

All you need for an unforgettable tobogganing experience...



Whether it's an exciting family outing, a romantic descent by moonlight, a beginner or a tobogganing pro, in **the Dolomites region Seiser Alm** everyone will find what he or she needs for an unforgettable snow experience.

In addition, all the toboggan runs in the Dolomites region Seiser Alm can be used **free of charge**. If you don't own a toboggan, you can rent one at the mountain and valley stations or directly at the hut.



TOBOGGAN RUNS

SEISER ALM/ALPE DI SIUSI



TOBOGGAN RUN ICARO - MONTE PIZ

1,7 km 35 min 141 m 
 Chairlift Monte Piz - oneway: 7,50 €



TOBOGGAN RUN PUFLATSCH

1,8 km 1 hour 236 m 
 Telemix Pufplatsch - oneway: 4,50 €

TOBOGGAN RUN MOLIGNON


2,8 km 1 hour 315 m 
 Pick-up service on request
 Sledge rental Mahlknecht refuge

TOBOGGAN RUN ZALLINGER

2,9 km 1 ½ hour 281 m 
 Chairlift Florian - 10 oneway trips: 70,00 €
 Oneway: adults 11,00 €, children (8-15 years) 9,00 €
 Sledge rental Florian chair lift & Zallinger refuge



TIERS AM ROSENGARTEN/TIRES AL CATINACCIO

TOBOGGAN RUN RUNGUN - ST. ZYPRIAN

800 m 22 min 114 m 

VÖLS AM SCHLERN/FIÈ ALLO SCILIAR

TOBOGGAN RUN HOFER ALPL HUT

4,3 km 1 hour, 35 min 422 hm 
 Sledge rental Hofer Alpl hut

 Length  Walking time  Elevation descent
 Lift  Sledge rental
 easy toboggan run  medium difficult toboggan run



Moonlight tobogganing on Seiser Alm

On full moon nights, the Molignon toboggan run is a unique experience. You can park at Compatsch and take a Taxi to the Tirlir hut. From there a snowmobile takes you to the Mahlknecht hut. After a good dinner, you can take a sledge and ride down yourself on the moonlight.

Snowmobile ride & sledge rental: 14,00 € a person.
 Booking: +39 0471 727912; info@mahlknechthuette.com

EQUIPMENT

- ✓ Ski helmet
- ✓ Cap (under the helmet)
- ✓ Ski goggles
- ✓ Sturdy, comfortable and waterproof hiking boots appropriate for winter use
- ✓ Warm, water- and windproof clothing
- ✓ Long, warm technical socks and spares
- ✓ Warm and waterproof gloves
- ✓ Neckwear
- ✓ Rucksack

Use of the toboggan runs at your own risk!



Open toboggan runs:
www.seiseralm.it/sledging



Notruf
 Tel emergenza
 Emergency

112

10 Golden Rules for a safe tobogganing experience:



1. Where to climb and where to descend:

I use the walkway to climb, and the toboggan run to descend. It's not allowed to walk up the toboggan run, nor to descend on the slopes.

2. Respecting others:

I always watch out for other tobogganists and avoid jeopardising or harming them.

3. Speed control:

I always make sure to adjust my speed to my skills, and to the weather and snow conditions. I keep a safe distance of at least 8 meters from any other tobogganists.

4. Crossings:

Any intersections between toboggan run, slopes and walkways are marked with relevant sign boards. To avoid clashes with skiers or hikers we all need to be very cautious.

5. Overtaking:

I only overtake where the view is clear and unrestricted, and I do it with moderate speed.

6. Stopping:

Apart from emergencies, stopping at narrow passages or at spots with a restricted view is not allowed. In case I fall, I clear the trail as fast as possible.

7. Position:

I never toboggan head-first.

8. Outfit:

Tobogganing requires adequate shoes. When I warm up ahead of the run I can prevent injuries.

9. Sign notifications:

I pay attention to any warning and information signs.

10. Assistance:

In case of an accident, I am required to help any person who needs assistance. If I cannot or may not actively help, then I attempt to telephone local emergency services 112 or to call out for someone to come help the injured party.

SLEDGE RENTAL

Alpin Sports Company

Seiser Alm Areal Cableway - mountain station, Seiser Alm,
T. +39 0471 729054
Compatsch 51, Seiser Alm, T. +39 0471 707641
info@alpinsports.it
www.alpinsports.it

Sport Hans

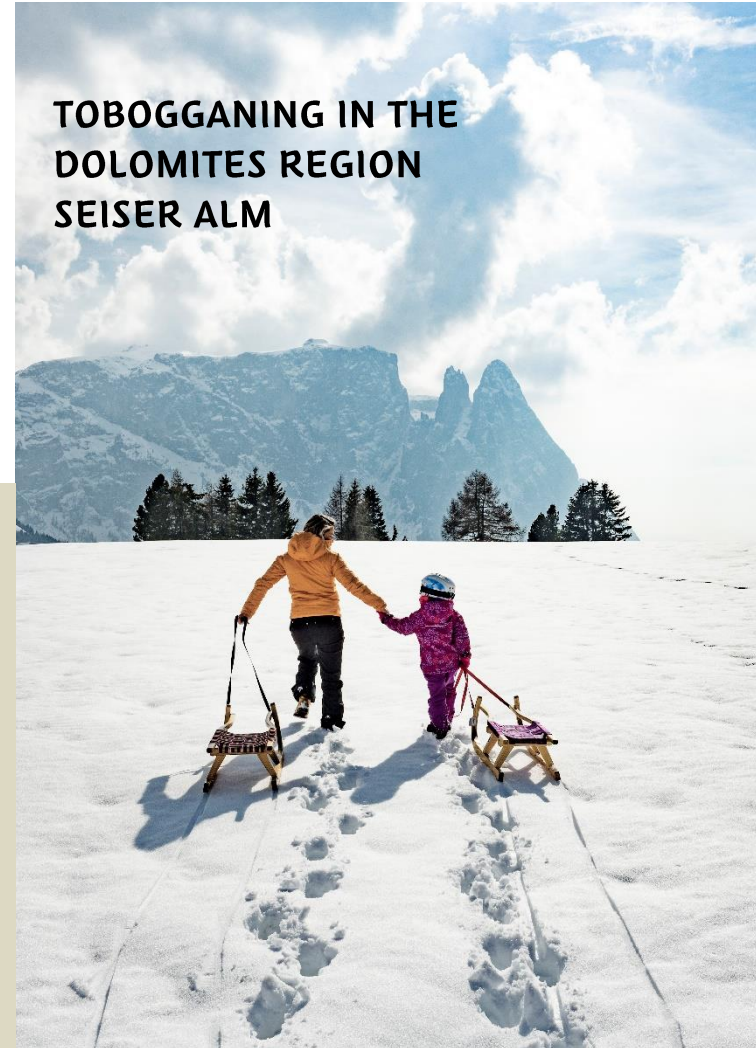
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K & K Sports

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TOBOGGANING IN THE DOLOMITES REGION SEISER ALM



Information about tobogganing

Winter 2022/23

SEISER ALM MARKETING

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www.seiseralm.it/sledging

