

Kokoro Nanbudo Bern's
Swiss Alps Nanbudo Seminar



10th-12th May 2019

Sport Chalet Dojo - Mürren



Introduction

We are pleased to invite you to the Swiss Alps Nanbudo seminar that will take place at the SportChalet in Mürren, a typical swiss village located at the top of a breathtaking cliff. The SportChalet will serve as a training place (dojo inside - 18x10m), restaurant and place to sleep. Due to local rules, no cars are allowed inside the village. The only way to access it is to take the cable car from Lauterbrunnen, a village located in the valley down below.

Location/Access

For foreign nanbudokas who travel by train or plane, we can organize a car transport to/from Lauterbrunnen on Friday/Sunday (mainly from/to Geneva with a possible additional cost). Please indicate the city of arrival and departure in the registration form.

Lauterbrunnen : Located near the city of Interlaken. This is the only way to go to Mürren. Here are some travel time informations to reach this place :

By car		By train	
From Zurich (Airport)	2h00	From Zurich (Airport)	2h40
From Bern (Train Station)	1h00	From Bern (Train Station)	1h30
From Geneva (Airport)	2h30	From Geneva (Airport)	3h30

If you come by the road you must leave your car in Lauterbrunnen in the car park near the BLM Railway and Cable car Station. Fee for 3 days : 43^{CHF} / ~38[€].

Mürren : There are 2 ways to go to Mürren from Lauterbrunnen.

- ◆ From the BLM train station:
Cable car + mountain train. Duration 20 min. Twice an hour.
Last departure to Mürren on Friday : **19:38**
Fee : 23^{CHF} / ~ 20[€] (round trip ticket).
- ◆ From Stechelberg (Outside Lauterbrunnen) :
Bus from Lauterbrunnen to Stechelberg. Duration 12 min. One per hour late.
Last departure to Stechelberg : **23:26**
Schilthorn cable car (Change at Gimmelwald). Duration 10 min. One per hour late.
Last departure to Mürren on Friday : **23:45**
Fee : 30^{CHF} / ~ 27[€] (simple trip ticket).

Accommodation/Training place

SportChalet : The hotel is located in the middle of the village of Mürren. It is a 10-minute walk from the BLM train station or the Schilthorn cable car stop. The SportChalet offers rooms with 2, 3, 4 beds, and has a cafeteria, a lounge, and of course a dojo. The rooms are booked by us and the breakfast is included.

Contact : SportChalet - Maik Richter
CH-3825 Mürren - Switzerland
Phone : +41338551832
www.sportchalet.ch



Schedule

Friday 10.05	18h00-20h00	Welcome to Mürren and Dinner (not included)
	20h00-22h00	Training
Saturday 11.05	09h30-11h30	Training
	12h00	Lunch at the SportChalet
	14h00-16h00	Training
Sunday 12.05	19h00	Friendship dinner at the SportChalet
	09h30-11h30	Training
	12h00	Lunch at the SportChalet
	13h30-15h30	Training
	16h00	Farewell

Contact

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