



Best Alpe di Siusi Hike: Seiser Alm Meadows Circuit Trail

Blog > Europe > Italy > Dolomites



Alpe di Siusi (Mont Sëuc in Ladin, Seiser Alm in German), the largest mountain pasture in Europe, boasts 450 kilometers of hiking trails.

When visiting Alpe di Siusi for the first time, most people wrongly assume that it'll be obvious knowing where to go.

Trails fan out in multiple directions across this 56 square kilometer plateau in the **Italian Dolomites**. It's anything but obvious.

You need a plan.

From Compaccio/Compatsch, you can hike across the plateau and **ascend to the Sciliar/Schlern plateau to Rifugio Bolzano**. You can also cross the Alpe di Siusi meadows and hike over the Denti di Terrarossa/Rosssähne peaks to **Rifugio Alpe di Tires**.

Another option is to descend to Saltria via the **Hans and Paula Steger Trail**.

From the Ortisei-Alpe di Siusi gondola mountain station, you can follow **trail 9 to Saltria and onwards to Monte Pana and Santa Cristina**.

The **reason** we're writing yet another Alpe di Siusi hiking guide is that we wanted to create a scenic circuit trail that you can do from either the Ortisei-Alpe di Siusi gondola mountain station, or Compaccio.

Furthermore, we wanted to recommend a route that **stays on the Alpe di Siusi plateau the whole time**.



mountains, or descend to the valley.

Throughout the hike, there are sweeping views of the impressive Sassolungo/Langkofel Group, Catinaccio/Rosengarten Group, the Sciliar/Schlern Group, and even the Odle/Geisler Group.

This satisfying Alpe di Siusi hiking trail also steers you to some of the most celebrated gourmet alpine pasture huts on the plateau, including **Rauchhütte, Gostner Schwaige, and Baita Sanon**.

For those that are eager to watch the **sunrise** atop Alpe di Siusi, we have tips for you at the end of the trail description.

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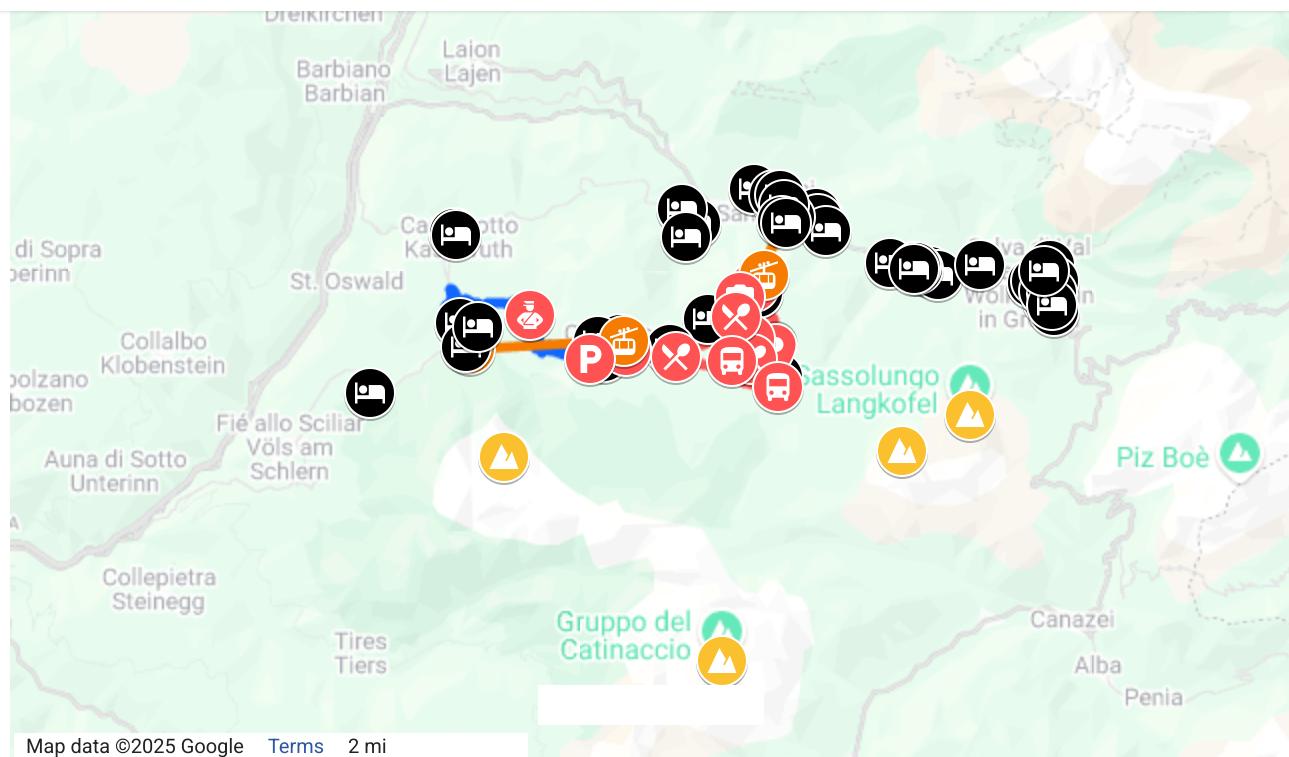
Gardena

- **Trailhead:** Ortisei-Alpe di Siusi gondola (aka Mont Sëuc cable car) mountain station
- **Distance:** 14.4 km circuit
- **Time Needed:** 4:25 hours
- **Elevation Gain/Loss:** 483 meters
- **Difficulty:** Easy
- **Minimum Elevation:** 1675 meters
- **Maximum Elevation:** 2001 meters
- **Trails:** 9, 30, 12A, 6B
- **Route:** Ortisei-Alpe di Siusi Ropeway Mountain Station (2005 m) – Saltria (1675 m) – Malga Rauchhütte (1850 m) – Gostner Schwaige (1900 m) – Hotel Steger-Dellai (1875 m) – Baita Sanon (1849 m) – Ortisei-Alpe di Siusi Ropeway Mountain Station (2005 m)
- **When to Hike:** Late May – October
- **Where to Stay on Alpe di Siusi:** [Sporthotel Sonne](#) (best views), [Hotel Steger-Dellai](#) (historic hotel), [COMO Alpina Dolomites](#) (5-star luxury), or



- **Where to Stay in Ortisei:**
[Casa al Sole](#) (midrange),
[Hotel Grones](#) (midrange),
[Hotel Gardena Grödnerhof](#)
(luxury), or [Adler Spa Resort Dolomiti](#) (luxury)
- **Recommended Trail**
Map: [Tabacco 05 Val Gardena – Alpe di Siusi](#)

Alpe di Siusi Plateau Circuit Trail Map



How to Get to Alpe di Siusi



There are three main ways to get to Alpe di Siusi.

You can drive (before 9 am, or after 5 pm) to the P2 car park in Compaccio ([Google Maps](#)). You can take the **Seiser Alm Aerial Cableway** up to Compaccio from Siusi. Or, you can take the **Ortisei-Alpe di Siusi gondola** up to the plateau.

We've explained all these options in detail in our [**Alpe di Siusi travel guide**](#).

You can start this hike at either Compaccio, or the Ortisei-Alpe di Siusi gondola mountain station.

Our trail description begins at the Ortisei-Alpe di Siusi gondola mountain station, because all of our Dolomites itineraries – **5 day**, **7 day**, and **10-14 day** – lead to **Val Gardena**. If you're based in Val Gardena, this is an ideal way to see Alpe di Siusi in a few hours.



Sëuc) Gondola Valley Station

If you're staying in **Ortisei**, walk to the Ortisei-Alpe di Siusi valley station. If you're staying in another village in Val Gardena, take a free **bus** to Ortisei, using your Val Gardena Mobil Card.

Valley Station Address | Via Setil, 9, 39046 Ortisei BZ, Italy | [Google Maps](#)

Parking | There's a paid parking garage (240 spaces) at the valley station.

Summer Season | Mid-May – Early November (see [summer timetable](#))

Winter Season | Early December – Mid-March (see [winter timetable](#))

Adult Pricing | 29 EUR (roundtrip ticket)

Alpe di Siusi Hike: Mont Sëuc – Saltria – Compaccio Circuit Trail

Ortisei-Alpe di Siusi Gondola Mountain Station to Saltria (1 hour)



Exit the Mont Sëuc gondola mountain station and head left, following trail 9 to Saltria.

Saltria is a small settlement on Alpe di Siusi, located at an elevation of 1675 meters. It's also the lowest point of the plateau.

So, when you hike from the Mont Sëuc mountain station (2005 meters) to Saltria, you'll be hiking downhill almost the whole time.

Trail 9, which is a road initially, descends to the **Schgaguler Schwaige** alpine pasture hut/restaurant (15 minutes).

Continue following trail 9 in the direction of Saltria, signed 50 minutes. The path wraps around **Sporthotel Sonne** and then continues south towards the Catinaccio/Rosengarten range.

Trail 9 descends to a stream and then makes a short counter ascent, before easing.



As you cross the rolling Alpe di Siusi meadows, Sassolungo and Sasso Piatto dominate the view to the southeast and the Catinaccio and Sciliar mountains dominate the views directly south and to the southwest.

To the north, views extend to **Monte Pic, Seceda**, and the Geisler Group.

When the trail intersects with bike path 19, continue straight on trail 9.

The trail effortlessly slides down to Saltria, home to a cluster of mountain huts like Radauer Schwaige and Saltner Schwaige and hotels like **Hotel Saltria, Sporthotel Floralpina**, and **Brunelle Seiser Alm Lodge**.

Saltria – Rauchhütte – Gostner Schwaige – Hotel Steger Dellai (1:30 hours)



The hike continues northwest along the Hans and Paula Steger Path (trail 30).

Turn right on the paved road, which links Saltria with Compaccio. Don't follow the road leading south to **Sporthotel Floralpina**.

After 300 meters (5 minutes), veer left on trail 30, leaving the road.

The Hans and Paul Steger Weg steadily ascends rolling meadows up to the Wiedner Eck bus stop (35 minutes).

Along the way, you'll pass through the Römer mountain pasture, where cattle graze freely in summer. Do not disturb, or linger near the animals.

Here, multiple paths intersect. We recommend detouring to **Rauchhütte** (10 minutes) for homemade pasta, regional wine, and heart-expanding terrace views.



After lunch at Rauchhütte, return to the Wiedner Eck bus stop and continue following the well-groomed trail 30 up to **Hotel Steger Dellai**.



Along the way, you can also detour to **Gostner Schwaige**, another excellent alpine pasture hut.

To detour to Gostner Schwaige, turn left on 30a and shortly thereafter right on 30b.

Hotel Steger Dellai to Baita Sanon (40 minutes)



The way to **Baita Sanon** initially follows a paved road. There's no traffic, aside from the occasional bus and horse-drawn carriage.

Pass the pond near Hotel Steger Dellai and follow the paved hotel track down to the road.

Turn right onto the sidewalk in the direction of Sanonhütte/Baita Sanon (trail 3, signed 35 minutes).

Note: If you turn left, you'll end up in Compaccio.

Follow the sidewalk/road for 1.1 km. When the paved road divides, continue left in the direction of Piz (trail 6 on maps).

Shortly thereafter, turn right on trail 6B to Sanonhütte/Baita Sanon.

Trail 6B magically meanders across wildflower-carpeted meadows to Baita Sanon, a happily situated hut facing Sassolungo and Sasso Piatto. Grab a



Duleda, and **Col dala Pieres**.

Baita Sanon to Ortisei-Alpe di Siusi Gondola Mountain Station (45 minutes)



Trail 6B wanders between hay huts to **Sporthotel Sonne** (20 minutes).

This heavenly stretch of path affords sweeping views of the Sciliar/Schlern, Rosengarten/Catinaccio, and Sassolungo/Langkofel mountains, spectacularly colliding with the Swiss-pine-studded meadows.



From the hotel, follow the familiar path back to Schgaguler Schwaige and all the way up to the Mont Sëuc gondola mountain station.

Alpe di Siusi Sunrise Hike



Alpe di Siusi is at its most magical in the early hours of the morning. It's a remarkable natural light show that makes mountain worshippers of us all.

Each morning, professional and amateur photographers march from Compaccio/Compatsch to the “Instagram photo spot” near **Sporthotel Sonne**, hoping to capture the magical scene we’ve all fallen in love with.

If you want to watch the sunrise, drive up to the Compaccio P2 car park. Park here and continue on foot. You cannot drive further.

Since it'll be dark, we recommend following the road in the direction of Saltria. When the road divides, veer left in the direction of Piz.

Stay on the road (trail 6) in the direction of **Hotel Icaro** and the Adler Lodge.

The famous Alpe di Siusi sunrise viewpoint is located directly on this road near the Adler Lodge.



described in this guide. Follow trail 9 down to Saltria and then hike up the Hans and Paula Steger Trail back to Compaccio.

Where to Stay

Ortisei



Casa al Sole



Breakfast is included.

Midrange | Casa al Sole is a newly renovated bed and breakfast and natural wine bar in the center of Ortisei, only a short walk from the Seceda cableway and the Resciesa funicular. This 12-room B&B is masterfully run by Manuel and Alexandra, who infuse every aspect of their establishment with a genuine commitment to guest satisfaction. Read our [Casa al Sole Review](#).

Midrange | Chalet Hotel Hartmann is a charming adults-only hotel featuring tastefully furnished alpine interiors, a delicious breakfast buffet, a complimentary afternoon snack, and a spa area (bio-sauna, steam bath and solarium). This is an ideal accommodation for couples and anyone traveling without children. It's a 15-minute walk to reach the town center.

Midrange | Hotel Grones is a top-rated, family-run hotel which excels in its friendly atmosphere, excellent local and Mediterranean cuisine, traditional, yet lovely rooms. The hotel spa area comprises a swimming pool, hot tub, Finnish sauna, bio sauna, and steam bath.

Luxury | Hotel Angelo Engel is situated directly in the town center of Ortisei, walking distance to the Resciesa funicular, Ortisei-Furnes-Seceda cableway, and the Ortisei-Alpe di Siusi gondola (Mont Sëuc Ropeway). We loved the central location, the courteous staff, and the wellness and spa area.

Luxury | Hotel Gardena Grödnerhof is a 5-star hotel in the heart of Ortisei, home to the Michelin star **Ann Stuben** gourmet restaurant. This wellness hotel offers unparalleled spa facilities, flawless service, guided hikes and mountain bike tours and a weekly fitness program. Guests are treated to a



ladies-only spa, cold water pool, infrared beds, sauna lounge, floating beds, and warm water beds.

Luxury | Adler Spa Resort Dolomiti is a stunning property surrounded by private grounds, advantageously located in the pedestrian zone of Ortisei. This 5-star hotel offers outstanding service, first-rate spa complex, beautiful rooms, and an on-site restaurant (half board available). 3-7 nights minimum stay.

Look for accommodation in Ortisei.

Siusi allo Sciliar

Siusi allo Sciliar (Seis am Schlern in German) is a village beneath Alpe di Siusi in South Tyrol. The Seiser Alm Aerial Cableway valley station is located in this village.

Budget | Ratzeshof is a hillside farm stay with apartments, located between Siusi and Compaccio. Stay here for the idyllic setting, mountain views, and price point.

Midrange | La Paula Apartments & Suites is a fresh-faced aparthotel in Siusi with lovely rooms, a wellness area (Finnish sauna, steam bath, infrared cabin, and relaxation rooms), and free parking. Guests love the healthy breakfast featuring locally sourced ingredients as well as made-to-order egg dishes.



aims to create a place that nourishes the soul.

Look for accommodation in Siusi.

Castelrotto

The village of Castelrotto (Kastelruth in German, Ciastel in Ladin) is situated at an elevation of 1095 meters, on a plateau above Valle Isarco/Eisacktal valley and beneath Alpe di Siusi/Seiser Alm.

Castelrotto is only 3.4 km from Siusi allo Sciliar/Seis am Schlern and 11.4 km from Ortisei/St. Ulrich. Notable attractions include the St. Peter and Paul Parish Church, the nearby Chiesa di San Valentino, Monte Bullaccia and the Marinzen meadows.

Luxury | Located in the historic center of Castelrotto, the aesthetically-pleasing **Schgaguler Hotel** stands out with its high glass windows (designed by Peter Pichler), alpine minimalist design, wellness and spa facilities (2 indoor pools, a whirlpool, a sundeck, and 3 saunas), and knowledgeable staff. Rooms feature tasteful furnishings, a neutral color palette, plush bedding, and an abundance of light.

We highly recommend booking half board, as the hotel kitchen prepares excellent varied and seasonal 4-course meals. Welcome extras include a free bus pass (which includes the bus to Alpe di Siusi) and nearby underground parking garage.



elegant oak floors and stylish furnishings.

Guests enjoy free underground parking, a complimentary Seiser Alm Live Card (transit card), and a wonderful wellness area (3 saunas, experience showers, relaxation room, rooftop terrace, and sky pool).

Look for accommodation in Castelrotto.

Val Gardena Hiking and Travel Guides

Moderate Day Hikes:

- [Seceda Ridgeline Day Hike](#)
- [Monte Pic](#)
- [Val de Chedul – Vallunga Valley Circuit](#)
- [Sassolungo Circuit Trail](#)

Difficult Day Hikes:

- [Piz Duleda Peak Hike](#)
- [Rifugio Stevia and Col dala Pieres Day Hike](#)
- [Resciesa to Seceda](#)

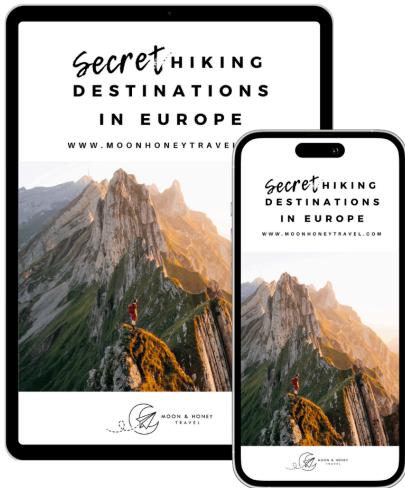
Via Ferrata:

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Dolomites Trip Planning Essentials

Use our **Dolomites Travel Guide** to plan an unforgettable trip to northeastern Italy.



Winter Season. For skiing and winter activities, the best time to visit is between mid/late December and March. Read [Dolomites in December](#).

Summer and Fall Seasons. The best time to road trip and hike in the Dolomites is between mid-June and mid-September. If the weather is stable, the hiking season can easily continue until late October. Read [Best Time to Visit the Dolomites](#), [Dolomites in September](#), and [Dolomites in October](#).

Spring Season. Most accommodations in the Dolomites shut down in spring, between the main winter and summer seasons. Spring is too unstable and risky for hiking, due to snow conditions. Learn more: [Dolomites in May](#).

How to Get to the Dolomites

Read [How to Get to the Dolomites](#) to find out how to travel to the Dolomites from the closest airports, train stations, and bus terminals.

If you're traveling without a car, also check out [How to Visit the Dolomites Without a Car](#).



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Dolomites is with your own car. Check out our itineraries for trip inspiration:

- [**5 Day Dolomites Road Trip**](#)
- [**7 Day Dolomites Road Trip**](#)
- [**10-14 Day Dolomites Road Trip**](#)

We recommend using the [Discovercars.com](#) car rental reservation platform to search for and book car rentals. This easy-to-use booking platform compares car rental deals from 500+ trusted providers, so that you can choose the best option for your trip.

Tip: If you can only drive automatic transmission cars, as opposed to manual transmission cars (stick shift), book your car rental as early as possible.

[**Check car rental rates here.**](#)

Best Places to Stay

Figuring out where to stay in the Dolomites is probably the biggest hurdle to planning a trip to the Dolomites. We've created three guides to help you decide where to stay:

- [**Where to Stay in the Dolomites in Summer**](#): best villages and towns in South Tyrol, Trentino and Belluno



huts, wellness hotels, aparthotels

- **Val Gardena Hotels:** best accommodations in [Ortisei](#), Santa Cristina, and Selva
- **Alta Badia Hotels:** top accommodations in Val Badia

We suggest choosing 2-4 bases for your Dolomites trip and spending 2-4 nights in each base.

- Base 1: [Val Gardena](#)
- Base 2: [Val di Funes](#)
- Base 3: [Alta Badia](#)
- Base 4: [Cortina d'Ampezzo](#)
- Base 5: [Alta Pusteria](#)
- Base 6: [San Martino di Castrozza](#)

What to See & Do

During your trip to the Dolomites, you can go via ferrata climbing, culinary hiking, [hut to hut hiking](#), cycling, paragliding, and so much more. We've highlighted our favorite experiences in [Best Things to Do in the Dolomites](#).

Wherever you decide to stay, you'll be surrounded by glorious mountain scenery and incredible natural landmarks.

In [Best Places to Visit in the Dolomites](#) guide, we've listed the most iconic attractions as well as lesser-known destinations across



Dolomites Packing List

Hiking Gear

- **Day Pack:** [Osprey Tempest 30 Women's Backpack](#) / [Osprey Talon 33 Men's Backpack](#)
- **Grade B/C high-cut hiking boots:** [Meindl Schuhe Island Lady](#) (Kati's Boots), [Women's Hanwag Tatra II GTX](#) (Sabrina's Boots), [Men's Hanwag Tatra II GTX](#) (men's equivalent)
- **CAT 4 Sunglasses:** [Julbo Shield Mountain Sunglasses](#)
- **Hiking Poles:** [Black Diamond Trail Trekking Poles](#)
- **Reusable Water Bottle:** [Ion Leakproof 32 oz Water Bottle](#)

Outdoor Photography Gear

- **Camera Body:** [Sony Alpha a6400](#)
- **Mid-range Zoom Lens:** [Tamron 17-70mm 2.8 Di III-A VC RXD](#)
- **Wide angle Zoom Lens:** [Sony – E 10-18mm F4 OSS Wide-angle Zoom Lens](#)
- **Backpack Camera Clip:** [Peak Design Camera Clip](#)

Dolomites Hiking Guides



trekking, take a look at our guide to [Hut to Hut Hiking in the Dolomites](#) and [Alta Via 1](#).

For region-specific hiking trails, check out:

- [Best Hikes in Val Gardena](#)
- [Best Hikes in Cortina d'Ampezzo](#)
- [Best Hikes in Alta Badia](#)
- [Sexten Dolomites Hiking Guide](#)
- [Puez-Odle Nature Park](#)

Recommended Hiking Guidebook: [Shorter Walks in the Dolomites](#) (Cicerone Guide)



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ALPE DI SIUSI MEADOWS HIKE

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Sabrina Brett

Hello! I'm a spirited traveler on a quest to hike in the most picturesque alpine and coastal destinations across Europe. In 2016, I left my home and job in San Francisco, California, to move to Germany, and later Austria. The following year, I created this blog to help like-minded travelers experience new and exciting ways to travel authentically. I travel to hike, and I hope to inspire your next adventure.

This post may contain affiliate links.

6 thoughts on “Best Alpe di Siusi Hike: Seiser Alm Meadows Circuit Trail”



Hy

[September 30, 2023 at 2:46 pm](#)



recommend? Let me know if you have other recommended trails for cycling – we read that alpe di siusi is good for that activity. Thank you

[Reply](#)



moonhoneytravel

[October 10, 2023 at 11:55 am](#)

Hi Hy,

Bikes are not permitted on most of this route, as our circuit hike largely follows hiking trails. Bikes are allowed on Alpe di Siusi, however. Please reach out to the tourist office for bike/cycling routes.

-Sabrina

[Reply](#)



Karyn

[February 24, 2024 at 4:43 pm](#)

Thank you for the information. For your Alpe di Suisi hike that stays on the plateau the whole time — are hiking shoes sufficient (like the Merrell Moab 3)? In mid September do shoes need to be

[Reply](#)**moonhoneytravel**[February 24, 2024 at 5:12 pm](#)

Those shoes are perfectly adequate. I'd purchase the boot that's best for your whole trip.

Kindly,
Sabrina

[Reply](#)**Amir**[August 19, 2024 at 7:07 am](#)

hey ! thanks for the trail tip
i just didnt understand , if i start my trail from Compaccio parking lot
(would love to have an exact adress if u have one , didnt find any on
utr other post about alp de siusi) -how do i start the trail ?
thanks

[Reply](#)



Hi Amir,

We recommend taking the Sesier Alm / Alpe di Siusi cableway to Compaccio. The road to Compaccio is closed to private traffic during the summer season (between 9 am and 5 pm). There is a free car park at the Alpe di Siusi cableway valley station in Siusi / Seis am Schlern. Here's the [exact location](#) of the valley station in Siusi / Seis am Schlern.

Have a great trip to the Dolomites,

Sabrina

[Reply](#)

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