



# [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](http://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](mailto: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

**Frau Stefanie Moser**

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