

GUNCINA - GUNTSCHNA PROMENADE

After passing Ponte Talvera / Talferbrücke you'll get to the district of Gries from where the path curls up the hill. During the 19th century Gries was known as a health resort and allured people from Eastern- and Centraleurope. Since those times the Guncina Promenade is dedicated to the archduke Henry of Habsburg. The promenade is until this day one of the most important green area in Bolzano, also due to the spectacular panoramic view over the city, the Dolomites and over the South of South Tyrol.

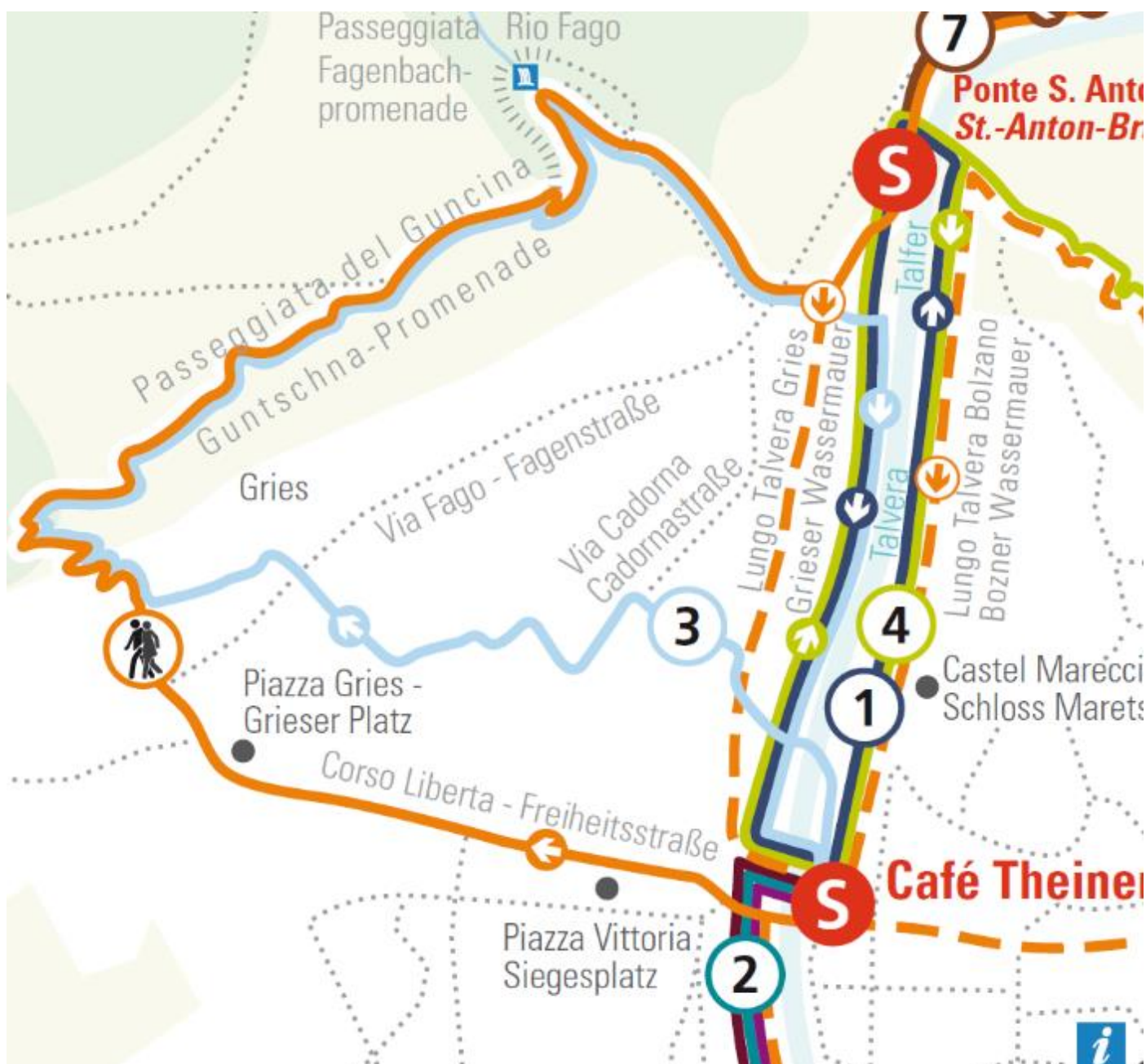
The vegetation is very special here: palm trees, olives, agaves and much more exotic plants can flourish because of the Mediterranean flair.

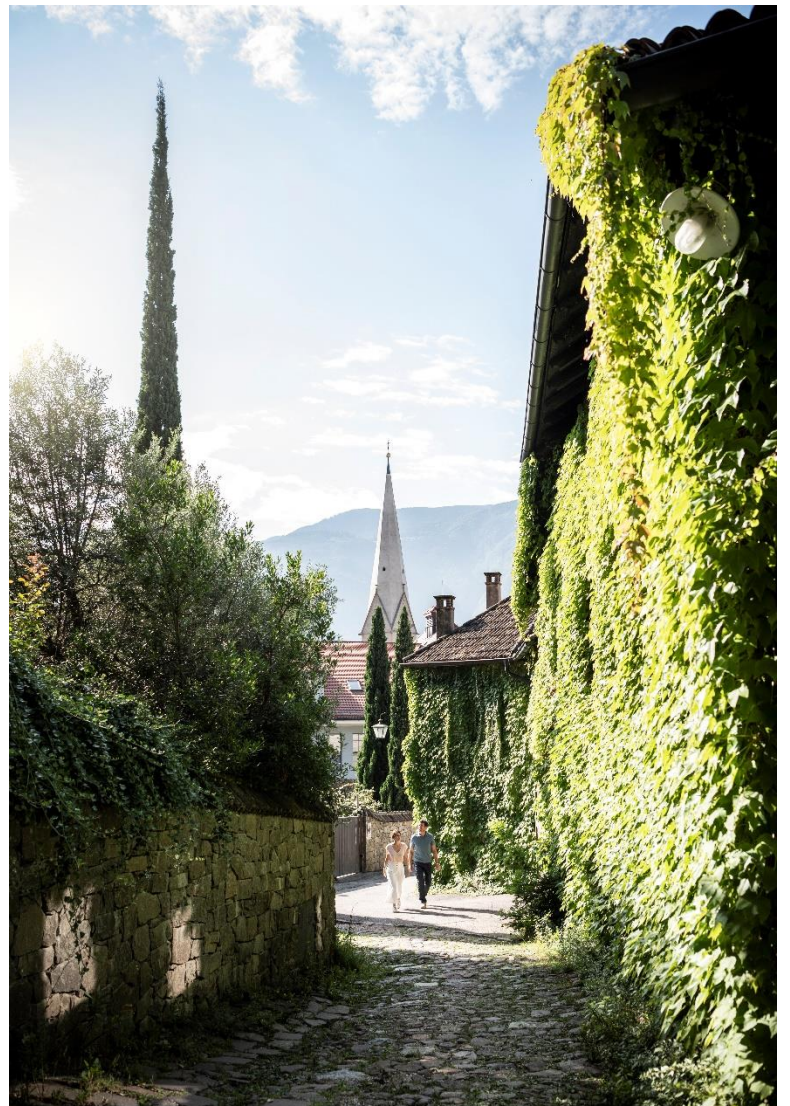
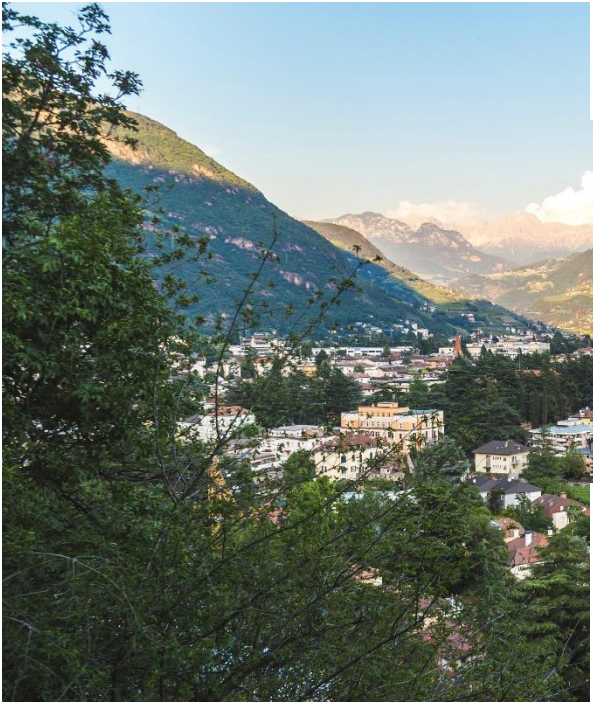
You reach the highest point after crossing the main street to San Genesio / Jenesien. Wandering along the Rio Fago / Fagenbach Promenade you'll get to the spectacular cascades and then, along the Talvera, back to Bolzano and to the initial point.

Highlights: spectacular panoramic view over Bolzano, the Dolomites and Val d'Adige, mediterranean vegetation.

Culinaria: Winebar Vinzig before crossing the main street to San Genesio, at the end of Fagenbach-Promenade you could stop at Restaurant Rastbichler.

Buggy: easily doable until the main street to San Genesio.





ST. OSVALDO - OSWALD PROMENADE

The path starts at St. Anton and in 20 minutes the curvy path reaches the memorial tablet of Karl von Ritter who has projected and built the promenade.

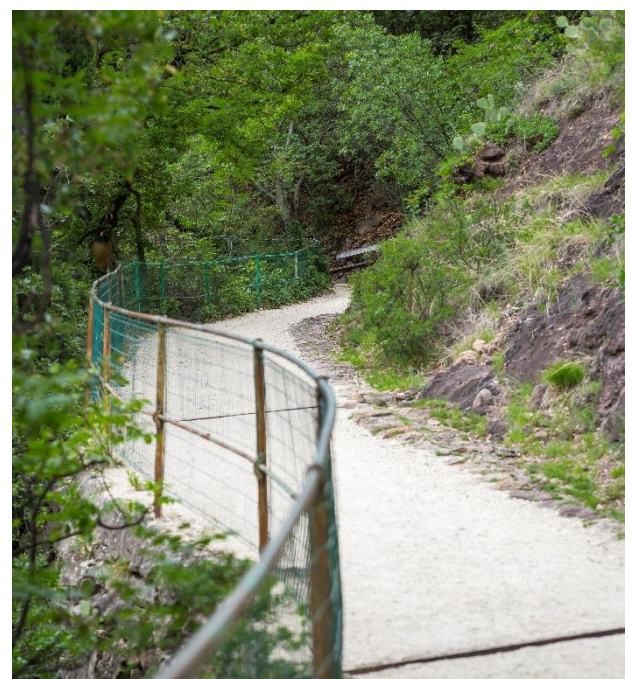
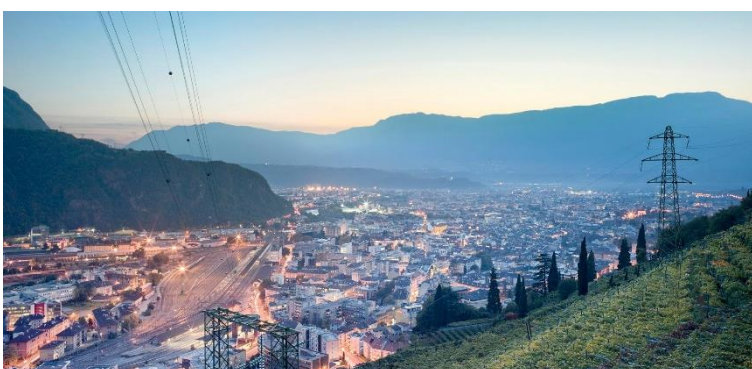
From up there you have a spectacular view over the city and going on along the path you'll reach St. Magdalena, the most popular vineyard in Bolzano.

Highlights: the panorama over the city, the Dolomites, Kohlern/Colle and the Val d'Adige.

Culinaria: Hotel Eberle and different private wineries.

Buggy: easily doable





TALVERA - WASSERMAUER PROMENADE

On the western boarder of the city center the path along the promenade and Castal Mareccio starts. Making a stop at that castle you can enjoy an enchanting view over the vineyards of Bolzano and the Dolomites. Going on over Ponte St. Anton you can reach the ascent to Castel Roncolo, which is known for its precious profane frescos from the medieval times.

You can continue your walk over the new forest road of the Saint Oswald-Promenade.

Highlights: Castle Roncolo, Castle Mareccio

Culinaria: Café Theiner, Café St. Anton and tavern of Castle Roncolo

Buggy: easily doable along the Talvera, jolty up to Castle Roncolo.





VIRGOLO - VIRGL PROMENADE

Once crossed the Ponte Campiglio you reach the valley station of the cablecar to Colle/Kohlern. You have to follow the main road up to Colle/Kohlern and at the 3rd turn you'll find a tagged path which you should follow.

If you like it more strenuous, just follow the main road till Kampenn (Tavern Grafhof) and from there continue on the trail through the forest .

On the top of the Virgl you have to take the main road again and than follow the path till Caste Flavon, a rustic castle above the city.

Highlight: St. Vigil chapel and the chapel of Kalvarien (not open to public)

Culinaria: Grafhof, Wendlandhof, Restaurant Haselburg

Buggy: not recommended.



