

# Seiser Alm Balance

Top experiences for an active and healthy spring

**09.05. – 01.07.2023**

[www.seiseralm.it/balance](http://www.seiseralm.it/balance)



**TUESDAY**  
9:00 – 12:00 am

## Alpine forest bathing

Breathe and recharge your batteries

Völs am Schlern, St. Konstantin  
09.05., 16.05., 23.05., 30.05., 06.06., 13.06., 20.06., 27.06.2023

**REGISTRATION**  
until 5:00 pm on the day before the event  
**PARTICIPATION FEE**  
20,00 euro per person  
**EXPERT**  
Monika Malfertheiner

INFORMATION  
AND REGISTRATION



**WEDNESDAY**  
7:30 – 9:00 am

## The Five Tibetans®

Balance for your everyday life - 5 exercises for more stability

Kastelruth, Calvary Hill  
10.05., 17.05., 24.05., 31.05., 07.06., 14.06., 21.06., 28.06.2023

**REGISTRATION**  
until 5:00 pm on the day before the event  
**PARTICIPATION FEE**  
15,00 euro per person  
**EXPERT**  
Monika Malfertheiner

INFORMATION  
AND REGISTRATION



**THURSDAY**  
6:30 – 10:30 am

## Morning hike to the Tschafon mountain refuge with moutaineer breakfast

Tiers am Rosengarten  
11.05., 18.05., 25.05., 01.06., 08.06., 15.06., 22.06., 29.06.2023

**REGISTRATION**  
until 3:00 pm on the day before the event  
**PARTICIPATION FEE**  
38,00 euro per person  
**EXPERT**  
Egon Zuggal

INFORMATION  
AND REGISTRATION



**SATURDAY**  
7:30 – 10:30 am

## Morning walk with breakfast at the Völser Weiher lake

How to start the day right

Völs am Schlern  
13.05., 20.05., 27.05., 03.06., 10.06., 17.06., 24.06., 01.07.2023

**REGISTRATION**  
until 3:00 pm on the day before the event  
**PARTICIPATION FEE**  
30,00 euro per person  
**EXPERT**  
Rudi Brunner

INFORMATION  
AND REGISTRATION



Guided events and workshops around the topics health, balance and relax in spring nature of the Dolomites region Seiser Alm.

The events will be held every week in the villages of Kastelruth, Seis am Schlern, Völs am Schlern, Tiers am Rosengarten and on the Seiser Alm, and are suitable for both adults and teenagers.



If you book a stay in one of the Balance partner accommodation, you can participate in the Balance experiences free of charge.

### REGISTRATION

Registration at the tourist offices of the Dolomites region Seiser Alm or online [www.seiseralm.it/balance](http://www.seiseralm.it/balance).

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

SEISER ALM MARKETING  
Tel. +39 0471 709 600, [info@seiseralm.it](mailto:info@seiseralm.it)  
[www.seiseralm.it/balance](http://www.seiseralm.it/balance)



**02.06. – 04.06.2023**

## Riding Tournament Oswald von Wolkenstein

From game to game: Galloping into the Middle Ages is every spring the returning motto in the Dolomites region Seiser Alm. After the start at the Trostburg Castle in Waidbruck/ Ponte Gardena the tournament goes on with four stages: at the Kofel hill in Kastelruth takes place the traditional ring jousting. The second game, the labyrinth, is on program at the Matzlbödele in Seis. At the Völser Weiher lake with its gallop is the third of four stages. To conclude the tournament is the game at Prösels Castle, the ride trough posts.

NO REGISTRATION REQUIRED

### PROGRAM

**FRIDAY, 02.06.2023**

20:00 Opening ceremony on the village square in Kastelruth  
21:30 Party with DJ

**SATURDAY, 03.06.2023**

14:30 Opening parade with the participating teams, music groups, horses ...  
15:30 Opening speeches and beginning of the festival with concerts of the music bands  
21:00 Live-Music

**SUNDAY, 04.06.2023**

9:30-16:00 The four riding tournaments in Kastelruth, Seis am Schlern, at the Völser Weiher lake and Prösels Castle



**MIDDLE TO END OF MAY**

## Crocus blossom

When the last of the snow melts away, the Seiser Alm and the slopes beneath the Rosengarten/Catinaccio are magically transformed into a shimmering carpet of white and lilac. The crocus blossom is an incredible sight to behold, and the sure sign that the countryside is awakening. Blossoming crocuses are commonly found in snowy and high-altitude spots, and their white-purple flowers only adorn the Alpine meadows for about 1-2 weeks.



**HIKING SUGGESTION**

## Gumperer trail

Seis am Schlern

The Gumperer Path in Seis is a pleasure for all your senses: the five stations invite you to discover the five senses. The hike starts at the village square of Seis, from here we follow the Burgfriedenstreet for about 350 m and then turn right onto the hiking trail to the Furscherweiher lake. We follow the signs to the "Karlotten Kofel", a special place of power. From here we hike on through the forest and pass the Aussergost farm, Puntschied farm, Kampideller farm, Simmele-müller farm and the Malenger mill. We continue along trail no. 7A to the Peterlunger farm, from here we return to the village centre of Seis.

GPS  
TOUR

