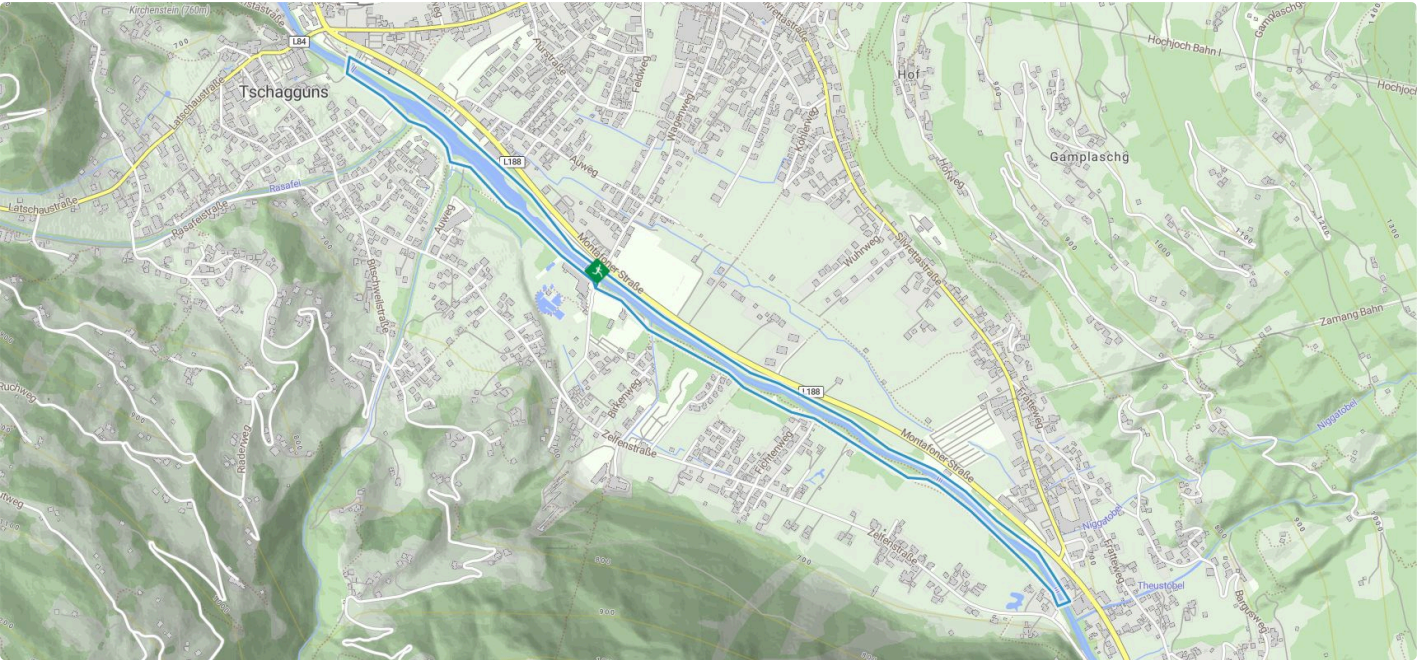


Promenade run

EASY

RUNDTOUR



Tour description

Aktivpark Montafon – Ill Promenade – Aktivpark Montafon

Medium-length and flat training route, always directly along the Ill.
Surface: gravel, asphalt

Approach

www.google.at/maps

Public transport

www.vmobil.at

Parking

at the Aktivpark Montafon parking lot in Schruns-Tschagguns

Directions

From Aktivpark Montafon in Schruns-Tschagguns, follow the gravel path along the Ill valley inward. It goes through the forest and past the golf course. At the end of the gravel path (at the Dachdeckerei Stermer company) you cross the bridge towards the main road. Immediately after the bridge, turn left onto the gravel path and follow it downstream to the height of the Rätikon junction in Schruns-Tschagguns. The route also runs along the Ill and through short forest sections. After the Gantner company, turn left and cross the bridge. On the asphalted path, you return to Aktivpark Montafon in Schruns-Tschagguns.

Safety instructions

EMERGENCY CALL:

140 Alpine emergencies Austria-wide

144 Alpine emergencies Vorarlberg

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

www.vorarlberg.travel/sicherheitstipps

 00:45 h duration	 5,36 km Length
 700 m Highest point	 662 m Lowest point
 40 m Ascent	 40 m Descent

Tour type

Trail running | Running, Round trip

Difficulty

Easy

Elevation profile



Condition

Technique

Difficulty

Result

Landscape

Best time of year

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

Destination

Aktivpark Montafon in Schruns-Tschagguns

Starting Point

Aktivpark Montafon in Schruns-Tschagguns
