

VIA GRISCHUNA

A multi-Stage Trail Running Tour through Graubünden, Switzerland

QUICK FACTS

Tour Duration: 8 nights & 9 days

Departs: Zurich CBD Hotel @ on Day 1

Concludes: St Moritz Train Station @ on Day 9

Maximum Group Size: 12 guests

Accommodation: Small hotels, family-run guesthouses & mountain lodgings

Meals: All breakfasts & 7 dinners included

Transport: All on-ground transport and luggage transfers

RUN DETAILS*

Minimum Run Duration: 18km/1295m vertical/approx. 3hrs

Maximum Run Duration: 30km/1370m vertical/approx. 5-6hrs

Technical Difficulty: Moderate to advanced - trail & mountain experience required. Multi-day trail running experience is an advantage. Trails vary from smooth to steep & rocky alpine terrain.

Steepness: Flat to very steep mountain slopes.

TOUR HIGHLIGHTS

- Challenge yourself amongst magnificent mountain scenery, covering the length of the Via Grischuna Trail from Davos to St Moritz, Switzerland
- Begin your tour in the heart of Zurich and finish amongst the glitz & glamour of St Moritz
- Rest in 3 - 4* mountain accommodation complete with delicious breakfasts and dinners
- Care-free transportation to Davos via the seamless Swiss train transportation system
- Trail run and picnic amongst the mountains whilst you spend whole days on the trail
- Enjoy running lighter whilst your luggage is transferred between your evening accommodations
- Soak up the wisdom of your guides and new trail running companions

* The focus of this tour is to traverse the length of the Via Grischuna Trail from Davos to St Moritz. Over the week we will naturally share our knowledge on a wide variety of skills to improve your running ability, trail techniques & general fitness. Whilst you do not need to be an elite to enjoy participating in this stunning Swiss Find Your Feet Running Tour, a high level of fitness and experience running for longer durations on the trails is important. We recommend this as a moderate to advanced trail running tour. Our tours are a holiday involving trail running. Running durations and distances noted in this itinerary can vary due to weather, unforeseen circumstances and guest abilities.

ITINERARY

DAY 1 – Arrive in Zurich & transport from airport to hotel in the heart of Sofia

Arrive at Zurich airport and travel easily via train to central Zurich, your hotel is located an easy walk from the Central Zurich Train Station. On arrival at the hotel, feel free to check in and then take yourself for a wander around the hold town of Zurich, a vibrant city located on the edge of Lake Zurich. Then rest up! Tomorrow morning, your expert Find Your Feet trail running guides will meet you at breakfast to provide an overview of the upcoming trip. So, enjoy a good rest as tomorrow we start running wilder!

DAY 2 - BERGHAUS VEREINA TO GASTHAUS DÜRRBODEN - 23km 1446m+/1378m-

After breakfast we will take a short walk to Zurich Central Station and take a train journey to Davos Klosters, the true starting point for our multi-day mountain adventure.

From Davos Klosters we will take a private vehicle shuttle to the remote Berghaus Vereina, a beautifully located mountain hut. From here, the run begins through grazing pastures along the Jöribach leading to a steep climb up to the Jöriseen, a cluster of turquoise lakes. The climb becomes steeper still heading along a rockier trail to the Jörifluelafurgga pass. From this pass we will follow the Müllersch Tälli Trail making a quick descent to and then a gradual up to Flüelapass, then the Val Grialetsch. At the Chamanna da Grialetsch hut we begin the final descent along impressive green hillsides towards Dürrboden, our home for the night.

Dinner and overnight.

Estimated time to complete the route: approx. 4hrs

DAY 3 - GASTHAUS DÜRRBODEN TO BERGÜN - 30km, 1279m+/1920m-

Stage two starts with a quick 600-meter climb to the sweeping views of the Scalettapass. From the pass, the route traverses above the Val Funtauna, overlooking this quiet river valley before heading to the lakes of the Sella da Ravais. After a refreshing dip, you will run past these lakes and begin a long, descent following the Ava da Ravais and a picturesque stream.

At Punts d'Alps, a cluster of small houses, you will follow the trail uphill. After this second climb of the day, a rolling traverse carries you across the balcony overlooking Val Tuors. Once you are beneath Piz Darlux, switchbacks through the forest lead down to Bergün, a traditional Engadine town with sgraffiti facades lining its narrow cobblestone roads. This is our home for tonight.

Dinner and overnight.

Estimated time to complete the route: approx. 5-6h

DAY 4 - BERGÜN TO GASTHAUS SPINAS - 18km, 1200m+/751m-

Stage 3 is the commuter stage into the Engadin region. We begin by following the Alvra river out of Bergün, rolling without too much elevation gain along gentle forest trails, and passing under the arches of the Albula Railway. These kilometres pass quickly until you reach the popular turquoise Lai da Palpuegna.

After a grey, rocky traverse you will cross the road and climb over the Albula tunnel to arrive at another scenic turquoise lake, a picturesque stop to picnic. From there, the trail climbs a short bit more to Fuorcla Crap Alv. From the pass, it's a steep descent into the Val Bever. Spinas, our home for the night, is just a few kilometers downstream along the Beverin, a hotspot for mountain bikers and day hikers.

Dinner and overnight.

Estimated time to complete the route: approx. 3h

DAY 5 – GASTHAUS SPINAS TO BIVIO - 27km, 1543m+/1590m-

We begin the day with a long, gentle climb that leads us deep into the Val Bever. At the Alp Suvretta, we cross a bridge and continue to follow the river Beverin before leaning into a bigger climb to the entirely different landscape of the Chamanna Jenatsch. All the green pastures of the previous days have been replaced by a rocky moonscape with milky lakes. The climb to Fuorcla d'Agnel travels through some of the most beautiful and barren views of the tour. At 2982m, the pass is the highest point along the Via Grischuna. The descent from the pass is steep and playful. The day concludes with a long downhill through cattle country into Bivio. The town is a welcome sight after this longer stage and will be our resting point for tonight.

Dinner and overnight.

Estimated time to complete the route: approx. 5hrs

DAY 6 – BIVIO TO SILS MARIA - 21km, 1208m+/1169m-

From Bivio, we will be following an old Roman road to the Septimerpass. From this pass, we climb again to Pass Lunghin and the rocky summit of Piz Lunghin (2780m). From the pass, the trail is fairly steep yet smooth down to the lake below, and after a series of switchbacks, the trail traverses along the Via Engadina through the preserved hamlets of Blaunca and Grevasalvas. A short climb beneath the larches out of Grevasalvas leads us to Sils-Maria, a stunning hamlet nestled between the glistening waters of the Silser- and Silvaplanersee. Sils-Maria will be our stopping point for tonight.

Dinner and overnight.

Estimated time to complete the route: approx. 3hrs

Day 7 – SILS MARIA TO PONTRESINA - 23km, 1116m+/1156m-

Stage 6 leads straight uphill from Sils-Maria through the forest. A long traverse looks down on the blue Silvaplanersee below and wraps beneath the point of Piz Corvatsch. The climb to Fuorcla Surlej gets steeper again, passing under the Murtèl gondola infrastructure. From the busy pass where walkers delight in the sweeping

views, we take the towards Chamanna Coaz. From here there is a gradual downhill out of the idyllic Val Roseg along a popular path, and smooth running all the way into Pontresina. This town is the outdoor mecca of the Engadine Valley, the less glitzy launch point for hikers than the township of St Moritz where we conclude the tour tomorrow.

Dinner and overnight.

Estimated time to complete the route: 3 - 4hrs

DAY 8 – PONTRESINA TO ST. MORITZ - 22km, 1131m+/1167m-

Following breakfast at our hotel we will embark on the final leg of our trail running tour. The day follows gently undulating, well-trodden paths beneath deeply rewarding conifer forests and aside popular swimming lakes. As St Moritz gets closer, so too do the mountains, the glitz and the glamour. The final section of our run will be around the lake shore before ducking into the famous escalator tunnels behind the St Moritz train station. We will pop out in the heart of the town surrounded by some of the the most adorned retail stores in the world. What a contrast from our last 7 days on the trail! The short walk to our hotel will surely deviate to the ice creamery for a large gelato!!

Dinner and overnight.

Estimated time to complete the route: 3hrs

DAY 9 – Morning explore in St Moritz before saying our farewells!

Before breakfast at our hotel we will embark on a morning tour of the historic centre of St Moritz and perhaps even a gentle jog around the lake for those who wish to stretch out their legs. After breakfast we will wander slowly towards the St Moritz train station to say our farewells.

COST: \$4495 (incl. GST)

Tour inclusions: 8 nights in traditional Swiss accommodation including a hotel in the heart of Zurich on arrival; all on-ground transport; luggage transfers; expert coaching, guiding and mentoring by two Find Your Feet coaches; all breakfasts & 7 dinners; discounts to premium brands at Find Your Feet.

Tour exclusions: Airfares; train transfer between Zurich Airport & central Zurich on Day 1; travel insurance; 1 dinner; lunches, snacks and beverages; optional gondolas; onwards transportation from St Moritz at the conclusion of the tour.

Please note, this trip is strictly limited to 12 guests and will book quickly.