



Single / Couple:
Start 5:00
Finish Davos Höhenweg from 6:45
Transition Alpine Trailrun > Swimming from 7:15
Target time Davos Strandbad 10:15

Team of Five:
Start 6:30
Finish Davos Höhenweg from 8:00
Transition Alpine Trailrun > Swimming from 8:30

Cut-off time Davos Höhenweg	10:15
Cut-off time Davos Strandbad	11:15

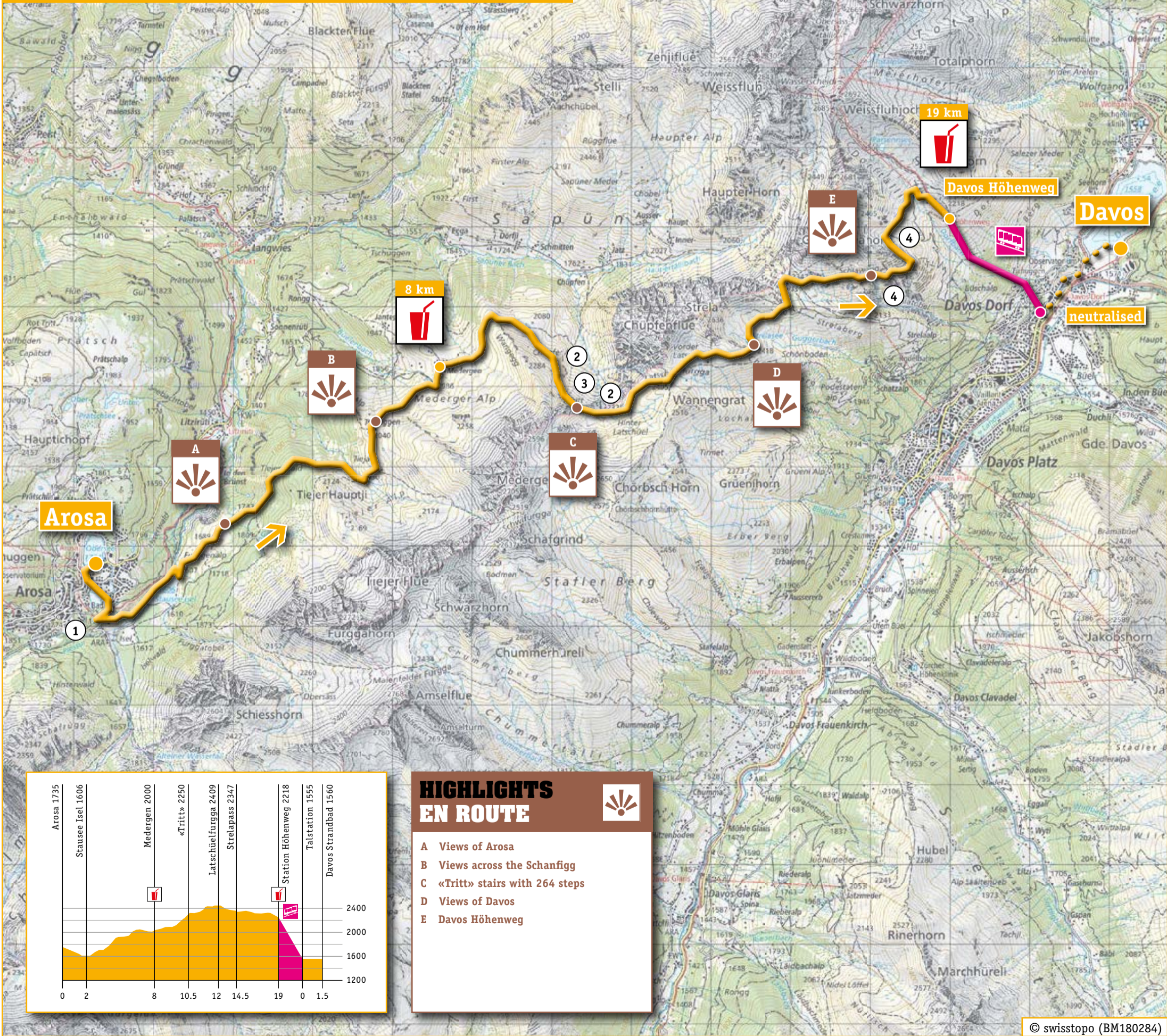
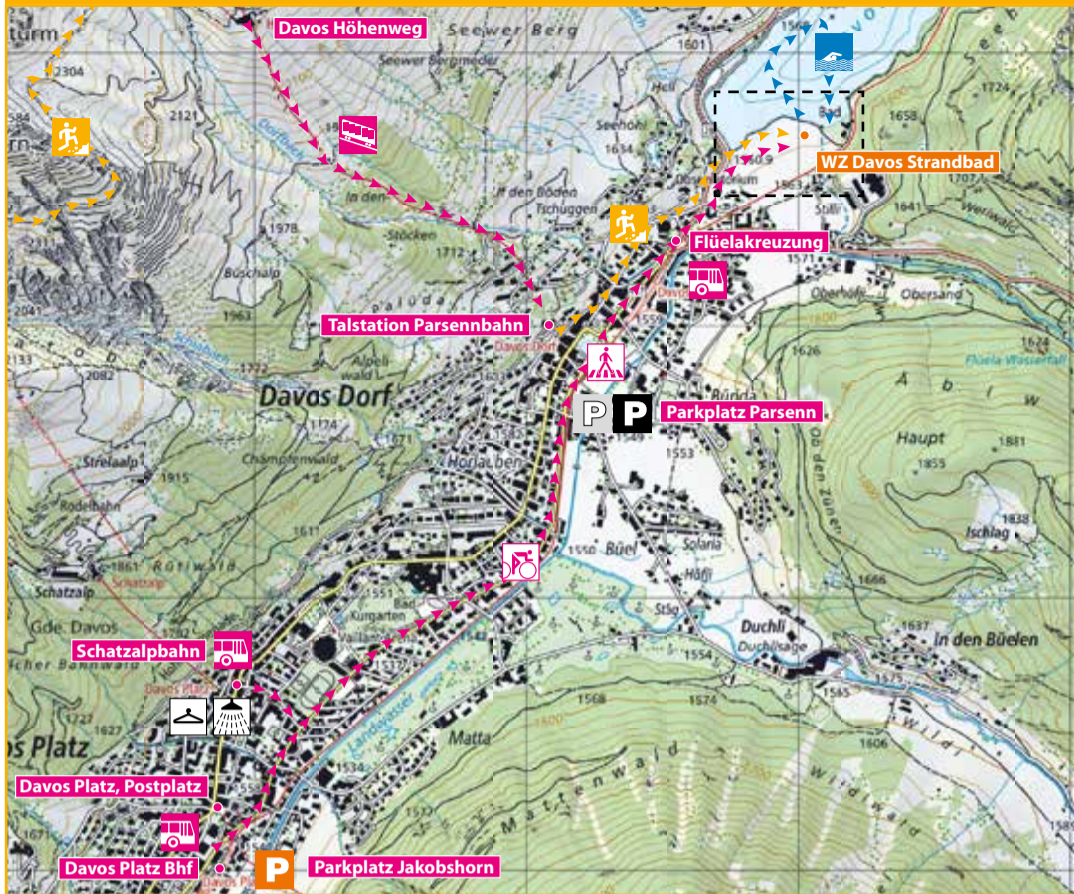
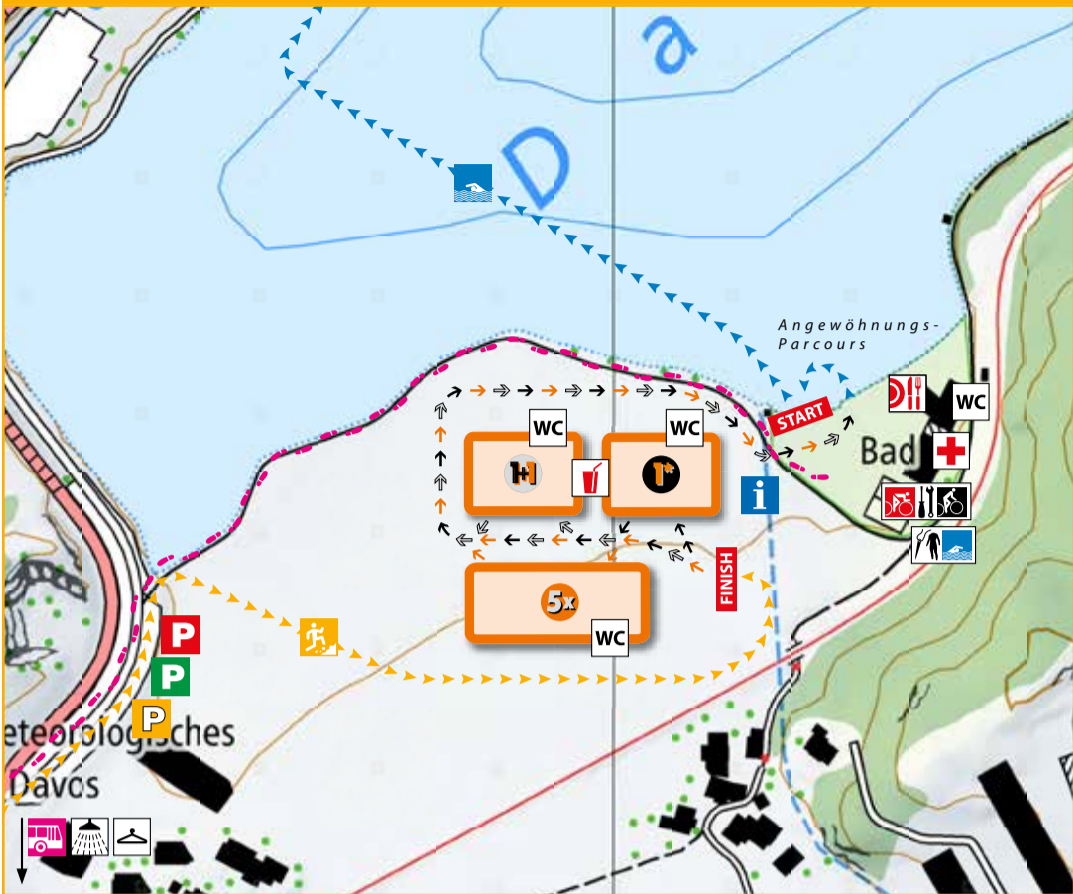
Danger points

- ① Level crossing
- ② Narrow path, no overtaking
- ③ «Tritt» stairs with 264 steps: one irregular step.
- ④ Barrier and steep slope: caution.

Points to note
Time neutralisation on the section from Davos Höhenweg; the Gigathlete will take the train (every 15 min.) into the valley and walk (15 min.) to the transition zone. The timekeeping will restart when the swimmer goes into the water. Refreshments: every alpine trailrunner must carry at least 1 litre of water.

The Alpine trainrunners will start Beastly Saturday at the Sports and Congress Centre in Arosa and leave the town with the lakes on their right today. The trail keeps a low profile the way down to the Isel reservoir, but things really turn «beastly» straight after the dam. The path is strewn with rocks and caution is required. Turn around for uninterrupted views of Arosa. The next 16 km head in one direction on the Tödi hill! The course leads through the Tjeierwald nature reserve. The first water station awaits the runners at Tjeier. There they press on with stunning views of the Schanfigg. The path becomes flat and soon becomes a gentle climb towards Madergen. The refreshment points are waiting in the idyllic surroundings of Weiler. It's important to stock up on plenty of water here because everyone is on their own for the next few steep kilometres. The «Tritt» soon comes into sight. The spectacular rock face looks like an invincible obstacle when viewed from afar. Close up, it becomes clear that the problem is solved by 264 steps. After a brief rest at the trail rises again and heads up the Latschüelfurgg (2409 m a.s.l.). Far below, Davos comes into view for the first time shortly before the Strelasee lake. The ski tunnel is passed before the top of the pass, looking rather bizarre under snow. After the pass, Davos Höhenweg then runs straight through the centre of the impressive avalanche bands, past the craggy precipices. The timekeeping will be stopped in the Davos Höhenweg midpoint station whilst the runners gather their belongings and take the train down to the valley. The timekeeping will resume as soon as the summer gossies go into the water.

 **Arosa**



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.



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

Getting there

The starting point is at the headquarters.

Onward travel

Supporters and team members will travel early in the morning from Arosa to Davos in the supporter vehicle (approx. journey time 2 hours).

Single/Couple: Parking in Parkplatz Parsenn. One team member and/or the supporter will walk with the cycle and bike to the Davos Strandbad transition zone (1.5 km, approx. 20 min.).

Team of Five: Parking in Parkplatz Jakobshorn. The runner and swimmer will take the shuttle bus A from Davos Platz Bahnhof to Flüelakreuzung and walk from there to the Davos Strandbad TZ (approx. 25 min.). The cyclist and biker will cycle to the transition zone (3.3 km, approx. 15 – 20 min.).

Showers

Showers are located in the sports hall Tobelmühle. Shuttle bus B goes from *Flüelakreuzung* to *Schatzalpbahn*. The path to the sports hall is signposted.

Personal effects

Alpine trailrunners have an opportunity to hand in their personal belongings during check-in on the Friday. They will be available for collection at the Davos Höhenweg station on the Saturday.

Return travel

The alpine trailrunner will stay in Davos. Once the biker has set off, he will travel back to Arosa in the supporter vehicle with the other team members and supporters.

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 his 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 B back to the car park, bus stop *Davos Platz, Postplatz*.

Timetable shuttle bus A (Special services for Gigathletes)							Timetable shuttle bus B (regular Line 1 bus service)				
Davos Platz, Bahnhof	06:30	xx:45	xx:00	xx:15	xx:30	10:00	Davos, Flüelakreuzung	11:00	xx:30	xx:00	21:00
Davos, Flüelakreuzung	06:40	xx:55	xx:10	xx:25	xx:40	10:10	Davos, Schatzalpbahn	11:08	xx:38	xx:08	21:08
Davos Platz, Postplatz							Davos Platz, Postplatz	11:10	xx:40	xx:10	21:10