



PARCO NAZIONALE DELLO STELVIO  
STILFSER JOCH  
NATIONAL PARK STILFSER JOCH



STELVIO NATIONAL PARK  
GUIDED NATURE EXPERIENCES



@Stilfserjochnationalpark @nationalparkstelvio

www.parcnazionale-stelvio.it



NATIONAL PARK STILFSER JOCH  
PARCO NAZIONALE DELLO STELVIO



Stelvio National Park Administration Office  
I-39020 Glurns/Glorenza (BZ) | Rathausplatz/Piazza Municipio, 1  
T. +39 0473 830 430 | nationalpark.stilfserjoch@provinz.bz.it

## THE VISITOR CENTRES



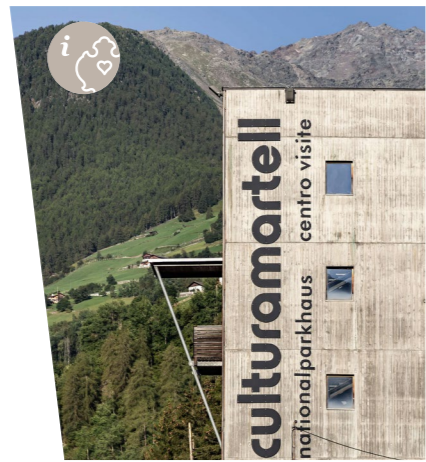
**aquaprad**  
Via Croce 4 C  
39026 Prato allo Stelvio  
info@aquaprad.com  
www.parcnazionale-stelvio.it  
T +39 0473 618 212

|               | Mo | Tu - Fr | Sa | Su |
|---------------|----|---------|----|----|
| 09:30 - 12:30 | X  | ✓       | ✓  | X  |
| 14:30 - 17:30 | X  | ✓       | ✓  | X  |



**avimundus**  
Via Principale 67  
39028 Silandro  
info@avimundus.com  
www.parcnazionale-stelvio.it  
T +39 0473 730 156

|               | Mo | Tu - Fr | Sa | Su |
|---------------|----|---------|----|----|
| 09:30 - 12:30 | X  | ✓       | ✓  | X  |
| 14:30 - 17:30 | X  | ✓       | ✓  | X  |



**culturamartell**  
Trattla 246  
39020 Val Martello  
info@culturamartell.com  
www.parcnazionale-stelvio.it  
T +39 0473 745 027

|               | Mo | Tu - Fr | Sa | Su |
|---------------|----|---------|----|----|
| 09:30 - 12:30 | X  | ✓       | ✓  | X  |
| 14:30 - 18:00 | X  | ✓       | ✓  | X  |



**Lahnersäge**  
S. Gertrude Nr. 62  
39016 S. Gertrude  
info@lahnersaenge.com  
www.parcnazionale-stelvio.it  
T +39 0473 798 123

|               | Mo | Tu - Fr | Sa | Su |
|---------------|----|---------|----|----|
| 09:30 - 12:30 | X  | ✓       | ✓  | X  |
| 14:30 - 17:30 | X  | ✓       | ✓  | X  |



**naturatrafoi**  
Trafoi 13/A  
39029 Stelvio  
info@naturatrafoi.com  
www.parcnazionale-stelvio.it  
T +39 0473 530 045

|               | Mo | Tu - Fr | Sa | Su |
|---------------|----|---------|----|----|
| 09:30 - 12:30 | X  | ✓       | ✓  | X  |
| 14:30 - 18:00 | X  | ✓       | ✓  | X  |

For any special opening hours, see [www.parcnazionale-stelvio.it](http://www.parcnazionale-stelvio.it)



## CODES OF BEHAVIOUR IN THE NATURE RESERVE

With its unique biotope and landscape, the Stelvio National Park leaves visitors enraptured. To protect this valuable resource for future generations, visitors need to act responsibly and behave in a respectful manner. The following guidelines apply:

- Advance planning:** depending on the weather forecast, bring the right equipment and necessary items of clothing (including rugged footwear), as well as sufficient liquids and food provisions.
- Transport:** when possible, make use of public transport, which is safe, reliable and convenient.
- Parking:** always park in the designated parking areas, not on the roadside or in the meadows.
- Outdoor activities:** use only clearly-marked hiking paths. No off-trail cycling!
- Respect private land:** avoid wandering across fields and meadows, or where there is tall grass.
- Trails:** are used by pedestrians (hikers) as well as bikers/cyclists. Be considerate and give everyone enough space.
- Manned refuges:** those running the mountain huts and refuges, put a lot of work and care into what they do. Be respectful and patient towards those providing services for visitors. Leave the toilets as you found them and don't leave rubbish lying around. Take it with you and dispose of it appropriately when you're back at "base".
- Avoid unnecessary noise:** don't disturb the tranquillity of nature. Drones aren't allowed into the National Park.
- Preserving the landscape:** the flora including flowers, berries, mushrooms is protected, which means it cannot be picked or damaged. Stones, crystals and geological artefacts can be admired, but not tampered with. Look – but don't touch: a photo makes a much better souvenir!
- Fences:** when there is a gate in the fence, make sure you always close it behind you. This is to protect livestock.
- Wildlife and livestock:** leave the animals alone in their habitat and walk past them calmly. If there is anything you want to capture, do so with your camera: and from a safe distance!
- Dogs:** in the park your pet must always be kept on a leash. Bring a dog-muzzle with you in case of necessity.
- Fires:** fires are strictly forbidden in the National Park! This poses a severe danger to the environment, risking human and animal life.
- Camping:** is only permitted in designated camping sites.
- Rubbish:** tissues, cigarette butts and dog-excrement bags, must be thrown into the waste bins provided or taken back to "base" and disposed of appropriately.

## THE PROTECTED AREA HARMONIOUS COEXISTENCE BETWEEN HUMANS AND WILDLIFE.

The protected area was specifically created to safeguard indigenous flora & fauna and their natural ecosystems, as well as to preserve the cultural landscape. Protection also extends to the preservation of the cultural, historical and archaeological heritage of the nature reserve, as well as the economic and general welfare of its resident human population.

Thanks to continuous environmental education and applied research, the park also serves as an eco-friendly public recreational area, in step with Nature.

**Fact Sheet**  
**Founded:** 1935  
**Total area:** 130,734 ha  
**South Tyrol portion:** 53,495 ha  
**Highest point:** Ortler Mountain – 3,905 m above sea level  
**Lowest point:** Morter – 700 m above sea level  
**Regions:** Trentino-South Tyrol & Lombardy  
**South Tyrol Municipal Districts:** Stils/Stelvio, Prad/Prato, Glurns/Glorenza, Taufers i.M./Tubre i.V.M., Mals/Malles, Laas/Lasa, Schlanders/Silandro, Martell/Martello, Latsch/Laces & Ulten/Ultimo



Published by: Ufficio del Parco Nazionale dello Stelvio  
 Coordination and Editing: Ufficio del Parco Nazionale dello Stelvio (Igor Zanvettor, Ilana Ortler, Lukas Hafer)  
 Graphic: zeichentaktur | Malles Venosta  
 Printing: Print Team SRU GmbH  
 Images: dall'archivio del Parco Nazionale dello Stelvio; Parco Nazionale dello Stelvio / Igor Zanvettor, René Riller (\*) dal concorso fotografico "Fotografare il Parco"; IDM Alto Adige / Helmut Rier / Klaus Huber  
 Cover picture: IDM Alto Adige / Armin Terzer, Christoph Platzer  
 Ringraziamo i fotografi per averci fornito le loro foto.





## WILDLIFE AND ANIMALS

### ANIMAL WATCHING RED DEER IN MATING RITUAL FOR NATURE PHOTOGRAPHERS

**Date:** Sunday, 29.09.2024  
**Start:** 05:00 AM  
**Meeting Point:** Zufritt Inn parking lot, Martello Valley  
**Duration:** approx. 12 hours

### HIKE MARMOT HIKE

**Dates:** Wednesday, 29.05. - 26.06., 10.07., 24.07., 07.08., 21.08., 04.09., 18.09.2024  
**Start:** 09:30 AM  
**Meeting Point:** culturamartell, Trattla, Martello Valley  
**Duration:** approx. 6 hours

### GUIDED TOUR MOUNTAIN TRICKS

**Dates:** Saturday, 04.05. - 25.05., 05.10. - 26.10.2024  
**Start:** 03:30 PM  
**Meeting Point:** naturatrafoi, Trafoi

### ANIMAL WATCHING THE BEARDED VULTURE LEARNS TO FLY

**culturmartell dates:** Sunday, 16.06. - 30.06.2024  
**Start:** 02:00 PM  
**Meeting Point:** Enzianhütte Parking Lot, Info Point, Martello Valley  
**Duration:** approx. 3 hours

### ANIMAL WATCHING WILDLIFE OBSERVATION AT DUSK

**Dates:** Friday, 19.07. - 30.08.2024  
**Start:** 05:00 PM  
**Meeting Point:** Zufritt Inn, Stelvio National Park Observatory, Martello Valley  
**Duration:** approx. 3 hours

### HIKE GOLDEN EAGLE AND MARMOT

**Dates:** Wednesday, 19.06., 26.06., 14.08., 28.08.2024  
**Start:** 09:30 AM  
**Meeting Point:** Lahnersäge Visitor Center, St. Gertraud in Ultental

### ANIMAL WATCHING RED DEER IN MATING RITUAL WITH FOLLOW-UP ALPINE BREAKFAST

**Lahnersäge dates:** Wednesday, 25.09., 02.10.2024  
**Start:** 06:00 AM  
**Meeting Point:** Pilsen/Kofl Bus Stop, St. Gertraud in Ultental

### ANIMAL WATCHING RED DEER IN MATING RITUAL

**culturamartell dates:** 24.09., 27.09., 29.09., 01.10., 04.10., 06.10.2024  
**Start:** 04:00 PM  
**Meeting Point:** Zufritt Inn parking lot, Martello Valley  
**Duration:** approx. 3 hours

### HIKE WILDLIFE EXPERIENCE IN STELVIO NATIONAL PARK

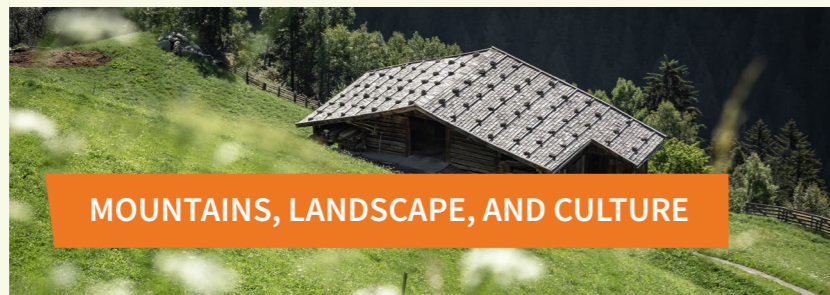
**Dates:** Friday, 07.06. - 13.09.2024  
**Start:** 9:30 AM  
**Meeting Point:** culturamartell, Trattla, Martello Valley  
**Duration:** approx. 6 hours

### ANIMAL WATCHING THE BEARDED VULTURE LEARNS TO FLY

**naturatrafoi dates:** Tuesday, 14.05. - 04.06.2024  
**Start:** 11:30 AM  
**Meeting Point:** naturatrafoi, Trafoi

### HIKE NATURE AND WILDERNESS IN THE NATIONAL PARK

**Dates:** Wednesday, 10.07., 17.07., 24.07., 07.08., 21.08., 11.09., 09.10., 16.10., 23.10.2024  
**Start:** 09:30 AM  
**Meeting Point:** St. Gertraud im Ultental, wird bei Anm. bekanntgegeben



## MOUNTAINS, LANDSCAPE, AND CULTURE

### HIKE FAMILY HIKE TO A MOUNTAIN DAIRY FARM

**Dates:** Tuesday, 16.07. - 13.08.2024  
**Start:** 09:30 AM  
**Meeting Point:** Tourist Information Office, Gomago

### DOCUMENTARY EVENING FILM JOURNEY „STELVIO NATIONAL PARK“

**Dates:** Every Wednesday in May and October  
**Start:** 05:00 PM  
**Meeting Point:** naturatrafoi, Trafoi

### CULTURAL TOUR LIFE ON THE MOUNTAIN FARM

**Dates:** Thursday, 16.05. - 24.10.2024  
**Start:** 10:15 AM  
**Meeting Point:** Niederhof, Waldberg, Martello Valley  
**Duration:** approx. 3 hours

### HIKE SUMMIT HIKE FOR SUNRISE ORGELSPITZE/LASER SPITZE 3,305 M

**Dates:** 25.07., 04.08., 15.08.2024  
**Start:** 01:00 AM  
**Meeting Point:** Stallwies, Waldberg, Martello Valley  
**Duration:** approx. 7 hours

### HIKE SPRING HIKE IN STELVIO NATIONAL PARK

**Dates:** Friday, 10.05. - 31.05.2024  
**Start:** 09:30 AM  
**Meeting Point:** culturamartell, Trattla, Martello Valley  
**Walking time:** approx. 6 hours

### NATURE WATCHING FASCINATION OF MOUNTAIN WORLDS

**Dates:** Tuesday, 11.06. - 29.10.2024  
**Start:** 09:00 AM  
**Meeting Point:** aquaprad, to be announced upon reservation  
**Duration:** approx. 6 hours

### CULTURAL TOUR ALPINE TOUR

**Dates:** Sunday, 03.08., 17.08., 31.08., 14.09.2024  
**Start:** 10:00 AM  
**Meeting Point:** Enzianhütte Parking Lot, Info Point, Martello Valley  
**Walking time:** approx. 3 hours

### HIKE EXPERIENCE ALPINE FARMING IN SPRING FASLARHOF

**Dates:** Thursday, 23.05. - 13.06.2024  
**Start:** 09:00 PM  
**Meeting Point:** aquaprad  
**Duration:** approx. 6 hours

### HIKE SUNRISE HIKE WITH FORESTERS

**Date 1:** Friday, 02.08.2024 **Start:** 4:30 AM  
**Date 2:** Friday, 16.08.2024 **Start:** 5:00 AM  
**Meeting Point:** Lahnersäge Visitor Center, St. Gertraud in Ultental

### HIKE JOURNEY TO THE ICE AGE

**Dates:** Wednesday, 31.07., 04.09.2024  
**Start:** 09:00 AM  
**Meeting Point:** Weißbrunn Bus Stop, St. Gertraud in Ultental

### HIKE CABIN HIKE

**Dates:** Monday, 04.03. - 28.10.2024  
**Start:** deviating  
**Meeting Point:** aquaprad, to be announced upon reservation  
**Walking time:** approx. 6 hours

### HIKE DISCOVER THE FARM HOF AM SCHLOSS

**Dates:** Wednesday, 26.06. - 04.09.2024  
**Start:** 09:00 AM  
**Meeting Point:** aquaprad, Prad am Stilsferjoch, National Park House  
**Walking time:** approx. 5 hours

### NIGHT HIKE IN THE NATIONAL PARK NATURE IN THE FULL MOON NIGHT

**Dates:** Thursday, 23.05., 22.06., 21.07., 19.08., 18.09., 17.10.2024  
**Start:** May to August 9:00 PM  
**Start:** September 8:30 PM  
**Start:** October 8:00 PM  
**Meeting Point:** Lahnersäge Visitor Center in St. Gertraud in Ultental

### NATURE WATCHING TO THE MOST BEAUTIFUL VIEWPOINTS

**Dates:** Thursday, 07.03. - 31.10.2024  
**Start:** deviating  
**Meeting Point:** aquaprad, to be announced upon reservation  
**Walking time:** approx. 5 - 6 hours

### NATURE WATCHING SUNRISE IN THE MOUNTAINS

**Dates:** Wednesday, 12.06. - 23.10.2024  
**Start:** deviating  
**Meeting Point:** aquaprad, to be announced upon reservation  
**Walking time:** approx. 5 hours

### HIKE GLACIER LEARNING TRAIL EXPERIENCE

**Dates:** Wednesday, 03.07., 17.07., 31.07., 14.08., 28.08., 11.09.2024  
**Start:** 09:30 AM  
**Meeting Point:** culturamartell, Trattla, Martello Valley  
**Duration:** approx. 6 hours

### HIKE PRADER-SAND

**Dates:** Thursday, 04.07., 18.07., 25.07., 08.08., 22.08., 29.09.2024  
**Start:** 04:30PM  
**Meeting Point:** aquaprad



## HERBS AND PLANTS

### HIKE WILD VEGETABLES

**Dates:** 05.07., 19.07., 13.08., 22.08., 29.08., 12.09.2024  
**Start:** deviating  
**Meeting Point:** to be announced upon reservation, Prad am Stilsferjoch  
**Duration:** approx. 5 hours

### HIKE ALPINE ROSES AND MOUNTAIN HERBS

**Dates:** Wednesday, 29.05., 05.06., 12.06., 03.07.2024  
**Start:** 09:30 AM  
**Meeting Point:** St. Gertraud in Ultental, to be announced upon reservation

### GARDEN TOUR HERB GARDEN TOUR

**Dates:** Wednesday, 12. - 19.06., 03.07., 17.07., 07.08., 21. - 28.08.2024  
**Start:** 03:00 PM  
**Meeting Point:** Martell Village Bus Turnaround, Martello Valley  
**Duration:** approx. 2 hours

### GUIDED TOUR BOTANICAL TOUR

**Prad date:** Friday, 14.06.2024  
**Sulden date:** Friday, 05.07.2024  
**Start:** 09:30 AM  
**Meeting Points:** Prad am Stilsferjoch, Sulden

### NATURE WORKSHOP MARTELL HERBS - WORKSHOP

**Dates:** Friday, 21.-28.06., 05.07., 19.07., 02. - 30.08., 06.09.2024  
**Start:** 10:00 AM  
**Meeting Point:** Martell Village Bus Turnaround, Martello Valley  
**Duration:** approx. 3 hours

### HIKE HERB JOURNEY - SENSORY EXPERIENCES IN THE NATIONAL PARK

**Dates:** 04.07., 08.07., 17.07., 27.07., 12.08., 21.08., 26.08.2024  
**Start:** 10:30 AM  
**Meeting Point:** naturatrafoi, Trafoi

### NATURE WORKSHOP HERB WORKSHOP

**Dates:** Thursday, 16.05. - 12.09.2024  
**Start:** 04:00 PM  
**Meeting Point:** aquaprad Visitor Center  
**Duration:** approx. 2 hours



## FOREST AND WATER

### HIKE STONE PINE HIKE

**Dates:** Friday, 20.09. - 11.10.2024  
**Start:** 09:30 AM  
**Meeting Point:** culturamartell, Trattla, Martello Valley  
**Duration:** approx. 6 hours

### NATURE WORKSHOP FUZZY WORKSHOP

**Dates:** Thursday, 13.06. - 29.08. Friday, 02.08. - 23.08.2024  
**Start:** 2:30 PM  
**Meeting Point:** naturatrafoi, Trafoi

### HIKE THE GOLD LAKE

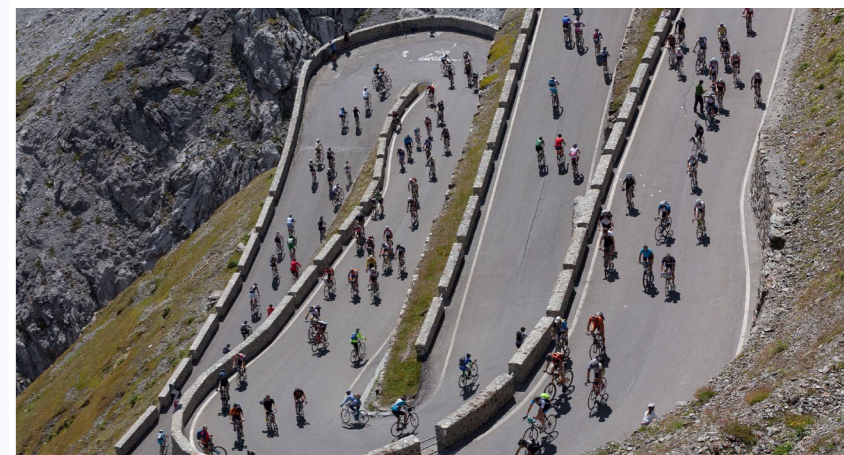
**Dates:** Friday, 21.06. - 11.10.2024  
**Start:** 8:30 AM  
**Meeting Point:** Prad am Stilsferjoch Bus Stop, Main Square  
**Duration:** approx. 6 hours

### HIKE ANCIENT FIR HIKE - ENVELOPED IN FAIRY TALES, TAUFERER LEGENDS, AND ANCIENT KNOWLEDGE

**Dates:** Thursday, 04.07. - 08.08., 22.08. - 29.08.2024  
**Start:** 10:00 AM  
**Meeting Point:** Rifair Fire Station, Taufers in Münster Valley

### STELVIO BIKE DAY

**Date:** Saturday, 31.08.2024  
**Start:** 08:00 AM



aquaprad

lahnersäge

avimundus

naturatrafoi

culturamartell

[online registration](#)