

Gigathlon

SWITZERLAND

SATURDAY

30.6.2018

Unleash

the Animal!

COURSE

INFORMATION

Course details

30 kilometres

1300 metres elevation gain

Single/ Couple:

Transition Running > Biking

Finish

from 11:45

from 13:25

Team of Five:

Transition Cycling > Biking

Finish

Collective start

from 13:30

from 15:00

19:30

Finishing time

23:00

Danger points

① Strela Pass descent. Downhill, dismount.

② Beware of gravel, adapt speed

③ Level crossing

④ Beware of traffic

⑤ Dismount section

Points to note

If you expect to be riding in the dark, you need to carry the appropriate lights.

Going back to Arosa, a mountain stands in the way of the bikers – and they have to overcome it twice today. What was a comfortable train ride down to the valley in the morning has to be conquered uphill by individual muscle power in the evening: up to the Höhenweg mountain restaurant and over the Höhenweg to the Strela Pass. It is not possible to ride everywhere on the bike and we sometimes have to prohibit it for safety reasons. And so too after the Strela Pass, the scree slope down to the Haupter Täli valley. The descent to Langwies compensates many times over for the strenuous slides and dismount sections. It's worth stopping briefly in Chüpfen for a view up to the «Tritt» (steps), which are virtually impossible to see in the steep cliffs but have left their mark in the memory of the Singles and Couples. From Langwies station the narrow track of the Rhaetian Railway becomes a constant companion, with sights including the impressive Langwies viaduct. The alpine trailrun took place above the tree line on the other side of the valley in the morning. After Litzirüti the route follows the Plessur as far as the dam at the Iselsee lake and, after the trail in the forest above the reservoir, the Gigathletes' day draws to a close at the lower end of the lake. Just a few more metres before the circle closes at the day's finish line at the Sports and Congress Centre in Arosa. The feeling of exhaustion will soon give way to one of euphoria amidst the applause of the Gigathlon community.

Transition zone

DAVOS

KLOSTERS

DAVOS

OVERVIEW

DAVOS STRANDBAD

START

AROSA SPORT- & KONGRESSZENTRUM

FINISH

COURSE MAP

DAVOS – AROSA

19 km

8 km

A

B

C

D

HIGHLIGHTS

EN ROUTE

A Strela Pass

B Langwies Viaduct

C «Seniorenschaukel» (senior citizens' swing)

D Artworks

SCHEDULE

BEASTY SATURDAY, 30 JUNE 2018

Disciplines	Place	Exp. first Gigathlete	Target time*	Cut-off time
Start Alpine Trailrun	Arosa SKZ	05:00	–	–
Alpine Trailrun – mountain railway (beginning of neutralised section)	Davos Höhenweg	06:40	09:15	10:15
Alpine Trailrun (end of neutralised section) – Swimming	Davos Strandbad	07:10	10:15	11:15
Swimming – Cycling	Davos Strandbad	07:30	11:00	13:30
Cycling – Running	Davos Strandbad	11:00	17:45	20:15
Running – Biking	Davos Strandbad	11:45	19:30	19:30
Finish Biking	Arosa SKZ	13:25	23:00	23:00

* Target time: recommended time taken by the Gigathlete to reach the finish within the cut-off times.

SCHEDULE

BEASTY SATURDAY, 30 JUNE 2018

Disciplines	Place	Exp. first Gigathlete	Mass start	Cut-off time
Start Alpine Trailrun	Arosa SKZ	06:30		–
Alpine Trailrun – mountain railway (beginning of neutralised section)	Davos Höhenweg	08:00		10:15
Alpine Trailrun (end of neutralised section) – Swimming 1	Davos Strandbad	08:30		11:15
Swimming 1 – Running	Davos Strandbad	08:50		13:30
Running – Swimming 2	Davos Strandbad	09:55	12:45	14:15
Swimming 2 – Cycling	Davos Strandbad	10:15		13:30
Cycling – Biking	Davos Strandbad	13:30	19:30	20:15
Finish Biking	Arosa SKZ	15:00		23:00

LOGISTICS & TRANSPORT

Getting there

The biker, the supporters and the other team members will travel early in the morning from Arosa to Davos in the supporter vehicle (approx. journey time 2 hours).

Return travel

The biker will complete the course to Arosa. Once the biker has set off, the supporter will travel back to Arosa in the supporter vehicle with the other team members. The finish is at the headquarters.

Single/Couple:

The supporter will fetch the cycle from the cycle park and ride back to the car park.

Team of Five:

The cyclist will fetch the cycle from the cycle park and ride back to the car park. The other team members will walk to the Flüelakreuzung stop and take the shuttle bus back to the car park, bus stop Davos Platz, Postplatz.

Diversions

All routes are marked with white Gigathlon signs.

Personal effects

The supporter or a team member will take the bikers personal effects back to Arosa.

Timetable shuttle bus A (Special services for Gigathletes)

Davos Platz, Bahnhof	06:30	xx:45	xx:00	xx:15	xx:30	10:00
Davos, Flüelakreuzung	06:40	xx:55	xx:10	xx:25	xx:40	10:10

Timetable shuttle bus B (regular Line 1 bus service)

Davos, Flüelakreuzung	11:00	xx:30	xx:00	21:00
Davos, Schatzalpbahn	11:08	xx:38	xx:08	21:08
Davos Platz, Postplatz	11:10	xx:40	xx:10	21:10