

Gravel Transalp Bikepacking über die Alpen

Monika Sattler

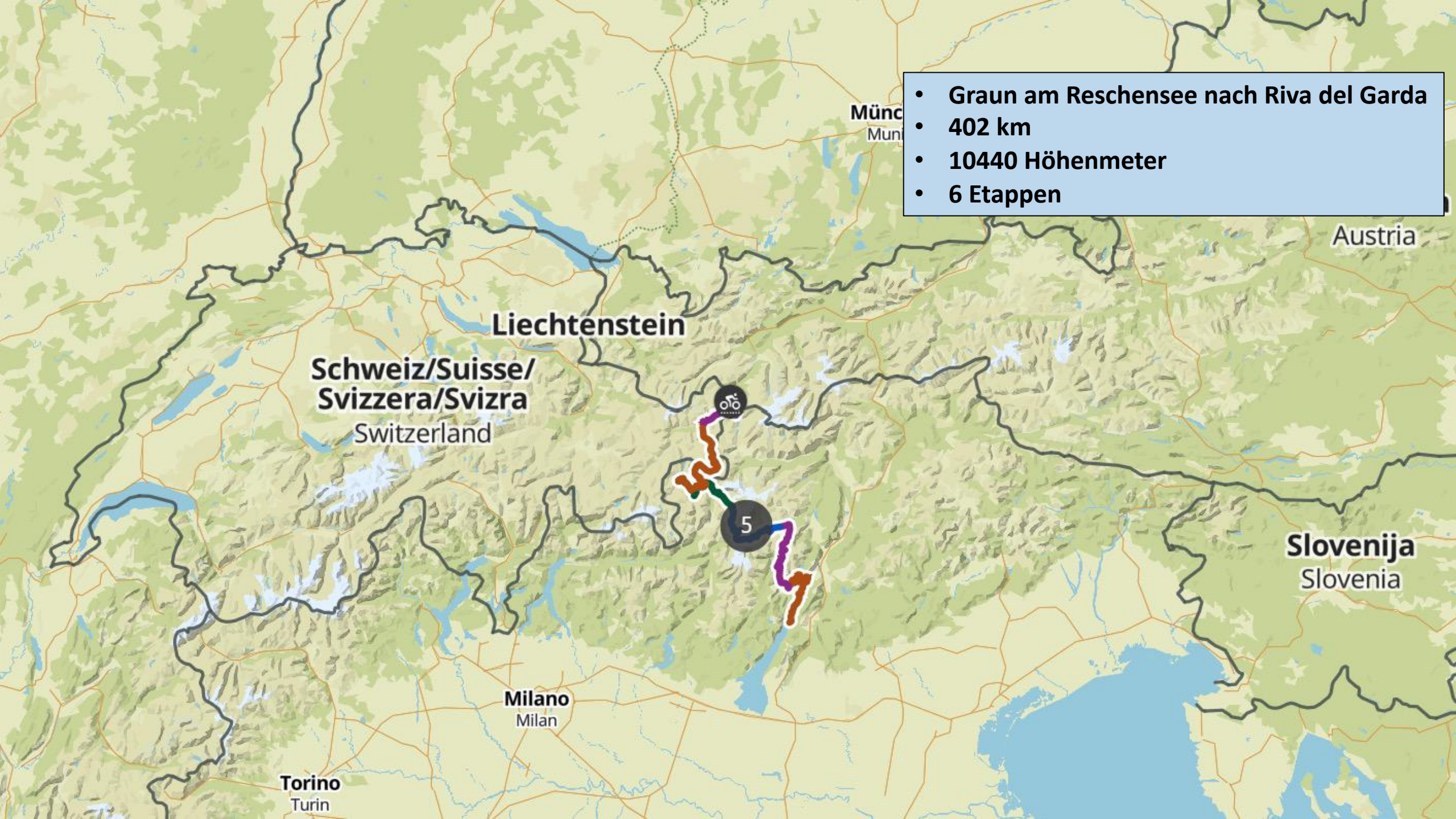
Coach - 2x Radrekordhalterin - Autorin





Monika Sattler

- Graun am Reschensee nach Riva del Garda
- 402 km
- 10440 Höhenmeter
- 6 Etappen



Schweiz/Suisse/
Svizzera/Svizra
Switzerland

Liechtenstein

München
Munich

Austria

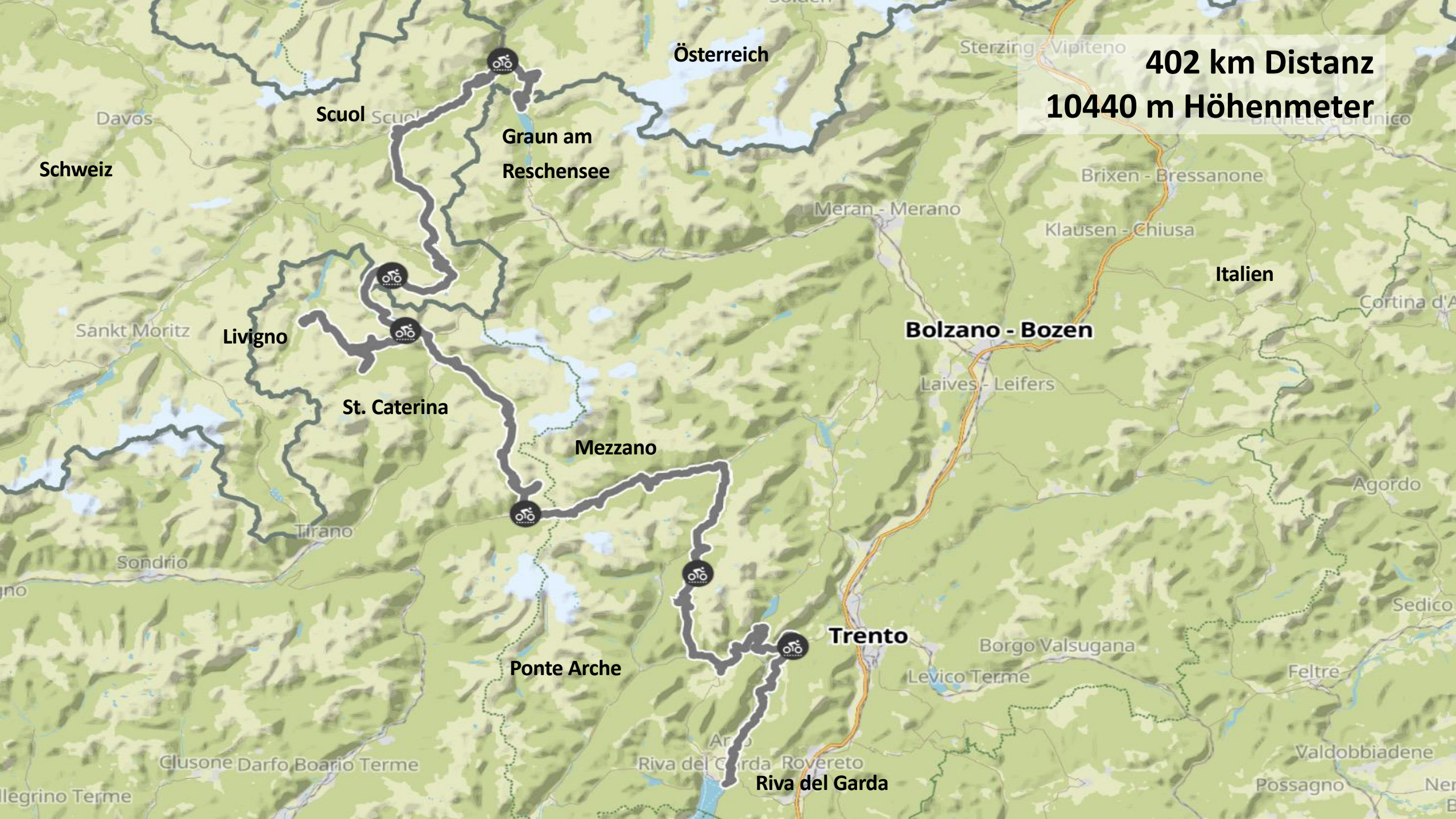
Slovenija
Slovenia

Milano
Milan

Torino
Turin

5





402 km Distanz
10440 m Höhenmeter

Schweiz

Österreich

Italien

Scuol

Graun am
Reschensee

Sterzing - Vipiteno

Meran - Merano

Brixen - Bressanone

Klausen - Chiusa

Livigno

Bolzano - Bozen

St. Caterina

Laives - Leifers

Mezzano

Tirano

Ponte Arche

Trento

Sondrio

Borgo Valsugana

Arco

Riva del Garda

Levico Terme

Clusone Darfo Boario Terme

Valdobbiadene

Leggino Terme

Possagno

Ner



Stage 1: Graun to Scuol

🕒 05:27 ↔ 48.3 km ⌀ 8.9 km/h ↗ 1,190 m ↘ 1,470 m



Stage 2: Scuol to Livigno

🕒 10:59 ↔ 99.6 km ⌀ 9.1 km/h ↗ 2,880 m ↘ 2,200 m



Stage 3: Livigno to Santa Caterina

🕒 05:51 ↔ 58.9 km ⌀ 10.1 km/h ↗ 1,540 m ↘ 1,700 m



Stage 4: Santa Caterina to Mezzano

🕒 06:52 ↔ 73.8 km ⌀ 10.7 km/h ↗ 1,870 m ↘ 2,710 m



Stage 5: Mezzano to Ponte Arche

🕒 06:08 ↔ 59.1 km ⌀ 9.6 km/h ↗ 1,720 m ↘ 2,210 m



Stage 6: Ponte Arche to Riva del Garda

🕒 05:19 ↔ 62.1 km ⌀ 11.7 km/h ↗ 1,250 m ↘ 1,520 m







Mein Rad



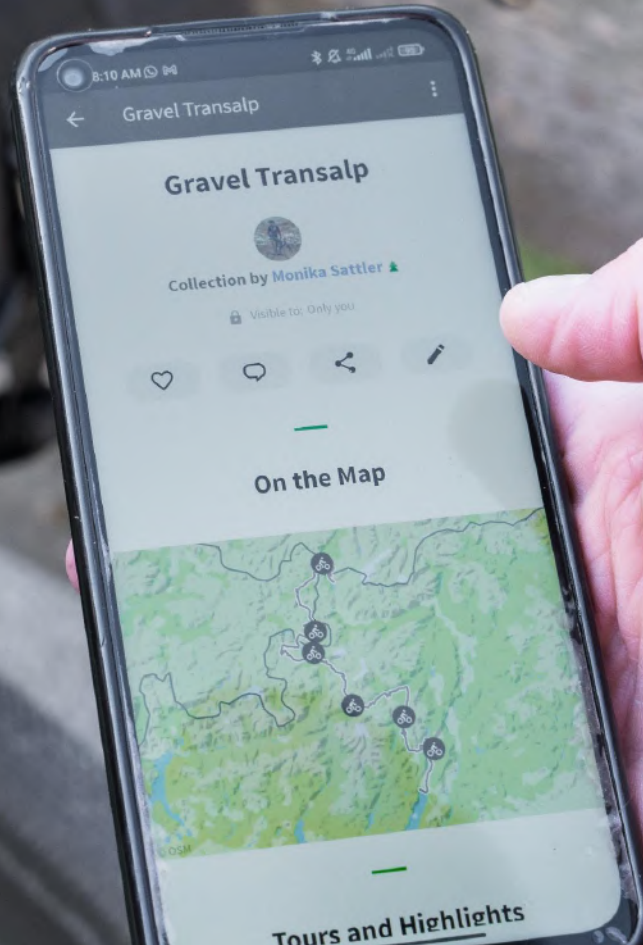
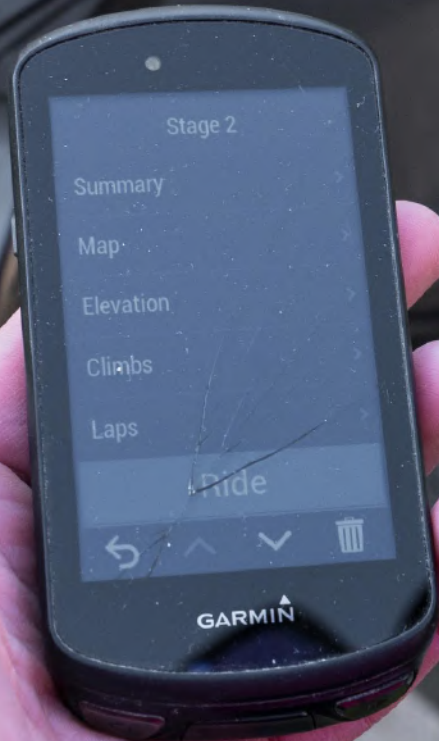




Vorbereitung



Tourplanung
Auswahl der Route
Unterkunftsplanung





Allein oder in der Gruppe?



Jahreszeit

Meine Ausstattung













FAHRRAD

Rahmen	<i>Cervélo All-Carbon, Tapered Áspero, 54 cm Rahmen</i>
Schaltung	<i>SRAM Mullet eTap AXS, 40t Kettenblatt, 10 x 50 Kassette</i>
Bremsscheiben	<i>160/ 160</i>
Sattel	<i>PROLOGO DIMENSION Nack-Streben</i>
Laufräder	<i>ZIPP 303 Firecrest</i>
Reifen	<i>Schwalbe G-One Allround, 40 mm</i>
Lenker	<i>Easton EC70AX Carbon, 44 cm</i>
Vorbau	<i>Easton EA70 Alloy, 100</i>
Sattelstütze	<i>Easton EC70 Carbon</i>
Licht	<i>Supernova B54 PRO</i>

WERKZEUG

Multitool	<i>PRO Minitool Performance 9</i>
Kettenöl	<i>MucOff C3 Ceramic Lube</i>

PACKTASCHEN

Satteltasche	<i>Restrap Saddle Bag (14 l)</i>
Oberrohrtasche	<i>Restrap Top Tube Bag</i>
Lenkertasche	<i>Restrap Bar Bag Large</i>
Vorbautasche	<i>Restrap Stem Bag</i>

KLEIDUNG

Brille	<i>Bliz Fusion Nano</i>
Helm	<i>Lazer Vento Kineticore</i>
Trikothose	<i>Santini REDUX ISTINTO</i>
Trikot	<i>Santini Delta Kinetic Kurzarm</i>
2x Socken	<i>Red Cycling Products Race High-Cut Socken weiß</i>
Windjacke	<i>Santini Alpha Trail Jacket</i>
Armlinge	<i>Santini Vega Multi Armlinge</i>
Beinlinge	<i>Santini Vega Multi Beinlinge</i>
T-Shirt	<i>Santini Gravel Delta T-Shirt Woman</i>
Leggings	<i>66° North Grettir Running-Leggings</i>
Stirnband	<i>Polartec Headband</i>

SONSTIGES

Navigation	<i>Garmin Edge 1042 Plus Ladegerät</i>
Ohrstöpsel	<i>Ohropax Silicon</i>

WASCHZEUG

Zahnbürste, Zahncreme, Sonnencreme, Labello, Duschgel, Shampoo, Ibuprofen





Training

Ernährung



Gravel Transalp – Sechs Tage über die Alpen



Wegbeschaffenheit



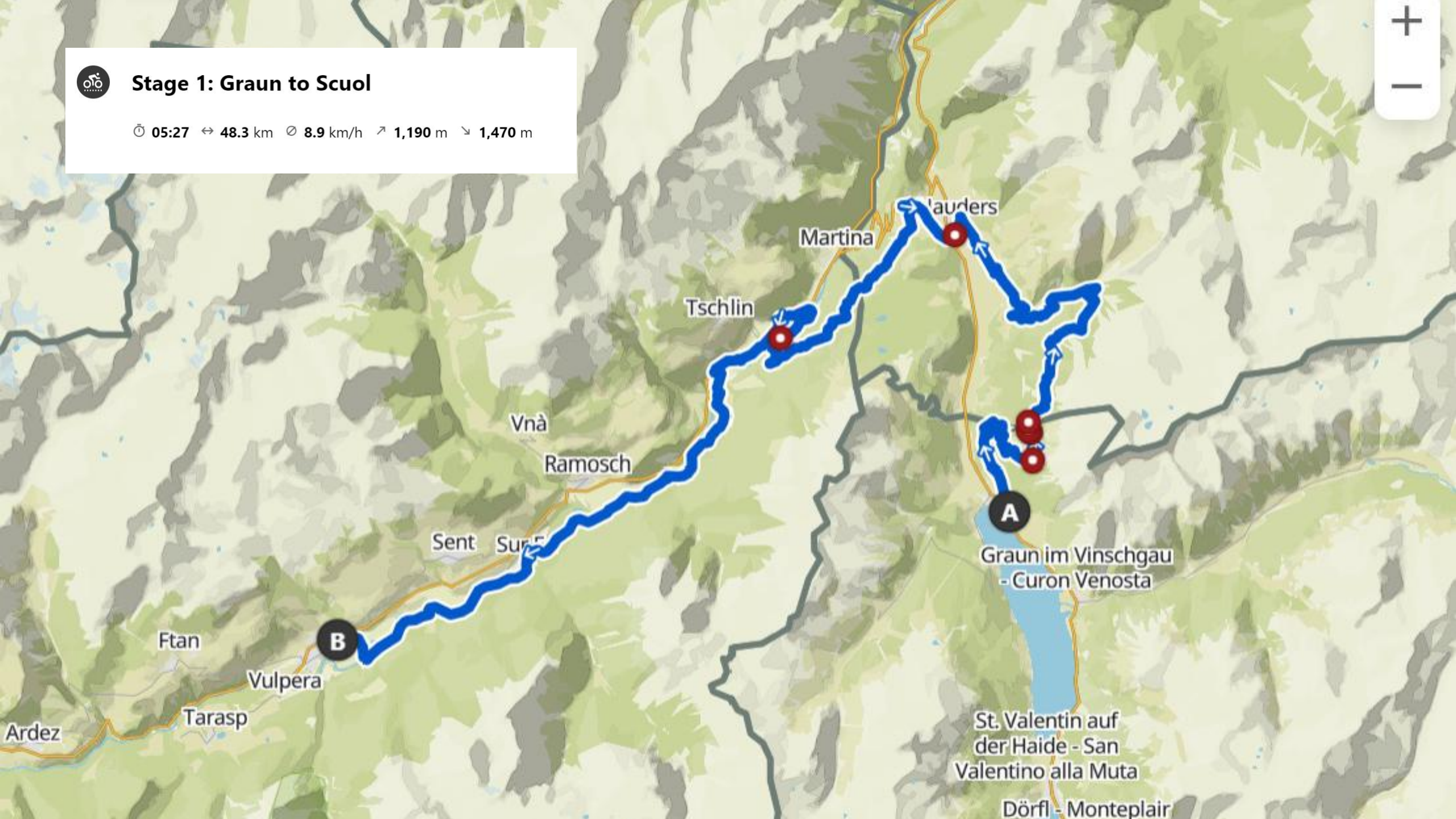






Stage 1: Graun to Scuol

⌚ 05:27 ↔ 48.3 km ⌀ 8.9 km/h ↗ 1,190 m ↘ 1,470 m



Scuol

Martina

Tschlin

Vnà

Ramosch

Sent

Sur

A

Graun im Vinschgau
- Curon Venosta

B

Ftan

Vulpera

Tarasp

Ardez

St. Valentin auf
der Haide - San
Valentino alla Muta

Dörfl - Monteplair







Stage 2: Scuol to Livigno

🕒 10:59 ↔ 99.6 km ⌀ 9.1 km/h ↗ 2,880 m ↘ 2,200 m







FRISCHE
MILCH
JÄHRIGER
ALPKÄSE
YOGHURT
OBSTKUCHEN

Frischmilch verbindet die Schweiz
www.schweizermilch.ch

Ald Tamang

Santini

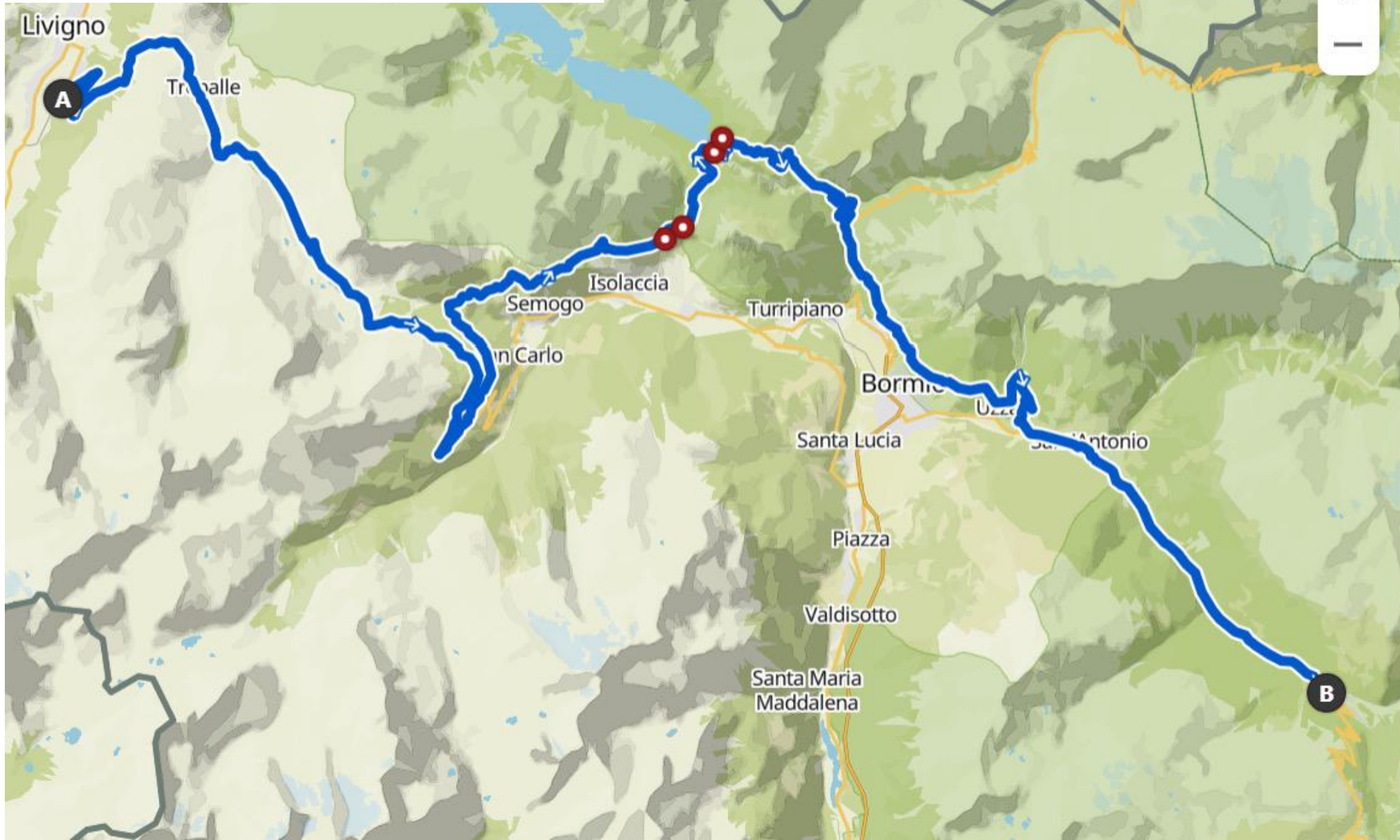
Saft
von Fass
MOHL

2



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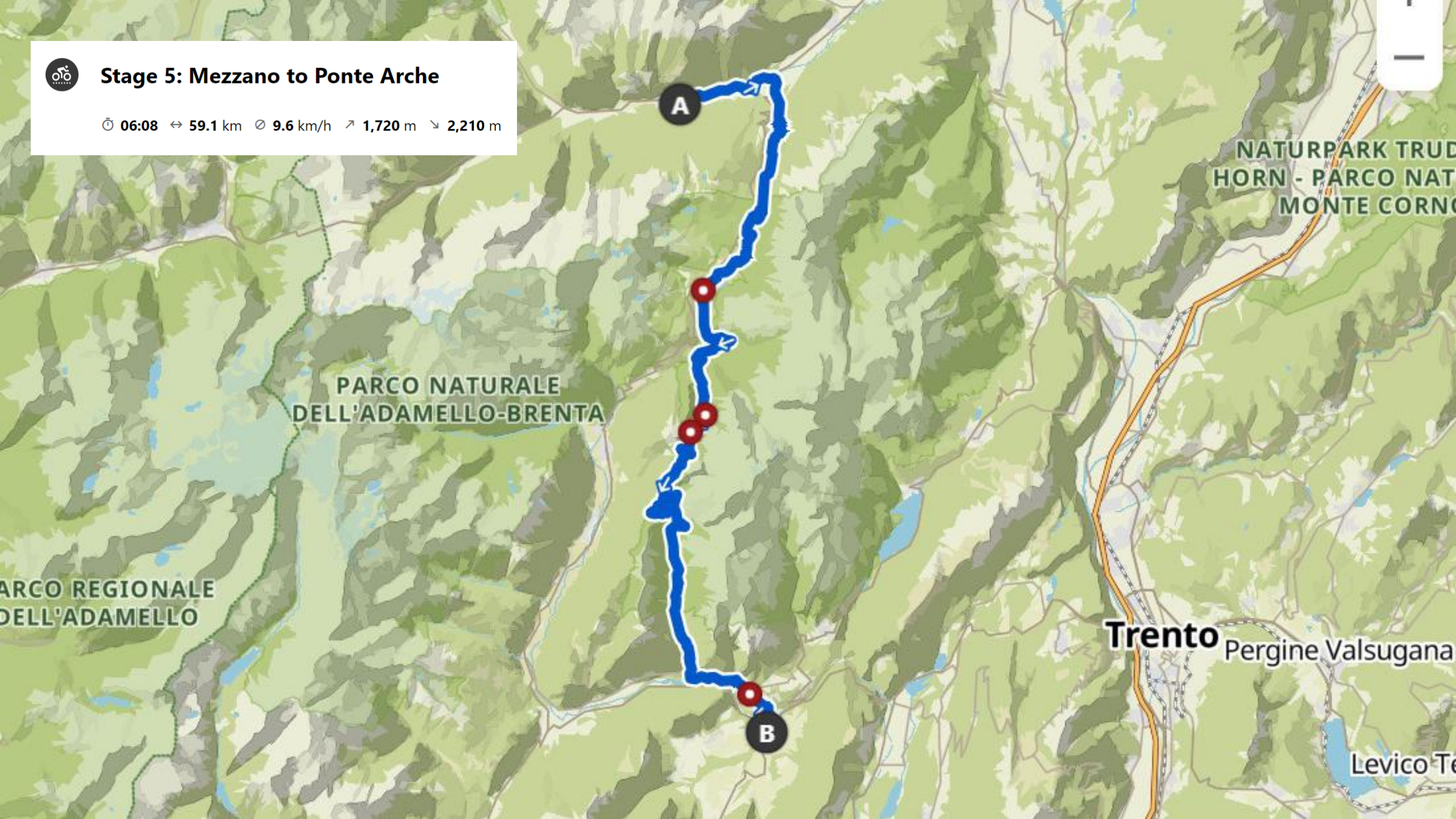






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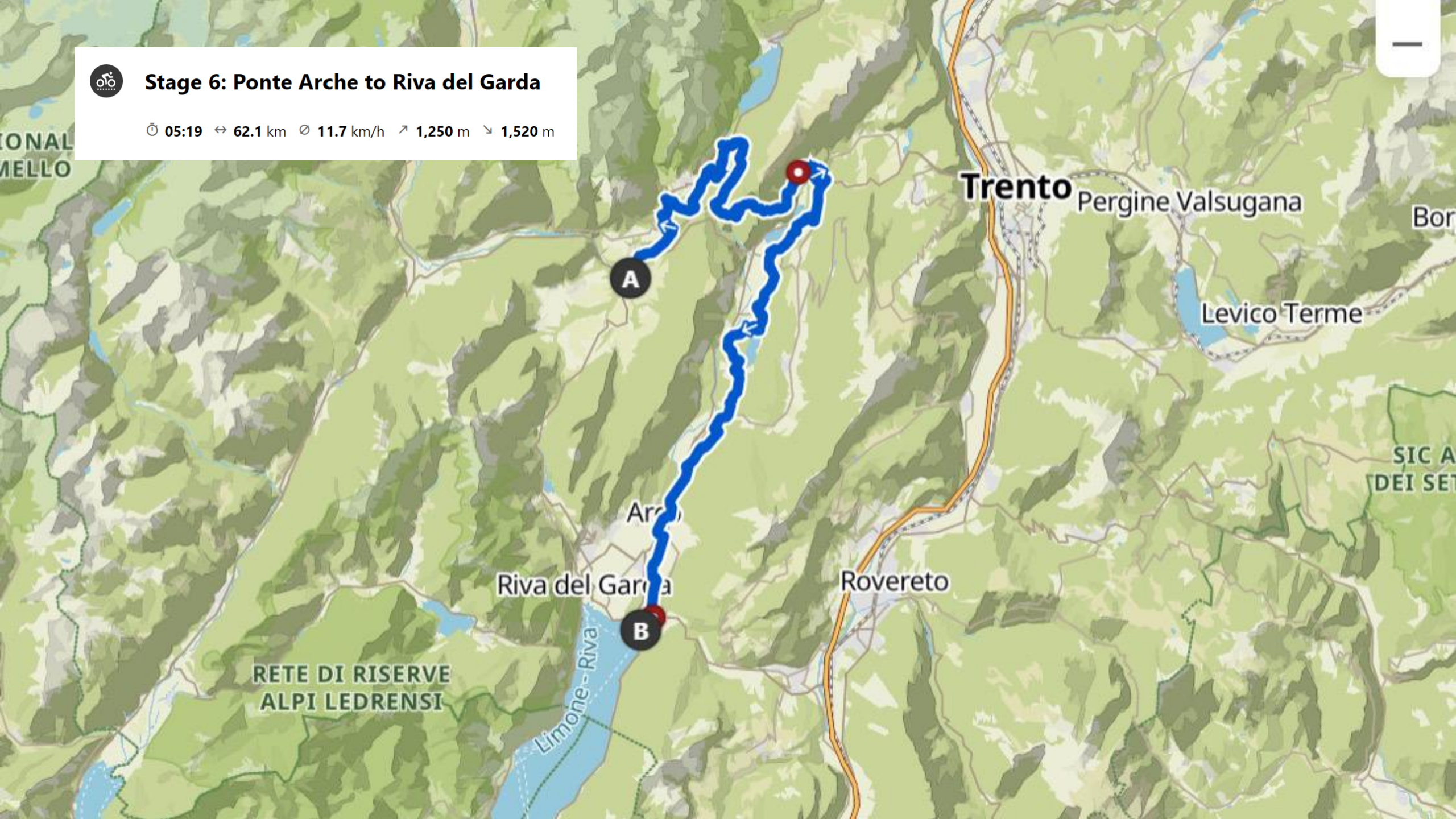






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Coach

2x Radrekordhalterin

Keynote Speaker

www.monikasattler.com

