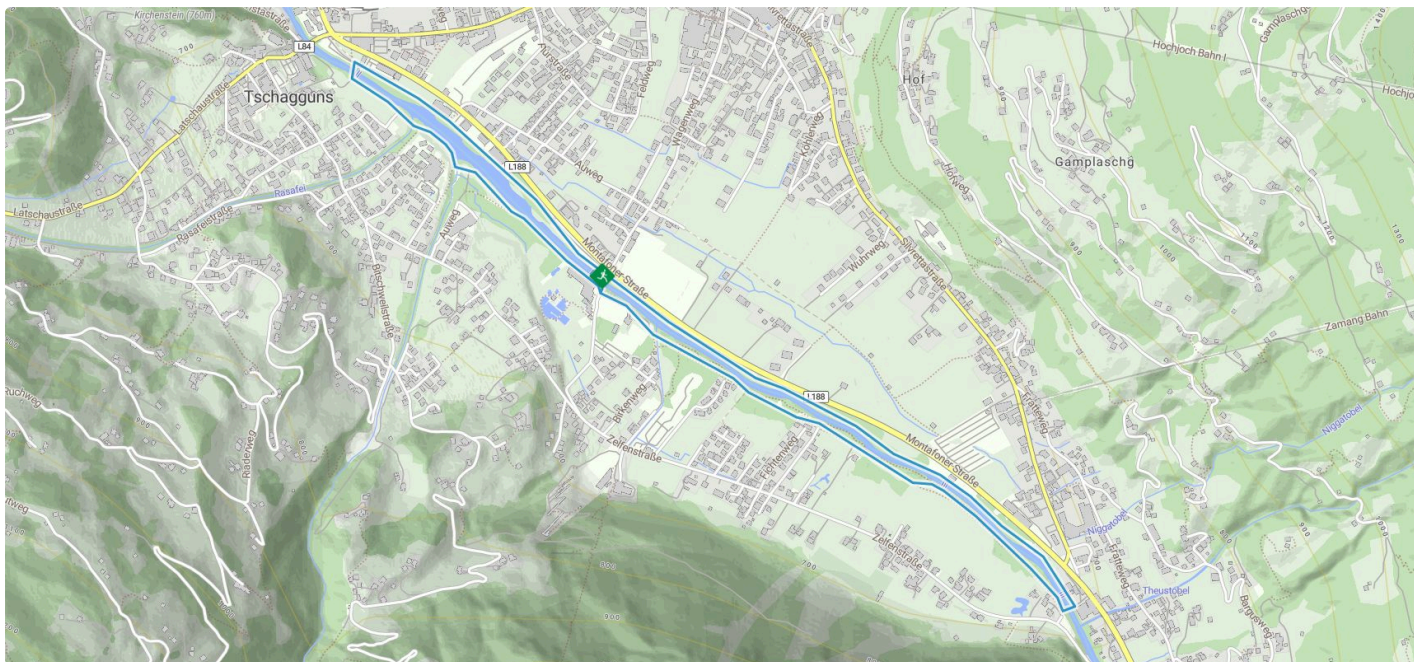


Promenade run

EASY RUNDTOUR



Tour description

Aktivpark Montafon - Ill Promenade - Aktivpark Montafon

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



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

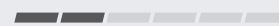
Difficulty

● Easy

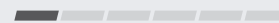
Elevation profile



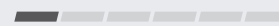
Condition



Technique



Difficulty



Result



Landscape



Best time of year

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