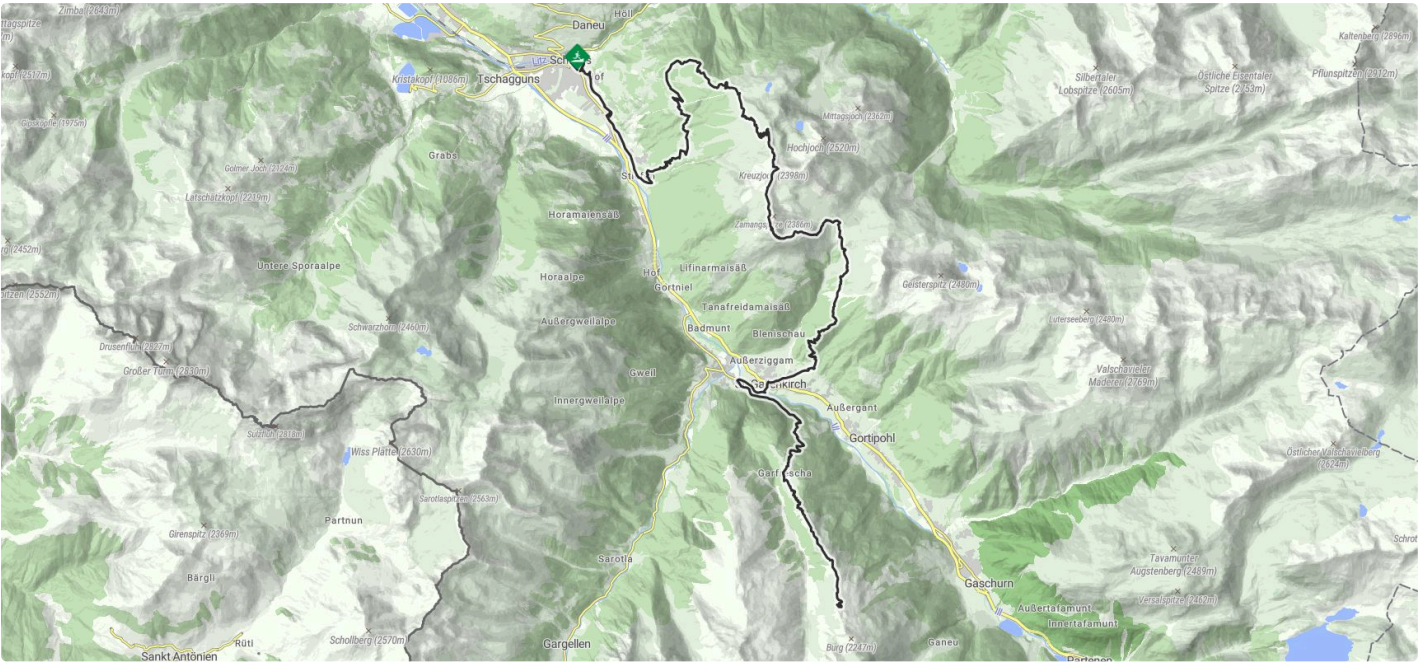


Montafon Totale Trail 31: length 31 km, 3,000 meters of elevation gain

DIFFICULT



Tour description

Schruns center - Sennigrat - Kreuzjoch - Wormser trail - Grasjoch - Silvretta Park Montafon - Garfrescha - Gantekopf - Nova Stoba

All information about the running event can be found here: <https://www.montafontotale.at/trail-31-km>

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

Directions

Like the Montafon Totale Ultra, the trail also starts with a long ascent to Sennigrat. The subsequent flatter section along the Wormser Höhenweg is the perfect segment for a few snapshots of the route. The descent to St. Gallenkirch and ascent to Garfrescha then require your full attention again. While the Ultra runners still take a detour to the Valisera Bahn mountain station, your path leads directly over the Gantekopf to the finish at Nova Stoba.

Safety instructions

EMERGENCY CALL: 144

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

www.vorarlberg.travel/sicherheitstipps

Destination

Gaschurn, Nova Stoba

Starting Point

Schruns, center

	08:30 h duration		31,0 km Length
	2396 m Highest point		682 m Lowest point
	3000 m Ascent		1660 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
☒	☒	☒	☒	☐	☐