



Südtiroler **SPORTFORUM** Mals
20. - 26. Juli | July | Luglio 2024

Hiking Trip – Leiten- und Berkwaal



↔	Hiking Trip ~ 8 km
🕒	~ about 3h
●	Easy (bring your own bottle and small backpack with you)
↗	~180m Altitude meters up
↘	~300m Altitude meters down

The hiking trail (Sonnensteig) begins in Mals and passes through the Oberwaal Trail, leading hikers on a relatively easy path to the archaeological prehistoric site of Ganglegg and onward to the village of Schluderns. This trail is part of the thematic trails in Upper Vinschgau and is among the valley's simplest hikes.

Along the way, hikers discover the area's history and the unique irrigation channel paths. They also learn about local mythology and the valley's flora and fauna, which thrive in its special microclimate.

After completing our hike and arriving in Schluderns, we return to Mals by train.

<u>Departure:</u>	01:45 p.m. from the Meeting Point
<u>Registration:</u>	at the Info Point until Monday – 11.15 a.m.

