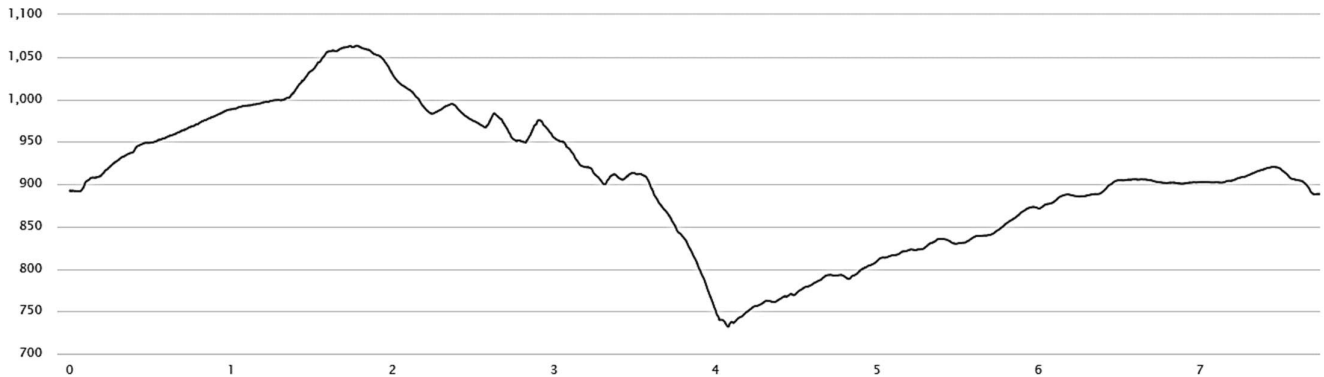




7.8km Route

440+m



The Start of the race is situated in the village centre. From the Start we are running uphill towards the North through small stone and asphalt roads for about 1300m.

At 1.3km we are entering an uphill single-track trail for about 400m which is then extended on a slightly downhill mountain ridge with some sharp climbs until we reach 3km. **This section is quite dangerous because of the rough terrain and high altitude. Beginners and people suffering from any form of acrophobia should avoid competing.**

From 3km and for 1000m until we reach the river at 4km we move downhill with a descent grade of up to 30% in some cases. At 3.8km there is a Refreshments Station. The first 4 kilometers are common for both races

From 4km and up to 6.7km the route is slightly uphill running in a single-track trail along the river. At 6.7km we are entering an uphill dirt road that turns into an asphalt road to eventually end up at the Finish line.

Even though the race is short is a pure trail race and it is considered hard. Only adults 18+ can compete. Baton use is forbidden. Trail shoes are mandatory.