

6/5 - 9/25/2024 20:30 - 23:30

CLIMATIC THERAPY NIGHT-TIME HIKE TO THE PARTSCHINS WATERFALL

Climatic therapy is the application of natural weather and climatic factors for therapeutic purposes. Part of a successful hike is a lovely landscape ...

Location: Partschins Waterfall Spaureggstraße 10 39020 Partschins / Rabland

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



4/2 - 11/5/2024 10:00 - 12:30

ABSEILING AT PARTSCHINS WATERFALL

ONLY IN GERMAN AND ITALIAN! (English on request) Overcome anxieties and literally “go with the flow” - of the waterfall. This abseiling trip to ...

Location: Waterfall of Partschins Wasserfallweg 55 39020 Partschins/ Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



4/3 - 10/30/2024 09:00 - 12:00

CLIMATIC THERAPY HIKE TO THE PARTSCHINS WATERFALL CLIMATIC HEALTH RESORT

Climatic therapy is the application of natural weather and climatic factors for therapeutic purposes. The targeted use of (cool) air, wind and ...

Location: Partschins Waterfall Spaureggstraße 10 39020 Partschins / Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



5/2 - 10/24/2024 13:45 - 18:00

ALPINE FOREST BATHING

Shinrin-Yoku, breathing in the forest atmosphere - or forest bathing for short, has long been an officially recognised method of enhancing health in ...

Location: Around the Nörderberg 39020 Partschins / Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



4/3 - 11/4/2024 17:00 - 18:00

MEDITATION IN THE GAUDENTENTURM RESIDENCE GARDENS

ONLY IN GERMAN AND ITALIAN! (English on requst) Take care of your health by slowing down and reducing stress: relaxation exercises have been shown to ...

Location: Gaudententurm Residence Gardens Spaureggstraße 10 39020 Partschins/Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



4/5 - 9/20/2024 16:00 - 18:00

HERBAL HIKE AND WATER TREADING - AT THE RABLAND WAALWEG

ONLY IN GERMAN AND ITALIAN! As the saying goes, “there is a herb for every ailment.” And that without water there would be no life, is as true for ...

Location: Rabland Waalweg 39020 Rabland / Rablà - Partschins /Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



3/29 - 9/27/2024 16:00 - 18:00

HERBAL HIKE AND WATER TREADING - AT THE PARTSCHINS WAALWEG

ONLY IN GERMAN AND ITALIAN! As the saying goes, “there is a herb for every ailment.” And that without water there would be no life, is as true for ...

Location: Partschins Waalweg 39020 Partschins / Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



4/4 - 11/7/2024 10:00 - 11:00

BACK TRAINING

Outdoor back exercises combine fresh air with targeted exercises to strengthen, stretch and mobilise the back. It starts with simple warm-up ...

Location: Gaudententurm Residence Gardens Spaureggstraße 10 39020 Partschins/Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



4/3 - 11/4/2024 09:30 - 10:30

BREATHE IN. BREATHE OUT. THE POWER OF BREATHING.

What is transformative breathing and how can our breath help us to banish stress and access vital energy? The answer to this can be discovered in ...

Location: Waterfall of Partschins Wasserfallweg 55 39020 Partschins/ Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157



3/29 - 11/8/2024 08:00 - 09:00

RELAXED AND VIBRANT WITH YOGA

Body, mind and soul united in wonderful harmony - our yoga instructor will show you how in this inspirational class in the gardens of the ...

Location: Gaudententurm Residence Gardens Spaureggstraße 10 39020 Partschins/ Parcines

Registration required
online or at the Tourist Information Office Partschins or Rabland
+39 0473 967157