

Winter 2018/19

# ALPE

Alpe di Siusi Magazine

CASTELROTTO · SIUSI ALLO SCILIAR · FIÈ ALLO SCILIAR · ALPE DI SIUSI · TIRES AL CATINACCIO

## Memory

A path for Hans and Paula Steger

## Ascent

80 years ski resort

## Ice

Climbing during winter



# Has time come to a standstill here?

OR ARE WE  
JUST A STEP AHEAD?

## ZALLINGER MOUNTAIN HOLIDAYS AND RESTAURANT

Original cuisine and fabulous sun terrace with breathtaking views.  
Alpe di Siusi, 2,054 m – We can't wait to see you!

*Christina  
& Markus*

HOW DO I GET THERE? →

Florian lift →

SLOPE NO. 34 or TRAIL NO. 9 (6 mins)

Saltria 74 →

Hotel Tirlir – TRAIL NO. 9 (1 hr and 15 mins.)

# Editorial & Contents

Photo: Helmuth Rier

## Dear guests!

Winter wonderland and Christmas magic, culture and cuisine, skiing and snowboarding, snowshoeing, cross-country skiing, romantic horse-drawn sleigh rides, winter paragliding and ice skating, mountain magic and alpine wellness - the Alpe di Siusi holiday region brings you all the magic of winter!

Our holiday region offers practically endless opportunities for an active, enjoyable holiday. We hope that the following pages will be a source of inspiration for you and stir your spirits for a holiday free from the cares of everyday life.

The theme of this winter season is the 80<sup>th</sup> anniversary of the Alpe di Siusi ski resort, and the following pages provide a fascinating glimpse into the evolution of the Alpe di Siusi into a winter sports area. Please have a look also at our magazine ALPE SPECIAL.

The "Hans & Paula Steger Trail" is a tale of romance, leading you

along a very special winter hiking trail on the Alpe di Siusi and the fascinating world of ice climbing will certainly surprise you.

The story of Dr. Eduard Egarter Vigl, famed around the world as Ötzi's "personal physician," illustrates just why Prösels Castle is considered to be the cultural centre of our holiday region.

Have you ever wondered how to make the perfect farmhouse roast? Paola, the farmer's wife, at the Zemmerhof farm and passionate cook, reveals the mouth-watering secret.

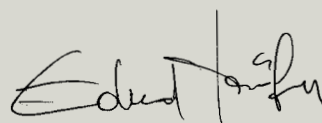
Last but not least, feel the magic of the unique Christmas atmosphere in our holiday region on a trip to the small but beautiful Christmas markets in the villages, or enjoy the hush of nature in our entrancing winter landscape.

ALPE magazine would like to be your companion during your holiday in Alpe di Siusi: In addition

to important information on public and private services and hand-craft companies, we also offer a number of valuable tips on the best restaurants, inns and meeting places and the many and varied shopping opportunities in the villages. The magazine also features a detailed program of endless range of events: Unmissable cultural, sociable occasions that are guaranteed to please.

We hope that you, too, join in and have fun.

We wish you a wonderful, unforgettable stay, and the very best of well-being and relaxation.



**Eduard Tröbinger Scherlin**

*President for Alpe di Siusi Marketing and the Tourist Offices of Castelrotto, Siusi allo Sciliar, Fiè allo Sciliar, Alpe di Siusi and Tires al Catinaccio*

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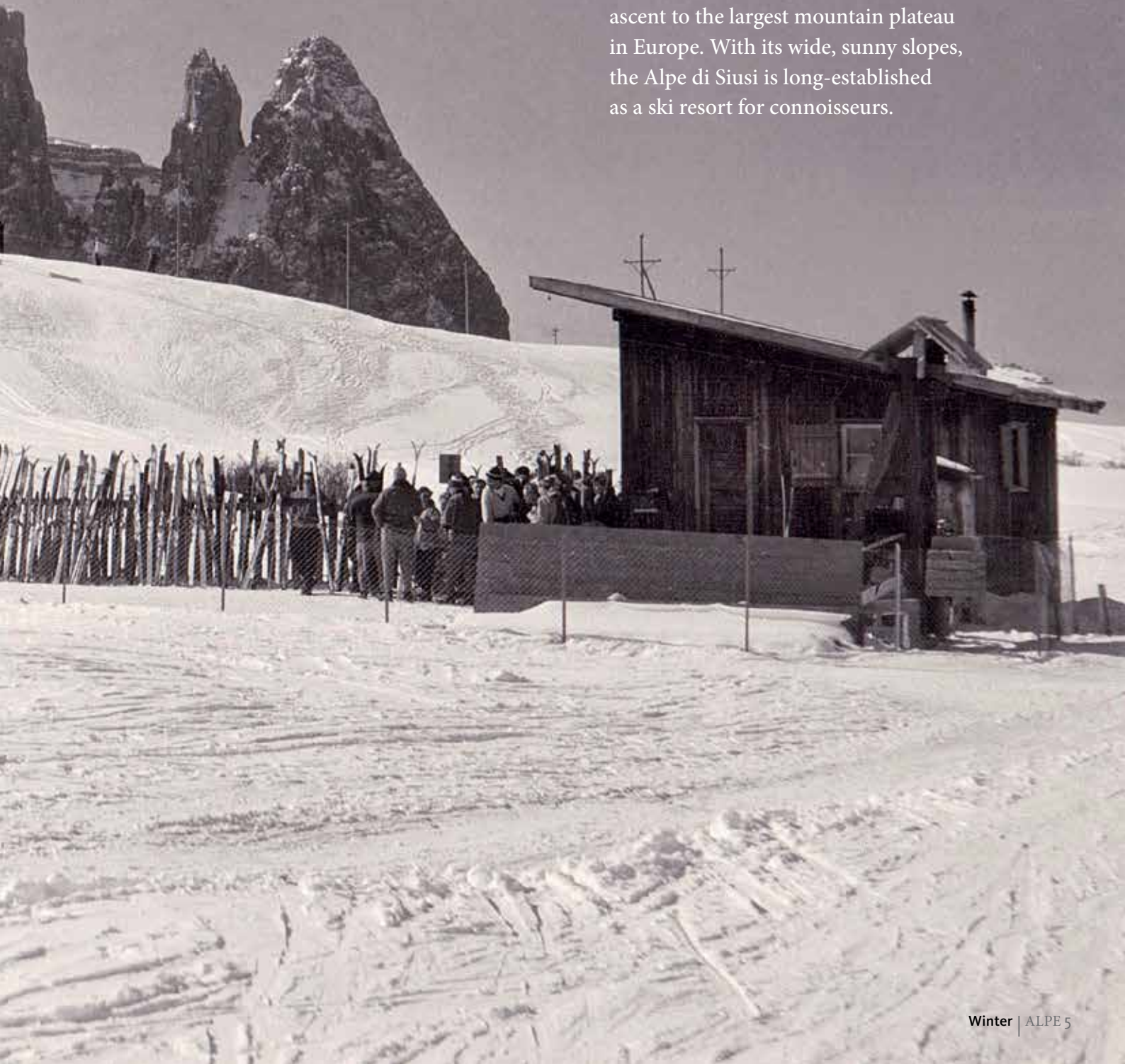
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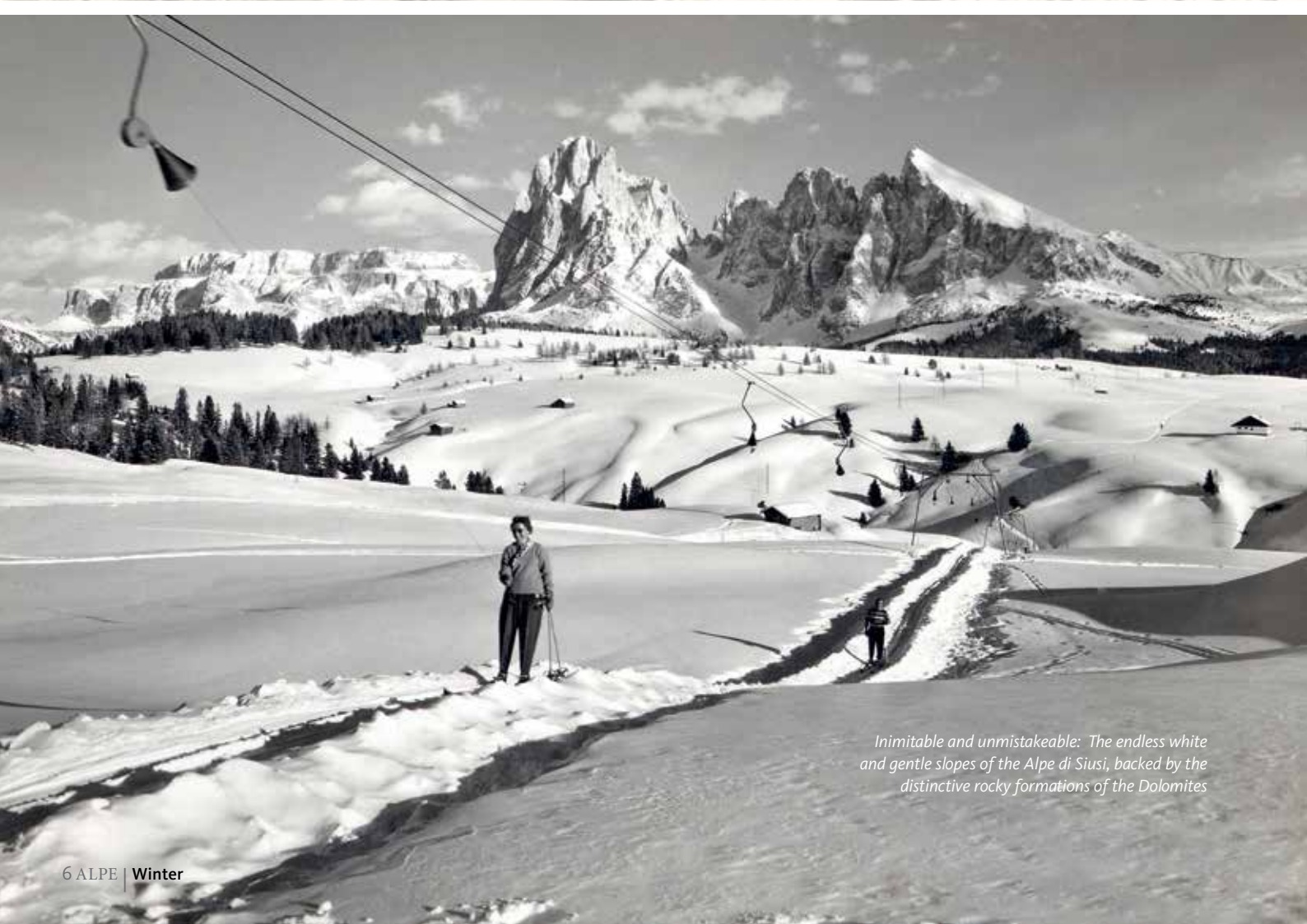


**80** years  
moving  
to the top  
ski area Seiser Alm  
1938–2018

## *The “Slittovia”*

In winter of 1938/1939, the inauguration of the “Slittovia Panorama Joch” sledge lift set the wheels in motion for the unstoppable journey to success for the Alpe di Siusi ski resort. 80 years later, 21 modern, automated lifts offer winter sport enthusiasts and mountain lovers a comfortable, safe ascent to the largest mountain plateau in Europe. With its wide, sunny slopes, the Alpe di Siusi is long-established as a ski resort for connoisseurs.





*Inimitable and unmistakable: The endless white and gentle slopes of the Alpe di Siusi, backed by the distinctive rocky formations of the Dolomites*



# Motorised ascent

The first ski lifts heralded the development of Alpe di Siusi as a winter sports area; A trip back over the past 80 years.

# T

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The Alpe di Siusi, largest alpine pasture in Europe, is not only a wonderful hiking area in the summer; with its 21 lifts, 60 kilometres of ski slopes, 80 kilometres of cross-country ski trails and outstanding snow park, it is now one of the most famed and frequented ski resorts in the Alps. This evolution all began in the early days of the 20th century. At the time, pioneers in the Alpine region, particularly in Switzerland and Germany, were working on ways of powering motorised lifts for enthusiastic fans of the “new” style of skiing, the great novelty of the moment. People had already begun to found ski

clubs and schools and organise ski races, and the trendy winter sport was the hot news of the press across the whole of Europe.

**Development of the Alpe di Siusi.** On the Alpe di Siusi, which was used as farm land only in summer, the first skiers climbed up on foot in winter, stayed overnight in a hay barn and then skied through the deep snow back into the valley. The Alpe di Siusi was to become a great deal more accessible in the years to follow: There had been a train line from Brennero to Verona since 1867. At »



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**Text:** Rosa Maria Erlacher  
**Photo:** Helmuth Rier



*Over the last 50 years the Alpe di Siusi has evolved into a magnificent ski resort that draws skiers of all ages.*

the time of the First World War a narrow-gauge local train to Val Gardena was constructed, where a cable car was built in 1935, followed by a road from Siusi/Castelrotto to the Alpe di Siusi 1938. This road alone made it possible to transport all that was required for the construction of the first sledge lift, the “Joch-Panorama” on the Alpe di Siusi which began running in the winter of 1938/39, followed a year later by the “Mezdi” ski lift.

At that time there were already a few B&Bs, mountain huts and shelters on the Alpe di Siusi for win-

ter guests to spend their holidays. Ski porters with baskets strapped onto their backs brought food supplies and all the necessary accoutrements to the shelters. Guests came to the Alpe di Siusi either by cable car or in a chauffeured rental car, and walked the last stretch to their hostel.

**From ski to telemix.** The Second World War put an end to the tourist development, but on returning from the war the men they immediately put their money back into the tourism sector, an auspicious source of income. In 1946, the “Leo Demetz



ski lift” was the first of the new lifts, followed by a ski lift on the Bullaccia/Puflatsch. For two winters, until it was buried by an avalanche, a ski lift even ran up to the Forcella dei Denti di Terrarossa. All these lifts were low-cable, and were followed by high-cable lifts later; with their columns, they were more expensive to build but safer to use as platter pulls or t-bars. In later years, around 1970, technology had advanced sufficiently to build the first chairlift on the Bullaccia. Given their higher capacity, drag tows were gradually replaced by multi-seater chairlifts, or - innovative for the time - basket lifts, such as the one on the Florian slope in Saltria. These have all long been consigned to the past: Today, the Alpe di Siusi boasts the very latest in high-tech trends, from the detachable multi-seater chairlift with weather protection bubble and automatic child safety lock to the hybrid chairlift-gondola concept of the Telemix cable car.

**Economic boom.** In the 1960s the skiing industry on the Alpe di Siusi was so well established that, alongside the hotels, large holiday apartment complexes were built. The ski school which had been founded in 1956 was no longer able to meet the rising demand for courses and, in the 1970s, additional training courses were organised for ski instructors. Hotels employed their own ski instructors to accompany their guests; Alpine huts became guest houses, guest houses became hotels, alpine meadows became ski slopes. Skiing on the Alpe di Siusi was in full swing and the tourism industry was booming with all the magic of the mountains and après-ski fun – and, unfortunately, also with a considerably more traffic than there had previously been.

**Calming down again.** The glut of car parks and traffic congestion on the access roads eventually called for a rethink. The introduction of a single combined ski pass, the linking up of the lifts to a ski carousel and the construction of the Alpe di Siusi cable car from Siusi to the mountain station of Compaccio/Compatsch all contributed to easing traffic congestion on the Alpe di Siusi.

The Alpe di Siusi has certainly changed in its 80 years of ski tourism but one thing remains unchanged: The breathtaking view of the magnificent Dolomite mountains. «



Winter 2018/19

## 80 years of the Alpe di Siusi ski resort

It was exactly 80 years ago, in the winter of 1938/39, that the “Slittovia Joch-Panorama” sledge lift first opened. The first ski lift on the Alpe di Siusi was to be the foundation stone for the ski resort on Europe’s largest mountain pasture. The 80th jubilee will be celebrated in style with an array of special events:

The **Road Show**, which will be making its way to the locations of Castelrotto, Siusi allo Sciliar, Fiè allo Sciliar, Tires al Catinaccio and the Alpe di Siusi, will be illustrating the 80 years of development in the skiing area with a spectacular array of original photos from days gone by. The four circular exhibitions illustrate the following main themes: The first ski lifts and cable cars on the Alpe di Siusi - The development of the Alpe di Siusi lifts - From training ground to professional slopes - Gastronomy and accommodation over time

### Dates

11.12 – 30.12.18 at Fiè allo Sciliar  
31.12.18 – 20.01.19 at Siusi allo Sciliar  
21.01 – 10.02.19 at Castelrotto  
11.02 – 06.03.19 on the Alpe di Siusi  
07.03 – 08.04.19 at Tires al Catinaccio

### International Nostalgic Jamboree race with parade

**Date:** 02.02.19 with beginning at 10 am (panorama slope) on the Alpe di Siusi (Compatsch)

### Nostalgic ski shows

on the Alpe di Siusi (panorama slope)  
**Dates:** 02.01, 06.02, 20.02, 06.03.19 with beginning at 4:30 pm

[www.seiseralm.it/80years](http://www.seiseralm.it/80years)



# In memory of love

Two special people, bonded by a love of sport and immortalised on the Alpe di Siusi in the Hans and Paula Steger Trail.

## T



There are a few places in the world where love is celebrated: The balcony in Verona where Romeo and Juliet are said to have kissed, the Taj Mahal, a mausoleum in India which a Mughal emperor built in memory of his dead wife.

**Paula Wiesinger.** The tale of the beautiful hiking trail that crosses the Alpe di Siusi, dedicated to the two mountain pioneers Paula Wiesinger and Hans Steger, is a little different. Paula Wiesinger was born in Bolzano in 1907. She was an exceptional professional skier, who followed her victories in diving and swimming with outstanding success in skiing. In the 1930s Paula Wiesinger won 15 Italian championship titles. In 1932, she took the Downhill World Champion title in Cortina d'Ampezzo, underscoring her success a year later with a 4th place finish in Innsbruck. In 1934 she came fifth in the St. Moritz slalom once again. At that time, a female top athlete was a rare sight indeed,

and the headlines from then on belonged to “la Paula,” as her fans called her.

**Hans Steger,** who had already won the youth boxing champion at the age of 19, met Paula while climbing. At that time she was 27 years old and he was undertaking his first mountain tours in the Dolomites. Fired up with enthusiasm for the beautiful mountains and his athletic companion, he decided to stay on a few days longer: A few days which went on to become a whole lifetime. In the years that followed their first meeting they skied and climbed the most difficult routes of the Dolomites together; Hans knew that he had found his equal in his wife, and she is said to have taken the lead him many times, with Hans taking second place on the rope. Few if any of her contemporaries were able to climb the sixth (the highest at that time) level of difficulty as a leader and with such sure-footedness. It is no surprise, then, that »



*Pristine winter walking trails  
lead to the most beautiful vantage  
points of the Alpe di Siusi.*



Paula was the stuntwoman for one of Leni Riefenstahl's films, in which she had to fall over a steep scree slope – which she did with her characteristic fearlessness.

**“Hans & Paula Steger” Foundation.** Paula and Hans were soon famed beyond the borders as exceptional mountaineers. They were friends with King Albert of Belgium for many years, and accompanied him on numerous mountain tours. Over time Paula and Hans Steger purchased the Dellai hut on the Alpe di Siusi, which they converted into the present Hotel Steger-Dellai. The couple remained childless, and during their lifetime they founded a foundation for the conservation and promotion of Alpe di Siusi as a nature reserve. In 2006, five years after Paula's death, the foundation instituted the “Hans and Paula Steger Trail” in memory of the couple.

The theme trail leads across the Alpe di Siusi, from the mountain station of the Alpe di Siusi cable car in Compatsch to the foot of the Dolomite peaks of the Sassolungo and Sassopiatto. It leads through practically untouched nature, and information boards along the trail highlight the distinctive features of the natural and cultural area of the Alpe di Siusi: Its geological history, its flora and fauna, the mystical history of settlements and the legends of Sciliar witches and other characters of mythological fame including King Laurin and the mysterious Partschott.

On this well signposted, leisurely trail, all the many facets of the Alpe di Siusi unfold before the hiker's eyes; the wide pastures with their rustic alpine huts and the picturesque larch forests are a joy to behold, shady spruce forests welcome you to take a break and, over the entire length of the trail you can enjoy breathtaking views of the Dolomites. The trail is a perfect winter hiking trail during the cold months; the trail ends in Saltria at the Malga Laranzer Schwaige, and begins at the St. Francis Church in Compaccio. Trail no. 30 leads over snow-blanketed alpine meadows, across the road and past the Hotel Steger-Dellai, continuing gently uphill over snowy larch meadows. A short distance after the turn-off to Saltria,

the road turns right and leads down a broad alpine path into a valley with a stream (no. 12A). An ascent through woodland takes you to the Malga Laranzer Schwaige, the highest point of the hike. You can stop for a rest here, as well as at the Baita Rauch hut at the Hotel Ritsch or the Baita Tuene hut on your return route. The path leads to the asphalt road, and a snowy walking trail parallel to the road takes you back to your starting point. For the return journey, you can also take the Almbus (bus no. 11, “Malga Rauchhütte” stop). «



*The Hans and-Paula Steger Trail offers the opportunity to discover idyllic spots and explore the Alpe di Siusi, far from the pandemonium of the slopes.*



*Powerful cannons  
for gentle snowfalls.*



# Sparkling white, whatever the weather

On the Alpe di Siusi, it's the same as in any other ski resort: Without artificial snow, guaranteeing an uninterrupted skiing season is all but impossible. Producing technical snow requires a great deal of energy and water but it lasts for longer, is more packed and guarantees the best of skiing.

## W

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When talk turns to artificial snow, the first thing that comes to mind is climate change. The climate has, indeed, changed: Winters as spectacularly white as the last winter season are a rare sight these days and, particularly in low-lying areas, waiting for a proper fall of snow is a lengthy business, or the long-awaited snow does not appear until spring is practically on the way.

One thing which has changed even more than the climate is the requirements of guests, together with everybody who depends on the long supply chain that surrounds winter tourism. In the past, people went skiing when it snowed, says Matthias Rabanser, who operates a good half of the ski lifts and the snow park on the Alpe di Siusi. Today, skiing holidays are planned well in advance, which means that the winter tourism guest and

service network must be able to plan with confidence, and guaranteeing that the season will start on December 6<sup>th</sup> requires a considerable amount of groundwork, without artificial snow, it would be nothing short of impossible. However, on the Alpe di Siusi, it is only in the last few years that it has been necessary to give Mother Nature a helping hand.

The south-facing slopes of the Bullaccia, fully exposed to the sun, have always been at risk of thaw. "In the past this was the norm, and skiers would take the odd grassy patch on the slopes in their stride. Nobody would put up with it today. Even for safety reasons alone, these kinds of conditions would not be accepted nowadays," says Rabanser. In the 1970s, although the slopes were not technically snowed, the snow which had fallen was div- »



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**Text:** Sabine Funk  
**Photo:** Helmuth Rier



*A highly sensitive task:  
Gabriel Gasslitter is responsible  
for the snow-making process.*

vied up and transported by tractor to the slopes. 1982 saw the first trial runs with snow cannons, which were also brought to the slopes by tractor. At the beginning of the 1980s snowmaking equipment began to be optimised and, even by the end of that decade, the two particularly snow-poor seasons towards the end of the 80s would have ground to a halt without them. After this time, the snow systems were extended and improved.

A visit to the pump station near the mountain station of the Alpe di Siusi Aerial Cableway gives us an impressive insight into this hidden world of water connections, transformers, pressure lines and control technology. Gabriel Gasslitter, a trained agricultural machinery mechanic, is the man in charge here. Large-scale plans of hundreds of hydrants on the piste edges line the walls, and storage tanks, pump stations and lifts are reproduced precisely. Everything is hinged on an accurate, reliable weather forecast; when it gets cold enough to look promising in November, the snow technicians' work begins. Gabriel has a Technoalpin app on his phone which calculates the wet bulb temperature, the lowest temperature that can be achieved by evaporation and the required minimum temperature for snow production. The drier the air, the higher the temperature can be. In extremely humid conditions, lower temperatures are required. When all parameters are brought together, the snow makers decide how to set up their plants for snow production. If the conditions are right, it takes four to five days to set up the core network, with the most important slopes and links. It all sounds very impressive, but according to Matthias Rabanser, is no longer up to date with the times. It should be possible to produce the base in 48 hours, he says - and that would require a further reservoir.

So how do you go about making snow? According to urban legend, the basic principles were discovered by chance in the middle of the last century during research tests into the icing of jet aircraft engines. When researchers sprayed water into a wind tunnel at low temperatures, they observed that snow formed: It is no accident that standard snow cannons are reminiscent of this type of en-



gine. Most methods of producing what is generally termed as “artificial snow” - in the professional world, it is referred to as “technical snow” - simulate the natural appearance of white flakes: small drops of water freeze slowly in the air, forming snow crystals.

In order for the water to change to another state of aggregation, devices known as “nucleators” on the snow cannons produce a mixture of water and compressed air which forms snow cores, or nucleides, in the atmosphere. In order to simulate a fall of snow, a variety of snow guns are used: with snow cannons, which are used on most of Matthias Rabanser’s machine park, this is done via a blower. With snow lances like, for example, those on the right and left of the steepest slope on the Bullaccia, the “natural drop” height is used and the snow is sprayed from the side of the slope. Unlike natural snow, technical snow is much more compact, stickier and harder. World Cup races today are held exclusively on technical snow, as this is

the only way that reasonably consistent conditions can be maintained. Likewise, a facility like that of the impressive snow park on the Seiser Alm would not be possible with natural snow.

**Electricity and water.** As practical and efficient as the process is, the environmental factor cannot be overlooked. Two particularly precious resources are essential for snow production: electricity and water. Matthias Rabanser is proud to operate his plants with certified CO<sub>2</sub> neutral electricity from the Alperia hydropower plants. The water required for snow production was always a critical factor on the Alpe di Siusi, as the area has very few natural water reservoirs. Over the years, five reservoirs have been constructed in a number of locations, and provide around 50% of the minimum amount of water needed for a winter’s snow. The most significant cost factor for the operator is the infrastructure itself, as all lines are laid underground along the slopes and require maintenance, as does the technology surrounding the snowmaking sys- »

*Landscape and technology – core counterparts.*



tems with its 54 snow cannons and 10 snow lances. Whether the system is then brought into operation or not is largely irrelevant for the balance sheet – the only real cost is electricity.

Snow-making continues to affect the mountain's sensitive ecosystem after the ski season has drawn to a close: technical snow crystals have a different form to natural crystals and melt more slowly, which is an obvious advantage in winter. Correspondingly, however, the compact snow thaws more slowly in the spring which can affect the re-

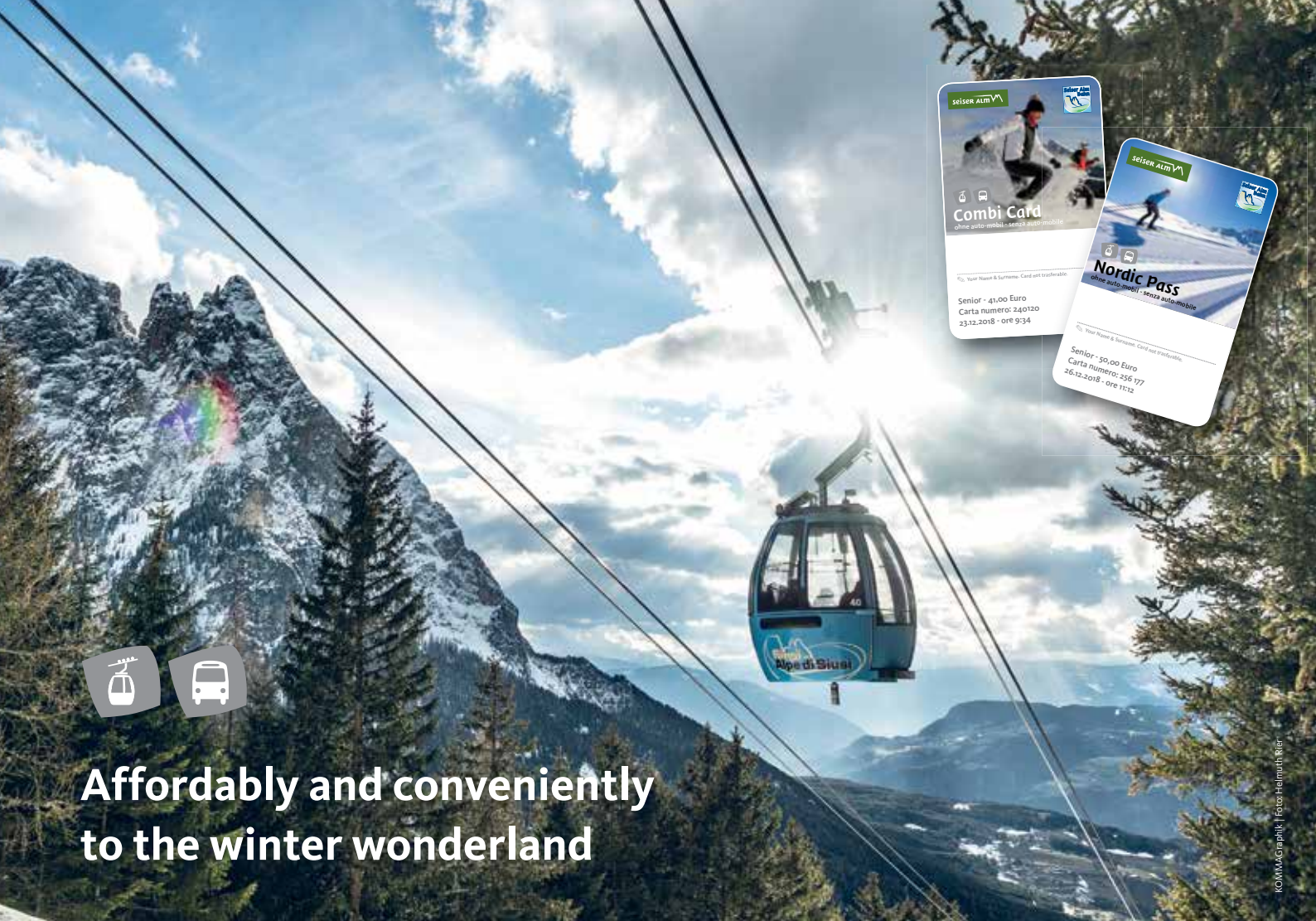
generation phases of the underlying plant world. On the other hand, says Matthias Rabanser, this reliable layer of snow means that the turf is better protected from erosion by than it was in the past, when holes would appear. Given that all snow cannons and snow lances are dismantled in the summer, few traces of the ski resort remain on the Alpe di Siusi. Chemical additives that change the melting point of water are banned in Italy, Austria and Germany.

**Innovative into the future.** In order to reconcile the overall warmer average temperatures and shorter cold season with the needs of guests and the hospitality industry, winter tourism would be unattainable without technical snow. Thus, modern ski resorts equip themselves with larger reservoirs and more snow guns so they can carry out the first snowing of the most important slopes in the shortest possible time. The industry, for its part, is endeavouring to put a halt to the much-feared waning winter with great innovation and resolve. The Bolzano company Technoalpin, whose products Rabanser uses in his section of the ski resort, is a market leader in the field of technical snow production and has set new benchmarks in the field of snow production. Classic snow guns are highly complex from a technological perspective and undergo constant optimisation to render them even more energy efficient, which is to say, capable of producing the same amount of snow using less water and less energy. A modern propeller, according to the company, requires up to 30 percent less energy to produce the same amount of snow than a comparable model 20 years ago. Technoalpin is involved in a great deal of innovation in plant automation through the use of software that gathers data from snow producers and weather stations and adapts snow production to the prevailing conditions. In this case, the weather forecast plays a decisive role. The aim is to react to the minutest of changes in the weather in order to predict optimal times for resource-conserving snow production.

Technical snow really is high-tech snow, and provides skiers with a practically snow-tight guarantee. That being said, it is only the natural, thick snow blanket that truly gives the Alpe di Siusi its picturesque winter allure, and we can only but hope that this scene will provide the backdrop for our winters in the years to come. «



*On your marks, get set, go!  
Reservoirs are filled and  
snow cannons are at the  
ready to help out if snow  
is thin on the ground.*



# Affordably and conveniently to the winter wonderland

Benefit card for tobogonists, hikers and snow shoe hikers, cross-country skiers.

## Combi Card 3 in 7\* 41.00 Euro

**In the course of 7 successive days (after first use)**

- > 3 times to the Alpe di Siusi and back, with the **Aerial Cableway** or the **Alpe di Siusi Express** (Bus Routes 10)
- > unrestricted use of the **Shuttle Bus Service** (Bus Routes 1, 2, 3, 3A, 4, 5 and 15) around the Alpe di Siusi and the **Almbus** (Bus Routes 11)

## Combi Card 7\* 54.00 Euro

**Valid for 7 successive days (after first use)**

- > unrestricted use of the **Alpe di Siusi Aerial Cableway** or the **Alpe di Siusi Express** (Bus Route 10)
- > unrestricted use of the **Shuttle Bus Service** (Bus Routes 1, 2, 3, 3A, 4, 5 and 15) around the Alpe di Siusi and the **Almbus** (Bus Routes 11)

## Combi Card 14\* 80.00 Euro

**Valid for 14 successive days (after first use)**

- > unrestricted use of the **Alpe di Siusi Aerial Cableway** or the **Alpe di Siusi Express** (Bus Route 10)
- > unrestricted use of the **Shuttle Bus Service** (Bus Routes 1, 2, 3, 3A, 4, 5 and 15) around the Alpe di Siusi and the **Almbus** (Bus Routes 11)

## Nordic Pass 3 in 7\* 50.00 Euro

**In the course of 7 successive days (after first use)**

- > **on 3 days** unrestricted use of the **Alpe di Siusi Aerial Cableway** or the **Alpe di Siusi Express** (Bus Route 10), on the same 3 days unrestricted use of using the **Cross-Country Ski Courses Alpe di Siusi / Val Gardena** and the **Almbus** (Bus Route 11)
- > unrestricted use of the **Shuttle Bus Service** (Bus Routes 1, 2, 3, 3A, 4, 5 and 15)

## Nordic Pass 7\* 70.00 Euro

**Valid for 7 successive days (after first use)**

- > unrestricted use of the **Cross-Country Ski Courses Alpe di Siusi / Val Gardena**, of the **Alpe di Siusi Aerial Cableway**, the **Alpe di Siusi Express** (Bus Route 10) and the **Almbus** (Bus Route 11)
- > unrestricted use of the **Shuttle Bus Service** (Bus Routes 1, 2, 3, 3A, 4, 5 and 15)

## Nordic Pass 14\* 108.00 Euro

**Valid for 14 successive days (after first use)**

- > unrestricted use of the **Cross-Country Ski Courses Alpe di Siusi / Val Gardena**, of the **Alpe di Siusi Aerial Cableway**, the **Alpe di Siusi Express** (Bus Route 10) and the **Almbus** (Bus Route 11)
- > unrestricted use of the **Shuttle Bus Service** (Bus Routes 1, 2, 3, 3A, 4, 5 and 15)



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The Combi Card and the Nordic Pass are not transferable and are available at all cash desks of the Alpe di Siusi Aerial Cableway, at the tourist offices of Fiè allo Sciliar and Siusi, at the Alpin Sports Company in Castelrotto and at your accommodation. Children (born after 30.11.2010) and persons on wheelchairs ride free of charge. Juniors (born after 30.11.2002) pay only half fare.

\* The "Südtirol Alto Adige Guest Pass", which is not available for purchase and is issued free of charge to the guests by the accommodation, includes a price reduction for the Combi Card and the Nordic Pass.

# “Fun is the most important thing”

Laura Dahlmeier from Garmisch-Partenkirchen is currently the top female German biathlete. The 25 year-old multiple Olympic champion exudes an easy, natural charm; ALPE took a trip to visit her during her summer training on the Alpe di Siusi.

## L



Laura Dahlmeier, two-time Olympic champion and multiple world champion in biathlon is delighted with her sporting success and has kept her feet firmly on the ground.

**ALPE: You have spent the last few years at the top of the biathlon world. How do you feel?**

**Laura Dahlmeier:** To be honest, I don't feel any different than I used to. For me, this crazy journey and the chance to achieve all my goals and dreams has been a great gift, and I am very grateful for it. The path upwards was fast and straight; in the past, my goal was to race in the World Cup at some point, to win a World Cup or a World Cup medal, possibly even the overall World Cup or maybe even an Olympic medal. Just the kind of dreams that you have as a child, and I was able to achieve them bit by bit. At the same time, I don't feel any different than before as a person.

**So despite your outstanding sporting achievements, you haven't changed as a person?**

I hope not (laughs). I think it's important to hold on to certain values and maintain a sense of normality and authenticity. It's great to be so successful in sports, but I don't think sport is the be-all and the end-all; it's just one part of life.

**How do you manage - especially after your Olympic victories - to keep motivated? You've already achieved your goals.**

I've always had more than enough goals which, of course, makes it easier to give your all to sport every day, to focus fully. It's been a little different since last season, as I've achieved everything I've ever dreamed of by winning two gold medals at the 2018 Olympics in PyeongChang. I needed to step back a bit from biathlon and sport in the spring and take some time to myself and rediscover my

goals. I think the most important thing is to have fun, be motivated and be healthy. It is only if all these aspects come together that you can perform to your best in athletics. In my time off, I discovered that all this is still within me. At the same time, there are goals that I haven't achieved yet, and I know that I haven't come to the end of my road and can continue to develop in my sport. That's pure motivation for me.

**Did you need to wind down mentally after the Olympics?**

I was lucky enough to be in Sochi at the 2014 Olympics when, as a newcomer, there were no great expectations pressing on me and I could enjoy all the magic of the Olympics without the stress. It wasn't a great success for me personally at the time because I wasn't in peak form at that stage of the season. Nevertheless, I had the chance to garner all kinds of experience, including a doping case in the team. There were



*A ray of sunshine: Laura Dahlmeier, Biathlete from Bavaria, is a world-class athlete. She gets a lot out of sport, "but it's not the be-all and end-all," she says.*

plenty of ups and downs, but I knew at the time that it would be better in PyeongChang four years later.

#### **And that's what happened...**

After my good results at the World Championships in Hochfilzen, the bar for me at the 2018 Olympics was very high. On a personal level, I also knew that it was a one-and-only opportunity to fulfil my childhood dream. So I gave my all at the Olympics, and I have to say that all these expectations are not conducive to relaxing. You put yourself under pressure too: I'm a very ambitious person and I obviously felt the external pressure, even though I always tried to not to let it bother me. In the first race, the sprint, all of Germany's hopes were pinned on my winning a medal. It was a great relief that everything went so well right from the start. Everything was perfect during the race, the equipment was right and I didn't make mistakes even though the conditions were difficult. It couldn't have been better for me. It's absolutely fabulous when things go so smoothly at the most important race of the season.

#### **How do you handle pressure?**

I always try to give my best, but at the same time, I remind myself that it's just sport. At the end of the day one race is just like any other, whether it's the Olympics, the World Cup or the German Cup: the discs are always the same size and the same distance away, and it all just comes down to doing your best on the day. I »



Photo: World Cup Biathlon Anterselva, NordieFocus

Number 1: The German biathlete racing at the Biathlon Centre in Anterselva.

also have a couple of mental tricks which usually work quite well.

**Do you still get nervous before races?**

I'm never terribly nervous before the races and have no trouble getting to sleep.

**Apart from biathlon, do you have any other goals, maybe connected with your second passion, mountaineering?**

Mountaineering and climbing are definitely an important part of life for me. I love to be outside in the countryside, where I can switch off. For me, no moments are more intense than when climbing. Above all, I love multi-pitch climbing - climbing with hooks on large walls, together with partners. I have been to the Dolomites many times, and last year I went to Peru, Nepal and America. These are little challenges for me that I enjoy and definitely want to keep doing, even after my career as a biathlete ends.

**You love heights. The Alpe di Siusi with its approximately 2,000 metres of altitude offers a completely**

**different incentive for the body during training. Is altitude training common in biathlon?**

For classic altitude training, you would always have to do extended blocks for three weeks, several times a year. It's very hard to plan to make it work well for the start of the season. So we biathletes don't do classical high altitude training, because it is too time-consuming. That's why we only do a little bit of altitude adjustment, and spend one week on the Alpe di Siusi. This gives you a certain "altitude effect" so that the body adapts more quickly the next time.

**What is your training routine at the moment?**

At the moment, we're working on stamina and strength. The days are intense. In the morning we get up at 6:30 and, even before breakfast, the day begins with some morning exercise. And afterwards, it's straight back to it - today cycling was on the programme for me, and I got back to the hotel after four and a half hours. After a shower and lunch, I took a short nap. This afternoon core stability, speed and reaction training were on the programme.

To relax, we played some volleyball before dinner. The evening is dedicated to physiotherapy and dry training. There is very little time left for a private life in a training camp.

**Is this normal life for a biathlete?**

After the season we have four to six weeks of holidays. After that, it's straight back to basic endurance and, from August, complex training - the combination of roller skiing and target shooting, which is even more intense.

**Your successes prove that your training works.**

It's always worked out so far and it is nice to see the success: It shows that the training was not too far off the mark.

**What are you working on this year?**

The 2019 World Championships in Östersund. There are six medals to win in six races, which is always a good incentive. The Overall World Cup is also a great incentive for me because in my opinion, it is the sign of an all-round athlete as you have to be in top form throughout the season. Last season it didn't work out for me because I had planned everything so that I would be in peak form for the Olympics. Achieving both is very difficult.

**Your parents used to be athletes too. Would you say that they have paved the way for you?**

I think it is very important to have support from the family home. My parents were both mountain bikers but also love alpine skiing and ski jumping, and have always competed. As children we were always out walking, skiing and

cross-country skiing, and I still benefit from the skills that I learned as a child. Even in my childhood I often came to this area: I climbed the Sciliar mountain and spent the night at the Alpe di Tires Hut. The length of the trails that I covered at that time still impresses me.

**Did you ever complain?**

Surprisingly, I didn't. There was always a glass of Spezi (coca cola and lemonade) waiting for me at the hut, and then the world was good again. But yes, I think the support of my parents has helped me to get this far. Now I train in Garmisch-Partenkirchen, where there is no biathlon base, like there is in Ruhpolding or Oberhofen, but in the past I always had to go to these centres, which are half an hour away from Garmisch. I would never have been able to do this without the help of my parents, who drove me there four to five times a week.

**Was school life ever difficult?**

It wasn't easy, and the fact that I was in a normal school made life more difficult still. In the last year before I graduated from high school I had lessons four afternoons a week which, together with my training, was pretty intense. Luckily I always had nice teachers but, nevertheless, I was glad when it was all over.

**What happened after you finished school?**

I was able to put all of my energies into sport. In 2011 I became a member of the Customs Ski team. For athletes, this is a great way for us to focus solely on sport. I don't have any special tasks to perform it has to be said, except for a few

meetings a year, and I can dedicate my energies to sport alone. After my career ends, I also have the opportunity to train as a customs officer.

**Your athletic career is impressive, considering that you did not start out as a biathlete.**

Originally I wanted to be a skier like my idol, Hermann Maier. Through an acquaintance I once tried shooting and was drawn to it immediately. I was told to learn cross-country skiing so that I could do biathlon. For a while I did both alpine skiing and biathlon at the same time but I couldn't manage to keep it up because of time constraints, and had to make a decision. I opted for biathlon, and I have never regretted it.

**Did you want to become a professional at the time?**

I think that for a child I was quite young when I first wanted to become a professional athlete. I once wrote what I wanted to be in a diary: Olympic champion. It was always in my mind and that's what happened.

**The Olympics: the goal of every athlete. You are now 25 years old, the same age as Magdalena Neuner when she announced her retirement.**

**Have you thought about it yet?** After the Olympics I needed time to think, to find new motivation and set new goals. But I still enjoy the training, the shooting and working with the rifle. I always look forward to training and the winter races, but for the moment I don't know how long I will pursue biathlon. For me, fun is the most important thing - and my health. However, I cannot

imagine doing it all forever and, still being on the slopes at over 40 years old like Ole Einar Bjørndalen.

**If you were not biathlete, you would be...**

Hard to say. Probably a mountaineer.

**Also in the Dolomites?**

Of course.

**You mentioned the Sciliar and the Rifugio Alpe di Tires.**

**What is your relationship with South Tyrol?**

My parents got married at Prösel Castle, so we've always had a special bond with South Tyrol. My first holiday without my parents was in the Dolomites, when I came climbing with a friend, and I spend three or four weekends here every year. The Dolomites are a paradise for climbers and I

*„I wanted to be an Olympic champion. My dream came true.“*

cannot imagine anywhere more beautiful. I have already completed some of my plans, and some are still taking shape. There are no limits for athletes here: you can do everything, from roller skiing to cycling - road cycling or mountain biking - mountaineering, climbing, cross-country skiing and ski tours in winter. And all in the smallest of spaces. Another thing I like about South Tyrol is the mentality. Everything is a bit more relaxed here than in Germany. It makes it easier to wind down. «

*The Camping Alpe di Siusi  
is a popular destination with  
guests from all over the world.*







# Mobile freedom

What inspires people to forego the comfort of a hotel and spend their holidays, the nicest time of the year, in a cramped space in the countryside? Well, there are a lot of pros ...

## I

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If you were to ask a hotel-holidaymaker what a winter camping holiday means, their vision would be of freezing to death in a cold caravan, struggling to share a cramped space with the many and varied articles of ski equipment and being bored to tears on long evenings. Seasoned campers, however, can only but shake their heads in wonder: In their eyes, nothing could be better than enjoying their freedom, in their own mobile home, surrounded by breathtaking scenery and among like-minded people.



Let's take Anja and Tobias Knoll from Landsberied in Upper Bavaria, for example. Whenever they can, they hook their caravan up to their car and drive the 310 kilometres to Fiè allo Sciliar to the Camping Seiser Alm-Alpe di Siusi, where they stumbled upon their personal paradise about twelve years ago. Not forgetting Kara, their Entlebucher Mountain Dog, who knows the road well and is as happy as a lark on the drive to the campsite. Anja and Tobias are great fans of South Tyrol and spend Easter, Whitsun, their autumn holidays, New Year's Eve and the Carnival holidays at the Mahlknecht family's campsite. "When you come here, you feel at »

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**Text:** Elisabeth Augustin  
**Photo:** Helmuth Rier

home from the word go,” says Anja. Friendliness is important to the couple from Bavaria, and they appreciate the family atmosphere at the Camping Seiser Alm-Alpe di Siusi campsite. “As well as the hospitality, the constant weather is a definite plus for us,” says Tobias. “The whole package is perfect.”

The Knolls, who work for a car manufacturer at home in Bavaria and also run a landscape and municipal maintenance company, have a great affini-



*Camping in winter can be so idyllic.*

ity for the local land and people and know the area like the backs of their hands. In winter Anja goes skiing while her husband heads out on snowshoes, and they meet up for lunch together at a mountain hut, and in the warmer seasons, they bring along two e-bikes and head out on long bike rides or take leisurely hikes. Tobias has been playing golf since last year and, after taking a taster course at the San Vigilio Siusi golf club not far from the campsite, quickly obtained his GVB golfing licence.

In winter and summer alike, Anja and Tobias Knoll adore the independence of the caravan, and are more than happy to do without hotels. The most important thing, they say, is one's own bed. And given that they do like their creature comforts, they always book their own bathroom at the campsite and indulge in the culinary delights served up at the campsite restaurant. The underfloor heating

and wall heaters of the Swedish caravan give off a toasty warmth in winter; Kara is delighted to while away the long, cosy evenings with her “pawrents” as they play cards or watch TV.

**A big family.** We meet Marco Piazza and his wife Maria Bonazzi in front of their nine metre long Concorde Liner. They have spent their holidays in the holiday region of the Alpe di Siusi every year since 1989, with very few exceptions. Since Marco retired, the couple have been coming here two or three times a year in their mobile home, preferably in midsummer and at Christmas. Marco tells us with pleasure and pride that his son Davide, his wife Sara and their two children share their passion for campers.

Born in Milan, Marco Piazza lives in Riva del Garda and is now revelling in his free time as a pensioner. Marco likes company. He sits in front of his RV, watches the other guests going about their holiday activities and enjoys a chat with them. He loves talking about his travels in his motorhome, which have taken him to Val di Fassa, Elba, Sardinia, Tuscany and the most beautiful Italian cities. “But I always come back here,” says the former general manager of a paper mill on Lake Garda. Marco is an athlete through and through; he loves to hike, ride his mountain bike and, in winter, ski the cross-country trails of the Alpe di Siusi. “40 years ago, I skied the Sciliar in one hour and 38 minutes,” he recalls proudly. He knows every trail in the area: “One place is more beautiful than the next here,” he says. Marco and Maria like cooking and sitting out in front of the motorhome at a small table to enjoy the sun and the breathtaking view of the Schlern which towers over the campsite at any time of the day and season, always bathed in a different light.

“It's a lifestyle choice, and not a cheap one either,” says Marco. For 280,000 euros, the price of his motorhome, he could spend a very long time on holiday in a hotel. He prefers holidaying at the campsite because it's so easy to meet people, neighbours and friends. Marco is without a doubt a die-hard camper. He regularly organises weekend trips with friends, involving 25 or so motorhomes, when the circle of friends head to Sesto, Pozza di Fassa or just to the Camping Seiser Alm-Alpe di Siusi, “one of the most beautiful places.” Marco appreciates the peace, the simplicity, the »



*Maria and Marco Piazza  
from Italy: "It's a lifestyle choice."*



*Anja and Tobias Knoll  
from Germany:  
"The whole package  
is perfect."*



*Hosts with heart and soul:  
Erhard and Elisabeth Mahlknecht  
with their son Raphael.*

sense of security, the hospitality and the family atmosphere. "When you arrive here, your heart lifts," he says.

**The crowd's favourite.** It is no mere chance that Camping Seiser Alm-Alpe di Siusi was voted the 7th most popular campsite in Europe in 2018, an award which fills Erhard and Elisabeth Mahlknecht with pride. They were, after all, chosen from more than 22,000 European campsites in 44 countries. The Camping.Info Award, presented for the seventh time as 2018, is based on guest reviews and is one of the most coveted awards in the European camping industry. "We do our best to satisfy our guests," explain Erhard and Elisabeth. The majority of the guests (around half) come down from Germany and the campsite is also popular with guests from Italy, the Netherlands and Switzerland, but Danes, Belgians and English guests also love the stunning location. When the Dolomites were listed as a UNESCO World Heritage Site in 2009 for their "exceptional beauty and unique landscape, together with their scientific importance from the geological and geomorphological point of view," more and more guests from Israel, Japan, Korea, Australia, USA and Canada began to make their way here, the Mahlknecht family have noticed.

The location of the Camping Seiser Alm-Alpe di Siusi is indeed unique, with a special allure in every season. Daybreak in itself is a breathtaking spectacle every day, when the sun rises up between the Santner peaks and the Euringer and strikes the

Sciliar, landmark of South Tyrol, while the view of the nearby Siusi, the Bullaccia and the green of the 18-hole golf course are no less remarkable. The pretty little St. Constantine church is very popular, especially with wedding couples, and provides a wonderful, traditional backdrop for a photo.

Erhard and Elisabeth Mahlknecht are the second generation of the family to run the Camping Alpe di Siusi in S. Costantino-Fiè, and have been doing so since 1998. Their son Raphael Mahlknecht is already raring to get started, and is involved in all aspects of the site. Incidentally, the young man is an expert in the old downhill skiing technique of telemarking, and races with great enthusiasm and commitment in the national team.

"When my father Josef started up in 1974, a campsite in the mountain village below the Sciliar was unheard of," says Erhard. The campsite was later terraced, grew in size slowly but surely, and today has 150 to 180 pitches. The mobile homes in pine are a relatively new addition, and comfortably sleep up to four people even in the winter. The heart of the campsite and for many guests a special holiday highlight is the "Zur Quelle" restaurant, where mouthwatering Italian specialities and hearty Alpine fare blend together in a culinary melting pot. Fresh bread and a selection of local products are available for purchase in the small camp shop. And in addition to the first-class amenities, guests also appreciate the wide range of leisure activities.

A vibrant campsite is important to the Mahlknecht family. "We don't want empty camper vans sitting around. That's why there are no permanent pitches here," explains Erhard. "In winter it's mainly returning guests, while in summer, when tents are erected in the campsite, there is more going on," adds Elisabeth. "Our active guests include numerous mountain hikers, bikers and, recently, also golfers." About a third of the guests reserve a pitch, while the rest turn up and take their chances. Although it has to be said: Getting here from the exit of the Brenner motorway in Bolzano or Chiusa is a bit of a challenge. "After the winding bends of our mountain roads, some of them are absolutely done-in and dripping with sweat when they get here," says Erhard. But then again, the Camping Seiser Alm-Alpe di Siusi will reward them amply for their efforts. «



Foto: S.M.W./Manfred Koster

The fascinating mountain scenery of the Dolomites.

# The myth of the Dolomites

In South Tyrolean extreme mountaineer Reinhold Messner's words, they are "the most beautiful mountains in the world". The incomparable beauty of the Dolomites is widely renowned and for many they are synonymous with excellence in winter holidays.

The mountains of the Dolomites can be thought of as a fossilised coral reef arching up into the sky in spectacular fashion. Thanks to their monumental beauty as well as their geological and geomorphologic significance, the so-called Pale Mountains were awarded UNESCO World Heritage status in 2009. Divided into nine areas and forming part of the Sciliar-Catinaccio Natural Park, the

Dolomites are considered one of the most beautiful natural landscapes in the world.

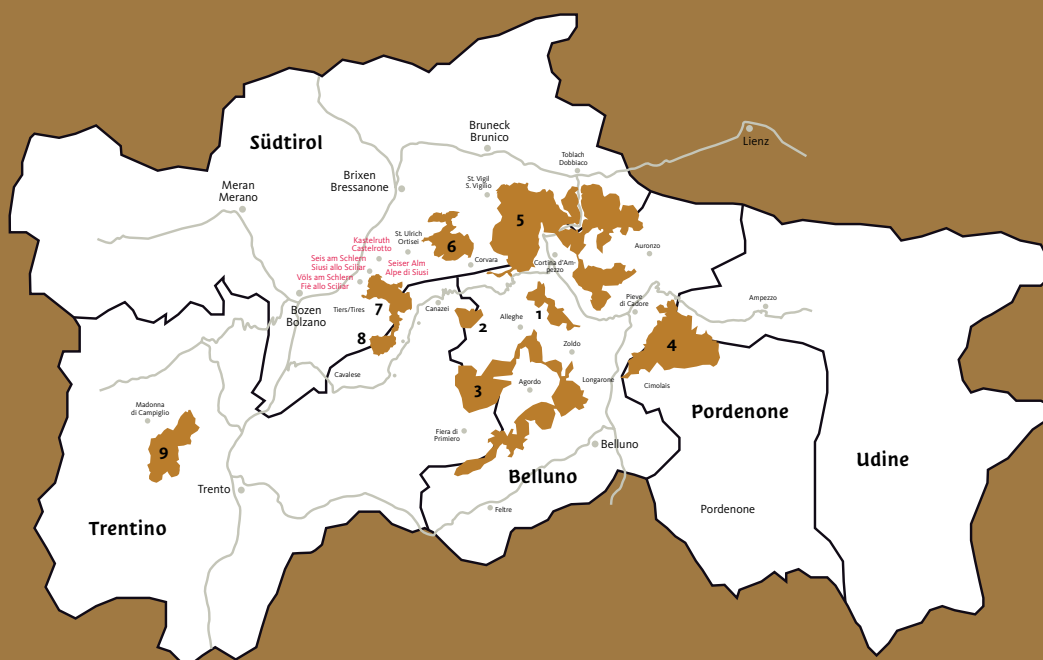
**Sciliar-Catinaccio Nature Park:** South Tyrol's oldest natural reserve, a 7,291-hectare park, is situated in the western Dolomites and was founded in 1974. The Sciliar is an impressive mountain range whose emblematic outline, that includes the Santner and

Euringer peaks, stands out as one of the signature landmarks of South Tyrol. The Catinaccio massif, with its numerous peaks, is also known far beyond the country's borders. The most striking part of the massif is the Catinaccio D'Antermoia peak, which stands at a height of 3,002 metres. The natural park also includes the mountain forests around Siusi, Fiè and Tires, and the Ciamin Valley. «



## Dolomites World Heritage UNESCO

- 1 Pelmo, Croda da Lago
- 2 Marmolada
- 3 Pale San Martino, San Lucano Dolomiti Bellunesi, Vette Feltrine
- 4 Friulian and d'Oltre Piave Dolomites
- 5 Northern Dolomites
- 6 Puez-Odle
- 7 Sciliar Catinaccio, Latemar
- 8 Bletterbach
- 9 Brenta Dolomites



# Ice cold passion

“Hunde an die Leine”, “Harakiri”,  
“Kurbelzauber” und “Pole Dance”  
are just a few of the novel appellations  
given to the ice and mixed climbing  
routes in the Sciliar/Catinaccio area.





*The force of nature:  
The waterfall is a constantly-  
changing climbing wall.*

# E

Egon Resch is an ardent climber, mountain rescuer and aspiring mountain guide with an abiding passion for ice climbing. Although the Sciliar-Catinaccio area boasts countless climbing tours from moderate to high difficulty levels, it is not particularly famous for ice climbing. In the area around the Rifugio Fronza alle Coronelle hut, the Malga Costa-Haniger, along the Rio Freddo River and on the Alpe di Siusi, there are a number of short routes suitable for beginners as well as challenging tours for veteran climbing enthusiasts. The “Eiskletterführer Südtirol-Dolomiten” (Ice climbing in the South Tyrol Dolomites) by Konrad Auer, Veit Bertagnolli and Roland Marth, published in 2017, describes every tour beautifully.

In the Catinaccio area the Tschamintaler climbers from the Val Ciamin have opened up numerous ice routes and dreamt up original names for them including, to name but a few, “Hunde an die Leine”

(“Dogs On Leads”), “Harakiri” and “Kurbelzauber” (“Crank Magic”). The Tschamintaler group is a climbing association which was founded in 1888 Except for a short interruption during the war years, has never stopped since, and today counts 20 members aged from 20 to 79. Experienced ice climber Egon Resch is the president of the Tschamintaler and took part in some of the openings on the Catinaccio. The young climbers of the Tschamin valley also love the wet, cold joys of ice climbing in the area, and have opened numerous routes. Tires looks back on a long tradition of Alpine and mountaineering guides and, for the first time in 60 years, can lay claim the first mountain guide from its own ranks: Egon Resch. In South Tyrol, there are currently around 300 mountain guides who lead mountain enthusiasts on ski tours, ice and rock in the high mountains.

Egon has been climbing for over 40 years, but it is only in the last 15 to 20 years, with the major de- »



**Text:** Katja Sanin  
**Photo:** Helmuth Rier



*Crampons @ co.:  
Good equipment is  
particularly important  
when ice climbing.*

the last detail, with sharp tips, threads and cranks, and sometimes even have integrated protection and carabiners,” he explains.

**The risks of ice:** When we ask about the risks involved in ice climbing, Egon explains that it’s not just the prevailing ice conditions that you need to take into consideration, but the average temperatures over the previous couple of days. When temperatures drop quickly, the core is warmer and the layer of ice is subjected to tension which can lead to unexpected ice breaks. Climbers also have to be aware of the surrounding environment, as ascents and descents often take place via high avalanche-risk waterfalls.

Good equipment is of the utmost importance when ice climbing. In addition to kitting oneself out with crampons, picks, ice screws, cables and harness, climbers also have to be protected from the cold and wet, given that an icefall can only grow if water pours from the rocks constantly. Equipment is selected to suit the type of climbing, which may be on pure ice, or also on packed snow and rock. The steeper the route and the more overhangs involved, the sharper the angle and more curved the shaft of the pick should be. You have to take care with the crampons too: On rock, monopoint crampons are often used; crampons with two horizontal front points are most suitable on stretches with packed snow, while, in ice climbing, crampons with two vertical front points are the most common choice. Given that the conditions can vary enormously on a longer icefall route, equipment selection is generally a compromise, with safety being the priority, Egon explains.

velopments in the evolution of equipment, that his passion for ice climbing has really taken off. “In the 1980s I almost lost my enthusiasm for ice climbing, because there was nothing but marl to climb on,” says Egon, as he sits down together with ALPE over a glass of red wine in his conservatory. “At that time, the equipment for ice climbers was anything but safe and simple. Pickaxes and ice screws were still in their nascent phases; the screws had no crank, and so had to be helped along with the pickaxe and all the awkwardness that that entailed and the pickaxes had no finger protection, which often led to blue fingers,” says Egon. “In comparison with the past, ice climbing today is a piece of cake. The ice screws are elaborate, high-tech devices down to

No sooner have we begun to speak of safety than Egon receives a WhatsApp message with the sad news of the death of Philipp Angelo, younger brother of one of his fellow mountaineers, who fell on a solo ascent of Mont Blanc. Egon excuses himself and, clearly upset by the news, is busy with his mobile phone for a minute or two before he comes back to our conversation. He tells us that Philipp Angelo, 37 years old, was always out in the mountains, and opened up countless ice-climbing routes in the Sciliar area. “You get so much happiness and satisfaction when you’re climbing. We can minimise the risk with equipment and skill as much as we like, but even with the greatest of respect for the mountains, the risk always remains,” he says. »







*Every hold and step must be perfect.*

“The wonderful thing about ice climbing is that, unlike rock climbing, no two tours are ever exactly the same. A waterfall is always different depending on when and what time of day you climb it,” says the aspiring mountain guide. Always happy to venture out into the mountains with nice people, in 2018, at the age of 50-something, he decided to take the four-year training course so that he can share his knowledge. In 2011, after 30 years in the automotive and electronic industry, Egon made a career shift to the outdoor industry sector, where he is involved in product development. “Mountain guide training is extremely challenging but exciting at the same time, and brings my private and professional life together perfectly. Unlike in other areas, here in South Tyrol I will be able to guide alone in two years’ time with a couple of restrictions, and after a further two years I’ll take the exam to become an internationally recognised mountain guide,” the President of the “Tschamintaler Association” tells us.

In the winter months, the ice climbers’ paradise around the Malga Costa Haniger and the Rifugio Fronza alla Colonella mountain refuge are the destinations for Egon’s climbing association, and their picks and crampons are often to be seen in the Val Ciamin valley whose name they bear. Ice climbing difficulty is ranked from WI1 to WI7 in climbing guides, along with the abbreviation ‘M’ for mixed ice and rock climbing, and ‘D’ for dry tooling, primarily a sport for training purposes. The steep “Pole Dance” route which was opened

up by Philipp Angelo and Thomas Gianola in a frozen-over area of the Gola di Siusi gorge, for example, is difficulty level WI6. Further ice climbing opportunities in the Sciliar area are to be found on the Weisse Wand (White Wall) icefall near Bagni di Razzes, on the Gstatscher icefall towards the Alpe di Siusi, the Pitschenbauer on the Alpe di Siusi and on the Michaeler icefall as you head towards the Passo Pinei from Castelrotto.

In many oft-climbed routes, pick-holes have been cut in the ice, and all that needs to be done is to hang one’s pick into them. On virgin ice, however, a great deal more effort is required. “Ice climbing never gets boring; even the same route is completely different on any two days,” explains the passionate ice climber, glowing at the prospect of the upcoming cold season.

**Crank Magic.** In the last twenty years, ice climbing has come on in leaps and bounds from a technological standpoint and as such, has seen a sharp upturn in popularity. 40 years ago, it was fairly risky and a lot of hard work. Ice climbing may not be a sport that enjoys mass popularity today, but it is no longer a niche sport. With the new equipment available nowadays, ski tour footwear can also be used for ice climbing, which means that experienced Alpine mountaineers can live an all-round experience in winter: Rocky ascents, climbing fun in the ice chutes and a descent on skis.

Climbing is a sport that calls for undivided concentration and absolute trust in one’s climbing partner. Every hold and step must be steady. The belay partner secures the climber who precedes him, who tries to choose the line and position with the least ice and rock scree. Depending on the difficulty level of the chosen tour, an ice screw must be screwed in every two to five metres – or two at anchor points, for extra safety.

One longer and particularly rewarding icefall, at difficulty level WI4/5, is the “Kurbelzauber” above the Malga Costa Haniger. This tour owes its name to a very unusual abseiling technique: If you wind a cord around your screw when screwing it in, it can be unscrewed afterwards by tugging on the cord. When Egon’s climbing partner witnessed this technique for the first time, he was so impressed that he talked of nothing else all the way to the hut, where the route was christened over a glass of beer. «



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# The Lord of the Castle

Castle Prösels near Fiè allo Sciliar is a cultural centre, and is run by a cooperative association with a new president at the helm: The man who reached fame as Ötzi's own personal physician.

## Ö

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Ötzi is the name of the glacier mummy who, at the age of over 5,000 years old, was discovered 27 years ago at Tisa/Hauslabjoch in the Venoste/Ötztal Alps. When he was brought to South Tyrol in 1998 Dr. Eduard Egarter Vigl, Chief of Pathology at the Bolzano Hospital at that time, was tasked with preserving the mummy so that it could be studied over time. By means of the freezing technique purpose-developed by the pathologist, the mummy can today be seen at the South Tyrol Museum of Archaeology in Bolzano. As Ötzi's personal physician, Dr. Eduard Egarter Vigl has made a name for himself internationally and has been called upon to provide consultation on other mummies including King Tutankhamen in Egypt and the Inca mummies in South America.

**Ötzi's personal physician.** In 2016 Dr. Eduard Egarter Vigl, who had also worked as a forensic pathologist for the public prosecutor's office in Bolzano, entered his well-deserved retirement. The doctor had already moved home from the provincial capital of Bolzano to an old farm in Aica di Fiè and, with his innate love of being busy and inter-

est in culture, got involved in his new surroundings instantly. Close to his house was a shining jewel of culture in the form of a spectacular mediaeval castle, and he played an active role in its preservation and maintenance. Now that he had more time on his hands, he was not averse to the prospect of new challenges and responsibility and, in the following election the board of trustees of the "Kuratorium Schloss Prösels" (Castle Prösels Curatorship) voted Dr. Eduard Egarter Vigl as president. And that's how the famous Ötzi authority came to become the lord of the castle, bringing with him a contribution of unquestionable value. Dr. Eduard Egarter Vigl is not just a great expert in preservation and upkeep; he brings a passion and enthusiasm that makes the past spring to life, in a tapestry of tales that spark the interest of all.

This passion was precisely why Ötzi is always the focus of public interest. "After I solved the problem of how to preserve him, I turned my attention to researching the mummy," the pathologist tells us. And he hit upon a detail that other researchers had previously overlooked: An arrowhead in the »



*Dr. Eduard Egater Vigl  
from Prösels Castle:  
Keeping history alive, with  
passion and enthusiasm.*



Pathologist Dr. Eduard Egarter Vigl rose to international fame as conservator of “Ötzi” the Ice Man.

back, that had presumably been the cause of his death; a finding that fuelled international interest in Ötzi and, once again, brought the mummy back into the limelight.

**Castrum Presil.** Today, Castle Presule is the focus of Dr. Eduard Egarter Vigl’s interest. The medieval “Castrum Presil” fortress was first referenced in a document dating to 1279. Built by the Barons of Fiè, it was extended and converted in around 1500 by Leonardo di Fie, their most famous successor, Governor of the Adige and Burgrave of Tyrol. After 1800, when the Barons of Fiè abandoned the castle, it fell into a state of disrepair and passed through various hands in the decades to follow. When the last owner died in 1978, Castle Presule was left to its fate for a few years, during which time it suffered a great deal of damage. The

fact that today the building, which was all but ruined, can be visited as a magnificently preserved medieval castle, is due to the efforts of the “Kuratorium Schloss Prösels,” a cooperative founded in 1981 by cultural associations of the region, the zeal of individual people and the surrounding communities, all committed to saving this cultural testament and filling it with new life.

**The Prösels Castle Curatorship.** Since then the castle and its magnificent collection of weaponry has been owned by this cooperative organisation, which is run as a charity. It consists of around 70 members, with an administrative and a supervisory board who elect a new president at a plenary meeting held every three years. And ever since the organisation was founded, the castle has been in the safest of hands. Over time the

curatorship has renovated the castle and grounds and opened it up to the public for guided tours, celebrations, exhibitions and cultural events.

Dr. Eduard Egarter Vigl has thrown himself into his presidential role with immense commitment. Experience has been a great master, he tells us, and he values the fact that the burden of responsibility lies on several shoulders. "I can consult the board, dedicated, experienced people with a wide range of skills." A lot of work goes on behind the scenes, he says, offering his thanks to the many reliable volunteers and supporters who make it all possible. The President is also delighted to have a good employee in the background, who deals with all the bureaucracy of requests for public contributions and book-keeping. After the long-standing, superbly attentive castle warden Michl Rabensteiner retired, a great weight was lifted from the president's heart when he found a capable successor who cares for the castle and looks after as if it were his.

**Cultural centre.** "Naturally, we need solid public support to finance the maintenance of the castle and its institutional cultural activities," affirms the president. But he was keen to develop new independent sources of revenue in order to become independent of the public purse. Now, for example, upon an arrangement with the South Tyrolean research institute Eurac, scientific conferences are held in Castle Presule. "Castle Presule has proven its value as a conference venue. There are plenty rooms, perfectly equipped for conventions, seminars and workshops of all kinds," he emphasises. The success of these events is enhanced by the mesmerising atmosphere of the castle: contemplative and focussed on the one hand, with breathtaking panoramic views on the other.

The energy and optimism exuding from new lord of the castle is infectious; we are sitting on the newly-designed sun terrace at the entrance to the castle, where visitors can admire the breathtaking view over a cappuccino. Dr. Eduard Egarter Vigl points out the sprawling roof landscape of the castle complex. The roof shingles are now over 30 years old, and the wooden ones need replacing; renovation of the roof was one of the first measures the Kuratorium took to save the castle. Novel ideas on how to fill the castle with life also abound, and include adventure nights for children with the ghost Fridolin, where the kids - supervised by professional guides - sleep and have breakfast in the Knight's Hall, or a trip in time back to the Middle Ages with Friedrich the Knight on a guided tour where families will learn fascinating facts about a knight's life at Castle Presule 500 years ago. Witch Martha has also been a stock character of the programme for years, and is skilled in the art of enthusing guests young and old.

#### **The lord of the castle in private.**

Is preservation and maintenance in the DNA of the new laird? "Possibly," says Dr. Eduard Egarter Vigl. Just as he was unexpectedly faced with the problem of how to preserve Ötzi, today he deals with the modern-day demands of a cultural testament like that of Castle Presule. It is a task that, like his many hobbies, he approaches with vim and vigour. When the retired doctor is not working in his house and garden with his wife, or if the grandchildren aren't visiting, he enjoys going out on his motorbike or e-bike, and loves hiking and skiing. He is happy to finally have enough time to read, and has a particular predilection for books about the past and biographies. Last but not least, he is also an avid photographer and likes to experiment with different techniques. «



## Castle tours

Prösels Castle can be visited from 1 May to 31 October every day except Saturdays, on guided tours only. From the end of December until the end of March, a castle tour runs every Thursday at 3 pm. Guided tours for groups are available on request throughout the year.

### **Prösels Castle**

39050 Fiè allo Sciliar, Via Presule 2  
Phone +39 0471 601 062  
[www.schloss-proesels.seiseralm.it](http://www.schloss-proesels.seiseralm.it)



## Ötzi in Bolzano

The South Tyrol Museum of Archaeology is the home of the man from Giogo di Tisa, better known as "Ötzi." The museum extends over three floors, houses exhibits of original finds and narrates the history of the ice man. The highlight of the exhibition is the life-like reconstruction of the ice man..

### **South Tyrol Museum of Archaeology**

39100 Bolzano, Via Museo 43  
Phone +39 0471 320 100 · [www.iceman.it](http://www.iceman.it)

*Opening times: Open from Tuesday to Sunday 10am to 6pm (Last entry: 5:30pm)  
Closed on Mondays (except when Monday falls on a holiday, in December the Museum is open every day)  
Online booking is recommended!*



*"Every year without fail..."  
The Christmas season  
warms our hearts.*







# Christmas at the foot of the Sciliar

The pre-Christmas period is a time of contemplation here in the holiday region of the Alpe di Siusi, with its small, beautiful Christmas markets; take a twirl round the ice rink in Siusi village square, or make your way to the Alpe di Siusi itself to enjoy the stilled hush of nature during the festive season.

# C

**Christmas atmosphere.** Every year we yearn anew for the long-awaited, unmistakable Christmassy feel: The scent of cinnamon and cloves, the strains of Christmas carols and the snow-blanketed countryside. Memories that we associate with Christmas: snow-tipped forests, sledge rides, the smell of Christmas baking, candlelight and wood crackling in the fire. Far from the hustle and bustle of the town, the villages of the holiday region of the Alpe di Siusi are magical settings

where guests and locals come together to share in the joy of Christmas.

**Castelrotto.** At the Christmas market in Castelrotto the market stalls glow in a shimmer of light, backed by the advent calendar on the facade of the town hall. Hot mulled wine or apple juice and a hearty goulash soup are all on hand to warm you up, and local artisans sell a small range of beautiful wood carvings, handcrafts and regional products.



**Text:** Barbara Pichler  
**Photo:** Helmuth Rier

## Christmas mountains market of Castelrotto

7 – 9 December 2018 (10am – 7pm)

14 – 16 December 2018 (10am – 7pm)

22 – 23 December 2018 (10am – 7pm)

24 December 2018 (10am – 3pm)

26 – 28 December 2018 (10am – 7pm)

5 December 2018 (4:30pm)

Saint Nicholas parade with Krampus Show

14 e 15 December 2018:

Christmas concert of the “Kastelruther Spatzen” at Telfen Sportcenter

## Christmas market of Fiè allo Sciliar

8/9 December 2018 (from 5pm)

15/16 December 2018 (from 5pm)

22 December 2018 (from 5pm)

23 December 2018 (from 10am)

29/30 December 2018 (from 5pm)

5 December 2018 (at 5pm)

Saint Nicholas parade

## Bergler Advent of Tires

“Bergler Advent” on the village square with culinary and creative stands.

8 December 2018 (from 4pm)

22 December 2018 (from 4pm)

## Ice rink at Siusi allo Sciliar

1 December 2018 to 5 January 2019 every day from 3 pm until 7 pm

7 december 2018 (5pm):

Live music with “The finde sax quartet”

14 December 2018 (5pm):

Live music with the “brass players”

21 December 2018 (5pm):

Live music with a “quintett of brass players”

31 December 2018:

New Year’s Eve party with DJ

5 January 2019 (5pm):

Live music with the “Highlait”

## Holy Mass on the Alpe di Siusi

From 25.12.18 to 01.01.19 at 3pm:

Holy Mass in the Zallinger church (Saltria)

16.12., 23.12., 24.12., 25.12., 30.12.18

and 01.01., 06.01.2019: Holy Mass

in the Saint Francesco Church (Compatsch)

every time at 4:30 pm



*Christmas melodies and scents waft through the winter village.*

**Fiè.** The village square of Fiè allo Sciliar is also decorated in festive attire. Beautifully crafted products are available for purchase at the small market stalls, and the Christmassy atmosphere is set off with musical entertainment and Christmas carols from a variety of bands and choirs. With regional delicacies from Fiè, the culinary offer is also guaranteed to be outstanding here.

**Tires.** Crackling fire in large iron braziers, romantic lanterns and a little market stall await visitors to the “Tierser Bergleradvent” - the Tires Mountaineers’ Advent. Mulled wine and sweet punch warms your hands, accompanied by Christmas music from the village choir. When the mighty Catinaccio Dolomites glow red in the evening sun a hushed still falls over the land, and the atmosphere of stilled magic works its way through to your soul.

**Siusi.** It’s all very different in Siusi allo Sciliar, where an ice rink is installed in the village square every year for locals and guests to enjoy. Skaters of all ages glide round the rink against the backdrop of the Sciliar, some with leisurely joy and some with the swiftness of sporting skill, as spectators warm their hands around mugs of mulled wine and share in the happy cheer of the children.

**Alpe di Siusi.** If you want to enjoy the hush of nature in the run up to Christmas, the Ape di Siusi welcomes you to head out on a horse-drawn carriage ride or a winter hike. Children and parents alike can race down the slopes on skis or sledge here, while Sunday afternoon Mass in the Church of St. Francis offers you the chance to pause for a moment and take time to reflect on the contemplative side of the Christmas season.

# Konsum MARKT



Fresh  
products  
from our local  
farmers

- Food
- Butcher
- Bakery
- Confectionery
- Hardware
- Gardening
- Agriculture articles

The „Konsum Markt“ is a „colorful“ department store in the **heart of Kastelruth / Castelrotto**. It's the wide range of products that makes it so extraordinary: You'll find not only an extensive assortment of foods as well as gourmet specialties from **local farmers** and **organic produce** but also agricultural equipment and hardware / appliances. In selecting the merchandise to be offered in our **supermarket**, such aspects as „local production,“ „short shipping distances,“ and „stimulating the local economy“ were major considerations. The wide variety of South Tyrolean specialties available here includes **traditional „schuettelbrot“** („shake bread“) made by the **Burgauner Bakery and Pastry Shop** – a delicacy usually served together with „Kastelruth bacon.“

*We are looking forward to your visit!*



*Local -  
unique - authentic!*

**Open all year**  
From Monday  
to Saturday  
07:30 - 12:30 a.m.  
15:00 - 19:00 p.m.

**Famiglia Cooperativa di Castelrotto**

Via Panider 24, Tel. 0471 706 330, Fax: 0471 710 501  
info@konsummarkt.com, [www.konsummarkt.com](http://www.konsummarkt.com)



# Paula cooks

The colder it gets outside, the heartier the fare that's served up on the table. Paula Prossliner, farmer's wife at the Zemmerhof farm above Siusi allo Sciliar, loves to cook. One of her favourite recipes is pork ribs with potatoes.



*Paula Prossliner, as large as life!*

## A



All ingredients are bought in fresh, and laid out on the kitchen table. Paula deftly fries up the pork ribs to a crispy brown, turns them out into a casserole dish, adds a generous splash of red wine and pops it all into the oven, pre-heated to 180°. Quarter of an hour later she adds the peeled potatoes and leaves them to simmer gently together with the ribs for another half hour. Pork ribs and potatoes are a popular winter dish in the local cuisine.

Grey hair plaited around her head in a traditional crown, often to be seen in a dirndl or a traditional Castelrotto tracht, and always with a cheery smile: That's how everybody knows Paula, and that's why she is often asked to demonstrate traditional

dishes from the Sciliar area - sometimes on TV, and even for an Italian channel, who invited the farmer's wife from the Zemmer to Naples. Paula speaks good Italian, and is not afraid to do so. She has always had a love for languages: "If I'd been able to stay in school for longer, I would definitely have studied languages. I've always liked them." she says.

Recently, Paula has prepared "Muas" buckwheat porridge in a traditional mountain hut for a TV show and whipped up a typical South Tyrolean Zelten fruit cake for an Italian Christmas cookery programme. Regional cooking is dear to her heart, and she is always happy to share her skills. «

**Text:** Barbara Pichler  
**Photo:** Helmut Rier



## Farmhouse Roast

### Ingredients

1,5 kg pork ribs  
800 g potatoes  
salt and pepper  
oil for frying  
1/8 l red wine to braise, and a little water if required.

### Method

Separate the ribs and rub with salt and pepper. Heat the casserole dish and brown the ribs on both sides in a little oil. Add red wine and simmer for a few minutes. Peel and quarter potatoes and add to the ribs. Braise in a 180° oven for 30-40 minutes. Cabbage salad is an excellent side dish for this winter recipe.

*Recipe from Paula Prossliner, farmer at the Zemmerhof farm*

# Highlights Winter 2018/19



> December 2018/19

## 80 years of the Alpe di Siusi ski resort

*(for more informations and program see page 9)*

> December 2018

## 13. Christmas in the mountains in Castelrotto

When the fragrant scent of gingerbread, cinnamon and mulled wine waft through the air, you know it's Advent time at the foot of the Sciliar. The Castelrotto Christmas market welcomes everybody to come and enjoy a sociable get-together over a glass of mulled wine and a touch of Christmas spirit. The inhabitants of Castelrotto will unveil the secrets of their Christmas traditions and allow others to participate in them. Beside the little Christmas market, local farmers' wives will offer their cookies, Christmas logs, pastries, and other authentic goodies for sale. On 15 and 16 December, the well-known „Kastelruther Spatzen“ folks music group will present songs and tunes in keeping with the „Feast of Love“.

### Dates

(from 10am to 7pm)  
7 – 9 December 2018  
14 – 16 December 2018  
22 – 24 December 2018  
26 – 28 December 2018  
(Except: 24.12.2018  
from 10am to 3pm)

> 8 December 2018

## Winter-Kids-Festival Alpe di Siusi

The 2018/19 winter season will be getting off to a sparkling start with the fourth Winter-Kids-Festival on the Alpe di Siusi. This year the festival will take place for the first time in cooperation with the Association for Playgrounds and Recreation, the VKE. The day is guaranteed to be fun: games, an arts and crafts corner, a treasure hunt, good music and masses of surprises to bring a shine to the eyes of every child. And with all this you can also learn to ski or improve your technique. A rescue dog squadron will also start an exciting avalanche search several times a day and will give many valuable tips for safety in the snow. The famous ski racer Denise Karbon will tell you about her exciting life and will be available with some other famous winter sports enthusiasts of the Seiser Alm holiday region for our little ski fans for an autograph session.

### Meeting point

Alpe di Siusi Aerial Cableway Mountain station (Compatsch)

### Dates

from 10am to 3pm  
at 2pm autograf session with the former Skistar Denise Karbon and other winter sport athletes from the Alpe di Siusi Holiday Area

5 – 6 January 2019

## FIL Junior World Cup Luge on natural track

On the 5 and 6 January 2019 the FIL Junior World Cup luge on natural track takes place in Compacio on the Alpe di Siusi. About 100 participants from all over the world will fight in the categories single and double on Europe's vastest mountain pasture. The young athletes between 14 and 20 years compete in exciting competitions.

> 19 January 2019

## Winter Berglertafel Mountaineers' Banquet

In 2019, for the second time the legendary summer's Berglertafel Mountaineers' Banquet in Tires al Catinaccio will be featuring on the winter events' program. The day commences with a snowshoe walk through the untouched, rustic winter countryside: Participants will have the opportunity to explore the Dolomites while determining which snowshoes best suit their needs before stopping off for the "Flying Buffet" to exchange opinions over a bowl of warming soup or a mulled wine. Like its summer counterpart, the Berglertafel Flying Buffet will be serving classic dishes with a creative twist in a feast for the eyes as well as the stomach, as participants will discover when the day draws to a close with a view over the famed Alpenglow of Catinaccio at sunset. Tamara Lunger, mountaineer from South Tyrol (in 2014 she reached as second woman of Italy the K2) will accompany you the hole day.

> 20 – 25 January 2019

## Seiser Alm Moonlight Classic Nordic Camp

The Moonlight Classic Nordic Camp, with **Karin Moroder** and **David Hofer**, offers the chance to take part in a wide range of workshops, training sessions and cross-country events. A professional team of trainers will be at the helm throughout all beginners, advanced and passionate cross-country skiers. The highlight of the week is the unique "South Tyrol Moonlight Classic Seiser Alm" cross-country race on 23 January 2019, during which competitors race either a 15 km or a 30 km route under the glow of the full moon and flickering torchlight.

All workshops can be booked individually or as a package

for 6 days (20.01. – 25.01.19)  
for 4 days (20.01. – 23.01.19)  
for 3 days (23.01. – 25.01.19)

including the registration for the Moonlight Classic.

[www.moonlightclassic.info](http://www.moonlightclassic.info)

> Winter 2018/19

## Prösel's Castle in the Winter

*(for more informations and program see page 9 in Alpe di Siusi Guide)*



Photo: Armin Indio Mayer



Photo: Helmuth Rier



Photo: Helmuth Rier

> 20 January 2019

### Traditional country wedding of Castelrotto

The Country Wedding in Castelrotto has already become a tradition. It's the authentic reproduction of a historical farmer's wedding like those celebrated since time immemorial at the foot of the Alpe di Siusi. The throngs of participants wear their traditional garments with great pride – one of the reasons why the event has developed into one of South Tyrol's most spectacular pageants. The wedding society, dressed in traditional costumes with splendidly decorated horse-drawn sleighs, moves to the centre of Castelrotto and takes visitors on a journey back in time to the 19<sup>th</sup> century.

> 23 January 2019

### South Tyrol Moonlight Classic Alpe di Siusi

A sporting event illuminated by the glow of flickering torchlight, the chance to put your skills to the test at international level, and the spectacular winter backdrop of the Alpe di Siusi: In 2019, the Moonlight Classic will once again be offering numerous athletes and cross-country fans the chance to spend a sensational evening on the Alpe di Siusi by night. Participants can opt to take part in either the 30 km or the 15 km variant of the loop route. Both variants begin and end in Compatsch and are raced exclusively in classic diagonal style. The starting pistol for this cross-country spectacle will be fired at 8pm. At the start/finish area, spectators will already have gathered en-masse to enjoy the atmospheric display when the alphorn players and whip crackers take to the floor to set the scene for the evening.

[www.moonlightclassic.info](http://www.moonlightclassic.info)

> 27 January 2019

### Winter Golf Tournament on the Alpe di Siusi

Why does a green have to be... well, green? At the winter golf tournament, the greens give way to the white snows of the Alpe di Siusi, and golfers are treated to spectacular views as they ski or snowboard their way from one hole to the next. The 9 holes range from 61 to 150 m in length and are played with brightly-coloured golf balls, so much easier to spot against the snowy fairways. The tour starts in Compatsch, leads on to the Bullaccia, to the Laurin and Panorama lift and back towards the set-off point. Excellent catering and musical entertainment are provided along the golf course.

> 17 March 2019

### Dolovino on Snow on the Alpe di Siusi

Dolovino on Snow invites you to celebrate the theme of "Top Alto Adige wines at the foot of the Dolomites" on a wine-tour across the Alpe di Siusi. South Tyrol is not just a paradise for skiers and hikers, but also an internationally renowned wine-growing area. Connoisseurs can sample outstanding wines from the local area in numerous bars and restaurants around the area, while the Alpine huts on the Alpe di Siusi will be serving culinary delights to round off the event to mouth-watering perfection.

> 22 – 27 January 2019

### FIS World Cup Snowboard & Freeski

In January, the world's best freestylers will be taking to their boards and skis in a gravity-defying display of choreography. The two Slopestyle World Cups will be taking place at the Alpe di Siusi Snow Park. Slopestyle, first introduced at Sochi 2014, is the most recent extreme-discipline on the Olympic scene, and sees athletes competing on a course which features a variety of jumps and obstacles. Six judges rate tricks on creativity, difficulty and execution or style, while jumps are evaluated on height, range and landing..

[www.seiseralm.it/worldcup](http://www.seiseralm.it/worldcup)

#### Trainings

22.+23.01.19: from 9 am to 3pm  
Freeski and Snowboard

#### Qualifications

24.01.19: 8:45am–4:05pm Snowboard  
25.01.19: 8:45am–4:05pm Freeski

#### Finals

26.01.19: 11am–2pm Snowboard  
27.01.19: 11am–2pm Freeski

*Free entry!*

*Music and gastronomic specialties in the finish area!*

> 17 – 24 March 2019

### Swing on Snow Winter Music Festival

Jazz in the mountain huts, soul on the slopes and traditional tunes in the restaurants in the evenings: Musicians from all over the Alpine region will be performing from 17 to 24 March 2019 in the Alpe di Siusi holiday area for the 14<sup>th</sup> edition Swing on Snow festival. Bands and singers will be setting the tone on the slopes and getting old and young, winter sports visitors and music lovers alike, into the party mood. The modern interpretation of traditional folk music with jazz, soul and pop reflect the musical culture of the Alps; listeners can swerve in time to the beats and rhythms, and weave their way downhill to the sounds of the tuba, bass, dulcimer and accordion. Concerts will be played on the slopes of the Alpe di Siusi in the mornings, afternoons in the huts and evenings in the villages of Castelrotto, Siusi, Fiè allo Sciliar and Tires al Catinaccio.

[www.swingonsnow.com](http://www.swingonsnow.com)

*The concerts are free of charge and there is no seat reservation needed.*

# Summer Preview 2019



Photo: SAM/Heilmuth Rier



Photo: Nikolaj Lund



Photo: SAM/Armin Indio May

> Summer 2019

## Alpe di Siusi Balance

As the countryside awakens in spring, the urge to get out into the open air gets ever stronger and draws us out into the great outdoors and the spring air. A variety of training sessions and workshops on the theme of health, balance, nutritious diet, optimal training techniques and equipment will ensure you have all the basics you need to get the fresh air and hiking and running season off to a good start. In 2019, the series of events will be offered for the first time on the topics of time-out and retreats in nature as well as enjoyment in autumn.

[www.seiseralm.it/balance](http://www.seiseralm.it/balance)

### Dates

> 6 May – 29 June 2019

> 1 September – 31 October 2019

> May – luglio 2019

## Hikes for Flower Lovers

Approximately 790 flowering plants and ferns of highly varied appearance and origin can be seen around Sciliar mountain over the course of the year. Typical Alpine flowers but also botanical rarities flourish on the alp mats, in meadows and wheelbarrows. The nature reserve authorities organize about 20 guided hikes every year in cooperation with the tourism associations of the nature reserve communities with experienced nature reserve hiking guide Riccardo Insam.

> 16 – 19 May 2019

## Schlern Music - Mozart beneath the Sciliar

Fiè allo Sciliar is venturing out into new territory with the “Schlern Music” Chamber Music Festival. The festival will take place over several days every May and will be held for the first time from 16 to 19 May 2019, when the familiar and less-familiar side of Mozart’s chamber music will be performed, broken down, contrasted and enriched with contemporary, non-classical facets. With the string quartet formation taking centre-stage, the festival will stage concerts in an informal atmosphere and provide a top-class, non-academic musical experience in a variety of venues, all rounded off with a very special gastronomical twist.

[www.seiseralm.it/schlernmusic](http://www.seiseralm.it/schlernmusic)

> 31 May – 2 June 2019

## Oswald von Wolkenstein Riding Tournament

3 days, 4 locations and 36 teams: In tribute to knight and minstrel Oswald von Wolkenstein, the three villages of Castelrotto, Siusi and Fiè allo Sciliar organise a historical riding tournament at its very finest. From 31 May to 2 June 2019, visitors to the Oswald von Wolkenstein Riding Tournament can leap back in time to the 14<sup>th</sup> century and experience life in the Middle Ages, admire the masterly horsemanship and feel the hospitality in South Tyrol. No other riding tournament has the good fortune to be able to offer this kind of culture, tradition, history, sport and folklore all rolled into one single event. The opening ceremonies will include the celebration and the village festival will take place on Saturday, 1 June 2019, starting at 14:30pm in Castelrotto. The traditional tournament games will take place on Sunday, 2 June 2019.

[www.ovwritt.com](http://www.ovwritt.com)





Photo: TV Kastelruth-Helmuth Rier



Photo: IDM/Max Lautenschlager



Photo: Helmuth Rier

> 7 July 2019

### Alpe di Siusi Half Marathon

21 kilometres, 601 metres of elevation gain and 700 participants: These are the characteristic numbers of the Alpe di Siusi Half Marathon on 7 July 2019. Surrounded by the Dolomites UNESCO World Heritage, the Alpe di Siusi Half Marathon is a unique experience and sporting challenge for both professional and amateur athletes. The starter's gun for the running event with start and finish in Compatsch is fired at 10am. [www.running.seiseralm.it](http://www.running.seiseralm.it)

> 13 July 2019

### Catinaccio-Sciliar Sky Marathon

Right in the very heart of the unique UNESCO World Heritage Dolomites, an Alpine Mountain Marathon with a length of 45 km and around 3,000 m of elevation difference will be setting off from Tires al Catinaccio: the Catinaccio-Sciliar Sky Marathon. The challenging mountain race will begin in Tires, lead round the Catinaccio Massif, over the Sciliar, past the Monte Cavone Hut and back to Tires. The highest point of the Sky Marathon is the Principe Pass at 2,630 m. [www.skymarathoniers.it](http://www.skymarathoniers.it)

> July – September 2019

### Summer Classics in Siusi allo Sciliar

For lovers of classical music, Siusi offers an extraordinary series of concerts. Artists will perform the works of great composers. The "Summer Classics" concerts take place on Mondays on 9pm

> Summer 2019

### Open-air Gourmet Extravaganza

With three unusual open-air gourmet events on the cards, the Alpe di Siusi summer promises to be something of a culinary experience. First up is the **Berglertafel** (Mountaineers' Banquet) in Tires al Catinaccio – legendary not only for its culinary finesse but also for its spectacular views over the Catinaccio mountain. The Mountaineers' Banquet is traditionally held on the third Thursday in July.

At the end of July, Castelrotto will be welcoming its guests to a culinary event steeped in history: the **Krausen banquet**, where the Monte Calvario hill will be providing the historical backdrop for the evening.

The gourmet events draw to a close at the **Tabbla Toò** on the Alpe di Siusi, where an exceptional meal cooked in wood-fired ovens will be served accompanied by a 360° view of the Alpe di Siusi.

> 1 – 31 October 2019

### The Kuchlkastl - Culinary Festival in Fiè allo Sciliar

The Kuchlkastl Culinary Festival has been the culinary highlight of autumn in the Alpe di Siusi holiday area for over 40 years now. Gourmets and lovers of traditional cooking are in for a treat from 1 to 31 October, when the restaurants in Fiè allo Sciliar open their doors for the "Gastronomic October" festival. The chefs will be serving up traditional recipes with a modern flair. The theme: Old recipes reinterpreted and served with love. [www.voelserkuchlkastl.com](http://www.voelserkuchlkastl.com)

> 11 – 13 October 2019

### 35<sup>th</sup> Kastelruther Spatzen Music Festival

Celebrating, spending pleasant evenings together, experiencing the "Kastelruther Spatzen" live: The Spatzen-Festival in Castelrotto is a must for every fan. Surrounded by the unique scenery of the Dolomites the seven "Spatzen" enchant all friends of traditional music.

# Around & about

Photo: Helmuth Rier



**A strong team for the Alpe di Siusi holiday area.** With its perfectly-groomed slopes, 80 km of cross-country trails and the best terrain park in Italy the Alpe di Siusi ski resort, which is celebrating its 80th anniversary this year, is home to numerous world-class winter athletes. In winter 2018/19 the holiday area of the Alpe di Siusi will be sponsoring skiers **Peter Fill**, **Verena Gasslitter**, **Florian Schieder**, **Alex Hofer** and **Miriam Gabloner** from Castelrotto, natural track lugers **Patrick Pigneter** and **Stefan Federer** from Fiè, artificial track luger **Sandra Robatscher** from Tires and Nordic combined skier **Lukas Runggaldier** from S. Cristina, and will also provide support to **Silvia Bertagna**, freestyler from Roncadizza (municipality of Castelrotto), who has chosen the Alpe di Siusi as her official training ground. Through their participation in countless international events, these ambitious, successful athletes will raise the visibility of our holiday region of the Alpe di Siusi all over the world. #TeamSeiserAlm

## Wimbledon champion seeks relaxation on the Alpe di Siusi



In July this year, congenial world-class tennis player and multiple Grand Slam champion **Novak Djokovic** spent his holiday at the Alpe di Siusi with his wife and children. During a pleasant lunch at the Schgaguler Schwaige, it wasn't just the gastronomical specialities that impressed him: The tennis champ adored the peace and seclusion of our breathtaking countryside and stocked up on Alpine energy for his next sporting challenges.



## New six-seater Mezdí chairlift

In the Piz area of the Alpe di Siusi, the modern, comfortable Mezdí chairlift will be replacing the old two-seater. The new mountain and valley stations, built by Leitner, feature Pininfarina design and a fully-automated garaging system.

## Regal travels ...

Former King of Belgium, **Albert II Felix Humbert Theodor Christian Eugen Maria of Belgium** (Reign 1933-2013) and Queen Consort **Paola Ruffo di Calabria** on a visit to the Malga Gostner Schwaige on the Alpe di Siusi.

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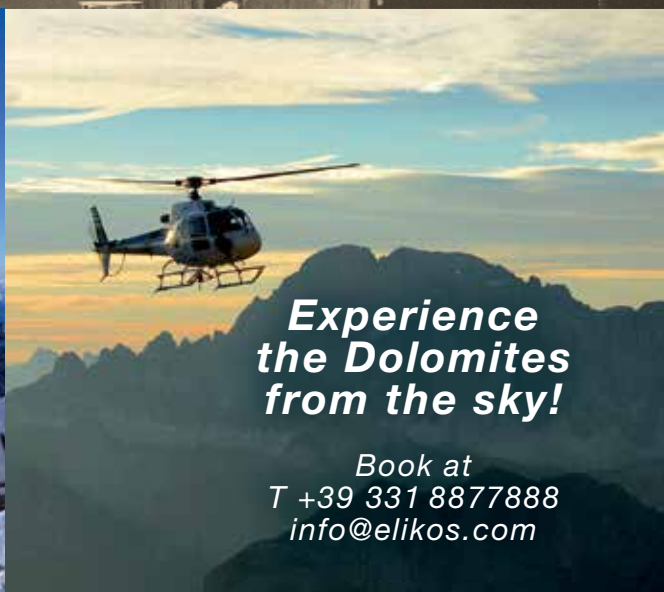
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