

9 - 11 SEPTEMBER 2025

SUNRISE SWIM

with Dr. Christian Tröger

Experience exclusive swim camps with Dr. Christian Tröger at Schloss Elmau and improve your swimming technique under the guidance of a double world champion. Based on his many years of experience and passion for the sport of swimming, Dr. Tröger offers a unique training program that is specifically tailored to enhance your technique, endurance and lots of fun.

Participation in the trail running week (Swim Camp) is included during your stay at Schloss Elmau and is also possible on individual days after consultation.



SWIM CAMP CONTENT

- Experience the natural beauty of the region up close
- Targeted training for more fun, economy, dynamism and ease
- Tips & tricks with individual coaching

Tours and training content will be adapted to the individual skill level of the participants on site.
Minimum age 16 (after consultation)

SWIM CAMP PACKAGE

2 nights, including breakfast, spa, yoga, fit & active program and concert tickets

Improve your swimming technique and increase your endurance with the expertise of an experienced swimming professional!

PROGRAM

TUE

19.45
Get Together
Get Together
with Dr. Christian Tröger
at the Tea Lounge
Content: Introduction to
the Sunrise Excursion
Details (Wetsuit, Schedule,
Orientation, etc.)



WED

8.00
Morning Session (Group 1)
in the Rooftop Pool Retreat

9.00
Morning Session (Group 2)
in the Rooftop Pool Retreat

10.00
Breakfast

THU

6.45
Meeting for Departure to the Ferchensee
Meeting Point Sport
Concierge

7.00
Abfahrt zum Ferchensee
Sunrise Schwimmen

9.30
Return to Schloss Elmau

10.00
Breakfast & Farewell
gathering at the retreat

Afterwards
Individual departure



Participation is only open to confident swimmers who are technically skilled and physically fit, and who have previously taken part in the group pool training session. Minors must also provide written consent from a parent or legal guardian.