



# HANDOUT PARTICIPANTS

## LEGS:

- 1: 4.7. Feichten (AT) - Thomas Penz Höhenweg - start 09:30 Hotel Quellalpin
- 2: 5.7. Ried i. O. (AT) - Anton Renk Trail - start 09:30 H2O Adventure
- 3: 6.7. Samnaun (CH) - Samnaun Trail - start 09:30 beginning Dorfstraße
- 4: 7.7. Nauders (AT) - Nauderer Höhenweg - start 09:30 TVB Nauders
- 5: 8.7. Graun (IT) - Joggl Trail - start 09:30 Reschensee car park

## TIME LIMITS / REFRESHMENT STATIONS / CHECKPOINTS:

Please note the time limits of each leg (at refreshment stations and checkpoints) - more information on the homepage:

- 1: V1 Langetsberger Alm 11:30
- 2: V1 Fendels 11:00, V2 Fendler Alm 12:00, V3 Stalanzer Alm 14:00 am3: CP1 Rossboden 13:00
- 4: V2 Labaun Alm 12:15, V3 Valdafur 15:00
- 5: V1 Riegelwald 10:30, CP1 Joggl Kopf 12:00, CP2 Mittereggspitze 14:00,  
V2 Vivana Außerböden 15:00

Attention: There is no refreshment station in Samnaun – only a checkpoint! You have to bring your own food and drink.

## INFOS:

The legs are all marked with signs, orange ground markings and marking tape.

Closing time / Cut Off is every day at 16:00. If all participants are still on site, there will be a small daily award ceremony for stages 1-4. In Graun/Reschensee there will be the final award ceremony.

Sticks are allowed, but must be carried from the start to the finish.

As part of the Green Event, food carried to the run must be labelled with the start number. Waste may only be disposed of at the aid stations. Failure to do so will result in disqualification.

Compulsory equipment: Each participant must carry food (food + drink), whistle, mobile phone with emergency number 140, 112 and SOS EU ALP app (for Italy and Switzerland), rain jacket, rescue blanket. Mountain rescue will be on site at each leg.

## PARKING INFO:

Feichten: on the Kaunertaler Landesstraße before the starting point on the left.

Ried i.O.: directly at the starting point H2O.

Samnaun: on the valley road 200 m before the starting point to the right (Dorfstraße 4).

Nauders: gravel parking area next to SPAR supermarket in front of the playground (Nauders 368).

Reschen: after the short tunnel, turn right directly at the starting point/lake in the meadow.