



## Seiser Alm Balance in Autumn

### Preview weekly program 1 September – 31 October 2020

From **1 September to 31 October 2020**, a series of events and workshops themed around **wellness and relaxation** will be taking place. Assisted by the helping hand of nature, they offer a sublime time-out for body and soul and the opportunity to amass your energy stores for the coming winter.

These experiences in the breathtakingly beautiful autumn countryside are a **guarantee of relaxation and culinary pleasure at its very best, and are held in sites of special energy** on the Seiser Alm and in the villages of Castelrotto, Siusi, Fiè allo Sciliar and Tires al Catinaccio.

The events take place every week and are suitable for adults and children aged 14 and over. For all events, participants must pre-book at a tourist office in the holiday region Seiser Alm.



### TUESDAY:

#### MENTAL STRENGTH FROM FOREST AND ROOTS

Forest bathing and tasting of products in a biological farm

**SIUSI ALLO SCILIAR:** 1, 8, 15, 22 and 29 September 2020;

6, 13, 22 and 27 October 2020

from 2 to 6 pm

10.00 euro – FREE for guests of Seiser Alm Marketing partner organisations



### WEDNESDAY:

#### BUCKWHEAT – DISHES AND LEGENDS AROUND SOUTH TYROL'S NATIVE PLANT

Guided hike and awarded cuisine in a hut

**ALPE DI SIUSI:** 9 September and 7 October 2020

From 2:00 to 7:30 pm

50.00 € a person; In the price are included: the guided hike, an aperitif and the meal with starter and main dish, drinks and the taxi back to Siusi (valley station of the Seiser Alm cable car).

### THURSDAY:

#### THE MAGIC OF THE MORNING

Movement in the morning sun and healthy, alkaline appetizer

**CASTELROTTO/MARINZEN:** 3, 10, 17 and 24 September 2020; 1, 8 and 15 October 2020

from 8:30 - 11:30 am

10.00 euro – FREE for guests of Seiser Alm Marketing partner organisations

## SCHÜTTELBROT & VINSCHGERLEN – THE BREADS OF SOUTH TYROL

### Bread-making course at the Oberprantacher Bakery

SIUSI ALLO SCILIAR: 3, 10, 17 and 24 September 2020;

1, 8, 15, 22 and 29 October 2020

from 15:00 - 17:30 am

10.00 euro – FREE for guests of Seiser Alm Marketing partner organisations

### FRIDAY:

#### FIT-WALKING WITH „BERGLER“-REFRESHMENT

Banish stress, recharge batteries and enjoy a refreshment with local products

TIRES AL CATINACCIO: 4, 11, 18 and 25 September;

2, 9, 16, 23 and 30 October 2020

from 2 - 4 pm

10.00 euro – FREE for guests of Seiser Alm Marketing partner organisations

### SATURDAY:

#### STRENGTHENING WORKOUT AT THE LAGHETTO DI FIÈ LAKE

Easy exercises for stability and balance in everyday life

FIÈ ALLO SCILIAR/LAGHETTO DI FIÈ LAKE: 5, 12, 19 and 26 September 2020;

3, 10, 17, 24 and 31 October 2020

from 8:45 - 10:15 am

10.00 euro – FREE for guests of Seiser Alm Marketing partner organisations

### INFORMATION AND REGISTRATION

CASTELROTTO: T. +39 0471 706 333, [info@castelrotto.com](mailto:info@castelrotto.com)

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