



### **Dolomites Region Seiser Alm - Winter 2026/2027**

The Dolomites Region Seiser Alm in northern Italy stands for a winter holiday full of activity, nature experiences, and alpine expansiveness. At the heart of the region lies the Seiser Alm - Europe's largest high-altitude alpine meadow - complemented by the idyllic villages of Kastelruth, Seis am Schlern, Völs am Schlern, and Tiers am Rosengarten. With an elevation between 1,800 and 2,250 meters, the region is among the most snow-reliable areas in South Tyrol and offers magnificent views of the UNESCO World Heritage Dolomites.

Whether skiing on 181 km of slopes, cross-country skiing on 80 km of sunny trails, tobogganing, or snowshoe hiking - a winter holiday on the Seiser Alm is full of variety. Sunny winter days, the liberating openness of the high alpine meadow, and the connection to the Gröden ski area make every stay unforgettable. With modern infrastructure, sustainable mobility solutions, and living alpine traditions, the region combines sporting activity with relaxed enjoyment culture.

The 2026/2027 winter season is expected to start on December 4, 2026, and end on April 4, 2027 – perfect for anyone looking to experience winter pleasures in the Dolomites.

### **Skiing**

On the Seiser Alm, a ski holiday in South Tyrol can be perfectly combined with a unique landscape experience. Wide, sun-drenched slopes make the region especially attractive for leisure skiers: beginners can gently ease into skiing here, while experienced skiers can test their technique on red and black runs.

Together with Gröden, the Seiser Alm forms the largest ski area in the Dolomites, with 181 kilometers of slopes and 79 lift facilities. Exciting ski circuits such as the Seiser Alm Ronda, the Seiser Alm/Gröden Ronda, and the legendary Sellaronda take skiers on a full-day tour through the majestic Dolomite landscape and promise unforgettable skiing experiences.

A special advantage: “Sci ai piedi” - skiing without ever having to take off your skis. Unlike many other ski areas, here skis remain on during gondola and chairlift rides, which helps avoid long waiting times and congestion. Road crossings are also cleverly solved with overpasses, allowing for a seamless ski day without interruptions.

Skis only need to be taken off briefly when stopping at a mountain hut for lunch - ensuring maximum comfort and pure skiing enjoyment.



### Cross-Country Skiing

The Seiser Alm is a true mecca for cross-country skiing enthusiasts, offering 80 km of perfectly groomed sunny trails for cross-country skiing at the highest level. Whether skating or classic style, beginner or professional - the double or even quadruple tracks at altitudes between 1,800 and 2,200 meters allow for both sporting challenges and relaxed leisure tours. The vast openness of Europe’s largest high-altitude alpine meadow and the impressive Dolomite mountains - including the Langkofel, Plattkofel, and Schlern - accompany every step, while cozy mountain huts along the routes serve traditional alpine dishes.

The Seiser Alm is not only a highlight for recreational skiers but also a training paradise for international top teams. The oxygen-thin high-altitude air between 1,800 and 2,300 meters is ideal for professional endurance and altitude training. At the Monte Pana cross-country center at over 1,600 meters at the foot of the Langkofel, trails of all difficulty levels wind through the snowy winter landscape.

Together with Gröden, the Seiser Alm forms a shared cross-country skiing area with around 100 km of trails. Connecting routes such as Saltria-Monte Pana further extend the experience. In addition, the region is part of Dolomiti NordicSki - the largest cross-country skiing carousel in Europe with over 900 km of trails - guaranteeing unlimited cross-country skiing enjoyment for every winter holiday.



### Winter & Snowshoe Hiking

Pristine nature, magnificent views of the Dolomites with Langkofel, Plattkofel, Schlern, and Rosengarten, and sunny winter days - the Seiser Alm invites visitors to enjoy winter and snowshoe hikes. The network of routes includes around 60 km of perfectly groomed winter hiking trails and 50 km of marked snowshoe trails. All winter hiking paths can also be used as snowshoe routes, ensuring that both beginners and experienced hikers find suitable options.

Popular destinations for snowshoe hikes include the area around Tiers am Rosengarten, the Tschamin Valley, and routes around the Rosengarten massif. Whether an easy leisure tour or a demanding alpine trek - there is a suitable route for every preference. Numerous mountain huts along the trails invite hikers to stop for a break, some even open in the evening for moonlight hikes.

The winter hiking trails are avalanche-safe, and snowshoes can be rented directly on site. Inexperienced hikers can also rely on the expertise of experienced hiking and mountain guides, ensuring a safe and relaxed winter experience.



### Tobogganing

Pristine winter landscapes, magnificent views of the Dolomites, and sunny winter days - the Seiser Alm invites visitors of all ages to enjoy tobogganing adventures. The network includes numerous perfectly prepared toboggan runs in the villages and on the alpine meadow, ensuring that both beginners and experienced tobogganers find suitable slopes.

Starting points can be reached on foot or comfortably via the Florian, Monte Piz chairlifts, and the Pufplatsch telemix lift. Toboggans can be rented directly at mountain huts, valley stations, or ski rental shops. Numerous huts along the runs invite guests to stop for a break and serve traditional South Tyrolean specialties.

From the 2025/26 winter season onwards, helmet use is mandatory on all toboggan runs. Use is at your own risk; tobogganing on ski slopes is not permitted for safety reasons.



### Ice Skating

In winter, the Völser Weiher transforms into an idyllic outdoor ice skating rink with the impressive backdrop of the Schlern. Ice skating enthusiasts can glide across the ice, perform pirouettes, or simply enjoy the tranquility in the heart of the Nature Park Schlern-Rosengarten.

Additional ice skating rinks near the villages, for example in Kastelruth, Seis am Schlern, and Tiers am Rosengarten, are easily accessible and popular meeting points for both children and adults. For warming up, the lakeside swimming hut as well as nearby inns and restaurants offer cozy places to stop. Skates can be rented directly on site.

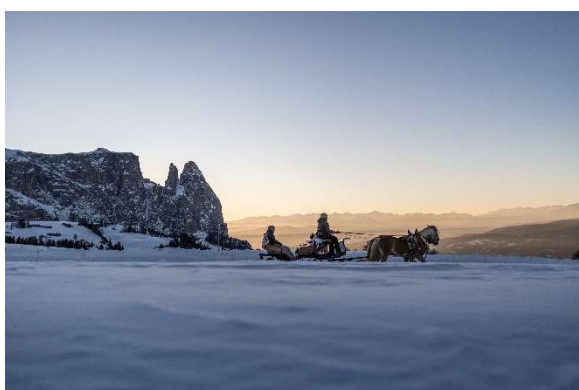


### Horse-Drawn Sleigh & Carriage Rides

A romantic and at the same time nature-close experience is offered by sleigh and horse-drawn carriage rides across Europe's largest high-alpine meadow. Whether wrapped in blankets in winter or enjoying the sunshine in summer - to the rhythm of the horses' hooves and the sound of bells, guests can take in the majestic mountain scenery of Langkofel, Plattkofel and Schlern.

Just a few meters from the Seiser Alm cable car. The routes lead across wide alpine meadows, past pastures and mountain huts that invite visitors to stop for refreshments in every season.

During the journey, visitors are surrounded by the peaceful silence of nature: the gentle snorting of the horses, the crunch of snow or the fresh mountain air create a magical atmosphere. Experienced guides also share fascinating stories about the region, making every ride an unforgettable experience in harmony with nature.



## Family-Friendly Ski Holiday

The Seiser Alm is considered one of the best ski areas for families in the Alps. Easy to intermediate slopes, modern lifts equipped with child safety features, and two ski schools create ideal conditions for children of all ages. The offer is complemented by a ski kindergarten and childcare services.

## Experience “Witches’ Flight” & Seiser Alm Ronda

A special highlight for families is the Seiser Alm Ronda: along the route, children are immersed in the legendary world surrounding the Schlern. Seven interactive experience stations tell exciting stories about witches and myths of the region.

Along the way, visitors will also find:

- Fun parks for children
- Euro Park with the witch Nix
- Seiser Alm Snowpark for first freestyle experiences

## NEW: Interactive Ski Escape Game

With the “Witches’ Flight,” the ski area becomes an adventure world: An interactive escape game leads across the entire Ronda. Equipped with a treasure map, families solve puzzles via app, collect symbols at different stations, and experience the slopes in a playful way - flexibly over one or several days.

## Skimovie - Action to Take Home

Skimovie records your own descent from start to finish. The personal race video, including your best time, can then be accessed online - a highlight for the whole family, available directly at the Bamby lift.

## Marinzen Alm Family Area

At the Marinzen Alm, a fun park offers varied winter enjoyment:

- Toboggan slope with conveyor belt
- Ice skating rink & playground
- Ideal for beginners and young children

## Village Lift Kastelruth

The village lift in Kastelruth is perfect for first attempts at skiing. The manageable slope and suitable lesson programs offered by the ski schools make getting started especially easy.



### 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 alpine 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 - Mythically Beautiful and Diverse

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, yet 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 km<sup>2</sup> 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 Diverse

In Völs am Schlern, everything revolves around enjoyment, cuisine, and culture. The mild climate and unique panoramic views 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 Völs "Kuchlkastl." Völs am Schlern is a place full of diversity, offering 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: here alpine enjoyment meets warm hospitality. Instead of large self-service restaurants, guests can expect personal service and a 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 underlines a clear commitment to sustainable action but also the long-term strategy of developing tourism in harmony with nature, the local population, and regional identity.

The South Tyrol sustainability label is based on the internationally recognized GSTC criteria and creates a unified understanding of sustainable tourism in the region. The aim is to preserve the Dolomites Region as an attractive and livable space for both residents and guests. The focus is 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.

