Walking in South Tyrol - Wine & Alpine Pastures

Trip Code: SGWA

Version:

WALK & TREK	SELF-GUIDED	4 MODERATE



HIGHLIGHTS

- Walk through vineyards and orchards on the wine route and enjoy sampling the local wines
- Stay in the thermal spa town of Merano and the capital of South Tyrol, Bolzano
- Discover Trauttmansdorff Castle and its immaculate botanical gardens

- Explore the Tschogglberg Plateau for views of the soaring Dolomites and Etschtal Valley below

AT A GLANCE

- 5 days walking
- Saturday and Sunday departures
- Join at Merano

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Grand architecture, spa towns, palaces, an average of 300 days of sunshine a year, and views of the Dolomites: welcome to South Tyrol - the Alps, but not as you may know them! This is German-speaking Italy, with 95% of the region's population having German as their first language. This is an area where Austrian, Italian, and Alpine traditions compliment each other seamlessly.

This one-week self-guided walking holiday explores the enchanting Etschtal Valley and its kaleidoscope of cultures and landscapes. Your trip begins in the spa town of Merano where palm trees line the streets, before walking the Marlinger Waalweg irrigation channel to the charming town of Nalles, teeming with palaces for you to explore. The contrasts continue as you traverse the eastern mountains along the wine route to the capital of South Tyrol, Bolzano, before reaching the Tschogglberg Plateau with its views of the soaring Dolomites. You end your South Tyrol experience by returning to Merano. There are plenty of welcoming mountain huts and restaurants along your walking routes, where you can stop and enjoy the local cuisine and fantastic wines as you please. Plus, you will be staying in family-run 3-star and 4-star hotels, some with pools, so you can be sure of warm hospitality at the end of each day too.

Is this holiday for you?

We have designed this trip to harness the unique culture of the Etschtal Valley, where the sun shines for an average of 300 days a year, palm trees grow, and where you can take in views of the mighty Dolomites from high balcony paths. As you traverse the soaring mountains that protect Merano, Nalles, and Bolzano below, you will be blown away by the area's beauty - this trip makes an ideal introduction to South Tyrol. With walks averaging around 5 hours and 14km each day and with around 550m of ascent, you will walk through vineyards and across high mountain plateaus scattered with welcoming mountain huts. Routes are well-marked for easy navigation, and are on well-established paths and quiet forest 'Waalweg' walkways. In the evenings you can look forward to staying in family-run 3-star and 4-star hotels, all specially chosen for their warm hospitality and excellent locations. Plus, staying in the spa town of Merano, the palace town of Nalles, and Bolzano - the gateway to the Dolomites - there are plenty of great restaurants and sights to enjoy along the way too.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- 1 bus fare Bolzano - Jenesien
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to/from Merano
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

Your trip starts at your hotel in Merano. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airports are Verona or Venice Marco Polo, and both are well-served with great low-cost flight options from UK regional airports.

The rail network in this part of Italy is extremely good and offers regular connections from both Verona and Venice airports, making it the best option for getting to your hotel.

If you are flying into Verona Airport you can take either a taxi or a shuttle bus from outside the airport to Verona Porta Nuova train station. From there you can take the train to Merano station. The shuttle bus from Verona Airport to Verona Porta Nuova train station takes 15 minutes, with departures every 20 minutes. The train from Verona Porta Nuova to Merano takes around 2-3 hours, with one change at Bolzano.

If you are flying into Venice Marco Polo Airport you can take the shuttle bus to Venezia Mestre train station. From there you can take the train to Merano. The journey takes around 5 hours with either one change at Bolzano, or two changes at Verona Porto Nuova and Bolzano.

Tickets for Italian trains can be booked through Trenitalia in advance of your holiday - simply visit their website for the latest travel information and to book tickets at www.lefrecce.it.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

One of the great things about this trip is being able to experience the contrasting yet complimentary cultural influences on the local cuisine, from the German-inspired delicacies of South Tyrol such as Apfelstrudel and Grostl (a beef stew), to typically Italian pasta dishes. With so many culinary delights to enjoy along your route, we have designed this trip on a bed and breakfast basis, allowing you to sample as many as you like. Breakfasts are typically continental, with fruit, cereals, fresh pastries, and a cup of coffee. Along your walks you will find inviting mountain huts and cafes where you can enjoy lunch, a snack, maybe a local sweet treat, and even a glass of wine if that takes your fancy. In the evening there are many fine restaurants from which to choose, and we recommend asking for the house wine - these are usually from the local vineyards through which you have been walking each day, and are generally fantastic.

Accommodation

Alpine hospitality is second to none and you are sure to receive a warm welcome in our carefully selected family-run 3-star and 4-star hotels on this trip, all of which have been chosen for their excellent locations and fabulous local character. Some also have pool facilities or gardens, making them perfect for unwinding after a day of exploring. The hotels all offer a great breakfast to fuel you for your day ahead and rooms are on a double or twin basis, some with Austrian-style twin beds as is traditional in this area (two beds within one bed frame and separate bedding).

It is possible to arrange additional nights' accommodation if you would like to enjoy this magnificent region a little longer - please contact our Sales Team for more information.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are walking.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and its always a good idea to spend some time walking in the footwear you are going to use on this holiday.

Climate

North Italy is still in the middle European climate zone making for warm summers and cold winters, however Merano sits within a large basin giving it a unique microclimate that allows higher temperatures in the valley and just a short snow season in the winter months. Spring brings beautiful wild flowers across the meadows, warm days where temperatures tend to reach the upper teens or lower twenties (degrees Centigrade), and often cool evenings. Temperatures in the autumn are similar, however in summer it is much warmer with temperatures reaching 20-30 degrees Centigrade. Rainfall in the region occurs in all seasons and so we recommend you pack your waterproofs just in case.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings

- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries

- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

This trip is available for departures on Saturdays and Sundays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE?

Discover the unique town of Merano, and nearby Bolzano and Nalles, with KE Adventure. With an average of 300 days of sunshine a year, thermal baths, Austrian-influenced architecture, vineyards, and soaring Alpine peaks, you can look forward to experiencing the South Tyrol anew.We have included a pass for the Jenesien mountain shuttle bus, allowing you to enjoy the high mountain plateau and its panoramic views.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change