



# „RAN“-Trailrunning Camp in the region of Hermagor in Carinthia

Friday, 22. Juli – Sunday, 24. Juli 2022

**22.-23.7.2022:** At Nassfeld there will be a running technique training with certified trail running guides & tests of running equipment by Salomon.

**24.7.2022:** The trail run paradise around Kötschach-Mauthen / Dellach / Lesachtal will be ceremonially opened on the Alpenverein grounds in Kötschach-Mauthen and given the opportunity to participate in a family trail run.

Further details at the projekt-website:

[www.trailran.eu](http://www.trailran.eu)



# Invitation





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**RAN ACROSS THE NATION** – A trailrunning journey along “the world of mountains & lakes”!

Carinthia’s sunny south with its boundless advantages is one of Austria’s most popular holiday destinations. A wide range of possibilities in summer as well as in winter invites for “classic” vacations AND – for sure – many TRAILRUNNING ADVENTURES. RAN helps you find the best trails, the best destinations and the best culinary enjoyment after a day out between mountains & lakes.

**LOCATION:** Region of Hermagor - Nassfeld / Kötschach-Mauthen / Dellach / Lesachtal. YOUR TRAIL RUNNING ADVENTURE.

RAN – the journey through the region starts NOW! In July 2022, three professional trailrunning guides will show you the first three destinations of the region. In the course of three days you will get professional information about trailrunning in general and about technical aspects of trailrunning, and experience, for sure, some nice trails and funny trail running competitions! The special thing about it: Each year this “traily roadshow” will introduce three new destinations from the world of mountains & lakes to you!

Event

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Werner Stumm  
PROFESSIONAL SPORTSCOACH





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Friday, 22. Juli – Sunday, 24. Juli 2022

- Day 1 – 22. Juli 2022 – 16:00 – 22:00

Basecamp: *Nassfeld/Talstation Tröpolach*

Come Together – Meet & Greet the guides

“trailrunning talk” & smooth night run with the guides

- Day 2 – 23. Juli 2022 – 10:00 – 17:00

Basecamp: *Nassfeld/Sonnalpe-Madritsche*

trailrunning equipment testing powered by Salomon & trailrunning technical coaching in small groups with the guides

- Tag 3 – 24. Juli 2022 – 10:00 – 13:00

Basecamp: Mountaineering village Kötschach-Mauthen Alpenverein

Opening of the trail run paradise Kötschach-Mauthen / Dellach / Lesachtal: 8 km Family Fun Trail (running, Nordic walking, hiking, walking ...) for the whole family with culinary highlights of the region & get-together

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Program

