

Nordic walking routes:

1st Route S. Valburga, 4.5 km (easy)

The starting point of the Nordic Walking Park in S. Valburga is located at the Zoccolo Lake and leads along the lake to Pracupola to the starting point of the technical round (for learning a solid Nordic walking technique in 7 steps), and the S. Nicolo round tour. The majority of the path leads along forest gravel paths with an incline of only 79 metres.

2nd Route Pracupola, 8 km (medium difficulty)

Start and end of the tour is the car park (start of the farm path) in Pracupola. Very beautiful tour with a view of the valley leading along the traditional and idyllic farms of the Ultimo Valley to S. Nicolo. Return path on the same side of the valley; gradient of 251 metres.

3rd Route S. Nicolo, 10.5 km (difficult)

Start of this somewhat longer and more demanding tour is the village centre of S. Nicolo. From here you walk along the renowned farm path to San Gertrude and back along the other side of the valley. The tour leads mainly along forest paths and has a total gradient of 419 metres. Shortcut via option 4 (6.9 km – medium difficulty) possible.

5th Route S. Maurizio, 10.5 km (difficult)

The alpine round tour with a wonderful panoramic view in the Nordic Walking Park starts above the "Moritz-Höhe" at the Grubberg and leads via the Außerschwemmalm and Innerschwemmalm to the refreshing Messner River (bare-foot walking and Kneipp treatment) and back to the starting point. Mostly forest grounds and a total gradient of 454 metres. Shortcut via option 6 (7.9 km – medium difficulty) possible.

7th Route Proves, 6.5 km (medium difficulty)

Start and end of this tour are located in the village centre of Proves. The peaceful and meditative round tour in the Nordic Walking Park leads along forest paths at a gradient of 264 metres. Enjoy the impressive panoramic view along the path.