



# 3000 SCHLERN SUMMER SCHOOL

## SCHLERN 3000 SUMMER SCHOOL

BIKE TECHNIQUE TRAINING. BIKE & E-BIKE TOURS. HIKING TOURS ... & MORE!



INFO & REGISTRATION  
SUMMER-SCHOOL@SKI3000.IT  
WWW.SKI3000.IT/SUMMER

### WÖCHENTLICHES GRUPPENPROGRAMM PROGRAMMA SETTIMANALE DI GRUPPO WEEKLY GROUP PROGRAM

*\*Mindestens 6 Teilnehmer; Nicht inklusive: Aufstiegsanlagen, Fahrräder, Ausrüstung, Mittagessen.  
\*Minimo 6 partecipanti; non incluso: impianti di risalita, bici, attrezzatura, pranzo.  
\*Minimum 6 participants; not included: cable cars, bikes, equipment, lunch.*

#### MONTAG

##### Bike Technik Training für Kinder und Erwachsene

Bike Park, Völs am Schlern  
10:00-13:00 Uhr | Preis: 50 € / Person

Im Bike Park von Völs zeigen dir unsere Profis, wie du dein Bike richtig beherrschst. Ob Kurventechnik, Gleichgewicht oder Bremsen, dieses Training macht dich fit für die Trails. Ideal für Einsteiger und alle, die ihre Skills verbessern wollen.

#### MITTWOCH

##### E-Bike Tour (easy) Seiser Alm

Bergstation Seiser Alm Bahn, Seiser Alm, Compatsch  
10:00-16:00 Uhr | Preis: 50 € / Person

Gleite mühelos über traumhafte Wege der Seiser Alm. Unsere Guides führen dich zu geheimen Aussichtspunkten und erzählen dir spannende Geschichten rund um die Dolomitenregion Seiser Alm. Naturgenuss garantiert!

#### DONNERSTAG

##### Kultur E-Bike Tour

Talstation Seiser Alm Bahn, Seis am Schlern  
10:00-16:00 Uhr | Preis: 55 € / Person

Entdecke den Geschmack Südtirols: Wir besuchen eine lokale Kaffeerösterei und einen Biokräuterhof. Zudem werfen wir einen Blick in die Vergangenheit bei einem traditionellen Bauernhof, Burgen und Ruinen. Ein Tag voller Aromen und Geschichten!

#### LUNEDÌ

##### Allenamento tecnico di MTB per bambini e adulti

Bike Park, Fiè allo Sciliar  
ore 10:00-13:00 | Prezzo: 50 € / persona

Nel Bike Park di Fiè i nostri esperti ti dimostrano come diventi padrone del tuo bike. Curve, equilibrio, frenate – questo allenamento ti prepara al meglio per affrontare percorsi difficili. Ideale per principianti e per chi vuole migliorare le proprie abilità.

#### MERCOLEDÌ

##### E-Bike Tour (facile) Alpe di Siusi

Cabinovia Staz. a monte, Alpe di Siusi, Compatsch  
ore 10:00-16:00 | Prezzo: 50 € / persona

Pedala con facilità tra i paesaggi dell'Alpe di Siusi. Le nostre guide ti porteranno in luoghi segreti e ti racconteranno storie affascinanti su questa splendida Regione Dolomitica Alpe di Siusi. Grandi Emozioni garantite!

#### GIOVEDÌ

##### Tour culturale in E-Bike

Cabinovia Staz. a valle, Siusi allo Sciliar  
ore 10:00-16:00 | Prezzo: 55 € / persona

Scopri i sapori autentici dell'Alto Adige: visiteremo una torrefazione di caffè e un maso delle erbe biologiche. In più, esploreremo un maso tradizionale, castelli e rovine storiche. Un viaggio tra gusto, natura e cultura!

#### MONDAY

##### Bike technique training for kids and adults

Bike Park, Völs am Schlern  
10am-1pm | Prize: 50 € / person

In the Bike Park our professional instructors will show you how to master your bike. Whether improving curve control or your ability of balancing and braking – this training gets you trail-ready. Perfect for beginners and anyone looking to upgrade their skills.

#### WEDNESDAY

##### E-Bike Tour (easy) Seiser Alm

Seiser Alm Cableway Mountain Station, Compatsch  
10am-4pm | Prize: 50 € / person

Let us guide you through the beautiful landscapes and experience breathtaking locations by letting us share intriguing stories and secrets about the Seiser Alm Dolomites Region along the way with you.

#### THURSDAY

##### Culture E-Bike Tour

Seiser Alm Cableway Valley Station, Seis am Schlern  
10am-4pm | Prize: 55 € / person

Discover the flavours of South Tyrol: we'll visit a speciality coffee roastery and a herb garden farm. Along the way, we'll explore a traditional Farm, historic ruins and castles. A full day of taste, stories, and sights – suitable for everyone!

### PRIVATE

- PRIVATE BIKE TECHNIQUE TRAINING
- PRIVATE (E-)BIKE TOURS  
SEISER ALM. ANTERMOIA. SELLARONDA.
- SUNRISE. SUNSET TOUR
- BIKE & HIKE TOURS
- HIKING TOURS