

## **Transalpine Running Camp II: at the foot of the Piz Buin**

### **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 600-1100m ascent. The Val Tuoi which leads us to the Schellenursli path to the foot of the Piz Buin and the legendary Uina Gorge are just some of highlights of our tour.

Benefit from the experience of international mountain runner Lizzy Hawker (Ultra Trail du Mont Blanc winner 2005 and 2008, 2006 100km World Champion, record holder for the Swiss Alpine Marathon (78km) and the Zermatt Marathon). Lizzy will be leading you throughout the camp and can offer you valuable tips and advice on marathon training, equipment and competition from her experiences.

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

**Instructor:** Lizzy Hawker - 2006 World Champion 100km.

<b>Date</b>	<b>Level</b>	<b>Description</b>	<b>Price</b>
12.08.10 - 15.08.10	F2	Transalpine Running Camp II: Piz Buin and Sesvenna Glacier	CHF 640.-

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

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