



Dolomites Region Seiser Alm - Summer 2026

The Dolomites Region Seiser Alm in northern Italy represents a summer holiday destination that blends alpine vastness with Mediterranean joie de vivre. At the heart of the region lies the Seiser Alm - Europe's largest high-altitude alpine meadow - complemented by the traditional villages of Kastelruth, Seis am Schlern, Völs am Schlern and Tiers am Rosengarten. Around 300 days of sunshine per year, a mild climate, and varying altitudes create ideal conditions for a diverse and multifaceted stay in summer 2026.

Nestled within the UNESCO World Heritage Dolomites, the region combines impressive natural scenery with living traditions, authentic culture, and a strong culinary identity. Modern infrastructure and sustainable mobility solutions ensure easy accessibility while maintaining a clear focus on nature conservation and quality. The Dolomites Region Seiser Alm thus positions itself as one of the most versatile summer destinations in the Alpine region - centrally located, yet far removed from the hustle and bustle.

Hiking

450 Kilometers of Alpine Diversity

With around 450 kilometers of marked trails, the Dolomites Region Seiser Alm offers ideal conditions for varied hiking experiences. Around the Seiser Alm, visitors will find panoramic trails, hut-to-hut tours, alpine pasture loops, and challenging summit ascents - suitable for leisure hikers as well as ambitious mountain enthusiasts.

In summer, clear long-distance views, blooming alpine flora, and pleasant temperatures create perfect conditions. Themed trails such as the family-friendly "Witches' Springs" path or the "Geologists' Trail," offering insights into the geological history of the UNESCO World Heritage Dolomites, combine nature experiences with cultural enrichment. Hiking in the Dolomites Region Seiser Alm means active relaxation in one of the most impressive landscapes of the Alps - from spring through autumn, and in some cases even in winter.

Themed Trails for All Ages

The Dolomites Region Seiser Alm turns hiking into an experience for the whole family. Numerous well-marked themed trails combine nature, history, culture, myths, and legends, inviting visitors to explore the high-alpine meadow as well as the villages of Kastelruth, Seis am Schlern, Völs am Schlern and Tiers am Rosengarten.

Here, families can walk barefoot through the forest, experience nature with all their senses, learn fascinating facts about springs, ponds, or the geological history of the Dolomites, or follow in the footsteps of historical figures. The themed trails offer a suitable hiking experience for every age group and interest - active, educational, and entertaining at the same time.

Themed Trails

- **Mushroom Trail** - Family, nature experience
- **Oswald von Wolkenstein Trail** - Family, culture & history
- **Gumperer Trail** - Family, culture & history
- **Witches' Springs** - Family, nature & legends
- **Kalvarienberg-Kofel Trail** - History & culture
- **Hans and Paula Steger Trail** - History & culture
- **Oachner Farmsteads Trail** - History & culture
- **Historical Circular Trail** - History & culture
- **7 Ponds Trail** - Water & nature
- **Spring Water Trail** - Water & nature
- **Geologists' Trail** - Geology & landscape
- **Geotrail Pufels-Bulla** - Geology & landscape
- **Geo Mile** - Geology & landscape
- **Peterbühl Themed Trail** - Geology & nature



To ensure that hiking in the Dolomites Region Seiser Alm becomes a pure pleasure, it's worth focusing on the essentials: sturdy footwear, light equipment, and sun protection pave the way for carefree hours in nature. Follow the marked trails, enjoy the clear mountain air and the drinking water stations along the routes - this way, every tour remains pleasant and safe.

Respect for nature makes the experience even more special: leave no trace, observe livestock from a distance, and keep dogs on a leash. On shared hiking and cycling paths, consideration ensures a harmonious coexistence. With these simple guidelines, nothing stands in the way of a relaxed, nature-oriented summer experience on the Seiser Alm - accompanied by magnificent views, fragrant meadows, and the lightness of the Dolomites.



Highlight Events 2026 - Spring & Summer

The Dolomites Region Seiser Alm invites visitors in 2026 to enjoy a diverse calendar of events that brings together culture, music, sports, and family experiences. Whether culinary delights, alpine traditions, or sporting challenges - every guest will find special moments here.

- **Seiser Alm Balance | May 5 - June 30, 2026**
- **Schlern Music | May 13 - May 17, 2026**
- **Oswald von Wolkenstein Riding Tournament | May 29 - May 31, 2026**
- **Schlern Genuss Dolomites | June 6 - June 21, 2026**
- **Völs Village Kitchen | Völs am Schlern | June 6, 2026**
- **Open Air of the Kastelruther Spatzen | June 12 - June 13, 2026**
- **Summer Classics | Seis am Schlern | June 22 - September 7, 2026**
- **Seiser Alm Family Summer | June 29 - August 28, 2026**
- **Bergler Table | Tiers am Rosengarten | July 16, 2026**
- **Seiser Alm Half Marathon | July 5, 2026**
- **Rosengarten Schlern Sky Marathon | July 11, 2026**
- **Traditional Alpine Market | Seiser Alm | September 8, 2026**
- **Autumn Delights on the Mountain | September 1 - October 30, 2026**
- **Transhumance Seiser Alm-Kastelruth | October 3, 2026**
- **Transhumance Völs am Schlern & Tiers am Rosengarten | October 4, 2026**
- **Kastelruther Spatzen Festival | October 9 - October 11, 2026**
- **Völs Culinary Weeks ("Kuchlkastl") | Völs am Schlern | October 1 - October 31, 2026**



Cycling

The Dolomites Region Seiser Alm offers perfect conditions for cycling and mountain biking enthusiasts: On Europe's largest high-altitude alpine meadow, visitors can enjoy magnificent views of the Dolomites, 300 days of sunshine per year, and a diverse network of routes between 700 and 2,440 meters above sea level. Around 600 kilometers of well-marked trails lead from the Seiser Alm down to the villages of Kastelruth, Seis am Schlern, Völs am Schlern, and Tiers am Rosengarten - suitable for all fitness levels.

Leisurely panoramic routes invite relaxed cycling, while experienced mountain bikers can enjoy steep climbs and fast descents on wide forest roads, challenging trails in Gröden, or along the Sellaronda MTB. Guided tours with bike guides reveal the best routes and insider tips. In addition, bike rental services and service centers ensure that every bike is in perfect condition - for a completely carefree biking experience.



Climbing & Running

The Dolomites Region Seiser Alm is a true paradise for climbers: the striking massifs of Rosengarten and Schlern offer steep gullies, rock spires, and spectacular walls for sport climbing and mountaineering.

Guided tours and climbing schools make it easy for beginners to get started, while experienced climbers can enjoy challenging multi-pitch routes and via ferratas. Bouldering is also popular: the impressive rock formations of the Dolomites invite technique, movement, and immersion in nature – ideal for both beginners and professionals.

The Dolomites Region Seiser Alm is also one of the most beautiful running areas in Europe. The Seiser Alm Running Park offers around 240 km of well-marked trails of all difficulty levels - from relaxed panoramic runs to demanding mountain trails. Eight routes lead directly across Europe's largest high-altitude alpine meadow, with additional paths through Kastelruth, Seis am Schlern, Völs am Schlern, and Tiers am Rosengarten.

Perfect conditions for jogging, altitude training, and trail running in the heart of the Dolomites.



Swimming

Swimming fun in an impressive mountain setting: In the Dolomites Region Seiser Alm, guests can enjoy two special bathing experiences at around 1,000 meters above sea level.

The idyllic Völser Weiher, located at the foot of the Schlern, is considered one of the cleanest bathing lakes in Italy. The Italian environmental organization Legambiente regularly awards it the sought-after “5 Vele” and consistently ranks it among the top three bathing lakes in the country. Water quality is continuously monitored by the biological laboratory of the Autonomous Province of Bolzano.

Panoramic swimming enjoyment is also offered by the Telfen outdoor pool, with views of the Santner peak. Thanks to their altitude, both the Völser Weiher and the Telfen swimming pool provide pleasant refreshment even on hot summer days.



Hiking with Children

Varied and close to nature: In the Dolomites Region Seiser Alm, hiking with children becomes a true experience. Between alpine meadows and Dolomite peaks, families can discover themed trails, legendary places, and exciting natural adventures.

The “Witches’ Springs” adventure trail invites visitors to walk barefoot step by step through nature, while around the Seiser Alm stories of knights and the legends of the Schlern witches come to life. Guided tours - for example in the Nature Park Schlern-Rosengarten, on farms, or through the night forest - also make family hiking in South Tyrol especially diverse.



Horse-Drawn Carriage Rides & Horse Riding

The route passes blooming meadows, lush pastures, and traditional alpine huts that invite visitors to stop and rest. Surrounded by the impressive Dolomite scenery, guests can enjoy the peace of nature, the clear mountain air, and spectacular views - a relaxed experience for all the senses.

Whether Haflinger, Quarter Horse, or pony - the sure-footed Haflinger is especially popular, with around 200 of these horses spending the summer on the alpine pastures of the Seiser Alm.

Professional riding stables offer lessons for beginners and advanced riders, private sessions, guided horseback rides, and multi-day horse trekking tours.



The Villages of the Dolomites Region Seiser Alm

The Dolomites Region Seiser Alm includes the Seiser Alm, the largest high-altitude alpine meadow in Europe, as well as the holiday resorts of Kastelruth, Seis am Schlern, Völs am Schlern and Tiers am Rosengarten. All of these destinations are located close to one another and can be reached in no time thanks to excellent bus connections. You can therefore safely leave your car behind and enjoy your holiday in a relaxed and stress-free way.

Kastelruth - Diverse, Lively and Traditional

Kastelruth is the largest holiday resort in the Dolomites Region Seiser Alm and at the same time one of the most vibrant villages in the Dolomites. Its charming historic center has been named one of the most beautiful in Italy by the association *I borghi più belli d'Italia*. Strolling through its narrow streets, visitors can feel the living traditions and culture of South Tyrol.

Highlights of the year include the traditional cattle drive (Almabtrieb), the Kastelruther Spatzen Festival, and the colorful traditional farmers' wedding. Kastelruth combines vibrant culture, time-honored customs, and culinary enjoyment into a particularly diverse and enriching holiday experience.



Seis am Schlern - Mythical, Beautiful and Varied

Seis am Schlern lies at the foot of the Seiser Alm and the imposing Schlern and is considered a legendary place of energy. The nature here is particularly restorative, but also rich in activities. Visitors can play golf, discover mystical places of power, or reach the alpine meadow within just a few minutes via the Seiser Alm cable car and immerse themselves in alpine nature. Seis am Schlern offers a varied getaway between relaxation, nature, and discovery.



Seiser Alm - Heavenly, Diverse and Welcoming

The Seiser Alm itself covers 56 km² and is the largest high-altitude alpine meadow in Europe. It offers an unparalleled panorama of the Dolomites and a wide range of activities in every season. Whether hiking, biking, and trail running in summer or skiing, cross-country skiing, and winter hiking in winter - the alpine meadow is a true paradise for nature lovers.

As a protected landscape area and part of the Nature Park Schlern-Rosengarten as well as the UNESCO World Heritage Dolomites, the Seiser Alm is home to around 800 species of flowering plants and ferns and impresses with its unique flora and fauna.



Völs am Schlern - Exceptionally Enjoyable and Multifaceted

In Völs am Schlern, everything revolves around enjoyment, gastronomy, and culture. The mild climate and unique panorama create perfect conditions for relaxation. Those seeking a special wellness experience can enjoy the traditional Völs hay bath or spend a day at Völser Weiher, one of the cleanest bathing lakes in Italy.

Culture enthusiasts can explore the Middle Ages at Prösels Castle and take part in culinary events such as the Völser “Kuchlkastl.” Völs am Schlern is a place full of variety and offers something for every taste.



Tiers am Rosengarten - Diverse and Sustainable

Tiers am Rosengarten is considered one of the most innovative hiking and mountaineering villages in the Dolomites. From here, hikes, climbing tours, and summit experiences of all difficulty levels begin. In winter, unforgettable snowshoe hikes attract visitors, which can be enjoyed independently or in guided groups.

The village’s location is ideal, as the impressive mountains of Rosengarten, Schlern, and Latemar are right on the doorstep, ready to be explored. Tiers am Rosengarten combines nature, adventure, and sustainable tourism into a diverse experience for active holidaymakers.



Huts & Alpine Pastures in the Dolomites Region Seiser Alm

The Dolomites Region Seiser Alm is a paradise for food lovers. Both on the alpine meadow and in the surrounding villages, rustic, family-run huts and alpine pastures invite visitors to enjoy authentic culinary experiences. They serve traditional South Tyrolean specialties, Mediterranean classics, and creative gourmet dishes - prepared mostly with regional, seasonal ingredients.

Whether hearty dumpling soup, fluffy “Kaiserschmarrn,” or sweet apple strudel: this is where alpine flavors meet warm hospitality. Instead of large self-service restaurants, guests can expect personal service and genuine mountain-hut atmosphere.

Most huts are located directly along hiking trails and can be reached on foot or via lift facilities – always accompanied by the impressive Dolomite panorama. A special detail: if the South Tyrolean flag is flying in front of a hut, it is open and welcoming guests.



Sustainability

Since October 2023, the Dolomites Region Seiser Alm has officially held the renowned sustainability label of the Global Sustainable Tourism Council (GSTC), thereby meeting comprehensively verified ecological, social, and cultural criteria for sustainable tourism. As part of an extensive audit conducted by Green Destinations, the region's consistent commitment to responsible development was confirmed. With the awarding of the GSTC label, the region also received the highest sustainability certification in South Tyrol - Level 3. This quality seal not only highlights a clear commitment to sustainable practices but also the long-term strategy of developing tourism in harmony with nature, local communities, and regional identity.

The South Tyrol sustainability label is based on the internationally recognized GSTC criteria and establishes a unified understanding of sustainable tourism in the region. The goal is to preserve the Dolomites Region as an attractive and livable space for both locals and visitors. The focus lies on protecting the sensitive natural environment, using resources responsibly, implementing sustainable mobility and infrastructure concepts, and ensuring future-oriented economic development. Equally important is the strengthening of local cycles and the preservation of the region's authentic character.

