

# Autumn pleasures in the Dolomites region Seiser Alm

01.09. - 03.11.2023

The mountain autumn brings together outdoor experiences with a magnificent landscape and an outstanding cuisine.

Guided sunrise hikes with breakfast in a mountain refuge, culinary hikes with tasting sessions and "Törggelen" hikes are just a few of them.

Registration until the day before in the tourist offices or online: www.seiseralm.it/mountainautumn

KASTELRUTH, Tel. +39 0471 706 333 SEIS AM SCHLERN, Tel. +39 0471 707 024 SEISER ALM, Tel. +39 0471 727 904 VÖLS AM SCHLERN, Tel. +39 0471 725 047 TIERS AM ROSENGARTEN, Tel. +39 0471 642 127

SEISER ALM MARKETING Tel. +39 0471 709 600, info@seiseralm.it





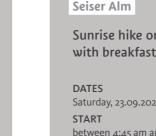


# Seiser Alm

SÜDTIROL

Sunrise hike on mount Sciliar with breakfast at the Schlernhaus mountain refuge

DATES Tuesday, 05.09.2023, 12.09.2023, 19.09.2023 START 4:00 am RETURN 12:30 pm DURATION OF THE HIKE (WITHOUT REST) 2:15 h DIFFICULTY difficult - good physical condition is required PRICES 55,00 € per person



Information & registration:





## Tiers am Rosengarten

Sunrise hike to the Völsegg Peak and mountaineer breakfast at the Tschafon hut

DATES Thursday, 21.09.23, 28.09.23, 05.10.23, 12.10.23, 19.10.23, 26.10.23 START between 4:30 am and 5:00 am RETURN 12:00 pm **DURATION OF THE HIKE** Information (WITHOUT REST) & registration: 2:15 h DIFFICULTY medium – good physical condition is required PRICES 55,00 € per person



# Seiser Alm

55,00 € per person

Sunrise hike on the Rosszahn ridge with breakfast in the Tierser Alpl hut

Saturday, 23.09.2023., 30.09.2023, 07.10.2023, 14.10.2023 between 4:45 am and 5:15 am RETURN 10:30 am DURATION OF THE HIKE (WITHOUT REST) 2:30 h DIFFICULTY difficult - good physical condition is required PRICES



Information

& registration:



# Seiser Alm

2:30 h

PRICES

DIFFICULTY

55,00 € per person

Sunrise hike on the Plattkofel peak with breakfast at the Plattkofel mountain hut

DATES Friday, 15.09.2023 and Wednesday, 04.10.2023 START between 3:05 am and 4:00 am RETURN 11:00 am **DURATION OF THE HIKE** (WITHOUT REST)

difficult - good physical condition is required

Information & registration:







## Völs am Schlern

Winegrowers of Völs - Tradition at the foot of the Schlern: Guided farm visit with wine tasting

#### DATES

every Tuesday at 5:00 pm 05.09.2023: Winery Besserer Hof 12.09.2023: Winery Grottner Hof 19.09.2023: Winery Front Hof 26.09.2023: Winery Gump Hof - Markus Prackwieser 03.10.2023: Winery Wasserer Hof 10.10.2023: Winery Besserer Hof 17.10.2023: Winery Grottner Hof PRICES

Information & registration:

20,00 € per person





## Völs am Schlern

#### Törggelen: Hiking, wine tasting and culinary delights

DATES Friday, 29.09.2023, 06.10.2023, 13.10.2023, 20.10.2023, 27.10.2023, 03.11.2023 9:00 am - 3:30 pm

**MEETING POINT** Parking place at Prösels Castle

PRICES Adults: 60,00 € Children until 16 years: 45,00 €

Information & registration:





### Völs am Schlern

## E-Mountainbike pure pleasure tour - more than sport, culinary delights, culture and nature

DATES

Wednesday, 06.09., 13.09., 20.09., 27.09.2023 Friday, 01.09., 08.09., 15.09., 22.09., 29.09.2023 10:00 am - 4:00 pm

#### ROUTE

30 km / 1.200 metres difference in altitude / easy tour MEETING POINT

Tourist office Völs am Schlern Via Bolzano 4

PRICES 60,00 € per person (110,00 € with rental bike) Information & registration:





#### Seis am Schlern

"Keschtn" and wine - Enjoying food and wine in the village centre of Seis am Schlern

DATE Thursday, 05.10.2023 Start: 2:00 pm **MEETING POINT** Village centre, Seis am Schlern

Information:

