

Profitez de cet événement pour les diverses activités ou même en tant que [bénévoles pour l'organisation](#) :



**ECO TRAIL**  
www.ecotrail.fr

**Dimanche 15 Septembre 2013**

**TRAIL 50 km / + 3735 m**  
**TRAIL 20 km / + 1401 m**

**Praz de lys - Sommand (74)**

**Dés 11h**

NATURE TOUR

The poster features a photograph of a male trail runner in a white and red athletic outfit, wearing sunglasses and a white visor, holding trekking poles. He is standing in a mountainous landscape with green hills and distant peaks under a clear blue sky. In the foreground, there are some tall, thin grasses or reeds. The text is overlaid on the image in various colors and fonts, with a yellow background for the top section.