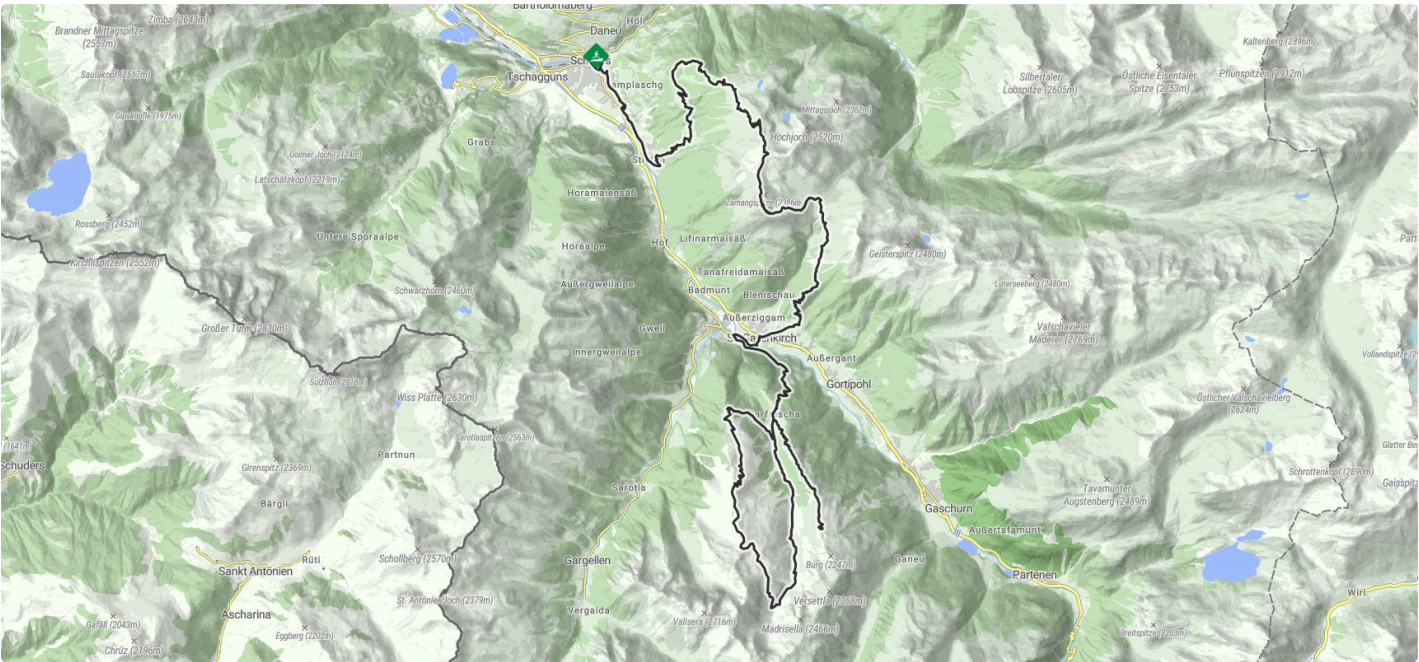


Montafon Totale Ultra 45: length 45 kilometers, 3,750 meters of elevation gain

DIFFICULT



Tour description

Schruns center - Sennigrat - Kreuzjoch - Wormser route - Grasjoch - Silvretta Park Montafon - Garfrescha - Valisera Bahn middle station - Valisera Bahn top station - Serres lake - Alpe Nova - Garfrescha - Gantekopf - Nova Stoba

You can find all information about the run event here: <https://www.montafontotale.at/ultra-45-km>

Hard, challenging, and unbelievably beautiful: At the Montafon Totale Trail, runners push their limits in the high-alpine terrain while marveling at the beauty of the Montafon mountain world.

Directions

After the still relatively relaxed first 3.5 kilometers, the route rises steeply over roots and stones up to the Sennigrat. Here, the first effort is rewarded with a breathtaking panorama over the Rätikon. On the Wormser high route, you can briefly recover and prepare yourself for the exhausting descent to St. Gallenkirch. Once in the valley, there is little time to rest, as the next ascent over Garfrescha to the Valisera Bahn top station is already waiting. Over alpine meadows, it goes down to Alpe Nova and then along a bubbling stream back to Garfrescha. From there, the route continues along the Gantekopf ridge up towards the finish. The indescribable view over the Verwall and Silvretta groups gives you strength for the final sprint to the finish at Nova Stoba, where you can then celebrate properly.

Safety instructions

EMERGENCY CALL: 144

European emergency number: 112 (works with any mobile/ network)

www.vorarlberg.travel/sicherheitstipps

Destination

Gaschurn, Nova Stoba

 11:05 h duration	 44,5 km Length
 2396 m Highest point	 682 m Lowest point
 3750 m Ascent	 2417 m Descent

Tour type

Trail running | Running

Difficulty

● Difficult

Elevation profile



Condition

Technique

Difficulty

Result

Landscape

Best time of year

JAN	FEB	MÄR	APR	MAI	JUN
☐	☐	☐	☐	☐	☒
JUL	AUG	SEP	OKT	NOV	DEZ
☒	☒	☒	☒	☐	☐

Starting Point

Schruns, center
