

July
2026



Events on the Tschöggberg high plateau

Activities



Every Wednesday: 4 am - 11.30 am

Sunrise hike to the Stoanernen Mandln from Hafling and Vöran

Info and registration at IO Hafling, T +39 0473 279 457



Every Friday: 8.15 am - 3 pm

Guided via ferrata tour on the Ifinger peak at Meran 2000

Info and registration at IO Hafling, T +39 0473 279 457



13.07. + 27.07.: 2 pm - 4 pm

Forest as an energy source in Hafling

Info and registration at IO Hafling, T +39 0473 279 457



Thursday, 16.07.: 5.30 pm - 6.30 pm

Sound bowl meditation at Hafling

Info and registration at IO Hafling, T +39 0473 279 457



Every Friday: 3.15 pm - 4.15 pm

YOGA on VISTA at Meran 2000

Info at the Merano 2000 Cable Car, T +39 0473 234 821



On request

NaturGut in Mölten various workshops / Alpine forest wellness – forest bathing - Stirred, not shaken - Medicinal herbs - Home herbal pharmacy at Mölten

Info and registration with Ms. Bortoluzzi T +39 348 855 2804



Sat 04.07 + Fri 17.07. around 4 am

Sunrise hike to the Stone Men with breakfast at the Möltner Kaser

Info & registration at the Meltina Tourist Office T. +39 334 279 0200



Every Monday: from 9.30 am - 1.30 pm

E-MTB hut and trail tour including riding technique tips in Hafling

Info and registration at Saltenbike, T +39 335 485 500



Tuesday 07.07. + Saturday 25.07.

E-MTB Sunrise Tour to the Stoanernen Mandlen – the start time will be announced upon registration

Information and registration via 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 Mölten

Info and registration at Saltenbike, T +39 335 485 500



Friday 24.07.: 9 am – 12 pm

E-MTB Riding Technique Basic Course in Mölten

Info and registration at Saltenbike, T +39 335 485 500



On request

E-MTB Private Guiding Tour

Info and registration at Saltenbike, T +39 335 485 500

Fossilia at Mölten

Guided tours every Tuesday, Thursday and Saturday by appointment

Information T +39 3495654658

fossilia@konmail.net

Open-air swimming pool

at Jenesien

MO – FR from 9.30 am-7 pm,

SA/SU and H from 9 am-7 pm

T +39 349 590 2464

Markets

Jenesien

every Saturday from 8 am to 12 am Farm market at the village square

Mölten

every Saturday from 8 am to 1 pm Möltner market in the village center, next to the pharmacy

Thursday 09/07 and 23/07 from 8 am to 1 pm Möltner market in the village center, next to the pharmacy

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 Tuesday: 10 am - 11.30 am

From the beehive to the honey jar – guided tour with beekeeper Michael in Hafling

Info and registration at IO Hafling, T +39 0473 279 457 or online



Every Wednesday: 10.30 am - 12.30 am

Cooking Kaiserschmarrn together - Easy cooking for children in Hafling

Info and registration at IO Hafling, T +39 0473 279 457



Friday, 10.07. + 14.07.: 2 pm - 3.30 pm

Kids on a journey of discovery in the forest in Hafling

Info and registration at IO Hafling, T +39 0473 279 457 or online



Wednesday, 15.07. + 22.07. + 29.07.: 3 pm - 5 pm

Kids on the farm - Making butter on the Lenkhof farm at Hafling

Info and registration at IO Hafling, T +39 0473 279 457



Tuesday, 21.07.: 2.30 pm - 4 pm

Kids at the riding stable in Vöran

Info and registration at IO Hafling, T +39 0473 279 457

IO = Information Office



July
2026



Events on the Tschöggberg high plateau

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: 12 am - 1 pm

Coffee Roasting at the Mountain Restaurant Rotwand at **Meran 2000**

Info and registration at Miramonti Boutique Hotel, T +39 0473 279 335



Every Wednesday and Thursday on request: from 10:30 a.m.

Guided tour & tasting at the highest sparkling wine cellar in Europe, "Arunda" in **Mölten**

Info and registration (Arunda), T +39 0471 155 2800



Every Wednesday and Friday: 11.00 am

Shuttle to the Hanging Bridge Marterloch in **Afing/Jenesien**.

By reservation only: IO Jenesien, T +39 0471 354 196 or online at www.jenesien.net



Every Thursday: 10.30 - 12 am

Making dumplings at the Moschwaldalm (in German) in **Hafling**

Info and registration at IO Hafling, T +39 0473 279 457



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: 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



Saturday, 05.07.: 2 pm - 5 pm

Beer tasting at the farm brewery Guggenbräu in **Afing/Jenesien**



Saturday, 11.07.: 9 am - 5 pm

Beer brewing day at the farm brewery Guggenbräu in **Afing/Jenesien**



Saturday, 18.07.: from 2:00 pm

Literary guided larch walk on the Salten with Elisabeth Unterhofer from "Laricina" in **Jenesien**

Registration at +39 329 131 8022



Saturday, 26.07.: 9 am - 4 pm

Beer - Adventure Trail with the farm brewery Guggenbräu in **Afing/Jenesien**

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

Haflinger Horse



Every day on request

Riding stable Oberfahrer: Guided pony rides, riding lessons for beginners and advanced riders, guided full-day rides, half-day rides, and carriage rides in **Flaas/Jenesien**

Registration, T +39 0471 340 084



Every day on request

Matunschmied Hof: Trail rides and guided introductory riding at **Mölten**

Info and registration at the riding stable, T +39 340 546 1835



Every day on request

Carriage ride at Salten in **Jenesien**

Info and registration: Haflinger-Reiten, T +39 339 50 30 381



Every Monday: 5.30 pm - 6 pm

Everything about the Haflinger horse in **Hafling**

Info and registration at the Sulfner riding stable, T +39 366 651 4449



Monday to Friday on request

Hofschank Bacherhof - horse riding and pony rides at **Mölten**

Registration, T +39 0471 667 003



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 340 084.

IO = Information Office

Hafling
Vöran.Meran2000
bei Meran

Mölten
Meltina

Jenesien
San Genesio

July
2026



Events on the Tschöggberg high plateau

Culture and festivals

-  **Every Monday: 4 pm - 5 pm**
Guided tour of the church St. Kathrein Church at **Hafling**
Info and registration at IO Hafling, T +39 0473 279 457
-  **Every Tuesday: 10 am - 11 am**
Herbal knowledge – A walk for your soul in **Vöran**
Info and registration at IO Hafling, T +39 0473 279 457
-  **Wednesday: 10.00 - 12.30 am & Saturday: from 2.30 - 6 pm**
Haflinger Museum open for visits in **Jenesien**
-  **Every Saturday on request: from 9 am to 12 pm**
Unikatops showroom, artisan zone in **Mölten**
Info, T +39 349 407 9834
-  **Saturday 04.07 from 6.00 pm**
The [Long] Drinks Night in Flaas/Jenesien
-  **Sunday, 05.07.: 11:30 am**
Fair on the "Stoanerne Mandln"
Info at IO Mölten, T +39 334 279 0200
-  **Thursday, 09.07.: 08:30 am**
Patronal Feast of St. Ulrich in **Mölten**
Info at IO Mölten, T +39 334 279 0200
-  **Friday, 10.07 + 11.07.: from 6 pm & Sunday, 12.07.: from 10 am**
Jenesien Village Fair
-  **Saturday, 11.07.: from 6 pm**
Ballermann Festival, "Schnappboden" festival grounds, **Verschneid**
Info at IO Mölten, T +39 334 279 0200
-  **Friday, 17.07.: from 7 pm**
Summer evening "Gasslfest" in **Frassinetto/Verschneid**
Info at IO Mölten, T +39 334 279 0200
-  **Saturday, 18.07.: from 6:00 pm**
Dance Night at the "Schnappboden" festival grounds, **Verschneid**
Info at IO Mölten, T +39 334 279 0200
-  **Sunday, 19.07.: from 13 am onwards**
Summer Festival at **Gasthof Lanzenschuster**
T +39 0471 340012
-  **Saturday 18.07 up 7.30 pm & Sunday 19.07. up 8.30 am**
Afling Village Fair in Afling/Jenesien
-  **Saturday 25.07 up 3.00 pm & Sunday 26.07. up 10.00 am**
Summer Festival and Coupling Competition of the Jenesien Volunteer Fire Department
-  **Friday until Sunday, 25.07. - 27.07.**
Traditional festival at the fairground **Aschl/Vöran**
-  **Sunday, 26.07.: from 10 am onwards**
Festival on mountain hut **Möltner Kaser**
Info at IO Mölten, T +39 334 279 0200
-  **Friday, 31.07.: 8.30 pm - 9.30 pm**
Concert by the Hafling Music Band in St. Kathrein in **Hafling**
IO = Information Office

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: Knottknino³ circular trail
Mölten: Theme trail Köfele
Jenesien: The Guggn trail & Avia – the lumberjack trail

