

Introduction to Trail Running

NEW!

Experience three days of running on the mountain trails of the Lower Engadine - find your way into trail running (F1)

Do you feel like running away - surrounded by the beauty of magnificent mountain scenery? This course offers you an introduction into trail running, mountain running and easy running tours.

Learn the technique for running off-road and take home valuable tips for planning your training, the equipment to use and nutrition for the trail. This weekend combines some trail running tours through the larch forests of the Lower Engadine in the region of the Swiss National Parks and tours ascending to mountain huts with magnificent viewpoints to the Silvretta mountain group.

However it is not only running - rest and relaxation are also not forgotten! Our 'home' base is the welcoming and stylish Hotel Traube, with its fine gourmet dinners. The natural mineral waters of the spa Bogn Engiadina will also help to take the tiredness from your legs. Relaxation and pure enjoyment.

A wonderful mountain experience, easy trails and good food make this weekend into days of active rest. Find the pleasurable introduction to trail running

Instruction: Franz Gissler of Laufschule Scuol

Date	Level	Description	Price
25.06.10 - 27.06.10	F1	Introduction to Trail Running	CHF 490.-

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!**

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Course contents:

- * From the basic running technique to 'off-road' and trail
- * Consolidate and optimise your running techniques
- * Introduction to trail and mountain running
- * Tips and advice for planning your training, material and nutrition
- * Training runs in the natural beauty of the region surrounding Scuol

Included:

- * 3 day course
- * gait analysis (video)
- * 2 nights accommodation in double room with half-board in Gourmet-Hotel/Restaurant Traube Üja
- * Afternoon Tea in Hotel Traube
- * Sauna with mineral shower
- * Welcome gift

Please contact us for the detailed programme if you would like further information.