Acacias, pomegranates, oleanders, agaves contribute equally to its southern Mediterranean shrubs, evergreen bushes, half-shrubs and succulents (e.g. olive trees, physician, anthropologist and botanist Dr Franz Tappeiner (1816-1902). His generous Gorge or the Ponte Romano (past the Gunpowder Tower), via the Tiroler Steig be upwards to Via Zenoberg and the Tappeiner Trail.

THE TAPPEINER TRAIL
- One of the longest and most beautiful high-level promenades
- Ideal for hikers, nature lovers, and families
- Accessible all year round
- Altitude gain: approx. 60 m
- Total length: about 4 km
- Walking time (round trip): 1 km
- Difficulty: very easy (universally accessible, family and pram-friendly)
- Accessibility: very easy (universally accessible, family and pram-friendly)
- Baby pushchair access: from Via Galilei, from the Gilf Promenade,

The Tappeiner Trail is one of the longest and most beautiful high-level promenades. It starts in Merano and leads uphill to the Gilf Promenade, offering wonderful views from a height of 380 m. There are several entry and exit points: at the Gilf Promenade, via the Tiroler Steig.

THE GILF PROMENADE
- The entrance to the Tappeiner Trail in close proximity to the Prince’s Castle (Via Galilei) features a series of small, almost hidden terraces, which can be used as an alternative to the winding main path. Steep stone steps lead up to the platforms,
- The Mediterranean Terraces
- The Plant figures
- The public herb garden
- The Scented Garden
- The Belvedere
- The Gunpowder Tower
- The Roman Bridge

THINGS TO SEE ALONG THE GILF PROMENADE
- A must-see along the Gilf Promenade are the Plant figures (2) located in close proximity to the Prince’s Castle (Via Galilei). This is often erroneously called “Ponte Romano”, probably on condition of its unique position linked Maia Alta to the town center.
- Naif Valley. The Passer River was diverted along the side of the valley and, over thousands of years, formed a new path through the rocks. These witnesses to primeval forces indicate how the surrounding landscape was shaped by the enormous power of the elements that created it.
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Walking is healthy, that much we know. Just how healthy was established in the 19th century it was used for storing gunpowder, hence its name. Its unique position linked Maia Alta to the town center.

Further information about the Algunder Waalweg:
- Exercise can continue along the Algunder Waalweg, a path that follows an ancient irrigation channel.
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Merano has been a vibrant center for health and therapy, particularly in winter. The Summer Promenade extends on the opposite side of the river, and patients happily visited the sunny, wind-shielded promenade in the course of their therapy, particularly in winter. Dr. Franz Tappeiner contributed this covered Art Nouveau arcade to the Winter Therapeutic Domicile in 1911. With a story to tell.

Many prominent personalities from non-German speaking regions and film buffs have visited Merano. The charming Habsburg sovereign, affectionately nicknamed Sissi, made her winter residence for her health. With its many visitors, the town of Merano became a health resort of great renown: Whoever could afford it made the Gisela Promenade in honor of Empress Elisabeth's daughter. Sissi could be seen almost every day at the Kurhaus spas with Gisela and her younger sister, Marie Valerie.

A majestic trail with a special telegraphic connection between Pienzenau Castle, Rubein Castle and Rottenstein Castle was established. Dandants first arrived in Merano, Pienzenau’s outbuildings were restructured to house the needy, granting eyesight to many. Karl Theodor, Sissi’s favorite brother. The Bavarian Duke was held in high esteem beyond the borders of South Tyrol. Reminiscence of Bavaria.

To see and be seen (universally accessible). The path to this castle (first documented in 1394) leads past a lush park with venerable trees and a historic mill. The castle is surrounded by vineyards. The former imperial residence now houses the Touriseum, a unique blend of botanical garden and recreational facility. Trauttmansdorff's success is based on the concept of integrating nature, culture and art – together with its distinctive spirit that continues to live on. The Gardens of Trauttmansdorff Castle & the Touriseum

Since 2001, the sunny slopes above Merano have been home to the Gardens of Trauttmansdorff Castle & the Touriseum. A unique blend of botanical garden and recreational facility, Trauttmansdorff’s success is based on the concept of integrating nature, culture and art – together with its distinctive spirit that continues to live on.

A therapeutic domicile

The Gardens of Trauttmansdorff Castle & the Touriseum

Info:
Tel. +39 0473 255600 (Gardens) - Tel. +39 0473 255655 (Touriseum);
www.trauttmansdorff.it/en - www.touriseum.it/en

The Gardens of Trauttmansdorff Castle & the Touriseum