots low on the ground.



Ulten Valley

Mountain Hut Hike

Our mountain guide takes you to the most beautiful spots in the Stelvio National Park. On this easy hike, breathe deeply and inhale the pure mountain air. The sumptuous local delicacies served at the huts taste even better!

Mondays: 4 April – 24 October 2022

Meeting point: aquaprad Visitor Centre, info at the Prad/Prato Tourist Office (+39 0473 616034)

Duration: ± 6 hrs,
walking time: ± 4 hrs



Visiting the Most Spectacular Beauty Spots

Join us for an easy hike in the Stelvio National Park, leading all the way up to the summits from where you can enjoy magnificent scenic views. Experience a typical South Tyrolean afternoon “Marende” with local products.

Thursdays: 7 April – 27 October 2022

Meeting point: rotating, info at the Prad/Prato Tourist Office (+39 0473 616 034)

Duration: ± 6 hrs,
walking time: ± 4 hrs



Discover A Mountain Farm

This leisurely hiking circuit leads from Prad/Prato to Lichtenberg/Montechiaro and back. Along the way we stop at a farm to sample some of the homegrown fare.

Wednesdays:

29 June – 7 September 2022

Meeting point: 9.00 am, Prad/Prato (aquaprad Visitor Centre)

Duration: 4 – 5 hrs, walking time: 3 hrs
Extra charge for the farm tour: € 7.00



Sunrise Hike in the Stelvio National Park

Experience the magic of a mountain hike at dawn, accompanied by one of our qualified guides.

Wednesdays: 15 June – 26 October 2022

Meeting point: to be announced on reservation

Duration: ± 2.5 hrs

Equipment: headlamp, warm clothing & rugged footwear
Breakfast on the summit costs extra – ask when arranging

Reservation: Suldén/Solda Tourist Office (+39 0473 613015), or Prad/Prato Tourist Office (+39 0473 616034)





Family hike to a Mountain Dairy Farm

Dairy Farm

On this leisurely hike from the hamlet of Fraggles to the Prader Alm, large and small family members learn how alpine meadows smell, what alpine dairymen and shepherds do and watch the alpine pigs feed.

Tuesdays: 19 July – 16 August 2022

Meeting point: 9.30 am, Gomagoi, Tourist Office (car sharing to get to Fraggles)

Duration: 4 hrs, walking time: ± 3 hrs



Wild Flora and Fauna

As we set off through sparse forests and sunny Alpine meadows in search of marmots and red deer, we stumble across the most magnificent Alpine flowers. Along the way, we stop for lunch at a rustic mountain hut.

Wednesdays: 15 and 29 June, 13 and 27 July, 10 and 24 August, 7, 14 and 21 September, 12 and 19 October 2022 (Italian and German)
Meeting point: 9:30 am, Ultental/ Val d'Ultimo Valley (exact meeting point will be announced at reservation)

Duration: 6 hrs
Bus shuttle service



Alpine marmot



(*) Giuseppe Moreno

Bird-Watching around the Lake-Haider

On an ornithological excursion around the beautiful Haidersee you will get to know the fascinating local bird life.

Monday (Ferragosto): 15 August 2022 (together with Nature photographers)
Meeting point: 8:20 am, St. Valentin auf der Haide/S. Valentino alla Muta (Fischerhäuser/Case dei pescatori car park)

Duration: ± 6 hrs, walking time ± 2 hrs, binoculars recommended



Marmot Hike

Experience marmots in action. Their whistles show us the way. In the high mountain region of Stelvio National Park you can observe wild animals and learn more about their habitats and ways of survive.

Wednesday: 1 – 29 June, 7 – 21 September 2022
Tuesday: 5 July – 30 August 2022
Meeting point: 9:30 am, Martelltal/ Val Martello (culturamartell Visitor Centre)
Duration: 6 hrs, walking time ± 4 hrs, ascent up to 600 metres, shuttle service





(*) Michele Barbelli

Biodiversity



Philipp Bertagnolli

Livestock protection

Martell Herb Walk (in German)

After a fascinating introduction by a herbal expert, you will explore along ancient paths the healing powers of mountain herbs and their secrets that have been passed down for centuries.

Saturday: 18 June - 30 July, 27

August - 24 September 2022

Meeting point: 9:30 am, Martelltal/ Val Martello (culturamartell Visitor Centre)

Duration: ± 4 hrs



Children get to know Herbs

(in German)

Creative workshop on medicinal plants for children with parents.

Saturday: 6 August 2022

Meeting point: 3:00 pm, Martelltal/ Val Martello (culturamartell Visitor Centre)

Duration: ± 3 hrs,
no participation fee



Herd Protection as an Adaptation to the Return of Large Predators

Wolf, Lynx and Brown bear are returning to their former habitats and are once again part of the alpine wildlife. In order to reduce prejudices and to inform livestock farmers, authorities and interested parties, three excursions are offered to a Herd Protection Project on the Soy Alm. Preventive measures for the protection of grazing livestock, adaptations of alpine pasture and herding management, as well as the correct behaviour in encounters with guard dogs will be presented.

Sunday:

24 July and 11 September 2022

Saturday: 20 August 2022

Meeting point: 9:00 am, Martelltal/ Val Martello (Altpfarra, car park fork in the road to Soy Alm, between Hölderle and St. Maria in der Schmelz)

By public transport: bus stop St. Maria in der Schmelz 8:34 am, on foot via Soywaal out of the valley 0,5 km to the meeting point

Duration: ± 6 hrs, walking time 2,5 hrs, ascent up to 600 metres, no participation fee, food and drink available at Soy Alm





Fascinating Mountain World

Marvel at this breath-taking mountain world with its pristine side valleys, deep gorges and Alpine flora and fauna.

Tuesdays: 14 June – 25 October 2022

Meeting point: 9.20 am, Prad/Prato – Suldén/Solda
(exact meeting point will be announced at reservation)

Duration: ± 6 hrs, walking time: 4 hrs

Reservation: Tourist office Prad/Prato allo Stelvio 0473 616 034 or Solda 0473 613 015



(*) Giancarlo Giudici

Golden eagle



Plima gorge

Ancient Spruces – Family Circuit Hike

During this leisurely forest hike, you'll visit three ancient spruces: ± 400–500 years old with a 550 cm circumference. Try hugging the trees at least once.

Tuesdays: 12 July – 27 September 2022 in German

Meeting point: 2.00 pm Taufers in Münstertal/Tubre in Val Monastero, Rifair bus stop

Duration: 2–3 hrs, walking time: ± 1 h

Registration: until Monday at 10.00 am. Call +39 0473 831190 or email info@ferienregion-obervinschgau.it





Hike to Lake Goldsee

This romantic high mountain trail offers magnificent views of the 3,000 m peaks of the Ortler Mountains, with some awe-inspiring historical relics.

Fridays: 17 June – 14 October 2022

Meeting point: 8.30 am, Prad/Prato and Sulden/Solda (bus stop). Take the bus up to the Stilfserjoch/Stelvio Pass and continue on foot to the Furkelhütte mountain hut and from there by chairlift to Trafoi.

Access: Gomagoi, Stilfs/Stelvio and Trafoi

Duration: 6 hrs, walking time: 3 – 4 hrs

Reservation: Tourist office Prad/Prato allo Stelvio +39/0473 616 034 or Solda 0473 613 015



Botanical hike to the waterfalls in Trafoi

The Turk's cap lily, the dark columbine, Kerneria saxatilis and up to 11 orchid species you will discover and get to know during the circular hike at the head of the valley of Trafoi.

Sunday: 26 June 2022

Meeting point: 10.00 am, Hl. Drei Brunnen car park

Duration: 5 – 6 hrs, walking time: 3 hrs
Strong legs and adequate fitness level required.



Herbal Campus Flora TraFuL

"For every problem there is a herb". This principle guides the circular walk along the Flora TraFuL herbal trail. Together with the herbal expert you will explore an almost forgotten world from botanical basics and recognition to the various applications of herbs.

Friday: 24 June – 1 July and 15 July – 12 August 2022

Meeting point: 9:30 am, Trafoi, (visitor centre naturatrafoi)

Duration: 5 hrs
Provisions for lunch required.

Reservation: naturatrafoi +39 0473 530045



Wild vegetables

"A question of taste" as a different kind of herbal hike. Together with the herbal expert you will hike into an adventure full of impressions, learn about edible wild plants and how they can be integrated into everyday life.

Thursday: 23+30 June, 14-28 July, 4+18 Aug, 1-29 September 2022

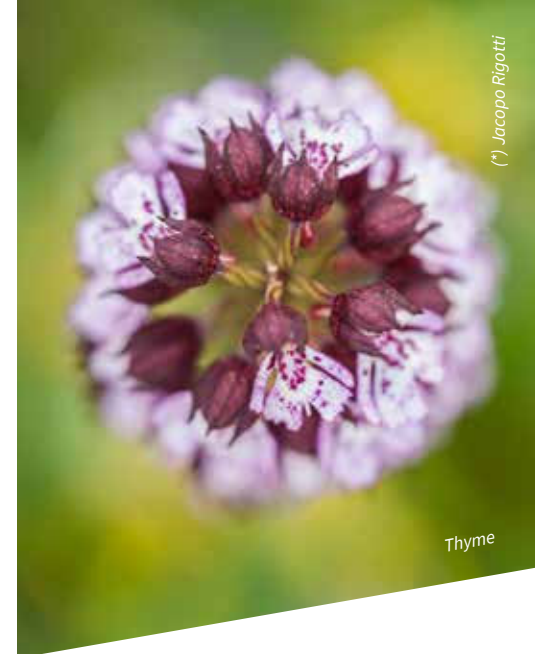
Meeting point: 9:30 am alternately in Stilfs, Trafoi, Sulden or Prad.

Start time varies depending on meeting point: 9:00 - 9:40 a.m.

Duration: 5 - 6 h, walking time 4 h

Equipment: Provisions for lunch required

Reservation: Prad Tourist Office 0473 616034 or Ortler Region 0473 613015



(*) Jacopo Rigotti

Thyme

Botanical Hike along the Goldsee Lake Trail

Glacial buttercups and Alpine rock-jasmine are among the highest climbing species in the Alps. In addition, there is the chance to discover a true rarity, the Primula daonensis. Another highlight is the magnificent view of the Ortler and the neighboring mountain and glacier world.

Saturday: 9 July 2022

Meeting point: 9.30 am, Trafoi, at the Furkelhütte cable car valley station (lift ride to the Furkelhütte; hike to the Stilfserjoch; bus ride to Trafoi)

Duration: 6 hrs, walking time: 4 hrs
Surefootedness and an adequate fitness level required!

Reservation: naturatrafoi +39 0473 530045



High Mountain Trail



Chavalatsch

Sunrise over the Summits with our National Park Rangers

Hike in the crisp morning air across the dewy earth to a breath-taking lookout point, guided by our National Park rangers. Complete the experience with a rich breakfast made up of farm-fresh local products at a mountain refuge.

Fridays: 5 and 26 August 2022

Meeting point: 4:30 am, Ultental/ Val d'Ultimo Valley (exact meeting point will be announced at reservation)

Duration: 5 hrs, walking time: 2 hrs

Bus shuttle service



Golden eagles and Alpine marmots

Let the forest rangers guide you in the Stelvio National Park. Catch a glimpse into the lives of the golden eagle and the alpine marmot.

Wednesdays:

22 June, 6 and 20 July,

3, 17, and 31 August 2022

Meeting point: 9:30 am, Ultental/ Val d'Ultimo Valley (Lahnersäge Visitor Centre)

Duration: 6 hrs



Excursion to the River Delta "Prader Sand"

Guided tour equipped with magnifying lenses through the magnificent Suldenbach river delta: the "Prader Sand". For all ages.

Thursdays: 7 July – 25 August 2022

Meeting point: 4.30 pm, Prad/ Prato (aquaprad Visitor Centre)

Duration: 1.5 – 2 hrs

Entry fee: € 5.00

Reservation: visitor Centre aquaprad, call +39 0473 618212 or tv@prad.info +39 0473 616 034



Mountain stream



Alpine marmot



SUMMER EXPERIENCE

FLORA AND FAUNA IN THE NATURE RESERVE

In all its splendour, Nature in the high mountains offer new and unexpected experiences. Early risers can be rewarded with sightings of red deer and bearded vultures.



(*) Davide Bardo

Roe deer

Wildlife Watching at Twilight

Rangers of Stelvio National Park await you at the Wildlife Observation Place by Lake Zufritt to mediate and observe wild animals together with you. In the evening Red deer, Roe deer, Chamois and, perhaps, even Golden eagles and rare Bearded vultures can be spotted.

Friday: 22 July - 26 August 2022

Tuesday: 9 and 16 August 2022

Meeting point: introductions 5:00 pm und 6:30 pm, Martelltal/Val Martello (Observatory of Stelvio National Park at Lake Zufritt, near Alpen Gasthof Zufritt)

Duration: till sunset, no participation fee



(*) Giacomo Albo

Red deer



In memory of Cristian Pentori

Spring Hike in the Stelvio National Park

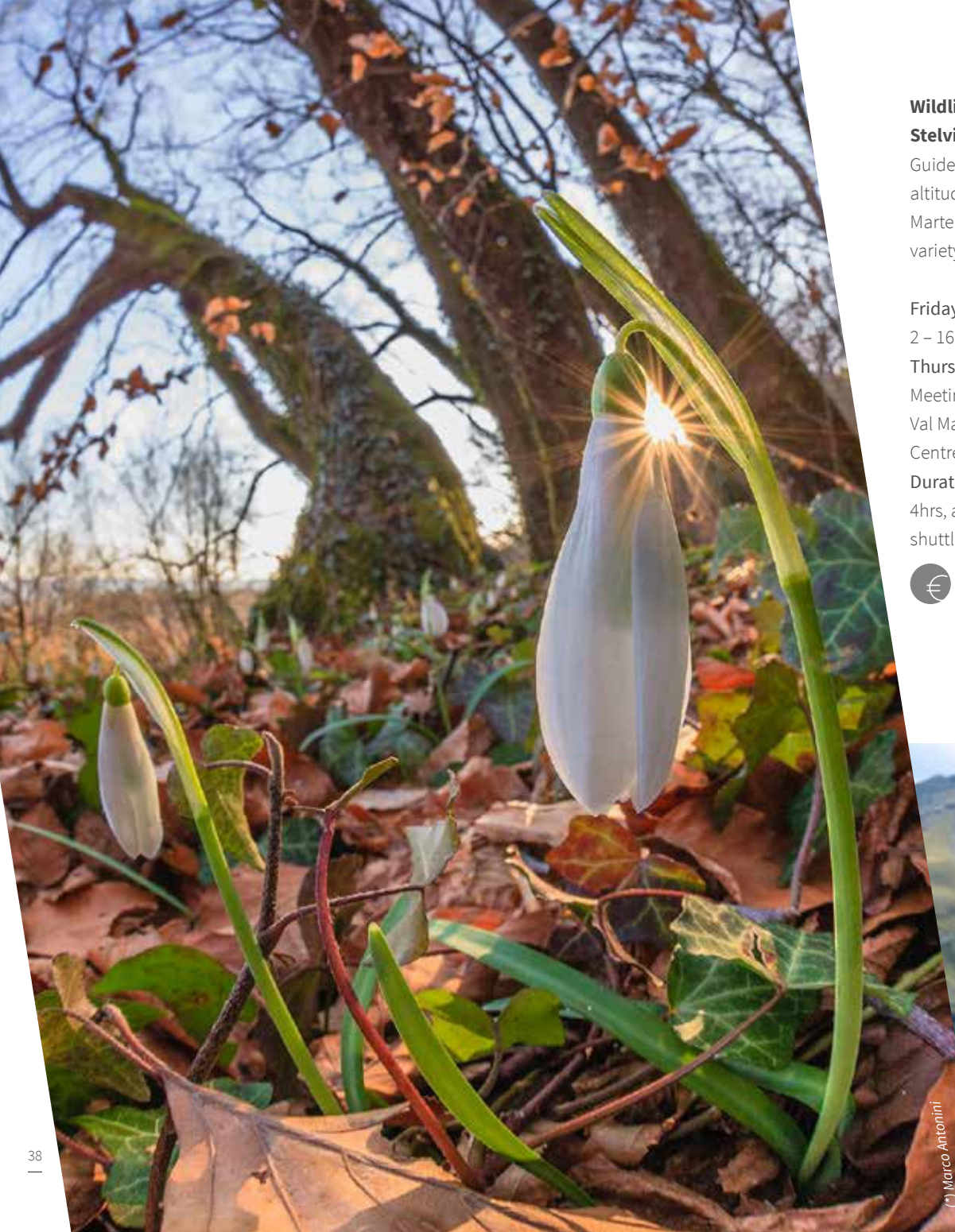
Discover the Martell Valley in spring as its unique fauna and flora awakens and blossoms.

Friday: 13 May - 3 June 2022

Meeting point: 9:30 am, Martelltal/Val Martello (culturamartell Visitor Centre)

Duration: ± 6 hrs, walking time 4 hrs, ascent up to 600 metres, shuttle service





Wildlife Experience in the Stelvio National Park

Guided day hike across various altitudes while exploring the wild Martell Valley, with its fascinating variety of flora and fauna.

Friday: 10 June – 1 July,
2 – 16 September 2022

Thursday: 7 July - 25 August 2022
Meeting point: 9:30 am, Martelltal/
Val Martello (culturamartell Visitor
Centre)

Duration: ± 6 hrs, walking time
4hrs, ascent up to 600 metres,
shuttle service



Swiss Stone Pine Hike

The Stelvio National Park is home to the largest Swiss stone pine forests in the Alps. Let yourself be enchanted by the scent and the properties of this extraordinary tree.

Friday: 23 September –
14 October 2022

Meeting point: 9:30 am, Martelltal/
Val Martello (culturamartell Visitor
Centre)

Duration: ± 6 hrs, walking time
4hrs, ascent up to 600 metres,
shuttle service



(*) Marco Antonini

Stone pine

(*) Elena Salodovnikova



Mating Calls of the Red Deer

At the end of September, the rutting of the Red deer begins in the Stelvio National Park. Dressed warmly, we listen to the roaring of the male deer echoing through the autumn forests. With any luck, we may also observe them.

Martellta/Val Martello

Dates: 27 and 29 September, 2 and 5 October 2022

Meeting point: 4:00 pm (Alpen Gasthof Zufritt car park)

Duration: till sunset

Ultental/Val d'Ultimo Valley

Wednesdays: 28 September and 5 October 2022

Meeting point: 6:00 am

(Lahnensäge Visitor Centre)

Duration: 5 hrs, walking time 3,5 hrs

Bus shuttle service from St. Walburg/Santa Valburga

Trafoi

Dates: 2 and 5 October 2022

Meeting point: 6.30 am

(Visitor Centre naturatrafoi)

Duration: 2 hrs



Deer Rutting Day for Nature Photographers

Saturday: 1 October 2022

Meeting point: 5:00 am (Alpen Gasthof Zufritt car park)

Duration: till sunset



The Bearded Vulture Learns to Fly

Majestic Bearded vultures breed in special places of the Stelvio National Park. If new broods successfully come up again this year, fledglings can be observed on their first flight attempts during guided tours with National Park Rangers. Learn more about this ecologically valuable scavenger and the International Reintroduction Project.

Martellta/Val Martello

Saturday: 18 June 2022 (together with Nature photographers)

Tuesday: 21 and 28 June 2022

Meeting point: 2:00 pm

(Infopoint Hintermartell/Enzianhütte parking lot)

Duration: ± 3 hrs

Trafoi

Every Wednesday:

18 May – 15 June 2022

Meeting point: 2:30 pm Visitor

Center naturatrafoi

Duration: ± 3 hrs



Bearded vulture



Martell Herb Workshop

On a visit to a farm garden with an experienced herbalist, you'll pick various medicinal herbs, learn about their curative properties and then process them into ointments and other natural remedies.

Thursday: 16 and 23 June,

1 and 8 September 2022, 3:00 pm

Friday: 8 – 29 July; 5 – 26 August 2022, 10:00 am

Meeting point: Martellta/Val Martello (Martell Dorf/Meiern, bus turning place)

Duration: ± 3 hrs,

exceptionally children charge





Natural Cosmetics good for Your Skin!

Eco-friendly cosmetics protect the skin while safeguarding the environment. We produce a cream, soap or similar from gifts of nature.

Thursdays:

7 July – 1 September 2022

Meeting point: 6.00 pm, Prad/Prato (location will be announced at reservation)

Duration: 1.5 – 2 hrs

Entry: € 5 per person, plus € 6 – € 12 for material

Reservation: aquaprad Visitor Centre, call +39 0473 618 212, or email: office@prad.info



Life of Mountain Farmers – Guided Tour

Up above Martell Valley, lies the Niederhof at an altitude of 1,650 m. Take a guided tour of the original farm museum, providing an insight into life on a mountain farm in the past and present. Afterwards, home-made farm products can be tasted against surcharge.

Thursday: 19 May – 30 June, 8 September – 27 October 2022

Wednesday: 6 July – 31 August 2022

Meeting point: 10:15 am, Martelltal/Val Martello (Waldberg/Selva, Niederhof)

Duration: ± 3 hrs



Cheese Kettles and Butter Bucket at the Prader Alm Showroom

Mountain dairy farming is important for the local economy and an integral part of the cultural landscape of the Stelvio National Park. Visit the Prader Alm mountain hut showroom and see how butter and cheeses are made – at an altitude of 2,051 m.

Showroom: from mid June – early September 2022, daily from 10.00 am – 5.00 pm (free entrance)



Following in the Footsteps of the Venetians

See how a 200-year-old Venetian saw is capable of sectioning a tree trunk into boards. In a separate demonstration, grain is milled into flour at the newly refurbished old mill.

Tuesdays and Thursdays: May – October 2022

Meeting point: 3.00 pm, Ultental/Val d'Ultimo Valley (Lahnensäge Visitor Centre)

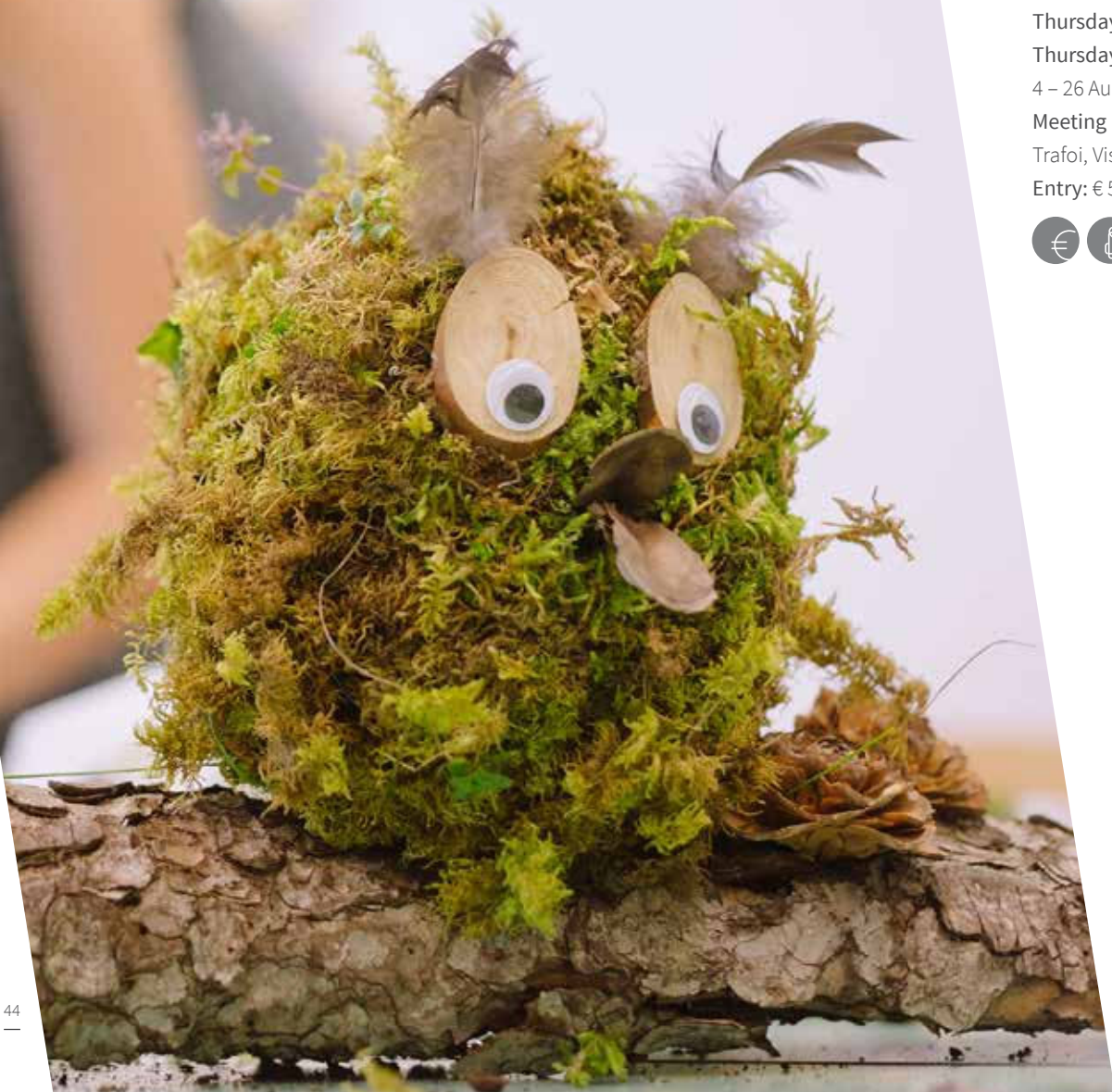
Duration: ± 1 h

Entry fee: ticket to the Visitor Centre



Ronald Oberhofer

Alpine grey cattle



Wuschlpuschl Nature Workshop

Pinecones, stones and nuts: organic items from the forest and meadows can be transformed into imaginative works of art at the Wuschlpuschl Nature Workshop.

Thursdays: 9 June – 28 July 2022

Thursdays and Fridays:

4 – 26 August 2022

Meeting point: 2.30 pm – 5.30 pm

Trafoi, Visitor Centre naturatrafoi

Entry: € 5 per child



National Park Detectives – On Nature's Trail

Discover the different habitats in the Stelvio National Park with your children, while having fun in the forests, mountain streams and meadows.

Thursday: 14 July 2022

Fridays: 22 July – 2 September 2022

Meeting point: 2.30 pm, Ultental/
Val d'Ultimo Valley
(lahnersäge Visitor Centre)

Duration: 2 hrs

Entry: € 5 per child plus cost of
materials



Hechtis Nature Workshop

On Tuesday mornings in July and August, there's a special Children's Program at the Aquarium in the aquaprad Visitor Centre. Afterwards, the kids have a chance to learn some handicraft skills. The Children's workshop is organized in cooperation with the Prato/Prad Tourist Association.

Tuesdays: 19 July – 16 August 2022

Meeting point: 9.30 am, Prad/Prato
(aquaprad Visitors Centre)

Entry fee: € 5 per child

Reservation: Prad/Prato Tourist
Office, call +39 0473 616 034 or
+39 0473 618 212.



**“PARTICIPATION IS MORE
IMPORTANT THAN WINNING.”**

PIERRE DE COUBERTIN (1863 – 1937)



RADTAG
GIORNATA
DELLA BICI
BIKE DAY

NATIONAL
PARK
STILFSE
R JOCH

PARCO
NAZIONALE
DELLO
STELVIO





SPORTING EVENTS

TOP EVENTS

With its peaks rising to 3,000 m, the Stelvio National Park is capable of hosting sustainable but extreme-sporting events, such as the Stelvio Bike Day along the breath-taking Stelvio Pass, or the IBU Cup Biathlon in the Martelltal/Val Martello Valley.



Stelvio Bike Day

The Stelvio Bike Day is an annual cycling event held in the Stelvio National Park. For most of the day, the road to the Stelvio Pass (one of the highest in the Alps) is closed to road traffic.

Road closure: from Trafoi up to the Stilfserjoch/Stelvio Pass, from Bormio up to the Pass as well as the road to the Umbrail Pass.

Times of the road closure: 8.00 am – 4.00 pm

For more info, see: www.stelviobike.com

Saturday: 3 September 2022



Biathlon IBU Cup

The renowned Biathlon IBU Cup also passes through Martell/Martello. 200 athletes from 35 nations will compete for the title. Plenty of thrills and top-level sportsmanship are guaranteed!

Date: Winter 2023

IBU JUNIOR CUP: Winter 2023

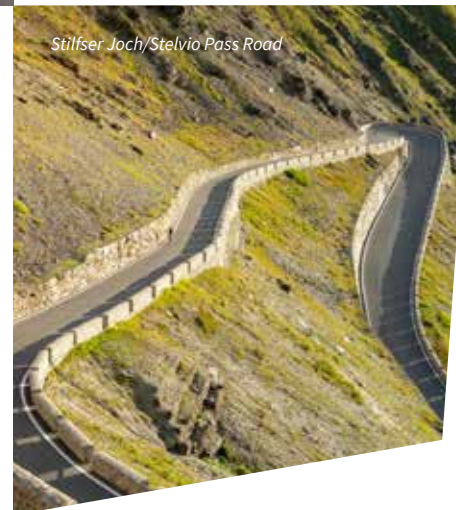


Stelvio Marathon

23 July 2022 marks the start of the 5th Annual Stelvio Marathon! Hundreds of runners from all over the world come together to take part in this epic marathon up Europe's second-highest mountain pass. The marathon route climbs up the Stelvio National Park and is considered one of the toughest in its category.

Information: www.stelviomarathon.it

Saturday: 23 July 2022



Stilfser Joch/Stelvio Pass Road

Marmotta Trophy





The Marmotta Trophy is the main annual ski touring event in the Stelvio National Park. Once a year, the top names in Italian and International ski mountaineering compete in the high mountains of the Martelltal/Val Martello Valley.

Date: February 2023










CODES OF BEHAVIOUR IN THE NATURE RESERVE

With its unique biotope and landscape, the Stelvio National Park leaves visitors enraptured. To protect this valuable resource for future generations, visitors need to act responsibly and behave in a respectful manner. The following guidelines apply:

-  **1. Advance planning:** depending on the weather forecast, bring the right equipment and necessary items of clothing (including rugged footwear), as well as sufficient liquids and food provisions.
-  **2. Transport:** when possible, make use of public transport, which is safe, reliable and convenient.
-  **3. Parking:** always park in the designated parking areas, not on the roadside or in the meadows.
-  **4. Outdoor activities:** use only clearly-marked hiking paths. No off-trail cycling!
-  **5. Respect private land:** avoid wandering across fields and meadows, or where there is tall grass.
-  **6. Trails:** are used by pedestrians (hikers) as well as bikers/cyclists. Be considerate and give everyone enough space.
-  **7. Manned refuges:** those running the mountain huts and refuges, put a lot of work and care into what they do. Be respectful and patient towards those providing services for visitors. Leave the toilets as you found them and don't leave rubbish lying around. Take it with you and dispose of it appropriately when you're back at "base".
-  **8. Avoid unnecessary noise:** don't disturb the tranquillity of nature. Drones aren't allowed into the National Park.



Tyrolean Mountain Sheep

-  **9. Preserving the landscape:** the flora including flowers, berries, mushrooms is protected, which means it cannot be picked or damaged. Stones, crystals and geological artefacts can be admired, but not tampered with. Look – but don't touch: a photo makes a much better souvenir!
-  **10. Fences:** when there is a gate in the fence, make sure you always close it behind you. This is to protect livestock.
-  **11. Wildlife and livestock:** leave the animals alone in their habitat and walk past them calmly. If there is anything you want to capture, do so with your camera: and from a safe distance!
-  **12. Dogs:** in the park your pet must always be kept on a leash. Bring a dog-muzzle with you in case of necessity.
-  **13. Fires:** fires are strictly forbidden in the National Park! This poses a severe danger to the environment, risking human and animal life.
-  **14. Camping:** is only permitted in designated camping sites.
-  **15. Rubbish:** tissues, cigarette butts and dog-excrement bags, must be thrown into the waste bins provided or taken back to "base" and disposed of appropriately.



Ibex

TOPIC LIST SUMMER 2022

-  aquaprad ●
-  naturatrafoi ●
-  avimundus ●
-  lahnersäge ●
-  culturamartell ●

Register quickly and easily online at www.nationalpark-stelvio.it

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Chavalatsch



Published by: Stelvio National Park Admin. Office
Coordination and Editing: Stelvio National Park Admin. Office
(Florian Felderer, Ilona Ortler, Lukas Hofer, Ronald Oberhofer, Verena Brunner)
Graphic Design: Barbara Pixner | kohlstaette.bz.it
Printing: suedtiroldruck.com
Images: Stelvio National Park Archive;
Stelvio National Park / Ronald Oberhofer / Oswald Breitenberger /
Philipp Bertagnolli / Stefanie Winkler;
(*) from the international contest "Fotografare il Parco" Photo Competition;
IDM Südtirol / Damian Pertoll / Helmuth Rier / Frieder Blickle / Alex Filz /
Elias Gianordoli / Klaus Huber
Cover picture: Gert Pöder
We thank all those concerned for letting us use their images.

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