

Hike: Pontresina Lej da Staz St. Moritz

Schedule:

10:00 - 10:30 Catch lunch during coffee break
 10:30 - 12:00 Lecture
 12:20 - 12:25 Walk to bus stop Zuoz, Aguêl
 (in front of the Lyceum)
 12:30 - 12:50 Bus ride to Pontresina **P**
 12:50 - 18:00 Hike to and stay at Lej da Staz **R**
 18:00 - 18:55 Walk to bus in St. Moritz **M**
 19:00 - 19:20 Bus ride to Zuoz
 20:00 - 21:00 Dinner



Hiking Alternatives:



Alternative	Approx. hiking time to Lej da Staz R (without breaks!)
PADR: Plaun da Staz	1 h 30 min
PAGBCDR: Muottas da Schlarigna/ Alp da Staz/Plaun da Staz	3h
PAGBCER: Muottas da Schlarigna/ Alp da Staz/St. Moritz Bad	3 h 30 min
PAGBER: Muottas da Schlarigna/ St. Moritz Bad	4 h 15 min

Information:

Phone numbers:

Organisers: Anita Van Loon-Govaerts +41 79 506 18 44
 Michael Spira +49 173 670 49 16
 Harald Ita +41 79 529 49 06
 Peter Stoffer +41 76 747 15 51

Restaurant: Hotel-Restaurant Lej da Staz
 7500 St. Moritz

Emergency: Ambulance 144 or Helicopter 1414

Remarks:

- The weather can change quickly in the mountains. Don't forget an anorak and sunscreen.
- Hiking boots are strongly recommended.
- You can have a (cold) swim in Lej da Staz. Bring a towel and a bathing suit if you like to.
- Participation is at your own responsibility/risk, and you are advised to have the necessary insurance coverage.
- Only the bus rides are paid by the organiser.

Later trains back to Zuoz:

St. Moritz	20:02*	21:02*	22:02*
Zuoz	20:25	21:25	22:25

* change in Samedan

