



## Summer holiday at the Sparberhof

...some recommendations from the wealth of activities South Tyrol has to offer for families

### *Around the Sparberhof in Egg*

- Drive up to the Penserjoch (approx. 10 min) and breakfast at the Penserjoch Haus Alpenrose, followed by a hike. There are several options for this:
  - o Pleasant summit hike on the Zinseler approx. 1.5 hrs with wonderful views of the Sterzinger Talcassel and great discoveries of small caves and construction of "little stone men" - the Zinseler is also offered as a guided sunrise tour via the Aktivcard, which is certainly just as recommendable. Then just plan for breakfast afterwards. 😊
  - o more demanding summit tour on the Tatschspitze, which is the mountain that adorns our logo and can be seen from our farm, or on the Sarnen Weißhorn. At [www.sentres.com](http://www.sentres.com) you will find all the detailed information on the various mountain tours.
  - o Easy and short hike to a small lake on the right hand side of the Penserjoch, with the possibility to see and catch tadpoles and small newts. Along this path you will also often meet sheep, show and horses. If you take a blanket with you, you can enjoy the peace and quiet of the mountains on the mountain meadow and maybe even get to see a marmot. Be sure to choose a warm day for this, because in windy or bad weather it is cool at 2000 m, even in summer.
- Hike via the Kirchsteig to Stilfes (ascent is indicated as 2 hrs): The hike along the Kirchsteig trail connects the villages of Stilfes and Egg along the Stations of the Cross and leads pleasantly through the forest. In Stilfes you can visit the large parish church and enjoy various delicacies in the adjacent bakery with bar (you can also have a delicious breakfast here). The way back is the same.
- Visit Raifenstein Castle in Elzenbaum (approx. 8 min drive). With the Aktivcard, children up to the age of 9 can even take part in knight games there. If there is demand and interest, older children may also be able to participate.
- Walk through the hamlet of Egg, to the Eggerbach stream (approx. 20/30 min). On the way, you pass the playground with football field, which is open to the public. There is also a table tennis table (you have to bring your own racket and ball) and a sandpit. Children are also welcome to use a bike/scooter as there is little traffic on the road.

### *Recommended in the Wipptal*



- In any case, you should take advantage of the free rides with the various mountain railways, because the areas that can be reached with them are beautiful and have a lot to offer, especially for families. In the hiking area Ladurns there are many beautiful hikes, as well as the mountain carts for a fast ride down into the valley. In the hiking area Ratschings there is a great adventure hiking trail for families that takes you into the world of ants and marmots, over exciting viewing bridges and varied climbing frames. There are also fun water games and a petting zoo. There are plenty of places to stop for refreshments with good South Tyrolean food in all areas.
- The Gilfenklamm gorge is also definitely worth a trip. With children, I would recommend exploring the gorge from top to bottom, as it is less strenuous that way and there are several opportunities to play by the water and a rest area at the foot of the gorge. You can park in the village of Stange (approx. 15 min drive) and take the public bus to Ratschings (get off at the bus stop Jaufensteg - there is direct access to the gorge). The hollowed gorges and the roar and roar of the water are truly breathtaking. Fearful children and people with a fear of heights, however, should better not visit this gorge.
- An alternative with less noise and no steep rocky gorges with stairs and bridges is the Burkhartdklamm in the Ridnauntal valley (approx. 30 min drive). Here, too, you can admire a great mountain stream and at the same time, after about 1.5 hours, you reach the highly recommended Aglsbodenalm, which is ideal for eating and lingering.
- Sterzing's Balneum swimming pool offers a small but nice outdoor pool and the indoor area is also open in summer. So this can be a great activity even when the weather is not so nice.
- You should definitely visit the town centre of Sterzing. It is small but nice, but there are plenty of good restaurants and bars for a cosy evening or lunch. In the summer months there are also various festivals/events. For more information, please contact the tourist office directly.
- The mining museum in Ridnaun is also highly recommended. It offers various tours and activities for children/families and fascinates with its well-preserved tunnels.
- Skytrek - the high ropes course in Sterzing is very popular with children, as there are various courses to discover in the middle of the treetops.

#### *Recommended in the rest of South Tyrol:*

- Day trip to Bolzano or Bolzano and surroundings:
  - o with a drive over the Penserjoch (approx. 1.5 h drive - possibly back via the motorway approx. 50 min drive, or vice versa). In Bolzano you can either visit the town (for the children a detour to the Talferwiesen, with playground and



- trampoline) or take the cable car to the Rittner Hochplateau and there the narrow-gauge railway to the earth pyramids.
- Bolzano can also be easily reached by train from Sterzing (approx. 1 hour drive). The train station in Bolzano is very central and the centre as well as the Rittner cable car can be reached on foot in a few minutes.
  - In Bolzano there is also the Ötzi Museum (with the mummy from the ice) and many other museums worth seeing.
- Excursion to the Sarntal valley with a hike around Lake Durnholzer See (approx. 45 min. drive) or visit the Urelesteig trail in the Rheinswald hiking area. For hungry stomachs, a pizza at the Santerhof is highly recommended. The Sarntal also has a small outdoor swimming pool, if you want to combine a hike with a visit to the pool.
  - A day of swimming in the Aquaarena Brixen: one of the best outdoor pools in South Tyrol with lots of fun and games for children (approx. 30 min drive, also easy to reach by bus and train from Sterzing). Brixen is also worth a walk. A somewhat smaller swimming pool is available in Klausen, another 10 min. further south, if the crowds in the Aquaarena are too great (but it's best to go early and on weekdays 😊).
  - An excursion to the south of South Tyrol (approx. 1.5 h drive):
    - Swimming at Lake Montiggl or Lake Kaltern - both have a lake and a swimming pool
    - Castle hike in Eppan
    - Take the funicular up to the Mendel (there are again various hiking possibilities).
  - An excursion into the past: in the Folklore Museum Dietenheim, you can discover the life of our ancestors and get an insight into the farming life of the past (approx. 1 hour drive).

#### *Recommended outside of South Tyrol:*

- A trip to Innsbruck, with a city tour and a visit to the Alpenzoo. There you can discover the animal world of the Alps and also have a variety of shopping opportunities (possibly also an alternative for not so good weather).