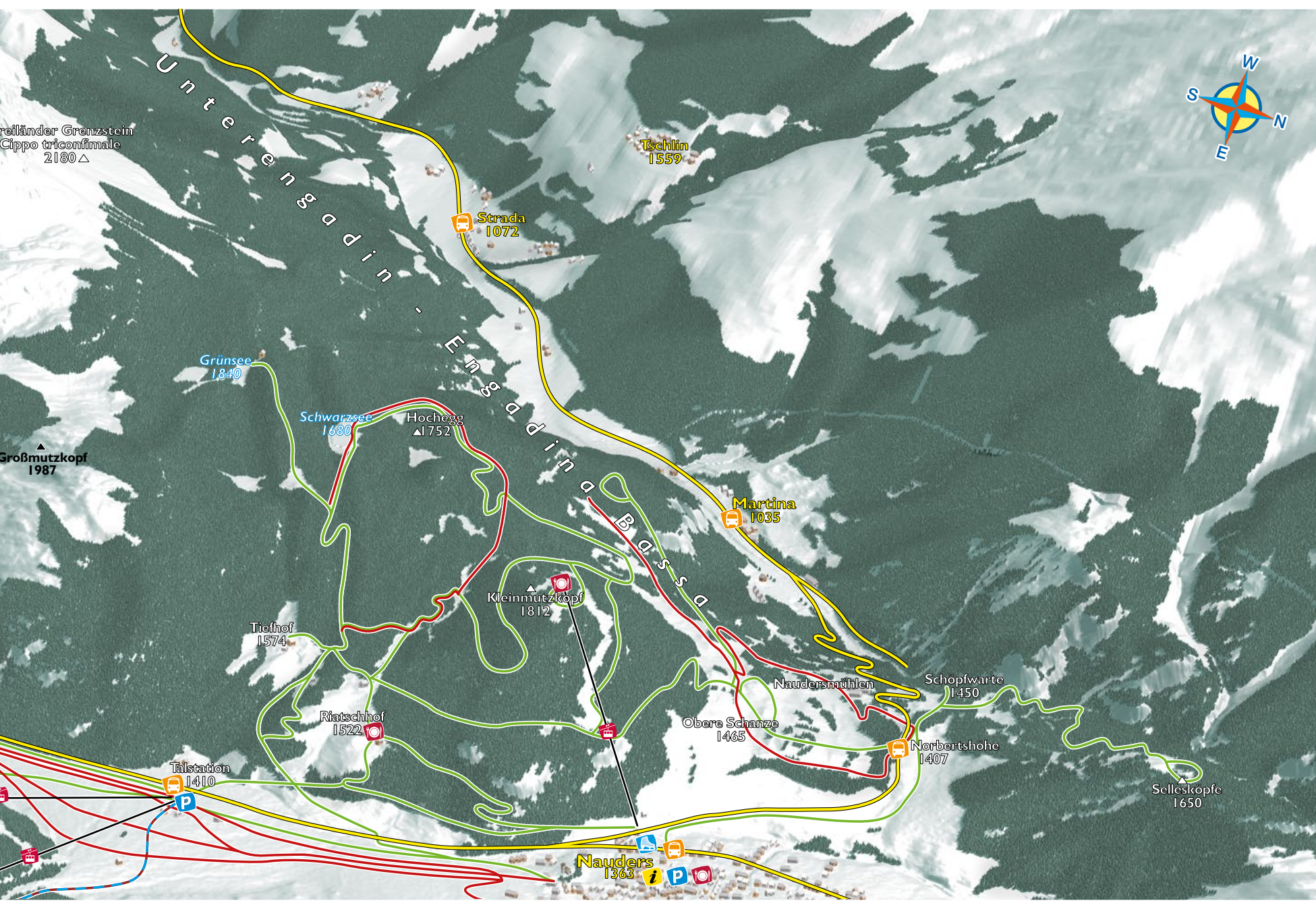
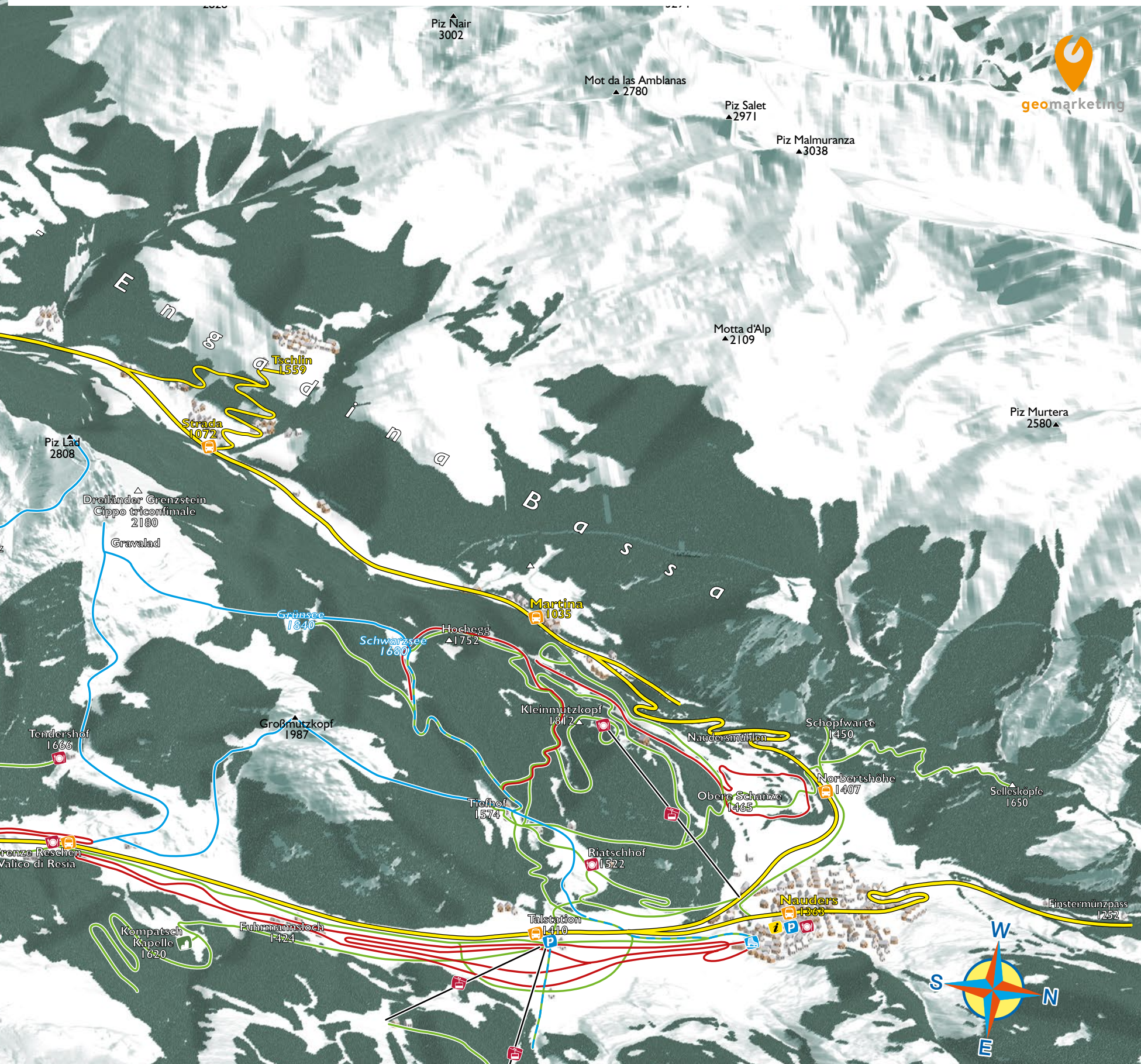
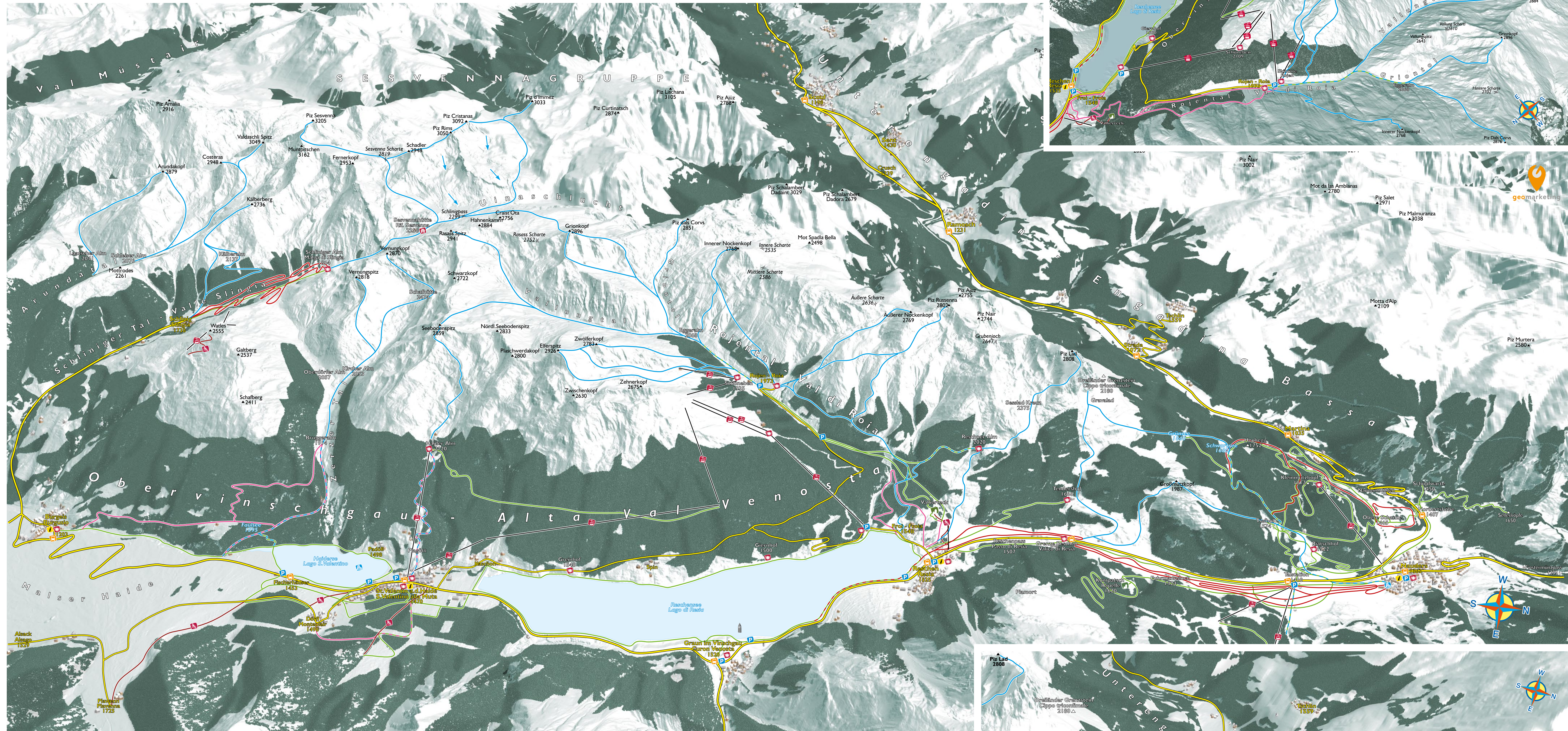
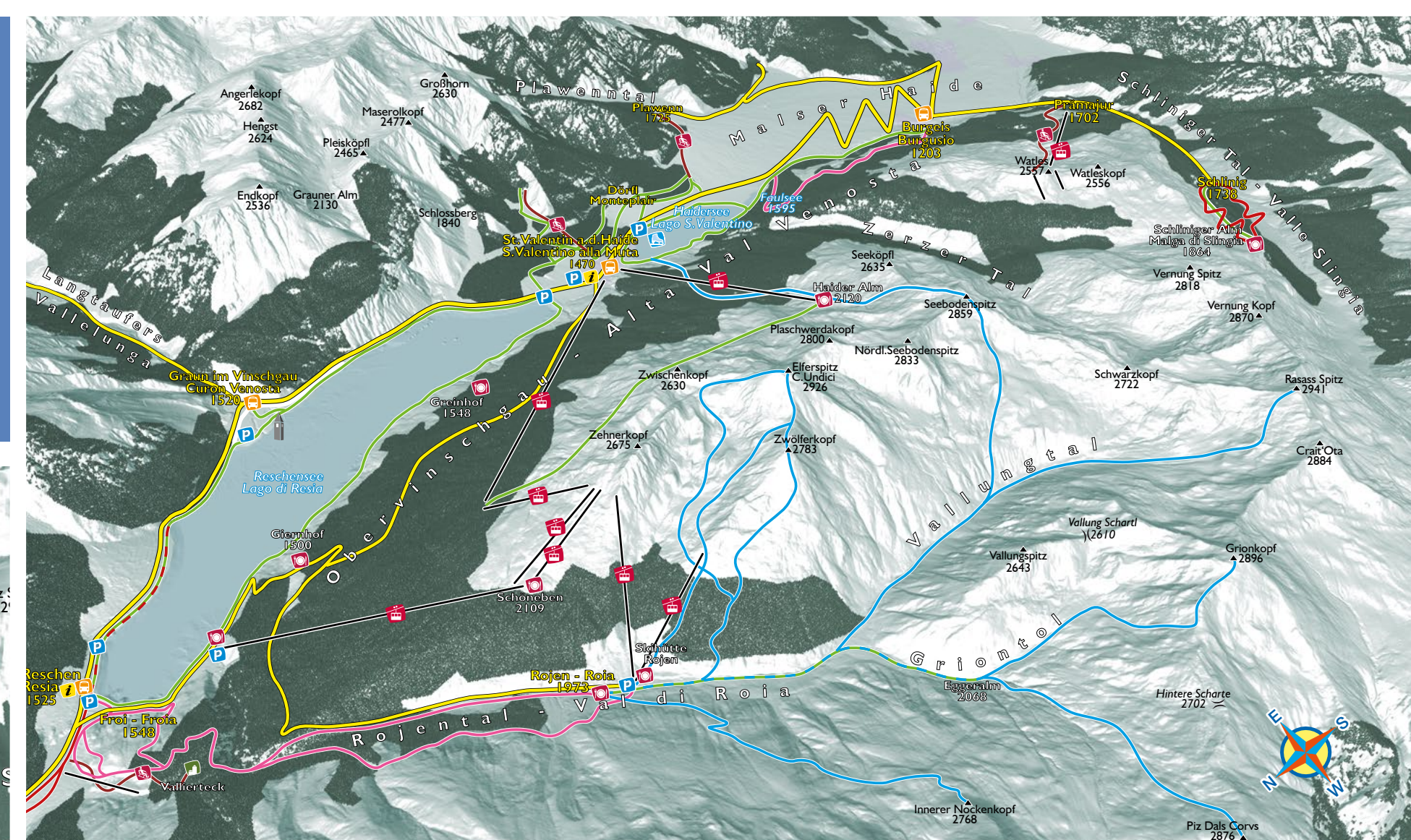


WINTERWANDERN | ESCURSIONI INVERNALI | WINTERWALKING

- Haiderseerunde**
 Start/Partenza: Talstation/Stazione a valle/Valley station Haideralm
 Höhe/Altezza/Height: 1470 m
 Höhenmeter/Dislivello/Ascent: 30 m
 Länge/Lunghezza/Lenght: 7 km
 Schwierigkeit/Difficoltà/Difficulty: leicht/facile/easy
- Reschenseerunde**
 Start/Partenza: Reschen/Resia
 Höhe/Altezza/Height: 1500 m
 Höhenmeter/Dislivello/Ascent: 30 m
 Länge/Lunghezza/Lenght: 15,3 km
 Schwierigkeit/Difficoltà/Difficulty: mittel/medio/medium
- Melager Alm**
 Start/Partenza: Melag/Melago
 Höhe/Altezza/Height: 1970 m
 Höhenmeter/Dislivello/Ascent: 84 m
 Länge/Lunghezza/Lenght: 2,3 km
 Schwierigkeit/Difficoltà/Difficulty: leicht/facile/easy
- Seerunde Schwarzer See/Grüner See**
 Start/Partenza: Bergstation/Stazione a monte/Mountain station Mutzkopf
 Höhe/Altezza/Height: 1846 m
 Höhenmeter/Dislivello/Ascent: 255 m
 Länge/Lunghezza/Lenght: 10,6 km
 Schwierigkeit/Difficoltà/Difficulty: über Schwarzer See: 7,6 km
- Stieralm**
 Start/Partenza: Bergstation/Stazione a monte/Mountain station Bergkastel
 Höhe/Altezza/Height: 2147 m
 Höhenmeter/Dislivello/Ascent: 118 m
 Länge/Lunghezza/Lenght: 1 km
 Schwierigkeit/Difficoltà/Difficulty: leicht/facile/easy
- Möslle**
 Start/Partenza: Nauders
 Höhe/Altezza/Height: 1449 m
 Höhenmeter/Dislivello/Ascent: 57 m
 Länge/Lunghezza/Lenght: 3,1 km
 Schwierigkeit/Difficoltà/Difficulty: leicht/facile/easy



LANGLAUFEN | SCI DI FONDO | CROSS COUNTRY SKIING

- Höhenloipe Langtaufers**
 Start/Partenza: Melag
 Höhe/Altezza/Height: 1700 - 1960 m
 Höhenmeter/Dislivello/Ascent: 260 m
 Länge/Lunghezza/Lenght: 15 km
 Schwierigkeit/Difficoltà/Difficulty: mittel/medio/medium
- Moasloipe**
 Start/Partenza: Norbertshöhe
 Höhe/Altezza/Height: 1454-1552m
 Höhenmeter/Dislivello/Ascent: 140 m
 Länge/Lunghezza/Lenght: 10 km
 Schwierigkeit/Difficoltà/Difficulty: mittel/medio/medium
- Reschenloipe**
 Start/Partenza: Gasthof/Locanda/Inn Martha
 Höhe/Altezza/Height: 1395 - 1451 m
 Höhenmeter/Dislivello/Ascent: 124 m
 Länge/Lunghezza/Lenght: 10 km
 Schwierigkeit/Difficoltà/Difficulty: leicht/facile/easy
- Dreiländerloipe**
 Start/Partenza: Reschen/Resia
 Höhe/Altezza/Height: 1450 - 1525m
 Höhenmeter/Dislivello/Ascent: 75 m
 Länge/Lunghezza/Lenght: 15 km
 Schwierigkeit/Difficoltà/Difficulty: mittel/medio/medium



LEGENDE	LEGGENDA	LEGEND
Infopoint	Informazioni	Infopoint
Schutzhütte	Rifugio	Refuge
Restaurant	Ristorante	Restaurant
Parkplatz	Parcheggio	Parking
Bus Haltestelle	Fermata corriera	Bus stop
Aussichtspunkt	Punto panoramico	Viewpoint
Kirche	Chiesa	Church
Eislaufen	Pattinaggio	Skating
Hauptstraße	Strada principale	Main road
Skitour	Scialpinismo	Skitouring
Loipen	Pista da fondo	Cross country track
Schneeschuhweg	Pista per ciaspole	Snowshoeing
Rodelbahn	Pista slittini	Toboggan run
Wanderweg	Escursioni	Footpath
Aufstiegsanlagen	Impianti di risalita	Lift facilities
Schlepplift	Sciovia	T-bar lift

RODELN | SLITTARE | TOBOGGAN

Rodelbahn Bergkastel
 Start/Partenza: Bergstation/Stazione a monte/Mountain station Bergkastel
 Höhe/Altezza/Height: 2200 - 1400m
 Höhenmeter/Dislivello/Ascent: 800 m
 Länge/Lunghezza/Length: 8 km
 Schwierigkeit/Difficoltà/Difficulty: mittel/medio/medium

St.Valentin Talai
 Start/Partenza: Talailift/Funivia Talai/Cablecar Talai
 Höhe/Altezza/Height: 1509 m
 Höhenmeter/Dislivello/Ascent: 150 m
 Länge/Lunghezza/Length: 1,5 km
 Schwierigkeit/Difficoltà/Difficulty: leicht/facile/easy

Reschen Vallierteck
 Start/Partenza: Pofellift
 Höhe/Altezza/Height: 1511 m
 Höhenmeter/Dislivello/Ascent: 150m
 Länge/Lunghezza/Length: 1,5 km
 Schwierigkeit/Difficoltà/Difficulty: mittel/medio/medium

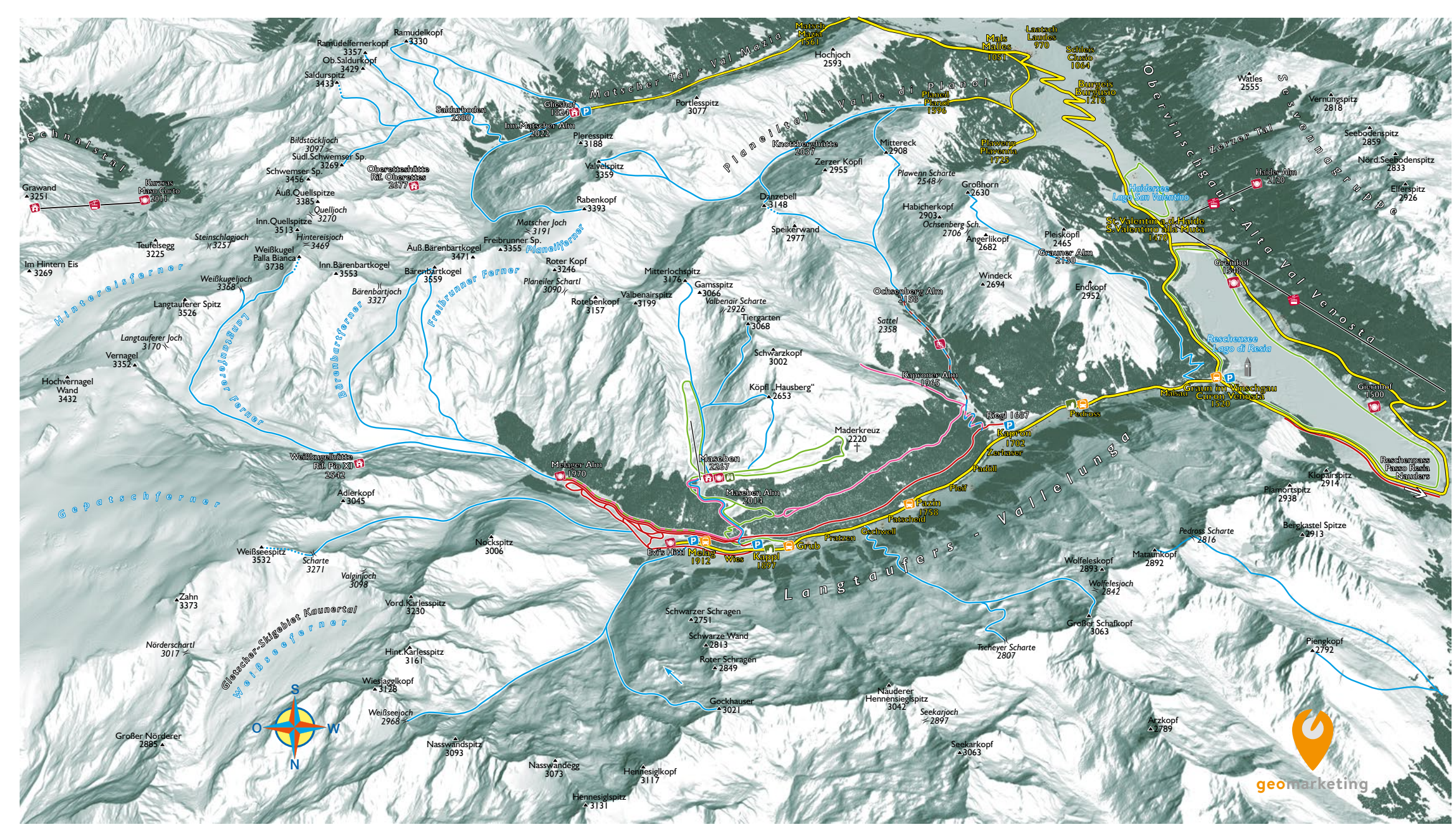
Ochsenberger Alm
 Start/Partenza: Perwarg
 Höhe/Altezza/Height: 1687 m
 Höhenmeter/Dislivello/Ascent: 600 m
 Länge/Lunghezza/Length: 2 km
 Schwierigkeit/Difficoltà/Difficulty: mittel/medio/medium



EISLAUFEN | PATTINARE | ICE SKATING

Winterwunderwelt Nauders
 Standort/location: Schlosswiese
 Eisstockschießen/Curling: ✓
 Verleih Eislaufschuhe/Noleggio pattino/Rent skate: ✓
 Beleuchtet, illuminata, illuminated: ✓

Eisring Haidensee
 Standort/location: Sportzone Sper/Zona Sportiva Sper/Sports ground Sper
 Länge/Lunghezza/Length: 2 km
 Eisstockschießen/Curling: ✓
 Verleih Eislaufschuhe/Noleggio pattino/Rent skate: ✓



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WINTERKARTE CARTINA INVERNALE



> WINTER- & SCHNEESCHUHWANDERN
 > LANGLAUFEN > RODELBAHNEN
 > SENTIERI INVERNALI E CIASPOLATE
 > SCI DI FONDO > PISTE DA SLITTINO

