



Events on the Tschöggberg high plateau

Activities

-  **On request**
E-MTB Private Guiding Tour
Info and registration at Saltenbike, T +39 335 485 500
-  **On request**
NaturGut in Mölten various workshops on nature **at Mölten**
Info and registration with Ms. Bortoluzzi T +39 348 855 2804
-  **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
-  **Every Wednesday: 4.30 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 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
-  **Every Wednesday: 7 pm - 8.15 pm + Friday: 9 am - 10.15 am**
Summer Yoga – Hatha Yoga and Meditation – Lochbauer **Mölten**
Registration and information: Tel. +39 345 890 5730, Ms Greta
-  **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
-  **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
-  **Saturday 01.08 + 29.08. + Friday 14.08. around 4.00 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
-  **Saturday, 01.08.: from 9 am - 1.30 pm**
NaturGut in Mölten: Medicinal herb workshops **in Mölten**, including a seasonal lunch
Information and bookings, please contact Ms Bortoluzzi, T +39 348 855 2804
-  **Tuesday, 04.08. + 18.08.**
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
-  **10.08. + 24.08.: 2 pm - 4 pm**
Forest as an energy source **in Hafling**
Info and registration at IO Hafling, T +39 0473 279 457
-  **Friday, 22.08.: 9 am – 12 pm**
E-MTB Riding Technique Basic Course **in Mölten**
Info and registration at Saltenbike, T +39 335 485 500
-  **Thursday, 27.08.: 5.30 pm - 6.30 pm**
Sound bowl meditation **at Hafling**
Info and registration at IO Hafling, T +39 0473 279 457

IO = Information Office

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 0471 354 196

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 13/08 and 27/08 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 Tuesday: 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
-  **Tuesday, 04.08.: 2.30 pm - 4 pm**
Kids at the riding stable **in Vöran**
Info and registration at IO Hafling, T +39 0473 279 457
-  **Wednesday, 05.08. + 12.08. + 19.08.: 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
-  **Wednesday, 05.08. + 12.08.: 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



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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 am

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 Suspension Bridge Marterloch in **Afing/Jenesien**
By reservation only: IO Jenesien, T +39 0471 354 196 or online at www.jenesien.net



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 and Saturday: on request

Rafenstein Castle Experience: Guided castle tour including wine tasting with a local snack platter (Marende) or a 3-course menu (min. 5 people).
Registration: T +39 346 254 4724, www.rafenstein.it



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



Sunday, 02.08.: 2 pm - 5 pm

Beer tasting at the farm brewery Guggenbräu in **Afing/Jenesien**
Registration at www.guggenbraeu.com



Thursday, 06.08. + 27.08.: 10.30 - 12 am

Making dumplings at the Moschwaldalm (in German) in **Hafling**
Info and registration at IO Hafling, T +39 0473 279 457



Saturday, 08.08.: 9 am - 4 pm

Beer - Adventure Trail with the farm brewery Guggenbräu in **Afing/Jenesien**
Registration at www.guggenbraeu.com



Saturday, 30.08.: 9 am - 5 pm

Beer brewing day at the farm brewery Guggenbräu in **Afing/Jenesien**
Registration at www.guggenbraeu.com

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 Matunsmied 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

Matunsmied 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 at the Oberfahrerhof, T +39 0471 340 084

**August
2026**



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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 Saturday on request: from 9 am to 12 pm**
Unikatops showroom, artisan zone in **Mölten**
Info, T +39 349 407 9834
-  **Saturday, 01.08.: um 13 pm**
Sports Festival – 60 years of the Mölten Sports Club at the **Mölten** Sports Centre
-  **Sunday, 02.08.: from 9.30 am**
Salten Classics - Vintage Car Meeting at Schermooos in **Flaas/Jenesien**
-  **Sunday, 02.08.: from 11 am**
Church day festival at the Wurzer hut in **Hafling**
-  **Sunday, 02.08.: from 11 am**
Gschnoferstall Church Festival with musical entertainment on the alpine pasture in **Mölten**
-  **Saturday, 05.08.: 08.30 am - 5 pm**
Open-air mass of St. Oswald at **Meran 2000**
-  **Thursday, 06.08 up 7 pm**
Möltner Knödel Buffet – The farmers' wives of **Mölten** – Schnappboden Verschneid fairground
-  **Friday, 07.08.: from 6 pm**
Schlager-Night at the parking lot by the Haflinger Museum in **Jenesien**
-  **Sunday, 09.08.: from 11 am**
Jocher Kirchtag – Church day festival Jocher at the mountain hut Vöraner Alm in **Vöran**
-  **Tuesday, 11.08.: 7.30 pm - 11 pm**
Lorenzi night at the Knottnkino in **Vöran**
Info at IO Hafling, T +39 0473 279 457
-  **Thursday, 13.08. + 20.08.: 8.30 pm - 10 pm**
Evening concert by the Vöran music band at the village square in **Vöran**
-  **Friday, 14.08.: from 8 pm + Saturday, 15.08.: from 8.45 am**
Möltner Kirchtag - Church day festival at Mölten at the village square in **Mölten**
-  **Friday, 21.08.: from 5 pm + Saturday, 22.08.: from 8 am**
Knockout, Dirtfighters Jenesien - Motocross race at the parking lot near the Haflinger Museum in **Jenesien**
-  **Saturday, 22.08.: from 6 pm + Sunday, 23.08.: from 10 am - 7 pm**
Haflinger Kirchtag – Church day festival at Hafling at the village square in **Hafling**
-  **Sunday, 23.08.: from 5.30 pm**
Summer Concert by the Jenesien Music Band on the village square in **Jenesien**
-  **Saturday, 29.08.: from 4 pm**
"Tscheggolympiade": Skill race with festive catering on the "Seifertwiese" meadow in Afling
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: Knottnkino³ circular trail

Mölten: Theme trail Köfele

Jenesien: The Guggn trail & Avia – the lumberjack trail

