



# HANDOUT PARTICIPANTS

## STAGES:

- 1: 2 July Feichten (AT) - Thomas Penz Höhenweg - start 9.30am Hotel Quellalpin
- 2: 3 July Pfunds (AT) – Frudiger Trail - start 9.30am Ensplatz - **new course (woodwork)**
- 3: 4 July Vná (CH) – Piz Arina Trail - start 9.30am Vná - **new course (snow)**
- 4: 5 July Nauders (AT) - Nauderer Höhenweg - start 9.30am TVB Nauders
- 5: 6 July Graun (IT) - Reschensee Trail - start 9.30am Reschensee car park

## TIME LIMITS: REFRESHMENT STATIONS / CHECKPOINTS:

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

Stage 1: V1 Langetsberger Alm 11.30am

Stage 2: V2 car park Tschey 11am, V4 car park Tschey 1.30pm

Stage 3: ~~V1 Alp Discholas 10.45am, V2 Pradatsch 2.30pm~~

Stage 4: V2 Labaun Alm 12.15pm, V3 Valdafur 3pm

Stage 5: V1 Riegelwald 10.30am, CP1 JoggI Kopf 12pm, CP2 Mittereggspitze 2pm,  
V2 Vivana Außerböden 3pm

## INFOS:

The stages are all marked with signs, orange ground markings and red-white 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 stage.

## PARKING INFO – ALL FOR FREE:

Feichten: on the Kaunertaler Landesstraße before the starting point on the left (Feichten 134, 6524 Kaunertal)

Pfunds: directly at the starting point Ensplatz (Stuben 51, 6542 Pfunds)

Vná: Shuttle to Vná from the car parking Biathlon Arena Sclamischot (Sclamischot, 7558 Strada, Schweiz)  
**Shuttle times:** 07:45 / 08:15 **there** & 12:00 / 13:00 / 14:00 / 15:00 **back**

Nauders: parking area next to SPAR supermarket in front of the playground (Nauders368)

Graun: Direction south directly after the short tunnel on the right in the field at the public car park further on towards the lake (Via Claudia Augusta, 5, 39027 Graun i. V.)