

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: 5,00 €




TOBOGGAN RUN PUFLATSCH

1,8 km 1 hour 236 m 
 Telemix Pufplatsch - oneway: 4,10 €

TOBOGGAN RUN MOLIGNON


2,8 km 1 hour 315 m 
 Pick-up service on request
 Mahlkecht refuge: 4,00 € (free of charge when consuming in the hut)

TOBOGGAN RUN ZALLINGER


2,9 km 1 ½ hour 281 m 
 Chairlift Florian - 10 oneway trips: 55,00 €
 Oneway: adults 9,00 €, children (8-15 years) 7,50 €
 Zallinger refuge: 7,00 € a day / 5,00 € half-day

TIERS AM ROSENGARTEN/TIRES AL CATINACCIO

TOBOGGAN RUN RUNGUN - ST. ZYPRIAN



800 m 22 min 114 m 

TOBOGGAN RUN HANIGER SCHWAIGE HUT



3,5 km 1 hour, 23 min 378 m 







VÖLS AM SCHLERN/FIÈ ALLO SCILIAR

TOBOGGAN RUN TUFF ALM HUT

2 km 45 min 200 m 
 Tuff Alm hut: 5,00 €

TOBOGGAN RUN HOFER ALPL HUT

4,3 km 1 hour, 35 min 422 m 
 Hofer Alpl hut: 3,00 €

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



Open toboggan runs:
www.seiseralm.it/sledging



Moonlight tobogganing on Seiser Alm

On full moon nights, the Mollignon 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 Mahlkecht 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@mahlkechthuette.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

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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

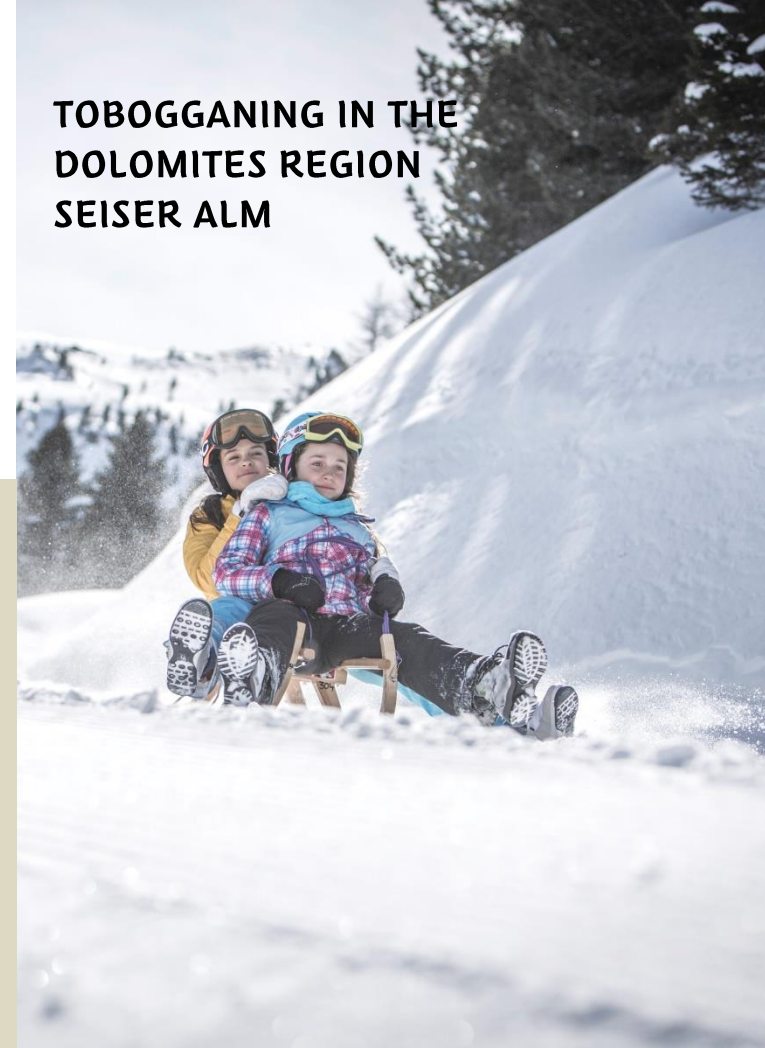
Compatsch 31/A, Seiser Alm, T. +39 0471 727824
info@sport hans.com
www.sport hans.com

K & K Sports

Seiser Alm Areal Cableway - valley station, Schlernstr. 39, Seiser am Schlern, T. +39 0471 706129
Seiser Alm Areal Cableway - mountain station, T. +39 0471 729078
Compatsch 48, Seiser Alm, T. +39 0471 729067
info@kandk.bz
www.kandk.bz



TOBOGGANING IN THE DOLOMITES REGION SEISER ALM



Information about tobogganing

SEISER ALM MARKETING
T. +39 0471 709600, info@seiseralm.it

www.seiseralm.it/sledging

