

## **Transalpine Running Camp I: Silvretta and Sesvenna**

### **Hut to Hut Running Tour - a pure mountain experience**

Is running or trail running one of your passions, and do you dream to be in the mountains? Then perhaps you also would like to run over the mountains from hut to hut? Then our Running Haute Route is for you, if you bring just the joy of running, a little endurance and an adventurous spirit.

We make a delightful four day journey, running through beautiful and diverse Alpine landscapes - enjoying the contrast of flower filled meadows, dramatic gorges and high alpine passes. On two days we break our journey overnight in mountain huts. Between these hut nights we will enjoy a restful night in the Hotel Traube in Scuol, with the luxury of a hotel bed and a gourmet dinner. Here you can also take the opportunity to sample the natural spa waters of the Bogn Engiadina, and allow them to take the tiredness out of your legs.

During the tour we run at a fairly easy pace with time to linger in the mountain meadows (unlike during races), to rest and stretch, to enjoy a picnic, or just to appreciate the panorama. We carry our picnic and spare clothing with us in a small running backpack. Each day we travel between 15-25 miles with approximately 800-1100m ascent. The legendary Uina gorge, awe-inspiring views to the high glaciers and the beautiful Val Sinestra are just some of highlights of our tour.

Benefit from the experience of mountain runner Franzi Gissler, who competed in the 2007, 2008 and 2009 Transalpine Run, and who with her team partner achieved best Swiss team in the top ten of the Mixed category.

The Transalpine Running Camp offers you a wonderful trail running experience in the mountains. It is ideal preparation for the Gore-Tex Transalpine Run or The North Face Ultra Trail du Mont Blanc. Come with us on our mountain journey!

**Instructor:** Franzi Gissler

<b>Date</b>	<b>Level</b>	<b>Description</b>	<b>Price</b>
05.08.10 - 08.08.10	F2	Transalpine Running Camp I: Silvretta and Sesvenna	CHF 640.-

Alpine Club members receive a discount of CHF 15.-  
At Hotel Traube: Single room supplement CHF 10 - per night

**Join us running in the nature, be inspired by the beauty of the mountains  
challenge yourself and you will find another world!**

**Laufschule Scuol – Outdoor Engadin GmbH • Punt 36A • 7550 Scuol • Schweiz**  
**Tel. +41 (0)81 860 02 06 • [info@outdoor-engadin.ch](mailto:info@outdoor-engadin.ch) • [www.laufschule-scuol.ch](http://www.laufschule-scuol.ch)**

## Course contents:

- \* Mountain tours in the mountains of the Silvretta and Sesvenna (Switzerland and Italy)
- \* Easy mountain running: consolidate and expand your techniques, improve your running economy
- \* Specific training for mountain running
- \* Tips and advice for training, nutrition and racing for mountain marathons

## Included:

- \* 4 day Mountain Running Tour
- \* 2 nights accommodation in mountain huts in a dorm room with half-board
- \* 1 night accommodation in a double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- \* Welcome gift

## Program:

### Thursday

10.00h: Rendezvous at Hotel Traube in Scuol for brief program description, leave baggage  
10.30-16.00h: Stage I: Scuol - Sur En - Val D'Uina - Slingia pass - Sesvenna Hutte (ca. 16km and 1200m ascent)  
19.00h: Dinner and overnight accommodation in Chammana Tuoi

### Friday

07.30h: Breakfast  
09.00-15.00h: Stage II: Sesvenna Hutte - Fuorcla Sesvenna - S-charl (ca. 10km and 600m ascent), return to Scuol by postal bus or option to run onwards to Scuol  
16.30-19.00: Free time for individual regeneration, optional visit to the Spa of Bogn Engiadina  
19.30h: Dinner and overnight accommodation in Hotel Traube

### Saturday

07.30h: Breakfast  
09.00-17.00h: Stage III: Ftan - Alp Laret - Forcla Champatsch - Forcla Davo Lais - Heidelberg Hutte (ca. 25 km and 1700m ascent)  
19.00h: Dinner and overnight accommodation in Heidelberg Hutte DAV

### Sunday

07.30h: Breakfast  
09.00-15.00h: Stage IV: Heidelberg Hutte - Fimberpass - Val Laver - Zuort - Val Sinestra (13km / 500m ascent), followed by postal bus to Scuol  
ca. 16.00h: Return to Scuol; end of tour

N.B. The program may change depending on weather conditions and the needs of participants  
Price is exclusive of public transport costs (if required)

It may be possible to arrange accommodation for extra nights (before or after the tour) at Hotel Traube if your travel plans require.