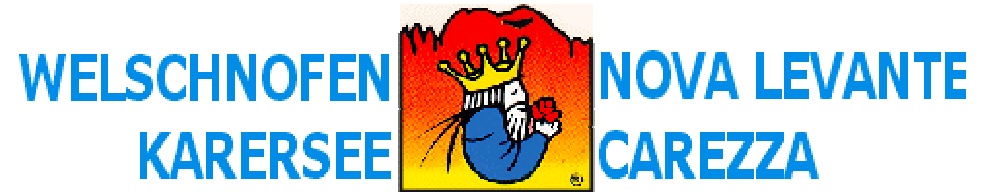


To „Foro del Lupo“ (wolf's hole)

Follow the path no. 5 from the church square. It's the way of the cross. Here you find the first trough – the „Nössler trough“. Go on on this path till you arrive to the wolf's hole (Foro del Lupo), where you find another trough. 200 years ago, the surrounding woods were home to wolves and bears. It is said that the very last wolf was captured in this 4 metre-deep hole in 1822. From here you have a panoramic view over the Tiers – valley. Follow the path no. 0. Near a hut you'll find a pond with waterlilies and a trough for your refreshment. The path no. 2B brings you to the farm Pardeller. Follow the path no. P and no. 2 back to Welschnofen.

Route: Welschnofen church square, path no. 5, Foro del lupo (1508 m), path no. 0, Palude del morto, path no. 2B to the farm Pardeller (1558 m), path no. P, path no.2, Welschnofen.

Degree of difficulty: average-difficult. Duration: 4 hours. Difference in altitude: 400 m. Eateries: ca. 15 minutes from the Foro del Lupo (wolf's hole) – farm „Schiller“



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water

odourless, tasteless, colourless and very important.

The adult human body is composed of approximately 55 to 60% water; the brain is composed of 70% water, as is skin, blood is 82% water, and the lungs are nearly 90% water.

You can survive about a month without food, but only 5-7 days without water.

Here, in the beautiful world of Dolomites, the water rises cleanly and healthy. You can quench your thirst with fresh water from springs and troughs around Welschnofen-Karersee.

The drinking water rises below the mountain „Latemar“ in the forest.

The following hikes bring you at different troughs.

Karerpas - Nigerpas - Welschnofen

Take a public service bus to the Karer pass. Follow the path no. 1C, where you'll find the first trough called „**Tuffquelle**“, another trough and then you arrive to the Niger pass. Take the path no. 1N through shady wood till you arrive at the 3rd trough, the **Kaltrun trough**.

Route: Karer pass (1752 m), path no.1C, Tscheiner hut (1774 m), path no.1C, Niger pass (1668), path no.1N, Welschnofen.

Difficulty: easy. Duration: 3-4 hours.

Slope: 600 m. Refreshment stops.

With the Paolina chair lift up in the mountains

Take the chair lift Paolina and follow the path no° 539, called the „Hirzel“ path. After 20 minutes you'll find a refreshing spring. Go down on the path no° 9 till you arrive at the „Waidmann Schwaige“. Follow the path no.6 on the left back to the point of departure.

Route: chair lift Paolina (1620 m), Paolina hut (2125 m), (or by food from Karerpas along the path no° 552/539), path no° 539, no° 9, no° 6 and back to the point of departure.

Degree of difficulty: easy – average-difficult excursion.

Duration: 3 hours. Difference in altitude: 500 m. Refreshment stops.

Kaltwassertal

Destination is the „Kaltwassertal“, via Hagner. Take the path no.1N till the Hotel Rosengarten, where you can make a little stop. Go on on the path no.4C till the farm „Jocher“, then on the path no.4B till the farm „Hagner“ and to the farm „Schiller“. Go back on the same way till the farm „Hagner“ and follow the path no.4A. Here you'll find a trough, which is filled up with fresh water. Go on on this path till you arrive at Welschnofen.

Route: parking place Schneiderbrücke (1156 m), path no. 1N, Hotel Rosengarten (1320 m), path no.4C, path no. 4B, Hagner (1556 m), Schiller (1555 m), path no. 4A, Welschnofen.

Difficulty: easy. Duration: 3-4 hours.

Slope: 400 m. Refreshment stops.

Monument to the empress Elizabeth

The outing takes you high up, to the farms of Welschnofen. The destination is the trough near the monument to the Empress Elizabeth (wife of Franz Josef I). Follow the path no° 7 from the parking place „Schneider“ till the Meierei bar and then the path no° 6 and no° 3. On this path you arrive the trough „Zenai“, about 200 mt under the monument.

Route: parking place „Ponte Schneider“ (1156 m), path no° 7, Unterpoppener - farm (1315 m), Meierei bar, path no° 6, Pitschöler - farm, Sohler - farm, path no° 3, monument to the empress Elizabeth (1566 m), Hotel Rosengarten (1320m), back to the point of departure.

Degree of difficulty: easy. Duration: 4 hours.

Difference in altitude: 410 m. Refreshment stops.