

GOLA DI LANA

An impressive and easily accessible testimony of natural forces is the Gaul Canyon (Gaulschlucht in German) at the entrance of the Val d'Ultimo. Rough rock faces composed of quartz-porphry, gneiss and granite, dark caves, rope bridges, and the rushing Valsura river make this walk an impressive adventure. Especially in summer, it is genial cool here and the humidity gives rise to a little jungle.

From the Valsura bridge in Lana di Sopra, the Gaul Promenade proceeds into the wild valley along the river. The well-established hiking trail is secured by wooden bridges and is a contrast to the wilderness of the Gaul Canyon. The path leads to the Gaul Meadow beneath the castle hill of Braunsberg Castle. This location is the scenery of the Lana Open-Air-Theatre and other events, in autumn and winter however an ice-skating ground can be found here. You can either follow the path past the electric power station through the narrow gorge until a waterfall (about 20 minutes) or you choose the way steep uphill, which leads near Braunsberg Castle and to the Val d'Ultimo road. From up there you have a gorgeous view on the canyon until the first houses of Lana.

Three artificial lakes in Val d'Ultimo impound the Valsura river that rises at the head of the valley and empties into the Adige river near Lana. For safety reasons, it's not recommended to descent down to the riverbed, as the opening of water gates can cause a prompt rising of the water level!