



**Italy - Lake Reschen to Lake Kalterer-See Hiking Tour (2025)**  
**Individual Self-Guided**  
**9 days/ 8 nights OR 7 days/6 nights**



During your hiking week you will discover one of South Tyrol's most beautiful sections located between the Vinschgau region and the southern wine route, causing hikers hearts to leap for joy. The tour starts at the well-known Lake Reschensee, surrounded by marvellous mountain panorama and with a view onto the snow covered Ortler massif. The route leads you along fabulous high altitude paths high above the fertile Vinschgau valley towards Merano. Enjoy the view onto splendid vineyards and orchards, numerous castles and palaces along the way and amongst others Reinhold Messners Mountain Museum. The Mediterranean spa town of Merano with its thermal springs offers tremendous opportunities for relaxation before you proceed into the wine region around Lake Kalterer-See as a crowning finale.



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### Itinerary

#### **Day 1: Individual journey to Reschen**



#### **Day 2: Reschen – Burgeis/Mals 21 km + 200 m – 550 m**

First along Reschensee reservoir and over to Graun, where you will find the best known camera motive of the Vinschau, the flooded spire of Gaun. The route runs past Lake Haidersee and along the largest alluvial fan of the Alps and leads up to the idyllic mountain village Planeil. Downhill you walk through forest and later through flowering meadows to Burgeis, with view to the impressive monastery of Marienberg.

#### **Day 3: Burgeis/Mals - Schluderns 10 km + 100 m – 350 m**

Walk along the Sonnensteig path, a newly created theme path with fantastic views of the snowy mountain peaks. High above the town Mals, with its many towers, onwards and over the Tartscher Bichl past 'Ganglegg', a historic archaeological site from the Bronze and Iron Age on to Schluderns, with the most impressive and best-preserved castles in South Tyrol.



#### **Day 4: Schluderns - Schlanders 19 km + 550 m – 750 m**

From the foot of Sonnberg your walk starts and continues crossing through dense forests. Above Laas, well known for the white marble, you later reach the orchards of Vinschgau – apple trees as far as the eyes can see.



#### **Day 5: Schlanders – Naturns 22 km + 400 m – 600 m**

Today you pass through the orchard of the Vinschgau. Along the Latschander Waal path you walk through regions of the best South Tyrolean wines. Continue on the archaeological path which almost takes you to Messners castle 'Juval', high above the valley. On a meandering trail downhill you reach Naturns.



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**Day 6: Naturns - Meran 18 km + 350 m – 550 m**

High up you continue following the Rablander Waal path through forests, past Alpine mountain farms forever accompanied by stunning views of the Vinschgau valley. Follow Partschinser and Algunder Waal path down into the Meraner basin. Tired muscles get a chance to relax in the thermal spa.



**Day 7: Meran - Nals 19 km + 550 m – 550 m**

On Marlinger Waal path, the longest Waal of South Tyrol you walk into the apple centre Lana. On your way enjoy lovely views on Meran and the Adige valley to Bolzano. Pass through light forests up to Tisens, well known for the sweet chestnuts. During the second half of this path many ancient fortresses are passed: Nals with Stachelburg, Schwanburg and Payersberg castle.



**Day 8: Nals - Region Lake Kalterer See 21 km + 500 m – 550 m**

Walk past castles, raised stands and fortresses with great views of the Etschtal Valley and the surrounding mountain ranges. A section of the path takes you along the 'Three-Fortress-Route' and continue via St. Michael through extensive vineyards until you reach the beautiful lake Kalterer See. In this beautiful valley you should taste a glass of "Kalterer See".

**Day 9: Individual departure or extra days.**

**Note: The 7 day/ 6 night tour ends after day 6, and departs from Meran.**



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### Route



#### Technical Characteristics:

**Route Profile:** Moderate. You walk mainly on good walking paths, often on the so called 'Waal paths', ancient water systems as well as on paved sections. The paths are easy to walk, the route is undulating through lovely countryside, dotted with orchards and vineyards. Longer ascents only occur on two of the days. We recommend a good basic fitness level for walking days of up to 6.5 hours. Shortcuts of daily sections are possible by train or coach.

**Total Distance:** 90 - 131 km

**Travel Season:** Fridays, Saturdays, Sundays, Mondays from 26.04. to 04.10. and daily arrivals in season 3

Season 1: 26.04. – 11.05. | 22.09. – 04.10.

Season 2: 12.05. – 15.06. | 01.09. – 21.09.

Season 3: 16.06. – 31.08.



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**Prices per person:**

**9 days/ 8 nights**

**7 days/ 6 nights**

Prices per person:	9 days/ 8 nights	7 days/ 6 nights
Season 1 Double Occupancy B&B	€1039	€839
Season 2 Double Occupancy B&B	€1129	€929
Season 3 Double Occupancy B&B	€1239	€999
Single Room Surcharge	€209	€159
Half Board Surcharge 8x or 6x	€249	€195
Extra Nights Reschen Double Occupancy B&B	€89	
Extra Nights Reschen Single Room Surcharge B&B	€19	
Extra Nights Meran Double Occupancy B&B	€119	
Extra Nights Meran Single Room Surcharge B&B	€29	
Extra Nights Kalterer See Double Occupancy B&B Season 1	€89	
Extra Nights Kalterer See Double Occupancy B&B Season 2 + 3	€99	
Extra Nights Kalterer See Room Surcharge B&B	€39	

**Accommodation:**

Category: pretty 3\*\*\* hotels and country hotels

**Included:**

- 8 or 6 overnight stays, as indicated, including breakfast
- Luggage transfer
- Welcome meeting
- Carefully elaborated route description
- Detailed travel documents 1 per room
- Navigation App and GPS data
- Service hotline

**Not Included:**

- Any visitor's taxes, payable locally
- Organized return transfer to Reschen from Lake Kaltern 79 euros, Saturday, Sunday and Monday, reservation required
- Organized return transfer to Reschen from Merano 75 euros, Saturday, Sunday and Monday, reservation required

*Assisting people in realizing their touring dreams worldwide is our passion.*

[www.okcycletours.com](http://www.okcycletours.com)



**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

**OK Cycle & Adventure Tours Inc.** 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848