



SPORTFORUM
MALS 2026

FIELDTRIPS

DETAILED INFORMATION

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NATURE, CULTURE & ADVENTURE.



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PASSION.
CONNECTION.
INSPIRATION.



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SPORTFORUM
MALS 2026

01 | MONDAY

- Sunrise Hike
- 3 hour E-MTB tour
- Half day Via Ferrata „Poppele“

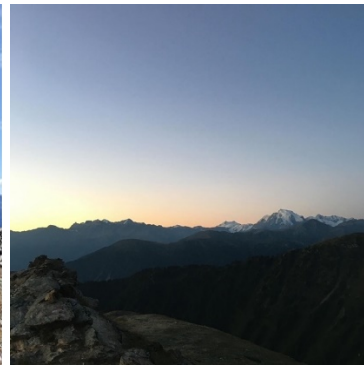
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Sunrise Tour on “Monterodes”

At 4.00 a.m. we take the shuttle in Malles/Mals from the Rondell (near the meeting point, where the small buses are located), to the Schleiseralm at 2049m (alpine pasture near Mals). Approx. 30 min bus ride. From there we will hike along the meadow path and easily accessible path in the forest. It takes us about ~ 1h to the top of the mountain “Monterodes” at 2.361m.



Day: **Monday, 22.07.26**

Departure: **04:00 a.m. at the Meeting Point/Rondell**

Registration: at the Office until **Sunday, 22.07.26 – 11:15 a.m.**

Participants: 24

Information: You have to hike about 400 altitude meters

What you need: Hiking equipment: good shoes, appropriate clothing, a small backpack with clothing to change and wind jacket, something to drink, headlamp.

For further information please ask at the office.



Half-day tour

E-MTB Tour / Mals – Reschneralm

	Highest Point 2049 m
	Difficulty Moderate difficult good condition
	MTB Route length: tot 50 km ~ 23 km up – and 25 down
	Altitude meters 1200m



Meeting Point: Monday, 28.07.26 – 14:00 p.m. at the Meeting Point

Registration: at the Info Point until Sunday – 11:15 a.m.

Participants: 12

Information: please come 20 minutes before so we can do a Bike and Helmet fitting before the MTB-Tour starts

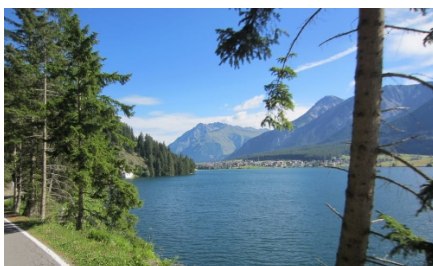
Skills: **good condition and good skills** to use a Bike up and down

General description -Cycle route from Mals to Reschen

Route description

From Mals, we cycle along on the Claudia Augusta cycle path (pleasantly ascending/medium gradient, short steeper sections) via Burgeis, past the Heidersee lake to the dam wall of the Reschensee lake. Continue on a gravelled forest road, a pleasant, even ascent throughout, to the Reschneralm mountain hut. Impressive view of Lake Reschen. Down the valley to Reschen, also on a pleasantly sloping forest road.

From the village of Reschen, along the lake we cycle past the church tower of Altgraun, which juts out of Lake Reschen and exerts a great attraction, despite its sad historical background, and after on the cycle path we cycle back to Mals.





Description: “Poppale” via ferrata - Laces

We take Sportbuses from Mals in the direction of Laces (approx. 45' drive). The “Poppale” via ferrata is located at Laces (Annenberger Böden at 800 m).

CHARACTER OF THE VIA FERRATA:

Poppale Knott translates as something like children's rock - and that's exactly what the completely remodelled Tisser via ferrata is. A beautiful and exciting via ferrata **for beginners** and children, which can easily be added to the tour list when travelling through due to its short duration. In spring when the apple trees are in bloom, the landscape has a special charm, but also in autumn when the apples are harvested.

DETAILED ROUTE DESCRIPTION:

A "cactus" ramp (A) leads to the right to a small rope bridge (A/B), after which you reach a ledge (A). Cross a step (A/B) to reach a boulder (A) and after the corner another ledge (A). After the ledge, ascend (A/B) to the bridge (A), then traverse to the intersection (A). Climb up to the left of the intersection (A/B) and again to the right on a bracketed slab (A/B). At the end, go straight up the slab intersection (B) to the exit.

TECHNICAL DATA:

Difficulty: Only one passage B, the rest is much easier (A/B) and A.

Via ferrata length: 530 m

Total time: 1,5 – 2 hours.



SPORTFORUM MALS 2026

02 | TUESDAY

FULL DAY:

- Mountain Hike
 - Via Ferrata „Zielklettersteig“
-

HALF DAY:

- Bear Bath + Hike
- Breathing & Bathing Beauty
- Bunker Tour
- Castel Tour
- Canoeing
- Cheese Tasting
- Experiential Education
- E-mtb tour
- Glurns-Tour
- Marble quarry tour
- Marienberg-abbey visit

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Day-hiking tour

Goldsee Lake Trail/Goldseeweg

The hike on the Goldsee Lake Trail doesn't only offer a wonderful view on the Ortler mountain, it gives you also information about the region through theme boards.



Departure: Tuesday. 28.07.2026 at 08:00 a.m. at the Meeting Point

Registration: at the Info Point until Sunday – 11:15 a.m.

Information: Prerequisites are surefootedness and no problems hiking on high altitude
Hiking equipment (Backpack, good shoes, appropriate clothing)
Something to eat and drink for during the hike

Participants: 20

Guide: Burger Michael





Goldsee Lake Trail/Goldseeweg

Description to arrive at destination

We take the train from Mals (train station) to Spondigna/Spondinig, from where we take the bus (public transport) to the Passo dello Stelvio. We start our hiking trip about 10:00.

General description

High above Trafoi is the Goldsee Lake Trail (path nr. 20) which winds through a rock desert. The hiking trail doesn't only offer a magnificent view on the Ortler mountain, the trail gives you also information about the region. Along the way, theme boards explain the history of the mountain front during the First World War and give an insight into the vegetation and geology.

Route description

From the Passo dello Stelvio/Stilfser Joch at 2,754 m, the 3.5-hour route (path no. 20) leads to the cima Garibaldi and then over the Goldsee lake, to the rif. Forcola. After a stop for refreshments, you can take the chair lift (you have to buy it yourself) or a beautiful hike through the forest (path no. 17) down to Trafoi. (additionally, 4,3km and ↓ 620m)

🕒	Duration	3:20 h
↗	Length	8.4 km
♡	Difficulty	medium
^	Difference in height uphill	105 hm
∨	Difference in height downhill	716 hm
^	Difference in height	2856 m



Day tour

Zieltal-Klettersteig – Via ferrata- Partschins

The destination via ferrata is located in the valley of the same name of the ferrata, on the edge of the Texel Group Nature Park. An impressive ferrata was created, without many steps and gently integrated into the landscape, which is located in the lower and medium difficulty range.



What you need:

1. Physical fitness: A solid basic level of fitness and sufficient muscle strength are basic requirements for via ferrata. ...
2. Surefootedness: In addition to physical fitness, surefootedness and a head for heights are required on the via ferrata. ...

Day:

Tuesday, 28.07.26

Departure:

07:30 a.m. at the Meeting Point

We will do a briefing before the trip

(to check the equipment and to give you more information)

Registration:

at the Office until Sunday – 11:15 a.m.

Participants:

16

Costs:

17 Euro

Guide:

Rudi Müller

TOURENINFO					
Diff.	C		270 Hm / 730 Hm		Südost
X X X X	Sehr gut		1:30 Std. / 4:00 Std.		1:30 Std.
	1:00 Std.				
KONDITION:					
KRAFT:					
ERFAHRUNG:					
LANDSCHAFT:					



Description: Zieltal via ferrata - Partschins

We take Sportbuses from Mals in the direction of Zieltal (approx. 1h drive). The Zieltal via ferrata is located in the Zieltal valley, above the Partschins waterfall. In the Zieltal valley, you follow the Zielbach stream to the panoramic Gingglegg at 1,890m in the Texelgruppe Nature Park. The Zieltal via ferrata starts just behind the Nasereit refuge at 1530m. Cross a bridge and then follow the via ferrata signs along the Zieltal stream to the start of the via ferrata for approx. 20 minutes. The first, easy part of the via ferrata with difficulties A/B in grassy, stepped terrain. At the exit of this section, you reach a meadow crest at the destination stream, which can either be crossed via a wire rope bridge or conquered using a flying fox/zipline.

The second, more challenging part of the via ferrata first leads over sloping plateau terrain, then it gets a little steeper. You overcome the first C section with footholds.

The route continues with a short traverse to the right (B), which then leads to the next C-point, a short overhang that is made easier with the help of two metal footholds.

The rest of the via ferrata again leads over stepped, not too difficult terrain.
Duration of the via ferrata: 1.30 - 2 hours.

DESCENT:

Descend via the hiking trail in around 30 minutes to the Nasereit refuge and from there back to the starting point.

TECHNICAL DATA:

Difficulty: A/B and B/C including 3 C sections.

Via ferrata length: 530 m

Total time: 4 - 4.30 hours.





Südtiroler **SPORTFORUM** Mals, Italy
25.-31. Juli | July | Luglio 2026

Beschreibung: Zieltalklettersteig - Partschins

Mit Kleinbussen fahren wir von Mals Richtung Zieltal (ca. 1h Anfahrt). Der Zieltal Klettersteig befindet sich im Zieltal, oberhalb des Partschins-Wasserfalls.

Im Zieltal folgt man dem Zielbach und führt auf das aussichtsreiche Gingglegg auf 1.890m im Naturpark Texelgruppe. Der Zieltal Klettersteig startet gleich hinter der Schutzhütte Nasereit auf 1530m. Man überquert eine Brücke und folgt dann der Beschilderung Klettersteig/ via ferrata längs des Zielbaches bis zum Einstieg des Klettersteiges für ca. 20 min.

Der erste, leichte Teil des Klettersteiges mit Schwierigkeiten A/B im grasigen, gestuften Gelände. Am Ausstieg dieses Abschnittes erreicht man eine Wiesenkuppe am Zielbach, welcher entweder über eine Drahtseilbrücke überquert oder mittels Flying Fox/Zipline überwunden werden kann.

Der zweite anspruchsvollere Teil des Klettersteiges führt zuerst über geneigtes Plattengelände, dann wird es etwas steiler. Man überwindet die erste C-Stelle mit Tritthilfen. Weiter geht es mit einer kurzen Querung nach rechts (B), die dann zur nächsten C-Stelle, einem kurzen Überhang führt, der mit Hilfe von zwei Metalltritten erleichtert wird.

Der restliche Klettersteig führt wiederum über gestuftes nicht allzu schwieriges Gelände.

Dauer des Klettersteiges: 1,30 – 2 Stunden.

ABSTIEG:

Über den Wanderweg geht's in etwa 30 Minuten hinab zur Schutzhütte Nasereit und von dort zurück zum Ausgangspunkt.

TECHNISCHE DATEN:

Schwierigkeit: A/B und B/C davon 3 C-Stellen.

Klettersteiglänge: 530 m

Gesamtzeit: 4 – 4,30 Stunden.





Südtiroler **SPORTFORUM** Mals, Italy
25.-31. Juli | July | Luglio 2026

Descrizione: Via ferrata Zieltal - Partschins

Si parte da Malles in minibus in direzione Zieltal (circa 1 ora di viaggio). La via ferrata Zieltal si trova nella valle Zieltal, sopra la cascata Partschins.

Nella valle Zieltal, si segue il torrente Zielbach fino al Gingglegg panoramico a 1.890 metri nel Parco Naturale del Gruppo di Tessa. La via ferrata Zieltal inizia proprio dietro il rifugio Nasereit, a 1530 metri. Attraversate un ponte e seguite le indicazioni per la via ferrata lungo il torrente Zieltal fino all'inizio della via ferrata per circa 20 minuti.

La prima parte della via ferrata è facile, con difficoltà A/B su terreno erboso e a gradoni. All'uscita di questo tratto, si raggiunge una cresta prativa presso il torrente di arrivo, che può essere attraversata con un ponte di funi metalliche o superata con una flying fox/zipline.

La seconda parte della via ferrata, più impegnativa, si snoda dapprima su un pianoro in pendenza, poi diventa un po' più ripida. Il primo tratto a C si supera con gli appigli. La via prosegue con un breve traverso a destra (B), che conduce al successivo tratto C, un breve strapiombo facilitato da due appigli metallici.

Il resto della via ferrata conduce nuovamente su un terreno a gradoni, non troppo difficile.

Durata della via ferrata: 1,30 - 2 ore.

DISCESA:

Discesa attraverso il sentiero escursionistico in circa 30 minuti fino al rifugio Nasereit e da lì ritorno al punto di partenza.

DATI TECNICI:

DATI TECNICI:

Difficoltà: A/B e B/C di cui 3 tratti C.

Lunghezza della via ferrata: 530 m

Tempo totale: 4 - 4,30 ore.





Canoeing on Lake Resia



We'll take the school buses from Mals to Reschen. Once we arrive at the lakeshore, the first group will set off for the tower. The second group will be driven to the tower and will spend some time there; there's an opportunity to swim. At the tower, the groups will switch places, and the second group will paddle back to the starting point. Lake Reschen conceals the history of the village of Graun beneath its waters; only the old church tower, which withstood the blasting, now watches over the sunken village.

Departure: Tuesday, 13:45 p.m. at the Meeting Point

Registration: at the Info Point until Sunday, 11:15 a.m.

Participants: 16

To bring with:

Sun Protection/Towel/Sunglasses/Swimsuit/Board shorts/changing clothes/change/drink!



Churburg / Churburg Castle



We take the train from the train station in Malles/Mals to Sluderno/Schluderns. From the train station in Sluderno/Schluderns we walk up to the Churburg castle to visit it. This castle is one of the best preserved castles of South Tyrol rises at the entrance of the Val di Mazia valley at Sluderno/Schluderns and is called Castel Coira - "Churburg" in German. The ancestral seat of the Trapp family since 1504, the Churburg Castle complex dates from the twelfth to the sixteenth centuries and contains furniture, art from various periods, as well as one of the world's largest private collections of armaments.

<u>Departure:</u>	13.50 p.m. at the Meeting Point
<u>Registration:</u>	at the Info Point until Sunday – 11.15 a.m.
<u>Participants:</u>	20
<u>Costs:</u>	6,00 €





Südtiroler **SPORTFORUM** Mals, Italy
25.-31. Juli | July | Luglio 2026

Guided Bunker Tour



Discover the bunker of Mals

bunker tour: fortress, hiding place & fortified castle

Visit the mysterious bunkers of the Upper Venosta Valley with our experienced guides, architectural relics from the interwar period, monumental defences and last places of refuge. Embedded in the patchwork of the Upper Venosta Valley cultural landscape and well camouflaged by meadows and trees, these fortifications are barely recognisable as part of the Alpine wall.

Surefootedness required!

Departure:

Tuesday 02.00 p.m. at the Meeting Point

Registration:

at the Info Point until Sunday – 11.15 a.m.

What you need:

Surefootedness required!

good shoes, appropriate clothing, a small backpack if you have a headlamp or a phone with a lamp.

For further information please ask at the office.

Guide:

Bunker Tour with Armin Plagg and Friedl Nogglner





Breathing and Bathing Beauty at the waterfall



We take the Sportbuses from the Meeting point in Malles/Mals to Schlinig area. From there we will hike about 1h to the waterfall before the Sesvennahut.

In Breathing and Bathing Beauty, we will be connecting with the elements of nature. We will do only a short hike to the best place for gentle, opening YOGA with breathing, awareness and relaxation practices. Bring a towel (to lay on it) and a bathing suit (if you want to swim). No previous experience of Yoga needed.

Welcome to enjoy with the beautiful nature!



Departure:

Tuesday, 01:45 p.m. at the Meeting Point

Registration:

at the Info Point until Sunday – 11.15 a.m.

Participants:

24

Guide:

Sari



Südtiroler **SPORTFORUM** Mals, Italy
25.-31. Juli | July | Luglio 2026

Laatscher Alm – alpine pasture

Look over the dairymaid's shoulder on the Laatscher Alm



On this guided tour, you can watch the dairymaid at work! On the Laatscher Alm, dairymaid Bernadette produces a particularly good alpine cheese from the milk of the alpine cows. Anyone who is interested has the opportunity to watch her at work. This gives you a wonderful insight into cheese production on a dairy farm and you can even taste the cheese afterwards!

Mountain pastures have shaped the landscape of the Upper Vinschgau since ancient times and are closely linked to the cultural history of the region. In the past, the alpine pastures accommodated travellers and pilgrims. Dairy cattle breeding, including the production of butter and cheese, has always been an integral part of the Vinschgau alpine agriculture.

The milk comes exclusively from the alpine cows. For this reason, it is best to taste and buy the cheese directly from the alpine dairyman. On mountain farms in the Upper Vinschgau there are usually ten to twelve cows in the cowshed. They are fed GMO-free fodder in summer and winter.

From the meeting point, we take a shuttle next to the “Laatscher Alm”, where we must hike about 20 – 30 min. to the alpine pasture. We get a about 1h guided tour through the alpine pasture with Bernadette and after we can try different fresh cheese. When we finished the visiting at the Laatscher Alm we hike back to Schleis (~ 1,5h hiking a forest path).

Departure:

Tuesday 02.00 p.m. at the Meeting Point

Registration:

at the Info Point until Sunday, 11:15 a.m.

Participants:

16

Costs:

15,00 € (incl. different cheese tasting, one drink)

Guide:

Bernadette

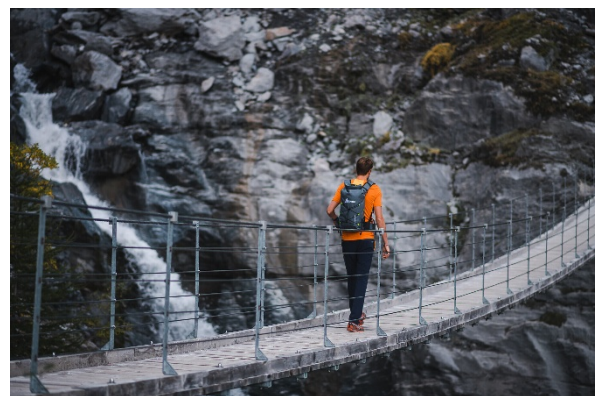


Bear Baths and Hike in Solda



We take the school buses from Mals to Suldén. The village is located at just under 2,000 meters and lies at the foot of Mount Ortler, which soars 3,905 meters into the sky. From the parking lot, we follow a circular hiking trail for about 1.30 hours and then cool off in the newly built Kneipp pool.

For this hike, you'll need sure-footedness, sturdy shoes, appropriate clothing, a backpack (possibly with a towel and something to drink), and sunscreen.



Departure: Tuesday, 01.30 p.m. at the Meeting Point

Registration: at the Info Point until Sunday, 11:15 a.m.

Participants: 16



Südtiroler **SPORTFORUM** Mals, Italy
25.-31. Juli | July | Luglio 2026

Guided city tour in Glurns



We hike from the meeting point in Mals to the small alpine town of Glurns
(walking time about 30 min.).

Guided City Tour / Stadtführung Glurns/ visita guidata a Glorenza

Departure:

Tuesday 28.07.2026, 02.00 p.m. at the Meeting Point

Registration:

at the Info Point until Sunday, 11:15 a.m.

Costs:

8,00 Euro





Südtiroler **SPORTFORUM** Mals, Italy
25.-31. Juli | July | Luglio 2026

Discovery tour of the small alpine town

Glurns is located in the Upper Vinschgau, at the foot of the Malser Haide, where the Münstertal branches off towards Switzerland and the Reschenpass is close by the South Tyrol's smallest city marks a once strategically very important point. A completely preserved ring wall from the 16th century and three massive gate towers give an idea that Glurns was once hotly contested.

The medieval city walls, the towers, the battlements, the town gates and the town houses from the 16th century convey a picturesque image of living history. Tales from the glorious past as a regional trading center, a curious trial about a flock of mice, the memories of the Glurns painter Paul Flora and many other anecdotes surprise the visitors who stay in Glurns.

Our guides will be happy to take you on a tour of this historical jewel, because there is much to discover and much to tell.

Entdeckungsreise durch die kleine Alpenstadt

Glurns liegt im Oberen Vinschgau, am Fuß der Malser Haide, dort wo das Münstertal Richtung Schweiz abzweigt und der Reschenpass nahe ist. Somit markiert Südtirols kleinste Stadt einen einst strategisch sehr wichtigen Punkt. Eine vollständig erhaltene Ringmauer aus dem 16. Jahrhundert und drei wuchtige Tortürme lassen erahnen, dass Glurns früher heiß umkämpft war.

Die mittelalterlichen Stadtmauern, die Türme, die Wehrgänge, die Stadttore und die Bürgerhäuser aus dem 16. Jahrhundert vermitteln ein malerisches Bild lebendiger Geschichte. Erzählungen aus der glorreichen Vergangenheit als regionales Handelszentrum, ein kurioser Prozess rund um eine Schar von Mäusen, die Erinnerungen an den Glurnser Maler Paul Flora und so manch andere Anekdote überraschen die Besucher die in Glurns verweilen.

Gerne unternehmen unsere Stadtführer mit Ihnen eine Besichtigungstour durch das historische Juwel, denn es gibt Vieles zu entdecken und Vieles zu erzählen.

Escursione di scoperta nella città più piccola dell'Alto Adige

Glorenza è situata nell'Alta Val Venosta, ai piedi della brughiera di Malles, laddove la val Monastero si dirama in direzione della Svizzera. Ubicata nei pressi di passo Resia, la più piccola città dell'Alto Adige occupava un tempo una posizione alquanto importante dal punto di vista strategico. Una cinta muraria del XVI secolo interamente conservata e tre possenti porte turrite fanno intuire come Glorenza sia stata in passato al centro di violente lotte.

La medioevale muro di cinta, torri, bastioni, porte e gli edifici, dal XVI secolo sono un'immagine di storia vivente. Racconti del passato glorioso come un centro commerciale regionale, un processo strano ad un Gruppo di topi, i ricordi del pittore Paul Flora e tanti altri aneddoti sorprendano i visitatori che soggiornano a Glorenza.

Le nostre guide vi porteranno ad un tour attraverso il gioiello storico, inquanto c'è molto da scoprire e molto da raccontare.



Hiking trip

Sesvennahütte/Sesvenna mountain hut

The hike to the Sesvenna Hut starts at the Schliniger Alm. From there, a trail leads to the Sesvenna Hut (2,256 alt.), passing a waterfall and a mountain lake. Experienced hikers also have the option of continuing on to the Uina Gorge. The entire route is known for its history of smuggling.

The hike to the hut takes about 1 hour and 15 minutes; the hike to the gorge takes about 2 hours and 15 minutes.

This hike requires sure-footedness, stamina, and a comfort level with heights.

Be sure to bring appropriate footwear, clothing, and a backpack with something to drink.

Departure: *Tuesday 01:45 p.m. from the Meeting Point*

Registration: *at the Info Point until Sunday – 11.15 a.m.*

Participants max: *15*





“Experiential Education at Tartscher Bühel”



In this course we will talk, experience, and reflect on Adventure and Experiential Education. Together, as a group of maximum 30 participants, we will walk to the nearby Tartscher Bühel and use the beautiful natural surroundings as our classroom. The sessions will take place outdoors, where I will show you different ways to integrate elements of Adventure and Experiential Education into your teaching practice. This approach helps students develop important life skills such as teamwork, resilience, and self-awareness, while deepening their connection to nature and physical activity.

<u>Departure:</u>	Tuesday, 02.00 p.m. at the Meeting Point
<u>Registration:</u>	at the Info Point until Sunday, 11:15 a.m.
<u>Participants:</u>	30
<u>Guide:</u>	Philipp Leodolter



Half-day tour

E-MTB Tour / Mals – Reschneralm

	Highest Point 2049 m
	Difficulty Moderate difficult good condition
	MTB Route length: tot 50 km ~ 23 km up – and 25 down
	Altitude meters 1200m



Meeting Point: **Tuesday**, 28.07.26 – 14 p.m. at the Meeting Point

Registration: at the Info Point until Sunday – 6. p.m.

Participants: **12**

Information: *please come 20 minutes before so we can do a Bike and Helmet fitting before the MTB-Tour starts*

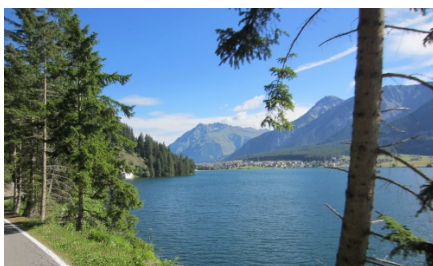
Skills: **good condition and good skills** to use a Bike up and down

General description -Cycle route from Mals to Reschen

Route description

From Mals, we cycle along on the Claudia Augusta cycle path (pleasantly ascending/medium gradient, short steeper sections) via Burgeis, past the Heidersee lake to the dam wall of the Reschensee lake. Continue on a gravelled forest road, a pleasant, even ascent throughout, to the Reschneralm mountain hut. Impressive view of Lake Reschen. Down the valley to Reschen, also on a pleasantly sloping forest road.

From the village of Reschen, along the lake we cycle past the church tower of Altgraun, which juts out of Lake Reschen and exerts a great attraction, despite its sad historical background, and after on the cycle path we cycle back to Mals.





Visiting Benedictine abbey Marienberg



A place of peacefulness and strength, history and future, work and prayer

Departure:

Tuesday 01:45 p.m. at the Meeting Point

Registration:

at the Info Point until Sunday – 11:15 a.m.

Costs:

15,00 Euro

We'll take the bus from Mals to Marienberg and walk from to the monastery. Once there, we'll tour the library and the crypt. Visible even from a distance, Marienberg Monastery—at 1,340 meters above sea level—is the highest Benedictine abbey in Europe. Since its founding in the 12th century, monks have lived here according to the monastic rules of St. Benedict of Nursia. Exhibition spaces have been set up in the complex's former service wing, where visitors can learn about key historical facts and daily life at the monastery. Also worth seeing are the Romanesque crypt frescoes with their unique depictions of angels.



The crypt of the abbey Marienberg

The word **crypt** means hidden room, tomb, a half-underground room where relics were kept and the founders of churches and monasteries were buried. The crypt of Marienberg was dedicated in 1160 by His Holiness Adalgott, Bishop of Chur, and the monks first assembled here for their canonical hours and to celebrate the holy mass.

In 1643 the crypt was restructured and used as a burial place for the monks. In 1980 the tombs were removed and the frescoes, hidden for centuries, were revealed in all their glory. They are among the most important testimonies of Romanesque art in the Alps, not only for the quality of the art, but also for the uniqueness of their spiritual expression.

Stiftskirche und Krypta

Das Wort **Krypta** bedeutet verborgener Raum, Gruft, ein halbunterirdischer Raum, in dem Reliquien aufbewahrt und Stifter von Kirchen und Klöstern bestattet wurden. Die Krypta von Marienberg wurde im Jahr 1160 vom sel. Adalgott, Bischof von Chur, geweiht und diente als erster Gottesdienstraum für das Chorgebet und die Feier der Heiligen Messe.

Nach Umbauarbeiten im Jahre 1643 diente die Krypta als Bestattungsort für die Mönche. 1980 wurden die Grufteinbauten entfernt und die über Jahrhunderte verdeckten Fresken kamen in ihrer ganzen Leuchtkraft zum Vorschein.

Es ist dies eines der größten Zeugnisse romanischen Kunstschaffens im Alpenraum. Aber nicht nur die künstlerische Qualität der Fresken besticht, auch der spirituelle Ausdruck dieses Werkes ist einzigartig.

Chiesa conventuale & cripta

La parola **cripta** significa stanza nascosta, tomba. È un ambiente semi-sotterraneo in cui si conservavano le e si tumulavano i fondatori di chiese e conventi. La cripta di Monte Maria fu consacrata nel 1160 dal beato Adalgott, vescovo di Coira, e adibita a primo spazio per la preghiera corale e per la celebrazione della Santa Messa. Dopo i lavori di ristrutturazione nel 1643 la cripta divenne luogo di sepoltura per i monaci. Nel 1980 le sepolture furono rimosse e riscoperti gli affreschi che per secoli erano rimasti celati. Così gli affreschi sono ritornati alla luce in tutto il loro splendore. Sono tra le maggiori testimonianze della creazione artistica romanica dell'area alpina. Ma a colpire non è soltanto la qualità artistica degli affreschi, bensì anche l'unicità dell'espressione spirituale dell'opera.



SPORTFORUM
MALS 2026

03 | WEDNESDAY

- 2 hour E-MTB tour - morning
- 2 hour E-MTB tour - afternoon

SPORT.
PASSION.
CONNECTION.
INSPIRATION.





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

Half-day tour

E-MTB Tour / Mals – Müstair (CH)

	Highest Point 1247 m
	Difficulty light
	MTB Route length: ~ 23 km
	Altitude meters 355m



Meeting Point: **Wednesday**, 29.07.26 – 8:00 a.m. at the Meeting Point

Departure: 8:20 p.m. at the Meeting Point

Registration: at the Info Point until Sunday – 11:15 a.m.

Participants: **12**

Information: *please come 20 minutes before so we can do a Bike and Helmet fitting before the MTB-Tour starts*

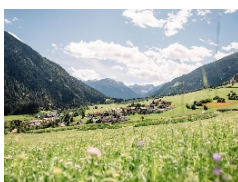
Skills: **good condition and good skills** to use a Bike up and down

General description

Cycle route from Mals via Taufers in Münstertal to Müstair in Switzerland

Route description

From Malles/Mals Meeting point we cycle to Laatsch, continue on the cycle path along the Rambach stream through the Calvenwald forest to the hamlet of Rifair and the picturesque village of Taufers im Münstertal. The ruins of Rotund and Reichenberg castles and the little church of St. Johann with its Romanesque frescoes adorn the village. On the state road, you cross the border into Switzerland and follow it to Müstair. Müstair is famous for the Benedictine convent of St. Johann, which is a UNESCO World Heritage Site and well worth a visit. The return journey to Malles/Mals follows the same route and can be extended via the Adige cycle route "Via Claudia Augusta" back to Mals.





Half-day tour

E-MTB Tour / Mals – Müstair (CH)

	Highest Point 1247 m
	Difficulty light
	MTB Route length: ~ 23 km
	Altitude meters 355m



Meeting Point: Wednesday, 29.07.26 - 02:45 p.m. at the Meeting Point

Departure: 03:00 p.m. at the Meeting Point

Registration: at the Info Point until Sunday – 11:15 a.m.

Participants: 12

Information: please come 20 minutes before so we can do a Bike and Helmet fitting before the MTB-Tour starts

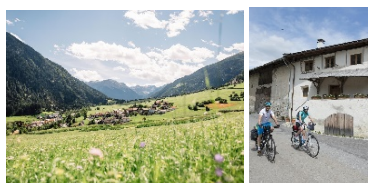
Skills: good condition and good skills to use a Bike up and down

General description

Cycle route from Mals via Taufers in Münstertal to Müstair in Switzerland

Route description

From Malles/Mals Meeting point we cycle to Laatsch, continue on the cycle path along the Rambach stream through the Calvenwald forest to the hamlet of Rifair and the picturesque village of Taufers im Münstertal. The ruins of Rotund and Reichenberg castles and the little church of St. Johann with its Romanesque frescoes adorn the village. On the state road, you cross the border into Switzerland and follow it to Müstair. Müstair is famous for the Benedictine convent of St. Johann, which is a UNESCO World Heritage Site and well worth a visit. The return journey to Malles/Mals follows the same route and can be extended via the Adige cycle route "Via Claudia Augusta" back to Mals.





SPORTFORUM
MALS 2026

04 | THURSDAY

- Sunrise hike
- 3 hours E-MTB tour

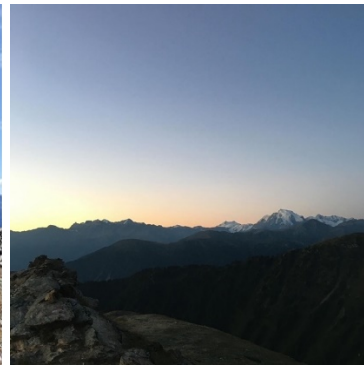
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Sunrise Tour on “Monterodes”

At 4.00 a.m. we take the shuttle in Malles/Mals from the Rondell (near the meeting point, where the small buses are located), to the Schleiseralm at 2049m (alpine pasture near Mals). Approx. 30 min bus ride. From there we will hike along the meadow path and easily accessible path in the forest. It takes us about ~ 1h to the top of the mountain “Monterodes” at 2.361m.



Day: **Thursday, 30.07.26**

Departure: **04:00 a.m. at the Meeting Point/Rondell**

Registration: at the Office until **Sunday, 22.07.26 – 11:15 a.m.**

Participants: 24

Information: You have to hike about 400 altitude meters

What you need: Hiking equipment: good shoes, appropriate clothing, a small backpack with clothing to change and wind jacket, something to drink, headlamp.

For further information please ask at the office.

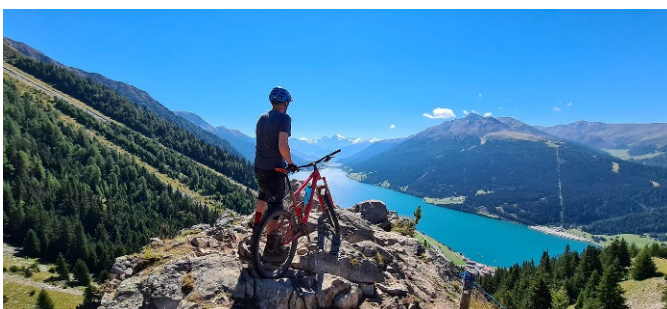


Südtiroler **SPORTFORUM** Mals
20. - 26. Juli | July | Luglio 2024

Half-day tour

E-MTB Tour / Plamortböden

	Highest Point 2173m
	Difficulty moderately difficult
	MTB Route length: ~ 25 km up - ~ 25 km down
	Altitude meters 1100m



Meeting Point: **Thursday**, 29.07.26 - 8:00 a.m. at the Meeting Point

Departure: 8:20 a.m. at the Meeting Point

Registration: at the Info Point until Sunday – 11:15 a.m.

Participants: **12**

Information: *please come 20 minutes before so we can do a Bike and Helmet fitting before the MTB-Tour starts*

Skills: **good condition and good skills** to use a Bike up and down

From Mals, you cycle along the cycle path towards Reschen. From Reschen it goes along a forest path to the wonderful Plamortböden high moor, and the anti-tank barriers known far beyond the borders. After passing the barriers, the view over the Vinschgau Valley opens with the unique lake landscape and a great panorama from the viewpoint on the rock. Down to Resia with great views in your luggage, we cycle back to Mals.





SPORTFORUM MALS 2026

ENJOY YOUR FIELDTRIPS!



EXPLORE. EXPERIENCE. CONNECT.
WE WISH YOU AN UNFORGETTABLE TIME!



SIGN UP FOR THE FIELDTRIPS

on **SATURDAY** after the opening ceremony
and on **SUNDAY 11:15**.



WHERE?

Info-Point



BRING CASH IF NEEDED

Some activities may require
a small additional payment on site.

Have a great time!

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