

Nordic Ski “Alpe Cermis” with the Champions

A Mythical Stage and the Tour de ski

Dates: January 5, 2020

Every year, the best Nordic skiers in the world get together at the end of the Tour de Ski for the last and most difficult competition—going up the l'Alpe Cermis, in the Italian Alps. For the last four years, the racing organization has provided the opportunity for amateur skiers to do the same race that the world-class skiers in the world cup face. You get to do it a few hours before they do and that way, you can see how good you are compared to the World Cup leaders. We have gone to test this race and were highly impressed by the quality of the organization, the atmosphere, and to be sure, with the possibility of comparing our own performances with those of the best skiers in the world.

It is just 9 km long, but what a brutal 9 km! The race course involves a loop that goes through the stadium before you attack the famous climb after about 5 km. All that is left is 3.9 km, but sometimes the slope exceeds 28 percent! This is a great challenge, let there be no doubt about it. But because the course is only 9 km, no matter what your level, you can do it and you can finish it and you can experience it. You go serpentine through downhill racing poles and flags and then you finally get to the top of the climb. At the end of the race you will be exhausted and your legs will still hurt, but you will be able to take advantage of a good lunch and then you can go watch the world's elite Nordic skiers do the same climb that you just finished. The best do it in about 30 minutes. And for you, how long will it take?



Where Are You Going to Stay?

You Will Be Staying in the Hotel Stella Alpina****, Moena

Rated four stars, the Stella Alpina are located right in the center of the Moena village just minutes from the ski tracks. Every room has at least 25 square meters. The hotel are modern, but decorated in an alpine style, with wooden-based furniture, sofa, television, and of course Internet connection. There are a wellness center with a sauna and steam bath. Of course, all of you will have free use of these facilities. Finally, we will arrange to have a big wax room set up.



Here is How it is Going to Happen—Day-By-Day

Thursday, January 2, 2020

You can come any way you want to Moena. In the late evening, we will all get to know each other over cocktails and snacks. Daniel Sandoz will explain everything to you so you won't be in the dark about the racing conditions or the race itself.

Friday, January 3, 2020

This day is going to start with a hearty breakfast at the hotel. Then Daniel and Tanja will take you to discover parts of the course of the Marcialonga. Then he will take you to have a small lunch in one of the numerous restaurants in the village before we go back to our hotel. At the end of the afternoon, you can either go to the wellness center or take your time exploring Moena village. Finally, dinner that evening followed by a meeting during which Daniel will explain what is going to happen the following few days.

Saturday, January 4, 2020

You won't be skiing today, but you will be able to watch world champions in their next-to-last event on the Tour de Ski in the stadium of the world championships of Val di Fiemme of 2013 now called the Lago di Tesero. There is a mass start for a classic-style race for the 10 km race for the women and the 15 km race for the men. Because of Daniel Sandoz's good relationship with the race organizers you will probably be able to spend some time with the racers, the ones you see on television. You will probably be able to visit the waxing trucks for the different countries' Nordic ski teams. In the afternoon you return to Moena in order to prepare your equipment for the race on Sunday, and you will do this before dinner and our last meeting together.



Sunday, January 5, 2020—At Last Race Day

This is the big day! Two hours before the elite Nordic skiers start their race, it is your turn when you begin this incomparable race. After the first kilometer loop, you come back through the stadium where your fans can cheer you on right in front of the stands, just before you go to the next 4 km of the race which are on the original part of the Marcialonga until you get to the start of the famous l'Alpe Cermis climb. To be sure, this is a mythical climb that you might have seen on TV, but now you are doing it! During the Tour de Ski, some of the greatest have been humbled by this climb. Make sure you take a good breath before you start because you won't get another chance to breath easily until you arrive at the finish line. Fortunately, the public will be there waiting for you to encourage you to use every last bit of energy. That is how you will know that you have done one of the most remarkable races of the year.

Then you go have lunch, and spend time watching the world's best do the same race in the manner of Tour de France bicyclists getting to the top of a mountain pass. You will return to the stadium in a gondola. Once you are back at the hotel, you will be able to take a shower in the wellness center and then you are on your own.



Visit of the Canadian Waxing truck with Alex Harvey!



Friday training on the race track: Dario Cologna and Toni Livers!

Dates: January 2 through 5, 2020 (Thursday – Sunday, 3 days)

What you get for your money:

- ✓ Three nights in the Stella Alpina Hotel in Moena
- ✓ Three all-you-can-eat breakfasts and four almost-all-you-can-eat dinners
- ✓ Use of the wellness center
- ✓ Use of the wellness center for showering after the race
- ✓ Wax room
- ✓ And of course, all the advice and help you can get from Daniel Sandoz and Tanja Beumler

What Is it Going to Cost?

Each person in a double room in Hotel Cavaletto (3 days) pays: Euro 450,-/CHF 560,-
Single-room supplement: Euro 130,-/CHF 160,- extra for 3 days

What You Don't Get for the Money You Pay

- ✓ Start BIB per the « Rampa con i Campioni » Euro 25,-
- ✓ Lunches
- ✓ All personal expenses

This trip is organized by Daniel Sandoz and Tanja Beumler who will be your guides. They have lots of experience, as you well know. They have participated in this mythical Nordic ski climb plus many Worldloppet races. They will be around to make sure you get the best advice possible.

