



South Tyrol – Land of Myths and Legends

Goldbrünnl Spring of Sarner Scharte

A fresh little spring has gurgled below Sarner Scharte wind gap, on the Val Sarentino side, since time immemorial. Everyone who comes through the saddle drinks the water from this spring and is happy to have such a refreshing drink. One time, though, a cow that spent the summer grazing there drank the water time and time again. Despite the lush and flavourful grass on the alpine meadows, though, it continually grew leaner and leaner. Nobody could explain what was wrong with the animal. One autumn day, the cow was found dead. They cut open the animal's stomach to see if there might be something poisonous or harmful inside. To everyone's amazement, they found a shiny lump of gold in its belly! From that day on, the water source below the Sarner Scharte has been known as Goldbrünnl (lit: Little Gold Spring).