

## Discovering the beauties of Antholzertal

### Some walks and hiking tours nearby Rasen

#### *Walk to the "Alte Goste"*

From the Hotel to the "plague chapel" (near the church) - along the left edge of the woods via a forest path all the way to the "Alte Goste".

Total walking time: approx. 1 hour

Difference in elevation: 70 m

#### *Castle ruins of Old Rasen*

From the Hotel to the new cemetery (above the church) - proceed approx. 500 meters up towards Oberstall (path marking no. 56). Take the right path at the edge of the woods, proceed along a path until the Castle ruins of Old Rasen (path markings no. 2).

Total walking time: approx. 1 hour

Difference in elevation: 150 m

#### *Hike to Bad Salomonsbrunn*

From the hotel, cross the bridge and keep walking along the road - after the bridge take the second turn right and walk towards Oberrasen – once there cross the bridge and keep walking down the path along the stream – after about 5 km you will find another bridge to cross, and just after it you will arrive to Bad Salomonsbrunn.

Total walking time: approx. 2,5 hours

Difference in elevation: 70 m

#### *Lutterkopf (2.145 m) - Durakopf (2.275 m)*

From Niederrasen follow path marking no. 56 or no. 20 up to the Mudler Manor. From there, follow path marking no. 56 and continue to the right up to Lutterkopf (2.145 m). Cross over to Durakopf (2.275 m) and follow path marking no. 31. Descent via path marking no. 38 to the Taistner Meadows and from there (path marking no. 38 A) via the forest road back to Mudler and descend to Rasen via path marking no. 56.

Total walking time: 6-7 hours

Difference in elevation: 1.250 m