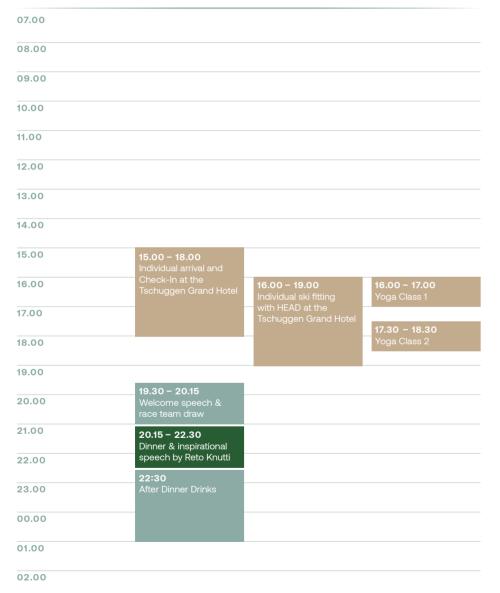
Program

For further information on individual programme elements, as well as registration for individual activities, please don't hesitate to get in touch with the Race for Nature Desk.

Wednesday, March 15, 2023



GRAND RESTAURANT

GRAND SALON / TSCHUGGEN BAR

OUTDOOR

02.00

INDOOR TSCHUGGEN GRAND HOTEL

Thursday, March 16, 2023

07.00	07.00 - 11.00 Individual breakfast	07.30 - 08.30	07.00 - 08.00 Morning Yoga Class 1
08.00		 Breakfast talks with nature conservation organisations 	08.00 - 09.00 Morning Yoga Class 2
09.00	09.30 - 13.00		
10.00	For race participants: Training run with ski pro	10.00 - 12.00 Outdoor activities with	10.00 - 12.00 Green Tour through the
11.00		nature conservation organisations or ice bathing	Valsana Hotel
12.00			_
13.00	13.00 - 14.30 Flying lunch with nature		
14.00	conservation organi- sation	14.00 - 17.00 Workshops and chats	
15.00		with nature conserva- tion organisations	
16.00			
17.00			
18.00	18.00 – 19.00 Dinner		
19.00	19.00 - 22.30 Visit to the Valsana		
20.00	Open Night Race at the Tschuggenhütte and Mountainside Party		
21.00	Woulltainside Laity		
22.00			
23.00	22.30 - 01.00 A cosy end to the day at the Tschuggen Bar		
00.00			
01.00			
02.00			

Friday, March 17, 2023

07.00		07.00 - 09.00 Individual breakfast	07.30 - 08.30 Breakfast talks with	
08.00			nature conservation organisations	
09.00		09.00 - 10.00 Track inspection		
10.00		10.00 - 12.00 Race for Nature - Ski race	10.00 - 13.00 Refreshments & lunch in the finish area of the ski race	
11.00				
12.00				
13.00				
14.00				
15.00	14.30 - 16.30 Tea Time with nature	14.30 - 16.30 Snowshoe hike with interactive elements or	14.30 - 16.30 Outdoor activities with nature conservation	14.30 - 16.30 Green Tour through the Valsana Hotel
16.00	conservation organisations	ice bathing	organisations	
17.00				
18.00				
19.00		19.00 - 20.00 Closing reception		
20.00		20.00 - 23.30 Gala dinner at the Grand		
21.00		Restaurant with award ceremony and Charity Auction		
22.00				
23.00		23.30 - 02.00		
00.00		Race for Nature Afterparty		
01.00				