



LADY'S SLIPPER & FIRE LILY

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)



Alpine rose
Rhododendron ferrugineum



Alpine linaria
Linaria alpina



Alpine senecia
Senecio alpinus



Bearded campanula
Campanula barbata



Alpine thistle
Cirsium spinosissimum



Cerastium
Cerastium uniflorum



Spring gentian
Gentiana verna



Meadow gentian
Gentianella campestris



Purple gentian
Gentiana purpurea



Dotted gentian
Gentiana punctata



Red pedicularis
Pedicularis gyroflexa



Flour primula
Primula farinosa



Bavarian gentian
Gentiana bavarica



Short stemmed gentian
Gentiana alpina



Globular nudica
Globularia nudicaulus



Globular woolen grass
Eriophorum scheuchzeri



Cross gentian
Gentiana cruciata



Fire lily
Lilium bulbiferum



Mont Genis
Campanula censia



Violet
Viola censia



Crepis
Crepis aurea



Carthusian's pink
Dianthus carthusianorum



Lady's slipper
Cypripedium calceolus



Orchis
Orchis Provincialis



Red-brown epipac
Epipactis atrorubens



Coeloglossum
Coeloglossum viride



Rampion
Phyteuma hemisphaericum



Turk's cap
Lilium martagon



Redforest
Cephalanthera rubra



Globular orchid
Globosa orchidee



Soldanella
Soldanella pusilla



Dwarf pine
Pinus mugo



Golden primula
Primula auricula



Yellow anemone
Pulsatilla sulphurea



Bush campanula
Campanula thyrsoidea



Rounded thalspi
Thalspi rotundifolium



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Various plants for herbal teas and their effects

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.

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.



Arnika

Arnica montana

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



Blue crowfoot

Aconitum napellus, *Ranunculaceae*

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



Centaury

Centaurea nigra

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



Yellow gentian – protected

Gentiana lutea

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



Yellow crowfoot

Aconitum vulparia, *Ranunculaceae*

Use: in homeopathy against tonsillitis and
glandular diseases, poisonous and lethal,
no self treatment



Sandflower

Tussilago farfara

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



Petasus

Petasites hybridus

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



Anemone

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



Succisa

Succisa pratensis

Use: in homeopathy for skin complaints



Violet

Viola odorata

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



Veratrum

Veratrum album

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



Huthyllis Clover

Anthyllis vulneraria

Use: compresses, swabbing

Effect: helps badly healing wounds



Field roses

Epilobium angustifolium

Use: tea, helps for inflamed prostate



Meadow clover

Trifolium pratense

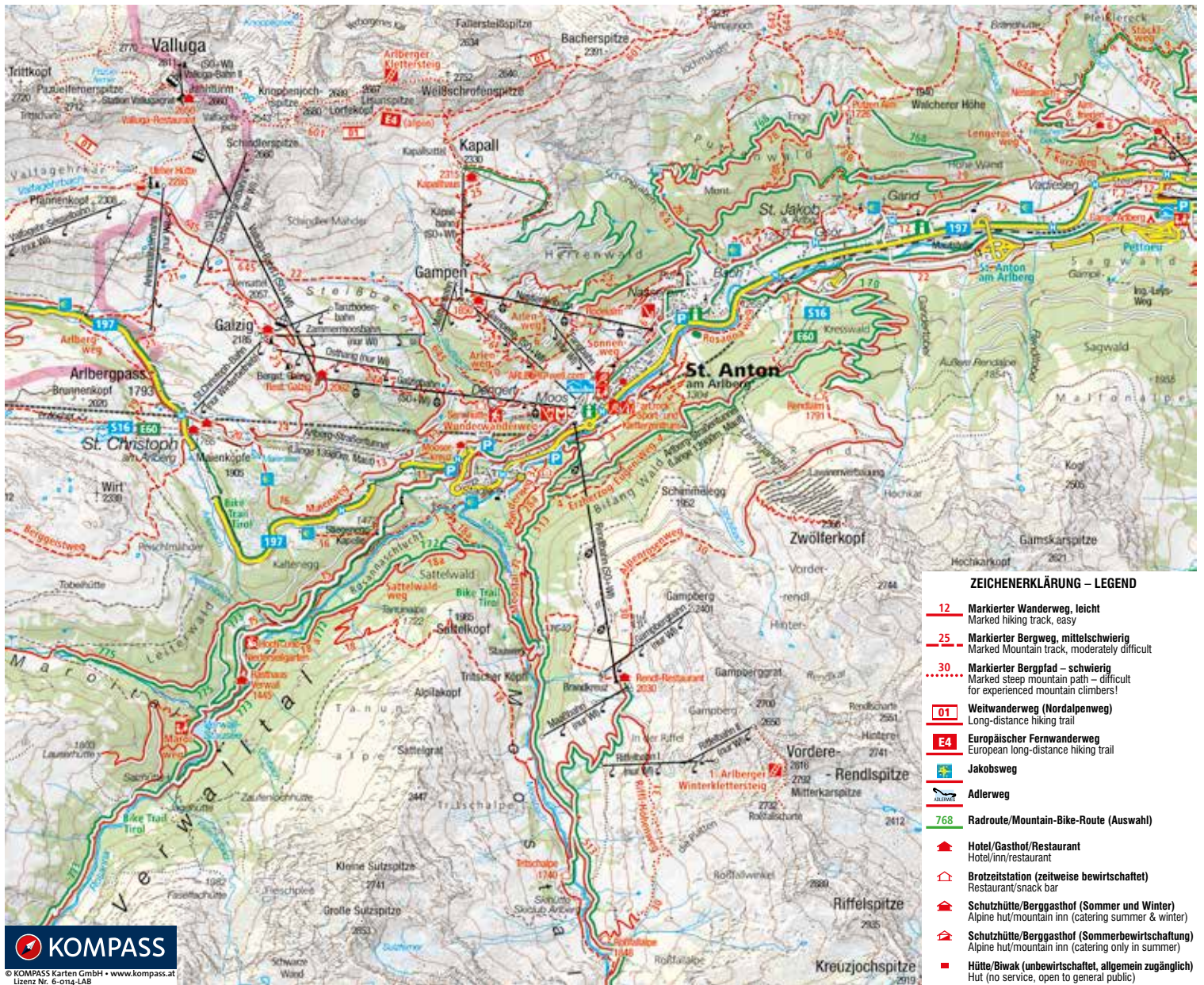
Use: formerly used as cough medicine



Baldrian

Valeriana officinalis

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



ZEICHENERKLÄRUNG – LEGEND

- 12 **Markierter Wanderweg, leicht**
Marked hiking track, easy
- 25 **Markierter Bergweg, mittelschwierig**
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
- J **Jakobsweg**
- A **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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