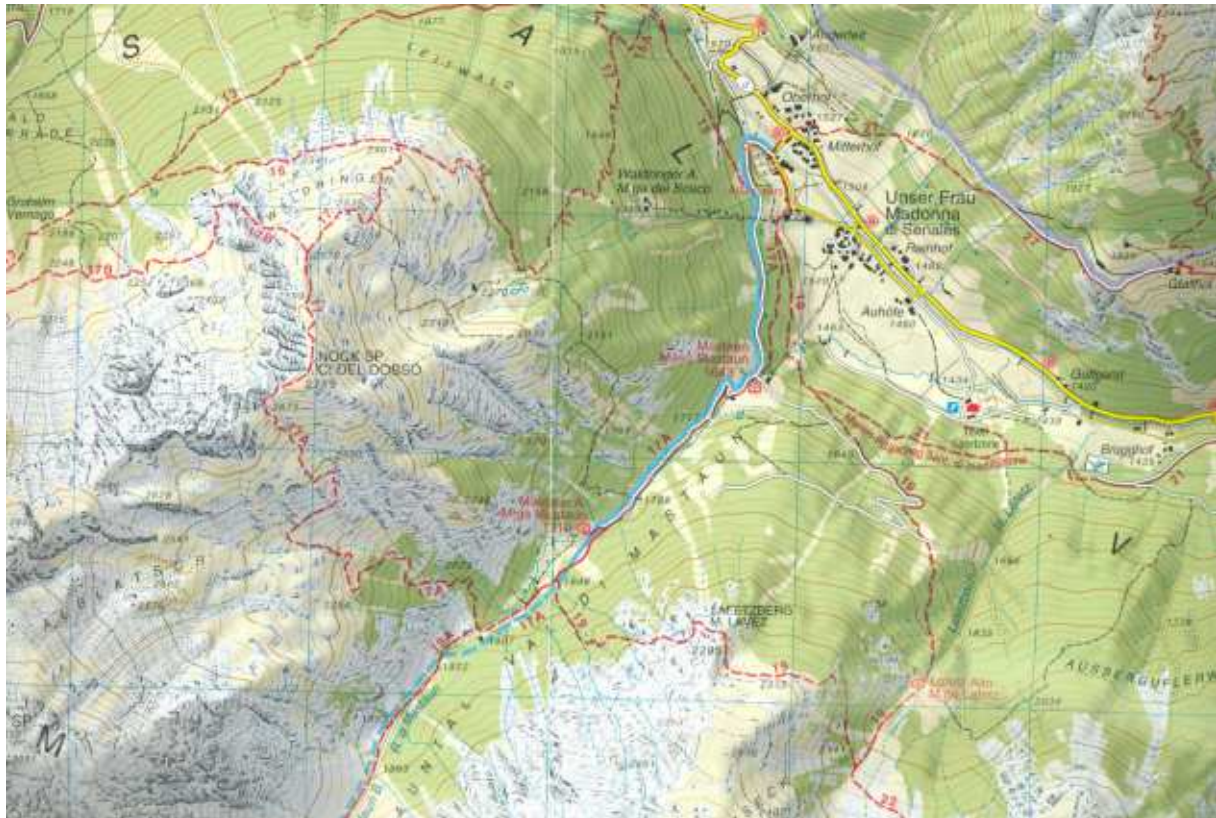


## Hiking from the archeoParc to the Mastaunalm alp

<b>Duration:</b>	Hike A: approximately 2 hours Hike B: approximately 4,5 hours
<b>Change in elevation:</b>	Hike A: 306 m, from 1,514 m to 1,820 m (1,004 ft., from 4,967 ft. to 5,971 ft.) Hike B: 778 m, from 1,514 m to 2,292 m and 1,820 m (2,553 ft., from 4,967 ft. to 7,520 ft. and 5,971 ft.)
<b>Trail marking:</b>	Hike A: Madonna, trail no. 17a (via the Mastaunhof farmhouse) Hike B: Madonna, trail no. 19 (via the Lafetzalm alp)
<b>Difficulty:</b>	Hike A: easy, although some concentration and suitable footwear are recommended for this path. Hike B: demanding route, in any case concentration and good hiking equipment are recommended.



Topographical map: Tabacco 04

Drive into the Val Senales to the village of Madonna di Senales, which is located 14 km (9 miles) from the beginning of the valley, and where the archeoParc has its headquarters. From the main road, follow the signs and turn left, cross the Senales River, and keep to the right, where you can park in the parking lot. The two trails to the Mastaunalm alp begin right in front of the archeoParc. The easier variation is Hike A, which is recommended above all else for children and inexperienced hikers. Hike B is more suitable for people with experience in the mountains. This variant takes more time, includes steep sections, and involves a greater elevation change than Hike A.

# : Ötzi's Lebensraum entdecken *Tracking Ötzi's trails*

**Hike A begins right at the archeoParc parking lot.** Following the signs toward Mastaun, you will be led along the wide, gradually ascending logging road past the traditional shooting area and into the larch forest which is very characteristic for the Val Senales valley. After walking for approximately 15 minutes, you will pass by a small scenic overlook at which a stop is worthwhile in any case for a view of the rooftops and the pilgrimage church of Madonna. Your path then continues on through the larch forest to the picturesquely situated Mastaunhof farmhouse. This has been in the possession of the Gurschler family for several generations. In addition to carrying out the traditional working of the land at the farm, they also operate a refreshment stand for hikers.

Continue your path to the right of the farmhouse and along the refreshing Mastaun River. After a short ascent, the trail continues with a gradual upward incline. In this section of it, you will pass a pasture fence, and it is highly possible that you encounter some cows, which are spending the summer months up here. After a walk of just a few more minutes, the breathtaking view opens up of the Mastuanalm and the Mastuan Valley behind it. There is nothing left to do except cross the green summer meadow, and you have reached your destination.

The starting point for **Circular Hike B** is the pilgrimage church of Madonna right next to the archeoParc. In order to reach trail no. 19, you will need to pass by the entrance to the Panoramahotel and then an old passageway, which at first glance looks more like a private entryway. Right behind it, though, the hiking trail can easily be made out. It runs with a considerable slope through the larch forest and up to the Mastaunhof. Take a little time there to drink in the surrounding mountain landscape, and then continue your hike to the left of the farmhouse. After around an hour of walking along the newly established, gradually climbing forest path, you will reach the Lafetzalm alp, which is situated in the middle of the woods. This rustic Alpine pasture is owned by several farmers from the valley and from time immemorial has been used as a summer pasture for cows. On top of that, a little bar is operated there.

You have now reached the steepest part of the trail. You will cross the timberline up to the top of the Mastaunbichele hill at 2,292 meters (7,520 feet), the highest point of your hike. The little plateau right at the cross on the peak is the perfect place for a comfortable rest to catch your breath and admire the mountain world of the Val Senales. From here, there is a fantastic view both of the mighty Similaun (where Ötzi was found) and the mountain peaks across the valley as far as the imposing Tessa chain.

Caution and concentration are necessary with the descent from the Mastaunbichele to your destination, the Mastaunalm: on a narrow trail, you will cover an elevation change of 472 meters (1,549 feet) in only about half an hour. All of your efforts will be rewarded, though, when the breathtaking view of the Alpine pasture at 1,820 m (5,971 ft.) opens up to you, which you will finally reach across the green summer meadow. Just as with the Mastaunhof, the meadow of the same name is owned by the Gurschler family, which also farms it themselves. You can let your soul roam free here while enjoying convivial company over a glass of wine and simple South Tyrolean dishes.

For the final descent, it is recommended for both hikes to make use of the direct route via trail 17a back to the Mastaunhof. From there, follow the forest path to the left to go downhill, and in around 20 minutes, you will reach the parking lot of the archeoParc.

## Questions?

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**ARCHEO PARC**

archoParc Schnalstal Val Senales

archäologisches erlebnismuseum mit freigelände  
parco museo archeologico didattico  
archaeological open-air museum

