

A warm
Welcome
to our farm



HUBERHOF

APPARTEMENTS

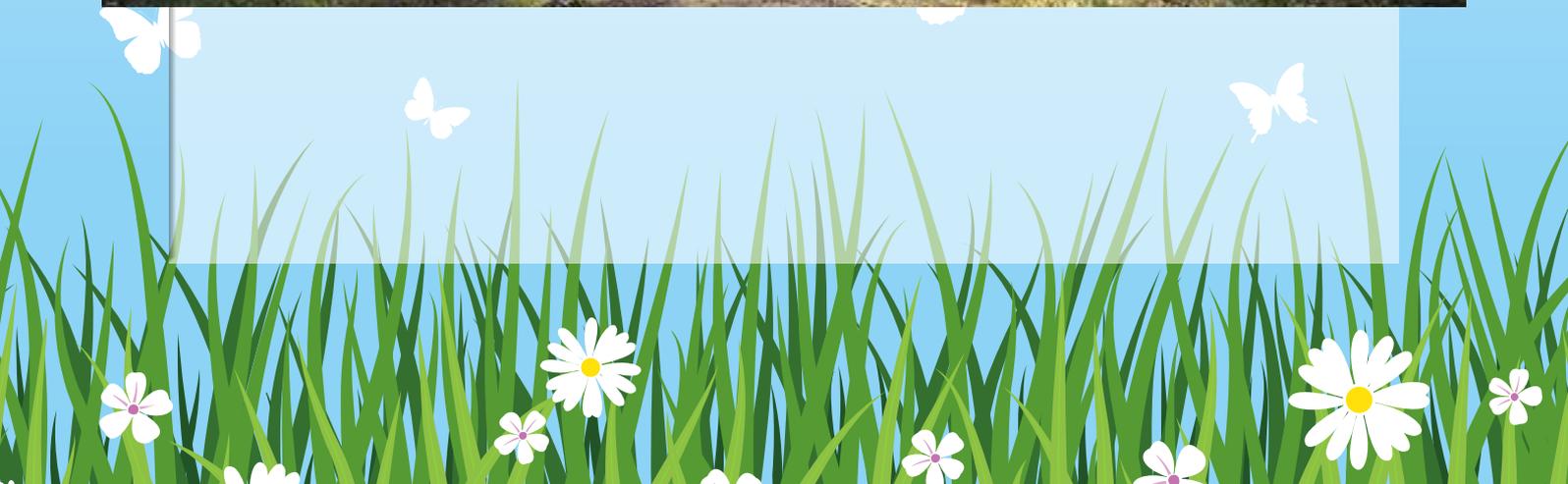
Farm holidays



A photograph of a sunlit forest path. Sunbeams stream through the dense canopy of green trees, creating a magical atmosphere. The path leads into the distance, where a bright light source is visible. The quote is overlaid in white, cursive-style text.

The earth
has music
for those
who listen.

- William - Shakespeare -



The farm

The Kiebacher family
The Huberhof - Then and now
Offers
Information



That's us: The Kiebacher family



David

Veronika

Marianne

Manuel

Franz Josef

Our children do not work at the farm: Manuel is employed in a wood processing company, David and Veronika in the tourism industry.
But when there is need, everybody helps at home.

Marianna and Franz Josef take care of the guests.

We prefer to spend our free time in nature, skiing, hiking, riding our Vespas or playing cards, singing and laughing in good company.



We strive to make your holiday at the Huberhof as pleasant as possible.

In our folder we have gathered all the useful information for your holiday in Versciaco at the Huberhof.

If you still have questions, we are of course happy to help you at any time or you can contact us at the following telephone number:

Franz Josef Mobile phone: (+39) 335 761 5073

Marianne Mobile phone: (+39) 328 204 5347

We wish you a pleasant and relaxing stay!

Yours *Kiebacher family*

The farm and its people

The origins of the farm's name HUBER

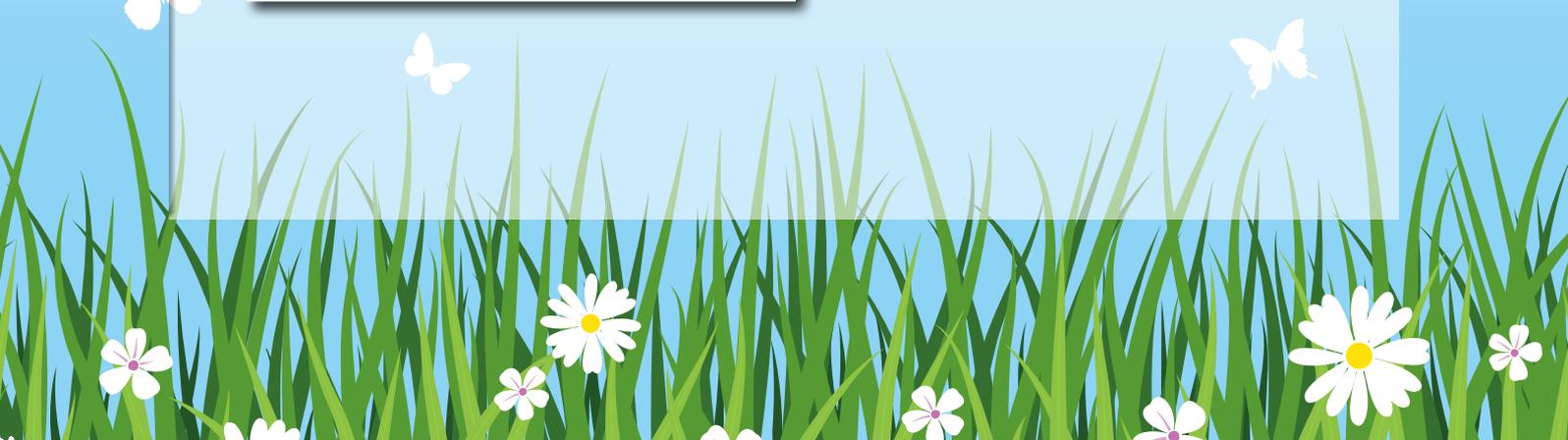
The „Hube“ used to belong to the old traditional farms. It is assumed that the „Upper Hube“ (Oberhuber) and „Lower Hube“ (Unterhuber) together had given place to a main homestead, the original so called HUBE.

...how all began...

- 1836 Barthlmä (II) Kiebacher bought the Oberhubergut in Untervierschach.
- 1837 He marries Theresia Thalmann and she will give birth to six children.
- 1846 The widower marries Theresia Duregger and she will give him three more children.
- 1872 Barthlmä, son of Barthlmä (II) Kiebacher (born 1841) marries Maria Gütl from the Kuener farm. Eleven children were born between 1874 and 1890, including our grandfather Josef (born 1883).
- 1920 Josef marries Anna Weitlaner in 1920, she is the eldest daughter of the Putzer farm and they will have six children: Rosina Anna, Magdalena Maria, Josef and Franz Serafin. Two children die after birth.

Rosina and Magdalena become nuns and enter the Order of the

Franciscan Sisters of Mercy in Luxembourg, Franz becomes a priest and celebrates his first ordination in Versciaco. So, Josef, our father, who actually wanted to study music, takes over the small homestead.





Josef (born 1924) marries our mother, Theresia Fuchs, daughter of master tailor Anton and Thekla Kircher in 1953.

In the following years, between 1954 and 1968 ten children are born: Franz Josef Maria, Maria Camilla, Agnes Maria, Thecla Maria, Anna Maria, Maria Theresa, Maria Antonia, Magdalena Maria, Elisabeth Maria and Hermann Leo Maria.



1988 Franz Josef takes over the farm.



1989 Franz Josef and Marianne Hofer celebrate their wedding. Marianne comes from a farmer's family of Steinhaus, Val Aurina valley. Our three children Manuel, David and Veronika enrich our family life.



2015 In February, our dear father Josef dies at the blessed age of 90 years.



The development of the Huberhof

1938-1940 during the II World War and to preserve local traditions, the German language is taught secretly in some rooms of the Huberhof and other farms - the so called catacomb schools. Magdalena Kiebacher, the later nun, is one of these „catacomb teachers“.

1958 The barn is rebuilt, it is located on the north side of the building directly connected to the house.

1964 at Christmas the family of twelve - grandparents, parents and 8 children - gets its first washing machine and 1971 its first bathroom. A large pantry on the ground floor turns into a bathroom and a smaller pantry.

1976 although very poor means, the farm will be renovated and four guest rooms will be set up. These were rented to guests with great dedication and hard working by our mother Theresia from 1976 to 1991, i.e. for 15 years. Three rooms with shared shower on the first floor and one room on the ground floor. A small guest kitchen on the ground floor was also built.

1987 our father Josef submitted a project and asked for permission to construct a new apartment in which his son Franz Josef and his wife will move in in 1989. At the same time, a new porch is planned at the eastern entrance, the third room on the first floor and the room on the ground floor get a private shower. The boiler room will be relocated to the newly built cellar and the kitchen will be renovated.

1996 Franz Josef submits a project for the construction of a new barn. It develops above the farmhouse. The livestock will be increased.



2015 we start building a new farmhouse, just a little to the westside of the old one.

2016 the old farm is being demolished. The new one will feature four new apartments, a „Stube“ for all guests (living) and Marianne’s working area where she prepares her home-made delicacies. From now on, the apartments will be rented.

All Guests are very WELCOME!



LIFE on the Huberhof



On our farm you will never get bored: taking care of the animals in the stable or joining the work that needs to be done on the fields and in the gardens will turn every day into a little **adventure**...



To make your holiday a „real“ holiday on the farm, we are looking forward to giving you a close look at our farm life. You and your children can watch and help us with our daily work: feed the animals, work in the stable or on the meadows and fields, in the herb garden and much more ...

The following animals live with us on the Huberhof:

- 12 dairy cattle and 5 young cows
- about 20 chickens
- Guinea pigs
- Runner ducks
- and a few curious cats



Our own farm products:

Depending on the season, the range of our farm products may vary.

We give great importance to healthy products and therefore to food processing.

Our animals breathe the best South Tyrolean mountain air and our fruits and herbs are gently processed.

We deliver **our milk** to the dairy Drei Zinnen. There it is processed into delicious specialities.

We produce a large variety of fruit spreads from our **fruit and berries** : plums, apricots, strawberries, raspberries, red and black currants, elderflowers and elderberries.



Furthermore, we offer:

- eggs from our chickens
- fruit spreads from the fruits of the garden
- lots of herbs from our herb garden
- ricotta toppings and natural yoghurt from our fresh milk
- potatoes from our own field



Homemade products:

It is very important to us to use mainly home-grown products. Only in rare cases we need to rely on purchased products. In these cases, we prefer local products from South Tyrol, i.e. food produced in our country, as they stand for quality and we like to live aware of our regional identity!



Offers for our guests and important information

Key card

Upon arrival, you will receive a key card for your apartment, which opens all doors and the ski room.

Pick-up service

If you arrive by train, we will collect you from the train station in Versciaco (free of charge). Please inform us as soon as possible at what time you arrive!

How to get here:

The apartment is available from 3 pm onwards (if possible also earlier)

If you arrive earlier and the apartment is not ready yet, you are welcome to make yourself comfortable in our „Stube“ (breakfast room).

On your day of departure:

The apartment should be released no later than 9.30 am on your departure day. (Please advise us should you need to keep it for longer).

Cancellation policy:

Cancelling a reservation up to 3 months before arrival is free of charge - if you cancel it 3 months to 4 weeks before your arrival, we charge 30% of the total value of your stay - in the last 4 weeks before your arrival, we charge 70% of the total value of your stay.

Parking:

We have parking spaces available for our guests' cars.

Room temperature:

All our apartments feature floor heating and each room has a heating regulator which can be individually controlled.

Night rest:

From 10pm onwards, we kindly ask our guests to keep quiet and respect other guests' sleep. To sleep well at night is the most important part of a relaxing holiday!

Internet:

Our house features a free Wi-Fi - access. In order to offer an efficient internet connection to all our guests, we ask to moderate the use of wi-fi.

TV+Radio:

All apartments feature a TV / radio.

Safe:

Every apartment has a safe.

Power sources:

Climate house „B“ - We heat with our own wood and pellets.

Living room:

Our lounge („Stube“) is available to our guests at all times of the day and night.



Library:

Our library with a variety of board games is located on the 1st floor. For more information, have a look at the book list.

Breakfast:

Upon request, breakfast is served in our Stube from 7:30am to 9:30am or brought directly to your apartment in a „breakfast basket“.

What our breakfast looks like: home-made products (milk from our dairy cows, eggs from our chickens, fruit spreads from our fruit and berries, curd spread, yogurt, cakes and pastries, fruit/herbal syrup, fresh or dried herbs for our garden for your tea), various breads and rolls, butter and cheese from our local dairy, bacon, ham and cured sausages from our friendly neighbours, coffee and delicious honey from our neighbouring bees.

If you wish your daily fresh bread delivered at your door, please note your favourite type of bread on the list in the entrance area (within 8pm), we will make sure it will be delivered to your door by 7am the following morning. Likewise, we can deliver milk and eggs as well. Just put a note down on the block with your apartment number.

Laundry:

We are happy to wash / dry your clothes for you!

Price per filling:

Washing: 10 euros

Drying: 10 euros

Towels and bed linen are changed upon request!

For longer stays, we always change the bed linen.

Waste separation:

Our environment and nature are the most precious goods we have. That is why we attach great importance to waste separation and ask our guests to do so too.

We separate our garbage as follows: plastic, plastic bottles, paper carton, glass, cans, organic waste, tetra Pak and residual waste. There are labelled containers located in the lower parking lot.

Cleaning:

The final cleaning is included in our prices. Nevertheless, we ask you kindly to leave the apartment clean on the day of your departure and take the garbage away. Many Thanks!

Pets:

We ask for your understanding if, for reasons of hygiene and allergies, we do not accept pets in our new apartments.

Smoking is not permitted inside the apartments

We kindly ask you to refrain from smoking in the entire house. Take advantage of the balcony and enjoy a breath-taking view while smoking.

Bandages:

If you need plasters, bandages, ointments, etc., we are sure you will find something useful in our medicine cabinet in the basement next to the toilet.

Damages / defects:

If you notice any problems in your apartment and / or something should get damaged, please do not hesitate to contact us!

WC/toilet:

There is a toilet located on the ground floor.

House Garden:

Feel free to take any herbs you need from our garden for your private use (chives, lemon balm, golden balm, peppermint, parsley, winter onion, garlic, oregano, hyssop, rocket, sage, rosemary ... and many more!). Further information can be found in our herbal list. According to season and availability, our garden has salads, vegetables and herbs on offer for our guests!

Drinking-water:

Our fresh drinking-water is high quality Grander-water!

Johann Grander Sen. (1930 - 2012) Johann Grander realized already 30 years ago how important it is to approach nature and the element of water with respect.

The origin of his thoughts was that the state of water has a significant bearing on our well-being and the preservation of our entire ecosystem.

Through many years of experimental and research work, Johann Grander came to the conclusion that water possesses the ability to transfer information. Johann Grander's goal was to make the properties of revitalized water transferrable - with all its positive effects for humans, animals and plants - to all other waters.

Water possesses an immune system. The basic idea behind the method proposed by Johann Grander is to strengthen the self-cleansing effect and resistance of water by improving its structure. This creates a natural and stable immune system.

The GRANDER® Water Revitalization is based on the understanding of information transfer. The core element of GRANDER® Water Revitalization is water. The active medium known as "information water" in the GRANDER® Water Revitalization units consists of water with a high internal order and stability – made according to the special process and knowledge of Johann Grander. Through its high internal order this information water is able to transfer natural information and vibrations even to non-revitalized water without ever coming in contact with it. In this way, water is naturally stabilized and biologically improved. GRANDER® Water Revitalization Units work solely with natural energy, not requiring any electricity or other additives. The units are maintenance and service-free. They are either installed directly in the main water supply, to the tap or hung in the sink or container. A discovery that has gone global and is implemented by many today.

Ski / sports depot:

There is a ski room with boot dryers in our basement. Bikes can be parked in our garage. In our ski room you will also find hiking poles for exploring our beautiful surroundings. Furthermore, we have 4 toboggans for rent for our guests!

Culture - Sports - Entertainment:

You find all information regarding local events, timetables, etc. in the entrance area and/or at the end of this folder.

If you have any questions, we will be happy to help you.

Sun loungers:

There are sun loungers at your disposal.

Play room / board games:

There is a play room for bad weather days located in the basement. While board games for all ages can be found on the shelves on the 1st floor!

Clotheshorse:

There is a clotheshorse on every balcony at your disposal.

Alternative bad weather plan for the day:

Marianna is happy to introduce you to her kitchen and give you a traditional cookery or baking course!

Our farmer's shop:

In our shopping corner, you will find various homemade fruit spreads made from our berries and fruit, as well as fruit and herbal syrups, herbal salts, herbal vinegar and scented herbal oils.

Public transport/ Local infrastructure:

Our farm is located only 200 meters from the bus stop, from where you reach San Candido, the nearest town, in within 5 minutes. There you will find a variety of shops, as well as the Aquafun, a large indoor swimming pool - our guests receive discounted entrance tickets for. The ski and hiking area Mont Elmo and the train station Versciaco is only 500 meters (10 minutes) walking distance. This station is the last one on the eastern boarder of the country and connects you to the Austrian towns in within 10 minutes train ride or on the other side to the Val Pusteria and the rest of South Tyrol with its quaint villages, museums and festivals. To travel conveniently in South Tyrol, we suggest taking advantage of the Holiday pass (bus and train ticket), during the winter months it comes for free.

How to behave when inside the stable:

We are very pleased that our guests are interested in our work at the farm. We are happy to provide any kind of information on how a farm works. However, we must inform you about possible sources of danger and rules that need to be followed:

- you are welcome to stay in the stable during the milking and feeding process in the evening but we ask to keep rather quiet as noise disturbs the animals.
- children are only allowed to enter the stable when accompanied by their parents or by the farmers.
- Please enter the barn only if supervised by the farmer.
- There are many dangerous areas and machineries such as a tractor, a mower and a hauler.



We kindly ask you to behave according to our instructions and we inform you that we accept no liability for accidents occurred on our farm.

Library

Our library and a variety of board games are located in on the 1st floor.

- Die Bibel - Einheitsübersetzung
- Ich mag den Bauernhof----Bäuerinnen Kinderbetreuung
- Janosch-Omas liebe Märchenkiste
- Mit Micky durch das Jahr-Spiele, Geschichten, Rätsel von Walt Disney
- Der Strubelpeter – Max und Moritz
- Mein großes Buch der Märchen von Ingeborg u. Karl Dieter Bunting
- Il viaggio di arlo von Disney Pixar
- Die schönsten Sagen aus aller Welt
- Mein Südtirol Buch – Evi Gasser / Kathrin Gschleier
- Leben unter der Lupe- Raiffeisen
- Vereine von Innichen
- Musik und Gesang in Vierschach von Egon Kùhebacher
- 100 Jahre Freiwillige Feuerwehr Vierschach
- Stiftschor Innichen – Gott ist mein Lied
- Stiftskirche in Innichen von Franz Eppacher
- Inser bestes G`wand – Frauentrachten in Südtirol – Südtiroler Bäuerinnenorganisation
- 100 Südtiroler Krapfen – Bäuerinnen verraten ihre Rezepte
- So kocht Südtirol
- Cucinare nelle Dolomiti
- Bauernleben in Südtirol von Hans Karl Peterlini / Astrid Kofler
- Am Berghof von Hans Rieder
- Lebensbilder – Schicksale einer Südtiroler Generation von Hans Rieder
- Unser Pustertal in Vergangenheit und Gegenwart – Bezirksgemeinschaft Pustertal
- Berg 2013 – Alpenvereinsbuch
- Südtirol in Geschichte und Gegenwart von Forcher / Pellegrini
- Pustertal – 56 ausgewählte Höhenwege
- Auf der Spur des Wassers von Hans Kronberger u. Siegbert Lattacher
- Tanzen mit dem Wind von Erik Purk
- Suche und gehe deinen Lichtweg – Basti Verlag
- Abenteuer Christsein von Sr. Teresa Zukic
- dieci vite vendute – Konsalik
- Alle guten Wünsche für dich von Peter Lauster

Aromatic and medicinal herbs



Wild garlic

Aroma and taste: very aromatic, wild version of the common garlic, with a strong smell of onions when crushed
Uses in the kitchen: to flavour salads, soups, cheeses, ricotta

Properties: promotes digestion, lowers cholesterol, antibacterial and antifungal, purifies and lowers blood pressure



Basil

Aroma and taste: spicy, peppery-sweet, intense
Uses in the kitchen: to flavour Mediterranean dishes - salads, tomatoes, aromatic sauces such as pesto, cheese, meat, vegetables.

Properties: used as decoction it facilitates and promotes digestion, relieves cramps and fights illness and headaches.



Pimpinella - Anise

Aroma and taste: aroma of walnuts, liquorice and cucumbers, but not astringent
Uses in the kitchen: important medicinal herb, mildly analgesic as it helps to relax muscles

Properties: as essence useful in treating respiratory problems



Savory

Aroma and taste: aromatic fragrance, spicy taste
Uses in the kitchen: it goes well with legumes (especially beans), potatoes, meat and mutton ragout, fish or salami salad.

Properties: antiseptic, appetizer and helps digestion



Hibiscus

Use in the kitchen: the root can be used as decoction and has emollient properties, it helps reducing coughing
Properties: Herbal tea against sore throat, cough, hoarseness and emollient

in case of infections of the mucous membranes of the stomach and intestine. The emollient and anti-inflammatory action improves if you add cumin seeds.



Chamomile

Aroma and taste: fruity and aromatic

Use in the kitchen: not to be used for flavoring

Properties: useful in case of intestinal cramps, poor digestion, irritable

bowel syndrome, muscle spasms and menstrual pain, but also in case of nervous tension and stress. May have side effects (dizziness and discomfort), caution in use.



Nasturtium

Aroma and taste: fresh, similar to watercress, slightly spicy

Use in the kitchen: to garnish salads. The seeds can replace capers.

Properties: the leaves contain a lot of vitamin C and iron, slightly laxative.



Fennel

Aroma and taste: very aromatic, tastes a little bit like onion

Use in the kitchen: ideal for salads during the cold season, it is well preserved

Properties: helps digestion



Horseradish

Aroma and taste: spicy

Use in the kitchen: ideal to flavor soups, fish, beef, sauces and creams

Properties: reduces urinary tract infections, used as treatment for

mild muscle pain



Lavender

Aroma and taste: fresh-aromatic fragrance, tastes similar to rosemary

Use in the kitchen: delicate spice for white meats, sauces and fish
Properties: calming action on the

nervous system, antispasmodic and refreshing. It is used to perfume linen



Lovage

Aroma and taste: aromatic and strong, reminiscent of celery
Use in the kitchen: in small doses in stews, soups and meat dishes. Also suitable for preparing grappa.
Properties: the decoction of the

leaves can be beneficial in soothing an upset stomach and may help the gastrointestinal system return to a neutral state, the herbal tea obtained from the roots has purifying and diuretic properties.



Marjoram

Aroma and taste: intense, sweet-spicy
Use in the kitchen: ideal for spicy soups, terrines and stews.
Properties: antispasmodic, supports the nervous system and

stimulates appetite; as an infusion or ointment very useful against colds.



Bee balm *Monarda didyma*

Aroma and taste: sweet bergamot fragrance
Use in the kitchen: fresh leaves to garnish salads
Properties: dried leaves are ideal for soothing herbal teas with a pleasant taste

sant taste



Melissa

Aroma and taste: fresh lemon fragrance, lively taste
Use in the kitchen: Salads and sauces, to season ricottas, fresh cheeses, eggs and tomatoes.
Properties: to be used as herbal

tea, in soothing baths, in herbal pillows with relaxing, antispasmodic benefits and effective against insomnia.



Apple mint

Use in the kitchen: mint sauces, ideal for dressing lamb meat, for sorbets, fruit salads, cocktails and liqueurs.
Properties: As a decoction it helps digestion, inhaled or as compresses

(leaves) it soothes headaches.



Pineapple-Mint

Use in the kitchen: mint sauces, lamb meat, sorbets and fruit salads, cocktails
Properties: As a decoction, drunk hot, it has a digestive effect. In case of headaches, it is advisable to inhale its steam or use compresses of its leaves.



Peppermint

Aroma and taste: typically refreshing, slightly pungent and refreshing taste
Use in the kitchen: sauces, to flavour lamb, sorbets, fruit salads, cocktails
Properties: the decoction of its leaves, drunk hot, has a digestive effect; in case of headaches, it is advisable to inhale its steam or use compresses of its leaves.

to inhale its steam or use compresses of its leaves.



Oregano

Aroma and taste: it has an intense and aromatic scent, similar to thyme
Use in the kitchen: ideal spice for seasoning pizzas, meats, sauces, soups, stews, pasta and tomatoes.
Properties: herbal teas, mouthwash, strengthens the nervous system, antispasmodic

herbal teas, mouthwash, strengthens the nervous system, antispasmodic



Parsley

Aroma and taste: intense and spicy fragrance with a slightly bitter taste
Use in the kitchen: always use fresh, cooked it loses its aroma
Properties: rich in vitamin C, the

decoction of stems and leaves has an anti-rheumatic effect



Rhubarb

Use in the kitchen: compotes, jams, wines, cakes.
Always use fresh! If refrigerated, use in within a few days. To be consumed in small quantities (high content of oxalic acid).





Calendula

Use in the kitchen: flowers to garnish salad dishes (edible)
Properties: anti-inflammatory, antiseptic, healing, antispasmodic, emollient, stimulates the metabolism, activates sweating, useful against menstrual cramps.



Rosemary

Aroma and taste: penetrating aroma of camphor and wood, spicy taste, slightly bitter
Use in the kitchen: ideal for Mediterranean dishes, sauces, marinades, white meats, lamb, beef.

Other uses: herbal teas, herbal cushions, baths / foot baths, stimulates blood circulation and the nervous system



Rocket

Aroma and taste: its flavour recalls the watercress with a slight peanut aroma
Use in the kitchen: salads, seasoning for sauces and soups
Properties: purifies blood, it has

diuretic, digestive, stimulating and invigorating properties



Sage

Aroma and taste: intense aroma, penetrating, reminiscent of camphor
Use in the kitchen: it goes well with game, white meats, lamb, pork, vegetables and aromatic

sauses.

Properties: antiseptic, anti-inflammatory, ideal as a mouthwash and against colds



Sorrel

Aroma and taste: acid, sharp, tangy taste
Use in the kitchen: ideal with soups, lentils, tomatoes, cucumbers, milk and chicken broth
Properties: diuretic, depurative,

digestive - ability to improve eyesight, slow the aging process, reduce skin infections, strengthen the immune system, and improve digestion.



Yarrow

Aroma and taste: young leaves have a light spicy aroma, older leaves are strongly aromatic scent
Use in the kitchen: dishes based on wild herbs such as soups, salads, terrines. Larger leaves are used to prepare herb butter, soups, dips and herbal teas.
Properties: astringent, tonic, antibacterial - ideal for compresses on reddened or inflamed skin.



Chives

Aroma and taste: aromatic, stimulating, reminiscent of leek
Use in the kitchen: aromatic herb suitable for many dishes
Properties: adjuvant, helps fighting the flu during the cold sea-

son



Chinese garlic

Aroma and taste: pungent flavour similar to onion and garlic, delicate aroma of garlic
Use in the kitchen: leaves and crushed buds are ideal for salad dressings and to flavour soft chee-

ses

Properties: adjuvant against incontinence and renal failure



Scallion

Aroma and taste: spicy, tangy taste
Use in the kitchen: ideal for soups, salads and toppings
Properties: widely used in Chinese medicine, it stimulates digestion and lowers the cholesterol level in the blood



Echinacea

Properties: strengthens the immune system, natural antibiotic, has healing effects, anti-inflammatory, tumor inhibitor. As a root extract (alcoholic) or fresh herb extract it helps combat flu and

colds.



Plantain

Aroma and taste: somehow it tastes of mushrooms

Use in the kitchen: salads of wild herbs, egg dishes, ricotta, fresh cheeses

Properties: expectorant, antibacterial, anti-inflammatory, excellent remedy against colds and coughs



Rue

Aroma and taste: strong, intense, aromatic-sweetish taste, tending to bitter

Use in the kitchen: use sparingly, goes well with meats, eggs and cheese, vegetables, salads and

ideal for the preparation of aromatic vinegar.



Thyme

Aroma and taste: strong and spicy, slightly bitter

Use in the kitchen: it goes very well with venison, veal and lamb

Properties: the infusion of fresh leaves has an antiseptic effect, relieves cough and headaches



Absinthe

Aroma and taste: pleasant aroma

Use in the kitchen: red and white meats, infused with absinthe after substantial lunches

Properties: promotes and regulates bile secretions, helps reducing bloating and indigestion, strengthens the immune system.



Asperula

Aroma and taste: aromatic fragrance

Use in the kitchen: along with other herbs to be used for hot drinks like punches

Commonly used to scent linen and fill herbal cushions



Hyssop

Aroma and taste: very strong, slightly bitter, to be used sparingly

Use in the kitchen: goes well with meats, soups, salads, beans and legumes, sauces

Properties: helps against cough, has mucolytic effects, stimulates appetite and promotes sweating



Verbena with lemon

Aroma and taste: intensely smells like lemon

Use in the kitchen: ideal for flavouring desserts, drinks and desserts

Properties: calming, reduces nausea, bloating and palpitations; a warm compress of verbena leaves reduces toothache.



Villages

Vierschach/Versciaco
Pustertal/Val Pusteria Valley
Bruneck/Brunico



Versciaco at the foot of the Mount Elmo

Are you looking for peace, relaxation and nature and would like to start your outdoor activities such as skiing or hiking right on your doorstep? Then you are in the right place at the Huberhof!

Versciaco is besides Prato alla Drava and Innichberg the third fraction belonging to the town of San Candido. The village is divided into „Oberuierschach“, „Untervierschach“ and Vierschach-Berg and lies at 1,130 meters above sea level. It counts about 400 inhabitants. Versciaco is the second last village of the Alta Pusteria and the last village with a railway station. The last village on the border to the Austrian East Tyrol is Prato alla Drava.

Surrounded by proud, legendary mountain giants with names like Haunold or Helm, Versciaco is of course an ideal starting point for hikes, mountain tours and climbing adventures of all kinds during the summer months. The Three Peaks, probably the most breath taking and well-known rocks of the region, as well as the Nature Park Drei Zinnen- Sesto Dolomites are also within reach.

Though the valley and the surrounding mountains are hiding under a thick blanket of snow in winter, you will not be sleepy in Versciaco, as now it's the time to go skiing and snowboarding on the Mount Elmo, which is connected to the Croda Rossa ski area thanks to the new Stiergarten cable car. The Mount Elmo-Stiergarten-Croda Rossa skiing area is part of the Three Peaks - Dolomites ski resort and offers long down hill slopes as well spectacular sun terraces with stunning views. Throughout the cold season, there is an exciting event program on offer for the whole family.



South Tyrol's most beautiful church hill

Looking at the church you can see the church hill, which is one of the most beautiful in the country. The parish church is dedicated to St. Magdalena and is a showpiece of the Tyrolean Gothic art.

The first church on this site was consecrated in 1212. The foundations and parts of the early Gothic fres-

coes from that period are still preserved today. The rest of the building was rebuilt in Gothic style in the 15th century. At the end of the 20th century, extensive renovations were carried out, so that today the church presents itself as an appealing building with decorative elements.



Shopping venues

Emergency call	112
Pharmacy San Candido/Innichen	0474 913142
Hospital San Candido/ Innichen	0474 917111
Police San Candido/Innichen	0474 919011

Doctors in San Candido/Innichen

- Dr. Sabina Molon - general medical practitioner
Franz-Josef-Rudigier-Straße 9A
Tel. +39 0474 916297
- Dr. Sulzenbacher Wilhelm - specialist in dental, oral and maxillo-facial surgery
Sankt-Michaels-Platz 9
Tel. +39 0474 913718

Sightseeing in San Candido and surroundings

- Collegiate church San Candido
- Franciscan Monastery San Candido
- Monastery museum San Candido
- Hl. Michael Parish Church San Candido
- Museum Dolomythos San Candido
- Nature Park Visitor Center Dobbiaco
- Dairy Drei Zinnen Dobbiaco – MODEL CHEESE DAIRY

Don't hesitate to contact us for detailed information and informative material!

Shopping venues

In San Candido you will find a variety of supermarkets, fashion stores, sports shops, a pharmacy, a bakery, a dairy, a shop for electrical supplies, a copy shop and much more!

The shops are usually open from Monday to Saturday from 08:30 to 12:00 and from 3:00pm to 7:00pm. In the summer months of July and August the shops in San Candido stay also open on Thursdays in the evening at the so-called „Dorfplatzfreuden“.

Several hairdressers can be found in San Candido. Please contact us shall you require information about mass services in German and Italian language!

In Vierschach and Innichen you will also find restaurants, pubs and pizzerias.

We are happy to give you a recommendation!

The Pusteria valley

The Pusteria valley (Italian Val Pusteria, Ladin Val de Puster) is an alpine valley located in the western part of the region South Tyrol. Most of the valley is in South Tyrol (Italy), the final part is in East Tyrol (Austria). The Pusteria valley is hydro geographically divided into two: the river Rienz flows through the western half of the valley and ends in the Adriatic sea, while the river Drava flows through the eastern half of the valley, ending first into the Danube and finally into the Black Sea. The „Toblacher Feld“ in Dobbiaco, roughly in the middle of the valley, constitutes the watershed.

Often, only the South Tyrolean part of the valley is understood as Pusteria valley. All the small quaint villages located in different side valleys here, form together the district community Val Pusteria.

The Pusteria valley, also called the „Green Valley“, is basically part of the „Peri-Adriatic junction“ which separates the Southern Alps from the Central Alps (and thus mostly the Limestone Alps from the central Gneiss massives and Slate mountains). The river Rienz flows through the western part (into the river Isarco and Adige into the Adriatic Sea), the river Drava flows through the eastern part (into the Danube and the Black Sea).

On the western border of the Pusteria valley, you will find both the Mühlbacher Klause and the Brixner basin which is where the Pustertal ends and the Isarco valley/Eisacktal begins. The eastern part is also called „Hochpustertal“ (high Pusteria valley). To the east of Sillian, the Pusteria Valley leaves the Peri-Adriatic Line (which crosses into the Gail Valley) and descends eastwards towards Lienz. The „Lienzer Klause“ is the eastern boundary of the Pusteria Valley.

The villages along the valley are located at an altitude between 750m and 1.180 m above sea level and the main towns are Dobbiaco, Monguelfo, Valdaora and Brunico on the western side, San Candido, Sillian and Mittewald on the eastern side.

The largest tributaries of the river Rienz are the Anterselva stream, the river Ahr, the Braies stream, the Gsieser stream, the river Gader, the Pfunderer stream and the Lügen stream. The largest side valley is the Aurina valley. The largest tributaries of the river Drau are the Sextner stream and the Villgraten stream.



(from wikipedia.org)

Von Vermondoderivative work: MagentaGreen -
This file is derived from this work CrodaDelBecco.JPG;
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City of Brunico

Brunico is the vivid centre of the Val Pusteria, it is located at 838 m asl and has got some 11,000 inhabitants. Its local mountain is the skiing and hiking area of the Plan de Corones, attracting active vacationists both in summer and winter.



Foto: BS © Peer - <https://www.pustertal.org/de/pustertal/kronplatz/bruneck/stadt-bruneck/>

A walk across the picturesque Via Centrale lined by its coloured facades and pretty shops must likewise be part of a holiday like an ice-cream of the modern piazza Municipio. Cafés and restaurants offer both Mediterranean cuisine and Tyrolean dishes, you will be spoilt for choice. To make your culinary delights complete, have a glass of beer in the Rienzbräu brewery.

From a cultural viewpoint, Brunico has got much to offer, especially as far as theater performances are concerned. Further activities and offers are the Odeon cinema, the UFO youth centre, the City Museum as well as a the large number of churches that deserve a visit, such as the S. Caterina church, the Santo Spirito or the Orsoline church. From June 2011 Brunico is enriched by another sight, that is to say the Messner Mountain Museum MMM Ripa hosted by Castel Brunico, which is dedicated to mountain people.

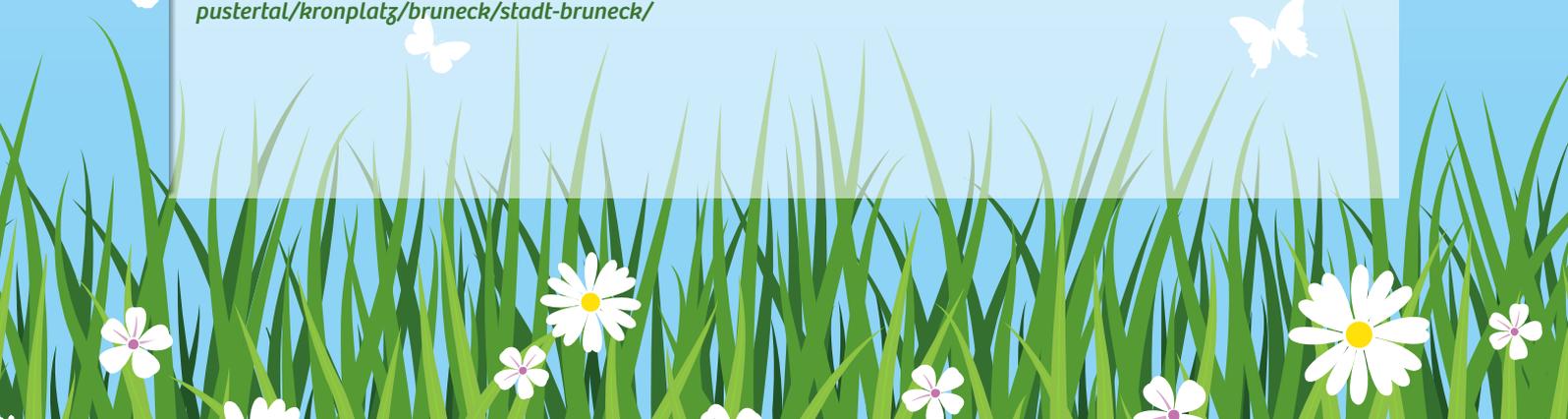
City festival, summer concert on Piazza Municipio, Giro d'Italia or the charming Christmas Market, there are many first-class events taking place in Brunico. Those who seek movement can make a walk along the planetary trail or visit the Nature Fitness Park Plan de Corones



Foto: <https://www.pustertal.org/de/pustertal/kronplatz/bruneck/stadt-bruneck/>

Dolomiti, aimed at Nordic Walkers. What you also don't have to miss is the great view from the panoramic platform at the top of the Plan de Corones, as well as the clang of the Concordia bell.

(from <https://www.pustertal.org/en/pusteria/plan-de-corones/brunico/city-of-brunico/>)



South Tyrol

The country and its people
History
Red Rooster and umbrella brand



South Tyrol – the country and its people



South Tyrol has always been a borderland and a land of contrasts. South Tyrol's population is very varied as well. Foreign elements have always influenced and inspired the country, nevertheless it kept its deep roots as well. South Tiroleans are considered welcoming and open-minded. Sturdiness and flexibility do not seem to contradict one another as a character trait.

The mainly mountainous country (over 60% of the country's surface is located higher than 1,500 m above sea level) consists of Alpine and pre-Alpine mountains and the famous Dolomites (in the East). The highest mountain is the Ortler with its 3,902 m. A variety of landscapes can be seen throughout the country, as well as plenty of different plants and trees. The climate is mostly mild and sunny. Almost a third of the whole area is agricultural land, of which 40% have an inclination of 30%. In these areas, livestock farming is widely practiced. However, on land located at less than 800m sea level, fruit and vineyards are more likely to be seen. South Tyrol is a region with an ancient and rich culture. There are more than 130 castles, as well as a rich urban culture.

There are 465,000 citizens in the whole region who are divided into 3 groups accordingly to their spoken language. The German-speaking South Tiroleans live mainly in rural areas and come to a population share of about 65%. The Italian-speaking citizens live mainly in cities such as Bolzano and Bressanone. They make up about 30% of the entire population. The real minority of the country are the Ladin-speaking people who live mainly in Badia and Gardena valley. Their culture is of Romansh origin, they represent about 5% of the South Tyrol population.

South Tyrol is one of the few regions in Europe where unemployment is not a major problem. Most citizens can proudly state to have a full-time job, which South Tyrolean politicians like to attribute to their excellent administration. The reality, however, shows that good climatic and geographical conditions, as well as the people's industriousness across all population groups, is the main reason. Main sources of income of the rural population are tourism, agriculture and crafts. In metropolitan areas commerce and services as well as industrial companies have flourished.

South Tyrol attaches great importance to culture, traditions and sports: about 50,000 cultural and sporting events are held each year in South Tyrol. There are more than 200 bands, 170 music groups, 370 choirs, 200 theatrical companies, 140 "Schützen" companies and 28 folk dance groups active throughout the country.

South Tyrol's History

- 1253 The counts of Tyrol conquer the „land in the mountains“ and give it the name“Tyrol“.
- 1363 The last of the Tyrolean male counts dies and the last countess of Tyrol Margarete Maulltasch hands Tyrol over to her cousin, Rudolf von Habsburg. Tyrol becomes part of Austria.
- 1805 After the Napoleonic Wars („Peace of Bratislava“) the northern part of the country gets annexed to Bavaria, the southern lands become part of the „Regno d'Italia „.
- 1809 The Bavarians impose the Tyroleans various coercive measures that embitter them very much. Under the command of Andreas Hofer, the Tyroleans take up arms. On the mountain Isel near Innsbruck the Tyroleans win three victories against the strong enemy. The fourth insurrection fails. Andreas Hofer can escape, but he is betrayed, captured and shot dead on February 20th, 1810 in Mantua.
- 1882 The German Reich, Austria-Hungary and Italy sign a friendship treaty, the so-called „Triple Alliance“. This states that in case of an attack on one of these reigns, the other ones provide mutual assistance.
- 1914 The assassination of the Austrian heir to the throne, Archduke Ferdinand, and his wife on June 28th, marks the beginning of the First World War. However, Austria informed Italy too late about its entry into the war and therefore the Italians did not enter the war. Only a year later they decided to join the war, but at this stage not on side of the Triple Alliance, but on the part of the Allies; they had won Italy on their side by promising them as reward the German-speaking South Tyrol and the Italian-speaking Trentino (= Welschtirol).
- 1919 The Allies won the war, and thus South Tyrol and Trentino got annexed to Italy under the Treaty of St. Germain. South Tyrol had previously been part of the Austrian Empire for more than 550 years.
- 1921 Fascists raided a procession taking place in Bolzano and they killed the teacher Franz Innerhofer and injured several people.
- 1922 „March in Bolzano“: A school and the town hall were occupied by fascists, the mayor Julius Perathoner was expelled. The fascists under Benito Mussolini seized power in Italy. They set themselves the goal to Italianising the German minority in South Tyrol. This should be done with the 23-point program by Ettore Tolomei (e.g. introduction of the Italian official language, prohibition of the name „Südtirol“, Italianization of the surnames, as well as places' and streets' names and route designations; Italian kindergartens and elementary schools, etc.)

1925 With financial support from the German Reich young girls were trained to become „Emergency“ school teachers. Secret and illegal home schooling was organized throughout South Tyrol, the so-called „catacomb schools“. Despite fascist persecution (fines, imprisonment), the underground school network did not disappear.

1939 Mussolini and his ally Hitler signed the so-called „Option Agreement“. The South Tyroleans had to decide by the end of the year if they:

- wanted to stay in Italy and agree to the ongoing Italianization or if they
- wanted to emigrate to Germany.

The option tore the population apart. About 75,000 South Tyroleans did actually emigrate. But some delays adopted by German officers in procedures concerning the resettlement politics and above all the outbreak of World War II prevented the full realization of the resettlement plans.



*Franz Hofer as a soldier
(Marianna's father)*



*Josef Kiebacher
as a soldier
(Franz Josef's
father)*



*Franz in the prison camp in Algeria with his
comrades*



Return from the captivity in Laterina near Florence

1943 Benito Mussolini is overthrown. The German Wehrmacht captures the Italian forces in South Tyrol. The administration of our country is in German hands.

1944 End of the war: American tank units enter the country.

1945 The South Tyroleans still hope to join the old homeland Austria. However, the peace treaty states that our country will remain part of Italy. Nevertheless, the „Paris Treaty“ grants South Tyrol a certain self-government.

- 1960 Italy keeps delaying the observance of the treaty and South Tyrol population gets more and more discouraged. At this stage, a group of subversive South Tyroleans draw attention to the world by blasting electricity pylons and monuments. The „South Tyrol activists“ are captured, tortured and sentenced in the „Milan trial“ to high fines. The South Tyrol problem comes before the UN. The Italian government decides to abandon its previous South Tyrolean policy.
- 1969 A document is drawn up in negotiations between the Roman Government, the Austrian Government and the South Tyroleans. The package contains several concessions from the Italian Government. Both the South Tyrolean People’s Party (SVP), as well as Rome and Vienna accept the „package“.
- 1992 After the last points of this package have been realized, Austria declares the dispute over South Tyrol ended in June 1992. Austria still has the protective power function for South Tyrol.

Today South Tyroleans and Italians live peacefully side by side in our country. Every ethnic group has its own facilities, such as schools, kindergartens, etc. The South Tyroleans learn Italian at school as their first foreign language, just as the Italian students have to learn German.



Red Rooster



The Red Rooster is the synonym for „Farm in South Tyrol“. The following sectors are advertised under this brand:

- Farm accommodation
- Restoration on the farm
- quality farm products
- Farm Handcrafts

The ‚Red Rooster‘ trademark stands for quality and transparency, guaranteed via strict quality criteria and controls.

Whether you find yourself enjoying the culinary fare of a ‚Buschenschank‘ or a ‚Hofschank‘, you will experience the utmost in hospitality wherever you go. Indeed, to ensure that only the best places are listed, every farm in our latest guide has to undergo strict quality controls in order to receive the ‚Red Rooster‘ logo.

Brand name South Tyrol

South Tyrol launched this new brand project in September 2003 to give tourism, local products and services a strong common image.

The working group creating this new brand – including representatives of the various departments and of the local government - cooperating with the Berlin marketing agency Me-taDesign, managed to define within a year a well-defined brand profile, based on common values. On November 29, 2004, this new brand was introduced to the public.



Traditions

Christmas
Religion and
secular traditions



Christmas traditions

Advent



Advent begins four Sundays before Christmas. Out of fir branches we hand make an Advent wreath and put four candles on it. Every Sunday until Christmas we light a candle at the time and wait for Holy Night/Christmas Eve, when we celebrate Christ's birth.

The "Smoking"....das Rauchen

The old tradition of „smoking“ inside people's houses is practiced three times a year: on Christmas Eve, New Year's Eve and the Three King's Eve. This custom is ment to bring blessing. It is after dusk, that house smoking begins. The family father draws glowing coal from the stove in an old iron or in a pan and adds incense grains. Some family also add juniper berries to the incense. The farmer now prays with the whole family the rosary. During prayers, the family wanders with the smoking iron from room to room, into the stable and into the barn. The smell of incense spreads throughout the house. The consecrated incense points to the religious-magical character of the custom, while the smoke and the juniper berries themselves have a purifying effect. Furthermore, the rooms are sprinkled with blessed holy water, the so-called Three Kings Holy water. That, too, should bring luck to the house, the yard, and its inhabitants throughout the coming year, and keep all harm away from them. The farmers also bless their fields on these evenings.

The "Sternsingen"

The star singers proclaim the good news of the birth of Jesus to the people. With this joyful message they knock at people's doors to bless their houses and keep them safe. This singing and blessing are for many a very important and special moment at the beginning of the year. „Christ mansionem benedicat-Christ“ is the blessing brought to the houses which means „Christ bless this house“. The C + M + B signs painted with blessed chalk on the doors, wishes the inhabitants peace and God's blessing for the coming year.



Religious and secular traditions

Processions

These processions take place in occasion of religious festivities such as: the Corpus Christi, the Sacred Heart of Jesus and the Saint's day (St. John the Baptist). Many associations are involved: the music band marches ahead, followed by the fire brigades and the „Schützen“ company, everyone wearing their traditional costumes.

Also, locals take part to the processions dressed in their traditional costumes and help carrying various statues of saints, such as the statue of St. Mother Anna or the statue of St. Stephen as well as traditional flags.

Blessing of all aromatic herbs

On the Day of our Lady, on 15th of August, we traditionally take a basket full herbs to the church in order to be blessed. They are meant to protect the family's health throughout the year. Small flower bouquets are being blessed too and stand as a symbol of life. They are distributed among the people against a donation for a good cause.



Thanksgiving



Thanksgiving is a traditional Christian Catholic festivity taking place in autumn, where we thank God for the gifts of the harvest. During mass, crops, cereals and fruit are decoratively arranged. In addition, there are other natural products we like to thank for and shown during the festivity, such as flour, honey or wine.



Sacred Heart Sunday

Sacred Heart Sunday is celebrated on the Sunday following the Corpus Christi. In the early morning, the community is invited to join the Sacred Heart Procession followed by the renewal of the Sacred Heart Vows. In the evening, all houses light up with candles and mountain fires can be seen. The kindling of the Sacred Heart Fire is one of a few ancient customs that are



not of pagan origin. The old custom has its origins from a vow made by the Tyrolean statesmen in 1796 during the Tyrolean freedom fights against Napoleon: should they defeat the enemy, they would faithfully vow to the Sacred Heart of Jesus forever. Many fires therefore have the shape of a heart, but other Christian symbols, such as the cross, are common too. Every year, hundreds of heart-shaped fires glow on top of our mountains to

symbolize the renewal of these vows on the Sacred Heart of Jesus Sunday.

In many places moreover, on this night, the windows are decorated with religious handcrafted motifs. These pictures are otherwise only seen on days of priestly anniversaries.

The farmer's garb

This simple and yet decorous and traditional so-called „Bäuerliches Gwand“ (peasant's robe) is still worn on Sundays and holidays nowadays in the entire Val Pusteria and its side valleys, as far as the Isarco valley, on Sundays and holidays. The „Bäuerliche Gwand“ differs only by its history and geographical origins which shows by small changes in style and embellishments.

About 200 years ago this robe is mentioned for the first time. As this simple black robe looked festive and chaste, it replaced the traditional more decorative costume for some time.



The Tracht... Traditional robes

The use of traditional robes about 200 years ago

The robe described below was our ancestors' clothing garment used about 200 years ago. Most of the population was rather poor. Little boys and girls wore smock dresses; only at the beginning of their first school year they got a new, big enough dress, that had to fit for all the school years to come. In their teenage years they got a new robe, but the nicest and most precious robe young people got was on their wedding day. Now it was the time to replace the red jacket, the red bodice, and the white procession apron and proudly wear the colours of marriage. The very short, at the most 25 cm long bodice and the wide skirt could be worn during pregnancy as well. Perhaps people could get a new robe in old age too.

One can imagine that these growing boys and girls sometimes suffered a lot because of the too tight and small clothes. In a variety of museums there are historical sources that tell us some funny stories about the far too small and tight clothing and the strange and pitiful look of young men and women of that time.

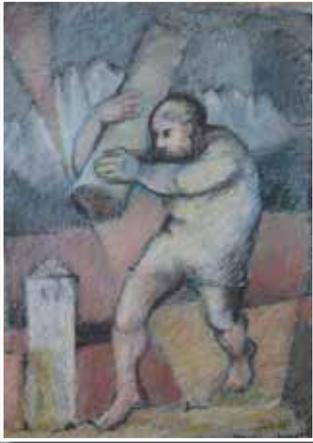
It is interesting to note that the rougher and simpler the working days garment was, the greater the wish to bring a little bit of colour, joy, and pomp to the Sundays' clothing. Although community and closeness were very important at that time, people had the possibility to personalize their robes a little bit. There were many different patterns in bobbin lace, embroidery, crocheting and knitting. By matching jewellery and accessories, they could show their social status and rank. The voluminous and narrow-looking historical vestment corresponded to the conceptions of morality and beauty of that time.

Wearing the traditional dress then and now requires a positive attitude towards customs and homeland. „Tracht“ (robe) means that the garment is „worn“. It is the clothing of an ethnic group, with a connection to landscape and culture. Therefore, the robe has always been worn mainly by the peasant population except for some more urban fashioned clothing. The sewing of the costume and „Dirndl“ requires a special awareness in regards of the materials used, which need to be “authentic”, for example only natural fibres such as woollen, linen and silk fabrics should be used.





Legends of the Dolomites



Haunold, the giant

Haunold, the giant, was the mighty creature who did his mischief during the time the collegiate church set in the mountains of San Candido was being built. The population of San Candido could convince the strong giant to help them with the building of the church. As a reward for bringing the massive rocks down to the valley, the giant claimed for food. But according to the legend, he claimed enormous amounts of food, such as a calf and three bushels of beans every day. Once the church was finished, the population of San Candido could not get rid of the giant. He still demanded his daily meal. But that was becoming too expensive for the village's

folk.

After long discussions, they finally found a solution for getting rid of the giant. They dugged a huge pitfall where they trapped the giant.

But they say, that nowadays his spirit still lives in the mountains and as a reminder, a rib of the giant was hung up above the entrance of the collegiate church, where it can still be seen today.

Born for the underworld - the legend of how the Drei Zinnen were formed

In a small mountain village, a young girl, who had a child by a travelling man, was desperate and did not know how to survive. No one cared about her and her little baby. Everyone pointed at them and no one wanted to help them or to give her a job.

So the girl became very sad and decided to abandon her child. As she walked by a bear's cave, she threw in the small bundle of misery and ran away sobbing. But the predators had more mercy on the poor child than the humans. A bear nursed the child and raised it with its own puppies.

It's no wonder that Hansl, (that is how his mother had called the little baby boy) raised without a mother's love but with bear milk, became very strong. For a long time the boy and the bears strolled through the woods, keeping high up to the mountains all the time. But when Hansl grew older, he left his hairy friends and dared walking down to the valley, where there were fields, houses, villages, and people. The locals started to call him the "Bärenhansl" because of his bear forces.

On his wandering during a beautiful afternoon the Bärenhansl met a coal burner, who was so strong that he could pull out trees with their roots. He slapped the branches with his hands from the tree trunk like blades of grass. Then he split the trunks with the edge of his hand and burned coal out of them. The Bärenhansl spoke to the coal burner: „You are a strong guy! We could travel around the world together and make our fortune. We are both so unbelievable strong that we could achieve everything in the world without having to work hard. Come with me.“

The coal burner agreed so they moved on until they came to the foot of a high mountain range. On a slope they saw a miller, who blew so hard that he drove seven windmills with his breath. „He suits us,“ said the Bärenhansl, „we’ll take him with us.“ He spoke to the miller and this one agreed, too.

So they were three and decided to take a look at the world and take everything that they liked. They climbed the great mountain range, until they came to a castle that stood on a high rock and looked like an eagle’s nest. “Let’s make ourselves comfortable here”, the Bärenhansl shouted and hit his fist so hard against the castle gate that it broke out of the hinges and the mortar crumbled from the walls. „Hey”, the coal burner roared, „is nobody here? We are hungry and thirsty and tired, too!” As no one answered, the miller whistled so violently that the door and gate and shutters opened and closed like in a hurricane and some glass went to pieces. Then he shouted loudly: „Come out or I’ll come in and blow out the light.”

A dwarf appeared in the courtyard. He looked very old and did not say anything. He just nodded his head and with a few gestures he showed the three strong men to come into the Knight’s Hall. There was food and drinks in abundance and they ate and drank until they were full.

Later, three maids came in and gave them different drinks until everyone was drunk. They jeered at the maids and made fun of them. That was why the dwarf became very furious, pulled out a fist-sized crystal, held it up, and said in an angry voice: „You think you can afford everything, but I predict that neither in the mountains nor in the valleys you will ever find a wife.” He shattered the crystal at the feet of the Bärenhansl and at once the maids, the dwarf and the castle vanished into thin air. Hansl said: „Never mind. If we do not find a woman in this world, then we get one from the underworld.”

So it happened that the three men were led by a hunter (who later turned out to be the devil) onto a mountain from which one could ascend to the underworld. At first the hunter held on tight to the rope and lowered them, but then he cut off the rope so that they fell down and there was no coming back. At first they were terrified, but then they heard an exotic music and foreign fragrances. They followed the sound and came to a cave filled with seductive women and wild men drinking and eating out of golden cups and plates.

The three men felt at ease here and gave the women all the gold they had plundered on their journey through the world. When they had no gold any more, the women asked for meat, namely human meat. Hansl was very scared of hearing that and said: „We have to get out of here!” But the women shouted: „You have no rope with you, but we carry you into the upper world, if you only give us meat!” So three women took the three strong men on their back and marched up. But every hundred meters they stopped and cut a huge piece of meat out of Bärenhansl, the coal burner and the miller.

When they reached the top, the dear sun saw only three lifeless, naked giants with nothing left on their bones: The Three Peaks (Drei Zinnen) of today. The underworld women, however, disappeared with laughter in the darkness of their caves.

Hiking

How to behave in our nature
Trekking tours:

- Campo di Dentro valley
- Walk around the Lago di Dobbiaco
- Source of the Drava River
- Lake Lago di Braies
- Olperls Nature Park on Mount Elmo
- The Three Peaks

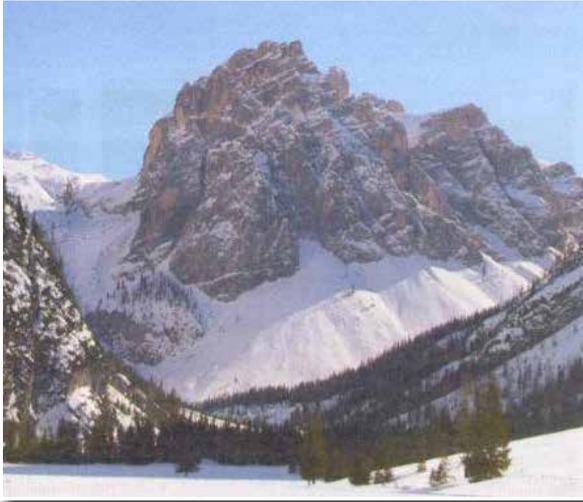
How to behave in our nature

- Please throw your garbage in the provided refuse bins.
- Enjoy your picnic, but take the garbage home with you. Guests and locals are looking forward to a clean environment.
- For safety reasons, walk on marked trails.
- Keep your dog on a leash and do not let him run free through the fields. Please do not walk carelessly through fields and meadows that still need to be mowed. Farmers will be thankful!
- We have many bike paths around Versciaco and San Candido. Please do not cycle through fields.
- It is prohibited to light fires in the forest and on surrounding fields.
- Only pick those flowers that are not under protection.



Trekking tours

Campo di Dentro valley and Dreischusterhütte hut



The Campo di Dentro valley with Mount Morgenkopf

The Val Campo di Dentro offers something special in every season. In spring, the meadows are covered with white and purple crocuses which blossom to say farewell to the winter.

In summertime, the highest peak of our Nature Park Sesto Dolomites, the "Tre Scarperi" peak, with its 3.152 m, towers far into the blue sky. In autumn, the intense yellow and golden colours of the larch trees at the entrance of the valley enchant every nature lover, while in winter the snow-covered valley reveals itself to hikers or cross-country skier from its most peaceful and contemplative side.

No matter where you stop with your family, whether along the Ixen stream in search of some cool water, on the Antonius stone for first climbing attempts, in the midst of pine trees in search of cones for a homemade liquor, on the wide field below the hut or even further back in the valley, where paths rise steeply up to the most famous mountains of the nature park Sesto Dolomites, the Campo di Dentro Valley will impress you with its natural landmarks. Back in 1912, the former Dreischusterhütte was built entirely out of wood. However, it burned down after ten years. It was then re-built as a brick house but finally abandoned because of poor materials.

The actual Dreischusterhütte was built around 1975 by the South Tyrolean Alpine Club. The hut is open both in summer and winter. The hut, embedded in a beautiful landscape, is a worthwhile hiking destination.

Directions:

On the road from San Candido to Sexten turn right after about 3 km into the Val Campo di Dentro. Free parking available (at about 1350m). During some months of the year, within 11am, cars are allowed to reach and park in the second parking area „Antoniusstein“ (1500 m). Road will then be closed until 4pm, nevertheless driving back from the 2nd parking area is possible at any time.

The hut Dreischusterhütte

Starting point: first parking area
Destination: Dreischusterhütte
Difference in altitude: approx. 280 m
Time required: 1.5 hours easy hike
Difficulty: Easy. Nice family hike



The Dreischusterhütte with the chapel Innerfeldkirchl

Directions:

From the car park follow the paved road (trail n. 4) to the second car park. From here you can choose if either keep walking along the road or take the shortcut that leads you through the forest until you get back on to the road. There follow the sign to the „Gsellwiesn“: after about 20 minutes you reach the broad opening onto the valley Campo di Dentro with its charming hut (1626 m).

Not far away from the hut stands the neo-Gothic „Innerfeldkirchl“. This chapel is considerably older than the hut and was probably built together with the first refuge around 1912.

What's on offer for the kids:

- A play ground near the hut
- A large, even field below the hut
- A climbing garden south of the hut
- An easy hike
- and many beautiful streams

... and what's on offer for everyone:

- A sun terrace
- Excellent local specialties, homemade soups, starters, main courses and cakes
- A magnificent view of the massive: Morgenkopf and Haunold
- In winter, the hut can be reached not only by walkers, but also by cross-country skiers or walkers with toboggans (toboggan rental in the hut).
- Sleighing down the hill is great fun for the whole family.

(Text sources and fotos Val Campo di Dentro with Morgenkopf: Hanspaul Menara,
Foto Dreischusterhütte: Innerkofler family, Dreischusterhütte)



Walk around the Lago di Dobbiaco nature resort Fanes-Sennes-Prags

The very nice natural area along the Lago di Dobbiaco in the Landro Valley is a popular destination for a Sunday walk for the whole family.

Since 2000, a didactic trail with several stations leads through this nature resort. Visitors get to know many interesting things about flora and fauna and discover the most fascinating secrets about nature in the Dolomites.

It takes about 1,5 hours to walk around the lake, which is also for visitors with prams and wheelchairs easy to handle.

Along the path there are eleven stations with the following themes:

1. How the Lago di Dobbiaco formed
2. Spruce and pine forest
3. Woodpeckers
4. Colours in nature
5. Aquatic birds
6. The silting zone
7. Tasks of the riparian vegetation
8. The water's way on the example of the Rienz-River
9. Playground
10. Amphibious
11. Fish



Family hike: Source of the Drava Drava River



A very easy family hike with no significant inclines. The outward route goes almost entirely through woods, a very peaceful setting. The destination is the source of the Drava river between San Candido/Innichen and Dobbiaco/Toblach. You can drink the water directly from the little fountain: you're unlikely to find fresher, clearer water anywhere.

Route description:

Park your car at the valley station of the Haunold chairlift or travel there by bus. The hike begins by going up to the tennis courts and then walking towards Dobbiaco on trail no. 28A to the source of the Drava. The nicest way to return is along the same route. Alternatively, you can continue on the same trail to Dobbiaco railway station (a further 45 minutes). From there you can easily return to San Candido by train.

Tour details

Length:	2,4 km
Altitude:	47 m
Difficulty:	easy
Start point:	1175 m
End point:	1215 m

(Text source and fotos: www.innichen.it)



Lake Lago di Braies



In summer, lake Lago di Braies in South Tyrol reflects colours in all shades from green to blue, in winter Lago di Braies is covered with ice and snow. In winter and summer this jewel is the starting point for hikes, ski tours, snowshoe hikes and walks. Nordic Walkers are also very well catered for.

According to legend, once upon a time savages dug in the mountains for gold and precious stones. The local herdsmen were jealous and tried to steal the treasures

collected by the savages. They were unsuccessful because the savages opened up an underground spring and sunk their treasures in the lake this spring created.

Very brave souls dive into the ice cold crystal clear water of Lago di Braies and, a few strokes later, let the sun warm them up again. Those who prefer a more relaxed life can chill out with a spot of fishing.

From June to end September you can hire nostalgic rowing boats that up to 100 years ago had been the only way of reaching the Southern shores of the lake.

Backdrop for the Italian television series “Un passo dal cielo”

Lake Lago di Braies is also the backdrop for the Italian television series “Un passo dal cielo” with Terence Hill, and now with Daniele Liotti. Between 2010 and 2018 four series with some 70 episodes were filmed. In the programme, however, the lake is called “Lago di San Candido”.

Arrival:

By car, bus or train to Niederdorf/Villabassa and thence to Braies Valley until the end of the valley. Parking along the street and against payment.

(Text source and fotos: www.drei-zinnen.info)



Olperl's nature park on Monte Elmo



The entrance to the new nature park is right next to the Monte Elmo mountain station and invites you to meet Olperl's best friends – in the realm of the animals' mountain world. As you walk, you'll come across 10 special and very exciting places - with fantastic views of the Sesto Dolomites.

BAREFOOT in Olperl's footprints

The highest barefoot trail in the Dolomites at 2,150 m above sea level is the healthy and enjoyable way to explore Olperl's Nature Park. Soft moss, fragrant larch trees, stone slabs and shingle stimulate the foot reflex zones, before you immerse your feet in the cool spring water – so refreshing.

Olperl's story

Once upon a time in Sesto/Sexten, there lived a mysterious being who went by the name of "Olperl". Neither man nor beast, by day it would hide in the depths of the forest. Only when night began to fall would it emerge as a mischievous goblin, having great fun frightening farmers and hikers by whistling loudly. The people in the valley only knew it by its luminous eyes as big as saucers. Today the Olperl is still said to wander around the Sesto mountains like a ghost, playing all sorts of practical jokes on people.

But the Olperl was not and is not evil: all the animals in the forest and the mountains are his friends. Olperl likes climbing in competition with his friends, playing hide and seek with them and sometimes teasing them. It is also very, very crafty and loves gorging itself on the fruits and berries of the forest.



(Text source and fotos: www.dreizinnen.com)



Summer-walk around the Tre Cime/Drei Zinnen/Three Peaks

The Three Peaks are the symbol of the Alta Pusteria: They belong to the most famous mountains of the Dolomites. The Dolomites were declared a UNESCO World Heritage Site in 2009. This is a very special accolade that confirms not only the globally unique character and incomparable beauty of this mountainous landscape, but also its integrity.

Route description:

From the Rif. Auronzo/Auronzohütte hut, on the south side of the Three Peaks, the mountain trail no. 101 passes at the Lavaredo hut (2,344 m) and climbs gradually up to the Forcella Lavaredo/Paternsattel (2,454 m). Here you will catch the first stunning glimpse of the 500-metre-high north faces of the Three Peaks (approx. 1 hour to here; recommended even for inexperienced hikers). Descending slightly the trail crosses beneath the Paternkofel mountain to the next fork:

a) an easy climb up to the Rif. Locatelli/Dreizinnenhütte hut (2,405 m)

b) at the left, the trail no. 105 continues to the Lange Alpe Alpine hut and further on to the Lange Alpe lake. The walk continues at the western side of the Three Peaks to the starting point.

Tour details:

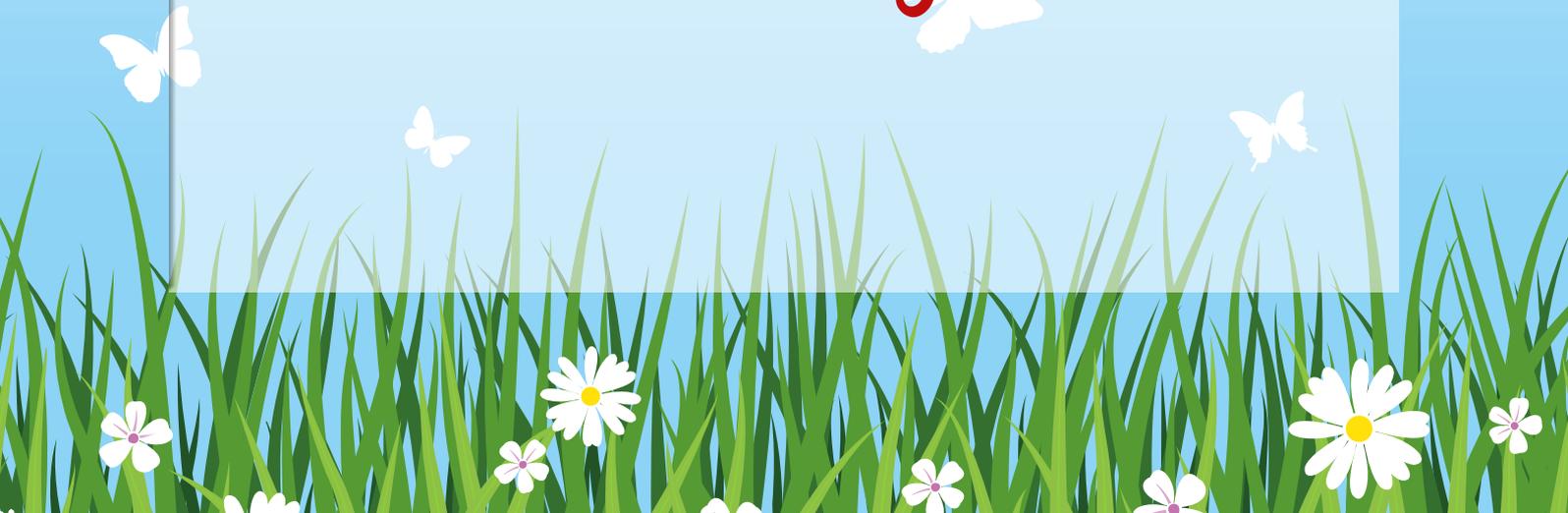
Difficulty:	easy
Length:	8,8 km
Duration:	4:00 Std
Ascent:	550 m
Descent:	550 m

(Text source and fotos:
www.innichen.it)



Sports

Skiing
Cross country skiing
Snowshoe hiking
Tobogganing
Cycling
Swimming



Skiing

We are the ideal ski resort for connoisseurs, who, after various skiing experiences, have found this modern ski resort in the Italian Dolomites, where skiing as a sport is still the focus and where relaxed time with friends and family in a spectacular nature is of greatest importance. 110 km of slopes on 5 connected mountains are waiting for you.

The skiing areas:



Three Peaks Dolomites

The three mountains Monte Elmo, Stiergarten and Croda Rossa, which are connected to each other, are the center of the Three Peaks Dolomites ski resort. It enthral visitors with its perfectly prepared pistes for all abilities, guaranteed snow and stunning views.



Family paradise Baranci

Located in San Candido village centre, the 4-seater chairlift takes guests up to the Baranci mountain station, a paradise for families at 1,500 m above sea level: five lifts, 23 km of slopes, four ski huts and a flood-lit slope for night skiing make the enjoyment of skiing perfect.



Marc Girardelli slope on Passo Monte Croce

Marc Girardelli from the Vorarlberg, formerly the best racing skier in the world, used to train at the Passo Monte Croce, where German and Italian culture meets. Since that time the slopes at the foot of the Cima Nove have borne his name.



Ski dwarfs - Waldheim

Everyone was a beginner once and skiers are no exception. Dreams of skiing become reality on the gentle pistes of the Waldheim lifts. This is where ski instructors make learning the first moves great fun.



For Fun & action - Rienza

The three lifts in Dobbiaco are great for fun and action. This is a meeting point for the free-style scene that features the region's only giant airbag and is also the preferred training ground for world's best ski racers.



For beginners - Braies

The ski area below the north face of the Picco di Vallandro may be small but it packs a big punch. Situated in a fairy-tale landscape, this is the perfect place for families to get their first skiing experiences and enjoy a wonderful haven of peace and quiet.

(Text source and fotos: www.dreizinnen.com)

Cross-country skiing

A 120 km long well-tracked trail network for cross-country skiing guarantees an incomparable skiing experience from December until the end of March in San Candido, Sesto and Dobbiaco.

Lake Lago di Dobbiaco: Start point: Cross Country stadio Dobbiaco
Height difference: 90 m
Length: 8 km
Difficulty: medium

Three-Peaks: Start point: Dürrensee
Height difference: 50 m
Length: 5 km
Difficulty: easy



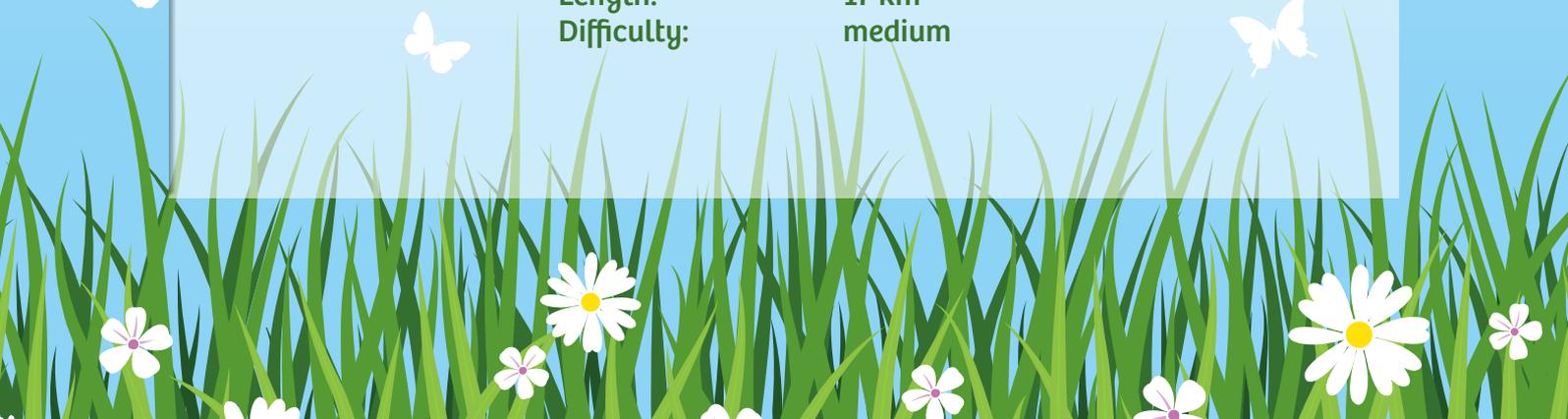
Alta Pusteria: Start point: Tourismusverein Toblach
Endpunkt: Vierschach
Height difference: 35 m
Length: 10 km
Difficulty: easy (perfect for beginners)

F.I.S. homologized training track : Start point: Cross Country stadio Dobbiaco
Height difference: 150 m
Length: 2,5 / 5 / 7,5 / 10 km
Difficulty: difficult

Sesto: Start point: Hotel Dolomitenhof
Endpoint: Innichen
Height difference: 279 m
Length: 11 km
Difficulty: medium-difficult

Landro: Start point: Cross Country stadio Dobbiaco
Endpoint: Cortina
Height difference: 610 m
Length: 30 km
Difficulty: easy-medium

Alta Pusteria Marathon: Start point: Dobbiaco Airport
Toblach-Niederdorf: Endpoint: Niederdorf
Height difference: 122 m
Length: 17 km
Difficulty: medium



Snowshoe hiking

With snowshoes through the still winter landscape is to experience nature at its best, in the clear alpine air and the beautiful landscape in the Dolomites.

Some snowshoe tours:

- Bagni di S.Candido - Jorahütte hut - Riese Haunold Hütte hut
- Sesto - Casella di fuori
- Gasthof Restaurant Jaufen - S.Silvester chapel
- S. Candido - Waldkapelle chapel - Jägerhütte hut
- Val Fiscalina - Drei Zinnenhütte hut
- Drei-Zinnen-Blick - Valle Rienza
- Misurina - Monte Piano



Don't hesitate to contact us for detailed information!

Tobogganing

Tobogganing is one of the most popular winter sports. Try it and combine the healthy climb on foot or comfortably by cable car with a speedy run down. A tobogganing session is always great fun, especially when there are as many attractive runs on offer as in the holiday region Three Peaks in the Dolomites. Children under 14 must wear helmets.

SAN CANDIDO

- Baranci 1: Start and end point is the lift at Monte Baranci (length: 2,3 km).
Baranci 2: The second toboggan track is a forest path to Bagni di S. Candido.
Campo di dentro: Beautiful and easy track (see our trekking tours)

SESTO

- Croda Rossa: Start point is the top station of Croda Rossa lift, length 5 km and a height difference of 600 m.
Signaue: Start point is the top station of Signaue and end point is the valley station.

Don't hesitate to contact us for detailed information!



Cycling

San Candido and the holiday region Three Peaks in the Dolomites are not only a paradise for hikers and mountain climbers but also for cycling fans and mountain bikers.

Here some tours:

- the classic Drau cycle path from San Candido to Lienz in Austria
- the Val Pusteria valley cycle path to Mühlbach/ Rio Pusteria
- from Versciaco to Lake Lago di Dobbiaco and back
- from Dobbiaco to Cortina on the old railway line
- MTB-Tour Monte Versciaco - Lachwiesenhütte
- MTB-Tour Marchkinkele
- MTB-Tour Monte Elmo via Versciaco



Please ask for detailed information!

Swimming



Alpin Erlebnisbad Acquafun in San Candido
75m long water slide, flow channel , whirlpool,
sauna world, fitnesscenter!
www.acquafun.com



The natural swimming lake in Dobbiaco
swimmers' section 37x16 m, maximum depth 2 m,
non-swimmer's section is fashioned as a
children's pool with a depth of 0.6 m to 1.35 m.
Tel: +39 0474 972529



Dolomitenbad in Lienz (Austria)
Pools, multi purpose pool, kids area, spacious
outdoor pool, 90m long water slide, sauna!
www.dolomitenbad.at

Sightseeing

also as bad-weather-program

Nature Park Visitor Center Dobbiaco
Alpine dairy Three Peaks
Folklore museum Teodone
Climate Gallery Prettau
Museum of the nativity: Maranatha
Herb farm Kräutert Hof Hauser
Churches and chapels
Monastery museum San Candido
Bagni di San Candido

Sightseeing in Pusteria Valley



Nature Park Visitor Center

The exhibitions at Drei Zinnen / Tre Cime Nature Park Visitor Center, which is located in the cultural center Grand Hotel in Neu-Toblach / Dobbiaco Nuovo, provide insight into Drei Zinnen / Tre Cime Nature Park and the eastern section of Fanes-Sennes-Prags / Fanes-Sennes-Braies Nature Park.

The center offers information concerning the natural and man-made landscapes of both parks, the geology of the Sexten / Sesto Dolomites, the military conflict that raged along the Dolomite front, the beginnings of Alpine mountain climbing, and the history of tourism in Hochpustertal / Alta Pusteria valley.

Opening hours:

Open from Tuesday through Saturday from 9:30 to 12:30 a.m. and from 2:30 to 6:00 p.m.

July and August also open on Sundays and Thursday from 6:00 to 10:00 p.m.

<https://nature-parks.provinz.bz.it/drei-zinnen/nature-park-visitor-center.asp>

Alpine Dairy Three Peaks

With the opening of in September 2004 the alpine dairy Three Peaks offers for the first time the possibility to visit the production of cheese and dairy processing. After taking a view on the history and development of cheesemaking in the museum the production can be visited on a guided tour. Certainly all the products of the alpine dairy can be degustated afterwards.

Opening hours:

Tuesday - Saturday: 8:00 a.m. - 7:00 p.m. & Sunday: 10:00 a.m. - 6:00 p.m.

Closed on Mondays (except high season)

www.3zinnen.it



Folklore Museum in Dietenheim/Teodone



The Folklore Museum in Dietenheim near Bruneck lies in the heart of the Pustertal valley. It shows the environment of the everyday life of rural population of the past – from the landed gentry and the self-sustaining peasantry to the day labourers. The centrepiece is the baroque Mair am Hof residence with its stately rooms and ethnological collections. The appendant farm building houses numerous agricultural implements and vehicles.

The open-air site containing old, original farmhouses, craft workshops, farm gardens and domestic animals invites visitors to stay and recounts the everyday life of earlier times.

Opening hours:

opened from Easter Monday to 31st October

Tuesday to Saturday: 10 am - 5 pm

Sunday and Holidays: 2 pm - 6 pm

in August open every day - last entry 1 hour before closing

www.volkskundemuseum.it

Climate Gallery Prettau

The adventure tour for everyone. Take the mine railway one kilometre down into the St. Ignaz Gallery, then from the underground station walk through the show galleries. Warm clothing is necessary, strong footwear recommended. Temperature in gallery: + 8°C.

Opening hours:

open from end of march until end of october - monday day of rest (except august)

www.ich-atme.com



The museum of the nativity: Maranatha in Luttach/Luttago

The museum of the nativity in Luttach was opened in December 2000 after four years of building and is constantly changing its exhibits. The concept originated from the genial idea of Paul Gartner. The word „Maranatha“ is an Aramaic exclamation which was probably used by early Christians. Possible meanings are: „Our Lord has come“ (maran atha) or „Our Lord will come“ or – and most probable - „Our Lord come!“

In two big showcases in front of the entrance of the artist-studio, household and farm equipment are presented in miniature form, also a miniature mill and carving tools. Visitors are astonished to see how many tools the farmers made themselves. Next to that a series of roughly carved heads shows the development of the art of carving.

Opening hours:

Mon to Sat: 9 am to 12 am and 2 pm to 6 pm

Sunday: 2 pm to 5 pm

Open all year

www.krippenmuseum.com



Herb-farm Kräuterhof Hauser in Wielenberg

Explore a fascinating world of herbs, legends and myths. An archaeological exhibition with archaeological finds from the farm invites you to a journey through time back to the origins...

Opening hours:

Usually monday to friday 09:00 a.m. to 12:00 a.m. and 3:00 p.m. to 6:00 p.m.

In July and August as well on Saturdays and Sundays.

www.kraeuterhof.it





Churches and Chapels in San Candido

San Candido boasts many churches and chapels. Particularly worth seeing is the collegiate church in San Candido, which is said to be the most beautiful sacred building in the Eastern alpine region. Also recommended is the Romanesque parish church of St. Michael, and up on a hill the parish church St. Nicholas in Prato Drava.

Monastery museum San Candido

In the shadow of the distinguished collegiate church there is an equally historic building, the outside of which has remained unchanged since the 16 century. The Eastern part dates back to the 10 century to the times of the Benedictine monastery founded in 769 by Duke Tassilo III, which, in 1143, became a collegiate monastery. The Western part was built around 1385 and was given its current design in the 16 century.

For current opening hours please contact the tourist office in San Candido
Tel. 0474 913149

Bagni di San Candido

Utilising the five mineral springs that originate here as health spas dates back to the Middle Ages, although the first recorded spa is only mentioned in the 16 century. In 1859 the sanatorium of Dr Johann Schreiber was built here. At the turn of the century it was extended to become the Grand Hotel Wildbad. Around 1939 the impressive building was auctioned and left to the ravages of time. There were plans to use the building again but its future is still uncertain.

Nevertheless, the area with the well and the beautiful meadows is an idyllic local recreation area. "Feeling, touching and tasting water" is the theme of the barefoot course.



Tyrolean specialities

Knödel - dumplings

Schlutzkrapfen

Tirtlan

Apple strudel

Strauben

Hefezopf/Buchten



Speckknödel - Bacon dumplings

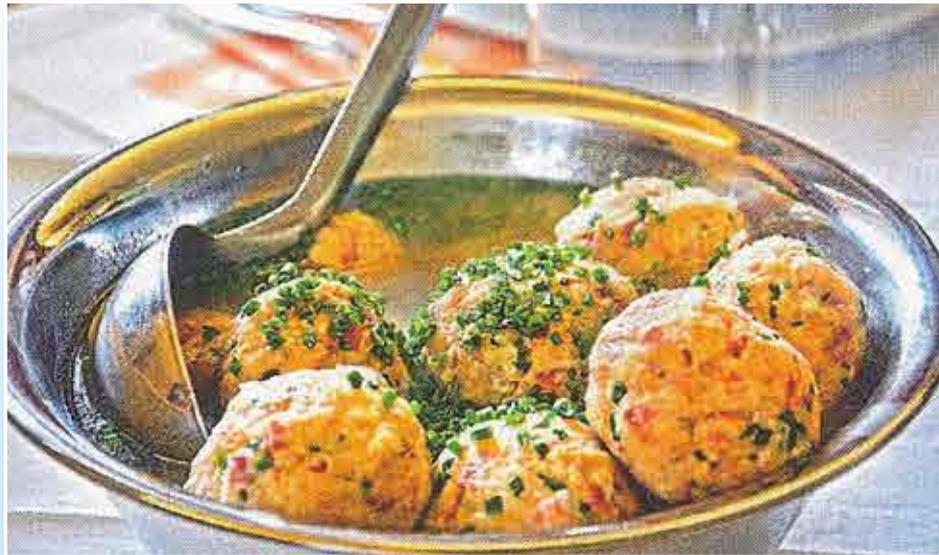
For four people (8 dumplings)

Ingredients:

80 g of Speck or bacon, cut into small cubes
half an onion
150 g of stale white bread
20 g of butter
40 g of flour
100 ml of milk or water
2 eggs
1 tablespoon finely chopped parsley or chives
salt

Preparation:

Cut the white bread into small cubes. Fry the finely diced onion in the melted butter and mix it with the sliced white bread. Now add the flour and bacon. Mix the eggs with the milk, the parsley and the salt, pour it over the bread and mix it well. Let the dumpling mass soak for about 15 minutes. Then form round dumplings and cook them in salted water for 15 to 20 minutes.



Schlutzkrapfen

For the dough:

250 g of rye flour

250 g of wheat flour

2 eggs

salt

1 tbsp oil

lukewarm water as needed

For the spinach stuffing:

40 g of butter

1 small onion

500 g of spinach

1 clove of garlic

salt, pepper, nutmeg

1 tbsp parmesan

250 g of ricotta

To serve:

Butter and Parmesan cheese

Preparation:

Mix all ingredients into a solid dough and let it rest. Meanwhile, wash the spinach well, boil it in salted water, drain and squeeze it well.

Braise the finely chopped onion in butter, add the finely chopped spinach, season with salt, pepper, nutmeg, parmesan, and garlic and mix it with the ricotta cheese. Leave the mass to cool.

Roll out the dough thinly, cut out round pieces with a round cookie cutter, put some spinach-ricotta-mixture on it, fold it up and press the edges firmly together.

Put the Schlutzkrapfen in boiling salted water, boil them briefly, drain them, sprinkle them with parmesan (and with chives if you like), pour melted, brown butter over them and serve hot.

Note: These Schlutzkrapfen are also delicious with a potato-ricotta-stuffing. In this case use boiled, mashed potatoes instead of spinach and season them with chives.



Tirtlan with spinach-ricotta-stuffing

Ingredients for the dough, makes 30 Tirtlan:

250 g of rye flour
250 g of wheat flour
1 egg
1 tablespoon of oil
lukewarm water
salt

Ingredients for the stuffing:

about 200 g potatoes, cooked and mashed
about 300 g of spinach, cooked and finely chopped
about 300 g ricotta (not wet)
herbal salt
chives



Preparation:

Mix all ingredients into a solid dough. Let the dough rest for half an hour. Form a long roll from the dough, cut it into small slices and roll these ones out into thin slices with the rolling pin. At last cut out small, round slices.

Put the stuffing on one of the pastry slices, place another slice of dough over it and press the edges firmly together all the way around.

Put the Tirtlan on a lightly floured cloth and fry them in hot oil until golden brown.

Note:

The Tirtlan taste best when they are still warm. But you can also eat them cold. For an aperitif reception Tirtlan are delicious, too. They also look especially nice for such an occasion, if they are cut out even smaller in diameter. As an alternative, you can also use a stuffing made of potato-ricotta or sauerkraut.



Apple strudel

Ingredients for the dough:

125 g of butter
150 g of sugar
half a knife-tip of lemon peel
half a sachet of vanilla sugar
2 tbsp of milk
1 egg
250 g of flour
half a sachet of baking powder
1 pinch of salt

Ingredients for the stuffing:

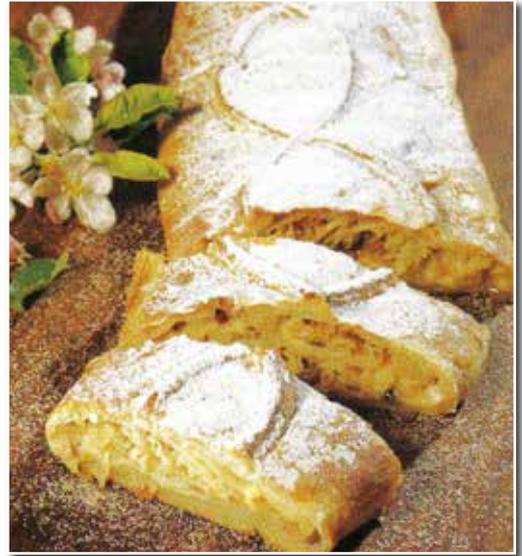
600 g of apples
50 g of sugar
50 g bread crumbs, roasted in some butter
40 g of sultanas
20 g pine nuts
2 tbsp rum
1 sachet of vanilla sugar
half a teaspoon of cinnamon
a knife-tip of lemon peel

Preparation:

Mix the butter with the sugar, the lemon peel and the vanilla sugar in a bowl and knead to a homogeneous mass until no pieces of butter can be seen any more. Add the eggs and the milk, the flour and baking powder. Let the dough rest for about half an hour before use.

Peel and core the apples, cut them into small slices and mix them with the sugar, the crumbs, the sultanas, the pine nuts, the rum, the vanilla sugar, the cinnamon, and the grated lemon zest. Preheat the oven. Roll out the dough on a floured pastry board approx. 40 x 26 cm and place it on a buttered or paper lined baking tray. Put the apple stuffing on the dough and roll it into a Strudel.

Brush the strudel with the whisked egg, decorate it with a piece of dough and bake it in the oven at 180 degrees for 35 minutes. Then sprinkle the Strudel with icing sugar.



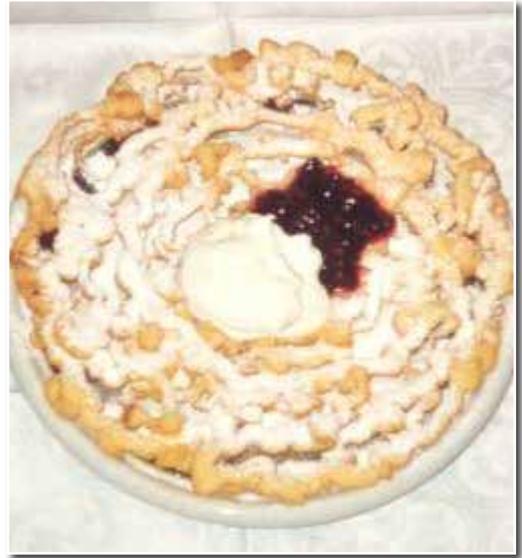
Furthermore:

- 1 whisked egg for brushing
- powdered sugar for sprinkling

Strauben

Ingredients for four people:

200 g of flour
250 ml of milk
20 g of melted butter
3 egg yolks
20 ml of brandy
3 egg whites
1 pinch of salt
50 g of sugar
baking fat for baking
icing sugar for sprinkling



Preparation:

Stir the flour and milk until smooth. Then stir in the melted butter, the egg yolk, and the brandy. Lightly whip up the egg whites with the salt and then add the sugar to the beaten egg whites, at last mix it loosely under the dough.

In a shallow saucepan (about 25 cm in diameter) heat the baking fat to 170 degrees. Now let the dough flow through a stry funnel circularly from the center into the hot fat and bake the Strauben on both sides until golden brown.

Remove the Strauben from the fat and leave it to drain on a kitchen crepe. Sprinkle them with icing sugar before serving and decorate them with whipped cream and cranberry jam.



Hefezopf/Buchteln

Ingredients:

250 g of potatoes, cooked and mashed

500 g of flour

40 g of yeast

80 g of sugar

4 egg yolks

80 g butter

salt

vanilla

lemon peel

rum

about one eighth of lukewarm milk



Preparation:

Mix the yeast with the milk and some flour and let it rest („Dampfl“). Heat the butter gently. Mix all the remaining ingredients and knead well until it bubbles. Cover with a cloth and let it rest at room temperature until it has doubled its volume. Form braids out of the dough and let them rest again. As an alternative, you can also form Buchteln, fill them with jam, roll them briefly in melted butter, put them in a baking pan and let them rest again. Bake at 180 degrees for 30 minutes.

Have fun cooking and baking!
Yours Marianna



...and here comes a special recipe
for happiness:

In a large bottle of water add the following and mix.

A teaspoon of patience

A teaspoon of zeal

A tablespoon of faith

A tablespoon of kindness

A tablespoon of sincerity

Two tablespoons of tolerance

Two tablespoons of confidence

Two tablespoons of courage

Two cups of hope

Two cups love

Take the mixture to the woods and breath natures breath
and sip until you finish the potion.

Just remember,

happiness is achieved more fully from doing good than from being good

