

## Fiè – Lake „Laghetto di Fiè“ – Malga Tuff – Hofer Alpi – Malga Seggiola - Sciliar



<b>Starting point</b>	Fiè - roundabout
<b>Length of the walk</b>	4.30 hours
<b>To see</b>	Magnificent view from Mount Pez “
<b>Recommended map</b>	Tabacco Alpe di Siusi Altipiano dello Sciliar 1:25000
<b>Difficulty</b>	Very challenging
<b>Height difference</b>	m. 1670 uphill
<b>Signs</b>	1 - 3

Starting in **Fiè** the footpath marked No. 1 winds gently through woods and meadows and in approx. half an hour reaches the north end of the little lake „**Laghetto di Fiè**“ (1056 m). The calm waters of the little lake reflect the enormous Sciliar Massif. Artificially created by the Lords of Fiè-Colonna, in those times occupants of the Castle Presule, to breed carps to enliven their meals. The lake is fed by a source that springs at the foot of the mountain and is called „**Blood of Mount Sciliar**“ (Schlernblut). A rich colony of white waterlilies and reeds decorate the calm surface of the water. From here onwards the route is entirely in the **Sciliar-Catinaccio Nature Park**. Carry on along footpath No. 1, which further on comes to another little lake, the so called „**Huber Weiher**“ (1096 m), which is also artificial and used for irrigation purposes. Turn right and walk uphill and in approx. 20 minutes time you get to the grassy area of the **Malga Tuff** (1274), a refreshment place, with a wide open view of the valley below. You need to cross a deep gorge and go over the **Rio di Fiè** to **Peter Frag** (1653 m), an excellent view-point. Here you can meet the area’s typical fauna: grouse, owls, golden eagles,

chamois, roe bucks. Keep on the right and follow the footpath marked No. 1A, surrounded by woods, that in approx. 20 minutes leads to the **Hofer Alpl** (1348 m), refreshment place and overnight accommodation. Another amazing view-point looking over the **Bolzano** valley, the **Mendola** and the mountain chain surrounding the **Ortles**. Follow footpath No. 3 leading uphill to the Sciliar footpath marked No. 1. Attacking the **Stretta dello Sciliar**, the route becomes arduous, but the setting is magnificent. Back in the medieval times farmers brought their animal herds along this pathway up to the higher pastures. Follow a long corridor to the **Malga Seggiola** (1940 m), a refreshment place. Walk through a secondary valley and over a grassy ridge to come out on the **Sciliar Plateau**. On the right a mule-track leads to the little church of San Cassiano, whilst following the marking No. 1 you get in a very short time to the **Refuge Bolzano** (2457 m), a refreshment place and overnight accommodation. It is well worth taking footpath No. 3, an approx. 30 minutes' walk to Mount Pez (2569 m), with a unique view of the **Catinaccio**, the **Latemar**, the **Catena del Lagorai**, the **Presanella**, the **Ortles**, the **Val Passiria Alps**, the **Stubai** and **Zillertal Alps** (in Austria), the **Plose**, the **Odle**, the **Sella**, the **Sassopiatto**, the **Sassolungo** and the **Marmolada**.

The so-called Pez is also of great geological interest because of the „layers of Raibl“, which form an impermeable covering, creating the terrace landscape of which Pez is a typical example. Continue to the next interesting site, the **Monte Castello** (2471 m). Archeological findings bring to mind Roman cultural sites.