



I had time to write down the program for 5 unforgettable days in Southtyrol.  
Here we go:

### *5 days in Southtyrol*

*Sometime I think: "oh wow, we live in a little paradise"*

**Day one:** 3 castle tour in Appiano with amazing view to the dolomites and Bolzano. The tour starts behind our Winery Weingut Doná. It's two hours walk, when you arrive on the top, where the Castel HÖcheppan is situated, you do have a 360° view and the old castle tells stories just looking at it. It's a very special place.

In the afternoon you can go to the Calterer Lake, it's just 10 minutes by car. It's a natural bathing lake, surrounded by vineyards. The South of Southtyrol is very mediterranean and sunny.

**Day two:** have one day at the Seiser Alm, it is the highest Plateau in Europe. On 2000 meters you will find this paradise, it is green, surrounded by dolomite stone mountains and makes part of the UNESCO World Heritage. Nature, quiet, silence, pure and unforgettable.

**Day Three:** Bolzano – The Capital of Southtyrol. When you are in Southtyrol you have to see Bolzano. It's an amazing city with a special flair: charming, beautiful, innovative city with great history. Southtyrol was part of Austria and after the first world war it became Italy. That's why people talk German and Italian here in Southtyrol. Southtyroleans are a mixture of

German and italians: we do have the italian “dolce far niente” “dolce vita” and the german “straightness”

At Bolzano you can have shopping, admir amazing architecture and go to the museum. Ötze – the man in the ice – is situated in Southtyrol.

At the South Tyrol Museum of Archeology - you can see one of the most famous and most important mummies of the world: Oetzi, the Iceman. In 1991, a partly revealed and partly ice-covered human body was found by a couple from Nuremberg (Germany) at the Similaun Glacier in the Oetztal Alps. The place of recovery is located at more than 3,000 m a.s.l., only 92.55 m away from the Austrian border on Italian territory. After decades of research we know now that Oetzi, 1.58 m tall, lived around 3300 BC and was fatally injured by an arrow when he was about 46 years old.

Close to Bolzano is Castel Firmian, one of the museums of Reinhold Messner, the most popular Alpinist from Southtyrol. Sometimes he is also in the Museum, with a little bit of Luck you can see him.

**Day four:** Some of my favorit places are: Corvara, the three peaks, Renon’s famous earth pyramids, Lake Carezza.

And now I would like to talk about Foodculture of Southtyrol: we do have good cheeses, Speck, Knödel, Wine, Apples and the gorgeous Apple Strudel 😊

**Day Five:** One day at Resia Lake on the border to Switzerland and Austria: The man-made Resia Lake with a surface area of 10 km is also situated in the Curon district and has a circumference of 15.3 km, with a maximum depth of 45 meters when full and contains 120 million cubic meters of water. During its construction in 1950, the entire town of Curon and most of Resia/Reschen were flooded with the destruction of 163 houses and 523 hectares of land under cultivation. Today, there is only the protruding church steeple from the water's surface that is left as a reminder of the old town of Curon.

Aktivities: Skiing, Kite Surf, Bicile, Hiking or just enjoying. Enjoy the “nothing”, the silence, the nature.

Dear Kate,

Have a great eastern and a fantastic time with your family