



trail *running*

trail running training week

Saturday 8th July until Saturday 15th July 2017

7-night package, price per person

CHF 822.50 double* or single room north CHF 892.50 double* or single room south

5-night package, price per person

CHF 615.50 double* or single room north CHF 665.50 double* or single room south

*double room price based on double occupancy (single use on request)

1- to 4-night package price per person and per night

CHF 136.50 double* or single room north CHF 146.50 double* or single room south

Extra night from Saturday to Sunday (with 5- or 7-night package) price per person

CHF 102.– double* or single room north CHF 112.– double* or single room south

- overnight stay in your room category
- substantial breakfast buffet
- dinner
- accompanied running program
- Arosa Card
- sauna
- free wifi
- free parking (subject to availability)
- taxes

Three groups with shorter or longer workouts, with altitude differences from 400 to 1500 meters. Perfect training for mountain-marathons and -trails.

Our coaches:

Sabine Bürki, Barbara Baer and Pius Schumacher

