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## 24 HOURS IN

# Merano

**BY CARMEN & KLAUS ALBER**

Hoteliers | Aesthetes | Sweethearts



## MY PERFECT 24 HOURS IN MERAN

Our perfect 24 hours in Meran and the surrounding area begin with a lovely cup of coffee early in the morning on the panoramic terrace of our hotel, the **Miramonti Boutique Hotel** (read more about it here). All the way up the mountain at 1,230 metres above sea level, we're stationed on the plateau of Tschöggelberg and are able to enjoy a breathtaking view over Meran, the whole Etsch Valley, and the Vigiljoch.

After getting ready, we start heading to the mountain pasture **Gompm Alm** in the Hirzer area, which lies 1,800 metres above sea level, and is reachable either by cable car, departing from Saltaus or from Verdins. If you'd rather hike there from Saltaus, keep in mind that it will take you about three hours to go up, so you'd better take the cable car if you're feeling hungry! When we finally reach the alp we enjoy a hearty breakfast in the middle of the lush mountain meadow, with home-baked bread and other delicious local products. If we arrive around lunch time we definitely go for one of the dumpling dishes.

Another alp we love to go to is the **Seiseralm Gostner Schwaige** which is famous for its cheese dairy and its excellent local cuisine. The innkeeper and chef, Franz Mulser, also called the 'flower chef', is renowned for his unusual way of cooking, using everything produced by the farm and its surroundings.

If we only have time for a little morning workout, we just start walking from home, the Miramonti Hotel, and go up to the wonderful **Wurzeralm**, which takes us about one hour. Here we always have fresh buttermilk with raspberries before walking back again—yummy!

In the afternoon we drive down the valley and into Meran for a leisurely stroll along the **Winter- und Sommerpromenade** by the river Passer, beginning at the Postbrücke. The route of the **Tappeiner Weg** starts in Meran as well and is another wonderful walk which immerses you in subtropical flora and offers beautiful views of Meran Old Town. If you're up for a longer tour, you can even hike all the way to Dorf Tirol, passing Gratsch and continuing on the Falknerweg.

Or carry on to the lake **Montiggler See**, which is about thirty minutes away from Meran and is the perfect place to spend a hot summer day. About ten minutes (by car) from the lake is the restaurant **Stroblhof**, where we like to go when we're in the area to enjoy their fabulous Mediterranean-inspired cuisine and wine from their own vineyard.

Speaking of which, there are a few appealing vineyards in the area that are always worth a visit, especially if you're a gourmet, a connoisseur, or simply appreciative of the finer things in life. **Alois Lageder** is a family business, established in 1823, which is not only enriching society with their tasteful wines but also with cultural and artistic projects. Go and visit their **Vineria Paradeis** where you can have a quick espresso, join an extended wine tasting or learn everything about the grape's journey from the vine to the bottle.

**Manincor** at the lake Kalterer See is a very traditional and fantastic vineyard, too. Their main location, Manincore, is—due to the warm climate—an ideal area for producing excellent red wine.

For the fancy pants among you, we recommend a visit to the champagne factory **Sektkellerei Arunda**, which is located at a higher altitude than any other champagne factory in Europe.

If you're more of a coffee addict, the **Kaffeerösterei Kuntrawant** is the place for you. We like to support local brands, which is why you can also enjoy the Kuntrawant coffee in our Hotel Miramonti.

If we decide to stay in Meran for the afternoon, we enjoy a cup of coffee and a tasty piece of cake—'Sachertorte' is our favourite—at **Caffè Darling**, while sitting on their beautiful sun terrace.

A choice restaurant of ours is **Miil** in the little village Cermes on the vineyard Kränzelhof. Here you can join a guided tour which also takes you through the famous hedge maze of the estate. Look forward to an excellent dinner afterwards: their tasteful mix of Mediterranean and regional cuisine, along with the beautiful seating area in their lovely garden, keep us coming back whenever we feel like giving ourselves a little treat. If you're into fish, make sure to try the 'Steinbutt mit Spargel und Morcheln' (turbot with asparagus and morels), as it is quite delicious.

Afterwards we have our nightcap at the bar **Rossini**. We love coming here, these guys really know their long drinks and cocktails. Carmen usually goes for a Gin Tonic and Klaus currently prefers a Moscow Mule.

By the time we arrive back home at the Miramonti, the sky is already pitch black, the stars are shining above, and down in the valley the lights of Meran form a twinkling carpet that covers the entire city—this view will never get old!

We go to sleep with smiles on our faces, excited to spend the next day in our favourite place on earth.

*Enjoy exploring,  
Carmen & Klaus*

### MIRAMONTI BOUTIQUE HOTEL

#### SLEEP

St. Kathreinstraße, 14, Hafling, Bozen, Italy  
[www.hotel-miramonti.com](http://www.hotel-miramonti.com)

Visit the Miramonti Boutique Hotel, located high up on the mountain, and have a coffee on the panoramic terrace. Even better: stay here and enjoy the incredible view of the valley Etschtal and many more pleasures every day while you're here!



### GOMPM ALM

#### RESTAURANT

Gompm Alm, Schenna, Bozen, Italy  
[www.gompmalm.it](http://www.gompmalm.it)

Go up by cable car and enjoy a mouthwatering breakfast and the lush nature of the mountain.

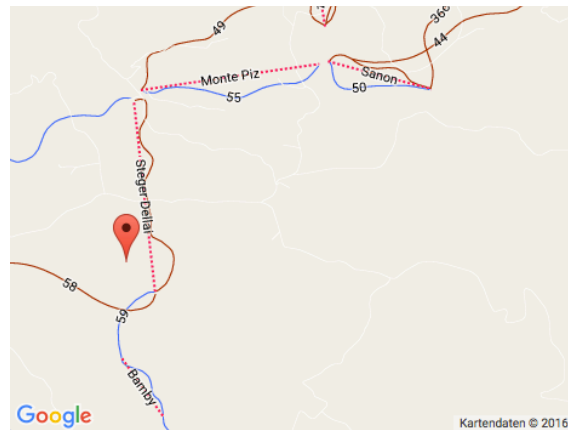


### SEISERALM GOSTNER SCHWAIGE

#### RESTAURANT

Gostner Schwaige, Via Saltria, Kastelruth, Bozen, Italy  
[www.aussergost.com](http://www.aussergost.com)

Indulge yourself in excellent local cuisine at this authentic mountain alp.



### WURZERALM

#### RESTAURANT

Wurzerweg, 38, 39010 Hafling, Bozen, Italy  
[www.wurzer-alm.com](http://www.wurzer-alm.com)

From the Miramonti Hotel it's around an hour's hike up to this wonderful alp. Don't miss out on a glass of fresh buttermilk (full to the brim of course) with fresh raspberries!



**WINTER - UND SOMMERPROMENADE**

ESCAPE

Sommerpromenade, Meran, Bozen, Italy

Stroll along this promenade and for your first impression of beautiful Meran!



**TAPPEINER WEG**

ESCAPES

Tappeinerweg Promenade, Meran, Bozen, Italy

Follow the route of the Tappeiner Weg and marvel at the subtropical flora and the views of Old Town Meran. If you keep on walking you can even make it all the way to the village Dorf Tirol.



**MONTIGGLER SEE**

ESCAPE

Via Monticolo, 55, 39057 Appiano sulla strada del vino BZ, Italy

One of the most wonderful lakes of the area, inside the nature reserve Montiggl. If it is still warm enough bring along your bathing suits, definitely do so!



**STROBLHOF**

RESTAURANT

Via Piganò, 25, Eppan, Bozen, Italy  
www.stroblhof.it

In case you're hungry after a long day at the lake, head to this traditional restaurant and gorge yourself on their fantastic Mediterranean cuisine.



## **ALOIS LAGEDER**

### RESTAURANT

Grafengasse, 9, Margreid an der Weinstraße, Bozen, Italy  
[www.aloislageder.eu](http://www.aloislageder.eu)

This family business has been producing first-class wine since 1823.



## **VINERIA PARADEIS**

### RESTAURANT

Piazza S. Geltrude, 10, Margreid an der Weinstraße, Bozen, Italy  
[www.aloislageder.eu](http://www.aloislageder.eu)

Try the produce of the vineyard Alois Lageder and partake in a wine tasting at the Vineria Paradeis.



## **MANINCOR**

### RESTAURANT

Strada del Vino, 4, 39052 Caldaro sulla Strada del Vino BZ, Italy  
[www.manincor.com](http://www.manincor.com)

If you're a fan of fantastic, full-flavoured red wine, then this is the place to go!



## **SEKTKELLEREI ARUNDA**

### RESTAURANT

Prof.-Josef-Schwarz-Straße, 18, Mölten, Bozen, Italy  
[www.arundavivaldi.it](http://www.arundavivaldi.it)

The Arunda champagne cellar focuses on the production of sparkling wine. Get yourself a bottle for special occasions!



## **KAFFEERÖSTEREI KUNTRAWANT**

### **RESTAURANT**

Mühlbachgasse, 23, Prad am Stilfserjoch, Südtirol, Italy  
[www.kuntrawant.com](http://www.kuntrawant.com)

Why not go for a coffee tasting for once? We love the Kuntrawant coffee and buy it for the Miramonti, too.



## **CAFFÈ DARLING**

### **CAFÉ**

Passeggiata Inverno, 3, 39012 Merano BZ, Italy

Sit right by the river Passer, have a cup of coffee and a heavenly slice of 'Sachertorte' (Sacher cake).



## **MIL**

### **RESTAURANT**

Gampenstraße, 1, Meran, Bozen, Italy  
[www.kraenzelhof.it](http://www.kraenzelhof.it)

Fine dining in a very romantic and beautiful garden. Our favourite dish here: 'Steinbutt mit Spargel und Morcheln' (turbot with asparagus and morels).



## **ROSSINI**

### **BAR**

Freiheitsstraße, 19, Meran, Bozen, Italy  
[www.rossini-bar.it](http://www.rossini-bar.it)

Have some great drinks at the stylish and laidback cocktail bar Rossini.

