

DOLOMITES  
**SEISER ALM**  
KASTELRUTH - SEIS - VÖLS - TIERS

# Seiser Alm Balance

Top experiences for an  
active and healthy spring  
07.05.–09.07.2024



**FRIDAY**  
13:00 - 16:00 pm

## Alpine forest bathing Breathe and recharge your batteries

Völs am Schlern, St. Konstantin  
10.05., 17.05., 24.05., 31.05., 14.06., 21.06., 28.06.2024

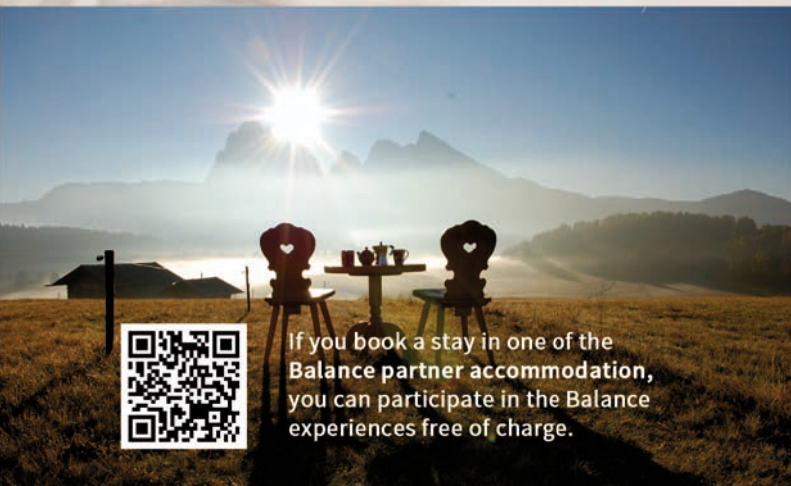
REGISTRATION  
until 5:00 pm on the day before the event

PARTICIPATION FEE  
20,00 euro per person

EXPERT  
Monika Malfertheiner



INFORMATION  
AND REGISTRATION



If you book a stay in one of the  
Balance partner accommodation,  
you can participate in the Balance  
experiences free of charge.



**THURSDAY**  
7:00 - 11:30 am

## Morning hike to the Tschafon mountain refuge with moutaineer breakfast

Tiers am Rosengarten  
09.05., 16.05., 23.05., 30.05., 06.06., 13.06.,  
20.06., 27.06.2024

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

PARTICIPATION FEE  
35,00 euro per person

EXPERT  
Egon Zuggal



INFORMATION  
AND REGISTRATION

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Registration at the tourist offices  
or online: [www.seiseralm.it/balance](http://www.seiseralm.it/balance)

Kastelruth  
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Seiser Alm  
Völs am Schlern  
Tiers am Rosengarten

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Komma Grafik - Fotocredits: Seiser Alm Marketing/Werner Dejeri (3), Indio (1),  
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SBO/Armin Huber (1), IDM/Patrick Schwienbacher (1)