

X-Trail Running Days with top runner Jasmin Nunige
24 - 27/28 July 2025 (3 - 4 nights)

Thursday, 24 July

- until 5.15 pm Arrival
- 5.30 pm Welcome cocktail (non-alcoholic) with a welcome from course leader
Jasmin Nunige and host Marietta Zürcher, get to know each other.
- 5.45 pm Picture presentation by Jasmin Nunige to set the mood for the next few
days
- 6.30 pm Dinner together as part of the half-board programme

Friday, 25 July

- from 7.30 am Waldhotel Vital breakfast buffet
- 9.00 am Tips and tricks from Jasmin Nunige on nutrition during the training
period and before the run
- 10.00 am Departure with the hotel shuttle to Teufi / Dischmatal
Shake out run together to Dürrboden (distance approx. 7 km)
Return with the hotel shuttle
- 12.30 pm Light lunch together (2 dishes to choose from)
- Afternoon Individual collection of race numbers
- 6.30 pm Dinner together as part of half-board
Talk about the upcoming race | mental coach Jasmin Nunige gives
tips for individual mental preparation

Saturday, 26 July

- from 5.30 am Runners' breakfast buffet
- then individual runs
Return to the hotel, everyone at their own time
- approx. 6.00 pm Exchange of experiences with Jasmin Nunige and first picture
presentation of today's race
Awarding of the finisher prizes*
- 7.00 pm Dinner together as part of half-board

* Runners who arrive later will receive their finisher prizes later in the evening or the next morning

Sunday, 27 July

from 7.30 am Waldhotel Vital breakfast buffet
followed by tips from Jasmin Nunige on regeneration
10.00 am guided hike through the beautiful landscape of Davos with Jasmin
Nunige. In this way, we also consciously round off the run physically.
from 3.00 pm Regeneration in the wellness centre or departure**

**Please note that if you book the package by Sunday, 27 July, you must vacate your room by 11.00 am. After the hike you can use the showers and changing rooms in the wellness area.

Monday, 28 July

From 7.30 am Waldhotel Vital breakfast buffet
until 11.00 am Departure