

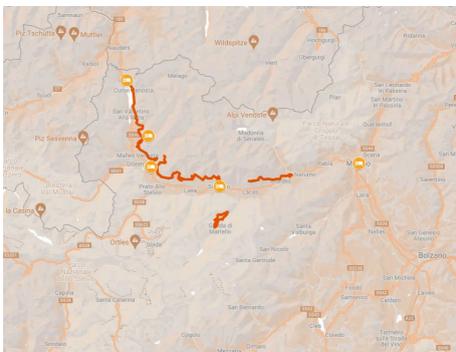
SPRING & AUTUMN SUMMER

type : Self-Guided Hiking Tours  
 level :   
 duration : 8 days  
 period: May Jun Jul Aug Sep Oct  
 code: ITSW440

## Alta Via Val Venosta, Resia to Merano - Italy

### Alta Via Val Venosta, Resia to Merano

8 days, price from € 1155



The route of the Val Venosta High Mountain Trail **extends from the source of the Adige River at Resia Pass in the north**, all the way to Stava/Staben in Lower Venosta, ending in the capital city, Merano.

Along the way, **you'll bask in the lush vegetation of Monte Sole and savor splendid panoramic vistas** of the Ortler Mountain and its glacial beauty. The Val Venosta High Mountain Trail typically offers good weather conditions and a clear view of the glaciers, making it a **perfect journey for mountain and nature enthusiasts**

## Route

### Day 1 Arrive in Resia

Arrive with public transport or private transfer to **Resia**, check-in at the accommodation and enjoy the peaceful atmosphere of the **Dolomites** and take a stroll along the lake.

## Day 2 From Resia to Planol, 20.5 km

It's a long but gentle walk through villages, forests and pastures with a stretch along the **Resia Lake**. You pass next the **River Adige** spring, that is worth a stop. Along the itinerary you have great views of the surrounding mountain chains and the Lake.

*You can shorten the walk (5 km) starting from Curon Venosta.*

*Distance: 20,5 km*

*Elevation gain: +778/-697 m*

## Day 3 From Planol to Sluderno/Malles, 15 km

Today walk along the mountainside which dominates the **upper Val Venosta**. Along the itinerary you can enjoy great views of the **Ortles massif** and the villages of **Glorenza**, **Burgusio** and **Malles**. The itinerary runs mostly on gravel tracks and footpaths. In **Sluderno** you can do a short detour to visit the famous **Coira Castle**.

*Distance: 15 km*

*Elevation gain: +389/-1150 m*

## Day 4 From Agri Avionshof to Tanas, bus/train to Lasa and Silandro, 15 km

This morning you are transferred uphill to the **Agriturismo Avionshof**, where the walk starts. It's a **panoramic hike** along the mountainside which dominates the **upper Val Venosta**. Along the itinerary you can enjoy great views of the **Ortles massif** and the villages in the valley floor. The itinerary runs mostly on gravel tracks and footpaths.

*Distance: 15 km*

*Elevation gain: +589/-767 m*

## Day 5 From Tanas to Silandro 19 km

Today a short transfer by car will lead you to the tiny **village of Tanas**. It's a long but gentle walk along the mountainside with great views over the valley and the mountain chain between the **Val Martello** and **Stelvio Pass**. Along the itinerary you can see the Hohe Angelusspitze, the Laaser Spitze and the Tschenglsler Hochwand. Along the route it is possible to do a short detour to see a **waterfall**.

*You can shorten the walk by 1.2km.*

*Distance: 19 km*

*Elevation gain: +481/-1409 m*

## Day 6 Val Martello loop walk, 11 km

Take the bus to **Val Martello** (25min). It's a relatively easy walk which runs through the mountain area where the village of Martello is set. You walk the entire day in one of the most spectacular area of **Stelvio National Park**. Along the itinerary you can enjoy great views of the **lower Val Martello and Ortles massif**. Along the route it is possible to do a short detour to a magnificent viewpoint.

*You can shorten the route following the signs for Martello Paese.*

*Distance: 11 km*

*Elevation gain: +920/-920 m*

## Day 7 From S. Martino al Monte to Stava, train to Merano, 12 km

Transfer to **Laces**. Here hop on the **cable car to San Martino a Monte**, where the walk starts. It's a gentle walk which runs along the mountain slope at the end of Venosta Valley. You can enjoy great views of the lower valley and the mountain chains which delimitate the valley. Along the route it is possible to do a short detour to **Castel Juval**. At the end of the walk take the train to **Merano**.

*Distance: 12 km*

*Elevation gain: +173/-1395 m*

## Day 8 Bye bye Dolomiti!

Your arrangement ends here, unless you have booked a transfer or an extra night with us.

## Accommodation

---

Nights in double room in \*\*\* hotels , B&B with breakfast



### Hotel Etschquelle - Resia

Hotel Etschquelle is immersed in an atmosphere of well-being in a quiet and sunny location in the heart of the village of Resia. The rooms are very comfortable in traditional style.

[www.hotel-etschquelle.com/en](http://www.hotel-etschquelle.com/en)



### Gasthof Gemse - Planol

The Gasthof Gemse is located in the mountain village of Planòl. Breakfast and dinner are included and also a packet lunch for the following day.

[www.gasthof-gemse.it](http://www.gasthof-gemse.it)



### Hotel Greif - Malles

Hotel Greif die Malles in Val Venosta is a small family-run hotel dating back to the 15th century. Breakfast is included.

[www.hotel-greif.com](http://www.hotel-greif.com)



### Hotel Goldene Rose - Silandro

The Gourmet Hotel Goldene Rose in Silandro is one of the most beautiful and traditional hotels in Silandro. Breakfast is included in the price.

[www.hotel-goldenerose.it](http://www.hotel-goldenerose.it)



### Flora Hotel & Suites - Merano

The Flora Hotel & Suites - Merano is located in a quiet area, in the heart of Merano. Breakfast is included.

[www.hotelsmerano.it/en](http://www.hotelsmerano.it/en)

## Practical info

---



*Best arrival airports:* Innsbruck and Verona.

#### *From and to Innsbruck:*

You can take a bus or a train to reach the central train station (for information visit [www.innsbruck-airport.com/en/train-bus/](http://www.innsbruck-airport.com/en/train-bus/)) and then get a train to Merano (to check timetables please visit [www.trenitalia.it](http://www.trenitalia.it)).

Or you could opt for a shuttle from the airport, look on [www.innsbruck-airport.com/en/transfer/](http://www.innsbruck-airport.com/en/transfer/)

#### *From and to Verona airport:*

You can take a shuttle that runs every 20 minutes to and from the central train station ([www.aeroportooverona.it/en](http://www.aeroportooverona.it/en)); or you could choose a train.

When you are in Verona Porta Nuova railway station, take a train to Merano (please check on [www.trenitalia.it](http://www.trenitalia.it)). From Merano a private transfer/train will take you to the Malles, where you can take the bus to Resia.

From Stava, where the last hike ends, you can take the Val Venosta train to Merano.

*Best departure station:* Merano (please check on [www.trenitalia.it](http://www.trenitalia.it))



Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

## Included

---

### What is included

- 7 nights in double rooms in 3\* hotels with breakfast
- Luggage transfer
- 1 packed lunch
- 1 dinner in Planol
- People transfer from Malles to Agriturismo Avionshof, from Silandro to Tanas and from Silandro to Laces
- Telephone support 24 hours
- Maps and detailed itinerary in digital form, app
- Medical and luggage travel insurance

### What is not included

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

### Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel