

HII



EASY 40 min | 2,5 km | 75 Hm | 75 Hm | 2125 m max

EASY Nr. 6A - 7 - 105

🕒 40 min
➡ 2 km
⬆ 95 Hm
⬇ 95 Hm
⬆ 1530 m max

STIERGARTEN



**SYMBOL FÜR WINTERWANDERWEGE
SIMBOLO PER SENTIERI INVERNALI
SYMBOL FOR WINTER HIKING PATHS**



ACTIVITIES

WINTER

FOR NON-SKIERERS



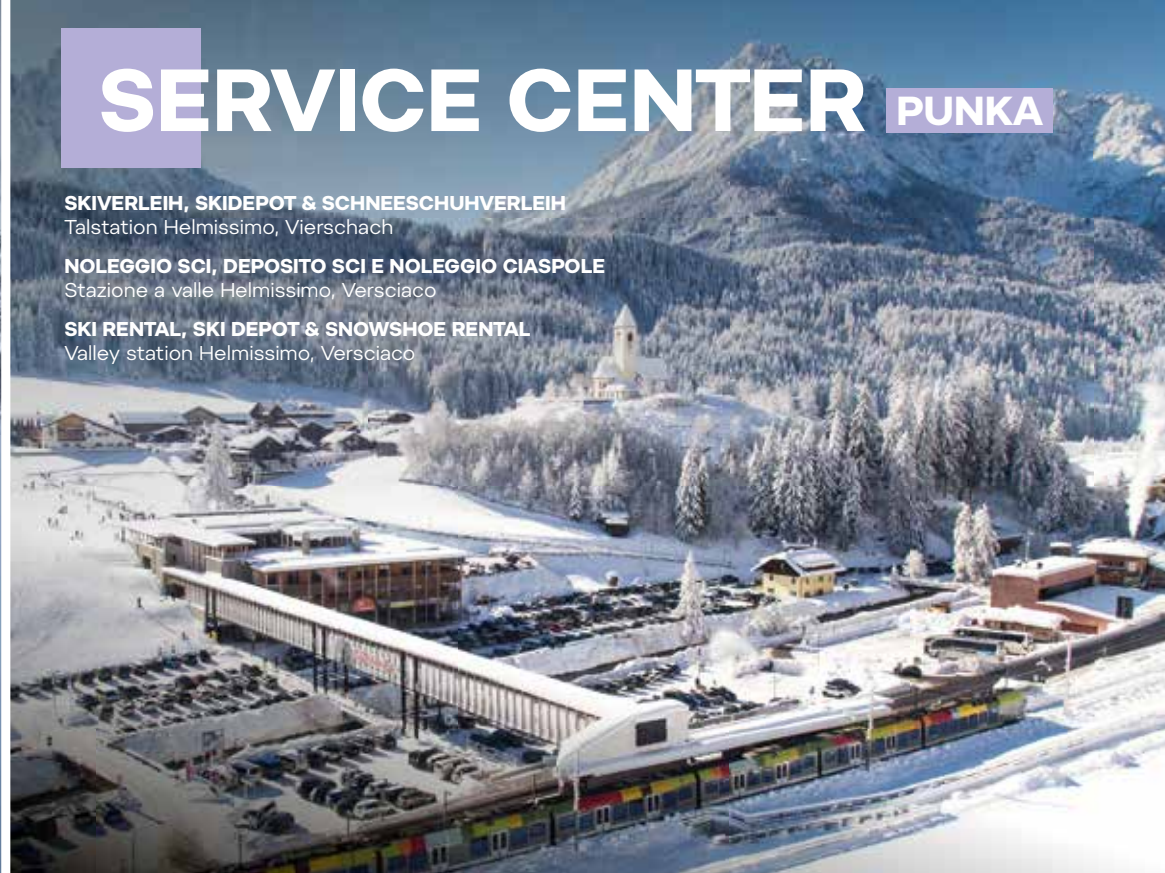


SERVICE CENTER PUNKA

SKIVERLEIH, SKIDEPOT & SCHNEESCHUHVERLEIH
Talstation Helmissimo, Vierschach

NOLEGGIO SCI, DEPOSITO SCI E NOLEGGIO CIASPOLE
Stazione a valle Helmissimo, Vierschach

SKI RENTAL, SKI DEPOT & SNOWSHOE RENTAL
Valley station Helmissimo, Vierschach



SKITOUR



SKITOUR ENSTRECKE
Rotwand & Ski Area Val Comelico
PERCORSO DI SCI ALPINISMO PERMANENTE
Croda Rossa & Ski Area Val Comelico
PERMANENT SKI TOURING ROUTE
Croda Rossa & Ski Area Val Comelico

ABENTEUER IM WEISS
Winterwandern mit oder ohne Schneeschuhe
OLTRE LA NEVE
Escursioni invernali con o senza ciaspole
INTO THE WHITE
Winter hiking with or without snowshoes



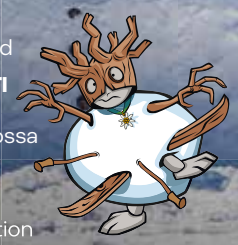

GIANT SNOWMEN



RIESENSCHNEEMÄNNER
8m Schneemänner
an der Bergstation Rotwand

PUPAZZI DI NEVE GIGANTI
Pupazzi di neve di 8m alla
stazione a monte Croda Rossa

GIANT SNOWMEN
8m snowmen at
Croda Rossa mountain station



3 ZINNEN MOUNTAIN CARD

TICKET 1 CARD
= ACCESS TO 6 CABLE CARS

Dein Schlüssel zum Winterabenteuer – die **3 Zinnen Mountain Card**

Vivi la tua esperienza invernale con un'unica card, la **3 Zinnen Mountain Card**

Unlock your winter adventure with one card, the **3 Zinnen Mountain Card**



3 ZINNEN DOLOMITES

Schattenweg 2/F | Via Ombrosa 2/F
I-39038 Innichen-Vierschach
San Candido-Versciaco
Tel. +39 0474 710 355
E-Mail: info@dreizinnen.com
dreizinnen.com




winz.bz

TOBOGGANING



ROTWAND | CRODA ROSSA
Länge | lunghezza | length: 5 km

RODELVERLEIH | NOLEGGIO SLITTINI | TOBOGGAN RENTAL
Talstation Rotwand
Stazione a valle Croda Rossa
Valley station Croda Rossa

HAUNOLD | MONTE BARANCI
Länge | lunghezza | length: 3 km

Am Haunold erwartet dich Rodelspaß pur – tagsüber oder beim beliebten Nachrodeln!
• Nachtrodeln: Dienstag & Freitag von 19:00 bis 22:00 Uhr
• Riese Haunold Hütte bis 22:00 Uhr geöffnet

Sul Monte Baranci ti aspetta puro divertimento con lo slittino – di giorno o di sera!
• Slittino in notturna: martedì e venerdì dalle ore 19:00 alle 22:00
• Rifugio Gigante Baranci aperto fino alle ore 22:00

Pure tobogganing fun on Monte Baranci – by day or under the stars!
• Night tobogganing: Tuesday & Friday from 7:00 pm until 10:00 pm
• Rifugio Gigante Baranci open until 10:00 pm

RODELVERLEIH | NOLEGGIO SLITTINI | TOBOGGAN RENTAL
Talstation Haunold
Stazione a valle Monte Baranci
Valley station Monte Baranci

PRAGS | BRAIES | - KAMERIOT

Länge | lunghezza | length: 1 km

Starte dein Abenteuer direkt im Tal – der Skilift ist auch für Rodel geeignet, und der Spaß beginnt schon auf der Auffahrt!
* Nur mit Rodel aus unserem Rodelverleih nutzbar.

Inizia la tua avventura già in valle – lo ski lift è adatto anche per gli slittini, e il divertimento comincia già in salita!
* Utilizzabile solo con slittini del nostro noleggio slittini.

Start your adventure at the valley – the ski lift is also for sleds, and the fun begins on the way up!
* Only usable with sleds from our toboggan hire.

RODELVERLEIH | NOLEGGIO SLITTINI | TOBOGGAN RENTAL
Talstation Prags
Stazione a valle Braies
Valley station Braies



PARAGLIDING



Paragleiten
Tandemfliegen
am Helm
Parapendio
biposto
sul Monte Elmo
Paragliding
tandem flights
at Monte Elmo



REINHOLD MESSNER HAUS

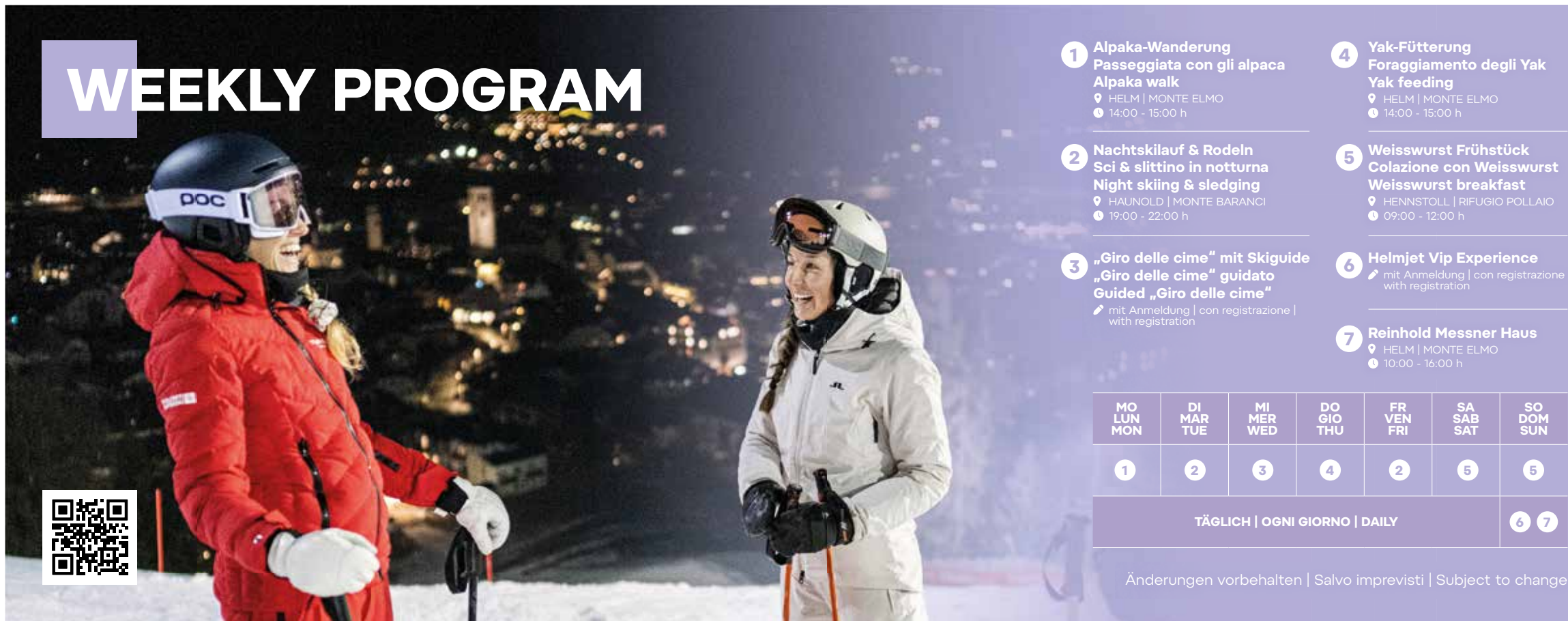
TÄGLICH GEÖFFNET
APERTO TUTTI I GIORNI
OPEN DAILY



HELM / MONTE ELMO



WEEKLY PROGRAM




- Alpaka-Wanderung**
Passeggiata con gli alpaca
Alpaka walk
📍 HELM | MONTE ELMO
🕒 14:00 - 15:00 h
- Nachtskilauf & Rodeln**
Sci & slittino in notturna
Night skiing & sledging
📍 HAUNOLD | MONTE BARANCI
🕒 19:00 - 22:00 h
- „Giro delle cime“ mit Skiguide**
„Giro delle cime“ guidato
Guided „Giro delle cime“
📍 mit Anmeldung | con registrazione | with registration
- Yak-Fütterung**
Foraggiamento degli Yak
Yak feeding
📍 HELM | MONTE ELMO
🕒 14:00 - 15:00 h
- Weisswurst Frühstück**
Colazione con Weisswurst
Weisswurst breakfast
📍 HENNSTOLL | RIFUGIO POLLAIO
🕒 09:00 - 12:00 h
- Helmjet Vip Experience**
📍 mit Anmeldung | con registrazione | with registration
- Reinhold Messner Haus**
📍 HELM | MONTE ELMO
🕒 10:00 - 16:00 h

MO LUN MON	DI MAR TUE	MI MER WED	DO GIO THU	FR VEN FRI	SA SAB SAT	SO DOM SUN
1	2	3	4	2	5	5
TÄGLICH OGNI GIORNO DAILY						6 7

Änderungen vorbehalten | Salvo imprevisti | Subject to change

3 ZINNEN DOLOMITES APP

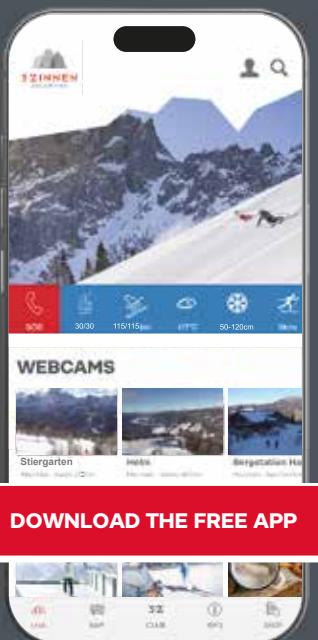
LIVE INFORMATION

PERSONAL CLUB BENEFITS

MOUNTAIN NAVIGATOR

NEWS & EVENTS

DOWNLOAD THE FREE APP



DOWNLOAD HERE

