



Picnic rucksack for 2

Order the rucksack the day before your excursion at the reception of the Gasthof Kohlern (until 6 pm). The rucksack is filled with typical local specialities:

-„speck“ (bacon), „Kaminwurz“ (a kind of salami), „Graukas“ (cheese), „Schüttelbrot“ (crisp bread) and 2 hard boiled eggs
-0,375 l. red wine Lagrein and 1 bottle of water
for the price of € 15,00.- per person

Collect the stamps you find at the summits and viewpoints. As a souvenir of the wonderful views and as a reward for your efforts you will receive the Kohlern hiking badge. Well done!

Mount
Rotenstein

Mount
Titschen

Mount
Titschenwarte

1 Virgl - Kampenn

Difficulty: easy mountain route	Difference in altitude 685 m
Walking time 3,30 to 4 hours	

From Gasthof Kohlern descend via winding path no. 4 to the viewpoint at Virgl, 453 m above sea level (1,15 hour) – refreshments available at Wendlandhof or Kohlerhof – then continue from the Wendlandhof via the Schulsteig, signposted S, along the slope to the St. Anna chapel and on to Kampenn, with a castle of the same name, 616 m above sea level, down to the Grafhof (snack facilities), 550 m above sea level – climb steep path to Gasthof Bad Isidor, 860 m above sea level – continue on path no. 1 through forest to Bauernkohlern and then back to Gasthof Kohlern.

Alternative: descend from Virgl or Kampenn to the lower station and take the cable car up to Kohlern.

Timetable Bolzano-Colle/Kohlern cable car:

every half hour from 7 am to 7 pm, in summer last trip 7.30 pm, except lunch break at 11.30 during the week and 12.30 and 13.00 on Sunday.

The numbers given correspond to the paths marked on the reverse side.

2 Röllhof – Bauer im Wald Wolfstalalm

Difficulty: easy mountain route	Difference in altitude 528 m
but stamina required	Walking time 5,30 to 6 hours

From Gasthof Kohlern take route E5 to Herrenkohlern – descend path no. 8 to Pension Röllhof, 944 m above sea level, deer park – take road leading above the Raniglerhof – then path to the Tschufflerhof, 1250 m above sea level and on to the refreshment facilities at Bauer im Walde, 1262 m above sea level (3 hours) – continue along E5 long distance path back to Spörlboden and Totes Moos, 1472 m above sea level – take E5 forest path back to Herrenkohlern – take road down to Bauernkohlern to Gasthof Kohlern (3 hours).

Alternative: from Bauer im Walde on an unmarked path to the Köhlhof and on to the Stanerhof to path no. 1. Walking time is reduced by about 1 hour.

Alternative: from Tschuffler on an unmarked forest path round Hirschenkopf, 1566 m above sea level to Spörlboden – take path no. 5 to the Klausalm, 1528 m above sea level – to Titschenwarte, 1510 m above sea level – take path no. 5 into the Weihertal – to the pond and back to Gasthof Kohlern.

Walking time from Tschuffler to Kohlern approx. 3 hours.

6 Leifers high-level path

Difficulty: easy mountain route	Difference in altitude 883 m
but stamina required	Walking time 5 to 6 hours

From Gasthof Kohlern take the path in the direction of Seit to the Bozner Hügel (view!) – descend on path no. 3 and in part along the road to the Rutterhof (snack facilities) then on to Seit, 868 m above sea level and Gasthaus Fritscher – continue along the Leifers high-level path no. 12 to the Rechtebnerhof (snack facilities), then pass Altebnerhof, 739 m above sea level, take the road below the Alplerhof then the path through the Tschuggengraben to a road – go along this to the Steinerhof, 741 m above sea level, and to the Brunner am Breitenberg – continue on the path into the Brantental to the Schwabhof (end of the high-level path – refreshment stop) – take road signposted 5 along the Brantental and out to Leifers. There is a bus stop on the sliproad to the main road with bus number 2 leaving every 15 minutes for Bolzano, then bus number 11 every 10 minutes during the week to the lower station of the Kohlern cable car (or ask at the reception of Gasthof Kohlern for the shuttle service to pick you up). **Alternative:** take a short cut by descending from the Steinerhof, 741 m above sea level, on path no. 11 to Leifers, 255 m above sea level. Walking time is reduced by about 2 hours.

Alternative: at Schwab, 795 m above sea level (snack facilities), ascend the wide, very steep path no. 10A past the opencast mine (interesting porphyry formations) to the Prentwiese with the Thalerhof at 1287 m, then take path 10B (in part along the Kirchweg) to a fork – bear right on path no. 10 to the Wölflhof (snack facilities) on to the E5 (European long distance path) and back to Kohlern! Additional walking time approx. 4 hours.

3 Seit – Spörlhof

Difficulty: easy mountain route	Difference in altitude 995 m
but stamina required	Walking time

From Gasthof Kohlern, head in the direction of Seit to the Bozner Hügel (view!) – descend on path no. 3 and go along the road to Köhlhof and at the end of the meadows of Köhl along the unmarked forest road “Pitschader Krebs” to the end, then very STEEP path no. 12A to the Spörlhof, 1315 m above sea level – walking time about 3 hours with 3 alternatives for coming back:

- to the Totes Moos on path no. 1 back to Colle/Kohlern: walking time about 2,45 - 3 hours
- to the Wölflhof, 1209 m above sea level, then the E5 through the Wolfstal valley back to Kohlern: walking time about 3 hours
- to the Wölflhof, 1209 m above sea level, on forest path no. 2 to Bauer im Walde (refreshments available), on to the Tschufflerhof, 1250 m above sea level, and along forest path no. to the Röllhof, 944 m above sea level, up via path number 8 to Herrenkohlern, 1197 m above sea level and back to Bauernkohlern. Walking time about 5 hours.

Alternative: climb above the Köhlhof on path no. 3A to Gasthof Schneiderwiesen, 1372 m above sea level – take path no. 6 and cross the slope to the E5 long distance path – turn left and descend to Herrenkohlern, 1197 m above sea level – go along the road to Gasthof Kohlern. Walking time for short loop route 3,15 hours.

7 “E5” to Maria Weissenstein

Difficulty: easy mountain route	Difference in altitude 814 m
but stamina required	Walking time 5 hours approx

From Gasthof Kohlern follow the sign for E5 (European long distance path) to Herrenkohlern, 1197 m above sea level – take forest trail into the Wolfstal to the Totes Moos, 1472 m above sea level – take the forest trail and path to the Wölflhof (snack facilities), 1290 m above sea level and into the centre of Deutschnofen (church), 1259 m above sea level (3 hours). Refreshment stop and optional bus stop – continue along main road to Bar Luise – along Daumweg (road) to Pension Kehr – take forest trail no. 2/E5 (crossroads) up to Maria Weissenstein (place of pilgrimage), 1526 m above sea level (2 hours). Refreshment stop and bus stop (one approx. every hour, in winter before and in summer after the full hour; from Bolzano bus number 11 every 10 minutes during the week to the lower station of the cable car) or arrange to be picked up by the shuttle service.

Variant: return along the same route to the Totes Moos, then take path no. 1 back to Kohlern! Walking time approx. 4,30 hours.

4 Seit – Virgl

Difficulty: easy mountain route	Difference in altitude 871 m
but stamina required	Walking time 4,30 to 5 hours

From Gasthof Kohlern take the path in the direction of Seit to the Bozner Hügel – descend on path no. 3 and in part along the road to the Rutterhof (snacks available) – on to small church St Heinrich in Seit, 868m above sea level – on to Gasthaus Fritscher – descend on path no. 3 past the Seitner Wänden to forest road – take left-hand route signposted 3 to the Haselburg, 406 m above sea level (refreshment stop) – continue on paths nos. 3 and 9 above the suburb of Haslach to Virgl (view of Bozen), Kohlerhof, 460 m above sea level (refreshment stop) – climb to Wendlandhof on winding path no. 4 to Kohlern and on to Gasthof Kohlern.

Alternative: at the point where path no. 3 becomes a forest road, bear right instead of left on path no. 10A and 10 to Virgl to avoid the higher temperatures of Haslach in the warm summer season.

Alternative: take path no. 9 to the Spornbergerhof and descend to the lower station of the Kohlern cable car, 267 m above sea level – take the cable car to Kohlern and go along the road to Gasthof Kohlern. Walking time is reduced by about 1 hour 45 minutes.

8 Panoramic path and tour of legends around the Titschen

Difficulty: easy mountain route	Difference in altitude 414 m
Walking time 2,45 to 3,15 hours	

From Gasthof Kohlern – climb from road above the hotel on forest path no. 5 to the Titschenwarte viewpoint, 1510 m above sea level – continue on panoramic path to crossroads “Auf’n Schatz”, 1552 m above sea level – descend on path no. 1 to Gasthof Schneiderwiesen, 1372 m above sea level – then on path to Bauernkohlern and Gasthof Kohlern.

**legend has it that the gentle giant “Titsch” lived on the Titschen, the highest point of the Rotstein at 1619 m above sea level. He would guide lost children out of the forest and give them strawberries as big as plums.*

****“Auf’n Schatz”:. legend has it that a set of golden skittles lies buried near the Schatz (“treasure”).*

