



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

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Seiser Alm

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:



Seiser Alm

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

DATES
 Saturday, 23.09.2023., 30.09.2023, 07.10.2023, 14.10.2023

START
 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
 55,00 € per person

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
 20,00 € per person

Information & registration:



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:



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 (WITHOUT REST)
 2:15 h

DIFFICULTY
 medium – good physical condition is required

PRICES
 55,00 € per person

Information & registration:



Seiser Alm

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)
 2:30 h

DIFFICULTY
 difficult – good physical condition is required

PRICES
 55,00 € per person

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:

