

TRENTINO MEGA SWIMRUN



Collection von [G Flo](#)

📅 4 Tage

🕒 2-4 Std / Tag

↔️ 103 km

↗️ 4.300 m

↘️ 4.900 m

WHAT: 4 days swimrunning in northern Italy (TRENTINO region), focused on nature, community and adventure (no race character)

ROUTE: [Have a look at this Komoot touring plan](#)

DATE: Traveling day to Lake Molveno: Tuesday July 15, 2025, 4 DAYS of Swimrunning July 16 - July 19, big Party at Torbole on July 19, 2025, Traveling home on July 20, 2025

WHAT do you need: Swimrunning equipment, waterproof backpack or fastpacking backpack with waterproof bag, all you need for 4-5 days you will carry with you

HOW do we handle nutrition and the overnight stays?

Since this is not an organized race, we will take the time to buy our own food and water on our track. Consider that everyone has to carry their own nutrition. More infos will be provided when we discuss the route together some months before the start. The nights we will stay together in small hotels and mountain cottages.

WHAT skills do I need: Medium leveled endurance. The 2025 mega swimrun is focused on community issues and marvelous landscape, not on endurance. BUT: Be sure that you are able to do trail running with a backpack that might have an average weight of 5 kilogram without and 7-8 kilo with nutrition.

HOW can I take part: Currently we are 5 swimrunners that will do the 2025 MEGA Swimrun. Since it won't be a professional organized tour but a private trip of swimrunning friends, we will make a limit of 3 persons to jump in our group. If you are interested, write an email to florian.geffers@tsv-katzwang.de

NEED Inspiration, how it could look like? Here is the route of our [2023 NORTH BAVARIAN MEGA SWIMRUN](#) and here an [INSTAGRAM REEL](#) of our [2024 TRANSALP MEGA SWIMRUN](#)

The MEGA SWIMRUN is part of the My Adventure Series of MY SWIMRUN myswimrunchampionships.com/my-adventure/

My Adventure

By continuously leveraging local initiatives we will inspire athletes of all levels to experience the thrill of Swimrun and make it a sustainable, vibrant part of their athletic lives.

SwimRun is more than a race and we support local adventure safaris/tours, camps and trainings to get engaged in SwimRun and get help, motivation and tips in local communities.