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TRAILRUNNING VIA GRISCHUNA

Trailrunning: Via Grischuna Trailrunning

The most beautiful peaks in the world

The Via Grischuna climbs about 9'000 metres in altitude on the seven stages from Klosters to St. Moritz. The fact that such dimensions can be found in Grisons may come as a surprise at first glance, but at second glance it becomes clear that the local mountains don't need to hide from any summit in the world.

On the contrary: wide, rocky valleys, crystal-clear lakes and gleaming white glaciers make Grisons' mountain-world one of the most beautiful ones on the planet. The wild and romantic landscape, that the Via Grischuna leads through, takes the breath away of even the best trail runners, and not just because of the many metres in altitude.



8 Days / 7 Nights



Self-guided tour

To the online version



ITINERARY

DAY
1

Arrival to Klosters | Vereina – Dürrboden




Luggage drop-off in Klosters and then with the call-bus to the Vereina mountain inn. At the beginning, it's a cosy walk over lush green pastures, but already the first ascent to the Jöri lakes is a real challenge. Highlights of today are the two passes Jöriflüelafurgga and Flüela Pass. From here, you descend to the mountain inn in Dürrboden.

 approx. 23 km  1'550 m  1'485 m

DAY
2

Dürrboden – Bergün

With the ascent to the Scaletta Pass, you overcome about half of the difference in altitude of today's stage right at the beginning. Then you keep the altitude and walk high above the Val Funtauna to the crystal-clear mountain lakes of Sella da Ravais-ch. A wide valley leads you to Chants. Those with tired legs can shorten the trip from here with the Taxi Alpin – for fit runners, the plateau above Val Tuors offers a harmonious end to today.

 approx. 17 – 30 km  800 – 1'370 m  965 – 2'010 m

DAY
3

Bergün – Spinas

The first kilometres lead along the Albula line past the lakes Lai da Palpuogna and Lais digl Crap Alv, then you descend in serpentine into Val Bever. The turquoise-blue river Beverin accompanies you on the last kilometres to the mountain inn in Spinas.

 approx. 18 km  1'295 m  845 m

DAY
4

Spinas – Bivio

The trail to the Chamanna Jenatsch climbs steadily at first, and the last few metres up to the highest SAC hut in Grisons are a real challenge. The views on the Fuorcla d'Agnel and Fuorcla digl Leget passes are breathtaking. A long trail leads you from here down to Bivio.

 approx. 27 km  1'655 m  1'700 m

DAY
5**Bivio – Silvaplana**

An old Roman mule track leads you up to the Septimer Pass. From here, you set off for the summit climb, which takes you high up onto Piz Lunghin. Afterwards, you descend into the Engadine. You reach the Via Engiadina and cross the Heidi village Grevasalvas. Today's destination: Silvaplana.

 approx. 26 km  1'560 m  1'520 m

DAY
6**Silvaplana – Pontresina**

The trail winds upwards through the forest in countless serpentines. Once you have crossed the tree line, views of the lakes of the Upper Engadine await you. The highlight of today is the Fuorcla Surlej with a breathtaking panorama of the glaciers of the Bernina Group. A steep descent is followed by a gentle finish through the Val Roseg to Pontresina.

 approx. 23 km  1'190 m  1'235 m

DAY
7**Pontresina – St. Moritz**

First up to Alp Languard and then in a long curve on a high trail to the Segantini Hut. This is followed by a steep descent through Val Muragl and an unhurried cool down walk through the Stazer Forest to St. Moritz.

 approx. 23 km  1'200 m  1'235 m

DAY
8**Departure or extension**

TOUR CHARACTER

Experienced trail runners will enjoy this tour. In each of the 7 stages of the Via Grischuna, you will overcome over 1'000 metres of altitude. The steep ascents and descents in alpine terrain require absolute sure-footedness and experience. Excellent physical condition is required for this tour.



PRICES & DATES

PLACE OF ARRIVAL: KLOSTERS/MOUNTAIN INN VEREINA

Season 1	Season 2
31.08.2024 - 15.09.2024 Arrival daily	29.06.2024 - 30.08.2024 Arrival daily

Trailrunning: Via Grischuna, 8 days, CH-GRAKS-08X

Base price	1'435.-	1'495.-
Surcharge single room	319.-	319.-

Category: middle class hotels, shower/WC in Spinas and Dürrboden on the corridor

ADDITIONAL NIGHTS

PLACE OF ARRIVAL: KLOSTERS/MOUNTAIN INN VEREINA

Season 1	Season 2
Aug 31, 2024 - Sep 15, 2024 Arrival daily	Jun 29, 2024 - Aug 30, 2024 Arrival daily

Klosters/Mountain inn Vereina

Double room p. P.	79.-	79.-
Surcharge single room	40.-	40.-

St. Moritz

Double room p. P.	95.-	95.-
Surcharge single room	55.-	55.-

Prices per person in CHF

SERVICES & INFORMATION

Services

Included:

- Accommodation as mentioned incl. Breakfast
- Daily luggage transfer
- Costs for luggage pick-up at the station (for direct arrival)
- Subsidy for arrival by train
- Carefully elaborated route description
- Travel documents (1 x per room)
- Navigation app and GPS data available
- SwitzerlandMobility-Plus subscription for one year
- Service hotline

Note:

- Registration required for the Klosters – Vereina bus, costs not included in the tour price
- Tourist tax, if due, is not included in the price
- Reservation fee of CHF 20.- per adult (incl. legally required customer money protection)

Information

Arrival/Departure:

- Arrival by public transport to Klosters. For direct arrival: Suitcases must be handed in at the luggage counter by 10:00 a.m. at the latest.
- Departure by public transport from St. Moritz.

Arrival by train:

Leave the car at home! For every bike, biking or hiking tour in Switzerland, you will receive an SBB coupon per participant, which you can use to **deduct CHF 10 from the ticket price** for traveling by train. The reduction can be obtained in the SBB online store or in the SBB app.

On many trips, we use the luggage counters at the stations at the beginning and at the end to hand over the suitcases. You can conveniently combine this right away when you arrive by train. **If you are a GA owner, you can provide this information when booking. We will credit you the amount on the invoice.** If you don't need the coupon for the trip itself, you can use it during the year. Unfortunately, a retroactive refund is not possible for administrative reasons.

Travel documents

Travel documents "digital"

We reduce the amount of printed documents. You will receive instructions to help you find your way around using the Eurotrek Travel Guide App. We provide you with further information online.

In advance you will receive a package of documents with the following contents:

- Your travel program
- Luggage tags
- Description of how to use the app
- Any vouchers
- Detailed program with map sections

The Eurotrek Travel Guide App will help you additionally to find your way around. In addition to your digital map, you will find further information about your booked trip. The app is also available offline, simply download the trip in advance.

CONTACT & BOOKING

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.

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Book now