

TOURISMUSVERBAND ST. ANTON AM ARLBERG

st. Anton  **ARLBERG**

**LADY'S
SLIPPER &
FIRE LILY**

STANTONAMARLBERG.COM

FLOWERS ARE NATURE'S IMAGES OF LOVE.

BETTINA VON ARNIM (1785–1859)

To put it simply: In St. Anton, it blooms in summer and snows in winter. With the latter, one immediately knows what to do, namely, ski. In the case of the former, it's more particular: in order to experience the manifold variety of flowers, one often needs knowledgeable helpers. The St. Anton hiking guides are a walking encyclopedia of alpine flowers. They know more than 250 meadow flowers by name. They know whether it's a lily or an orchid, grass flowers or shrub varieties. At the end of June they begin their hiking season in the lower lying meadows at the same time as the first blossoms appear on the alpine orchids such as the orchis, lady's slipper, digitalis, brunella or Turk's cap. In July, they climb along with

the first guests up to the centaury and Carthusian pinks. They meander along the alpine rose path on the Rendl and lead hikers up to the higher pastures in August to the rare hawk herb, silver thistle and mullein.

There are over 20 different varieties of orchids on the Arlberg and the meadows and pastures of the region are even home to the once endangered gentian and the rare edelweiss.

This “feast for the eyes” also possesses healing powers. More and more people are interested in the usefulness of multiple purpose plants. St. Anton's meadows are a rich terrain for fans of traditional medicinal herb culture.

*I haven't picked a few flowers for you,
in order to bring you their life.*

Christian Morgenstern (1871–1914)



© Jean-Pol Grandhomme (Wikipedia)

Alpine rose
Rhododendron ferrugineum



© Berno Heynold (Wikipedia)

Alpine linaria
Linaria alpina



© Jähringer Flora (Wikipedia)

Spring gentian
Gentiana verna



© M. Kasper (Wikipedia)

Meadow gentian
Gentianella campestris



© Felix Spohn (Wikipedia)

Alpine senecio
Senecio alpinus



© Marina Fowler (Shutterstock)

Bearded campanula
Campanula barbata



© Alberta Perer (Shutterstock)

Purple gentian
Gentiana purpurea



© Etienne (Wikipedia)

Dotted gentian
Gentiana punctata



© Silvio Cassanese (Wikipedia)

Alpine thistle
Cirsium spinosissimum



© Tigrante (Wikipedia)

Cerastium
Cerastium uniflorum



© Albert Russ (Shutterstock)

Bavarian gentian
Gentiana bavarica



© Daniela Purvis (Shutterstock)

Short-stemmed gentian
Gentiana alpina



Cross gentian
Gentiana cruciata



Fire lily
Lilium bulbiferum



Globular nudica
Globularia nudicaulis



White cottongrass
Eriophorum scheuchzeri



Crepis
Crepis aurea



Carthusian's pink
Dianthus carthusianorum



Mont Genis
Campanula cenisia



Violet
Viola cenisia



Red pedicularis
Pedicularis gyroflexa



Flour primula
Primula farinosa



Lady's slipper
Cypripedium calceolus



Orchis
Orchis provincialis



Red-brown epipac
Epipactis atrorubens



Coeloglossum
Coeloglossum viride



Bush campanula
Campanula thyrsoides



Rounded thalspi
Thalspi rotundifolium



Red helleborine
Cephalanthera rubra



Globular orchid
Globosa orchidee



Rampion
Phyteuma hemisphaericum



Turk's cap
Lilium martagon



Golden primula
Primula auricula



Yellow anemone
Pulsatilla sulphurea



Soldanella
Soldanella pusilla



Dwarf pine
Legföhre, Pinus mugo

VARIOUS PLANTS FOR HERBAL TEAS AND THEIR EFFECTS

Collecting herbs

When collecting medicinal herbs it is important to be aware that one can make a mistake and get them mixed up. Thus, it is advisable when in doubt to have the herbs identified at the pharmacy or better yet, to purchase them there. The best time to collect herbs: mornings on dry, sunny days. One should take care that clean plants far from motor roads are picked, since medicinal herbs should not be washed. One should collect only small amounts of herbs (a year's supply). The use of knife and scissors while harvesting them prevents damage to the roots. Collecting protected plants is prohibited.

Drying herbs

Herbs should be dried right after the harvest, in a shaded and well ventilated spot, ideally suspended, or on a sieve.

Storing herbs

Tinted recycling glass is best suited for storing herbs. Be sure the bottles can be tightly closed. Expiration date of the "green treasures": 12 months.

Drinking herbs

In preparing herbal teas one must heed the following: 1 to 2 teaspoons of herbs are sufficient for 1 cup of water. Let steep for 10 minutes. For roots the rule of thumb is: 1 teaspoon suffices; bring to a boil. Then it is best to let this tea steep for only five more minutes.

Medicinal herbs are good preventative medicine. In case of illness, it is advisable in any case to consult a doctor.

The earth laughs in flowers.

Ralph Waldo Emerson (1803-1882)

Eyebright

For external and internal use, alleviates conjunctiva and tear duct inflammations as well as the effects of tired eyes. Internally useful for coughs, hoarseness and digestive complaints.

Valerian

The tea extracted from the roots relaxes the entire organism. It alleviates insomnia, fast heartbeat, mild anxieties as well as stomach and intestinal cramps of nervous origin.

Nettles

It is thought to be diuretic, blood-purifying, a digestive aid and blood-pressure lowering. It is used for bladder and kidney inflammations, oedema, difficult urination, eczema and anemia. Externally it can be used for scalp and hair care, against dandruff and oily hair.

Hibiscus

It assuages inflammations of the mucous membranes in the mouth and throat as well as in the stomach and intestines. Besides that, it relieves irritable coughs. Externally it helps to soften abscesses and skin inflammations.

Peppermint

Its most important active ingredient is menthol. It is refreshing and anaesthetizing and produces a feeling of coolness. Peppermint cleanses the stomach. It relieves digestive complaints, fullness after eating, nausea and abdominal pain.

Sage

It is anti-bacterial and anti-fungal. Thus one can use the tea effectively for gurgling in case of a sore throat. The tea is also recommended for nocturnal perspiration.

Text: hiking guide Adi Horngacher



mayr

www.landkartenverlag.de

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ARNIKA

Arnica montana

Use: only externally (compresses),
contusions, sprains, badly healing wounds.



YELLOW CROWFOOT

Aconitum vulparia, Ranunculaceae

Use: in homeopathy against tonsillitis and
glandular diseases. Poisonous and lethal,
no self treatment!



BLUE CROWFOOT

Aconitum napellus, Ranunculaceae

Use: Used in medical practice for pain,
homeopathic neuralgia, heart problems.
No self treatment, poisonous and lethal!



SANDFLOWER

Tussilago farfara

Use: tea from young leaves or also
from the blossoms.
Effect: excellent remedy for coughs
and bronchitis.



CENTAURY

Centaurea nigra

Use: baths.
Effect: The blossom is good for the skin
and has a diuretic effect.



PETASUS

Petasites hybridus

Use: tea (don't let steep too long).
Effect: helps gall bladder problems.



YELLOW GENTIAN – PROTECTED

Gentiana lutea

Use: tea from the root (one cup of tea
before meals) helps in stomach and
intestinal disorders. Our gentian schnapps
is distilled from the roots.



PASQUE FLOWER

Pulsatilla vulgaris

Use: in homeopathy against chronic
bronchitis, throat inflammation, diseases
of the liver.



THYME

Thymus vulgaris

Use: tea from the herbal tips
(3 cups daily).

Effect: helps against bronchitis, whooping
cough, irritable cough.



HUTHYLLIS CLOVER

Anthyllis vulneraria

Use: compresses, swabbing.

Effect: helps badly healing wounds.



SUCCISA

Succisa pratensis

Use: in homeopathy for skin complaints.



FIELD ROSES

Epilobium angustifolium

Use: tea, helps for inflamed prostate.



VIOLET

Viola odorata

Use: in homeopathy for middle ear
pain, rheumatic complaints, asthma and
whooping cough.



MEADOW CLOVER

Trifolium pratense

Use: formerly used as cough medicine.



VERATRA

Veratrum album

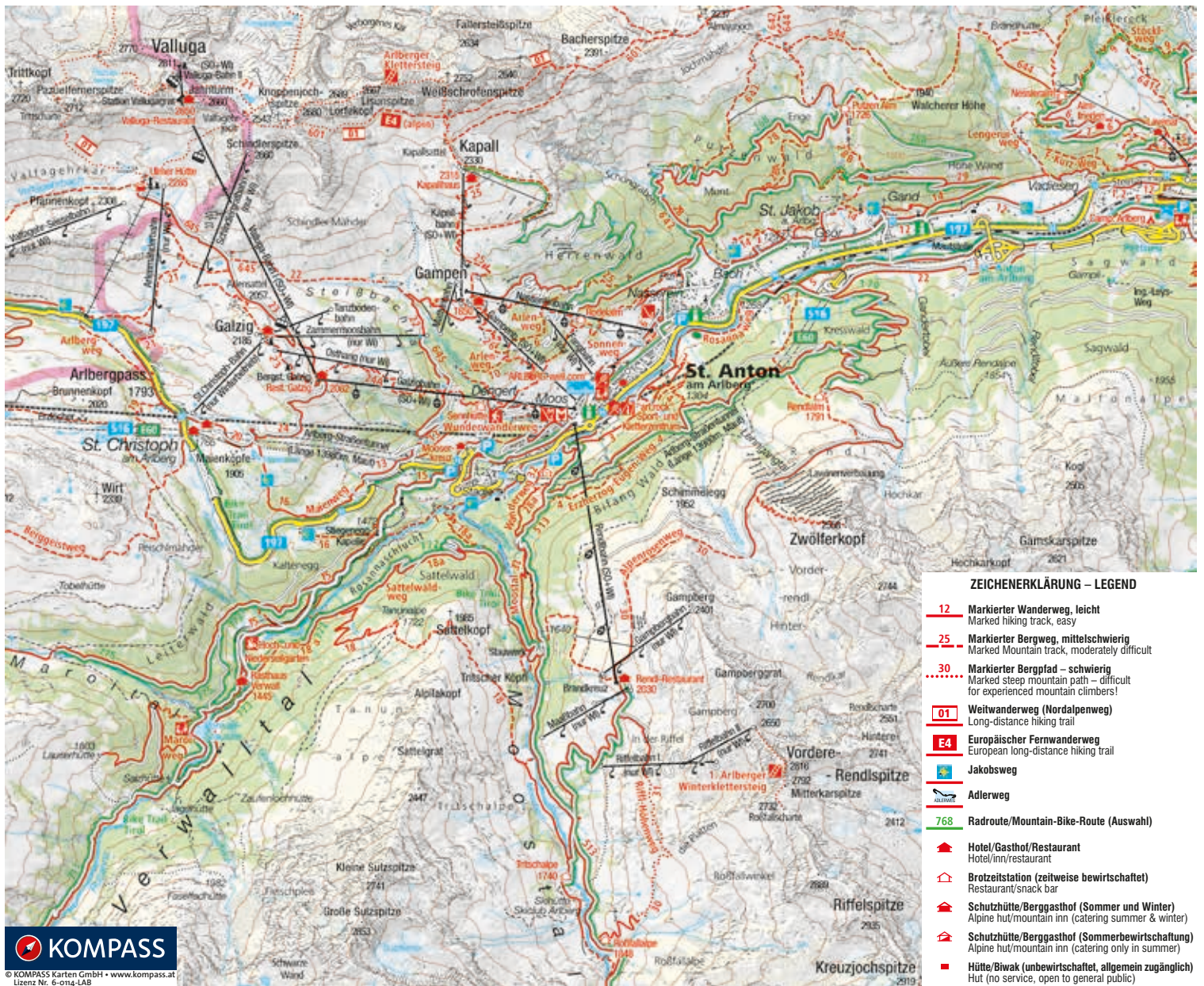
Use: in homeopathy for diarrhea, food
poisoning, circulatory weakness, sciatica
Deadly poisonous – no self treatment!



VALERIAN

Valeriana officinalis

Use: for nervous irritation, insomnia,
nervous stomach or intestines.



ZEICHENERKLÄRUNG – LEGEND

- 12 **Markierter Wanderweg, leicht**
Marked hiking track, easy
- 25 **Markierter Bergweg, mittelschwerig**
Marked Mountain track, moderately difficult
- 30 **Markierter Bergpfad – schwierig**
Marked steep mountain path – difficult for experienced mountain climbers!
- 01 **Weitwanderweg (Nordalpenweg)**
Long-distance hiking trail
- E4 **Europäischer Fernwanderweg**
European long-distance hiking trail
- Jakobsweg**
- Adlerweg**
- 768 **Radroute/Mountain-Bike-Route (Auswahl)**
- Hotel/Gasthof/Restaurant**
Hotel/inn/restaurant
- Brozeitstation (zeitweise bewirtschaftet)**
Restaurant/snack bar
- Schutzhütte/Berggasthof (Sommer und Winter)**
Alpine hut/mountain inn (catering summer & winter)
- Schutzhütte/Berggasthof (Sommerbewirtschaftung)**
Alpine hut/mountain inn (catering only in summer)
- Hütte/Biwak (unbewirtschaftet, allgemein zugänglich)**
Hut (no service, open to general public)

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Schöffel