



## Schedule

- 10:30-12:00 Lecture
- 12:00-12:05 Catch lunch
- 12:05-12:25 Walk to Zuoz train station
- 12:27-12:58 Train ride to St. Moritz
- 13:00-13:20 Walk to cable railway station
- 13:20-13:50 Ascent to Corviglia
- 14:00-18:00 Hike to Alp Muntatsch
- 18:00-19:05 Walk to Samedan train station
- 19:14-19:27 Train ride back to Zuoz
- 20:00-21:00 Dinner

## Checkpoints

Point	Description	Height ASL	Difference
A	Station St. Moritz	1775 m	
B	Corviglia	2486 m	+ 711 m
C	Marguns	2278 m	- 208 m
D	Chamanna Saluver	2632 m	+ 354 m
E	Les Trais Fluors	2752 m	+ 120 m
F	Munt de la Bes-cha	2489 m	- 263 m
G	Alp Muntatsch	2186 m	- 303 m
H	Station Samedan	1706 m	- 480 m

## Information

### Hiking alternatives (approximate distances)

1: A-train to B-CFGH	12 km		-200 m	+ 200 m	- 800 m
2: A-train to B-CDEFGH	15 km		-200 m	+ 450 m	-1050 m
3: A-walk to B-CFGH	18 km	+ 700 m	- 200 m	+ 200 m	- 800 m

### Addresses

<i>Organizers</i>	Anita Van Loon-Govaerts	+41795061844
	Michael Spira	+491736704916
	Grigorios Chachamis	+41762324265
<i>Emergency</i>	Ambulance tel. 144	Helicopter Tel 1414

### Remarks

- The weather can change quickly in the mountains. Don't forget a wind jacket and sunscreen.
- Hiking boots are strongly recommended.
- Participation is at your own risk and you are advised to have the necessary insurance coverage.
- Only the scheduled trains at 12:27 and 19:14 are paid by the organizer.

### Later trains to Zuoz

<i>Samedan</i>	20:14	21:14	22:14	05:05
<i>Zuoz</i>	20:26	21:26	22:26	05:18



