

DOLOMITES
SEISER ALM
KASTELRUTH – SEIS – VÖLS – TIERS



Seiser Alm Balance

Active and healthy in spring
05.05.-30.06.2026



WEDNESDAY
6:50-11:30 am

Morning hike on the Tschafon mountain with mountaineer breakfast

Tiers am Rosengarten
06.05., 13.05., 20.05., 27.05.,
03.06., 10.06., 17.06., 24.06.2026

REGISTRATION
until 3:00 pm on the day before the event

PRICE
35,00 € per person

EXPERT
Michaela Prister

INFO &
REGISTRATION



THURSDAY
1:00-4:00 pm

Pottery course with natural materials

Völs am Schlern
21.05., 28.05., 04.06.,
11.06., 18.06.2026

REGISTRATION
until 3:00 pm on the day before the event

PRICE
25,00 € per person

EXPERT
Katja Battisti

INFO &
REGISTRATION



FRIDAY
7:20-9:30 am

Yoga on the Calvary hill in Kastelruth with healthy breakfast

Kastelruth
08.05., 15.05., 22.05., 29.05., 05.06., 12.06., 19.06., 26.06.2026
The event will take place without breakfast on the first three dates!

REGISTRATION
until the day before at 5:00 pm

PRICE
20,00 € with breakfast
15,00 € without breakfast

EXPERT
Sabine Platter

INFO &
REGISTRATION

