

*Nassfeld Skytrails CAMP at Hotel Gartnerkofel**** with Professional.Sportcoach Werner Sturm*

Discover the most beautiful spots in the Carnic Alps at the Sonnenalpe Nassfeld. Two nights in the 4**** Hotel Gartnerkofel are waiting for you, directly in the heart of our hiking area surrounded by the Nassfeld Mountain Skytrails with different levels of difficulty. Werner Sturm will guide you through the weekend as a certified marathon, triathlon and trail running guide and will work with you on athletics, running technique and regeneration!

Gartnerkofel Trailrunning Camp at the Sonnenalpe Nassfeld

- 2 nights in the double room "Naturblick"
- incl. the Gartnerkofel special pension (breakfast, lunch, afternoon snack and dinner)
- all non-alcoholic drinks as well as coffee and tea specialties around the clock
- use of the wellness area
- participation at TrailCamp with Mag. Werner Sturm
- sports scientist/ speaker/ certified marathon trainer/ athletic coach
- Nassfeld +CARDholiday incl.

Price per person:

28.05. - 30.05.2020	€ 320,00 per person
16.07. - 18.07.2020	€ 340,00 per person
Single room-supplement:	€ 15,00 per night

Friday

*from 3 p.m.:	Individual arrival
*5:00 p.m.:	Welcome & short info about the course of the weekend
*5:30 p.m.:	Common run (approx. 1 hour)
*7:30 p.m.:	Dinner
*8:30pm:	theoretical part: performance diagnostics & trailrunning
*afterwards:	cosy evening at the bar

Saturday

*08:00 a.m.:	breakfast
*afterwards:	trailrun with technique tricks and advices
*4:00 pm:	return to the hotel
*5:00 p.m.:	Relaxation in the Sport SPA or recovery through vibration & EMS training in theory & practice
*6:30 p.m.:	Dinner & cosy end at the bar or discussion round
optional	performance diagnostics/ spiroergometry - individually bookable on spot

Sunday

*8:00 a.m.:	Breakfast
*afterwards:	trail run
*approx. 2:00 p.m.:	return to hotel & goodbye
optional	performance diagnostics/ spiroergometry - individually bookable on spot

Things you should take with you:

- Trail running shoes: running shoes with appropriate protection and suitable sole
- Running backpack with drinking container (at least 1 liter water reserve)
- Food: Gels, energy bar, isotonic drink
- Clothing: Windbreaker, light rain jacket, running hat and running gloves
- GPS watch/smartphone

Requirements for participation in the camps

- Also suitable for trail beginners!
- Course lengths & duration will be chosen accordingly (2 groups)
- Running experience should be available (runs on the flat of 2 h)
- Mountain experience is an advantage (altitude meters in ascent and descent)
- The maximum number of participants is 8.

**Book your place via e-mail
or by phone via: +43 4285 8175**

