

COURSE INFORMATION

Course details

34 kilometres

1300 metres elevation gain

Transition Swimming > Biking

from 10:05

Finish

from 11:45

Cut-off time

20:15

Danger points

① Technical trail, pushing passage. Take care when passing others.

② Bends: Proceed with caution.

③ Steep descent on gravel and oncoming traffic: Proceed with caution.

34 enjoyable kilometres of biking: up the Hörnli Grat to an altitude of over 2500 metres a.s.l., round the Weisshorn – this is the potted version of the bike schedule on Foxy Sunday. But breathing will be the only thing becoming shorter as the ascents get longer and longer. The route from Arosa through the Urdenal valley and back to Arosa is unique. The course features steep ascents, flowing single tracks and some great downhill sections. Forest trails and roads lead from the Obersee in Arosa to the Carmenna hut. The ascents are ideal preparation before tackling the steepest section heading toward the Hörnli hut. Stamina, strength and skill are required on gravel paths and tracks left by snow-grooming vehicles. The scree of the Parpan Weisshorn is crossed high above the Urdensee lake before plunging 200 metres down to the Urdensee. The route through the unique Urdenal will challenge every biker but it offers stunning vistas of the Graubünden mountains throughout. The trails are very varied at the same time, and can be enjoyed by elite and recreational bikers alike. Near Geisterstein, at 2222 metres a.s.l., is the start of a rapid descent down to the bridge across the Urdenbach at 1637 metres a.s.l. which must be paid dearly for with another ascent to the Rot Tritt at 2004 metres a.s.l. But the terrific views of the Schanfigg valley at the Ochsenalp Sponser refreshment point and the high-speed section back to Arosa more than make up for the earlier pain and suffering. After an elevation gain of over 1000 m, the competitors are certain to return to the Untersee transition zone not only with an adrenaline rush, but also with shaking forearms.

Headquarters

Arosa

Gigathlon

SWITZERLAND

SUNDAY

1.7.2018

Unleash the Animal!

COURSE MAP AROSA – AROSA

Arosa Untersee

24 km

10 km

Arosa Untersee

2400

2000

1600

1200

Arosa Untersee

2400

2000

1600

1200

SCHEDULE FOXYSUNDAY, 1 JULY 2018

Disciplines	Place	Exp. first Gigathlete	Mass start	Cut-off time
Start neutralised cycling section	Arosa SKZ	Chasing start Single/Couple Team of Five	5:45 7:15 7:45	–
Start Cycling	Chur		06:45	09:00
Cycling – Swimming	Arosa Untersee		07:50	11:30
Swimming – Alpine Trailrun	Arosa Untersee		08:10	12:15
Alpine Trailrun – Swimming	Arosa Untersee		09:45	15:30 / S/C 15:30 / ToF: 16:00
Swimming – Biking	Arosa Untersee		10:05	16:15
Biking – Running	Arosa Untersee		11:45	20:15
Finish Running	Arosa SKZ		12:35	22:30

HIGHLIGHTS EN ROUTE

A Bärenland Arosa (bear sanctuary)

B Hörnli (50 m high rock)

C Rot Tritt, viewing point across the Schanfigg valley

LOGISTICS & TRANSPORT

Getting there Single/Couple

The supporter/team member takes the bike to the Untersee cycle/bike park on arrival in the transition zone (from the camp or private accommodation).

Bike-Transfer: Once the Alpine trailrunner has set off, the supporter/team member takes the cycle the cycle/bike park Untersee. There he exchanges the cycle for the bike and takes the latter to the transition zone.

Getting there Team of Five

The biker first deposits their bike in the cycle/bike park at the Obersee car park on arrival in the transition zone (from the camp or private accommodation).

Bike-Transfer: Once the cyclist brought his cycle to the cycle/bike park Obersee, he changes the cycle for the bike and takes the latter to the transition zone.

Duschen

Showers are located at the headquarters, in the Sport- & Kongresszentrum.

Return travel

Single/Couple: As soon as the runner is on his way, the supporter/team member takes the cycle and the bike to the cycle/bike park at the Obersee car park and then goes to the finish at the headquarters. The bike may be fetched later if the supporter is unable to take both bicycles at the same time.

Team of Five: After completing the bike course, the biker immediately takes the bike to the cycle/bike park at the Obersee car park. They then go to the finish at the Sport- & Kongresszentrum.

Gigathlon Shuttle

Dep. Sport- & Kongresszentrum	04:00	xx:15	xx:30	xx:45	xx:00	08:15	08:30	xx:00	xx:30	00:00
Arr. TZ Arosa Untersee	04:05	xx:20	xx:35	xx:50	xx:05	08:20	08:35	xx:05	xx:35	00:05
Arr. Camp Isla	04:10	xx:25	xx:40	xx:55	xx:10	08:25	08:40	xx:10	xx:40	00:10
Dep. Camp Isla	03:45	xx:00	xx:15	xx:30	xx:45	08:00	08:45	xx:15	xx:45	00:15
Arr. TZ Arosa Untersee	03:50	xx:05	xx:20	xx:35	xx:50	08:05	08:50	xx:20	xx:50	00:20
Arr. Sport- & Kongresszentrum	03:55	xx:10	xx:25	xx:40	xx:55	08:10	08:55	xx:25	xx:55	00:25

Alternative foot/cycle paths

	Distance	Footpath	Cyclepath
Camp Isla to Sport- & Kongresszentrum	1.6 km, 120 hm	35 min.	15 min.
Camp Isla to TZ Untersee	900 m, 80 hm	25 min.	10 min.
Mühleboden to Sport- & Kongresszentrum	1.5 km, 40 hm	25 min.	10 min.
TZ Untersee to Sport- & Kongresszentrum	700 m, 40 hm	10 min.	5 min.
Bahnhof Arosa to Sport- & Kongresszentrum	400 m	5 min.	2 min.
Parkhaus Bruggli to Sport- & Kongresszentrum	1.8 km, 60 hm	25 min.	10 min.