

Simply well informed

Natz | Schabs | Raas | Viums | Aicha





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Holiday region Natz-Schabs

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Natz - Schabs

Simply good. Pure holiday happiness on a sunny plateau

Apple tree follows apple tree, with biotopes, meadows, vines and forests in between: Natz-Schabs is like a large garden that stretches across the flat plateau. Spoiled by the sun, embraced by mountain peaks. The mild climate entices you to be active outdoors at any time of year. Or simply do nothing. Take in the view of the mountains. Breathe in the peace and quiet. Recharge your batteries.

Whether nature lover or culture aficionado,
family or pleasure sports enthusiast:
**Natz-Schabs offers honest vacation experiences
for everyone all year round.**



Natz - Schabs

**1 plateau.
5 villages.
Endless
possibilities.**

From the pleasant views to the idyllic location on the edge of the forest: each of our five vacation villages scores with personal advantages. Your journey of discovery in Natz-Schabs starts right outside the door. On leisurely strolls through the apple orchards and forests, you will encounter unique natural beauty and cultural sites. The wild gorge of the Rienz river, where the water forces its way through narrow rock faces. The croaking of frogs in the biotopes. Gnarled chestnut trees and mystical chapels.

If you want to breathe in the mountain air, you can go hiking, biking and skiing in the nearby alpine regions, mountains and ski areas such as Gitschberg Jochtal, the mountain pastures of the Rodenecker-Lüsner Alm, or on Brixen's local mountain, the Plose. Fancy a day trip? Thanks to the central location of Natz-Schabs, you can reach the top highlights throughout South Tyrol in the blink of an eye.



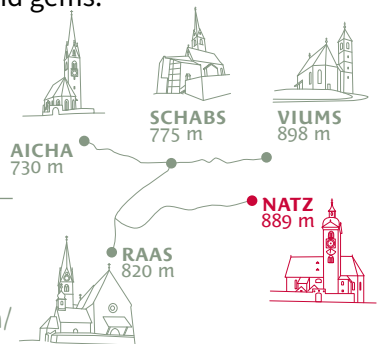
Natz

Lively centerpiece on green meadows

In Natz, locals and guests meet over a cappuccino on the village square, during shopping tours or at one of the festivals in the village center. The sunny village is surrounded by fruit trees, meadows and forests, close to the gorge of the river Rienz. A few steps to the south is the Laugen biotope, a valuable habitat for animals and plants.

Many leisurely hikes start directly from Natz: across the plateau, from village to village or to Brixen (Bressanone) downtown.

The panoramic loungers on the Ölberg hill invite you to relax and take in the magnificent panoramic view of the mountains. Fancy some sparkle from inside the mountains? The Mineral Museum provides deeper insights into the world of stones and gems.



Starting point for explorers:

The skiing and hiking areas of Plose near Brixen/ Bressanone and Gitschberg Jochtal near Meransen/ Maranza, Rodenegg Castle with its unique frescoes, the Neustift monastery and the historic town of Brixen are in the immediate vicinity of Natz.

↑ 889 m above sea level
👤 830 inhabitants

Simply worth seeing

Parish Church of St. Philipp and St. Jakob

As one of the original parishes in South Tyrol, the parish of Natz probably dates back to the Carolingian period (9th century). The parish church with its characteristic church tower was consecrated in 1208 by Prince-Bishop Konrad in honor of St. Philip and St. Walburga. The names of the current church patrons suggest that the church was rebuilt and consecrated again. The tower was built from 1400 granite blocks. Particularly noteworthy is the neo-Gothic high altar, which is decorated with wooden sculptures of the enthroned Madonna with the Christ Child and Saints Agnes and Ursula from 1470 and comes from the school of the famous artist Michael Pacher. The side altars show pictures of the Holy Family and the Baptism of Christ, which probably date back to around 1700.



Mineral Museum

Markus Klement is a passionate mineral collector. His museum is a real gem and houses over 1,500 minerals from 50 different countries. This makes it one of the largest collections of its kind in the European Alps. Every Wednesday at 10 a.m. and by appointment, there is an impressive guided tour during which interested guests can also learn how the development of minerals is linked to the formation of our earth.





Bust of Jakob Auer

The entire municipal area of Natz-Schabs is very water-poor, as it is surrounded by deep river valleys. The average annual precipitation is 640 millimeters. Therefore, in 1957/58, under the guidance of the founder of the soil irrigation consortium and chairman Jakob Auer, from the "Flötscherhof", the irrigation system that still exists today was built. In his honor, his likeness adorns the fountain in the village square of Natz in the form of a bronze bust.



Natural Pressure Water System

Jakob Auer was the driving force behind the construction of a plant that has been supplying the plateau with water since the 1950s. A display board in the Rienz river gorge provides information about the construction of the eleven-kilometer-long natural pressure water system. The pipeline with a diameter of around half a meter comes from the Lüsnerthal valley and its construction is a true pioneering achievement that has fundamentally changed life on the plateau (see also our interview with apple guide Sepp Michaeler on page 58). It enabled the transformation of a poor, dry area into a flourishing landscape.



Simply worth seeing

Frunpark leisure area and playground

Arrive, have fun, take a break, discover nature: young and old can enjoy themselves in the “Frun” leisure park in the forest of the same name. The park, which is easily accessible by bike or on foot, has comfortable seating, a fire pit with barbecue area, swings and numerous other play equipment, as well as a football pitch. Volleyball and basketball can also be played here. Children's



and family parties can be held here by reservation.

Important: For the use of all barbecue areas on the high plateau (Frunpark and Ölberg in Natz, Gründl in Raas, Viummer Kreuz in Schabs) a written authorisation must be obtained from the tourist office in Natz!

Rudolf Bacher Museum

The artist Rudolf Bacher was born on 10 May 1903 at the Flötscherhof in Natz. He had many musical and technical talents, was the bandmaster of the music band and choirmaster of the Natz parish church, but his great passion was woodcarving. By the time of his death on 7 February 1983, he had created over 100 works of art and everyday objects. Although they are not to be regarded as a high-calibre art collection, they are nonetheless endearing folk culture and a piece of Natz's local history. At the artist's request, the municipality ensured that the works were not scattered to the four winds after his death and acquired the collection for 20 million lire on the initiative of Mayor Josef March



and Deputy Mayor Franz Baumgartner. From 1986 to 2017, more than 200 of his works were exhibited in the parish hall, and since then the most important works have been on display in Haus Hansengut.



Laugen biotope in Natz

Located to the south of the village, the Laugen wetland biotope protects the



habitats of a variety of endangered plant and animal species, offers migratory birds a suitable resting place and invites inquisitive nature lovers to explore it on walks. There is never a dull moment, because you are constantly discovering new things in the tranquility of this untouched corner of nature!

Other biotopes in the municipality of Natz-Schabs are the "Raier Moos" in Raas, the "Sommersürs" biotope in Viums and "Zussis" in Natz.





On the go in Natz

Villages Round Trip

The tour leads through the village of Natz and then turns right onto the Villages round trip through the Fruhnwald forest up to the Waldertor viewpoint. Past Viums and the Viummer Kreuz cross, the route leads mainly



through forest paths up to Schabs. Continue through the village trip through forest and later through orchards and then go left along the Villages round trip, up to the Flötscher Weiher pond. At the Seehof Hotel, cross the road and continue through meadows and woods, always along the signposted road to Raas. Continue through the cultural grounds passing the water reservoir back to the street towards Natz. Follow the street to the right, at the Laugen sports field following the sign Dörferrunde. From here, the Villages round trip leads back to the starting point.





 approx. 3,5 hrs
 210 m difference in altitude
 11 km

Through meadows and fields

Starting from the cultural center in Natz, walk along the road in the direction of Viums. After 200 m you reach the junction, now turn left at marker 1 to the Sommersürs biotope with its island-like stands of reeds and bulrushes. Together with diverse underwater vegetation, it is an ideal habitat for numerous animal and plant species. The path leads past the biotope on marker 5 to the junction on the left, shortly on marker 5A to the road. Follow this on the sidewalk in the direction of Natz and after approx. 700


m turn left at the crossroads onto the “Wiesenweg” path through meadows and fields back to the starting point.

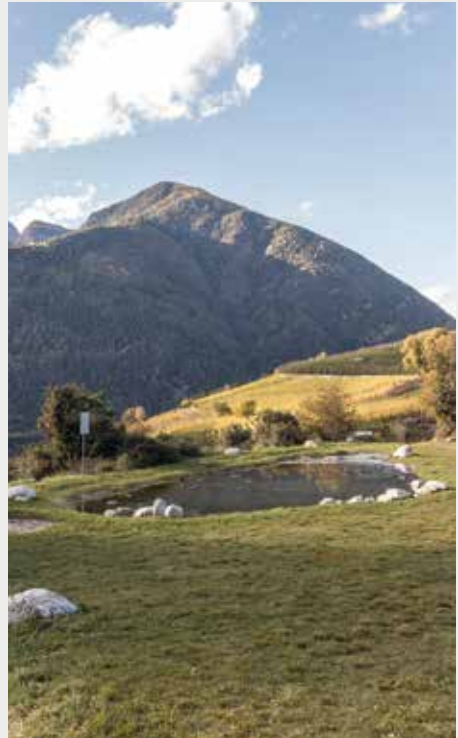
Alternative: As soon as you reach the road at marker 5, you can cross it and walk around the Mesnerbühel hill in half an hour on a soft forest path.

 suitable for pushchairs
 approx. 1,5 hrs
 60 m difference in altitude
 4 km

Nature hike from Natz to Brixen




From the church in Natz, the hike leads along trail no. 4 down to Raas and continues following the markings to the Neustift monastery. Way back: From the Neustift monastery along the Eisack river along trail no. 16 or trail no. 16A through vineyards in approx. 45 minutes to Brixen. From there, take the public bus back to Natz.

 approx. 1,5 hrs
 300 m difference in altitude
 3,6 km



Cultural hike to Brixen

For the hike from Natz to Brixen, first follow the path with the marker 1 to Elvas and reach the town of Brixen via the descent marked 1, 2 or the Archeopfad.

 approx. 1,5 hrs
 330 m difference in altitude
 5,5 km




On the go in Natz

To the “Waldertor” viewpoint

From the church square in Natz, follow the village road northwards in the direction of Vioms. After about 150 metres, the “Dörferrunde” trail branches off to



the right into the settlement and onto the field paths. Initially through the fields, then on mostly flat forest paths, you reach the “Waldertor” viewpoint. Here you have a beautiful view of Rodenegg Castle opposite. The hike continues westwards to the village of Vioms with the romantic hilltop church of St Magdalena. At the western edge of the village, follow the marker 1 to the left southwards on field paths through orchards to the “Sommersürs” biotope. Here you reach the Natz-Vioms road and follow it southwards to the starting point in Natz.

 approx. 1,5 hrs
 160 m difference in altitude
 5,5 km




Round Trip from Rodeneck to Natz

From Natz, the path leads down the Rienzschlucht gorge on trail no. 4; there you cross the Rienz river on the pedestrian bridge and walk up to the Niedersthof farm. After about 800 meters in the direction of Lüsen, a trail branches off to Rodeneck. Past the wayside shrine, follow trail no.

1 to Rodenegg Castle via the hamlets of Spisses and Vill. The path (still on trail no. 1) leads through the forest down to the Rienzschlucht gorge and

over the Rundlbrücke bridge, back to Vioms and Natz.



 approx. 4,5 hrs
 830 m difference in altitude
 13,6 km



The Apple trail at Natz-Schabs

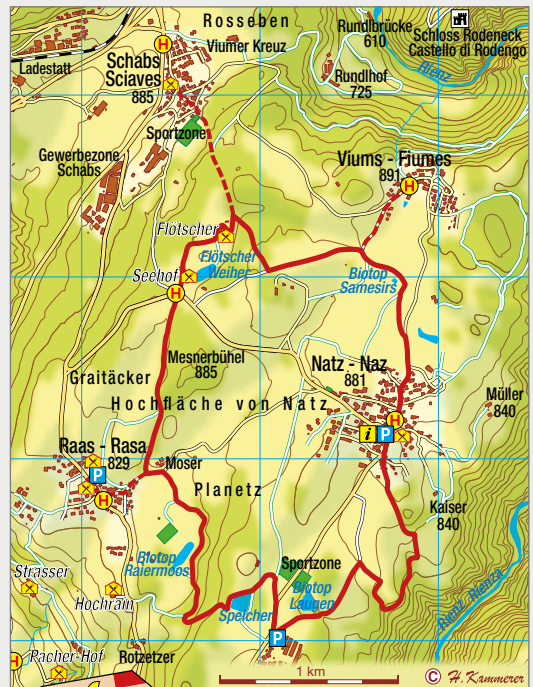
The theme trail for all ages




Enjoy a leisurely hike through the variety-packed countryside of the high plateau and learn a wealth of fascinating information about apple farming in this region: The 7.7-kilometre-long apple trail leads through pine woods, apple orchards, meadows, biotopes and chestnut groves from Natz to Raas and back again, and is lined with information panels which provide a fascinating insight into apple cultivation in South Tyrol. If you're hiking this route, we highly recommend stopping off at the Ölberg viewpoint, where you can look forward to comfortable sun loungers and breathtaking panoramic views alongside "centring points" to relax, meditate, and rediscover your own inner balance. The Apple Trail is also accessible from Viums, Schabs and Raas.

Route description

Set off from Natz village square, walk along the road to Viums for a short stretch and then turn left onto a side trail leading to the Sommersürs biotope. Follow the "Apfelweg" trail signs to the Flötscher Weiher lake and continue onwards until you come to an intersection. Cross the road here and follow the

"Apfelweg" signs over the Mesnerbühel hill towards Raas, where you will come to the Raier Moos biotope with its mesmerising flora and fauna. From here, walk up through the woods in a gentle ascent and alongside a large reservoir until you come to the main road to Natz. Follow this road to the south for around 150 metres and then turn off to the right. Follow the Way of the Cross to get back to your set-off point in Natz village centre. The Ölberg viewpoint, close to the Way of the Cross, is a wonderful spot to take a break and relax on the sun loungers.



-  approx. 2,5 hrs
-  150 m difference in altitude
-  7,7 km



The Parish Church of
St. Margaretha

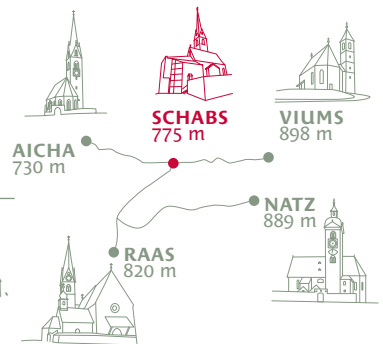
Schabs

Meeting point for explorers

The Eisack/Isarco Valley, Wipptal Valley and Pustertal/Pusteria Valley meet in Schabs (Sciaves in Italian), on the edge of the plateau.

The ideal starting point for hikes, bike tours and excursions in all directions. A new feature is the cycle path in Sciaves/Schabs, which safely connects cyclists with the South Tyrolean cycle path network.

Not to be missed: in Schabs there are historic lime pits where lime was once slaked. You can also immerse yourself in the history of South Tyrol by visiting the nearby bunker or hiking along the “Schabs Theme Trail.”



Living history:

Schabs was an independent municipality until 1929. The village is the home of Peter Kemenater, who fought alongside the freedom fighter Andreas Hofer against the Bavarians and French around 1800.

▲ 775 m above sea level
👤 1070 inhabitants

Simply worth seeing

The Parish Church of St. Margaretha

The late Gothic parish church of St Margaret was consecrated around 1281, but was only completed in 1454. The interior of the church was baroqueised at the end of the 18th century. From the outside, the stone-framed square portal and the unusually high, filigree church tower (72 metres) are particularly striking. Inside, a ceiling fresco depicting the Assumption of the Virgin Mary can be admired.



Chapel of the Sacred Heart

In commemoration of the 175th anniversary of the struggle for the liberation of Tyrol, the company of traditional marksmen from Schabs built the Chapel of the Sacred Heart in 1984. The chapel is located northwest of Schabs, on the way to Viams.



The “Urlausstöckl” Chapel of Pilgrimage

Also worth seeing in Schabs is the “Urlausstöckl”, a simple pilgrimage chapel on the southern slope of the Spinger Berg. The name has little to do with holidays in the modern sense: Inside the little church, which can be reached on an easy hiking trail from Schabs, hangs a picture depicting Jesus’ farewell to his mother Mary (he is “taking leave” from her). Built in 1641 by the curate and Jerusalem pilgrim Georg Stocker, the building is well worth a visit, not least because of the marvellous view.

Drinking beer ...

Young and old meet in Schabs at the Putzerhof, whose inn tradition dates back to 1751. Recently, not only the restaurant underwent a general overhaul: the house brand “Viertel Bier” (which translates into “a quarter to beer”) is now served in the brewery. For thirsty throats looking for variety and open to new things!



Lime pits near Schabs

The Dolomites are not called the “pale mountains” for nothing, as it is the white limestone that gives them their bright color and thus their recognition value. It was precisely this rock that used to be quarried, burned in lime kilns and then transported to building sites. Brick-built lime pits were constructed there to slake the lime. Four of these old lime pits can be seen in Schabs, on the slope above the “Lanz” service station. A hike there is always worthwhile.

... and wine in the bunker




At the Lanz winery in Schabs, you can not only taste different wines, but also visit the former military bunker where the grapes are pressed. The wine matures to full maturity at constantly low, ideal temperatures and can develop its harmonious bouquet.



Simply worth a visit




From Schabs to Neustift Abbey

From the center of Schabs, follow hiking trail no. 8, descend into the Riggertal valley and walk along the Eisack river to the Neustift monastery. From there, the trail marked 4 leads up to Raas, crossing under the main road and then reaching the hiking trail marked 8. This path leads through the forest past the so-called “Raierböden” meadows back to Schabs.

 approx. 3 hrs
 300 m difference in altitude
 9,5 km

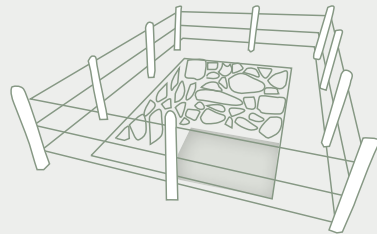
Schabs Circular Hike




From the centre of Sciaves, walk towards Viums, turn left at the chapel at the Viummer Kreuz cross and follow the “Stegerbühelrunde” sign to the north in a clockwise direction. As you walk round the Stegerbühel, you walk on soft forest paths and also have a wonderful view of Rodenegg Castle and the Rienzschlucht gorge.

 approx. 1 hr
 90 m difference in altitude
 3,4 km

To the lime pits near Schabs

Starting from Hotel Sonneck in Schabs, follow marker number 9 and hike above the Lanz rest stop to the lime pits. There are a total of four lime pits. At the first lime pit, you will find a large panoramic board describing the historical background of the lime pits. Continue following marker 9A past Urlaubstöckl towards Aicha. For the return journey, you can either take the same route back or follow marker 8A along Ochsenbühel and then continue along marker 8 to Schabs. From there, you can return to the starting point along the bike path.



 approx. 2 hrs
 150 m difference in altitude
 6 km



Through the Rienz Gorge to Mühlbach




Starting from the Schabs church, the route follows the road in the direction of Viums. At the Viums cross (“Viummer Kreuz”), the path branches off in the direction of Rodeneck. After descending into the Rienzschlucht gorge (marker 1A), cross the “Rundl” bridge and continue past farms to Mühlbach (marker 7). From Mühlbach, the hike leads along the so-called “Stöcklvaterweg”, a path that leads past Putzerhof inn and Stegerbühel hill, back to Schabs. Follow this path to the Viummer Kreuz cross, then follow trail no. 3 back to the starting point in Schabs.

 approx. 3,5 hrs
 150 m difference in altitude
 10,5 km

“Schabs theme trail”

11 display boards provide vivid information about the history of Schabs and local sights; the three chapels of sorrow on the Spinges mountain, the background to the construction of the Franzensfeste fortress, the connections to the Tyrolean marksmen, the short life of the “Lauterfresser” Matthäus Perger, a famous witcher...

Steep, but accessible even with baby carriages, the field path starts at the B&B Hotel Sonneck in the direction of Pallgrube, where it splits – once towards the Nussbaumerhof farm and once towards the road to Spinges.


 approx. 1 hr
 100 m difference in altitude
 4,5 km



Schabser circular hike

Starting from the church in Schabs, you reach the Viummer Kreuz cross on the road towards Viums. There the hiking trail branches off to the right to the Flötscher Weiher pond, marker 2. Cross the main road and follow marker 2 over the Mesnerbühel in the direction of Raas. At Moser, follow trail marker 4 along the road through orchards to Natz, from where you head towards Viums. Shortly after the village of Natz,

a turn-off to the right (marked Dörfer-runde) leads to Frun and the Waldertor (viewpoint to Rodenegg Castle). After a slight descent through the forest on the path marked 3, you reach the village of Schabs again.

 approx. 3,5 hrs
 300 m difference in altitude
 10,5 km



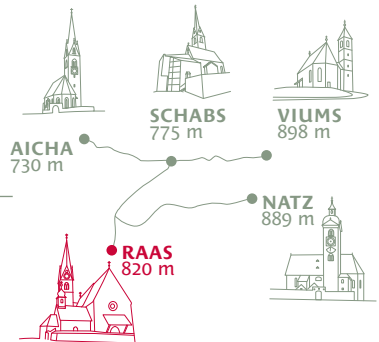
Raas

The best spot in the sun, with excellent views

Raas is situated in a sunny location in the south of the plateau. The view sweeps over the Eisacktal Valley and the surrounding mountains. Gently sloping vineyards connect Raas with the Brixen valley basin. An easy hike takes you to the old town of Brixen or the Augustinian monastery of Neustift. Nature lovers are drawn to the unique Raier Moos biotope or across the orchards surrounding the village. Children can let off steam in the Apple Garden play park (see page 28) and explore the 5-metre-high wooden play tower in the shape of an apple.

Famous grandson:

Raas is the hometown of the grandmother of Pope Benedict XVI, who has also visited the episcopal town of Brixen.



↑ 820 m above sea level
👤 660 inhabitants

Simply worth seeing

St. Ägidius Succursal Church

The succursal church of St. Ägidius in Raas is a late-Gothic building, and was completed by the constructor Thomas Maurer in 1532. The neo-Gothic interior mostly dates from around 1880. On the high altar, one can see St. Ägidius, the patron of the church and the protector of viticulture. In Raas, the now rare custom of the bread donation and bread distribution is still practised on the day of the church patron in September.

Hunter's Memorial

The hunters' monument was erected in 1968 by the Natz-Schabs hunting association and stands on the Mesnerbühel. It was carved from an old chestnut tree trunk and bears the inscription: "It is the hunter's shield of honour that he protects and cherishes the game." The pillar depicts the Hubertus legend and shows a hunter with a crossbow, a dog and a stag with a cross in its antlers.



The Raier Moos Biotope

Nature to touch and observe - from near and far. So don't forget your binoculars don't forget your binoculars on a walk along the nature trail around the Raier Moos biotope, which covers around ten hectares! Here you can listen to the songs of rare birds and observe the diverse wildlife from various shelters. Originally a large lake that formed around 12,000 years ago on clayey ice moraines and where the first aborigines settled on pile dwellings.

The Raier Moos has been a biotope and habitat for endangered flora and fauna since 1986. Reeds, bulrushes,

rushes and feverfew line the lake, which provides a habitat for frogs, newts and adders. Numerous migratory birds such as herons and storks find resting places here. Red-backed shrikes, wrens and nightingales breed here, as do various warblers and tits. The flower-rich dry grasslands are a paradise for crickets, grasshoppers, butterflies and praying mantises.

Other biotopes in the municipality of Natz-Schabs are Sommersürs in Viums, Zussis and Laugen in Natz.



Simply worth seeing

Play Park "Apfelgarten" in Raas

The "Apfelgarten" Play Park is one of the favorite spots for family vacations in Natz-Schabs. Kids can freely play on the many playground equipment. They can climb up the five-meter-high wooden apple and slide back down. On hot summer days, they can splash around in the

large water play area with a mud zone. They can also jump on the trampoline and rock on the wooden animals. Covered benches and wooden decks invite you to take a break and have a picnic. Time flies in the "Apfelgarten" Play Park! Meanwhile, adults can relax in the shade of apple trees while keeping an eye on the kids.



Let the medal hunt begin!

Pick up your Adventure Book at the tourist office. Explore the most beautiful places in the area with your family and become a professional adventurer! Ten

wonderful experiences are waiting for you – use the embosser at each of the 10 stations to stamp your adventure book. As a reward, you can pick up a medal at the tourist office.

APPLE- SHAPED
PLAY
TOWER

WATER PLAY
AREA WITH A WATER
PUMP AND MOOD
POOL

ANIMAL-SHAPED
SPRING
ROCKERS




SWINGS



On the go in Raas

Nature trail “Raier Moos”




From the church in Raas eastwards along the road along marker 4 to the Moser, then turn right following the “nature trail” symbol around the Raier Moos and back to the starting point on marker 4. Thanks to the information boards and observation points, visitors of all ages can get to know the habitat of various animal species and plants at close quarters. Don't forget your binoculars!

 about 40 minutes
 40 m difference in altitude
 2,2 km



Hike through the vineyards to Brixen

From the church in Raas, walk along the road to Elvas. Turn right here and descend along field paths to Kranebitt and via Stufels, the oldest district of the episcopal town, to Brixen. The tour leads from Raas down to Brixen, always following trail marker 2. Return journey by bus possible.

 approx. 1,15 hrs
 260 m difference in altitude
 4,8 km



Our tip for runners

Flower Run

After a short stretch through the center of Natz, take the road towards Viums along a fairly flat gradient and then southwest, passing the Mesnerbühel until arriving at Raas. Continuing to the nearby Raier Moos biotope, then cross the Mooswald until you arrive at the road leading to Elvas. Following the road after a while, you reach the steepest part of the trail en route to Elvas. From there go up a little further to the water basin, before continuing on flat



ground until you arrive at your destination: the club house in Natz.

Description:

Fantastic, varied competition course for a great training run on the high plateau.

Ground-conditions:

motorway, tarred road through the forest.

 250 m difference in altitude
 11,5 km





Viums

Idyll on the edge of the forest

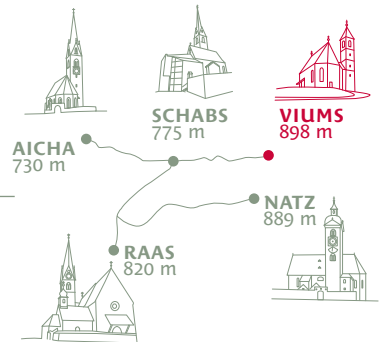
Viums is the smallest village in Natz-Schabs and located on the eastern edge of the plateau. A place in the heart of nature to relax and recharge your batteries. Idyllically situated, close to the forest and surrounded by meadows. From the Waldertor viewpoint, just above the village, you can see Rodenegg Castle, which towers over the Rienzschlucht gorge on the rock opposite.

A short walk and you can admire a variety of water birds, reptiles and plants in the Sommersürs biotope.

Culture fans can visit the little church of St. Magdalena on the round hill: the “Viummer Kirchl”, as it is called by the locals, is considered one of the most beautiful cultural sites in the area.

Legendary wildlife:

The former village bar in Viums was known far and wide as the “goat bar” because the owner's goat was exceptionally trusting towards the guests.



▲ 898 m above sea level
👤 300 inhabitants

Simply worth seeing

“Sommersürs” biotope

A walk to the Sommersürs biotope is a must when visiting the Viums fraction. Small and diverse, the Sommersürs biotope, also known as Samesirs, is located in a hollow between the villages of Natz and Viums. The biotope area of just over 2 hectares is an invaluable refuge for countless aquatic insects, amphibians, reptiles and water birds. Cattails, sedges and feverfew also thrive on the shallow lake shore.

The Church of St. Magdalena




The church, situated on a hill in Viums, was consecrated in 1281 and is considered as the most beautiful shrine in the surroundings. The present church construction dates from 1500 and was build on the fundament of a church, the expansion of the tower happened in the 17th century.



On the go in Viums

To the “Waldertor” viewpoint

Start your hike from the church in Viums and follow trail no. 1 into the forest. After about 700 meters, turn right at the crossroads and continue on trail no. 3. After another 300 meters, a narrow path leads you through the forest to the “Waldertor” viewpoint with a view of Rodenegg Castle. From here, follow the markings to Natz until you reach the village center. Continue along the “Apfelweg” trail to the Sommersürs biotope. Turn right at the crossroads and follow trail no. 1 back to the starting point.

 approx. 1,5 hrs
 100 m difference in altitude
 5 km






A family hiking tour to the “Sommersürs” biotope

Start your hike from the church in Viums and follow trail no. 1. When you reach a crossroads, turn right onto trail no. 5, later change to trail no. 5A and follow this path to the road. Walk along the sidewalk in the direction of Natz for about 700 meters, then turn left at the crossroads and follow the “Wiesenweg” to the Cultural club in Natz. After arriving there, continue your walk by following the “Apfelweg” markings, which will take you to the Sommersürs biotope.

There you will experience a unique environment with small islands of reeds and bulrushes, accompanied by diverse underwater vegetation that provides an ideal home for numerous animal and plant species. At the next junction, turn right and continue to follow trail no. 1, which will take you back to the starting point of your hike.

Other biotopes in the municipality of Natz-Schabs are Raier Moos in Raas, Zussis and Laugen in Natz.

Other biotopes in the municipality of Natz-Schabs are Raier Moos in Raas, Zussis and Laugen in Natz.

 approx. 1 hrs
 25 m difference in altitude
 4,5 km



Aicha

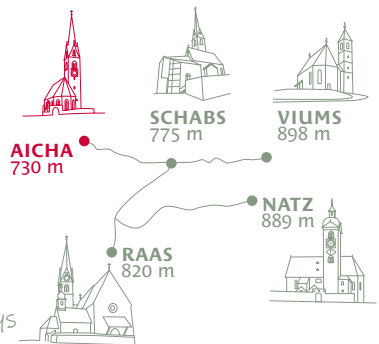
Embraced by chestnut trees

Aicha is situated in a sunny location on the edge of the plateau between Franzensfeste and Schabs. The name Aicha comes from “oak forest” (Eiche = oak). Today, it is the mighty chestnut trees in the “Köstental” valley of the same name that attract everyone's attention. The Franzensfeste fortress in the immediate vicinity is also impossible to miss: built as an imposing military fortress, the fortress, “Fortezza” in Italian, is now an exciting cultural site.

The sunny location of Aicha is ideal for walks or bike rides along the valley cycle path, which runs right past the village, or on a little more challenging route up to Spinges/Spinga. The convenient location also makes Aicha the ideal starting point for excursions throughout South Tyrol or an inviting stopover when passing through.

Contemporary witnesses:

When the road to Aicha was made passable for larger vehicles in 1768, Roman coins were found. In fact, the area was already inhabited in prehistoric times. Remains of a hill fort from the Middle Hallstein Age indicate that there has always been an important traffic route from Schabs to the north, south and east.



▲ 730 m above sea level
👤 520 inhabitants

Simply worth seeing

The Old Lime Tree – A Monumental Natural Relic

An old lime tree stands right next to the cemetery wall surrounding the church of St Nicholas. It is 22 metres high and characterises the idyllic square. The circumference of the trunk is 6.25 metres and the diameter of the crown is 17 metres. The age of the lime tree can no longer be determined as the trunk is cracked. However, it is estimated to be several hundred years old. It is held together with iron bars.

The Church of St. Nikolaus

It is said that the Church of St. Nikolaus was built in 1402 on the site of what was previously a small chapel and the works were terminated approximately in 1464. The frescoes above the door of the church were only discovered during subsequent restorations in 1985 and are probably the work of the renowned sculptor, Michael Pacher. The pointed steeple with its four bells also dates back to this period.

Chestnut grove




The “Köstental” chestnut grove is located on the eastern northern edge of Aicha. The chestnut trees here are protected. The sweet chestnut was a staple food in the southern Alpine regions in the Middle Ages and was also known as the poor man’s bread. Today, the fruit is a special rarity in South Tyrolean cuisine, where it is mainly served during the autumnal custom of “Törggelen”.



On the go in Aicha




Village Circular Route

The village circular route of Aicha is an easy hike. From the starting point, the church of Aicha, simply follow the sign Dorfrundweg.

 about 45 minutes
 insignificant
 2,3 km

From Aicha to Spinges

From Aicha, trail no. 7A leads to Spinges. For the way back to Aicha, take trail no. 9 via Katzenleiter and past the wayside shrine, then continue on trail no. 9A.

 approx. 3 hrs
 400 m difference in altitude
 7,5 km





Simply adventurous

Cheers to our plateau!

Do you want to celebrate life and special moments?
We do too! All year round, locals and guests meet
at the numerous events and festivals in Natz-Schabs.

Marvel at the huge apple crown at the Apple Festival.
Enjoy the balmy summer evenings and freshly baked “Tirtln”
at the Sunnseitn-Feschtl (Sunside Festival).
Rock out at the Alpen Flair Festival.
Or awaken the anticipation of Christmas at the
“Advent atmosphere” in Natz.
Are you joining us?

May

Blossom Festival: Spring awakening in Natz-Schabs

Between mid-April and the beginning of May, Natz-Schabs is in full bloom. To celebrate this magical blossom spectacle, the Blossom Festival takes place every year on May 1st. The Blossom Festival is accompanied by the South Tyrolean Blossom Weeks.

June

Experience Tyrol 1809

Every two years, visitors are immersed in the world of Tyrol 200 years ago. You can experience old craftsmanship, taste culinary specialties or simply observe the hustle and bustle of the village. Troops compete against each other in show battles and re-enact the historic 2nd Bergisel Battle.

Alpen Flair Festival

This rock and pop festival is a festival of a different kind, but has been an integral part of the summer in Natz for over ten years, with visitors from all over the German-speaking world and beyond. Here they all celebrate together, pop fans with rockers, old with young, locals with guests – for three days on the grounds of the former NATO casern in the middle of the apple orchards below the village.

July

Football rules!

It is a tradition in many South Tyrolean communities to receive a visit from the “big shots” in summer, whether of Italian “Serie A” or German Bundesliga. The plateau has already hosted top-class players such as Nuremberg and Heidenheim, who then take the opportunity to play with or against the local heroes. Some of the training and fitness sessions take place in front of an audience, as do the friendly matches, of course, and at the fan festival, true football fans can take a selfie or two with their idols!

July - August

Summer Night Event

Pure fun under the starry sky of the plateau with the Summer Night Event! In the summer months there is a weekly evening market with musical entertainment and local specialties.



August

Polenta Festival

“Tirggn” or “Tirgge”, as corn is called in our part of the world due to its presumed origin in Turkey, has always been a popular and tasty basic ingredient for a wide variety of dishes. Polenta (its Italian name) is particularly popular as a side dish, but also as a vegetarian main course, from “Muas” (a type of mashed Polenta) to the sweet “Riebler” dessert, a pancake variation. At the annual Polenta Festival at the “Haus der Vereine” (Cultural center) in Natz, everything revolves around the yellow gold, which local businesses use to conjure up all kinds of delicious dishes! The summer event is accompanied by music and entertainment for the little ones.

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October

Apple Festival

Every year on the 2nd Sunday in October, everything revolves around the coveted apple at this festival, which has already become a tradition. The focus is on the parade with a huge crown of colorful apples, which attracts many enthusiastic onlookers every year. Don't miss the subsequent coronation of the Apple Queen. It is always a well-kept secret who will be crowned Apple Queen – until next year!

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December

Krampus Parade or Mask Exhibition

The 'Oachna Krampuses' enliven the high plateau with their impressive performances. Whether at a Krampus procession or a mask exhibition - the tradition of the Krampus custom, which dates back to the Middle Ages, is cultivated here with great passion. Numerous floats, fire spectacles, impressive costumes, breathtaking show acts, and artistic masks ensure an unforgettable experience.

Advent atmosphere in Natz

On Fridays in December, there is a cozy Christmas stall with tasty treats and hot drinks. Festive music and various Advent moments set the mood for the holidays. The village square, decorated with fir trees and glittering with Christmas lights, attracts many Christmas fans.

Advent concert

Every year on December 23, the traditional Advent concert takes place in the Parish church of Natz. Various choirs and groups sing Advent and Christmas carols, accompanied by reflective words from the priest. The cozy Advent evening ends with mulled wine and cookies.

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Sights to see

The ideal starting point for your adventures

Brixen

THE OLDEST TOWN IN SOUTH TYROL

Immerse yourself in the rich history of the enchanting old town of Brixen. With its pedestrian zone, picturesque alleys, characteristic architectural facades and arcades where numerous shops and congenial ambiances, are waiting to be discovered.

CATHEDRAL AND CLOISTER

After being ravaged by two deadly fires, in 1200 the original tenth century Ottonian construction in the old town was revamped in Romanesque style.

It was later rebuilt in Baroque style from 1745-1754, with frescoes by Paul Troger, the high altar created by Theodor Benedetti and the sumptuous interiors are clad in no less than 33 different types of high-grade marble. There is also a Late-Gothic Madonna by Hans Lienberger, a full-scale pipe organ with 3,335 pipes and 48-register manual. The neoclassical portico was designed by Jakob Pirchstaller and



built in 1783. However, the gem in the crown of Brixen is the tenth century cloister in the cathedral.

DIOCESAN MUSEUM AND MUSEUM OF THE NATIVITY SCENE

Founded in 1901, the Diocesan Museum is located in the Brixen Episcopal Palace and is divided into the following sections: sacred art from the Middle Ages to modern times (35 halls), the imperial living quarters with paintings, furniture and porcelain (7 halls), Bishop's living quarters and history of the Principality (10 halls), chancellery showcasing the ecclesiastical history of the diocese (8 halls) chancellery with coats of arms and

royal seals (2 halls), cathedral treasury, nativity scenes and account of the Redemption.

PHARMACY MUSEUM

The variety of historical objects, instruments, medicines, pots and containers exhibited in the Pharmacy Museum were used on a daily basis and comprehensively document the history of more than four hundred years of apothecary.

WHITE TOWER

The 72 metre high Gothic tower of the parish church of St. Michael is one of the landmarks of the town of Brixen alongside the twin towers of the cathedral. It is called the “White

Tower” because of its light-coloured, brick tower roof. The present form dates back to 1459, behind which the fire warden’s parlour was located until before the Second World War.

Neustift

AUGUSTINER CHORHERRENSTIFT

The monastery of the Augustinian Friars has a late Baroque-style church, a Gothic cloister, an art gallery, Well of Miracles and library with medieval wooden tables and prized Rococo furniture. Built in 1775, the Rococo library has furnishings of notable artistic value in which medieval manuscripts are exhibited.





Franzensfeste

THE HABSBURG FORTRESS

Built by Austrian Emperor Franz I, Franzensfeste was once considered the strongest fortress in Europe. However, the defence system never saw real combat. To this day, the fortress made of massive granite blocks characterises the landscape. One of the most fascinating features of the fortress is the long underground tunnel with a staircase with 457 steps and a height difference of almost 100 metres. Franzensfeste Fortress has been renovated in recent years. The award-winning conversion is now the venue for various exhibitions and events.

Rodeneck

RODENEGG CASTLE

Rodeneck Castle was built in 1140 by the Lords of Rodank and was extended in the 16th century by the Counts of Wolkenstein-Rodeneck, when it became one of the most formidable castles in the entire region. Oswald von Wolkenstein, the notable poet-troubadour, initiated the Wolkenstein-Rodeneck family line and today the castle is still in the hands of his descendants. Of particular interest is the cycle of frescoes dating from around 1200, with 11 scenes depicting the legend of Ywain, a chivalrous epic poem by Hartmann von Aue. It is surprising that profane frescoes of this type could have been deemed as acceptable by the religious authorities of the time.

Hiking in the surroundings



Simply moving

Rodeneck

FROM THE RODENECKER-LÜSNER ALM ALPINE PASTURE TO THE ASTJOCH RIDGE

By car from Natz-Schabs to Mühlbach and from there to the Zumis parking lot (1,715 m) in Rodeneck. Continue on foot along trail no. 4 towards the Ronerhütte hut sign. Proceed through a stretch of forest then across the meadows, until you arrive at the Ronerhütte hut (1,831 m; mountain tavern), about ½ hour later. The upper track leading to the Starkenfeldhütte hut, (1,936 m; mountain tavern), at about an hour's walk from the Ronerhütte hut. Continue eastwards along the wide track to the west side of the Astjoch ridge then take the moderately steep path up to the summit (2,194 m) about an hour's walk from the Starkenfeldhütte hut. Descent same as ascent.

Alternative route: Return on trail no. 11/12 to the Kreuzwiesenhütte hut (1,925 m) then down a track marked as trail no.2 A through the Alpine pasture, intersecting with trail no. 2, back to the starting point.

 5 hrs (alternative route: 5,30 hrs)
 479 m difference in altitude
 16,7 km






THE PATH OF CREATION ON THE RODENECKER ALM

The starting point is the Zumis car park at 1,750 m above sea level, which can be reached via Lüsen or Rodeneck. From the car park, first follow the wide hiking trail no. 2, from which the Confinweg trail marked with the number 4 branches off to the left a little later. It leads through sparse groves and gently undulating alpine meadows on a leisurely ascent and finally rejoins trail no. 2.

The way back is the same as the outward route.

Alternatively, you can also continue on trail no. 2 to the cosy Rastnerhütte hut.




 approx. 2 hrs
 200 m difference in altitude
 6,4 km



Meransen

TO THE "GROSSER SEEFELDSEE" LAKE




By car from Natz-Schabs to Mühlbach then to Meransen (1,414 m); alternatively from Mühlbach to Meransen by cable car. From Meransen, a 30 min walk will take you up to the Altfasstal parking lot (1,560 m); alternatively by car. Then follow the narrow Alpine track through the woods and meadows on a flat stretch to the Großberghütte hut (1,640 m; mountain tavern) until the trail climbs up to the Wieserhütte hut and Pranter Stadel hut. From this point onwards, the track becomes even steeper until it reaches the Großer Seefeldsee lake (2,271 m), a total of 2.30 hours walk from the parking lot. Descent same as ascent.

 approx. 5 hrs
 710 m difference in altitude
 15,4 km

Vals

TO THE BRIXNER HÜTTE



By car from Natz-Schabs then to Mühlbach into the Valsertal valley and up to the parking lot near the Fane Alm Alpine pasture (1,739 m). Please note that in summer the road from Vals to the Fane Alm Alpine pasture is open to vehicles only in the mornings and again in the late afternoons (alternatively take the shuttle bus). From here, continue on foot following the signs to the Brixner Hütte Alpine shelter on trail no. 17 up through the gorge until you reach a fork in the road, then along trail no. 17 through the Alpine pastures up to the Brixner Hütte Alpine shelter (2,300 m). The distance from Fane Alm is 1.45 hrs. The 1.15 hours descent is back down the same route. From the shelter the following may be reached: Wilde Kreuzspitze (3,135 m) easy for experienced, sure-footed hikers (3 hours) – Wurmaulspitze (3,022 m) signed route, not difficult for experienced hikers – with side trip to Sandjöchl ridge.

 approx. 3 hrs
 560 m difference in altitude
 8,4 km

Vahrn / Spiluck

TO THE ZIRMAIT ALPINE PASTURE


From Natz-Schabs by car to Vahrn and then to Spiluck as far as the parking lot above the Gostnerhof farm (1,380 m; inn). Continue on trail no. 2, until you reach the Steinwies Alm Alpine hut (1,537 m) and then up a steep wooded slope, remaining on trail no. 2, until reaching the Zirmait Alm Alpine hut (1,891 m; serving). Descent same as ascent. Trail no. 2 also leads to the Karpitz mountain (2,517 m) - 2 hrs from the Zirmait Alm hut.

 approx. 2,45 hrs
 511 m difference in altitude
 6,7 km

Pfunderer Valley near Vintl

FROM PASTURE TO PASTURE

By car from Natz-Schabs to Mühlbach and Vintl then through the Pfunderertal valley up to the small locality of Dun (1,550 m). Proceed on foot for a stretch along trail no. 17 then take trail no. 13A to the right. After a stretch, turn left on to trail no. 13, followed by trail no. 18 up to the Egger- Böden Alpine shelter and dairy farm. After having passed the shelter, continue for a while before turning right across the slope to trail no. 13. Proceed to the junction on the Pfunderer High Alpine Trail. Take the turning right towards Kuhscharte and then follow the new forest road that leads to the Gampiel Alm hut, where you awaits a stunning view over the Pfunderertal valley, the Rodenecker Alm Alpine pasture till to the Peitlerkofel mountain. The return route is along the forest track passing the Egger farms. Return to Dun, at first along trail no. 13 before taking a left turn along the ancient Via Crucis of Dun until you reach the parking lot.

 approx. 4,30 hrs
 720 m difference in altitude
 11,7 km





Surroundings of Brixen

THE EISACKTAL VALLEY CHESTNUT TRAIL




A single band of chestnut trees covers the slopes of the Eisacktal Valley, stretching from Vahrn near Brixen up to the Rittner High Plateau as far as Runkelstein Castle, just north of Bozen. The Chestnut Trail can also be traversed in sections, such as from Natz-Schabs via Klausen to Feldthurns and the Velthurns Castle (856 m). From there follow trail no. 12 through the village center of Felthurns, passing the Laurentius and the Antonius churches until the the Radoarhof farm (850 m). Proceed ascending up a chestnut grove and towards the Moar zu Viersch farm (863 m, a walk lasting 50 min) and to the Huber farm in Pardell (775 m). Following the trail no. 1 up to the Säben Abbey (740 m). The descent leads trough the grounds around the Abbey and on the Via Crucis towards the artists' town of Klausen (520 m, approx. 1 hr).

 approx. 2,30 hrs
 136 m ascent / 428 m descent
 6,2 km

Brixen / Plöse

THREE SUMMIT TOUR

Go by car from Natz-Schabs via Brixen up to the cablecar station in St. Andrä, then by cable car to Kreuztal (2,000 m). Starting at the mountain station, take trail no. 7 up to the Plösehütte Alpine shelter (2,440 m). Heading towards east and down to the Lüsner Scharte ridge (2,380 m), following trail no. 6/7. Continuing on trail no. 7 direction Große Pfannspitze mountain (2,540 m), passing it and continue till crossing the ridge, to the Kleiner Gabler mountain (2,560 m). From there to the clifftop of the Großer Gabler mountain (2,576 m), where you awaits a stunning view. Return on trackless pasture slopes southwards till reaching the track no. 17A. Following it in a westerly direction, passing the Rossalm Alpine hut and heading back to the starting point at Kreuztal.



 approx. 4,30 hrs
 680 m difference in altitude
 11,5 km



Villnöß / Zans

CIRCULAR HIKE TO THE FOOT OF THE GEISLER MOUNTAINS

Starting at the Zanser Alm hut parking lot (1,680 m) at the end of the Villnössertal Valley follow the old hay trail no. 6 direction Tschantschenon, Adolf Munkel trail. After reaching the Tschantschenon bridge no. 35 turn right on to the Adolf Munkel trail and follow it toward the Gschnagenhardt Alm hut and the Geisleralm Alpine hut (1,996 m). On the return, take trail no. 36 from the Dusleralm Alpine hut to return to the point of departure (approx. 2 hrs).

 approx. 3,30 Shrs
 320 m difference in altitude
 9 km

Also suitable for families

NATURE ADVENTURE TRAIL ALSO SUITABLE FOR THE DISABLED

Experience nature - the adventure trail (3 km) in Zans in the Villnöss valley invites you to do just that. You don't even have to be a good walker - the trail is also suitable for pushchairs and wheelchairs. Nature lovers can find out about the natural and cultural landscape of the Puez-Geisler Nature Park at various stations.



Simply varied

Cycling tours for connoisseurs and action fans

Whether on an e-bike, mountain bike or racing bike: the plateau is an excellent starting point for varied cycling tours.

Natz-Schabs is directly connected to the Eisacktal and Pustertal cycle path network.

The Dolomite passes and adventurous mountain trails are also close by!

The **Valle Isarco/Eisacktal cycle path**

offers enjoyable cycling and is equally suitable for families and recreational cyclists. The cycle path starts at the Brennero Pass and leads via Sterzing/Vipiteno, Brixen/Bressanone and Klausen/Chiusa to Bozen/Bolzano. The route is around 102 km long and can also be cycled in sections. The cycle path is well signposted and leads through rolling hills and shady forests.

The **Pustertal Valley cycle path** starts at Mühlbach/Rio di Pusteria at the entrance to the Pustertal Valley. The cycle route is around 105 km long and leads through the Pustertal Valley to Lienz in Eastern Tyrol, Austria. The asphalted cycle path is also suitable for less athletic cyclists and families. Picturesque places and sights along the cycle path leave unique impressions.



Set off by mountain bike from Natz-Schabs on tours in all directions. Routes of varying degrees of difficulty lead through the low mountain range, to sunny alpine plateaus or to high mountain trails and passes in the midst of an impressive landscape.

On the road by bike




Schabs Bicycle Route

One of the best ways of discovering the Natz-Schabs High Apple Plateau is the Schabs Bicycle Route. Starting at Schabs, head south and after passing Förche, you arrive in Raas. Going through Raas take the left turn, past the church and through the orchards along road no. 4 until reaching the center of Natz. At the church take a left turn and continue to Viums. Pass through the pine forests, before reaching the Viummer Kreuz cross and then continue along trail no. 1 A as far as the Rundlbrücke bridge, which crosses the gorge of the Rienz river. The imposing Rodenegg castle lies perched on a rocky outcrop surrounded by forest. From the bridge continue along trail no. 7 before reaching Mühlbach. At this point, we recommend taking a small detour to visit the Mühlbacher Klause, an old medieval customs post. After crossing Mühlbach, continue to Aicha before arriving at the old fortress in Franzensfeste from where you take the Aicha trail back to Schabs. You'll return to your point of departure within minutes.

 approx. 2 hrs journey time
 620 m difference in altitude
 27 km

Mountain Bike Tour to the Anratterhütte Alpine Hut

From Natz (889 m) take trail no. 1 to the Sommersürs biotope, then turn left into trail no. 5 past Hotel Flötscherhof, descending to Schabs until you arrive at Hotel Sonneck. Turn right into trail no. 9 and then go left up to the Urlaubstöckl chapel. Then take the mountain road up to Spinges (1,100 m) and when you reach the crossing, head towards the Anratterhütte Alpine hut, past the parking lot and the large cross (1,357 m). Continue along gravel road no. 9 to the Anratterhütte Alpine hut (1,814 m). To return, take the same road back and after a kilometer, turn left towards Vals. Turn right at the first intersection. After about two kilometers turn left before reaching Mühlbach along the old road (signposted in red and white). Return to Schabs following the bicycle trail and from there back to Natz.

 approx. 4 hrs journey time
 1310 m difference in altitude
 35 km



The guest card

Natz-Schabs Card

One card, countless advantages

Car-free – always connected!

With the Natz-Schabs Card you can use public transport in South Tyrol for free: regional trains, buses and selected cable cars. It also includes free admission to most South Tyrolean museums, participation in the weekly program of Natz-Schabs and Gitschberg Jochtal and many other benefits.

You receive the Natz-Schabs Card free of charge from all the hosts who are members of the tourism cooperative.

Your benefits:

- Free and unlimited travel on public transport in the whole of South Tyrol (regional trains & buses) Brenner to Trento, Mals to Innichen, Ritten narrow-gauge railway

- The Cable cars Mühlbach-Meransen, Burgstall-Vöran, Vilpian-Mölten, Bozen-Kohlern, Bozen-Ritten, funicular to the Mendel can be used free of charge
- One free ride a day with the cable cars on the “Gitschberg” in Meransen and “Jochtal” in Valsin at selected times
- Free ride with the alpine bus to the Rodenecker-Lüsner Alp
- Skibus service in the winter months to the Gitschberg Jochtal and Plose ski areas
- Free access to some 80 museums, exhibitions and collections in South Tyrol
- Participation in the weekly programme of Natz-Schabs and Gitschberg Jochtal





Recipes from Natz-Schabs

Simple and delicious: that's how South Tyrolean life tastes!

In South Tyrolean cuisine, everything revolves around apples. The sweet fruit provides the basis for much more than the apple strudel for which we are known far beyond the country's borders. Here are two tasty recipes from our farmer and passionate cook Berni.

Raspberry and apple muffins

for 6-8 people

Ingredients:

- 90 g melted butter, cold
- 125 g sugar
- 1 sachet vanilla sugar
- 2 eggs
- 280 g flour
- 3 tsp baking powder
- 1 pinch of salt
- 250 ml natural yogurt
- 1 large apple
- 100 g raspberries

Preparation:

Mix the butter, eggs, sugar, vanilla sugar and salt in a bowl. Add the yogurt, flour and baking powder and finally fold the grated apple and raspberries into the batter. Pour the batter into muffin tins, garnish with apple pieces and bake in the oven at 160°C for 20 minutes – done!

Apple tartlets

for 4-6 people

Ingredients:

- 4 eggs
- 120 g sugar
- 120 g flour
- 1 sachet baking powder
- lemon
- vanilla
- salt
- 4 apples
- walnuts (chopped)

Preparation:

Peel and core the apples and cut into wedges. Beat the egg yolks with the sugar, lemon zest and vanilla sugar until frothy. Mix the flour with the baking powder. Beat the egg whites with a pinch of salt until stiff. Fold the flour and beaten egg whites alternately into the egg mixture. Brush the cups with oil, add the apple slices and chopped walnuts and pour in the sponge mixture (fill the cups $\frac{3}{4}$ full). Bake in the oven at 160°C for 20 minutes. Once the tartlets are baked, leave to cool slightly and then turn out.





Just a few questions

From fruit farmer to ambassador

An interview with apple ambassador Sepp Michaeler (nicknamed “Schiestl-Sepp”), born in 1960, on the subject of fruit growing and his pleasure in bringing visitors from near and far our beautiful little corner of the world.

Can you tell us a bit about your career, Sepp?

I've been working as a hiking guide for 30 years, but I'm actually a fruit farmer like my father and his father. At the end of the 1970s, I attended the Laimburg agricultural college south of Bolzano. At that time, I was only the second person from Natz to go there, all the others had gone to Dietenheim/Teodone in the Pustertal Valley. But I had always been interested in fruit farming, it was probably in my blood. I eventually took over the farm, which I now run together with my wife, and enjoy working as an apple ambassador.

How do you become an apple ambassador?

Well, the term hasn't been around that long. Some time ago, they would just tell me: “Seppi, you know a lot about these things, why don't you go out into the fields with the people and explain to them what we do here.” Today, I'm a certified apple ambassador and

give people an insight into the local agricultural economy. And I still really enjoy it. I like going out with people. Interested guests can also enjoy a guided tour of the farm.

Where do these apple hikes usually take you?

We always meet at the village square in Natz and then decide spontaneously which direction to take. In rainy weather, we tend to stay on the roads, otherwise we are already out and about on apple paths and in orchards.

So the guests can just walk through the apple fields and see the whole thing up close?

Yes, in my own fields, but also in those of the neighboring farmers. We do this carefully, as I am a fruit farmer myself and as such I know what is allowed and what is not. There are many different types of cultivation, older and new orchards, different cultivation systems and apple varieties. The circular walks are very varied and popular.

What else is offered to participants?

Before or after the hike, we show them a film about South Tyrol as a fruit-growing region in general. We are the northernmost fruit-growing region here – and one of the driest, along with the Vinschgau (Venosta valley) and the Tschöggglberg (Monzoccolo region). Then I answer the questions of my group. The participants' curiosity is also satisfied during the tour of the fields. The main topics are cultivation systems, plant protection, different varieties and problems in fruit farming. I also show them the agricultural machinery and, of course, they can pick their own fruit. Finally, there is a tasting of different apple varieties and juices.

Where do you find the time for this side job?

My guided tours usually take place during the week. So I have time for my family. My children are still small and I don't know where they will end up in life.

Do you secretly wish that they also become fruit farmers?

Today, young people have so many opportunities, often they go out into the world after their studies and don't return home. Of course, it would be nice if they could continue with the farm. But times are not like they used to be.



Who are your favorite people to hike with?

I always find it very interesting to go hiking with young students. The teachers always prepare the students well and then work with them on what they have learned. Families also like to come, and for senior citizens it's sometimes a bit easier, but there's always a lot of interest in my explanations, which makes me very happy.

How has agriculture changed here on the plateau?

I always used to say that there are two eras here: the one before 1958 and the one after. That was the year the irrigation systems were built. Without irrigation, there was no intensive use of the fields. At that time, the plateau of Natz-Schabs was still grain land and cereals



were grown. After the war there was absolute poverty and people struggled. Various companies (including some from Germany) were there at the time to help build the irrigation system. People were worried that they would not be able to finance it. At that time, there were around thirty farms, each of which had its own “Ziggl” (well for drinking water supply). That was the only way to get water before 1958. Water has been an important issue here for centuries.

But in the end, the people here did make it...

Yes, it was risky, but somehow everything went well. And all without the use of public money, as is the case today. The construction of the irrigation system made the start of intensive cultivation possible, as we still have

it today. Then, at the beginning of the 1990s, there was another major change, this time in terms of personnel. A lot of harvest workers came to us from neighboring countries to the east, some of whom naturally “got stuck” and started a family. Women have always played a major role in securing agricultural and accommodation businesses in this country. The majority of farms in the municipality are owned by women. And that’s a good thing.

What about the next generation of ambassadors?

We have three or four apple ambassadors, and of course we train and educate our younger colleagues. They often come to us straight after school to do this job. And this does not only make the tourists happy, it pleases me, too!

Simply tasty

Taste the nature in Natz-Schabs

Natz

PIZZERIA RESTAURANT

GOLDENER APFEL

Day off: Monday

Tel. +39 0472 415 504

RESTAURANT CAFÈ ANICH

Day off: Wednesday & Thursday

Tel. +39 0472 412 026

RESTAURANT FLÖTSCHERHOF

Open on Saturday and Sunday

Tel. +39 0472 412 077

HOFSCHENKE WALDERHOF

Day off: Wednesday

Tel. +39 0472 415 558

GASTHOF CAFÈ BAR PAUL

Day off: Saturday

Tel. +39 0472 415 124

CAFÈ-EISDIELE-BAR LANGHOF

Day off: Monday

No day off in high season

Tel. +39 0472 415 101

Schabs

RASTSTÄTTE LANZ

No rest day

Tel. +39 0472 611 890

RESTAURANT PUTZER

Day off: Monday

Tel. +39 0472 412 194

BAR CAFÈ MENSA SONNECK

Day off: Saturday & Sunday

Tel. +39 0472 694 027



Raas

RESTAURANT PIZZERIA BAR CAFÈ HOCHRAIN

Day off: Monday evening & Tuesday

Tel. +39 0472 412 248

GASTHOF KALTENHAUSER

Day off: Monday

Tel. +39 0472 412 089

RESTAURANT STEINRAFFLER

Ruhetag: Montag & Dienstag

Tel. +39 0472 835 077

PIZZERIA BAR CAFÈ SYLVANERHOF

Day off: Wednesday

Tel. +39 0472 412 000

CAFÈ BAR HUBERTUSHOF

Day off: Winter: Wednesday afternoon &
Thursday - from mid-May: Thursday

Tel. +39 0472 412 003

BUSCHENSCHANK TRINNERHOF

Day off: Monday

Tel. +39 0472 412 238



Viums

HOFSCHÄNKE PLATTNERHOF

Day off: Monday

Tel. +39 380 89 39 249

Aicha

CAFÈ BAR KLAMMERHOF

Day off: Monday & Tuesday

Tel. +39 0472 459 032

BAR ZUM LINDENWIRT

Day off: Tuesday

Tel. +39 333 349 1257



Simply local

How about some holiday shopping?

Natz

**MAIR EGON
OBERWEIZHOF FEINKOST**
Monday to Friday
07:30-12:00 / 15:00-18:30,
Saturday 07:30-12:00 /
16:00 - 18:00
Tel. +39 0472 415 027

Schabs

**PLONER KG
DORFLADEN**
Monday to Friday
07:30-12:00 / 15:30-18:30
Saturday 07:30-12:00
Tel. +39 0472 412 403

Viums

VIUMSER SPECK
Monday to Friday
08:00-12:00 / 14:00-18:00,
Saturday 08:00-12:00
Tel. +39 0472 410 168

Raas

SYLVANERHOF
Monday to Friday
07:30-12:00 / 16:00-19:00
Saturday 07:30-12:00
Tel. +39 0472 412 000

HÄUSLERHOF HOFLADEN
Wednesday and Saturday
16:00-19:00
**Tel. +39 0472 412 519
+39 338 748 4911**

HAUSMANN HOFLADEN
Monday to Friday
von 14:00-19:0
Saturday: 12:00-19:00
Tel. +39 338 637 1945

Aica

ZUM LINDENWIRT HOFLADEN
daily 09:00-20:00
(Tuesday day off)
Tel. +39 333 349 1257

Simply on the move

Car-free and well-connected

MOBILITY INFO POINT
Kreuzgasse 10, 39042 Brixen

+39 0472 970 695

Train:
www.trenitalia.it
www.bahn.de
www.oebb.at

www.suedtirolmobil.info
www.altoadigemobilita.info

Bus:
www.sii.bz.it
www.sad.it

 App: südtirolmobil
altoadigemobilita



Simply helpful

Useful phone numbers

First aid/mountain RESCUE SERVICES	112
FIRE BRIGADE EMERGENCY SERVICES	112
POLICE	113
CARABINIERI	112
CARABINIERI-STATION Schabs	+39 0472 412 132
BRIXEN HOSPITAL	+39 0472 812 111
ACI (Italian Automobile Association), breakdown service	116
ALPINE AUSKUNFT information concerning conditions in high mountain pastures, trails, etc.	+39 0471 999 955
WETTER UND BERGWETTER www.provincia.bz.it/meteo	+39 0471 270 555 +39 0471 271 177
CENTRAL TRAFFIC INFO: www.provinz.bz.it/traffico	+39 0471 200 198
TOWN HALL Schabs	+39 0472 412 131

Alcohol consumption/driving regulations:

Permitted BAC: 0.5 per mill

Drivers under 21 years or newly licensed drivers: BAC: 0.0

