

World of Myths. Ladis.

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Sauerbrunn spring in Obladis.

According to an old tradition, a shepherd discovered the source of the Sauerbrunn in Obladis in 1212 AD after he recognised that his herd of goats preferred to drink there. Since then, many people – from the poorest farmers to princes and rulers of the country – walked what was at that time an arduous route on foot from the valley to the Sauerbrunn spring in Obladis. More than just thirst was quenched here: Many were also healed by the small spring.

Water Hiking Trail & Forest Nature Trail.

At the beginning of the trail, a water wheel shows how the power of water was used for mills and sawmills in the past. The trail continues via the "Wave" to the "Water Curtain". Next are the "Water Rides" and the "Giant Spring". "Water Drops" in the millstream invite you to stop and linger a while. Cheerfully, thoughtfully or even melancholy, pay close attention to the melody of the water as it bubbles to reflect the mood of whomever is listening. The passing stream is the accompanying orchestra with millions of drops of water as musicians. Passing the "Fanggoloch" of the tuff grotto, the journey continues to the sulphur spring. The stream's red colour doesn't come from the sulphur but from the high iron content. You can really smell the water here because sulphur evaporates very quickly. The Forest Nature Trail, which starts at the village fountain, has 22 display boards providing plenty of interesting information about the (high) Alpine flora and fauna.

Myth Trail or

"How the seeds of paradise came to Ladis ...".

Long ago, a wandering magician visited Ladis village. In appreciation of the villagers' hospitality, he sent out his tame falcon to collect seeds from paradise and to scatter them over the village of Ladis. Due to the resulting supernatural beauty more and more people from far and wide came to Ladis. This attracted giant Wode from the Urgtal, whose peace was disturbed. He lit a fire, attempting to banish the people and animals. A fight broke out between the magician and the giant at the Lader pond ... This is a wonderful loop hike from the Lader castle pond via the Water Hiking Trail to the Paradise Point.



Wode tower.

Above Neuegg, not far away from the Wode bath, the 12-metre Wode tower at an altitude of 1,487 m offers breathtakingly beautiful panoramic views of the Kaunertal valley, the Inntal valley and the municipality of Fless. Explore the gorgeous mountain scenery with the help of a descriptive 360-degree panorama board. Afterwards, relax at the quiet area and savour the natural tranquillity of this place.

Wode bath.

The Wode Park is located around the Neuegg pond. Legend has it that the giant "Wode" from the Urgtal valley always took his relaxing baths here. Now enormous animals and plants populate the Wode bath. As hikers proceed, they pass by bewitched ants, earthworms and toadstools in the Giant Adventure Land. Barbecue sites, gnome loungers, a snack garden, a fairy-tale pavilion and forest playground ensure plenty of excitement for kids as well as relaxation for parents.

Fishing at the Lader castle pond.

The Lader castle pond is not only a romantic setting on warm summer evenings, but also a place where anyone can cast a line and enjoy the peaceful atmosphere by the water.

Focusing on the Laudeck castle.

Perched atop an outcropping of crystalline slate, the Laudeck castle, built in the thirteenth century, towers majestically above Ladis and stands guard over the village. Below, houses are nestled together around the castle pond. A series of archaeological finds have led historians to believe that the Laudeck castle was originally established as a Roman watchtower. The guided tour of the castle takes place weekly and offers fascinating insights into its history and architecture.



Climbing adventures in Ladis.

Test your climbing skills in Ladis! The Laudeck castle sits atop an imposing rock, partly of quartzite. This rock type provides perfect conditions for adventurous days "on the rocks". The "Quarzit Wand Burg Laudeck" via ferratas offer three short but exciting routes for all fans of the climbing sport: „Via Claudia Augusta“ (blue), „Pons Laudes Steig“ (red) and „Laudecksteig“ (black).

Note: Please bring your climbing equipment with you.



Since summer 2025, the "Via Claudia Augusta," formerly used as an ascent route, has served exclusively as the official descent for the other two routes. A direct exit at Laudeck Castle is therefore no longer possible; the return journey to the valley is via this secured route.

Breath-taking views of the Inntal valley await all climbers. Furthermore, the views of the mountains on the opposite side of the valley, including the Berneck castle, and the Kaunertal valley is a thrilling sight for any climber.

