



Sinzi allo Sciliar



KATZENLOCH-BÜHEL
1,182M

NO.5
LARANZA FOREST

TELFEN

GSCHLIER

NO.4
VALENTINO CHAPEL

NO.6
KARLOTTE KOFEL

RUNGER EGG

SIUSI ALLO
SCILIAR

NO.1
SCILIAR

NO.3
VIGILIO CHAPEL

FURSCHER
LAKE

NO.2
SALEGG
RUIN

NO.2
HAUENSTEIN
RUIN

BAD
RATZES

SANTNER PEAK
2,413 M

CIMA CASTELLO
2,515 M

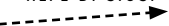
MULL
2,390 M

SCILIAR

PEZ
2,564 M

BOLZANO
MOUNTAIN HUT

COMPATSCH
ALPE DI SIUSI



DISCOVERING PLACES OF POWER

The mighty rock walls of the Sciliar have been attributed with mystical powers since time immemorial, and the lines of its shadow have been an immensely reliable marker of cult sites. Churches have since been erected on some of these sites, significant archaeological digs have been carried out on others and others still, quite simply, have reached renown as places that do your soul good. Head out on the trail and explore these places of primal power around the Santner peak. The set-off point for the walks described is Siusi village centre. Some stretches, including, for example, Telfen and Bad Ratzes, are served by public transport.

Are you ready for a mystical experience? We hope you get immense enjoyment from your walks, experiences and sensations.

DIFFICULTY LEVEL

- Leisurely walk ● ○ ○
- Hike ● ● ○
- Mountain tour ● ● ●



A natural wonder, an ancient place of worship, or nothing other than an immensely beautiful place that does your heart good? Energy sites have always stirred and inspired people; whether mystical forces are actually at work, or certain places are simply perceived to be places of power because of their impressive location, striking appearance or special energy is all in the eye of the beholder. Only one thing is sure: taking a trip to see them is well worth your while. All you need to do is listen to the silence and arrive at your own inner being. We would like to invite you to discover the special places of power in and around Siusi allo Sciliar. Take the time to hike to these age-old cult sites and absorb their very special power for an all-encompassing experience of beautiful views, inner contemplation, magic and history.





PLACES OF POWER
IN AND AROUND
SIUSI ALLO SCILIAR

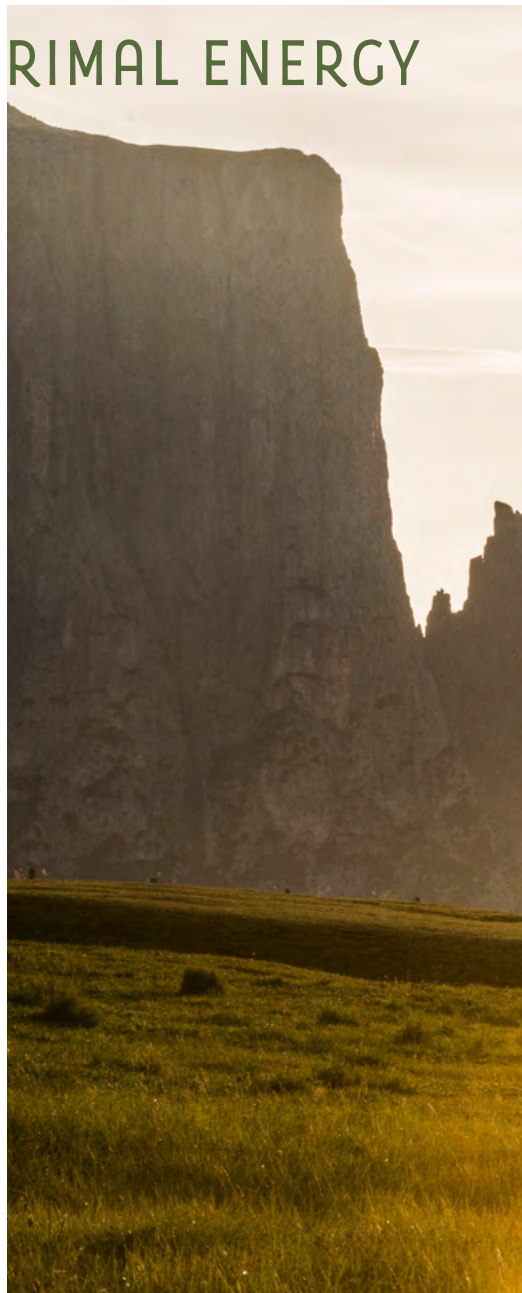
THE SCILIAR MOUNTAIN OF PRIMAL ENERGY

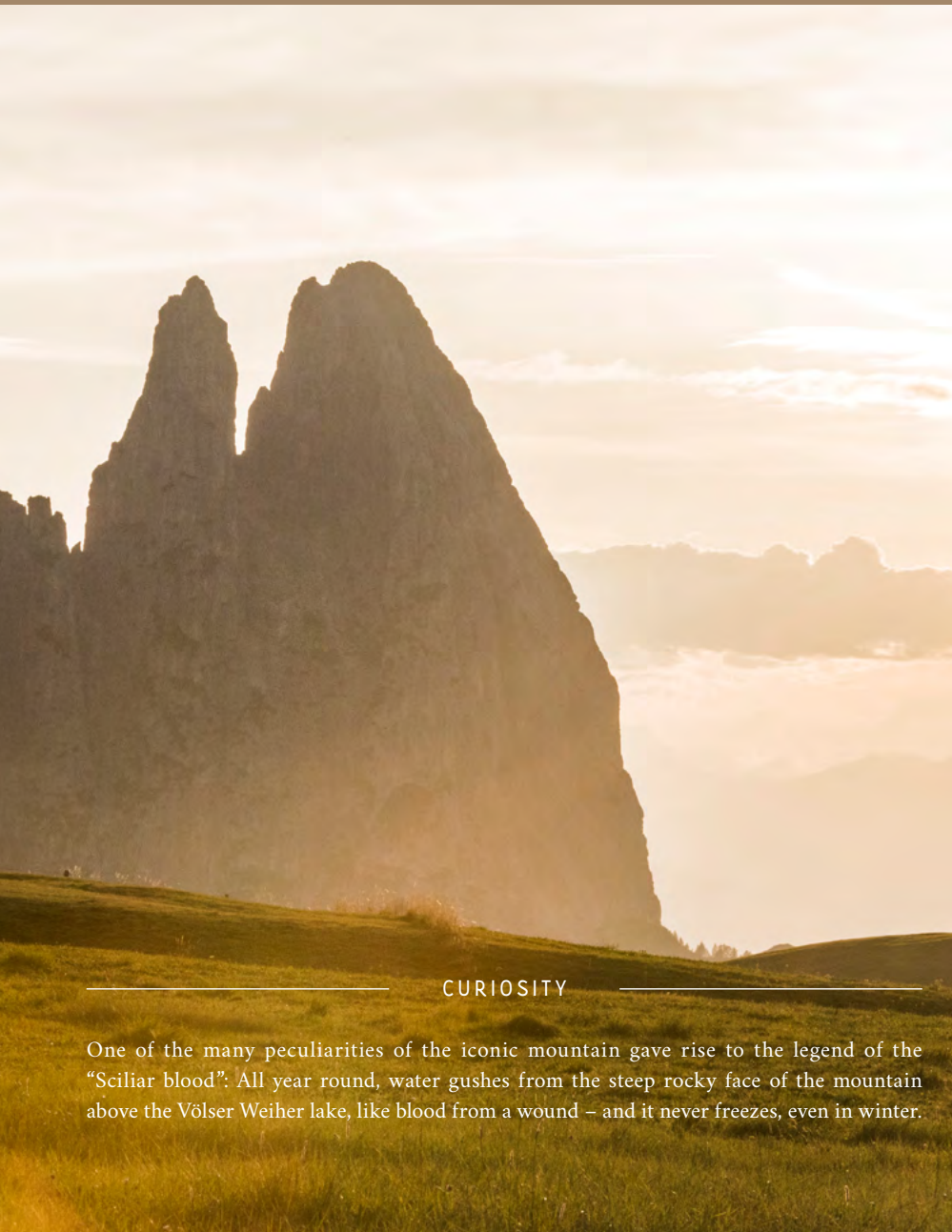
The 2,564 m high Sciliar: Energy site, iconic mountain, cult site and the symbol of South Tyrol rolled into one. A place of power that opens our eyes to the views before us and within us, an ancient cult site for pagan rituals, the mountain where the famed Sciliar witches gathered to dance, and a beloved hiking destination. Countless sagas and legends surround the Sciliar, and every one of the mystical places of power in and around Siusi fall under its shadow.

**THE SCILIAR, WITH ITS STRIKING
ROCKY FORMS, BEWITCHES ALL
THOSE WHO BEHOLD IT.**

ASCENT TO THE SCILIAR

From Siusi village centre, follow the sign-posts to Bad Ratzes (or take bus no. 15). From here, take trail no. 1, follow the banks of the Frötschbach river and climb up the steep, woody slope to the Schlernbödele mountain hut. When you arrive at the hut, go through the wood in a winding trail up to the right until you come to the Bolzano mountain hut. From here, it will take you roughly 20 minutes to get to the peak of the Pez. Take the same route back to Siusi.





CURIOSITY

One of the many peculiarities of the iconic mountain gave rise to the legend of the “Sciliar blood”: All year round, water gushes from the steep rocky face of the mountain above the Völser Weiher lake, like blood from a wound – and it never freezes, even in winter.

NO. 1
ON THE MAP
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1,564 M
METRES HIGH

8-9 H
WALKING TIME

18 KM
LENGTH

THE SCILIAR



THE RUINS OF HAUENSTEIN & SALEGG

At the foot of the might rock face of the Santner, hidden deep in the forest, lie the legendary castle ruins of Hauenstein and Salegg. Both castles date back to the 12th century; today all that remains of their former glory are the castle walls, and yet both sites continue to emanate a very special, mysterious energy.

NO. 2
ON THE MAP
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6 KM
LENGTH

1.5-2 H
WALKING TIME

HAUENSTEIN & SALEGG

SINCE TIME IMMEMORIAL,
THE MYSTICAL THRALL OF THE
HAUENSTEIN AND SALEGG RUINS
HAS INSPIRED TALES OF ADVENTURE
IN THE REALMS OF LOCAL LEGEND.

Hauenstein was once the seat of the famed poet and minnesinger Oswald von Wolkenstein and, in the 16th century, the nearby Salegg Castle passed into the hands of the Wolkenstein dynasty. According to an old legend, a secret passageway runs between the two castles. And every so often, or so they say in the area around the Sciliar, you can hear the spine-chilling wails of a banished damsel.

GETTING TO THE RUINS

From Siusi village centre, follow the signposts to the Alpe di Siusi Bahn cable car, where the trail forks off towards Salegg and leads to the start of the Oswald von Wolkenstein trail. This walk takes you through the Hauenstein forest, to the ruins of Salegg and Hauenstein. Beneath the walls of Hauenstein, the trail branches off towards Siusi.





CURIOSITY

On the summer solstice on the 21st of June, when the rising sun appears over the horizon of the Alpe di Siusi the line of its rays creates a direct link between both castles.

THE S. VIGILIO CHURCH

LIGHT & SHADOW

ON TWO IMPORTANT DAYS OF THE YEAR – THE EQUINOXES – THE SHADOW OF THE SCILIAR FALLS UPON THE CHURCH ON THE ASTRONOMICALLY-DEFINED DATE THAT MARKS THE CHANGE OF SEASONS.

As you walk through the woody valley between Siusi and S. Costantino, all of a sudden the church tower of the S. Vigilio chapel towers up before you, out of the blue. This unusual location for a House of God, first documented in the year 1260 is not only a matter of intrigue, but also the origin of countless myths and legends. The chapel was built on an old pagan cult site, during the course of Christianisation. One particular curiosity: At the beginning of spring, on the 21st of March, the shadow of the Sciliar falls directly on the chapel for the last time until the 23rd of September, when it heralds the return of autumn.

GETTING TO THE S. VIGILIO CHAPEL

From Siusi village centre, take the Via Burgfrieden and follow the signposts to S. Vigilio (trail no. 7A), passing by the idyllic Malenger mill, until you come to the Simmele Müller farm. Take a left at the crossroads and, after a few steps, cross the bridge to the S. Vigilio chapel. Take the same route for your return.

CURIOSITY

At the S. Vigilio Chapel there is a spring from which water only runs for a short period of the year from May until the end of June. One can only take a guess at where this water comes from; one possible source could be the mysterious ponds at the Rungger Egg, a pagan cult site of great significance.



NO. 3
ON THE MAP
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5.5 KM
LENGTH
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2 H
WALKING TIME

THE S. VICILIO CHAPEL

THE S. VALENTINO CHAPEL

BEAUTY & LOVE

The chapel of S. Valentino is nestled amidst blossoming meadows above Siusi, and boasts a breathtaking view of the Sciliar. It dates back to 12th century and, with its well-preserved frescoes, is also well-worth a look from a history of art standpoint.

GETTING TO THE S. VALENTINO CHAPEL

Walk from the village fountain in the centre of Siusi to the roundabout, on to the post office and, just a few steps further on, take a right towards S. Valentino. From here, the trail leads uphill, straight to the chapel. Take the same trail back to your set-off point.



CURIOSITY

After the great earthquake of 1260, a mysterious bell was discovered among the detritus in S. Valentino (“Pfolten” in the local vernacular). According to legend it was dug up by a rampaging bull, and was thus christened the “Pfoltener Stier” (the “St. Valentin Bull”). When it rings, it protects the area from storms – much to the chagrin of the Sciliar witches!

PICTURE-PERFECT.
A ROMANTIC SPOT,
MADE TO SAY "YES, I DO".



THE S. VALENTINO CHAPEL

0.45 H
WALKING TIME

2 KM
LENGTH

INFO

Although the chapel is normally closed to the public, guided tours of the chapel are on offer from the end of June to the end of September. Info and bookings at the Tourist Information Office.

NO. 4
ON THE MAP
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THE LARANZA FOREST

NATURE & MAGIC

The Laranza Forest between Siusi and Telfen is the quintessence of a mysterious fairytale forest: The trail through the wood is a gift of peace, strength and inner contemplation. Settlements had already been established on this hilly knoll in the days of Ötzi the Ice Man, and to this day we can still see the Wallburg fortresses of Gschlier and the pre-Christian sacrificial site at the Rungger Egg. The leisurely loop route leads through dappled pine forests to the Veduta del Re (the “King’s Keep”), a spectacular lookout point. Shortly before the Lanzin farms the trail branches off into another loop route, which will take you to a further lookout point, the Katzenlochbühl.

**FOREST AIR AND FAIRYTALE MAGIC.
ANCIENT CULT SITES AND THE PRIMAL
POWER OF THE FOREST.**





LARANZA FOREST LOOP ROUTE

From Siusi village centre, follow the road towards S. Osvaldo until you come to the Peterlunger farm, and then turn right onto trail no. 7A, which leads through the Ganartal Valley towards the Mirabell. A little further along, on the main road, pass the Rungghof farm, walk on to the Laranzhof farm, and continue along the signposted forest road until you come to the Veduta del Re. The loop route then leads in winding curves past the Lanzin Höfe farms and Telfen (bus stop), past the swimming pool, on to the Rungghof and back to your set-off point in Siusi. Alternatively, you can turn off onto the Mushroom Trailon trail no. 5A, which will also take you to the Veduta del Re and, from here, walk on the sports fields and on to Telfen (bus stop). This walk can also be extended to take in Katzenlochbühl lookout point.

NO. 5
ON THE MAP
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8.5 KM
LENGTH

2.5 H
WALKING TIME

THE LARANZA FOREST

THE KARLOTTEN KOFEL

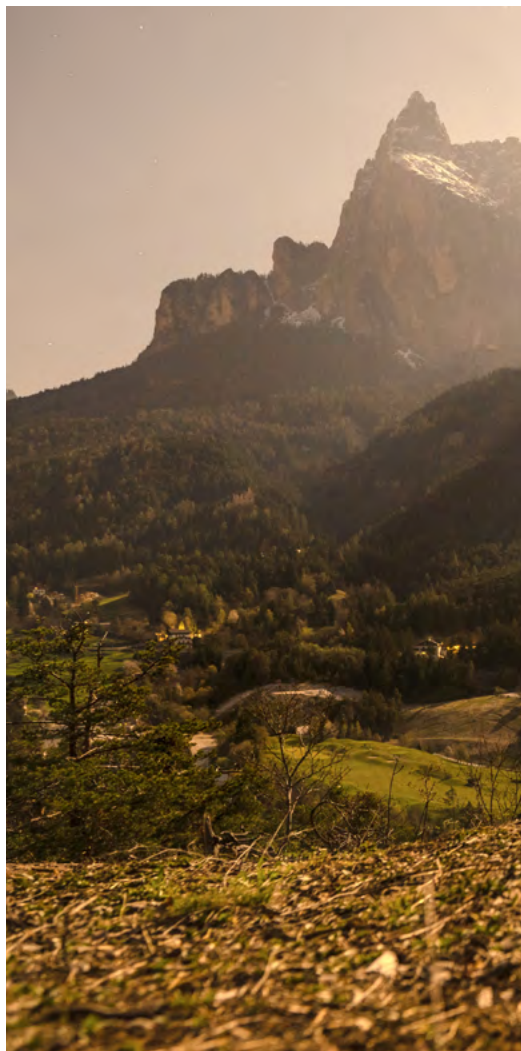
GAZING OUTWARD AND INWARD

Not far from Siusi, there is a hushed spot with a view beyond compare: The Karlotten Kofel hill. At the highest point of the volcanic rock and at the foot of the shimmering red porphyry of the mountain face, the incredible view opens out onto the mighty massif of the Sciliar – and no less than seven church towers! Through the heat of the lava and the exceptionally sunny location, the vegetation here is surprisingly Mediterranean.

**THE SCILIAR AND SEVEN
CHURCH TOWERS. STOP AND
LISTEN TO THE SILENCE.**

TO THE KARLOTTEN KOFEL

From Siusi centre, take the road to S. Osvaldo until you come to the Peterlunger farm, then turn down to your left and follow trail no. 7A until you come to the Felderer fork, walk up the cobbled path, cross the road at the Furscherhof and continue onwards to the Karlotten Kofel. The return route leads along the same trail or, alternatively, when you come to the Felderer farm, follow the trail that leads in sweeping curves past the Furscher Weiher lake and take the Burgfriedenstraße back to Siusi.





NO.6
ON THE MAP
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3 KM
LENGTH

1.5 H
WALKING TIME

KARLOTTEN KOFEL



THE BEAUTY OF NATURE

The road that leads to a place of power is an integral part of the experience. We invite you to explore the special spots around Siusi allo Sciliar on foot, or, in part, with public transport.



THE SCILIAR.
FATHER OF ALL PLACES OF POWER.
SYMBOL MOUNTAIN AND CULT SITE.

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Siusi allo Sciliar

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