



May
2026



Events on the Tschöggberg high plateau

Activities

-  **Every Monday: from 9.30 am - 1.30 pm**
E-MTB leisurely spring tour around the Tschöggberg in **Hafling**
Info and registration at Saltenbike, T +39 335 485 500
-  **Every Wednesday: from 9.30 am - 1.30 pm**
E-MTB: a gentle e-mountain bike panoramic tour across the Salten in **Mönten**
Info and registration at Saltenbike, T +39 335 485 500
-  **Every Friday: 8.45 am - 3 pm**
Guided via ferrata tour on the Ifinger peak - On the move at Meran 2000
Info and registration at IO Hafling, T +39 0473 279 457
-  **Tuesday, 19.05. and Saturday, 30.05.**
E-MTB Sunrise Tour to the Stoanernen Mandlen in **Mönten**
Information and registration via Saltenbike, T +39 335 485 500
-  **Saturday 02.05. and Friday 15.05.: 9 am - 12 pm**
E-MTB Riding Technique Basic Course in **Mönten**
Info and registration at Saltenbike, T +39 335 485 500
-  **Saturday, 02.05.: 2 pm - 4 pm**
Garbage collection in **Hafling and Vöran**
Info at IO Hafling, T +39 0473 279 457
-  **Sunday 03.05. to Sunday 10.05.**
1. Mönten E-BIKE Week 2026 organized by Saltenbike **Mönten**
Info, program, and prices online: <https://salten.bike/e-mtb-woche/> / Tel. +39 335 485 500
-  **Friday, 08.05.: from 7.30 pm**
9. UPHILL RACE Bolzano-Jenesien/San Genesio
Info: www.soltnflitzer.it
-  **Saturday, 09.05.: 9 am - 11 am**
Repair Café in the library in **Jenesien**
Info: www.repaircafe.org/en/cafe/
-  **Saturday, 09.05.: 9.30 am - 2 pm**
NaturGut - Stirred, not shaken! (in german) in **Mönten**
Info and registration with Mrs. Bortoluzzi, T +39 348 855 2804
-  **Saturday, 09.05.: up 10 am**
Mönten Bike Day 2026 at the Sports Zone in **Mönten**
bike course, repairs and a flea market, with a big raffle
-  **Wednesday, 13.05.: 9.45 am - 12.45 pm**
Herbal hike - On the trail of wild herbs in **Vöran**
Info and registration at IO Hafling, T +39 0473 279 457
-  **Saturday, 16.05.: 9 am - 11 am**
Plant swap market in **Jenesien**
-  **Saturday, 16.05. up 9 am**
Bookstart Baby Books - Interactive picture book stories - **Mönten Library**
For children aged 1½ to 3 years in German

-  **Wednesday, 27.05.: 4 pm - 7 pm**
NaturGut - Alpine Forest Wellness - Forest Bathing (in german) in **Mönten**
Info and registration with Mrs. Bortoluzzi, T +39 348 855 2804
-  **Saturday until Sunday, 29.05. - 30.05.: all day**
Trailrunning Camp Merano 2000
Info and registration at the Merano 2000 Cable Car, T +39 0473 234 821

Fossilia at Mönten

Open-air fossil museum
Guided tours every Tuesday by appointment
Info and reservations until Monday, T +39 0471 668 282

Open-air swimming pool

at **Jenesien**
MO - FR from 11 am - 7 pm,
SA/SU and H from 9 am - 7 pm
T +39 349 590 2464

Markets

Jenesien

every Saturday Farmers' market (fruit, vegetables, cheese, cold cuts...) from 8 a.m. to 12 p.m. in the central square







Mönten

every Saturday from 8 a.m. to 1 p.m. in the central square

Thursday 14/05 and 28/05 from 8 a.m. to 1 p.m. in the central square

Saturday 02.05.: 8 am - 2 am Spring market in Mönten town centre, featuring numerous stalls and Rolli's Grill

Culture and festivals

-  **Every Tuesday: 10.00 - 11.30 am**
Herbal knowledge - A walk for your soul in **Vöran**
Info and registration at IO Hafling, T +39 0473 279 457
-  **Friday, 01.05.: from 4 pm**
"Fire Games" at the Werner-Pichl in **Glaning/Jenesien**
-  **Saturday, 02.05.: 8 pm**
Theatre performance in the german language in **Jenesien**
Info and reservation, T +39 340 6059 229 from 5 pm to 7 pm
-  **Saturday 02.05.: up 10 am**
Frühschoppen morning pint at the Gasthaus zum Löwen in **Mönten**
-  **Saturday 23.05.: from 8 pm**
"No Limit Party" by SBJ Flaas/Jenesien, Schermoos in Flaas, party in the festival tent at the parking lot
-  **Monday, 25.05.: 4 pm - 5 pm**
Guided tour of the church - discover St. Kathrein Church (in German and Italian) at **Hafling**
Info and registration at IO Hafling, T +39 0473 279 457

IO = Information Office

Hafling
Vöran.Meran2000
bei Meran

Mönten
Meltina

Jenesien
San Genesio

April
2023



Veranstaltungen am Tschöggberg

Haflinger Horse

- Every day on request**
Carriage ride at Salten in Jenesian
Info and registration: Haflinger-Reiten, T +39 339 50 30 381
- Every day on request**
Riding stable: a wide range of riding activities in Flaas/Jenesien
Registration, T +39 0471 340084
- Every Tuesday and Saturday on request**
Carriage afternoon in Hafling
Info and registration at the Sulfner riding stable, T +39 366 651 4449
- Every Friday: from 10 am**
Introductory riding course at the farm for children aged 8 and up in Flaas/Jenesien Registration, T +39 0471 340084.
- Saturday 09.05 up 4 pm**
Verschneider Ritt – Schnappboden Verschneid fairground – The games are followed by a party with a DJ in the marquee
- Sunday 10.05. up 10.30 am**
Verschneider Ritt at the **Schnappboden festival grounds in Verschneid** with a ceremonial parade and start of the games at the fire brigade festival.

Family

- Every day on request**
Simons Lama trekking at Mölten
Info and registration at Simons Lama Trekking, T +39 339 750 2855
- Every Monday, Wednesday and Friday: 2.30 pm - 4 pm**
Alpaca & Lama Hikes in Vöran
Info and registration after 1 pm, T +39 340 268 7045
- Every Friday from 10 April to 12 June: 2.30–3.30 pm**
Fun, games and exercise for children from Mölten, Vöran and Hafling in the sport zone Mölten
Information and registration, fees: Anni Höller T +39 347 268 1519
- Friday, 15.05.: 11 am - 4 pm**
In the footsteps of the larch meadows on the Salten – guided hike in Jenesian
Information at TO Mölten T +39 334 2790 200, at TO Jenesian T +39 0471 354 196.
- Friday, 29.05.: 4.55 pm – 11 pm**
Long Night of Churches in Jenesian

The Tschöggberg high plateau – world of experience

Discover the five themed and adventure trails on the Tschöggberg high plateau – accompanied by the app for iOS and Android.

Hafling: Haflinger Adventure trail

Vöran: Knottnkino³ circular trail

Mölten: Theme trail Köfele

Jenesien: The Guggn trail & Avia – the lumberjack trail



IO = Information Office

The riding stables

- Hafling and Vöran:** Riding stable Sulfner, T +39 366 651 4449
Riding stable Verano, T +39 366 520 3036
- Mölten:** Riding stable Bacherhof, T +39 0471 667 003
Riding stable Matunschmied Hof, T +39 340 546 1835
- Jenesien:** Haflinger Reiten, T +39 339 50 30 381
Riding stable Unterwirt, T +39 328 571 3207
Riding stable Wietererhof, T +39 0471 354 066
Riding stable Oberfahrerhof, T +39 0471 340 084

Enjoy

- Every day on request**
Regional gourmet baskets from Lenkhof farm in Hafling
Info and reservation at Lenkhof, T +39 0473 278 124.
- Every Monday: 11 am - 12 am**
Coffee Roasting at the Mountain Restaurant Rotwand at Meran 2000
Info and registration at Miramonti Boutique Hotel, T +39 0473 279 335
- Every Thursday: 3 pm - 4 pm**
Farm tour - From milk to cheese at Vöran
Info and registration at IO Hafling, T +39 0473 279 457
- Every Thursday on request: from 5 pm**
Guided tour & tasting at the Schwarz distillery in Mölten
Info and registration at Schwarz Distillery, T +39 340 762 1149
- Every Friday: 11.00 am**
Shuttle to the Hanging Bridge Marterloch in Afind/Jenesien
By reservation only: IO Jenesian, T +39 0471 354 196 or online at www.jenesien.net
- Every Friday: 2.30 pm - 4.30 pm**
Wine tasting tour at Rametz Castle (in German) from Hafling/Vöran
Info and registration at IO Hafling, T +39 0473 279 457
- Friday, 01.05. + 08.05.: 3 pm - 5 pm**
Tonis Töchter - "light cuisine for all days" (in German) at the in Vöran
Info and registration until Wednesday 12 am, Waldbichl T +39 0473 278 113
- Tuesday and Friday, 01.05. + 05.05. + 08.05.: 8 am - 10 am**
Tonis Töchter - Breakfast table in the meadows in Vöran
Info and registration two days in advance, 12 am, Mandlerhof T +39 0473 278 113
- Wednesday, 06.05.: 08.30 am - 10.30 pm**
Tonis Töchter - Breakfast workshop "healthy breakfast ideas" in Vöran
Info and registration until Monday, 12 am, Beimsteinhof T +39 0473 278 113
- Tuesday, 15.05.: 2 pm - 16 pm**
Making dumplings at the Eichern farm (in German) at Vöran
Info and registration at IO Hafling, T +39 0473 279 457
- Thursday, 21.05. + 28.05.: 10.30 - 12 am**
Making dumplings at the Moschwaldalm (in German) in Hafling
Info and registration at IO Hafling, T +39 0473 279 457

