



ALPENGOLD
HOTEL
DAVOS

Davoser Meile

Performance diagnostics
in the heart of nature

 DAVOS[®]
SPORTS & HEALTH

Davoser Meile,
an overview...



Baslerstrasse 9 · 7260 Davos Dorf · Schweiz · +41 (0)81 414 04 00 · info@alpengoldhotel.com · www.alpengoldhotel.com

www.michelreybier.com

Package Overview

The Davoser Meile offers you the opportunity to analyze your training and determine your individual training zones. Whether you're trail running in summer or cross-country skiing in winter – the collected data helps you optimize your training effectively.

Performance Test (Basic) CHF 150

- Individual performance assessment based on heart rate, speed, and acceleration
- Personalized training zones for efficient training

Davoser Meile route | Booking: same day | Duration: approx. 90 min (Includes questionnaire, excludes transport)

Performance Test incl. Consultation (Basic+) CHF 220

- Individual performance assessment based on heart rate, speed, and acceleration
- Personalized training zones for efficient training
- Professional evaluation with tips for future training planning

Davoser Meile route | Booking: 3 days in advance
Duration: approx. 180 min (Includes questionnaire and consultation, excludes transport)

Spiroergometry(Superior) CHF 450

- Comprehensive analysis of your respiratory gases under exertion
- Personal supervision during the performance test
- Precise determination of aerobic threshold for targeted training

Davoser Meile route | Booking: 7 days in advance
Duration: approx. 180 min (Includes questionnaire and consultation, excludes transport)

Hotel Accommodation

The AlpenGold Hotel Davos is the direct starting point for the Davoser Meile. Contact us for individual consultation, accommodation, culinary services, transport to the cross-country track, ice stadium, or Davos hospital – as well as for planning further accommodations during your training.

Special rate for overnight stays when booking a performance test:

Superior Double Room incl. breakfast / per night
Summer CHF 250 / Winter CHF 380

According to availability, not valid during Christmas and New Year holidays, WEF, or Zurich school holidays.

Additional offers

Consultation CHF 70

- Joint analysis of performance results
- Tips for future training planning

Davos Ice Stadium / Virtual | Booking: 3 days in advance | Duration: approx. 30 min

Training Plan CHF 290 / CHF 450

- Joint analysis of results
- Tips for future training planning
- Concrete training plans for 6 or 12 weeks

Davos Ice Stadium / Virtual | Booking: 7 days in advance | Duration: approx. 60 min

Back Check CHF 70

- Back check (M360)
- Joint analysis of results
- Exercise sheet for back strengthening

Davos Ice Stadium | Booking: 3 days in advance | Duration: approx. 30 min

Body Composition CHF 80

- Body composition analysis (BIA)
- Joint analysis of results

Davos Ice Stadium | Booking: 3 days in advance | Duration: approx. 40 min

Health Check-Up CHF 450

- Medical check-up, lung function test, resting ECG, blood test, analysis and consultation
- Request via Davos Sports & Health: info@davosportshealth.ch, +41 (0)81 414 84 84

Davos Hospital | Booking: 14 days in advance | Duration: approx. 75 min

Other Performance Tests & Medical Massagee

- Additional performance tests for stability, strength, etc., or appointments for medical massage can be booked via:
- Performance tests: info@davosportshealth.ch, +41 (0)81 414 84 84
- Massage: physiotherapie@spitaldavos.ch, +41 (0)81 414 83 70

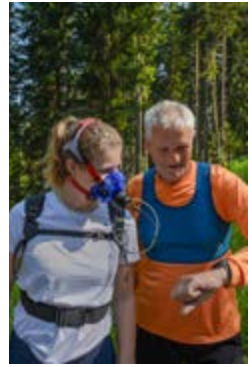
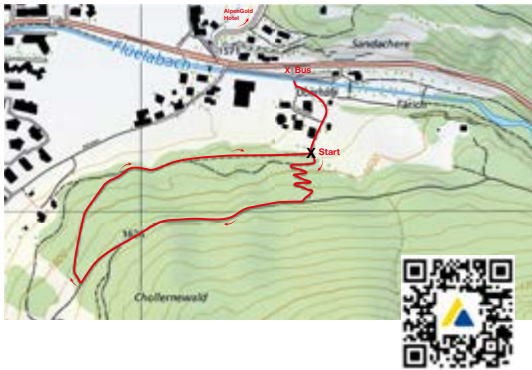
Davos Ice Stadium / Davos Hospital | Booking: 7 days in advance

Winter & Summer

The Davoser Meile offers the opportunity to measure athletic performance directly in nature. It is available year-round – for cross-country skiing in winter and trail running in summer. It focuses on recreational athletes as well as ambitious competitors.

Die Davoser Meile – in Summer

In summer, the Davoser Meile offers alpine freshness, pine forest, fresh grasses, roots, stones, mountain views, and pure Grisons mountain air – the ideal place for an attractive training route.



Die Davoser Meile – in Winter

The ‚night trail‘ in Davos is used daily by many athletes until 9 p.m. and is centrally located near the Dischma Valley.

