

# Guided snowshoe hikes

## Weekly program Tiers am Rosengarten

### Monday: Snowshoe tour Passo Nigra to Schiller hut

#### Starting Point: Tiers cable car at 9.00 am

Ride with the Tiers cable car to the Frommeralm. We hike in the direction of the Niger Pass to the Vöstelschwaige and the Jocherhof hut. We continue to the Schillerhof mountain inn, where we stop for refreshments. Afterwards we hike on path no. 1 back to the Niger Pass and the Frommeralm. Return with the cable car to St. Zyprian. Circular hike of about 5 hours (hiking time).

### Tuesday: Snowshoe tour Ciamin Valley

#### Starting point: Hotel Dosses in Tiers am Rosengarten – St. Zyprian at 9.30 am

From Hotel Dosses we walk to the "snowshoe gate" - continue along the forest road to the "Schwarzer Lettn" and up to the "Rechter Leger" (break for lunch/bring packed lunch) - we cross the valley and return by St. Zyprian on the opposite side of the valley. Approx. 400 m uphill and downhill and 4 hours of walking.

### Wednesday: Snowshoe hike to Messnerjoch hut

#### Starting Point: Tiers cable car at 9.00 am

By cable car to Frommeralm and from there by bus to Kaiserstein bus stop - 150 m descent to Moseralm-via Kölbllegg-Firswiesen to Kuregg – with stunning views on the Rosengarten Massif and the surrounding Dolomite Peaks - descend to Messnerjoch hut with stop (lunch not included in price) and then return to St. Zyprian. Ascent 420 m, descent 900 m. Walking time approx. 4-5 hours.

### Thursday: Snowshoe hike in the Latemar area

#### Starting Point: Tiers cable car at 9.00 am

Ride with the Tiers cable car to the Frommeralm and from there by bus to the Paolina valley station. Ascent via the Latemarforst and Latemarwiesen up to 1,900 m above sea level. We descend to the Geplänk and we hike in the direction of the Karersee lake and Moseralm hut. After lunch break, ascent via Tschein to Frommeralm and return with the Tiers cable car to St. Zyprian. Ascent: 560 hm, descent: 450 hm - pure walking time 5 hours.

### Friday: Snowshoe hike on Seiser Alm

#### Starting point: valley station of the Seiser Alm Cable Car in Seis at 9:21 am

With hiking guide Roman we take the Seiser Alm Cable Car (not included in the price). From Compatsch via Panorama to Goldknopf on 2.249m. We continue to the Molignon hut, where we stop for lunch. 3 km long toboggan run to Saltria or descent by foot to Saltria. Return to Compatsch with shuttle bus (3,00 €) - 4 h walking time, 450 hm ascent and descent.

### Saturday: Snowshoe hike to Haniger Schwaige hut (closed)

#### Starting Point: Tiers cable car at 9.00 am

By cable car to the Frommeralm. We take in the direction of Niger Pass and then to the "Baumannschwaige" - then short, steep ascent to the "Tuml" and "Angel" meadows – we continue to the Haniger hut and back to St. Zyprian. 300 m uphill and 900 m downhill. Bring packed lunch. Return around 4 p.m. - 5 hours of walking.

Registration at the tourist office Tiers am Rosengarten within 12:00 the day before the event.

+39 0471 642127 or [info@tiers.it](mailto:info@tiers.it)

Participation fee 30,00 € (snowshoes, cable cars and lunch not included).

