

SATURDAY - 18.07.2026

Summer festival of the Niederrasen Firefighters

Live music and regional specialties.

🕒 18:00 - 23:00

SUNDAY - 19.07.2026

Summit sounds

On a total of 12 dates, the summit of Kronplatz will be the setting for a special cultural experience that brings South Tyrolean tradition to life.

🕒 11:00 - 13:00 | 📞 +39 0474 551500

MONDAY - 20.07.2026

Adventure Camp for kids (from 6 – 12 years)

A day full of adventures for kids – Archery, Mountainboarding and much more.

🕒 10:00 - 13:00 | 📍 Kids Area Panorama | 10.00 a.m. | 📅 by 09:00 a.m. on the day of the event online or in the tourist offices | Exclusive for guests with the Kronplatz Guest Pass | 📞 +39 0474 496277

Farm tour with food tasting

Interested in visiting one of our characteristic farmsteads? The farm invites you to take a tour of its barn, stables, petting zoo and dairy farm.

🕒 14:00 - 16:00 | 📍 at 2 p.m. at Moarhof farm in the locality of Obergoste, Niederrasen | 📅 within 9 a.m. online or in the tourist offices | with Kronplatz Guest Pass € 20.-, otherwise € 30.- per person | € Chargeable | 📞 +39 0474 496269

MTB Kids Academy (6-10 years)

Introductory session on the mountain bike.

🕒 15:00 - 17:00 | 📍 Kids Area Panorama | 3.00 pm | 📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 10.-, otherwise € 25.- per person | € Chargeable | 📞 +39 0474 496277

Speck & Wine

Discover South Tyrolean speck and be surprised by a unique combination with South Tyrolean wine.

🕒 16:00 - 17:00 | 📍 at 4 p.m. at the Steiner Butchery | 📅 within 3 p.m. online or at the Steiner Butchery | Fee: with a Kronplatz Guest Pass € 15.-, otherwise € 20.- per person | € Chargeable | 📞 +39 0474 496849

TUESDAY - 21.07.2026

Via ferrata at Monte Paterno

Via ferrata in the Dolomites with a breathtaking view of the Drei Zinnen (Three Peaks).

🕒 05:55 - 16:30 | 📅 the day before until 6 pm | € Chargeable | 📞 +39 347 3321416

Via ferrata Piz da Peres

Attention: minimum age 16 years.

🕒 08:00 - 15:00 | 📍 San Vigilio Tourist Office | 📅 At the San Vigilio/San Martino Tourist Offices or online by 5 p.m. of the day before | € Chargeable | 📞 +39 0474 501037

Yoga at the fish pond: Muscle awakening

The yoga experience at the fish pond in Antholz Niedertal is an oasis of calm that allows you to find your balance and peace in the breathtaking mountain scenery.

🕒 09:00 - 10:00 | 📍 at 9.00 a.m. at the fish ponds foot bridge | 📅 within 5 pm. of the previous day online or in the tourist offices | Fee: with Kronplatz Guest Pass € 5.-, otherwise € 15.- per person | € Chargeable | 📞 +39 0474 496269

Guided E-Bike Tour to the Pragser Wildsee

Easy e-bike tour to Pragser Wildsee lake (from 10 years). 530m Difference in altitude: 530 m Length: 35km.

🕒 09:30 - 14:00 | 📍 Tourist Info Niederrasen: 09.30 a.m. & Tourist Info Olang: 10.00 a.m. | 📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 45.- (with bike rental), otherwise € 65.- (with bike rental) | € Chargeable | 📞 +39 0474 496277

Discover nature step by step (easy)

Leisurely hike in Olang and surroundings.

🕒 10:00 - 15:00 | 📍 10.00 a.m. - Tourist Info Olang | 📅 within Monday 5 p.m. online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 5.-, otherwise € 15.- per person | € Chargeable | 📞 +39 0474 496277

Bread and speck experience

Experience how speck and bread are traditionally made.

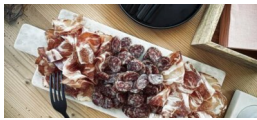
🕒 10:00 - 12:00 | 📍 Mid station Olang 1+2 | from 10.00 a.m. on | 📞 +39 0474 496277



Bees: a queen and her people | stroll to the beehive

Equipped with protective beekeeping clothing, you will have the opportunity to observe a bee colony and learn more about honey.

- 🕒 16:00 - 17:30 | 📍 at 4. p.m. at the beekeeping Berger Edmund in Antholz Mittertal (Lorenz Leitgeb street 25) |
- 📅 within 10 am. online or in the tourist offices | Fee: with Kronplatz Guest Pass € 10.-, otherwise € 20.- per person | € Chargeable | 📞 +39 0474 496269



Farm experience at Pittola: animals, organic quality & insights into farm life

Farm tour and tasting a the farm Pittola

- 🕒 16:00 - 18:00 | 📍 Pittola Farm |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with the Kronplatz Guest Pass € 15.-, otherwise € 25.- per person | € Chargeable |
- 📞 +39 0474 496277



FARMAT Summer Lounge | Tasting - Aperitivo - Shop

Here, taste explorers, foodies, and travelers meet to dive into the world of Farmat – all in a relaxed and unforgettable summer setting.

- 🕒 16:00 - 22:00 | 📍 Farmat Summer Lounge: every Tue. & Thu.: 4.00 pm. - 10.00 pm. | 📞 +39 346 4945293



KIDS-HIGHLIGHT: Climb Adventure & Zipline

Climbing and zipline adventure for children.

- 🕒 16:15 - 18:00 | 📍 Climbing area Antholz Niedertal | 4.15 pm |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 30.-, otherwise € 60.- per person | € Chargeable |
- 📞 +39 0474 496277

WEDNESDAY - 22.07.2026



Sunrise hike to the Spitzhorn

Guided sunrise hike to the Spitzhorn.

- 🕒 04:00 - 08:00 | 📍 Tourist Info Olang |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 10.-, otherwise € 20.- per person | € Chargeable |
- 📞 +39 0474 496277



Explore the mushrooms world - half day stroll

Mushroom tour with mycologist Claudio. Participation also possible without picking mushrooms yourself.

- 🕒 09:00 - 12:30 | 📍 at 9 a.m. at the Tourist Info Anterselva di Mezzo |
- 📅 within 5 p.m. of the previous day online or in the tourist offices | Fee: with Kronplatz Guest Pass € 10.-, otherwise € 20.- per person | € Chargeable | 📞 +39 0474 496269



Kids climbing and zipline for kids

Enjoy a great day at the climbing wall in Antholz Niedertal / Anterselva di Sotto, with zipline ride.

- 🕒 09:30 - 12:30 | 📍 9.30 a.m. at the fish pond Antholz Niedertal |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Fee: with Kronplatz Guest Pass € 30.-, otherwise € 60.- per person | € Chargeable | 📞 +39 0474 496269



Climbing for teenagers and adults

Mountain guide Martin helps you to try yourself on the climbing rock!

- 🕒 13:00 - 14:30 | 📍 1 p.m. at the fish pond Antholz Niedertal |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Fee: with Kronplatz Guest Pass € 30.-, otherwise € 60.- per person | € Chargeable | 📞 +39 0474 496269



Biathlon shooting for everybody

Try out the biathlon feeling, with short introduction and shooting with the smallbore rifle. (children from 12 years).

- 🕒 13:00 - 14:00 | 📍 at 1:00 p.m. at the Olympic Arena, at the entrance to the roller track |
- 📅 Reservation required via WhatsApp: +39 347 583 2504 | Price: € 7 (1x5 shots - with instruction) | € Chargeable | 📞 +39 0474 492446



Street Food Festival

Three balmy summer evenings, local specialties, delicious treats and small delicacies, lively music at various locations and lots of good humor. That's the "Olander Standlschmaus", a very special street festival in the village center of Mitterolang.

- 🕒 18:00 - 23:00 | 📍 Centre of Valdaora di Mezzo | 📞 +39 0474 496277

THURSDAY - 23.07.2026



Night hike to the summit for sunrise

Atmospheric night hike to Hinterbergkofel (2,725 m) with an unforgettable sunrise and stunning panoramic views at the Staller Saddle.

- 🕒 02:25 - 09:00 | 📍 sports area Antholz Mittertal or Staller Saddle | 📅 within 5 p.m. of the previous day | Fee: 25 per person (children up to 14 years € 20) | € Chargeable |
- 📞 +39 0474 496269



HIGHLIGHT: Via Ferrata Tour in the Dolomites UNESCO World Heritage

Hike and rope route to the lake of Prags.

- 🕒 08:00 - 16:00 | 📍 Tourist Info Olang | 08.00 am |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 40.-, otherwise € 80.- per person | € Chargeable |
- 📞 +39 0474 496277



Spectacular Dolomite views (challenging)

Mountain hike with our alpine guide.

- 🕒 09:00 - 15:00 | 📍 Tourist Info Olang | 09.00 a.m |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 5.-, otherwise € 15.- per person | € Chargeable | 📞 +39 0474 496277



GRAIN, MILLSTONES and SOURDOUGH: a bread baking day at the mill

Expertly guided tour through the historic mill and then you can look over the baker's shoulder: from kneading the dough to taking the fragrant bread out of the oven

- 🕒 09:30 - 12:00 | 📍 at 9.30 a.m. at the fish farm Pichlerhof in Antholz Obertal |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Fee: with Kronplatz Guest Pass € 20.-, otherwise € 30.- per person | € Chargeable | 📞 +39 0474 496269



MTB Kids Academy for kids at the MTB area Antholz Niedertal (8-12 years)

Bike fans get their money's worth in the MTB area behind the fish pond in Antholz Niedertal (Bike rental and shuttle service included).

- 🕒 14:00 - 17:00 | 📍 1.45 pm. Tourist Info Olang | 2.00 pm Tourist Info Niederrasen |
- 📅 within 5 pm. of the previous day online or in the tourist offices | Fee: with Kronplatz Guest Pass € 10.-, otherwise € 25.- per person | € Chargeable | 📞 +39 0474 496269



FARMAT Summer Lounge | Tasting - Aperitivo - Shop

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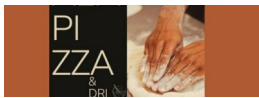
🕒 16:00 - 22:00 | 📍 Farmat Summer Lounge: every Tue. & Thu.: 4.00 pm. - 10.00 pm. | 📞 +39 346 4945293



Wildlife Kids Cup

Exciting competition for all little explorers!

🕒 16:30 - 18:00 | 📍 4.30 pm. - Park at Mitterolang | 📅 By 12:00 noon on the day of the event, online or at the tourist information offices | 📞 +39 0474 496277



Cottagepizza & Drinks

A delightful evening on the alpine pasture with freshly baked pizza from the wood-fired oven, cool drinks and a magnificent mountain panorama. Every Thursday from 5:00 PM ONLY IN GOOD WEATHER!

🕒 17:00 - 19:00



Concert of the Antholz music band

Evening concert by the Antholz music band at the new music pavilion next to the Haward Cultural Center in Antholz Mittertal.

🕒 20:45 - 22:00

FRIDAY - 24.07.2026



Climbing tour Cime Grande

A wonderful climbing tour which shows you the spectacular panorama of the Dolomites. Finish is the top of the Grande Cima of the Three Peaks.

🕒 06:00 - 18:00 | 📍 upon request | 📅 till 6.00 pm of the previous day | +39 347 3321416 | 📞 +39 347 3321416



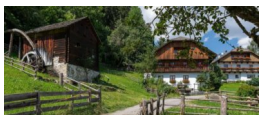
Guided E-Bike Tour through the Dolomites UNESCO World Heritage

E-bike tour through the Dolomites UNESCO World Heritage - altitude difference ca. 1170 m and 61 km.

🕒 09:00 - 15:30 | 📍 Tourist Info Olang: 09.00 a.m. & Tourist Info Niederrassen: 09.30 a.m. |

📅 within 5 pm. of the previous day online or in the tourist offices | Registration fee: with Kronplatz Guest Pass € 45.- (with bike rental), otherwise € 65.- (with bike rental) |

€ Chargeable | 📞 +39 0474 496277



Scenic hike with Gilbert: farm trail & rural culture in Antholz Valley

Easy hike through Antholz Niedertal to traditional farms, along panoramic paths to Antholz Mittertal and back along the opposite side of the valley.

🕒 09:00 - 16:00 | 📍 9.00 a.m. at the Tourist Info Niederrassen or 9.20 a.m. at the starting point bus stop "Antholz Niedertal" |

📅 within 5 pm. of the previous day online or in the tourist offices | Fee: with Kronplatz Guest Pass € 10.-, otherwise € 15.- per person | € Chargeable | 📞 +39 0474 496269



Adventure Camp for kids (from 6 - 12 years)

A day full of adventures for kids – Archery, Mountainboarding and much more.

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📞 +39 0474 496277



Biathlon shooting for everybody

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🕒 13:00 - 14:00 | 📍 at 1:00 p.m. at the Olympic Arena, at the entrance to the roller track |

📅 Reservation required via WhatsApp: +39 347 583 2504 | Price: € 7 (1x5 shots - with instruction) | € Chargeable | 📞 +39 0474 492446



Evening market

The traditional evening market in Antholz offers local specialties, crafts, and a varied program with food and a trampoline for children.

🕒 17:00 - 22:00 | 📞 +39 0474 496269



Concert of the music band of Niederrassen

Evening concert by the Niederrassen Band at the pavilion in the leisure park of Niederrassen.

🕒 20:45 - 22:00

SATURDAY - 25.07.2026



Summer festival of the music band Oberrassen

Traditional summer festival of the Oberrassen music band with live music and regional specialties.

🕒 18:00 - 00:00

SUNDAY - 26.07.2026



Summit sounds

On a total of 12 dates, the summit of Kronplatz will be the setting for a special cultural experience that brings South Tyrolean tradition to life.

🕒 11:00 - 13:00 | 📞 +39 0474 551500



Summer festival of the music band Oberrassen

Traditional summer festival of the Oberrassen music band with live music and regional specialties.

🕒 11:00 - 00:00

🕒 Time | 📍 Venue | 📅 Enrolment infos | € Chargeable | 📞 Contact

Tourismusgenossenschaft Antholztal

Via Rasun di Sotto 35 F, 39030 Valle Anterselva

Tel. +39 0474496269 | <https://www.antholztal.com>

For more Information:

antholztal.guest.net

