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[zemma] immerse – Ice Bathing in the Brandnertal

PENDING FR, 30.01.2026

 Friday 14:00 o'clock**Duration:** 2 hours 30 minutes [view on map](#)

Icy water, conscious breathing and the quiet power of the mountains – a shared experience that stays with you.



Price

€ 45.00 per person with guest card | € 55.00 per person without guest card (cash payment only)

Equipment

You will need: comfortable clothing | swimwear | towel, optionally bathrobe / poncho | swimming sandals (flip-flops are not suitable) | sufficiently warm clothing, hat, gloves | hot water or tea in a thermos | something to write with if you like to take notes on the theory | beginner's spirit and openness to new things

Arrival Information

Arrival by public transport: Regional bus L580, stop "Brand Church". The exact connections can be found at www.vmobil.at. With the Brandnertal, Bludenz, Klostertal guest card and the Premium guest card, the journey by public transport is free of charge.

Registration

until 16:00 on the day before at Brandnertal Tourism at +43 5559 555 or at tourismus@brandnertal.at

Requirements

At least 3 and a maximum of 6 people | from 18 years | Normal physical and mental health | Please ask your doctor in advance if you have heart problems, kidney failure, high blood pressure, migraines, Raynaud's Syndrome Type I, panic disorders, or have had surgeries! | Contraindications are: Epilepsy, untreated high blood pressure > 160 mmHg, Raynaud's Syndrome Type II, cold urticaria, or pregnancy. | A health and liability declaration must be completed at the beginning of the workshop.

Meeting point

on the upper floor of the Old School in Brand | Gufer 36a

Guest Cards



Brandnertal, Bludenz, Klostertal Guest Card

With the Brandnertal, Bludenz, Klostertal guest card, you receive a discount of € 10.00.





Venue

Alte Schule Brand

Gufer 36a
6708 Brand



Organizer

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