

Information and registration:

Seiser Alm Marketing
e.mail: info@seiseralm.it
T. 0039 0471 709600

PROGRAMME 20.01. - 25.01.2019

Appointments	Programme	Prices
Sunday, 20.01.2019		
9.30 - 12.00	Nordic ski event, Meet & Greet and equipment check in Compatsch	for free
17.00	Cross Country skiing evening with dinner in a typical hut	35,00 €
Monday, 21.01.2019		
9.30 - 12.30	Basic classic technique course	40,00 €
9.30 - 12.00	Advanced classic technique course	45,00 €
9.30 - 12.00	Double pulling course with David Hofer	45,00 €
9.30 - 12.00	Moonlight Classic race track analysis Compatsch-Panorama	45,00 €
13.45 - 16.00	Basic cross country skiing course - snowplow, downhill and turning	40,00 €
13.45 - 16.00	Advanced cross country skiing course - downhill and turning	45,00 €
13.45 - 16.00	Children: play and fun with cross country skiing	20,00 €
13.45 - 16.00	Desperate housewives – cross country skiing afternoon for women	30,00 €
13.45 - 16.00	Moonlight Classic race track analysis Compatsch- Wolfsbühl	45,00 €
Tuesday, 22.01.2019		
9.30 - 12.30	Basic classic technique course	40,00 €
9.30 - 12.30	Basic freestyle technique course	45,00 €
9.30 - 12.00	Advanced classic technique course - uphill	45,00 €
9.30 - 12.00	Moonlight Classic race track analysis Compatsch-Panorama	45,00 €
14:00 - 17:30	Video analysis and technique with David Hofer	30,00 €
14:00 - 15:30	Advanced freestyle technique course	45,00 €
14:00 - 15:30	Advanced classic technique course	45,00 €
15:30 - 16:30	Double pulling course with David Hofer	45,00 €
Wednesday, 23.01.2019		
9.30 - 12.00	sci and wax test with wax course	45,00 €
13.00 - 15.30	sci and wax test with wax course	45,00 €
20.00	South Tyrol Moonlight Classic Seiser Alm	40,00-60,00€
Thursday, 24.01.2019		
9:30 - 12:30	Basic classic technique course	40,00 €
9:30 - 12:00	Advanced freestyle technique course - hills and uphill	45,00 €
9:30 - 12:30	Desperate Housewives – Cross country morning for women	30,00 €
9:30 - 12:30	Video analysis and technique with David Hofer	30,00 €
14:00 - 15:00	Basic double pulling technique course	40,00 €
14:00 - 15:00	Advanced double pulling course	45,00 €
15:00 - 16:30	Basic course: how we use the different steps	40,00 €
15:00 - 16:30	Advanced course: how we use the different steps	45,00 €
Friday, 25.01.2019		
10:00 - 15:30	Cross country skiing day & course with lunch (classic & freestyle)	70,00 €
14:30 - 16:00	Children: play and fun with cross country skiing	20,00 €