



Plaisir Alpine Running Camp: Lower Engadine (Switzerland)

Trail Running for a special mountain experience

Is running or trail running one of your passions, and do you dream to be in the mountains? If you are happy to be in the nature but incline towards a more leisurely approach, and the joy of being in the mountains and shared camaraderie mean more than numbers (distance and ascent), then our Plaisir Alpine Running Camp is for you. The camp needs you to bring a little endurance and an adventurous spirit, but this mountain journey has a peaceful and enjoyable rhythm.

If you dream one day to make an ultra-distance mountain race such as The North Face Ultra-Trail Tour du Mont Blanc or the Trans-Alpine, then this camp will give you a good insight into mountain running, and perhaps give you the confidence and inspiration to commit to 2011?

We make a delightful four day journey, running through beautiful and diverse Alpine landscapes - enjoying the contrast of flower filled meadows 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.

We will 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 and camaraderie.

Instructor: Lizzy Hawker - 2006 World Champion 100km.

Date	Level	Description	Price
02.09.10 - 05.09.10	F1/F2	Plaisir Alpine Running Camp	CHF 640.-

Alpine Club members receive CHF15 discount
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:

- * Easy mountain running in the regions of Piz Buin and Sesvenna (Switzerland and Italy)
- * Gentle mountain running: consolidate and expand your technique, improve running economy
- * Specific training for mountain running
- * Tips and advice for training, nutrition and racing

Included:

- * 4 day Mountain Running Tour with Lizzy Hawker
- * 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
- * optional entrance to the Wellness and Spa of Bogn Engiadina
- * Welcome gift

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