

EFNS 2015
European Forsters` Competition in Nordic Skiing

powered by

STIHL®

47. efns 2015
Lenzerheide
12.-16. Januar



graubünden



Lenzerheide, Switzerland
12th - 16th January 2015

Partners:

bringt Sie auf Touren. **graubünden**



47. EFNS in Lenzerheide (Switzerland)

WELCOME TO LENZERHEIDE, WELCOME IN GRISON



I warmly welcome you at Lenzerheide, the venue of this year European Foresters' Completion of Nordic Skiing. Our canton and I are pleased and proud, that our mountain canton and Lenzerheide have the honour to host this competition.

Grison is a tourism canton with long history and tradition. Switzerland celebrates the 150th anniversary of the classic winter tourism, which has his roots in Grison. It is not surprising, that various Swiss winter athletes found their passion in their origin canton Grison. Nordic skiing, ski alpine and ice hockey are cantonal sports. These sports make the hearts of us, sport enthusiasts, beat even faster. Currently, the most famous winter sport athlete of Grison is Dario Cologna, winner and owner of the multi-faceted medal set.

The aim of the European Foresters' Competition in Nordic Skiing is to welcome nearly 1000 participants out of more than 20 European countries in Grison. For the competitions, we wish you good health, accident-free runs and especially full satisfaction about your sportive performance. Beside the sportive experience, I hope that you benefit out of the side events and raise your forestry knowledge. Enjoy the international camaraderie. I hope that you gain lasting impressions of the event and the variety and the uniqueness of the canton Grisons.

Dr. Mario Cavigelli
Patron council and cantonal principal of the building, traffic and forestry department of Grison

Organisation

Project Organisation
Patron Council
OK Chairman
Accommodation

Competition Chief
Marketing

Verein EFNS 2015
Dr. Mario Cavigelli, cantonal principal & forest director
Beat Philipp
Jacqueline Odermatt, Lenzerheide Marketing und
Support AG (LMS AG)
Silvio Baselgia, Biathlon Arena Lenzerheide
Jacqueline Odermatt, LMS AG

Contact/ Information:

Beat Philipp, efnslenzerheide@swissonline.ch
Jacqueline Odermatt, jacqueline.odermatt@lenzerheide.com
Silvio Baselgia, info@biathlon-arena-lenzerheide.ch

Index

Program	1
Competition	2
Competition Rules	3
Authorisation for participation	3
Categories	3
Single Competitions	3
Relay Races	4
Competition Jury	4
Location of the competition	4
Track/ Lap	5
Registration	6
Registration Competition	6
Starting and other fees	6
Payment Conditions	6
Payment Details	6
Disclaimer	6
Accommodation	7
Registration Accommodation	7
Hotel	7
Holiday Apartments	7
Payment of the Accommodation	8
Transportation	8
Airport:	8
Public Transport	8
Private Car or Team Bus	8
Shuttle Bus Lenzerheide	8
Excursions	9
Organised day excursions	9
Organisierte Halbtagesexkursionen	11
Individuelle Touren	Fehler! Textmarke nicht definiert.
Vaira	12
Information: 30th Planoiras	13

Program 11. -17. January 2015

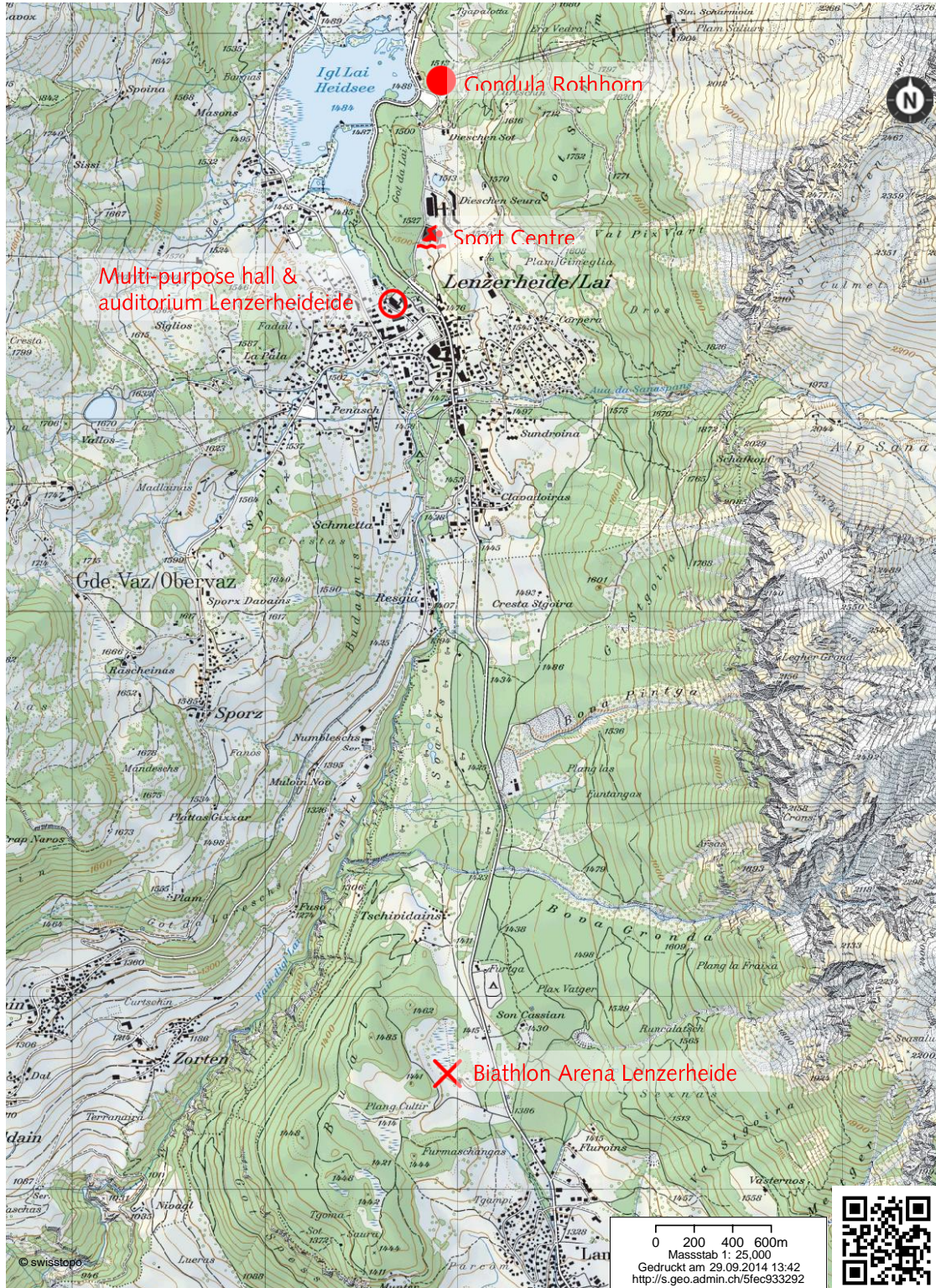
Sun 11. January	Individual arrival / Planoiras Participation at the 30. Planoiras public XC-skiing event (free technique) Separate registration Further information about the 30. Planoiras online or on page 13 17.00 – 20.00 Distribution Team Package, auditorium Lenzerheide
Mon 12. January	Excursion day Half or full day excursion*, full program is visible on the next page 8- 11
Tue 13. January 9.30 - 12.30 17.00 19.30	Training day Run and shoot training, Biathlon Arena Lenzerheide Team captains Meeting, Biathlon Arena Lenzerheide Opening ceremony, Biathlon Arena Lenzerheide
Wed 14. January 8.30 13.00 20.00	Single Competitions* Single competition classic technique, Biathlon Arena Lenzerheide Single competition free technique, Biathlon Arena Lenzerheide Presentation (english)/ Referent: Daniel Hegglin, CEO Pro Bartgeier Title: „Bearded Vulture in the alps – a long way back“
Thu 15. January 19.00 21.00	Excursion day Half or full day excursion*, full program is visible on the next page 8-11 EFNS member meeting** Presentation** (only german) / Referent; Dr. Georg Brosi, Bündner Jagdinspektor Title „Wiedereinwanderung von Grossraubtieren nach Graubünden – nicht unproblematisch“
Fri 16. January 9.00 Afterwards 19.00	Relay Races & Ceremonies Relay Races, Biathlon Arena Lenzerheide Come-together of nations, Biathlon Arena Lenzerheide Closing ceremony with award ceremony* (multi-purpose hall Lenzerheide)
Sat 17. January	Individual departure

* This events are not for free. You have to pay the competition fee.

** Venue will be communicated later.



Venue





Competition

Competition Rules

The competitions are operated according to the EFNS' competition rules and guidelines.

Authorisation for participation

- People with the following occupation are authorised to participate:
 - > pensioners or employees of forest, wood or wood processing enterprise
 - > forester students, forest warden and people with an education in forestry
 - > forest owner and worker
- Family member of the above named people.
- Guests (Sponsors and partners) with a special invitation.

Categories

There are women and men categories according to the age groups.

Category	Category	Year
Students & Youth	D 13, H 13	1997 and younger
Women, Men	D 19, H 19	1985-1996
Women, Men	D 41, H 41	1965-1974
Women, Men	D 51, H 51	1955-1964
Women, Men	D 61, H 61	1945-1954
Women, Men	D 71, H 71	1935-1944
Women, Men	D 81, H 81	1934 and older
Disabled	D/V, H/V,	all
Guests	D/G, H/G,	all

Special award for the best of the day: For the best athlete of the days both single competitions will count together. The athlete with the fastest time (sum of time of both runs) will be awarded.

Single Competitions

There is a single competition in free technique and in

Students & Youth (D13/H13, D16/H16)	5 km	1 lap blue course/ without shooting
Women (D19- D71)	6 km	2 laps red course / with shooting
Men (H19 - H71)	10 km	2 laps blue course / with shooting
Men (H81)	6 km	2 laps red course / with shooting
Disabled	5 km	1 lap blue course/ without shooting
Guest	6 km	2 laps red course/ with shooting

Shooting: After 1 lap: 5 shoots with 50 meter distance, standing. For each blow out, the participants have to run a penalty lap of 150 meter.

Time penalty: The participants receive a time penalty of 2 minutes for each not fired shoot respectively for each not run penalty lap.

Disqualification: Participants, who run in the free technique during the classic single competition, are disqualified.

Awarding: A minimum of 3 participants is needed, that the category get an own award category. If there are less than 3 athletes in a category, they will compete with the better category.



Relay Races

All relay races are without shooting sessions. The course will be the same as in the single competitions, the red course with laps of 3 km and the blue course with laps of 5 km.

Category	Distance	Technique
Students (D 13,H 13)	3 x 5 km	1 KT + 2 FT
Youth (D 16,H 16)	3 x 5 km	1 KT + 2 FT
Women 1(D 19 – D50)	3 x 5 km	1 KT + 2 FT
Women over 51 (D51)	3 x 5 km	1 KT + 2 FT
Disabled (DV/HV)	3 x 5 km	1 KT + 2 FT
Men and Juniors (H 19 - H 30)	4 x 10 km	2 KT + 2 FT
Men (H 31 - H 50)	4 x 10 km	2 KT + 2 FT
Men over 51 (H 51)	4 x 10 km	2 KT + 2 FT

Competition Jury

Kaltenbach Siegfried
Silvio Baselgia
tbd
tbd

Chairman EFNS / Technical Delegate
Competition Chief
Representatives of Teams Captains
Representatives of Teams Captains

The final decision of the result of the competition is felt by the competition jury.

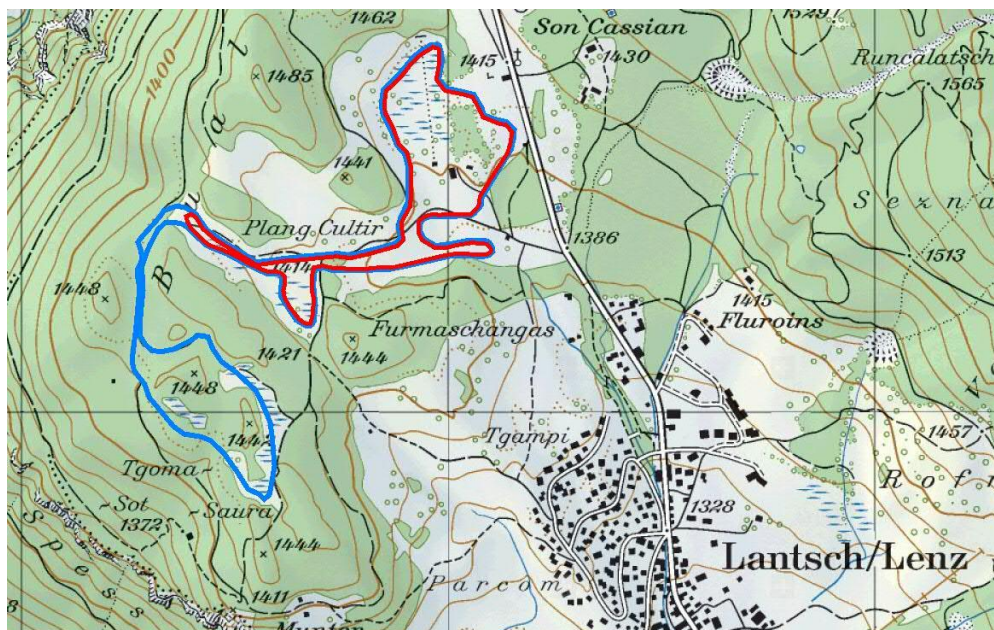
Location of the competition

The competitions take place at the new Biathlon Arena Lenzerheide the only fix biathlon centre in Switzerland.

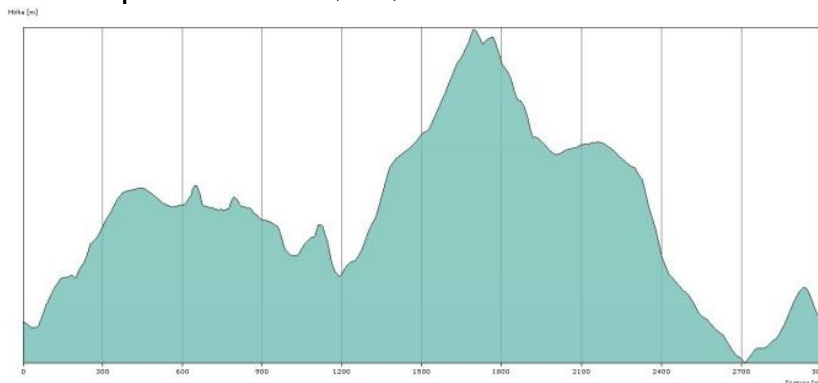


Track/ Lap

The competition is located around the Biathlon Arena Lenzerheide. There are two different courses. The blue has the length of 5 km and the red is 2 km shorter.

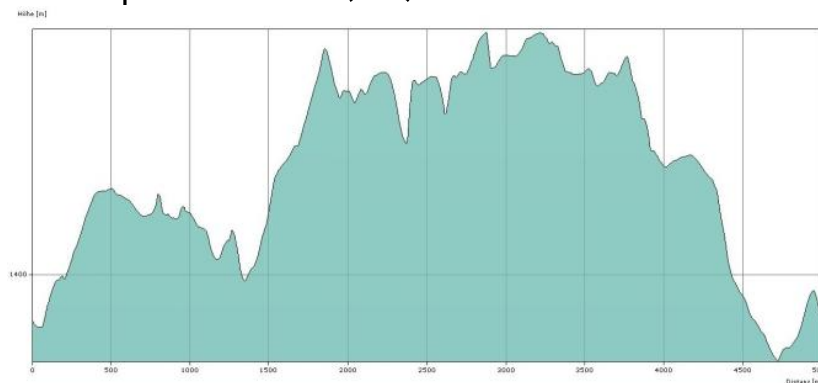


Elevation profile red course (3km)



Distance:	3000 m
Total climb	85 m
Total downhill	85 m
Lowest attitude	1386 masl.
Highest attitude	1436 masl.

Elevation profile blue course (5km)



Distance:	5000 m
Total climb	129 m
Total downhill	129 m
Lowest attitude	1386 M.ü.M.
Highest attitude:	1439 M.ü.M.

Registration

There are two registration forms, one for the competition and one for the accommodation. Please consider the different deadlines. The registration process for the accommodations is explained on page 6.

Registration Competition

Registration: Exclusively on the EFNS Website <http://www.efns.eu/de2/anmeldung/>
For the accommodation, there is another form with another deadline.

Closing date **28th October 2014**

Late registration: Late registrations are possible until the 6th January 2015.
An additional fee of EUR 15.00 / CHF 20.00 will be raised.

Starting and other fees

The starting fee includes the competition fee and the basic fee incl. public transport or parking card, opening ceremony, presentations, organisation & administration of accommodation, event and side events as well as the usage of the event infrastructure.

The participants with the year 1990 and younger can start free. The International Committee will pay the starting and basic fee. Whereas the Organising Committee will sponsor the closing ceremony for all participants under 25 years.

Starting fee incl. closing ceremony*		Starting fee without closing ceremony	
1 Start**	CHF 70.00/ EUR 60.00	1 Start**	CHF 55.00/ EUR 45.00
2 Starts**	CHF 80.00/ EUR 65.00	2 Starts**	CHF 65.00/ EUR 55.00
Companion	CHF 50.00/ EUR 40.00	Companion*	CHF 35.00/ EUR 30.00

* Closing ceremony: food and beverage are not included. There is the possibility to buy food & beverage.

** Starts refer to the single competitions. If you start in one of the single competition the relay race is for free.

Payment Conditions

The starting, excursion and all further fees have to be paid until the 19th December 2014.

In case of a cancellation, the paid amount won't be refunded. However, the start number can be passed over to another participant.

Payment Details

Recipient/ Beneficiary: Verein EFNS 2015, Voia Principala 90, 7083 Lantsch/ Lenz
IBAN: CH07 0077 4010 2869 8390 0
Bank: Graubündner Kantonalbank, Chur (SWIFT: GRKBCH2270A)

Disclaimer

After submitting their registration forms, competitors waive their right to claim any indemnity of any kind from the International Committee for European Forest Nordic Skiing Competitions (IK-EFNS) and the organisers of the EFNS (Local Organising Committee). The disclaimer concerns injury to persons or damage to property caused by any degree of negligence and also to the period beginning with the journey to the EFNS, continuing during the week of the competitions and ending with the home journey. In their own interest competitors must show that are in possession of existing insurance cover for third-party liability and accident as well as a current health certificate, which confirms the physical ability to participate in competitions. Regardless of the obligation to provide proof of possession of the above documents, competitors exempt the IK-EFNS and the Local Organising Committee from any liability on the part of the organisers towards third parties on account of persons suffering material damage or financial loss, including legal costs for the defence against third-party claims, attributable to the competitors. The organising committee itself is in a position to demonstrate the possession of a binding third-party liability an accident insurance for its members, its helpers and the spectators at the EFNS.

Accommodation

The Organisation committee can provide special accommodation deals for the teams and participants of EFNS. The team leaders or the participants have to complete the accommodation form until the 28th October. It is only possible to choose a hotel category. The allocation of the accommodation will be done by the Tourist Office Lenzerheide. So the OK can guarantee that all EFNS participants can benefit from these special deals. We try to fulfil your specific wishes as far as possible.

Registration Accommodation

Registration: Exclusively over this form: <https://lenzerheide.wufoo.com/forms/accommodation-efns-lenzerheide-2015/>

If your team has different arrivals and departure dates, it is recommended that you complete one registration form per duration of stay. Please notice in the special field, that you do so.

Eg.: 7 persons of you groups stay from the 11. -17.1.2015, the other 5 persons stay only from the 13.-17.01.2015 -> complete two registration

Closing Date **28th October 2014** (it is not possible to enlarge this phase due to the special deals)

Contact: jacqueline.odermatt@lenzerheide.com

Allocation: The allocation will be done until the 31st October or the 3rd November 2014. The team leader will get a confirmation from Jacqueline Odermatt and the hotel.

Hotel

These are the listed hotel categories. Among those you can choose one.

Hotel categories	rooms	Price pro Person/Night (incl. half board)	
**** Hotels	Double room	CHF 185.00- 265.00	
	3-4 Beds room	CHF 145.00	
*** Hotels	Double room	CHF 90.00- 150.00	
	Single room	CHF 100.00- 150.00	
	3-4 Beds room	CHF 70.00- 85.00	
	8 Beds room	CHF 80.00	
** Hotels	Double room	CHF 90.00 - 100.00	
Not classified Hotels	Double room	CHF 80.00 - 100.00	
	3-6 Beds room	CHF 70.00 - 90.00	
Group accommodation	< 20 beds	CHF 40.00/67.00	breakfast/ half board
Priva Lodge (Apartment incl. breakfast)	4 beds/ 2 rooms	CHF 100.00	only breakfast
	6 beds/ 3 rooms	CHF 112.00	only breakfast

Holiday Apartments

The apartments are located in the holiday region Lenzerheide in the village Churwalden, Parpan or Lenzerheide. You can choose among these categories.

Category	Day price per apartment
2 beds apartments	CHF 145.00 - 210.00
4 - 5 beds apartments	CHF 165.00 - 290.00
6 - 7 beds apartments	CHF 215.00 - 375.00
8 beds apartments	CHF 330.00 - 480.00
10 beds apartments	CHF 690.00

You will receive a discount of 20% on the weekly apartments' price from the 11th to 18th January 2015.

Verein efns 2015
Voia Principala 90
7083 Lantsch/Lenz
efnslenzerheide@swissonline.ch

powered by
STIHL

47. efns 2015
Lenzerheide
12.-16. Januar



Payment of the Accommodation

The invoice will be done by the accommodation (hotel or apartment). After the allocation you receive a confirmation from your hotel or apartment. The confirmation will inform you about the payment conditions.

Transportation

In the basic fee, the parking card or the regional public transport ticket is inclusive. You have to choose one of both at the registration.

Airport:

Zurich and the Friedrichshafen are the closest airport of Lenzerheide (140 km).

From Zurich airport you have the possibility to take the public transport (2h 20min) or to drive by a rental car (1h 50min) to Lenzerheide.

Public Transport

Journey: From Chur, the Postauto leaves each 30 minutes to Lenzerheide. The connection is on both sides in 30-minute tact. Please contact <http://www.sbb.ch/home.html> for the exact schedule.

The 30 minutes tact is also for the train connection from Zurich to Chur valid. From the other destination the train arrives hourly in Chur.

Locally: Each 30 minutes a Postauto drives in the direction of the Biathlon Arena Lenzerheide. From Lenzerheide Post, you have approximately 15 min to the Biathlon Arena (bus drive and short walk). The participants, who travel by public transports will receive a 6-irde ticket for the trainings and competition day.

Private Car or Team Bus

Journey:

For all teams travelling by team bus or car, please take the highway exit Chur Nord (A13), in follow the street sign Lenzerheide. Within 25 min you reach Lenzerheide.

Locally: The team managers receive the parking card for the Biathlon Arena Lenzerheide, so you can park there for free.

Shuttle Bus Lenzerheide

There is a free of charge shuttle bus within the destination Lenzerheide. Unfortunately, this shuttle bus does not serve the station of the Biathlon Arena Lenzerheide. Nevertheless, to travel within the destination it is recommended to use the shuttle bus. During the day, each 15 minutes a shuttle bus drives on each side.



Excursions

Excursion

All excursions take place on Monday and on Thursday. There is the possibility to participate in the organised full or half day excursion or to sign in for the individual tour.

If there are too little registrations for an excursion, the OK has the possibility to cancel a single excursion or to switch your excursion day. The responsible OK member will inform the participants, if that will be the case.

Organised day excursions

The participants can choose between 6 different full day excursions.

Meeting point: 9.30 o'clock, the exact venue will be communicated later.

Language: all excursions are in English and German.

Price: EUR 50.00 / CHF 60.00 (incl. transport, lunch & guide)

1) Forestry School Maienfeld & Grisons Specialities, Maienfeld (40 km, 40 min)

This day tour includes visiting the forestry school Maienfeld as well as the distillery Kindschi, which distil various Grisons specialities. The forestry and wood education centre is located at a breath-taking place in Maienfeld. The students spend more than the half in the nature. Beside economical competence they learn harvesting methods and economical competences. At the distillery Kindschi, the guide explain us the production of the traditional distilled specialities.

Further information to the Försterschule Maienfeld: www.ibw.ch/angebote/wald-und-holz/wald

Further information to the Destillerie Kindschi: www.kindschi.ch

2) Forestry School Maienfeld & Heidiland, Maienfeld (40 km, 40 min)

This day tour includes visiting the forestry school Maienfels as well as the distillery Kindschi, which distil various Grisons specialities. The forestry and wood education centre is located at a breath-taking place in Maienfeld. The students spend more than the half in the nature. Beside economical competence they learn harvesting methods and economical competences. In the Heididorf, which is located above Maienfeld, the visitors dive into the world famous roman "Heidi" from Johanna Spyris. You can discover every thing, from the Heidi house, the goat barn up to the museum.

Further information to Försterschule Maienfeld: www.ibw.ch/angebote/wald-und-holz/wald

Further information to Heididorf: www.heididorf.ch

3) Guided Tour SLF & Winter Sport Museum, Davos (39 km, 40 min)

The third day excursion visit the SLF and the Winter Sport Museum in Davos. The SLF is the snow- and avalanche research institute of Switzerland. The tasks of the SLF are to research, scientific services, to develop the avalanche bulletins, the prevention of the public and the education of experts. The aim is to develop reliable instruments for the government, industry and the population.

Further information to snow- and avalanche research institution: www.slf.ch

Further information to Winter Sport Suseum: <http://www.wintersportmuseum.ch/>

4) UNESCO World Heritage & National Park Museum, Zernez (68km, 2h 30 min)

The participants of this excursion travel with the Rhaetian Railway through the Unesco World Heritage and visit the National Park Museum in Zernez. The railway Albula and Bernina were built over 100 years and made the core zone of the UNESCO World Heritage of the Rhaetian Railway. Famous experts constructed, designed and built the Albula course. The National Park museum tells the stories of the 100 year Swiss National Park in the Engadin.

Further information you will find under: www.rhb.ch/de/unesco-welterbe and www.nationalpark.ch.



5) Fortification Museum Crestawald, Viamala Canyon & Church Zillis, Sufers & Zillis (36km, 40 min)

The Swiss Highway 13 is one of the most important north-south connections of Switzerland. The alpine crossing has a 2000-year history and was already to Roman times in use. The Viamala Canyon, was the most difficult challenge on that infamous track. The fortification Crestawald place for the Swiss Reduit (a tactical military defence system in the Swiss Alps to hid) a major role and should block the connection in case of an attack of the Axis Powers South-Nord. The show the original bunkers and the artillery pieces of the second world war. The church St. Martin is located in the village of Zillis and is a romantic hall church, world famous due to its painted ceiling.

For more information: www.crestawald.ch, www.viamala.ch und www.zillis-st-martin.ch.

6) Snow Shoeing

Experience the nature and leave your tracks in the snow! The tour goes through untouched nature and winter landscape up to the snowy mountains.

The excursion from Monday and Thursday are two different. Here are the details. The rental of the snow shoes is included in the price.

6a) Monday: Snow Shoeing in the High Valley Lenzerheide

- Influence geomorphology und nature phenomenon on mountain forests
- Visiting game animals
- Tourisms und winter sport

Duration: 6.5 hours
Meeting point: 08:31 Post Parpan (Time of arrival Postauto)
End: 15:00 Post Parpan
How to reach the meeting point: Sport bus Lenzerheide (free of charge) or Postauto

6b) Program Thursday: Snow Shoeing in Nature Park Ela (16km, 25min)

- Information about Park Ela: Park organisation, landscape, population structure, culture, ...
- Mountain forest and attitude belt
- Visiting game animals

Duration: 7 Std.
Meeting point: 09:00 Post Lenzerheide
End: ca. 16:15
How to reach the meeting point: Sportbus Lenzerheide (free of charge) or Postauto
Drive: Travel together with Postauto till Cunter Burvagn (collective ticket, inform us about GA, Half fare ticket)

Organised half day excursion

The participants can choose between 6 different half day excursions. The most guided tours are in the morning an afternoon.

Price: EUR 30.00 / CHF 36.00 (incl. transport & guided tour)

Language: The excursion 7 and 8 are only in German, all others are also in English.

7) „Traditional Meet Drying-plant“ Bischofberger, Churwalden (guided tour only German)

You will visit the traditional meet drying plant Bischofberger. Their business philosophy is to produce high quality products. For further information: www.bischi.ch

Meeting point: Morning 9.30 / afternoon 13:30

8) Nature Air Drying-Plant Brügger, Parpan (guided tour only German)

You will visit the nature air drying plant Brügger. The whole process will be explained.

For further information: www.bruegger-parpan.ch

Meeting point: afternoon 13:30

9) Mountain Wood Centre Bergün (25 km, 30 min)

Visiting the mountain wood centre in Bergün. The brothers Andrea und Rico Florinett lead the family business Florinett AG. The company is tone wood production, forestry, wood trade and a In 2000 Andrea Florinett started to develop tone wood of the best quality for instruments building, which they sell under the Label Tonewood. For further information: : www.florinett-holz.ch

Meeting point: Morning 9.30 / afternoon 13:30

10) Railway Museum Albula, Bergün (25 km, 30 min)

In the Railway museum Albula you can discover the whole railway history of Grison- Old railway utensils films and models. The visitors experience due to multi-medial designed rooms the historical and current aspects oft he most spectacular railways in railways tracks and the current economical and social issues in the railway construction. For further information: www.bahnmuseum-albula.ch

Meeting point: Morning 9.30 / afternoon 13:30

11) City tour Chur & Visiting the Rhaetian Museum, Chur (18 km, 30 min)

Chur, as the capital city of Grison, the oldest Swiss city and the importance oft he bishop city, has to tell many stories. After the guided tour, the Rhaetian Museum (historical museum of Grison) tells the rest of that interesting canton. For further information: www.chur.ch and www.raetischesmuseum.gr.ch

Meeting point: Morning 9.30 / afternoon 13:30

Individual Tours

There is no guide. The participants move them freely.

12) Skiing or Snowboarding in Arosa Lenzerheide

Enjoy the biggest ski destination of Grison. You can book the day pass cheaper over the EFNS event. You have to organise your ski or snowboard equipment by yourself. In Lenzerheide there are several sport shops, where you can rent the equipment. The rental fee is not included in the price.

For more information to [Sport Shops in Lenzerheide](#)

Further information tot he ski destination: <http://lenzerheide.com/de/winter/skifahren-und-snowboarden/skigebiet>

Price: EUR 46.00 / CHF 55.00

13) Sledding Pleasure Bergün (25km, 30 min)

The sledding run Preda Bergün is with its 4.2 kilometre and its curvaceous course one of the most popular sledding runs in Europe. Another highlight is the nice Rhaetian Railway ride to the start, which goes through the UNESCO- world heritage. The steeper run "Darlux" brings an adventurous alternation for all adrenalin friends, ist also known as «Lauberhorn of the sledding courses. The chairlift will bring you tot he start of Darlux. Bergün allures with its two sledding courses sledding fans from all over the world. Further information: www.schlitteln-berguen.ch

Price: EUR 60.00 / CHF 72.00 (incl. Journey, sledding pass and rental fee oft he sled)

14) Enjoy the Town Chur (18 km, 40 min) in connection with the excursion 11

Relax and enjoy the oldest Swiss city. Chur welcomes you! Further information: www.chur.ch

Price: Free of charge in connection with the excursion 11 (guided tour Chur & Rhaetian Museum).

Varia

Closing Ceremony

You are welcome to take part in the closing ceremony. We are looking for short, entertaining or interesting performance (max. 10 min). If you are motivated to hold a short presentation, entertaining show or something else, please contact the OK, which is organising that. Lukas Kobler is in charge oft he side events as the closing ceremony Lukas.Kobler@awn.gr.ch

Verein efns 2015
Voia Principala 90
7083 Lantsch/Lenz
efnslenzerheide@swissonline.ch



Information: 30. Planoiras public nordic event (11. Jan. 2015)

Venue

Start: Biathlon Arena Lenzerheide in Lantsch/Lenz (11. Januar 2015, 10:30 till 10:34)

Finishing Arena: Luziuswiese Lenzerheide (close to the School/multi-purpose hall Lenzerheide)

Food & Beverage: The Party service will be located in the multi-purpose hall Lenzerheide. The Pasta-Party is in the starting fee included. For the 30-iversary, the Organisation Committee Planoiras offers coffee and cake to all participants for free.

Course

Planoiras: 25 km, free technique Start Biathlon Arena Lenzerheide, Lantsch/Lenz–Lenzerheide–Parpan–Gruoben–Ziel Lenzerheide
[coursemap Planoiras \(pdf\)](#)

Planoirino: 13 km, free technique Start Biathlon Arena Lenzerheide, Lantsch/Lenz–Lenzerheide–Heidsee–Ziel Lenzerheide
[course map Planoirino \(pdf\)](#)

Infrastructure

Showers/ Toilets/ Changing Rooms Starting Area; There are toilets at the Biathlon Arena in Lantsch/Lenz and ToiToi available. The Changing rooms/showers/toilets are located in the finishing area (multi-purpose hall).

Shuttle Bus The shuttle bus transports the participants from 9.00 to 10.15 from the race office in Lenzerheide (auditorium Lenzerheide) to the starting field at the Biathlon Arena Lenzerheide.

Spectator Bus This bus will leave at 10:50 at the start and transport the spectators to the best places in Lenzerheide, Valbella and Parpan.

Personal staff: The participants receive a personal bag at the accreditation. The personal bag will be transported from the start in Lantsch/Lenz to the multi-purpose hall Lenzerheide.

Start number. The race office is located at the auditorium Lenzerheide, next to the multi-purpose hall and is open at:
Saturday, 10th January 2015: 14.00 - 18.00
Sunday, 11th January 2015: 7.30 - 10.00

Registration

Online www.lenzerheide.com/planoiras

Bank transfer You have to insert this information in this order (Your family name, first name, address, year of birth, course) into the payment reason field.

Bank: Graubündner Kantonalbank, 7002 Chur
Account number/ IBAN: CH27 0077 4110 3247 7910 0
Recipient/ Beneficiary: Volkslanglauf Planoiras

Late registration Late registrations are possible until 1 hour before the start. An additional fee of CHF 20.00 (Planoiras) and CHF 10.00 (Planoirino) will be raised.

Closing day registration

Online registration: Friday, 9th January 2015
Bank transfer: Friday, 2th January 2015

Starting Fee

Planoiras (25 km): CHF 50.00
Planoirino (12 km): CHF 35.00

handicapped participants (Planoirino): The association Heja Heja pays the starting fee.

In the starting fee included are: participant gift, Shuttle-Bus between start and finishing area, food and drinks on the course Pasta-Party in the multi-purpose hall.

Contact/ Internet/ Information

Ferienregion Lenzerheide
Tel. 0041 81 385 57 44
www.lenzerheide.com/planoiras
sport@lenzerheide.com

