

ATHLETES GUIDE

SILVAPLANA

SGRAIL78

SWIM GRAVEL TRAIL





Dear Athletes,

Welcome to Silvaplana and the SGRAIL78!

We're thrilled: the second edition is here, and our lineup is growing – with SGRAIL78 LITE, a shorter format, and SGRAIL78 TEAM.

This weekend isn't about rankings or finish times – it's about the adventure we share, the joy of being outdoors, new friendships, good food and good coffee.

Whether you're swimming in the Silvaplana lake, out on the gravel bike, or on the trails: take your time to soak up nature, be considerate, and have fun. That's what the SGRAIL78 is all about.

This playbook is here to help you ease into the SGRAIL weekend. Inside you'll find all the key information so you can fully embrace the experience.

A big thank you goes out to our partners, sponsors, and especially the volunteers, who make sure — with real heart and dedication — that everything runs smoothly, and that you're well taken care of along the way.

We wish you an unforgettable weekend full of adventure, great vibes, delicious food, and strong coffee

YOUR SGRAIL78 TEAM



GENERAL INFORMATION

SGRAIL78 leads you right into the breathtaking scenery of the Swiss Alps. This course challenges not only your athletic strength but also your ability to adapt to nature, from the refreshing waters of Lake Silvaplana to sun-exposed mountain trails.

Please make sure to bring adequate clothing for all temperatures and weather conditions. In the mountains, conditions can change quickly from warm and sunny to windy, wet, or cold. Layered clothing, rain and wind protection, and a spare set of clothes are all part of your race gear. This way, you'll be well prepared to master the SGRAIL78 or SGRAIL Lite adventure safely and with plenty of enjoyment.

Your host for SGRAIL78 is the village of SILVAPLANA. Here you can learn more about SILVAPLANA and the Engadin region: www.silvaplana.ch.

EVENT SCHEDULE

FRIDAY

2.45–3.30 pm | RYZON Warm-up Run
incl. KEEN test event
[Centre of Silvaplana](#)

3.30–4.00 pm | Coffee & Cake
[Centre of Silvaplana](#)

5.00–6.30 pm | Registration & Pizokel Plausch
[Event site by the lake](#)

SATURDAY

8.30–2.00 pm | Regio League & SGRail Kids Duathlon

9.00–10.00 am | sailfish SWIM
[Event site by the lake](#)

11.00–13.00 pm | Gravel Warm-up Ride + Coffee & Nusstorte
Start [Centre of Silvaplana](#)
Finish in [St. Moritz Hotel Hauser](#)

4.30 pm | Briefing, Talk&Fun & Aperol
[Event site by the lake](#)

3.00–5.30 pm | registration

SUNDAY

7.30–9.00 am | Check-in all formats incl. Team

9.30 am | START SGRail78 & TEAM
at the lake, Restaurant PappaLou

9.30 am | START SGRail LITE
at the beach camping site

aprox. 12.35 pm | first finisher SGRail78 LITE

aprox. 1.45 pm | first finisher SGRail78

3.00–6.30 pm | Check-out

6.30 pm | cut off & Award Ceremony
Eventgelände am See



YOUR SGRAIL WEEKEND

The SGRAIL78 Silvaplana is far more than a single race day – it's a whole weekend full of shared experiences. Starting Friday, you can join the Warm-up Run, the Pizokel Plausch, or the Warm-up Swim to meet fellow athletes, get acclimatized, and soak up the Engadin's unique scenery. If you arrive early, you won't miss a moment of the special vibe that makes this weekend what it is.



R Y Z O N

Warm-up Run & Coffee

friday, 2.45 – 4.00 pm



Pizokel Plausch

friday, 5.00 – 6.30 pm



Warm-up Swim

saturday, 9.00 – 10.00 am



CANYON

Warm-up Ride & Coffee

saturday, 11.00am – 1.00pm



Briefing & ApEro

staurday, 4.30 pm



EVENT SITE & GETTING THERE

The event site is located at Sportzentrum Mulets, Via Mulets 9, 7513 Silvaplana.

Getting there

We recommend traveling by public transport or by bike. There is no parking available directly at the event site. Parking is available in and around Silvaplana for cars. Additionally, there is [Parkplatz Surlej, Foppas](#) from where you can easily cycle to the event site. A free shuttle bus connects the parking lot with the village of Silvaplana. Please note: bringing bikes on the bus is only possible to a very limited extent.

Bike Doctor

Repairs can be carried out free of charge on Saturday during regular opening hours at Skiservice Kovac: Via dal Corvatsch 29, 7513 Silvaplana-Surlej.

Start: In-water start in front of Restaurant PappaLò. Three minutes before the start, all athletes enter the water, then the start signal goes off. The start area is separated; all athletes must pass the timing mat under the start arch.

Wetsuits are mandatory. Neoprene caps, socks, and gloves are also permitted.

Temperature: Expected water temperature is between 16 and 18 °C.

SWIM SGRAILITE

Distance: 750 m (1 lap in Lake Silvaplana)

Start: Beach start at the Australian Exit. The start area is separated; all athletes must pass the timing mat.

Warm-up swim: Possible up to 10 minutes before the start, between the Australian Exit and the swim exit.

Buoys: white buoys = turn buoys, **small red buoys** = orientation buoys

Wetsuits are mandatory. Neoprene caps, socks, and gloves are also permitted.

Temperature: Expected water temperature is between **16 and 18 °C**.



NON SWIM OPTION

If you'd rather skip the swim course, that's no problem – you simply start your SGRail78 adventure with the gravel bike instead.

- Athletes who skip the swim start Gravel and Trail Run together at 10.30 am, right at the volleyball court by the transition zone.
- You can indicate this already at bib pick-up – but you're also free to decide spontaneously.
- Checking in your bike and running bag is required by 9.00 am.



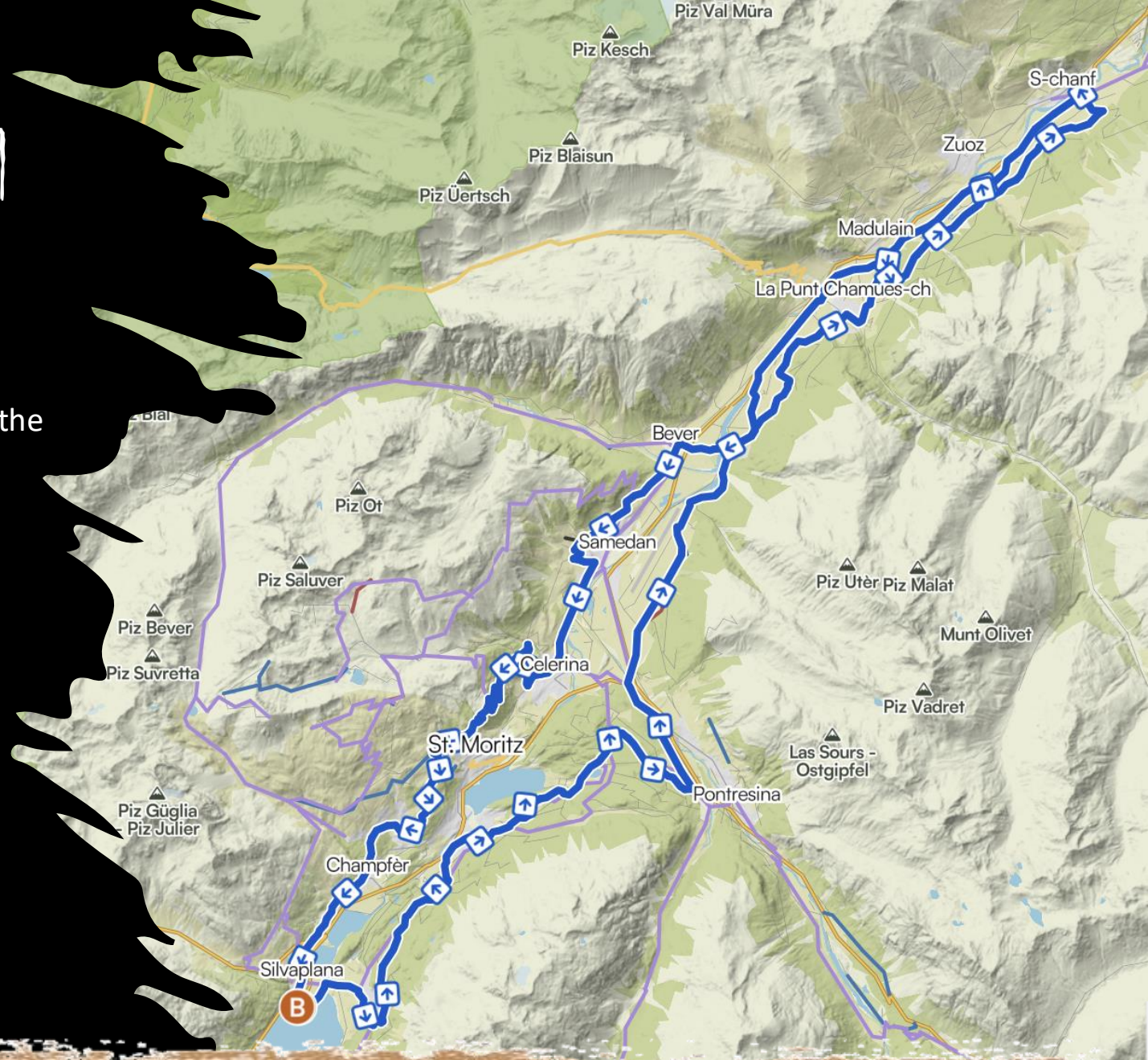
GRAVEL SGRAIL78 & TEAM

Distance: 64 k / 1,190 m elevation gain (1 lap)

Navigation: The course is not fully marked – please use the GPS track: (Download: <https://www.sgrail.country/silvaplana/sgrail78-gravel-triathlon/>).

Aid Stations:

- AS2 at 23 k in Bever
Caution: Afterward, approx. 500 m on road with oncoming traffic. Keep right!
- AS3 at 46 k
- AS4 at 56 k



GRAVEL SGRAILITE

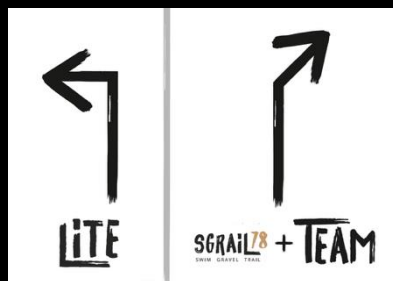
Distance: 41 k / 950 m elevation gain (1 lap)

Navigation: The course is not fully marked – please use the GPS track (Download: <https://www.sgrail.country/silvaplane/triathlon-lite/>).

CAUTION! Note the fork at Bever:

LITE — turn left

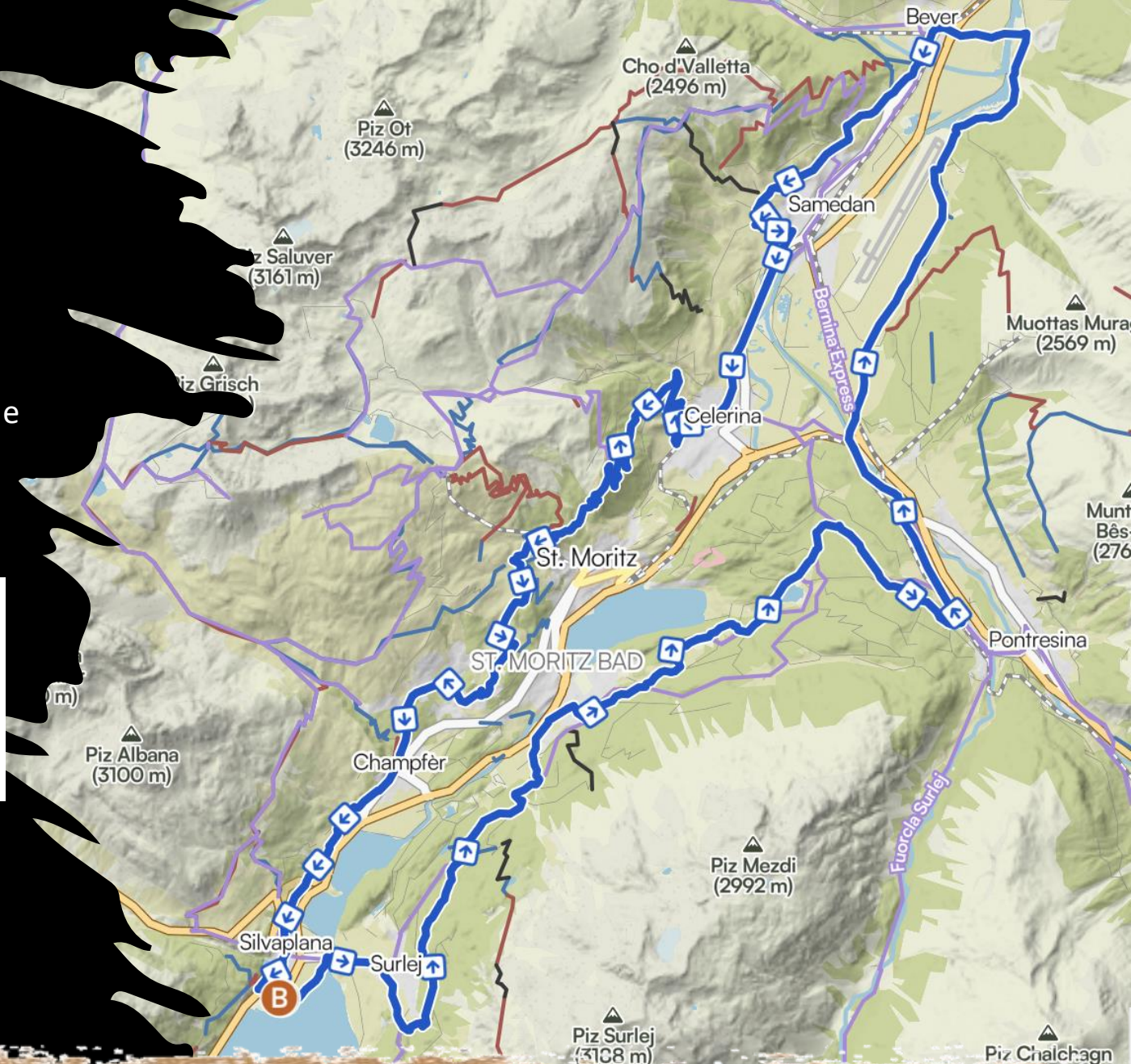
SGRAIL78 + TEAM — turn right



Aid Stations:

- AS3 at 24 k
- AS4 at 33

MAURTEN



GRAVEL



The course is **not closed to the public** – you'll be sharing it with cyclists, hikers, and passers-by.

To make yourself noticeable on the tighter sections of the course, it's a good idea to mount a bike bell on your bike. This lets you alert other participants or hikers early on and helps keep things safe and respectful for everyone on the course.

In general: **please be considerate of other cyclists, hikers, and passers-by!**

The gravel course includes **some challenging descents**; these and other hazard spots are marked with signs: **SLOW DOWN!**

DANGER

➔ SLOW DOWN ➔

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SGRAIL78
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GRAVEL

After the aid station at kilometer 22 there is a **short two-way section** of approximately 500 meters. **Please always keep to the right.**

At kilometer 55 the course includes a **single trail with four tight hairpin turns** (180°). **Do not take unnecessary risks – dismount if needed.**

All road crossings are secured by members of the Guardia Civil. Nevertheless, please **ride with caution and always remain attentive to traffic.**

Cows may be present on the course. Maintain a safe distance, stay calm and pass slowly.

Drafting is allowed. However, persistent wheel-suckers will be named by name at the evening ceremony :-)

You're also welcome to ride the SGRAIL78 on a mountain bike.



TRAILSGRAIL78 & TEAM

Distance: 12.5 k with 300 m elevation gain (1 lap)

Signalisation

The route is fully and continuously marked. Orange flags indicate the way at regular intervals, and arrows mark all changes of direction.

Aid Stations

- Aid Station 1 is at 5 k
- Aid Station 2 is at 9 k

The course is not closed to the public – hikers and other athletes may also be on the trails. Please be considerate at all times.



TRAILSGRAILITE

Distance: 7.5 k with 130 m elevation gain (1 lap)

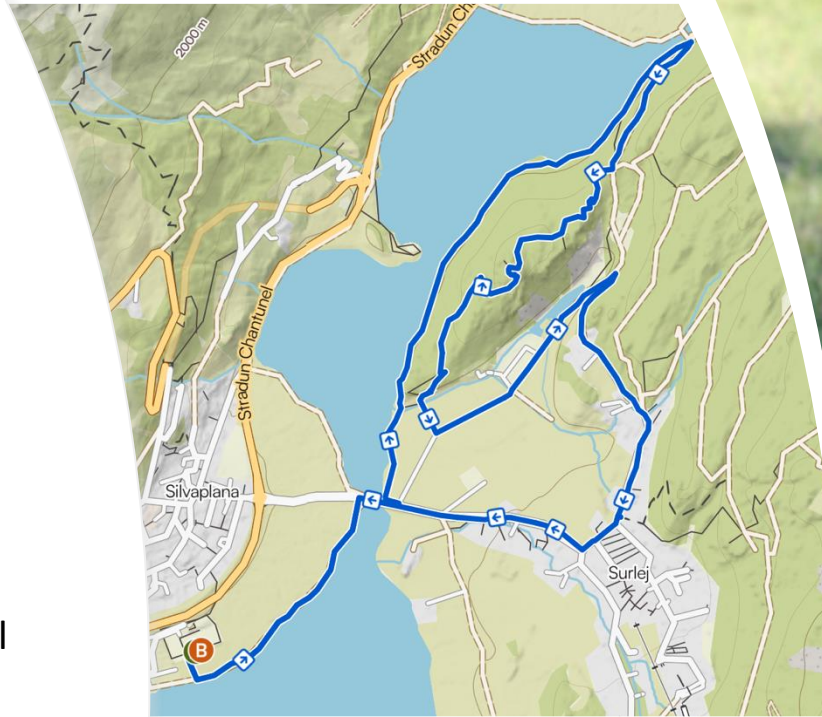
Signalisation

The route is fully and continuously marked. Orange flags indicate the way at regular intervals, and arrows mark all changes of direction.

Aid Stations

- Aid Station 1 is at 5 k

The course is not closed to the public – hikers and other athletes may also be on the trails. Please be considerate at all times.



TRANSITION ZONE

Check-in: 7.30 – 9.00 am

Check-out: from approx. 3.00 pm (by arrangement, once all participants are on the run course) – 7.00 pm

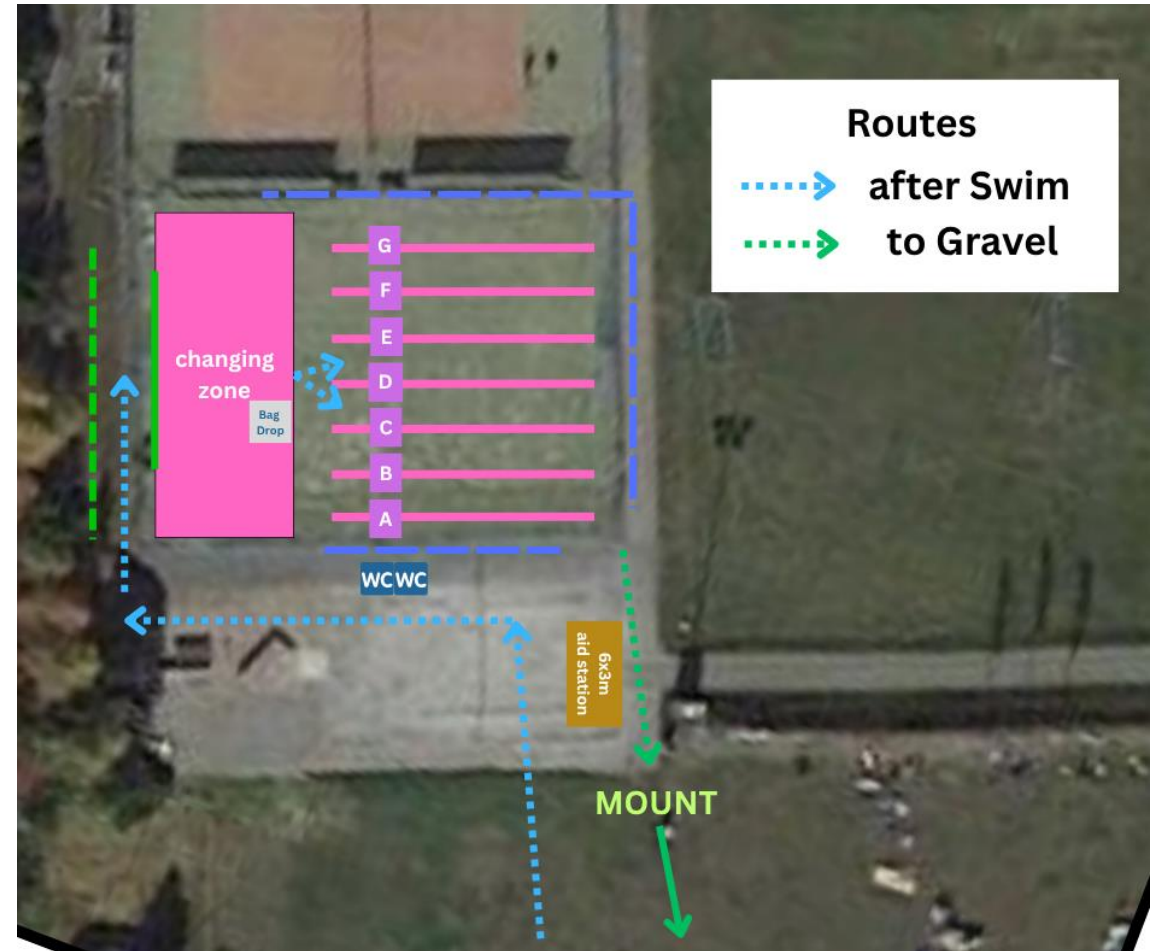
Every athlete **gets a fixed spot** for their bike and bag (spots are numbered). All categories, including relay teams, must check in their bikes!

Transition bags

- Gravel bag colour: white
- Run bag colour: black

Both bags hang on the same hook.

After changing in the pavilions, drop your bags off in the tent's drop-off area. Our volunteers will bring your bags to your bike during the race, so you'll find everything there once you finish.



TRANSITION ZONE

Parc Fermé (after Gravel)

The second transition follows a Parc Fermé principle.

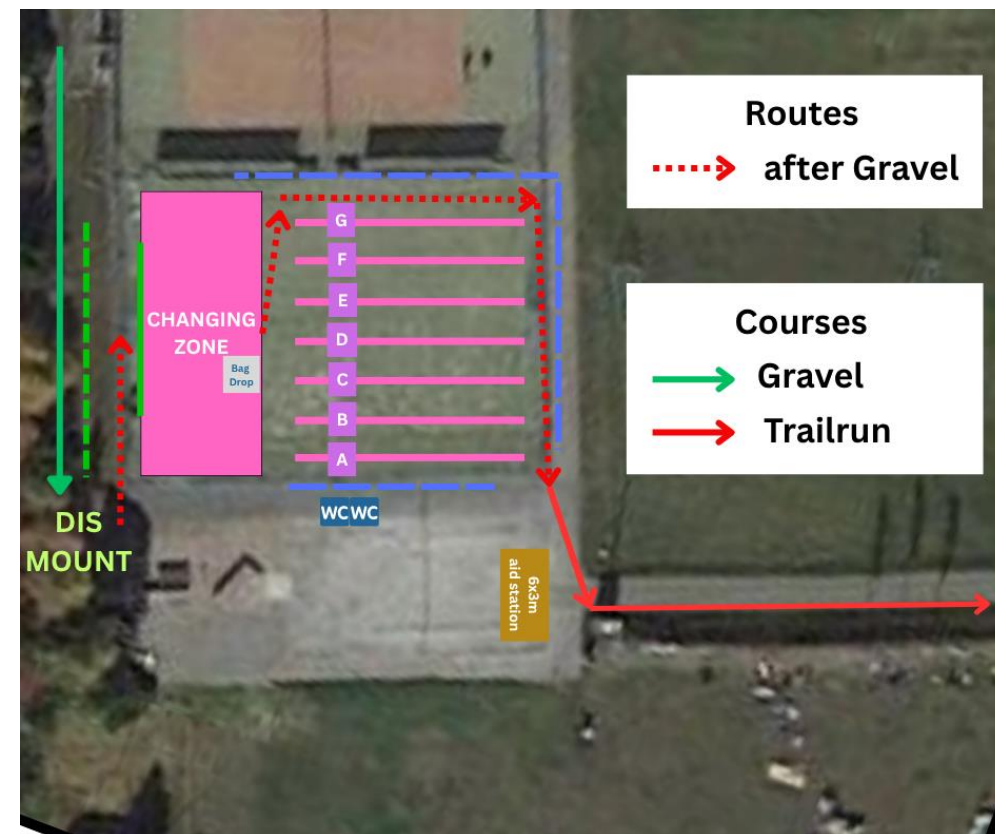
After you return from the Gravel Ride, our volunteers will take your bike and park it at its designated spot.

Finisher Bag

Before the start, you can drop off your Finisher Bag at registration. It will be stored safely and can be collected after the race until 7.00 pm.

Aid Station

The aid station located in the transition area is available both after the swim and before the run

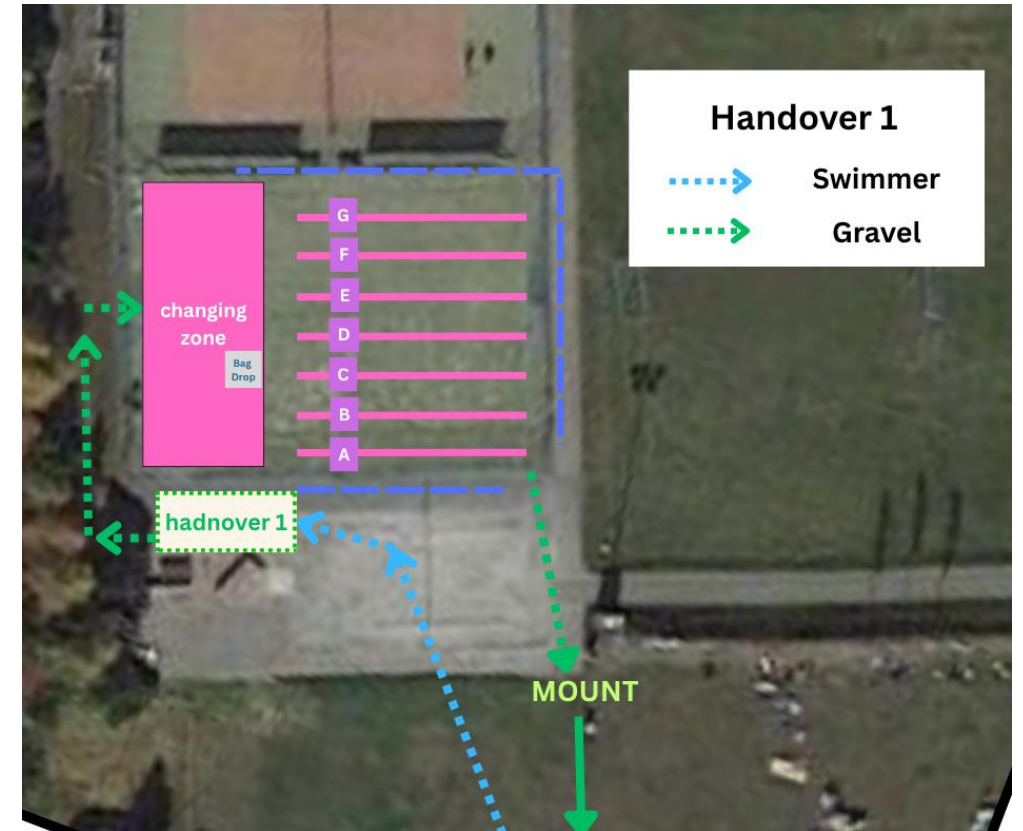


TEAMS

The swimmer runs from the swim exit to the handover zone below the padel court.

- Handover of the transponder – like a relay baton – to the gravel rider.
- The gravel rider runs through the padel court to the bike.
- Continue to the mount line.
- The gravel course starts from there.

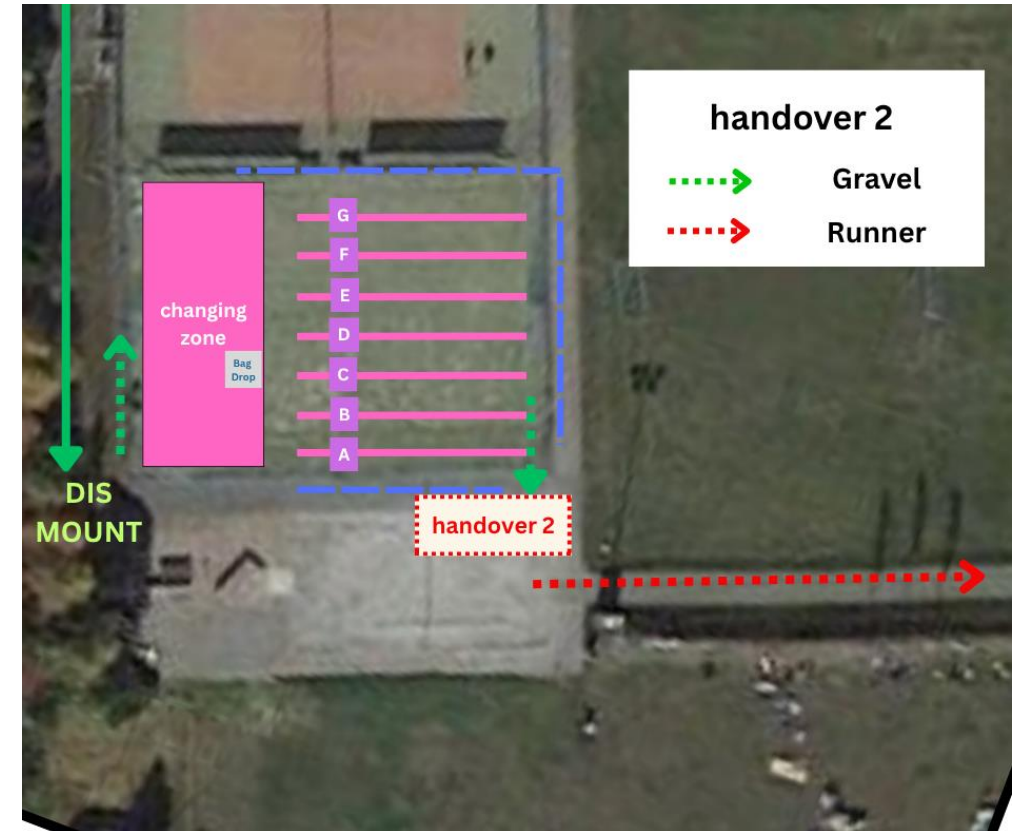
Important note: The bike must be checked in.



TEAMS

The gravel rider dismounts and hands off the bike.

- Runs through the padel court, through the transition zone.
- Handover to the runner at the exit of the transition zone, in relay handover area 2.
- Of course, all finishers receive a Holy SGRAIL and a finisher meal at the finish line.



KIDS DUATHLON

Duathlon Students (2015/2016; 2013/2014)

Distances: 500 m Run – 1,600 m Bike – 500 m Run

Duathlon Kids (2017/2019)

Distances: 500 m Run – 800 m Bike – 500 m Run

Duathlon Kids (2020 and younger)

Distances: 200 m Run – 800 m Bike – 200 m Run

Course

The exact course maps can be viewed on-site at bib pick-up. The courses run around the event site on the Mulets meadow.



SATURDAY

9.00 am | Briefing, Registration & Check-in

9.40 am | Start Kids Duathlon M7-9/F7-9

10.05 am | Start Kids Duathlon M12-13/F12-13/M10-11/F10-11

10.30 am | M6 and younger/F6 and younger

10.30–11.00 am | Check-out

2.00 pm | award ceremony

SCHEDULE KIDS DUATHLON



KIDS DUATHLON

Aid Station

Kids can refuel at the finish line. Drinks and snacks will be provided.

Changing Rooms, Toilets

Changing rooms, showers, and toilets are available at Sportzentrum Mulets.

Bike & Transition Zone

An off-road-capable bike in proper technical condition (MTB, trekking bike, school bike, etc.) is required. Starting on a road racing bike is not permitted for safety reasons, as the bike course partly runs on field tracks and meadows. Handlebar attachments, such as triathlon extensions or bar-end extensions, are not permitted for safety reasons. Only athletes are allowed into the transition zone. Assigned volunteers will look after the athletes in the transition zone. This year, no Bike Doctor will be on-site. If you need a quick repair, you can contact Ski-Service Corvatsch in Surlej (Tel.: +41 81 838 77 77).

No check-in without a roadworthy bike!

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R Y Z O N

CANNON

**8 EIGHT
SLEEP**

