

Tires valley and the Catinaccio: in the light of the Dolomites

THREE DAYS OF CHANGING LIGHT, ALPINE LANDSCAPES AND SOUTH TYROLEAN CULTURE BENEATH THE ROSENGARTEN PEAKS.

Please note: All experiences are subject to availability (some are genuinely irreplaceable). The final itinerary may undergo minor variations depending on live availability and your hotel location.

On the footsteps of King Laurin

Mountain reflections, forest trails and the flavours of South Tyrol.

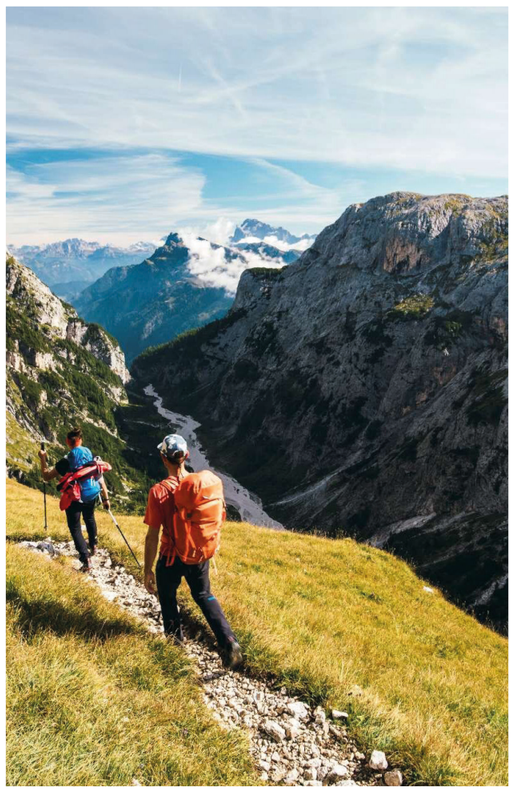
Step into the legendary realm of King Laurin on a guided journey through the **Rosengarten**, known in Italian as the **Catinaccio**. According to local folklore, these dramatic Dolomite peaks were once home to the dwarf king's enchanted rose garden. Laurin cast a spell to hide his roses by day and by night, but forgot the brief hours of twilight—a moment when, legend tells, the garden reveals itself once more, bathing the mountains in shades of pink and copper.

Accompanied by your private Alpine Guide, begin with a scenic cable car ascent from Tires before following panoramic trails beneath the Rosengarten massif. As you walk through alpine meadows and beneath pale limestone towers, your guide will bring Laurin's story to life, weaving together mountain legends, local traditions and the remarkable landscape that inspired them. The route will be tailored to your interests and ability, with time to enjoy the views.

Pause for lunch at a welcoming mountain hut and discover **South Tyrol**'s blend of Alpine and Italian flavours. Continue to the enchanting **Lake Carezza**, where emerald and turquoise waters reflect the surrounding forest and the peaks of the Latemar. A leisurely lakeside walk offers a peaceful conclusion to your mountain adventure.

Return to **Cyprianerhof** for an unhurried afternoon enjoying the spa and mountain setting. As evening approaches, keep an eye on the Catinaccio: in the right light, you may glimpse the rosy glow that keeps the legend of King Laurin's garden alive.







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Strolling among the “masi” and Alpine traditions

Panoramic paths, mountain huts and open landscapes beneath the Dolomite peaks.



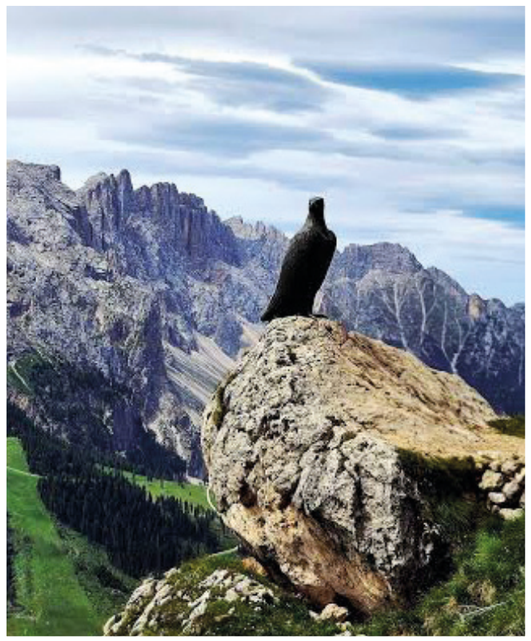
Discover the rural charm of South Tyrol on a scenic walk around **Fiè allo Sciliar**, where vineyards, orchards and open meadows unfold beneath the magnificent peaks of the **Catinaccio** and **Sciliar**. Following woodland paths and country trails, explore a landscape shaped by generations of farming families and traditions that remain part of everyday life.

Along the way, pass historic farmsteads whose distinctive architecture tells the story of the region’s agricultural heritage. Your guide will introduce the customs and seasonal rhythms that connect these farms to the surrounding land, offering a glimpse into South Tyrol’s enduring rural culture.

Pause at a **traditional farmhouse tavern**, where local hospitality and regional flavours come together. Depending on the season and opening arrangements, enjoy the opportunity to sample locally produced wines, mountain cheeses, traditional cured meats and other farm specialities.

With time to appreciate both the scenery and its stories, this leisurely experience offers an inviting introduction to South Tyrol through its landscapes, farming traditions and authentic local flavours. Alternatively, explore the area by e-bike, following a scenic route tailored to your interests and ability.







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Castle stories and vineyards, or the Pale di San Martino

Historic estates, mountain wines and the dramatic landscapes of the Dolomites.





Discover the wines of South Tyrol on a bespoke journey along the **Alto Adige Wine Road**, accompanied by your dedicated wine expert guide. Here, vineyards, historic castles and picturesque villages unfold against a mountain backdrop, with views across Lake Caldaro adding to the charm of the landscape.

Visit **selected family-run wineries**, where tastings offer an introduction to the region's wines and the people behind them. Learn how varied soils, altitudes and microclimates shape their character, from elegant Pinot Blanc, Sauvignon Blanc and Riesling to expressive Merlot and Cabernet. Local varieties Schiava and Lagrein provide a distinctive taste of South Tyrol's winemaking heritage.

Between visits, take in the vineyard scenery and enjoy time to appreciate the surroundings. Combining local encounters, guided tastings and beautiful views, this experience offers a relaxed and personal introduction to one of Italy's most distinctive wine regions.

Alternatively, devote the day to the Pale di San Martino, travelling to **San Martino di Castrozza** with a dedicated driver. During the operating season and weather permitting, ascend via the **Colverde and Rosetta lifts** to discover a high plateau of pale rock, sculpted ridges and distant peaks.

Explore with a dedicated mountain guide along a route suited to your ability and the conditions in this exposed Alpine setting. The sparse vegetation and broad expanses of stone create an almost lunar landscape, offering a striking contrast to the forests and meadows of Tires.

Lunch at a refuge may be arranged according to the chosen route and seasonal opening, before descending and returning to **Cyprianerhof**. This full-day alternative replaces the castle and winery programme, with departure time and transfers planned around the confirmed lift schedule.


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