



# Experience

3 Zinnen Dolomites



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Print product with financial  
**climate contribution**  
ClimatePartner.com/10109-2604-9001

**IMPRINT**

**Publisher:** Special publication Tourist Offices Sexten / Sesto, Innichen / San Candido, Toblach / Dobbiaco, Niederdorf / Villabassa, Pragsertal / Valle di Braies

**Graphic Design:** Pink Hand

**Original Text:** Verena Duregger, Tourist Offices Sexten / Sesto, Innichen / San Candido, Toblach / Dobbiaco, Niederdorf / Villabassa, Pragsertal / Valle di Braies


**Italian and English Copy:** Silvia Wachtler, Tourist Offices Sexten / Sesto, Innichen / San Candido, Toblach / Dobbiaco, Niederdorf / Villabassa, Pragsertal / Valle di Braies

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**Print:** Dialog GmbH

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**LEGEND**

-  Visits available
-  Summer
-  Winter
-  Guided tours available
-  Subject to a fee
-  Cable car

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# Welcome

Mountains as far as the eye can see.  
Nature as your constant companion.  
Hiking paths and cycle trails. Challenging climbing routes. Quiet paths for walking. Adventures for the whole family. A delicious dish of pasta. An excellent glass of wine. Friendly people who will make you feel at home. In the mountains and in the valley. This is what we are: Sexten/Sesto, Innichen/San Candido, Toblach/Dobbiaco, Niederdorf/Villabassa, Prags/Braies. Five places in the heart of the Dolomites, a UNESCO World Natural Heritage Site.

**We're delighted to welcome you as our guest.**

**We're happy to meet you.**

# Activities

Nature is our playground. Both in summer and in winter. Skiing and climbing, hiking, cross-country skiing and cycling - the possibilities are so varied, just like the region itself.

Families and top-level athletes can feel equally at home here. There are lots of great activities right on our doorstep.

**Everything is possible here.  
That's our great good fortune.**



### 3 Zinnen Dolomites Hiking Pass

*Lace up your hiking boots.*

*Take a deep breath. Set off.*

If you love spending your free time outdoors, the 3 Zinnen Dolomites Hiking Pass is perfect for you. It will take you to the most beautiful places in the region – step by step.

The hiking pass is available from individual tourist offices.



## Hiking & Climbing

That feeling of exhilaration when you reach the summit. The satisfaction of following in the footsteps of pioneers. A circuit of the Three Peaks - or even - a climb right to the top. Enjoy the amazing beauty of the view. Hone your technique on the climbing wall. In the heart of the UNESCO World Heritage Site. The mountains are in our blood, just like our love of cooking, with so many restaurants offering tempting local cuisine. But after all your efforts, you deserve something special.

### ***Do you want to start now?***

Take a look at our brochure with our suggestions for trips and via ferratas.  
[dreizinnen.com/hike](https://dreizinnen.com/hike)

## Biking ↻ Mountainbike

Get on your bike and enjoy the freedom.

Start pedalling along the Pustertal Cycle path - Leg Toblach/Dobbiaco - Innichen/San Candido - Lienz (A) that leads to Lienz in East Tyrol. Push yourself to your limits on the Stoneman Trail. And the best is yet to come: whether you're a cycling enthusiast or a high-performance athlete, nature will be your constant companion as you tour the holiday region 3 Zinnen in the Dolomites.

This is the place for something different.

### ***Are you intrigued?***

Then our brochure will tell you all you want to know.  
[dreizinnen.com/bike](https://dreizinnen.com/bike)





## Skiing & Snowboarding

Venture out on a perfectly groomed slope. With the sun warming your back. In an unspoiled natural setting. This is true freedom - and there is no better place to enjoy it than the 3 Zinnen Dolomites ski resort, with its 115 km of slopes and 30 cable cars. On the other hand, the smaller ski resorts in this area are ideal for families.

So, what are you waiting for?

### ***It's time to hit the slopes***

You'll find more information in the brochure Winter Skiguide. [dreizinnen.com/ski](http://dreizinnen.com/ski)

## 3 Zinnen Winter

# 05

connected  
**MOUNTAINS**

# 02

**toboggan runs**  
with cable cars

# 27

ski huts

# 136

days **of skiing**

# 04

**VALLEY SKILIFTS**

# 115

kilometers of slopes

# 30

**CABLE CARS**

# 01

night  
skiing area

# 01

**family mountain**  
MONTE BARANCI

# 100%

slopes with technical  
**snow-making**



## Cross-country skiing

Find inner peace among the beauties of nature.

Train like a real pro at the cross country Ski Stadium Nordic Arena in Toblach/Dobbiaco, or venture out on some of the best cross-country trails.

The holiday region 3 Zinnen in the Dolomites is a centre of attraction for cross-country skiing enthusiasts, and not just because of its many sport events. Should we mention the stunning view of the Dolomites? It really takes your breath away! Just like cross-country skiing up at Plätzwiese high plateau. Cross-country ski trails at a height of 2000 metres, right in the heart of the Natural Park.

Come and join in!

### ***Follow the trail***

Have a look at our cross-country skiing brochure to find out about local trails and events.  
[dreizinnen.com/xcountry](http://dreizinnen.com/xcountry)





## Winter trails, snow-shoe hiking and sledging/tobogganing

The snow-covered trees are all around you. A roe deer wanders quietly through the woods.

The creak of snow under your boots is all that breaks the silence. It doesn't take much to make you feel happy. You can go on a toboggan ride and enjoy the landscape. Or you can explore the valleys on foot. Isn't that a lovely idea?

### ***There's always guaranteed snow***

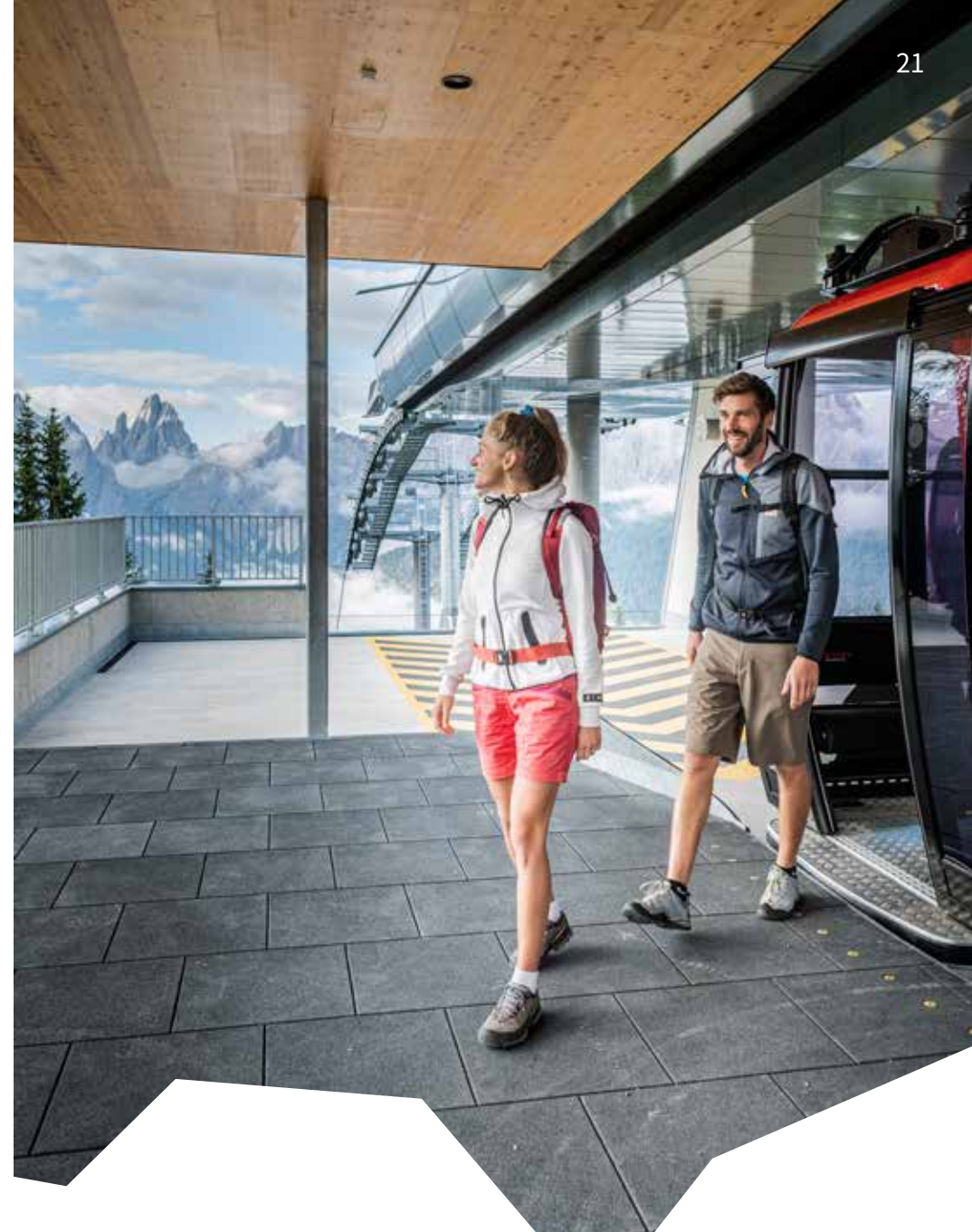
In our special brochure, you'll find lots of advice about hiking trails and toboggan runs. [dreizinnen.com/winterhike](http://dreizinnen.com/winterhike) & [dreizinnen.com/sledging](http://dreizinnen.com/sledging)

## 3 Zinnen Dolomites cable cars

Numerous experiences all year round: that's what the 3 Zinnen Dolomites cable cars make possible. In winter you can discover the breathtaking nature on 115 perfectly groomed km of slopes and 5 connected ski mountains. In summer, this winter wonderland transforms into a hiking and excursion paradise for the whole family. Various family parks await you at the mountain stations Monte Elmo, Baranci, Croda Rossa, Stiergarten, guaranteeing entertainment for young and old.

### ***Ready?***

[dreizinnen.com/cablecars](https://dreizinnen.com/cablecars)





# Indoor Sport

There are days when it's better to be indoors than out. Hone your skills on the climbing wall, relax in the sauna, work out in the fitness room, and swim a few laps of the pool.

**But that's just the start.**



## Swimming, sauna, wellness

Caravan Park	Sexten /Sesto	+39 0474 710444	caravanparksexten.it
Alpenwellnesshotel St. Veit	Sexten /Sesto	+39 0474 710390	hotel-st-veit.com
Acquafun	Innichen /San Candido	+39 0474 916200	acquafun.com
Hotel Union	Toblach /Dobbiaco	+39 0474 970100	hotelunion.it
Camping Olympia	Niederdorf /Villabassa	+39 0474 972 147	camping-olympia.com/pool-sauna

## Sports & leisure

Fitness Studio Sport centre Gries	Toblach /Dobbiaco	+39 348 6549378	sport-toblach.com
Fitness Cardio gym	Niederdorf /Villabassa	+39 348 3365063	asv-niederdorf.it
Tennis court Sport Sexten/Sesto	Sexten /Sesto	+39 0474 862546 +39 348 4439834	sexten.eu/de/Dorfleben/ Verschiedenes/Sportanlage_Sexten
Tennis balloon Sportcenter	Innichen /San Candido	+39 0474 830844	innichen.tennisplatz.info
Tennis court - Hotel Union	Toblach /Dobbiaco	+39 0474 970100	hotelunion.it
Tennis – Airdome at the „Kurpark“	Niederdorf /Villabassa	+39 340 8946194	tvn.bz
Bowling at the Hotel Nocker	Toblach /Dobbiaco	+39 0474 972242	hotel-nocker.it
Climbing hall Sport Sexten/Sesto	Sexten /Sesto	+39 0474 862546 +39 348 4439834	sexten.eu/de/Dorfleben/ Verschiedenes/Sportanlage_Sexten
Climbing hall Nordic Arena	Toblach /Dobbiaco	+39 0474 972132	nordicarena-toblach.it
Ice stadium	Toblach /Dobbiaco	+39 0474 972529	sport-toblach.com
Bodnerhof	Prags /Braies	+39 3294881358	bodnerhof.com

# Family Summer



Enjoy a family bike ride along the cycle path in the valley, venture out on some easy hikes (are we nearly there?), travel up the mountain by cable car, and explore our Family Parks. The holiday region 3 Zinnen Dolomites is a huge adventure playground for the whole family. Learn about different animal tracks, find out interesting facts about mushrooms, search for the spirits of the rocks and explore the kingdom of the Gigante Baranci . Does that sound intriguing?

**We're a real land  
of adventures for families.**

## Dolomiti Ranger

How were the Dolomites formed? Is it true that this area was once covered by a great sea? What kinds of animals live here? And how can we identify them by their tracks? The Dolomiti Ranger programme provides answers to questions such as these. Children aged 7 to 12 and their parents can explore the unique environment of the Dolomites in the company of Natural Park guides.

Innichen/San Candido - Tel. +39 0474 913149 ☀  
 Toblach/Dobbiaco - Tel. +39 0474 972132 ©  
 Niederdorf/Villabassa - Tel. +39 0474 745136  
 Prags/Braies - Tel. +39 0474 748660  
 Registration necessary  
 age: 7 – 12 years  
**[dreizinnen.com/dolomitiranger](https://dreizinnen.com/dolomitiranger)**

The holiday region 3 Zinnen in the Dolomites offers many different programmes, activities and guided tours. Please contact the Tourism Associations for the weekly programme and more information.  
**[dreizinnen.com/events](https://dreizinnen.com/events)**





## Activities for kids & families

Outdoor swimming pool	Sexten /Sesto	+39 0474 862546 +39 348 4439834	sexten.eu/de/Dorflieben/ Verschiedenes/Sportanlage_Sexten	☀️ €
Acquafun	Innichen /San Candido	+39 0474 916200	acquafun.com	☀️ ❄️ €
Bathing lake	Toblach / Dobbiaco	+39 0474 972529	sport-toblach.com	☀️ €
Boat tours	Toblach / Dobbiaco Prags /Braies	+39 0474 973267	la-palafitta.com	☀️ € equipment rental
			<i>Paddleboats on the Toblacher See lake and Rowboats and Pragser Wildsee lake</i>	
Raiffeisen Kneipp für mich® activity park	Niederdorf /Villabassa	+39 0474 745136	villabassa.it	☀️ €
Horse lovers	Sexten /Sesto	Riding stable Tschurtschenthaler Georg: +39 348 3482218 (for children only) Riding stable Unterlanerhof: +39 340 1475078		☀️ ❄️ € equipment rental registra. necessary
	Prags /Braies	Riding stable Bodnerhof + 39 3294881358		☀️ ❄️ € equipment rental registra. necessary
Wildlife Park	Toblach / Dobbiaco	+39 0474 972347		☀️ €
Minizoo Olympia	Niederdorf /Villabassa	+39 0474 972147		☀️ ❄️
Outdoor tennis courts	Sexten /Sesto Innichen Toblach Niederdorf	+39 0474 862546 +39 348 4439834 +39 0474 830844 + 39 0474 972132 +39 340 8946194	sexten.eu/de/Dorflieben/Verschiedenes/Sportanlage_Sexten innichen.tennisplatz.info tvn.bz	☀️ € registra. necessary
Minigolf	Sexten /Sesto Innichen /San Candido	+39 0474 862546 +39 348 4439834 +39 0474 916263	sexten.eu/de/Dorflieben/Verschiedenes/Sportanlage_Sexten	☀️ € equipment rental

<b>Climbing centre</b>	Climbing hall Sport Sexten/ Sesto	+39 0474 862546 +39 348 4439834	sexten.eu/de/Dorflieben/ Verschiedenes/Sportanlage_Sexten	☀️ ❄️ € equipment rental
	Climbing hall Nordic Arena Toblach /Dobbiaco	+39 0474 972132	nordicarena-toblach.it	☀️ ❄️ €
<b>MTB training park Signaue</b>	Sexten/Sesto	+39 0474 710310	sexten.it	☀️ 🗺️
	<i>In 2020, the first MTB training park of the holiday region 3 Zinnen Dolomites was opened in Sexten. It is located at the valley station of the Drei Zinnen cable car and offers training routes for beginners as well as for advanced mountain bikers. They all find various training routes here: fast or easy trails, Slowtrails or technical lines. The course is particularly exciting for kids, they can really have a good romp on the routes named after native animals.</i>			
<b>Stoneman Kids „Treasure hunt“</b>	Sexten /Sesto	+39 348 9055460	stoneman.it	☀️ € 🗺️ registra. necessary
	<i>The Stoneman-Kids is an exciting and sporty adventure with treasure map for kids and parents.</i>			
<b>Funbob Monte Baranci</b>	Innichen /San Candido	+39 0474 710355	dreizinnen.com	☀️ € 🗺️
	<i>The longest summer toboggan run in South Tyrol: The Funbob at the Monte Baranci San Candido. Young and old race down the aluminium rail into the village. Your vehicle is a bob, and you are in charge of your own speed. Adults love this ride as least as much as their children.</i>			
<b>Bike-Stop</b>	Niederdorf / Villabassa	+39 0474 745136	niederdorf.it	☀️ ❄️
	<i>At the newly built bike stop in the village center of Niederdorf, guests will find an e-Bike charging station, a repair station for bicycles and mountain bikes, as well as an info totem. Events, bus connections, interesting facts about the surrounding area and the weather can be called up at the digital information point. Can be used all year round.</i>			



MTB training park Signaue



Funbob Monte Baranci



	Innichen /San Candido „Pizach“	+39 0474 913149		☀️ € registra. necessary
BBQ facility	Toblach /Dobbiaco „Grieswaldile“	+39 0474 972132		☀️ € registra. necessary
	Niederdorf /Villabassa „Kurpark“	+39 0474 745136		☀️ € registra. necessary
Orienteering	Niederdorf /Villabassa	+39 0474 745136	niederdorf.it	☀️ ❄️ <i>Equipped with a map, you have to find the 28 control points distributed throughout Niederdorf and collect the stamps on each control point. Maps are available in the Tourist Office Niederdorf.</i>
Raiffeisen „Motorikpark“®	Niederdorf /Villabassa	+39 0474 745136	niederdorf.it	☀️ <i>A movement paradise for families, athletes and seniors. Built according to an overall training concept based on scientific research. An ideal mix of coordination devices and strength, mobility, speed and endurance stations. The effect on health and motor skills of users is highly effective.</i>
Relax area - „Kurpark“	Niederdorf /Villabassa	+39 0474 745136	niederdorf.it	☀️
Pragis Park Peace Garden	Prags /Braies			☀️ <i>A peace garden is a symbolic place that emphasises the values of peace, solidarity, respect and peaceful coexistence. Pragis Park also embodies these values and invites people to come together.</i>
Bike Park	Prags /Braies			☀️ <i>The bike park offers children a safe, playful way to improve their cycling skills. In addition, the nearby Pragis Park offers extensive green spaces where you can enjoy picnics or simply breathe in the fresh air.</i>



## Guided tours

Visit of a farm	Innichen /San Candido	+ 39 0474 913149	innichen.it	☀️ € registra. necessary
Franciscan Garden at the Franciscan Monastery	Innichen /San Candido	+39 0474 913149	innichen.it	☀️
Biomass nature trail in the district heating plant Toblach/Dobbiaco -Innichen/San Candido	Toblach / Dobbiaco	+39 0474 973214	www.fti.bz	☀️ ❄️ €
Nature Park House Three Peaks	Toblach / Dobbiaco	+39 0474 973017	provinz.bz.it/naturparke	☀️ ❄️
Cheese dairy Three Peaks	Toblach / Dobbiaco	+39 0474 971300	3zinnen.it	☀️ ❄️ €
Three peak view	Toblach / Dobbiaco	+39 0474 972132		☀️ ❄️
<i>The Three peak view offers the only possibility to see the three peaks from the valley.</i>				
Botanical nature trail „Kurpark“ Niederdorf/ Villabassa	Niederdorf /Villabassa	+39 0474 745136	villabassa.it	☀️ ❄️
Fibris all about textiles	Niederdorf /Villabassa	+39 377 0981659	mich.pirch@gmail.com	☀️ ❄️ €
Fruit manufactory Alpe Pragas	Prags /Braies	+39 0474 749400	alpepragas.com	☀️ € registra. necessary
Adventure farm „Lechnerhof“	Prags /Braies	+39 377 3957820	lechnerhof.bz.it	☀️ € registra. necessary

## Wood Wonder World

Climb up the woodpecker tree and whizz down the otter slide.

Play, climb, jump and explore all the secrets of nature in the forest.

A wonderland that stimulates children's curiosity through fun and adventure, ensuring what they learn is not simply factual but also appeals to their feelings. Behind the renowned Grand Hotel and after a short path - walk you'll find the magnificent and calm - layed Wood Wonder World

**Toblach/Dobbiaco: +39 0474 972132**



## Other playgrounds

### Sexten/Sesto

Gisser, Sonnwendplatz, Sparkasse, Waldheim, Mooser Waldile, playground at Mitterberg, Sesto circular trail with educational stations from the reservoir to Moos, circular trail with stations, stories, S' Waldilerecreation area between Sesto and Moos with various activities for young and old, Talschlusshütte Hut, at the mountain stations of the lifts

### Innichen/San Candido

„Burg-Al castello“ castle, Acquafun, elementary school, kindergarten, Pumes, Vierschach/Versciaco football field, Winnebach/Prato Drava football field, Winnebach/Prato Drava elementary school

### Toblach/Dobbiaco

Wood Wonder World, Elementary school, Grieswaldile, playground Wahlen/San Silvestro, Street Workout playground near the railway station

### Niederdorf/Villabassa

Playground for children „Kurpark“  
Playground for children „Waldile“

### Prags/Braies

Pragis Park, Schmieden/Ferrara  
Schmieden/Ferrara cultural house,



## HIGHLIGHT

### „Kurpark“

Fun, adventure, health and relaxation. You can enjoy this and more at the Kurpark health park in Niederdorf/Villabassa. The new children's playground with water games, the „double - swing - lift“, the long „tunnel - slide“, climbing possibilities resemble a spider with a spider web or an anthill. Or put a spring in your step by dipping your feet in cold water in the Raiffeisen Kneipp für mich® activity park, and then enjoy a relaxing time with a good book in the outdoor inhalation area or in the relax area with loungers and hammocks.

Niederdorf/Villabassa: +39 0474 745136



## Rock spirits

The new 2.5-kilometre-long “Rock spirits” family circular trail at Croda Rossa and invites adventurers and history buffs to discover the secrets of this impressive mountain landscape. The Dolomites have held an irresistible fascination for centuries and the desire to climb their summits is as old as man himself. For a long time, the peaks, the so-called ‚Knottn‘ were considered frightening and inaccessible, inhabited only by ghosts and witches. But today, the „Rock spirits“ circular trail offers the opportunity to explore this mystical world and to learn the stories of the mountains.



## The Gigante Baranci and his realm

The Monte Baranci family mountain is home to a local giant named Gigante Baranci. Those who enter his realm can follow in his footsteps by visiting various interactive stations, which are particularly aimed at entertaining little guests. Very close to the ‘giant’s footprint’ lakes by the Rifugio Gigante Baranci, you’ll find hidden away an alpine recreation area, a wonderful place to unwind - with a very special attraction: the Dwarf Village. High up in the branches there are quaint tree houses which you can explore via ladders and rope bridges. The life of a dwarf is reflected in the nine mountain huts below.



[dreizinnen.com/familyparks](https://dreizinnen.com/familyparks)

# 3 Zinnen Family Parks

## Olperl Nature Park

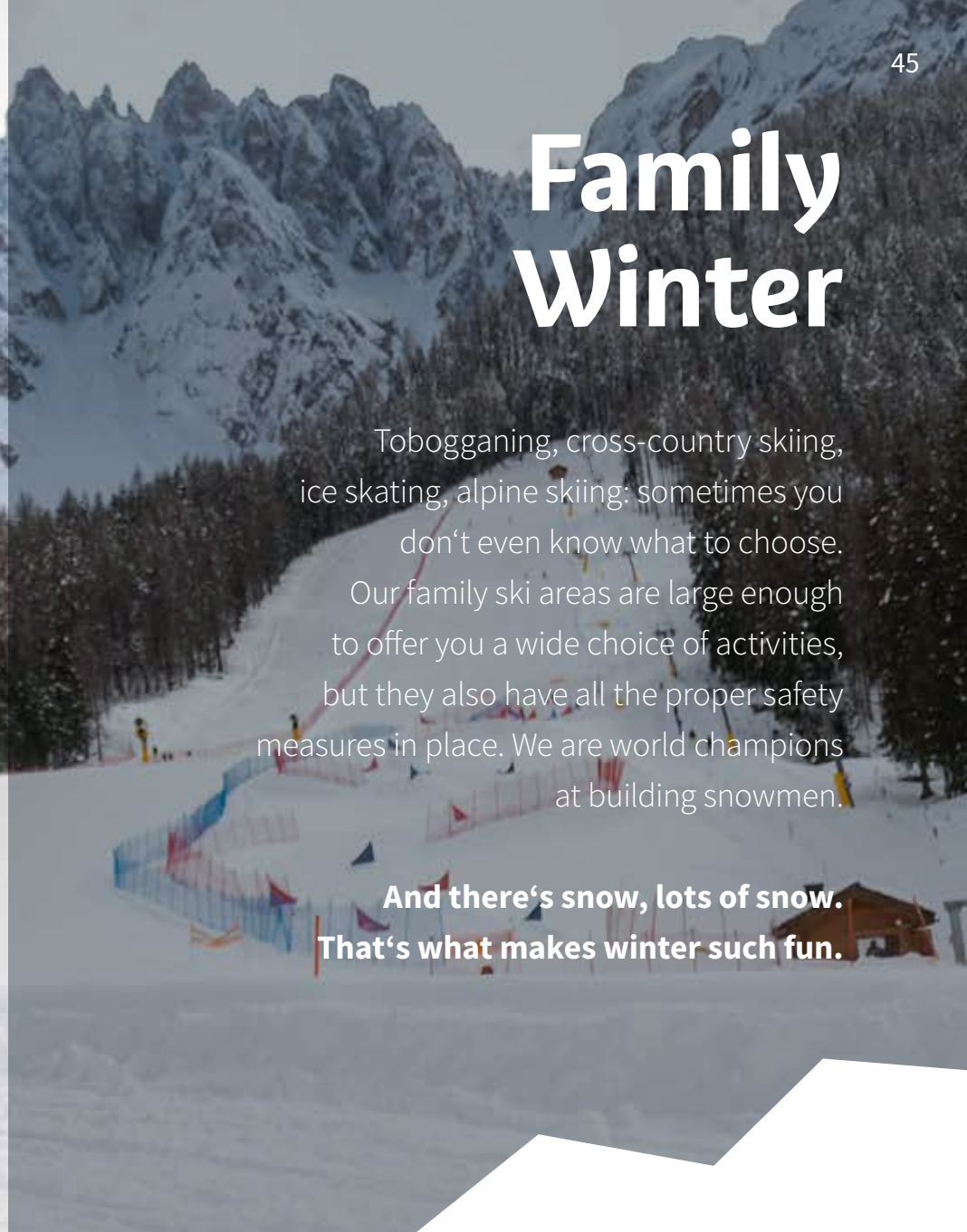
In Olperl’s Footsteps!  
The entrance to the nature park is right next to the Monte Elmo mountain stations and invites you to meet Olperl’s best friends – in the realm of the animals’ mountain world. As you walk, you’ll come across 10 special and very exciting places - with fantastic views of the Sextner Dolomiten mountain chain.



# Family Winter

Tobogganing, cross-country skiing, ice skating, alpine skiing: sometimes you don't even know what to choose. Our family ski areas are large enough to offer you a wide choice of activities, but they also have all the proper safety measures in place. We are world champions at building snowmen.

**And there's snow, lots of snow.  
That's what makes winter such fun.**



## Programmes for kids & families

<b>Rudi Reindeer path</b>	Sexten/Sesto	+39 0474 710355	dreizinnen.com	☃ 🏠
<i>Learn useful tips for slope safety from wooden reindeer you will meet along the path.</i>				
	Sexten Tonis Miniclub	+39 0474 710375	skischool.it	
	Innichen /San Candido	+39 348 3523135	scuolascisancandido.com	☃ €
<b>Babyclub Ski Alpin</b>				registra. necessary, equipment rental, age: >3 years
	Toblach / Dobbiaco	+39 0474 972 581 +39 379 297 6046	scuolasci-dobbiaco.com snowsports3zinnen.com	
	Prags /Braies		scuola-ski-schule.com	
<i>It is never too early to start skiing and the movement in the snow is very funny. With magic carpet and minilift. With the construction of the Kameriot ski lift and the creation of a circular hiking trail and ski touring route, a small but exquisite ski area has been created in Prags/Braies.</i>				

## Activities for kids & families

<b>Horse-drawn sleigh ride</b>	Sexten/Sesto	Riding stable Kramerhof Sexten: +39 348 3482218		☃ € registra. necessary
<b>Curling Sport Sesto</b>	Sexten/Sesto	+39 0474 862546 +39 348 4439834	sexten.eu/de/Dorfleben/	☃
	Toblach / Dobbiaco	Lake of Dobbiaco +39 0474 972132 +39 349 3665935		☃ € registra. necessary
<b>Toboggan runs</b>	Croda Rossa Sexten/Sesto	+39 0474 710355	dreizinnen.com	☃ 🏠
	Monte Baranci Innichen /San Candido	+39 0474 710355	dreizinnen.com	☃ 🏠
<b>Kids Skicross on Haunold/Baranci</b>	Innichen /San Candido	+39 0474 710355	dreizinnen.com	☃ 🏠
<b>Ice-skating</b>	Toblach / Dobbiaco	+39 0474 972529	sport-toblach.com	☃ € equipment rental
	Niederdorf /Villabassa		villabassa.it	☃ € equipment rental

The holiday region 3 Zinnen in the Dolomites offers many different programmes, activities and guided tours. Please contact the Tourism Associations for the weekly programme and more information. [dreizinnen.com/events](http://dreizinnen.com/events)



# Culture



A word to describe our cultural offering? Variety. There's the Collegiate Church of Innichen/San Candido, one of the most important sacred buildings in the Eastern Alps. There's the Euregio Gustav Mahler Cultural Centre in Toblach/Dobbiaco, with its programme of high-quality music. There are museums such as the Dolomythos, dedicated to the natural sciences, and there are events related to the Christian calendar, and other local celebrations: the fires of the Sacred Heart, the processions and traditional costumes. Our culture is an integral part of our daily life.

**Come and enjoy it with us.**



## HIGHLIGHT CULTURE

## Euregio Cultural Center Gustav Mahler Dobbiaco Dolomites

Südbahn railway construction starts tourism in Hochpustertal/Alta Pusteria; in 1877 the Grand Hotel was designed by the important railway engineer and architect under the royal and imperial monarchy Wilhelm Gustav Ritter von Flattich and built by Dr. Friedrich Schüller in 1879; meeting point for the European nobility. The building now houses the Euregio Cultural Center including a education center, a music school, the guesthouse, the youth hostel and the nature Park House Three Peaks.

**Toblach/Dobbiaco: +39 0474 976151**





## HIGHLIGHT CHURCH

## Roman Collegiate Church

The Collegiate Church of Innichen/San Candido is the most important religious building in the Romanesque style in the Eastern Alps. It should therefore be no surprise that it is known as the “cathedral” by local people.

The Romanesque architecture makes it appear more like a fortress, while high up in the dome a monumental fresco depicts the history of creation.

Pause a while to recover your equilibrium: the crypt is a place to restore your sense of calm.

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**Innichen/San Candido: +39 0474 913149**



## Churches & chapels

### Meditation path to the Waldkapelle chapel

The Waldkapelle chapel, a makeshift chapel built during World War 1 for returning farmers, was used during World War 2 to hold German masses, which were banned by the fascists. Today, the place is a popular hiking destination where you can turn inward and enjoy the peace and quiet.

Sexten  
/Sesto



### The parish church of St. Peter and St. Paul

The parish church of St. Peter and St. Paul was rebuilt after its total destruction during the First World War and decorated with ceiling paintings and Stations of the Cross by the Stolz brothers. The Dance of Death, designed by Rudolf Stolz, is particularly impressive.

Sexten  
/Sesto



Waldkapelle/Cappella del Bosco chapel

<b>Parish church in Moos</b>	St. Joseph's Church in Moos was built in 1679. Since its reconstruction after the end of the war, many frescoes by Rudolf Stolz have adorned the walls.	Sexten /Sesto	
<b>Pfarrkirche zum Hl. Michael church</b>	Although this church originally built in Romanic style dates back to the 12th century, renovation performed after 1735 transformed into a Baroque jewel.	Innichen /San Candido	
<b>The Franciscan Monastery</b>	One of the largest and most complete Franciscan vitae in European art history. The cloister is not open to the public.	Innichen /San Candido	
<b>Altötting and the Holy Sepulcher Church</b>	Built 1633-1653 according to the model of the Marian sanctuary of Altötting and the Holy Sepulcher Church of Jerusalem.	Innichen /San Candido	
<b>Pfarrkirche zur Hl. Magdalena church</b>	This jewel of Tyrolean Gothic was consecrated in 1479. The hill is presumed to be a Pre-Christian place of worship.	Innichen /San Candido	
<b>Loreto chapel</b>	The chapel is a popular Baroque religious testimony in the style and form of the Graize chapel of Loreto.	Innichen /San Candido	
<b>Silvesterkapelle church</b>	Built in the early Middle Ages instead of a Pre-Christian place of worship. Frescos from 1450-1455. Situated at the highest point of the Silvestertal valley.	Innichen /San Candido	
<b>Path of Meditation and St. Peter am Kofl/San Pietro in Monte Chapel</b>	From the Santa Maria Sanctuary the Path of Meditation leads along several stations to St. Peter am Kofl/San Pietro in Monte. This chapel was refuge of priests during the barbarian invasions. It was mented for the first time in a document in 1329.	Toblach /Dobbiaco	
<b>Pfarrkirche zum Hl. Johannes dem Täufer church</b>	Beautiful baroque Church, built in the foundation of a Roman and Gothic Church (1764-1774), bell tower completed in 1804. Beautiful baroque church and often considered as one of the most beautiful examples of baroque architecture in the region of Tyrol.	Toblach /Dobbiaco	

<b>Marienwallfahrtskirche church</b>	Church built in Gothic style (1470-1475). The Gothic middle relief and the side figures are significant. Beginning of the path of meditation St. Peter am Kofel	Toblach / Dobbiaco	👁️ ☀️ ❄️
<b>The oldest Via Crucis in Tirol/Tirol and Chapel in Lerschach</b>	5 chapels (1519), with the Görzchapel in the Church and the Chapel in Lerschach, they from the "Calvary Mountain" pilgrimage road. The path has a length of 1200 ft, exactly the same length as the ancient via Crucis in Jerusalem	Toblach / Dobbiaco	👁️ ☀️
<b>Kirche St. Magdalena in Moos church</b>	First renowned in the 13th century fresco at the choir of Simon von Taisten, organ of Franz Köck restored in 1996.	Niederdorf / Villabassa	👁️ ☀️
<b>Pfarrkirche zum Hl. Stephanus church</b>	Late-baroque building (1792-1796), frescoes of Franz Altmutter, sculptures od Nißl, altarpiece of Martin Knoller.	Niederdorf / Villabassa	👁️ ☀️ ❄️
<b>Spitalkirche zur Hl- Dreifaltigkeit church</b>	Epoch 1456 – plastic model „Our Lady of Sorrows" of 17th century, Stations of the Cross Pedevilla, six-register organ/Fuetsch 1899	Niederdorf / Villabassa	👁️ ☀️ ❄️
<b>Anna- und Totenkapelle chapel</b>	Double Gothic chapel 15th century-one of the oldest buildings of Pustertal valley. Lower part – mortuary chapel, upper part – Annakappelle/Sant'Anna chapel	Niederdorf / Villabassa	👁️ ☀️ ❄️
<b>Chapel of St. Johannes Nepomuk - „Bad Maistatt“</b>	Laying of the foundation stone in the year 1716, construction completed in year 1732, finances by the entrance fees of bathers in „Bad Maistatt“ . The jewel is the high altar, made of different types of marble and composed of two columns.	Niederdorf / Villabassa	👁️ ☀️
<b>St. Veit/San Vito Parish Church</b>	The Church was built in Gothic Style. The cemetery is the last home of the famous alpinist Viktor Wolf Edler von Glanvell.	Prags /Braies	👁️ ☀️ ❄️
<b>Chapel of ease of the Suffering Redeemer in Schmieden/ Ferrara</b>	Built in 1735, at the site of a chapel dating from 1690. It is impressive because of the numerous frescoes and the pulpit with the inlaid panels.	Prags /Braies	👁️ ☀️ ❄️
<b>Pragser Wildsee lake Chapel</b>	Built in the first years of the 20th Century and consecrated in 1904. In possession of the Hotel Pragser Wildsee.	Prags /Braies	👁️ ☀️ ❄️



S. Maddalena Church



St. Veit/San Vito Parish Church



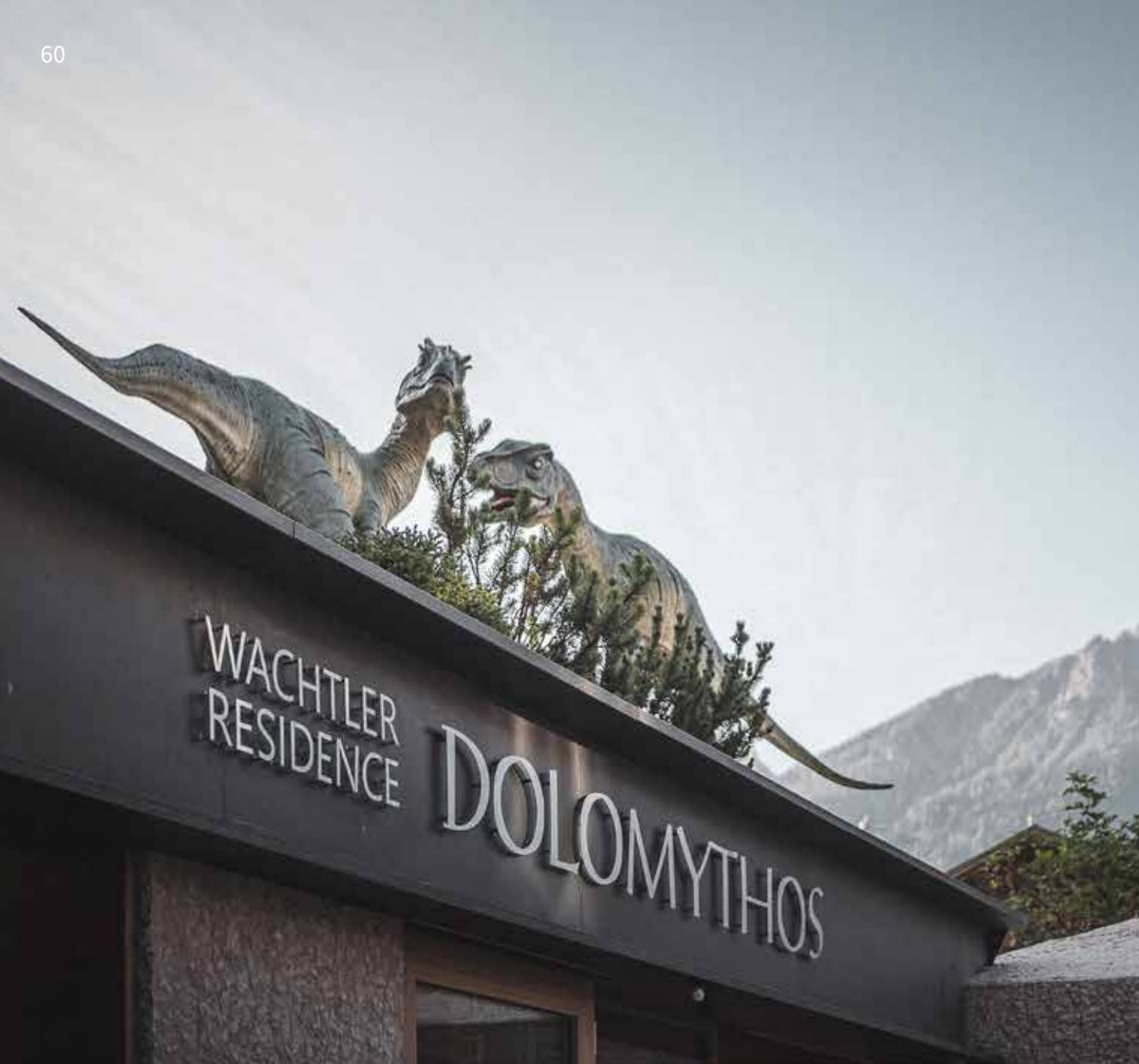
## HIGHLIGHT CHURCH

## Parish Church and the dance of death

The figure of Death appears seven times in this vivid fresco, dancing around people from different social classes. It is hard to decide which of the characters depicted by painter Rudolf Stolz is the most striking.

Sexten/Sesto: +39 0474 710310





HIGHLIGHT MUSEUM

## DoloMythos – Dolomites UNESCO World Heritage

Petrified landscapes, the dinosaurs of the Dolomites, the mysterious origins of plants and the largest gold find in the Alps. Sounds interesting, doesn't it? This is the place to steep yourself in the history of the Dolomites.

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**Innichen/San Candido:**  
**+39 0474 913462**





## Museums

<b>Museum Rudolf Stolz</b>	Permanent exhibition of 160 works of the painter, Rudolf Stolz. Built 1969 – Arch. E. Pattis	Sexten /Sesto	👁️ ☀️
<b>Bellum Aquilarum - Exhibition The First World War</b>	The subject is the First World War in the Sexten Dolomites.	Sexten /Sesto	👁️ ☀️ ❄️ 👤
<b>MIK Museum im Kapitel</b>	An equally historic building in the shadow of the distinguished Collegiate Church: treasure of the dome, sacred art and collection of manuscripts.	Innichen /San Candido	👁️ ☀️ 👤 €
<b>Bunker Museum</b>	Deeply underground on 200 m <sup>2</sup> , in a shell of 3.600 m <sup>3</sup> of concrete and steel: an adventurous historical parcours between past and present.	Innichen/ San Candido Toblach /Dobbiaco	👁️ ☀️ 👤 €
<b>Hochpustertal/ Alta Pusteria Tourism museum „Haus Wassermann“</b>	Documentation of history of tourism in Hochpustertal/Alta Pusteria, from the construction of railway to thermal bath and first alpinists. Interesting special exhibitions on various themes are offered every year. Furthermore, those interested can browse through the digital archive of the Wassermann death picture collection (approx. 18,000 documents) on request.	Niederdorf /Villabassa	👁️ ☀️ 👤 €

## Open air museums

<b>Bellum Aquilarum - Open Air Museum of the Great War - Anderter Alpe</b>	1st project: Rotwandwiesen meadows - Anderter Alpe meadows – 1 h from the mountain station of Rotwand cable car; 2nd project: Elferscharte/Forcella Undici – 1 h from the Anderter Alpe meadows	Sexten /Sesto	👁️ ☀️ 👤 €
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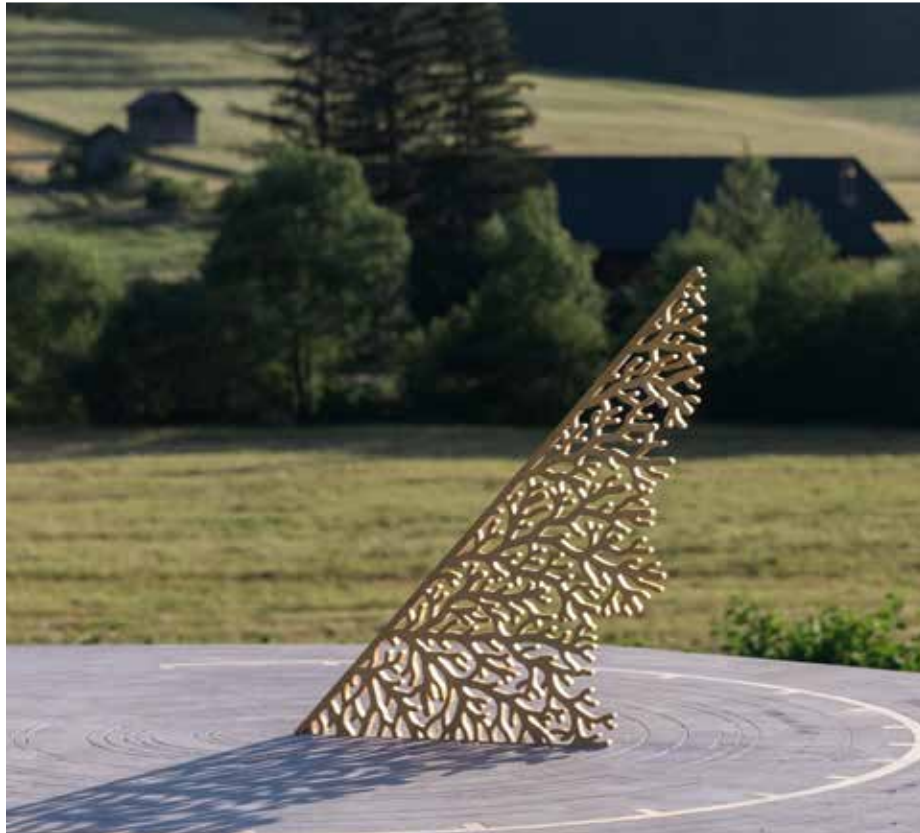
## Monte Piana Open Air Museum

Fortunately, the war is long over. However, both the First and Second World Wars shaped the holiday region 3 Zinnen Dolomites and its people, making them what they are today. At the Monte Piana Open Air Museum, you can explore the traces of this bygone era and learn about different aspects of this story, with breathtaking insights into the war - scene of the Great war, where Italians and Austrian soldiers fought against each other.

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**Toblach/Dobbiaco: +39 0474 972132**





## ... further culture tips.

<b>Spuren   Tracce</b>	Along a route that starts at the train station of Innichen/San Candido and leads through the mountaineering village of Sexten/Sesto to the entrance to Fischleintal valley, objects that climbers and mountain guides from over a century ago carried with them, are positioned as if they had been forgotten.	Sexten /Sesto	👁️ ⚙️ ❄️
<b>The time stone</b>	As part of the celebrations '150 years of alpinism in the Sesto Dolomites' in 2019, the Zeitstein by Arno Dejaco was unveiled. It is located along the main road between Moos and Sexten . In winter, the sundial corresponds almost exactly to the time of day.	Sexten /Sesto	👁️ ⚙️ ❄️
<b>Library Claus Gatterer</b>	The library contains the life's work of Claus Gatterer, literature for children and adults to borrow, audio books and DVDs for everyone and magazines. Claus Gatterer was a journalist ,most important publications. After his death, the Austrian Journalists' Club founded the „Claus Gatterer Prize“, which has been awarded every two years since 1986.	Sexten /Sesto	👁️ ⚙️ ❄️
<b>Nativity museum Stabinger</b>	The museum is located in the Hotel Mondschein at Sexten/Sesto.	Sexten /Sesto	👁️ ⚙️ ❄️
<b>The Sexten/Sesto Cup - marked stones</b>	In 1987 the parish priest Küer found the prehistoric cup mared stones. They are one of the oldest traces of settlement in Sexten.	Sexten /Sesto	👁️ ⚙️
<b>Innichen/San Candido baths (1856)</b>	In the 19th century, the Central European nobility spent its summer thermal spa holidays at the baths. New barefoot course with the theme "feeling, touching and tasting water".	Innichen /San Candido	👁️ ⚙️ ❄️

## Visitor Center Sexten „Haus der Berge“

Solid, central and welcoming, in this new and attractive visitor centre you will find information and emotions, fun and useful insights into the mountains and mountaineering, the Sexten Dolomites, a UNESCO World Heritage Site, as well as the people and the history of Sexten.

Sexten/Sesto: +39 0474 710 310



**Military cemetery Sesto**

Field Christ of Florian Tschurtschenthaler, who is following in the footsteps of his father Albert. Where 150 soldiers of the First World War were once buried, the Anderter war cemetery was established this summer by the Sepp Innerkofler rifle company. It is located on the hiking trail from Sesto to San Candido near the Sesto district heating plant. A memorial to those who fell in the 1st World War. The 'Felschristus' work combines the suffering of Christ and that of the soldiers. In place of the cross, a rock was carved, representing the cold and brutality of war. Instead of the crown of thorns, Florian has carved barbed wire. The sorrowful expression on his face is also intended to bear witness to the suffering of Jesus and at the same time the suffering of the soldiers.

Sexten  
/Sesto

**“Burg” Cemetery**

Many soldiers who lost their lives at the Dolomites front during the First World War found their final resting place in the war cemetery “Burg”.

Innichen  
/San Candido

**The music mile**

Set off to discover more than 200 years of music history in Toblach. Along a 6 - station route from the village centre to the Grand Hotel, you will discover the history of the Dobbiaco Music Chapel and the village.

Toblach  
/Dobbiaco

**Nature Park House Three Peaks**

In 2009 the Dolomites were declared UNESCO World Heritage. The exhibition in the Nature Park House Three Peaks is dedicated to the geologic and geomorphic features of the “pale mountains” and gives breathtaking insights into the nature - cultural aspects of the unique Dolomites.

Toblach  
/Dobbiaco

**War Cemetery (First World War)**

Those who died in the Austrian field hospital, the “Hauptverbandplatz”, were buried next to it, regardless of origin and nationality. So the War Cemetery developed. Many soldiers fell during the battle on the Monte Piana

Toblach  
/Dobbiaco



Herbst Castle



Military cemetery Sesto

# Hearonymus Audioguide



Historic walk through San Candido



<b>House of Gustav Mahler and composing cottage</b>	In the composing cottage Gustav Mahler created in the summers 1908-1910 his “Symphony No. 9”, “Symphony No. 10” (unfinished) and “The song of the earth”. The summer residence is privately owned and not open to the public. The recently restored composition house, on the other hand, can be visited by appointment.	Toblach / Dobbiaco	
<b>Herbst Castle and Monument Emperor Maximilian I.</b>	The Herbst Castle was named after its builders Kaspar and Christoph Herbst in 1500. In the summer months of 1508 and 1511, Emperor Maximilian I. stayed for a while in Toblach/Dobbiaco. In the castle he made preparations for the forthcoming battles against the Republic of Venice.	Toblach / Dobbiaco	Statue 👁️ ☀️ ❄️
<b>Red Tower</b>	Built in 1430 and named after its builder (Hornberger Tower – private property)	Toblach / Dobbiaco	
<b>Book pavilion</b>	In the pavilion in the west of the Kurpark invite to entrance. There is an assortment of books in German and Italian.	Niederdorf / Villabassa	👁️ ☀️
<b>Town hall</b>	Originally a residence of the lord Kurz zu Thurn. Since 1928 it has been the town hall of the municipality of Niederdorf/Villabassa.	Niederdorf / Villabassa	👁️ ☀️ ❄️
<b>Roman Milestone</b>	Found during excavation work on 10.11.1955 in front of the Hanserbauer house on the western outskirts of the town.	Niederdorf / Villabassa	👁️ ☀️ ❄️
<b>Old court house „Görzerhaus“</b>	Fresco north facade with emblem of the Counts of Gorizia and Tyrol in the upper area. Lower area from left to right emblem of “Strigl”, “Kurz” and “Troyer”.	Niederdorf / Villabassa	
<b>The spas of Altprags/ Braies Vecchia</b>	Inextricably linked with the Pragser Tal/ Valle di Braies are its spas. As early as 1490, buildings were built at the so-called „Heilbäder in Altprags“ to feed the suffering and the sick.	Prags / Braies	

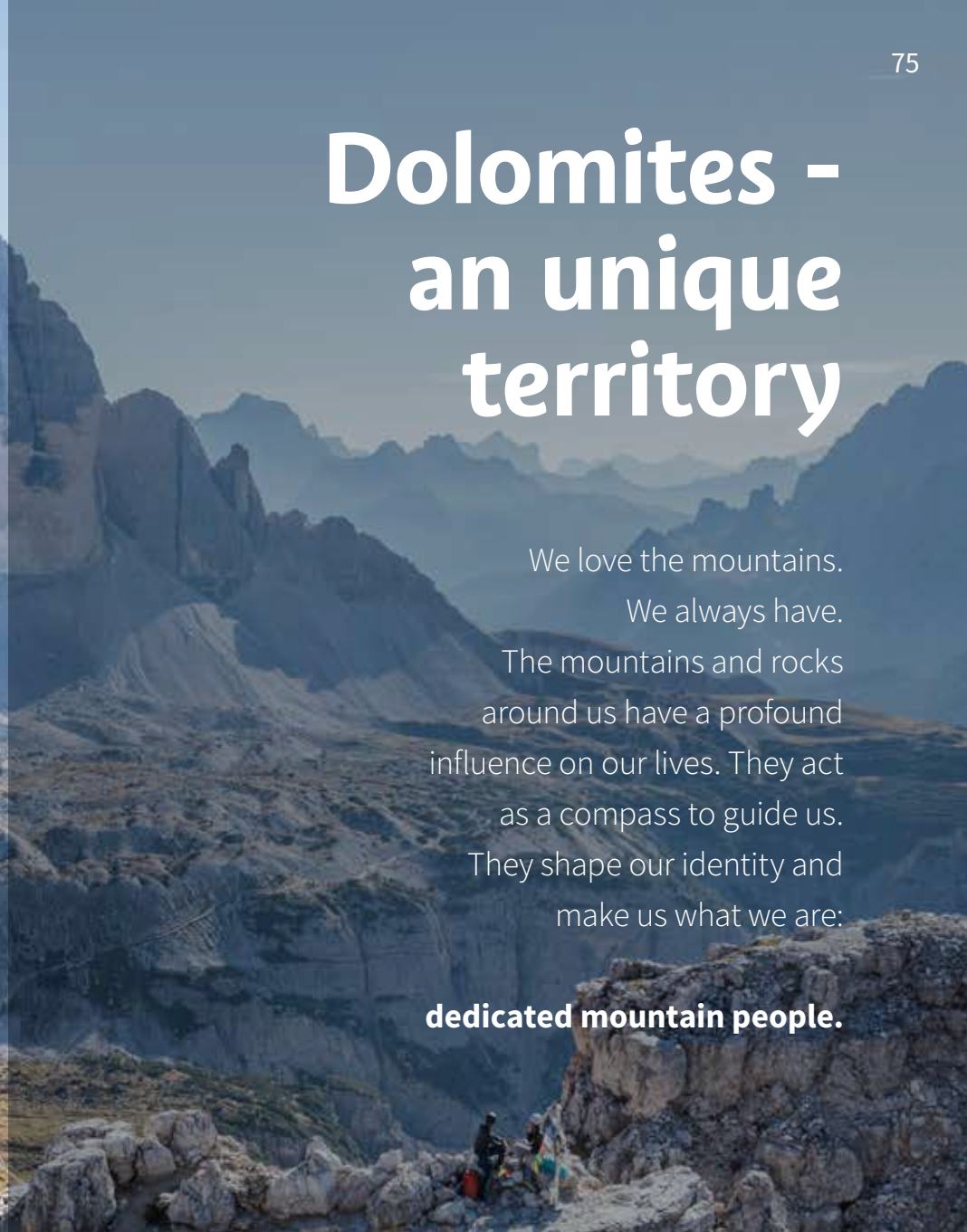
Please contact the Tourism Associations for more information and the opening hours of all the monuments.



# Dolomites - an unique territory

We love the mountains.  
We always have.  
The mountains and rocks  
around us have a profound  
influence on our lives. They act  
as a compass to guide us.  
They shape our identity and  
make us what we are:

**dedicated mountain people.**





## Dolomites UNESCO World Heritage site

In 2009, the Dolomites were declared a UNESCO World Heritage site due to their scenic beauty and their geomorphological and geological significance. Only the world's most exceptional natural and human cultural assets receive this award.

The Dolomites Nature Parks, including Fanes-Sennes-Prags/Fanes-Senes-Braies and Drei Zinnen/Tre Cime, are part of this world heritage. It is an award that is also a particular responsibility in terms of conservation and of the sustainable development of this extraordinary mountain region.

***Find out more at***

[dolomitiunesco.info](http://dolomitiunesco.info)



## HIGHLIGHT DOLOMITES

## Panoramic balcony Strudelkopf mountain

The structure tells for itself what the Dolomites are all about. Scattered throughout the Dolomites UNESCO World Heritage, these structures are reached in the area of scenically outstanding and overwhelming viewpoints.

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**Prags/Braies: +39 0474 748660**



## Nature Parks Fanes-Sennes-Prags/ Fanes-Senes-Braies & Drei Zinnen/Tre Cime

**Conserve, understand and experience: there are a total of seven nature reserves in South Tyrol. Respecting nature is the top priority in all of them.**

The Nature Park Fanes- Sennes -Prags/Fanes- Senes - Braies is the third-largest nature park in South Tyrol and borders the Nature Park Fanes -Sennes Drei Zinnen/Tre Cime to the east. For further information about the nature park, visit the visitor centres.

„**Respect the mountain**“ is aimed at guests, locals and tourism professionals in the area of the Dolomites UNESCO World Heritage Site. The aim is to raise awareness for respectful and responsible behaviour on the mountain, but also in everyday life, starting with the topics of drinking water and waste. You too can contribute!

**The following principles will help you to move around the protected area in an informed and respectful manner.**

### Found a fossil? How to handle cultural property

According to Italian law, ‘beni archeologici/culturali’ are state property, which means that although they may be found by a private individual, this does not make that person the owner. The law provides for severe penalties for violations. Special permits for collecting minerals in nature parks or fossils throughout the country are issued exclusively for scientific purposes.

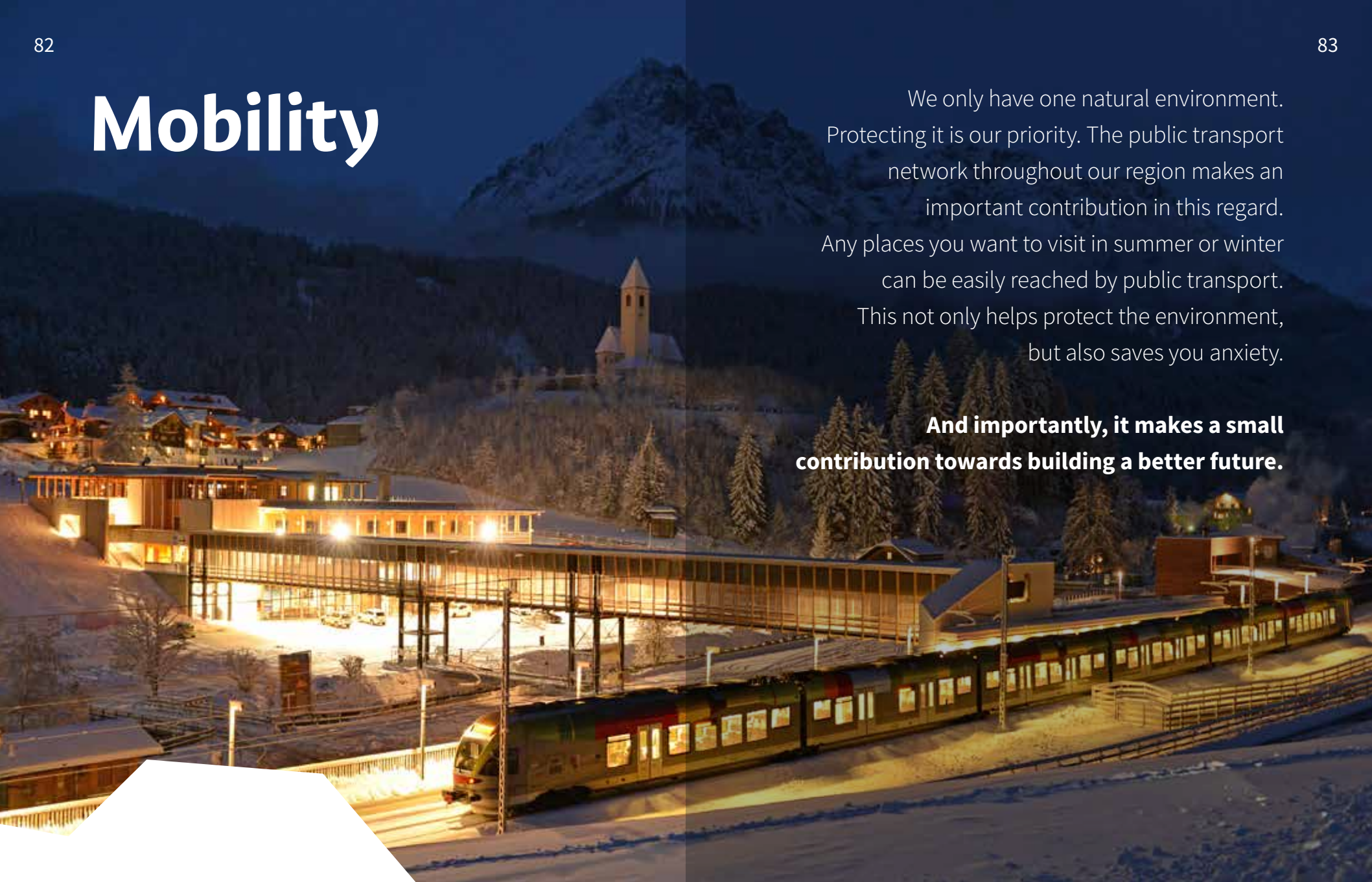


	<b>PLANNING</b>	I will prepare for my tours by noting the weather forecast, carrying the right equipment, wearing sturdy shoes and taking sufficient liquids with me.
	<b>MOBILITY</b>	I will use public transport whenever possible, which takes me safely and conveniently to my starting point and back.
	<b>PARKING</b>	I will only ever park my car on the designated parking spaces, never on meadows or on the roadside.
	<b>MOVING AROUND NATURE</b>	I only use designated hiking or cycle trails.
	<b>PRIVATE PROPERTY</b>	I respect the private property of others.
	<b>SHARED TRAILS</b>	On trails meant for different purposes like hiking or biking, I behave considerately and responsibly towards others and the nature.
	<b>HUTS SERVING FOOD</b>	I will have patience and understanding when dealing with the owners of mountain huts, which take a lot of work and passion to manage. I will buy something if I use the toilet, I will consume food I bring with me away from the hut and take my rubbish home with me.
	<b>NOISE</b>	I will adjust my volume to the tranquility of nature and avoid unnecessary noise. I will leave my drone at home.
	<b>PRESERVING FLORA</b>	I will not pick or collect flowers, berries, mushrooms or other plants.
	<b>FENCES/GRIDS</b>	By conscientiously closing fences and gates, I help to protect pasture animals.
	<b>GRAZING LIVESTOCK/ WILDLIFE</b>	I will respect animals' habitat by keeping my distance and calmly walking past the animals.
	<b>DOGS</b>	I will always have my dog on a lead. I will have a muzzle in my rucksack for emergencies.
	<b>FIRES</b>	Fires are prohibited. They endanger the natural and cultural landscape and my own life.
	<b>CAMPING</b>	I will only pitch my tent on designated camp sites.
	<b>RUBBISH</b>	I will throw any and all rubbish, especially tissues, cigarette butts and dog waste bags, into the containers provided or take it home with me.

# Mobility

We only have one natural environment. Protecting it is our priority. The public transport network throughout our region makes an important contribution in this regard. Any places you want to visit in summer or winter can be easily reached by public transport. This not only helps protect the environment, but also saves you anxiety.

**And importantly, it makes a small contribution towards building a better future.**



## Südtirol Alto Adige Guest Pass

If you are staying in an **accommodation that is a member of the local tourist office**, you receive the digital **SÜDTIROL GUEST PASS** free of charge. The pass enables you to use all **ski buses** in the Val Pusteria / Pustertal valley as well as the **public transportation** (incl. regional trains) **throughout South Tyrol**.



## Mobilcards

### Mobilcard

Travel around South Tyrol by train and bus! The MOBILCARD is available in local tourist offices.



## Timetable / südtirolmobil app

**Buses and trains in all of South Tyrol: real-time info at the touch of a button**

Looking for the fastest route from A to B? Find out which bus or train will get you there and locate nearby stops and stations. Want to know the price of your journey and how long it will take from door to door? Get the latest news on traffic updates or delays on your route and keep up to speed with everything that's relevant for your journey. Use the südtirolmobil smartphone app to keep all the latest information at your fingertips.

**[suedtirolmobil.info](https://www.suedtirolmobil.info)**

## Enjoy the highlights of the Dolomites in an eco-friendly way

Special places need special protection. In order to maintain the sensitive ecosystem of the Fanes-Sennes-Prags Nature Park and the Drei Zinnen Nature Park various measures are taken for the accessibility of the Pragser Wildsee lake, the Plätzwiese high plateau and the Three Peaks. You can find more information about the access and bookings here.

**[drei-zinnen.bz](https://www.drei-zinnen.bz)**



## Food & Drink

Canederli and pasta, craft beer and South Tyrolean wine: flavour infuses every corner of the holiday region 3 Zinnen in the Dolomites.

With all its many aspects. Try homemade Schlutzkrapfen (Tyrolean ravioli) with melted butter in a mountain hut eatery, traditional South Tyrolean cuisine in one of the area's many inns, sophisticated dishes in a top-class restaurant, or crispy pizzas baked in a wood oven. Enjoy our fantastic range of Italian-South Tyrolean cuisine.

### ***The choice is yours!***

You can find the restaurants in the holiday region 3 Zinnen in the Dolomites here:  
[dreizinnen.com/food](https://dreizinnen.com/food)

## Shopping

Finding a good buy takes time. Time to stroll around the shops. Time to stop for a coffee, to admire that imposing church on the corner, or to watch a craftsman at work. For us, shopping is not just something to do on holiday when the weather is bad. Because the people behind the counter really love what they do. You can tell by the happy smiles on their faces.

### ***Feel like shopping?***

The exact opening times are shown at each shop entrance.  
[dreizinnen.com/shopping](https://dreizinnen.com/shopping)





Inhaler - Kurpark

## Well-being & Wellness

Feel the warmth spread through your body during a sauna at Sexten/Sesto Caravan Park. Exercise both body and mind at the Raiffeisen Kneipp für mich® activity park in Niederdorf/Villabassa. And then sit back with a good book and just enjoy the moment. It's good to be active while you're on holiday, but it's also important to rest and relax. Forget the stress of daily life and let yourself unwind. The holiday region 3 Zinnen in the Dolomites has lots of places to go and top up your energy. And to restore your inner balance.

### *Our wellness tips:*

<b>Caravan Park</b>	Sexten /Sesto	+39 0474 710444	caravanparksexten.it
<b>Alpenwellnesshotel St. Veit</b>	Sexten /Sesto	+39 0474 710390	hotel-st-veit.com
<b>Acquafun - Erlebnisbad &amp; Sauna</b>	Innichen /San Candido	+39 0474 916200	acquafun.com
<b>Inhaler (Gradieranlage/Inhalatorium) - Kurpark</b>	Niederdorf /Villabassa	+39 0474 745136	niederdorf.it
<b>Camping Olympia</b>	Niederdorf /Villabassa	+39 0474 972147	camping-olympia.com/pool-sauna
<b>Raiffeisen Kneipp für mich® activity park</b>	Niederdorf /Villabassa	+39 0474 745136	niederdorf.it

## Golden<sup>3</sup>Dolomites

We take time for granted, waste it often and do not recognize the incredible value it has. Time flies, but you are the pilot. Imagine spending your valuable time in one of the most beautiful autumn landscapes of the Alps, experiencing unique sunrises over the Dolomite peaks, hiking through the golden larch forests with your beloved ones or climbing the rugged Dolomites. It will feel as if time, your Golden<sup>3</sup>Dolomites time, stands still for a few moments.

### ***Curious?***

Further information and weekly program:  
[dreizinnen.com/autumn](https://dreizinnen.com/autumn)



## 3 Zinnen Autumn

# 01

**DOLOMITES**

UNESCO World Heritage

**02 NATURE PARKS**

**05** villages **01** region

# 05

**OPEN LIFTS**

# 14

open huts

# 2.000

km **hiking trails**

450  
km **bikefun**

**03** lakes

2.100.000  
coloured trees

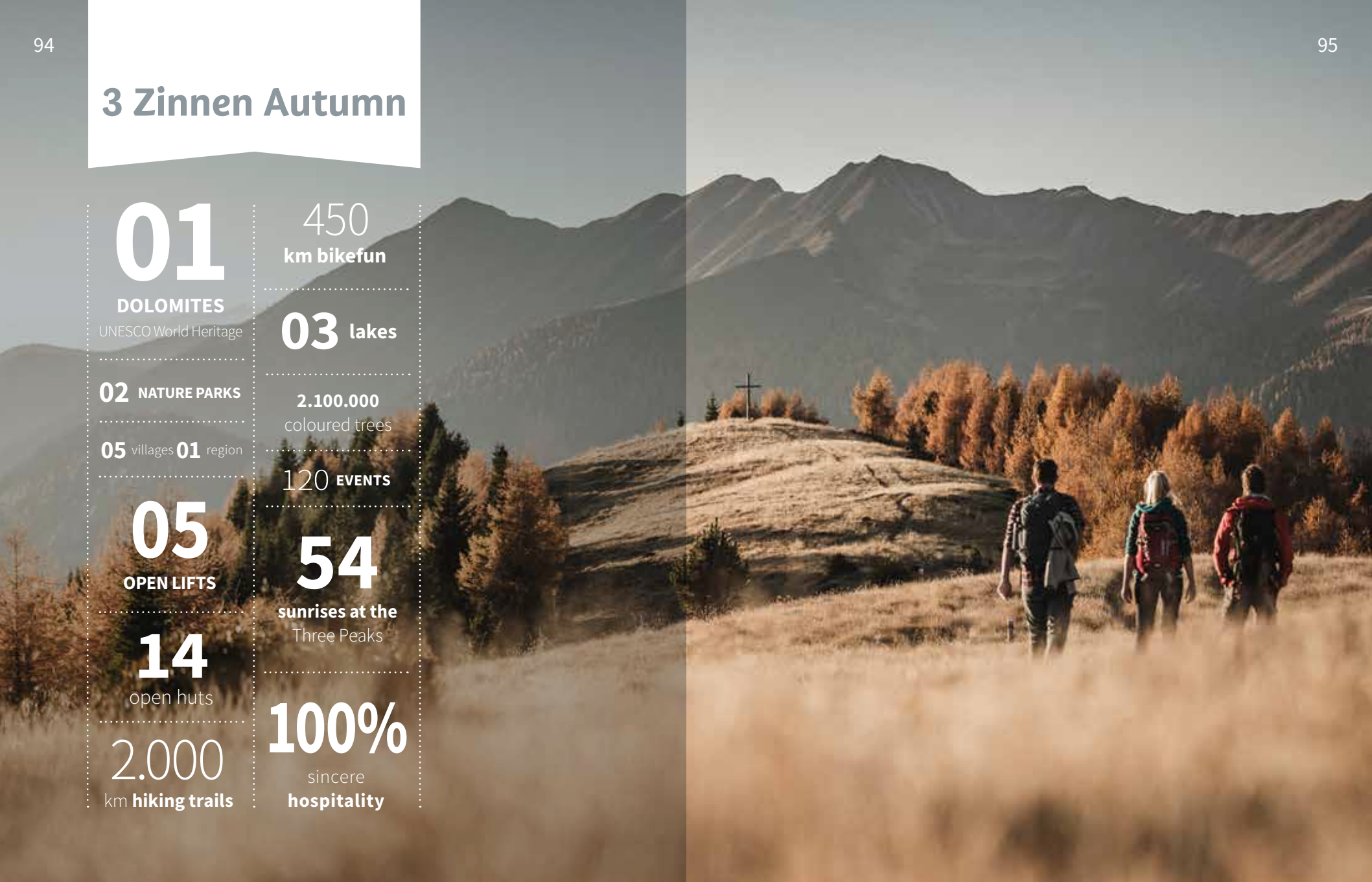
120 **EVENTS**

# 54

**sunrises at the  
Three Peaks**

# 100%

sincere  
**hospitality**



Snuggle up in a warm blanket during a ride in a horse-drawn carriage. Stroll through the Christmas market and sample the local delicacies. Watch the fire crackling in the fireplace. Listen to calming Christmas music. When the best time of year arrives, we like to take it easy here in the holiday region 3 Zinnen Dolomites.

**Christmas is a time we take a break and enjoy this peaceful period to the full.**

# Christmas





## Christmas at Innichen/San Candido in the Dolomites

For the people of Innichen/San Candido, Christmas is a time of age-old customs and natural pleasures. So, you won't find any tacky items here, but rather local crafts and traditional delicacies. Christmas in the historic centre of Innichen/San Candido is a bit like going back to childhood. Enjoy the magic of this beautiful spectacle, and remember the time when the Feast of the Nativity was something really special.

***Experience Christmas at Innichen/San Candido***

Innichen/San Candido: +39 0474 913149  
[dreizinnen.com/christmasmarket](http://dreizinnen.com/christmasmarket)

## Drei Zinnen Christmas Market in Toblach/Dobbiaco

The culinary market with a special taste note. Discover a place with nostalgic atmosphere where, in small houses in the style of the Grand Hotel Dobbiaco, you can savour the scents and flavours of tradition, all in comfort and tranquility. Visit the exclusive Christmas shop in the pavillon, let yourself be enveloped by Christmas sounds coming from the „Music hut“. Local clubs and groups will create the sociable Christmas atmosphere that allows all visitors to experience the festive magic in Dobbiaco.

### *Cosy & delicious*

Toblach/Dobbiaco: +39 0474 972132  
[dreizinnen.com/dreizinnenchristmas](https://dreizinnen.com/dreizinnenchristmas)





# Highlight Events

[dreizinnen.com/events](https://dreizinnen.com/events)

Dolomiti Gourmet Festival, the Eroica Dolomiti, the „Niederdorfer Kartoffelfest“ with farmers’market, and the Krampus parade. The Gustav Mahler weeks at the Euregio Cultural Centre in Toblach/Dobbiaco. Come and cheer on the athletes as they cross the finish line sample the regional delicacies, confront the scary creatures, and enjoy the local culture Music is the soundtrack of our life. We can always find a good reason to celebrate!

