

DOLOMITES
SEISER ALM 
KASTELRUTH – SEIS – VÖLS – TIERS

Seiser Alm Balance

Top experiences for an
active and healthy spring

05.05.-27.06.2025



WEDNESDAY
7:00 - 11:30 am

Morning hike on the Tschafon mountain
with mountaineer breakfast

Tiers am Rosengarten
07.05., 14.05., 21.05., 28.05.,
04.06., 11.06., 18.06., 25.06.2025

REGISTRATION
until 3:00 pm the day before

PRICE
35,00 Euro a person

EXPERT
Michaela Prister

INFO AND
REGISTRATION



THURSDAY
13:00 - 16:00 pm

Pottery course
with natural materials

Völs am Schlern
08.05., 15.05., 22.05., 29.05.,
05.06., 12.06., 19.06., 03.07.2025

REGISTRATION
until 3:00 pm the day before

PRICE
25,00 Euro a person

EXPERT
Katja Battisti

INFO AND
REGISTRATION



FRIDAY
7:20 - 9:30 am

Yoga on the Calvary hill in Kastelruth
with healthy breakfast

Kastelruth
09.05., 16.05., 23.05., 30.05.,
06.06., 13.06., 20.06., 27.06.2025

REGISTRATION
until 5:00 pm the day before

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

EXPERT
Sabine Platter

INFO AND
REGISTRATION

