

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.

● GRAND RESTAURANT
 ● GRAND SALON / TSCHUGGEN BAR
 ● OUTDOOR
 ● INDOOR TSCHUGGEN GRAND HOTEL

Wednesday, March 15, 2023

07.00			
08.00			
09.00			
10.00			
11.00			
12.00			
13.00			
14.00			
15.00		15.00 – 18.00 Individual arrival and Check-In at the Tschuggen Grand Hotel	
16.00			16.00 – 17.00 Yoga Class 1
17.00		16.00 – 19.00 Individual ski fitting with HEAD at the Tschuggen Grand Hotel	
18.00			17.30 – 18.30 Yoga Class 2
19.00			
20.00		19.30 – 20.15 Welcome speech & race team draw	
21.00		20.15 – 22.30 Dinner & inspirational speech by Reto Knutti	
22.00			
23.00		22:30 After Dinner Drinks	
00.00			
01.00			
02.00			

Thursday, March 16, 2023

07.00		07.00 – 11.00 Individual breakfast		
08.00			07.30 – 08.30 Breakfast talks with nature conservation organisations	07.00 – 08.00 Morning Yoga Class 1
09.00				08.00 – 09.00 Morning Yoga Class 2
10.00		09.30 – 13.00 For race participants: Training run with ski pro		
11.00			10.00 – 12.00 Outdoor activities with nature conservation organisations or ice bathing	10.00 – 12.00 Green Tour through the Valsana Hotel
12.00				
13.00		13.00 – 14.30 Flying lunch with nature conservation organisation		
14.00			14.00 – 17.00 Workshops and chats with nature conservation organisations	
15.00				
16.00				
17.00				
18.00		18.00 – 19.00 Dinner		
19.00		19.00 – 22.30 Visit to the Valsana Open Night Race at the Tschuggenhütte and Mountainside Party		
20.00				
21.00				
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 nature conservation organisations
08.00				
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 conservation organisations	14.30 – 16.30 Snowshoe hike with interactive elements or ice bathing	14.30 – 16.30 Outdoor activities with nature conservation organisations	14.30 – 16.30 Green Tour through the Valsana Hotel
16.00				
17.00				
18.00				
19.00		19.00 – 20.00 Closing reception		
20.00		20.00 – 23.30 Gala dinner at the Grand Restaurant with award ceremony and Charity Auction		
21.00				
22.00				
23.00				
00.00		23.30 – 02.00 Race for Nature Afterparty		
01.00				
02.00				