



ENGLISH

GROSSGLOCKNER ULTRA-TRAIL



ZELL AM SEE-KAPRUN | KALS AM GROSSGLOCKNER

OFFICIAL RACE GUIDE

July 27 - July 30, 2023 // www.ultratrail.at



**GROSSGLOCKNER
ULTRA-TRAIL®**
110 km | 6.500 m

One of the hardest ULTRA-TRAILS.
Around Großglockner - Austria's
highest mountain.

OSTTIROL
TRAIL 84 km | 5.000 hm

GROSSGLOCKNER
TRAIL 57 km | 3.500 hm

GLETSCHERWELT
TRAIL 37 km | 1.500 hm

KAPRUN SCENIC
TRAIL 16 km | 1.000 hm



Adventure starts here.



SUUNTO VERTICAL

Some people choose to watch movies



WELCOME

TO GROSSGLOCKNER ULTRA-TRAIL® 2023!



We proudly present the technically most demanding and scenically most impressive ULTRA-TRAIL in the Eastern Alps again this year and invite you to experience one of the greatest adventures around the highest mountain in Austria with us.

Trail running is booming: not only by the increasing number of active athletes, but also the still rising demand for specific trail running products and competitions as well as the growing range of trail competitions. So it's all the nicer to see that the Grossglockner ULTRA-TRAIL has established itself as an integral part of the international trail competition calendar and, as one of the most technically difficult ultras, it's hard to imagine the scene without it. Starting this year, the team around organizer Hubert Resch is offering a new route over 16 km to get rookies excited about trail running competitions. We at DYNAFIT have been happy to support the event as a main partner since the first edition. The GGUT is known as one of the toughest trail running competitions in the Eastern Alps and attracts the international trail elite as well as ambitious mountain endurance athletes. For us, as a brand by athletes to athletes, the Grossglockner ULTRA-TRAIL has become one of the most important races of the season - on an international level.

In 2022 we saw great race times of fantastic runners. Who will be the first to be

back in Kaprun this year? Among the many participants from around 40 nations, many international top runners are again at the start.

New in the 2023 program is our youngest baby, the Kaprun Scenic Trail (KST) with 16 km through and towards the most beautiful and scenic spots in the Kaprun Valley. As for the whole event, the successful elements remain: We start the GGUT weekend on Friday with the GWT 35 and KST 15, for our kids we are offering the Mini GGUT in Kals am Großglockner on Saturday and we're also staying with the start and finish right in the center of Kaprun, in our GGUT Arena on Salzburger Platz - great atmosphere guaranteed! We're sure you'll be amazed again, more on that on the next few pages of the magazine.

We wish all participants an unforgettable adventure, a safe race and many magical moments on the trails around the Großglockner. See you at the end of July in Kaprun, Kals am Großglockner, Fusch an der Glocknerstraße or Uttendorf!



Hubert Resch, Head of OC GGUT (li)
Michael Hankl, DYNAFIT (re)

PROGRAM 2023

THURSDAY, 27.07.2023 - SUNDAY, 30.07.2023



THURSDAY, 27.07.2023

Time	Program
15.00 - 19.00	GGUT Expo, Bründl Sports Flagshipstore and GGUT Arena Salzburger Platz, Kaprun
15.00 - 19.00	Bib Distribution, Shop Bründl Sports Flagshipstore, Kaprun
20.00	Florian Grasel: The 3 highest peaks in Austria - in one push, Library Kaprun.

FRIDAY, 28.07.2023

Time	Program
06.45	Additional bib distribution GWT 35 ground station cable car Weisssee Gletscherwelt (Enzingerboden), Uttendorf
07.30	Additional bib distribution KST 15 (Tourism info Kaprun)
08.00	Start GWT 35, ground station cable car Weisssee Gletscherwelt (Enzingerboden), Uttendorf
09.00	Start KST 15, GGUT Arena Salzburger Platz, Kaprun
From 10.00 on	Finish of the first runners of KST 15, GGUT Arena Salzburger Platz, Kaprun
From 11.40 on	Finish of the first runners of GWT 35, GGUT Arena Salzburger Platz, Kaprun
10.00 - 13.00 14.00 - 20.00	Bib Distribution GGUT 110, OTT 80 and GGT 55, Bründl Sports Flagshipstore, Kaprun
10.00 - 20.00	GGUT Expo, Bründl Sports Flagshipstore and GGUT Arena Salzburger Platz, Kaprun
19.00	Price giving ceremony GWT 35 and KST 15, GGUT Arena Salzburger Platz, Kaprun
22.00	Start GGUT 110, GGUT Arena Salzburger Platz, Kaprun

SATURDAY, 29.07.2023

Time	Program
05.00	Start OTT 80, ground station cable car Weisssee Gletscherwelt (Enzingerboden), Uttendorf
06.00 - 06.45	Additional bib distribution GGT 55, Musikpavillon, Kals am Großglockner
07.30	Start GGT 55, Musikpavillon, Kals am Großglockner
08.30 - 11.30	Mini GGUT, Musikpavillon, Kals am Großglockner
From 12.30	Finish first runners GGUT 110 Finish, GGUT Arena Salzburger Platz, Kaprun
From 13.00	Finish first runners GGT 55, Arena Salzburger Platz, Kaprun
From 14.45	Finish first runners OTT 80 Finish, GGUT Arena Salzburger Platz, Kaprun
21.00	Prize Giving GGUT 110, OTT 80, GGT 55, GGUT Arena Salzburger Platz, Kaprun.

SUNDAY, 30.07.2023

Time	Program
04.00	Welcome last Finishers and closing of GGUT 2023

THE BEST HOTSPOTS

AROUND GGUT



KAPRUN / GGUT Arena Salzburger Platz

Fr. 09.00 - 19.00: Start KST 15 and Finish KST 15 and GWT 35
Fr. 22.00: Start Grossglockner ULTRA-TRAIL® 110
Sa. Finish: GGUT 110 (12.30) // GGT 55 (13.00) // OTT 80 (14.45)
Price Giving: Fr. 19.00: GWT 35, KST 15 // Sa. 21.00 GGUT 110, OTT 80, GGT 55

KAPRUN / Kapruner Hochgebirgstauseen

Fr. 10.00 - 14.30: Passage GWT 35

KALS AM GROSSGLOCKNER / Musikpavillon Kals

Sa. 04.00 - 11.30: Start GGT 55 (07.30),
 Passage GGUT 110, OTT 80 (04.00 - 11.30 Uhr), Mini GGUT (08.30 - 11.30)

KALS AM GROSSGLOCKNER / Lucknerhaus and Glorenerhütte

Sa. 06.00 - 16.00: Passage GGUT 110, OTT 80 und GGT 55

HEILIGENBLUT / Glocknerhaus, Glocknerstraße

Sa. 7.45 - 18.00: Passage GGUT 110, OTT 80, GGT 55
Sa. 07.45: first runner GGT 55 // **Sa. 10.30:** first runner OTT 80

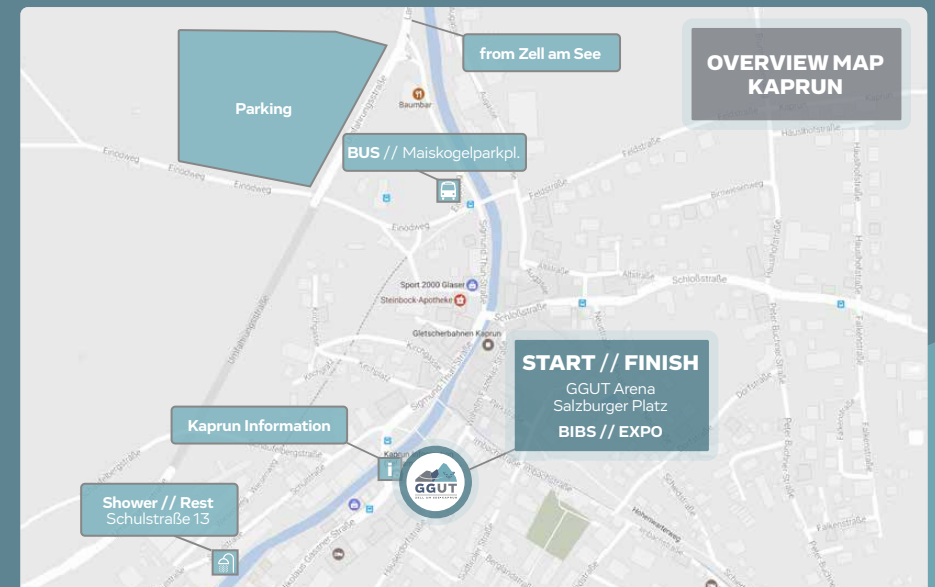
FUSCH AN DER GLOCKNERSTRASSE / Gemeindeamt Fusch

Sa. 10.30 - 24.00: Passage GGUT 110, OTT 80 and GGT 55

UTTENDORF - WEISSEE

Talstation Weisssee Gletscherwelt (Enzingerboden):

Fr. 08.00: Start GWT 35 // **Sa. 05.00:** Start OTT 80
Berghotel Rudolfshütte: Fr. 08.45 - 11.00: Passage GWT 35 (Cable car opens at 08.00),
Sa. 02.00 - 08.00: Passage GGUT 110, OTT 80



The Grossglockner ULTRA-TRAIL® in Zell am See-Kaprun is an internationally established major event with a very high experience factor. Certainly one of our event highlights! The scenic region stages this sports highlight perfectly and we are very pleased that we can offer the athletes such an impressive route through the Hohe Tauern National Park. I would like to thank everyone who contributes to this fascinating event, foremost organizer Hubert Resch and his team. I wish everyone an exciting race and a safe return to Kaprun!



Domenik David, Mayor Gemeinde Kaprun



Manuel Resch, Managing Director Zell am See-Kaprun Tourismus

Kaprun is the perfect starting point for an international sporting event like this. This unique challenge attracts starters from more than 40 different nations to the starting line in our region every year. We are already looking forward to this event highlight in our unique region and wish all the runners exciting impressions and a safe and exciting trail weekend!



Toll Station Ferleiten
Sa. 09.30 - 23.00:
Passage GGUT 110,
OTT 80, GGT 55

Access road is free of charge until hotspot. Further travel to Grossglockner via Grossglockner Hochalpenstraße from 05.00 - 21.30 (toll road /Infos: www.grossglockner.at)

Musikpavillon Fusch at the Glocknerstrasse
Sa. 10.00 - 24.00:
Passage GGUT 110, OTT 80, GGT 55

Start/Ziel Kaprun
GGUT Arena Salzburger Platz
Fr. 9.00 Start KST 15,
ab ca. 10.00 Finish KST 15
Fr. 11.40 - 19.00 Uhr: Finish GWT 35
Fr. 22.00 Uhr: Start GGUT 110
Sa. 12.30 - So. 04.00 Uhr:
Finish GGUT 110, OTT 80, GGT 55

Supply station Glocknerhaus
KST 15: 09.30 - 13.00
Access with Maiskogelbahn

Kapruner Hochgebirgsstausee
Fr. 10.00 - 14.30: GWT km 19
Sa 00.00 - 03.00: GGUT km 18
Access: with cable car from "Kesselfall Alpenhaus" (8 AM - 5 PM). You find vouchers for reduced tickets from our partner Verbund Tourismus in your starter pack. No access by bus to the supply station GGUT 110.

The GGUT is an asset and major event for Kals am Großglockner and East Tyrol and the sportive highlight of the year. Together with our partners and local organisations we are happy to offer our competence in mountaineering. As a participant it was a challenge, but most of all a great pleasure to be a part of this event.



Martin Gratz, Member of the Board, Tourist Association Osttirol



I am very happy that the GGUT could motivate so many runners last year which will hopefully continue this year with even more possibilities. I was really impressed by the athletes' strong performances and I am certain that the Großglockner with its beautiful landscape of the Nationalpark Hohe Tauern will fascinate the participants as well as ease their strains.

Franz Theurl, Chairman Tourist Association Osttirol



Kaiser Tauernhaus (1755 m)
Berger Alm (1640 m)
 Sa. 03.30 - 10.30
 GGUT km 43 / 46
 OTT km 18 / 21

Access via Kals to Vitalhotel Tauerwirt, Ascent about 1 - 2 h

Tauerwirt
 Sa. 03.40 - 11.00
 GGUT km 47
 OTT km 22

Access via Kals am Großglockner

Musikpavillon Kals

Start GGT (Sa. 07.30)
 Mini GGUT (Sa. 8.30 - 11.30)

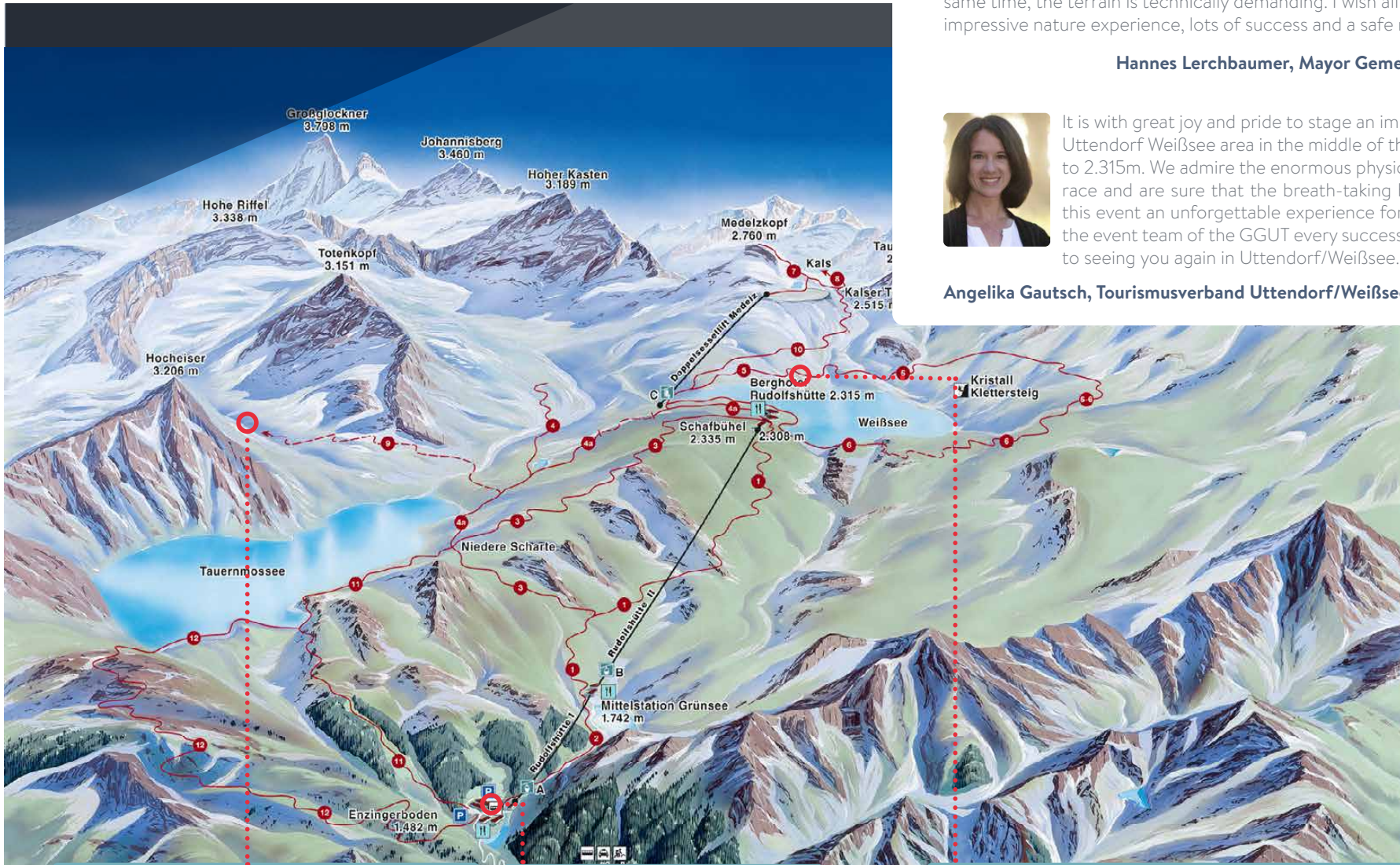
Sa. 04.00 - 11.30
 GGUT km 49, OTT km 24

Lucknerhaus /Glorerhütte
 (1912 m / 2642 m)
 Sa. 6.00 - 16.00 Uhr
 GGUT km 60 / OTT km 35
 GGT km 8

Access via Kals, Kaiser Glocknerstraße bis Lucknerhaus (Toll road), Ascent to Glorerhütte about 1 h 15 Min.

Glocknerhaus (2132 m)
 Sa. 07.45 - 18.00
 GGUT km 73 / OTT km 46 / GGT km 18

Access Großglockner Hochalpenstraße (www.grossglockner.at) via Fusch or Heiligenblut 05.00 - 21.30 (Toll road)



Kapruner Törl (2.639 m)
GWT km 12, GGUT km 25

- Take cable car or hike from Enzingerboden and take the "Austriaweg" to Kapruner Törl (ca 3 h)
- walk down to supply station Kapruner Hochgebirgstauseen possible (ca 2 - 3 h)
- then transport down to Kaprun (see map Kaprun)

Enzingerboden / cable car ground station Weissee Gletscherwelt

Fr. 08.00: Start GWT
(cable car opens at 07:15)
Sa. 05.00: Start OTT

Berghotel Rudolfshütte (2.315 m)

Fr. 09.00 - 11.00: GWT km 6
Sa. 02.00 - 08.00: GGUT km 30 und OTT km 6

Access by car via Uttendorf direction Weissee Gletscherwelt/ Enzingerboden until parking. Then take cable car www.gletscherwelt-weissee.at (Fr. cable car starts at 08.00).

€ 5 voucher for using the cable car in the starter pack.

Rudolfshütte in Weissee Gletscherwelt, Uttendorf is an ideal starting point for the Gletscherwelt Trail. Here, trailrunning is especially close to nature, as we are surrounded by several peaks higher than 3000m. At the same time, the terrain is technically demanding. I wish all participants an impressive nature experience, lots of success and a safe return!



Hannes Lerchbaumer, Mayor Gemeinde Uttendorf



It is with great joy and pride to stage an important race of the GGUT in the Uttendorf Weißsee area in the middle of the Hohe Tauern National Park up to 2.315m. We admire the enormous physical challenges in this spectacular race and are sure that the breath-taking high mountain landscape makes this event an unforgettable experience for all. We wish all participants and the event team of the GGUT every success and are already looking forward to seeing you again in Uttendorf/Weißsee.

Angelika Gautsch, Tourismusverband Uttendorf/Weißsee



SAFETY

AN EXTRAORDINARY RACE



Grossglockner ULTRA-TRAIL®, in particular GGUT 110, is neither a marathon nor an average trail. GGUT 110 mainly runs over 2,000 m altitude, with four passages above 2,500 m. Even the best athlete can have an accident in the middle of the night, in cold, snowy or rainy conditions. Adverse circumstances might have you wait longer for help than expected. Your personal safety therefore might also depend on the quality of your personal equipment.

EQUIPMENT

Therefore, **mandatory equipment is minimal equipment!** Every participant has to adjust this to his or her personal needs. It is most important not to pack as light as possible (just to save a few grams), instead choose gear which best protects you against the cold, windy and snowy alpine conditions which might occur.

WEATHER AND ENVIRONMENTAL CONDITIONS

Weather changes and bad weather have to be expected at any time. Please keep in mind that due to the terrain the organiser only has limited possible ways of reacting. The organiser is going to take all decisions carefully after having examined and considered the facts. In case of doubt, decisions will be taken in favour of the safety of the participants. Especially we urge you to pay attention to:

- **Prevention against extreme cold, but also hot conditions (sun protection!)**
- **Never stop at a point in very high altitude**

- **Not to wait until you shiver before you put on more clothes**
- **Not to change clothes in strong windy conditions: try to do so before, or go a bit further until you reach some kind of shelter.**

ORIENTATION

Stay on the trails. If you lose the track, go back until you find the last sign.

POLES

Pay attention what you do with your poles (especially in the first part of the race, when the participants are closer together). Don't put your hands into the loops, because in case of a fall you will not be able to use your hands.

DO NOT OVERESTIMATE YOURSELF

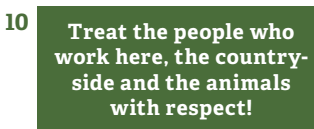
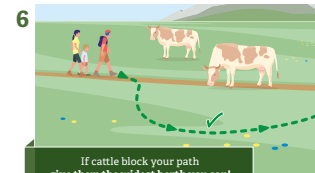
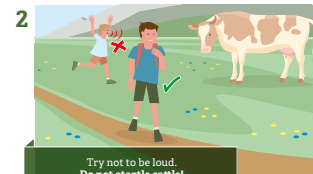
All races are long races, which have to be prepared well. Especially GGUT 110 demands highest skills concerning physical and psychological fitness, technical skills and experience in high altitude mountain regions. If in doubt, we recommend to choose the shorter race or reconsider starting. Always run below your maximum limit (especially in the first part), so that enough energy remains in case of difficult situations, such as a sudden change of weather.

ACCLIMATISATION

All races, especially the GGUT 110 and the OTT 80, have trails above 2000 hm. Therefore, acclimatization is an important key to success. We recommend to stay in such high altitudes 1-2 days/nights before the

10 Rules for a safe holiday around cattle

Austria's farmers make an important contribution to preserving our alpine countryside. As a visitor you can show your appreciation for the countryside by behaving appropriately and with respect. Following these ten simple rules will ensure you have a memorable experience, while keeping everyone's best interests on mountain pastures and meadows in mind.



race. Our partners like the Berghotel Rudolfshütte, Taurerwirt, Edelweißspitz, the Glocknerhaus at the Grossglockner Hochalpenstraße or the Glorshütte offer ideal possibilities for preparation and great experiences.

NUTRITION

The amount and quality of food and drink have to be adjusted to weather conditions and supplemented by regular intake of salt. Keep a balance between fast and slow consumption of sugar.

EXHAUSTION AND FATIGUE

At the supply stations in Kals and Rudolfshütte we have space for rests, where you can also take a nap. Never sleep anywhere alone on the trail, as it is dangerous. Exhaustion and lack of attention can lead to accidents.

Emergency - SOS:

EMERGENCY NUMBER

+43 680 215 22 63

(Emergency Number has to be saved in your mobile phone).

ALPINE EMERGENCY

(if your phone has no signal):

Remove SIM card and dial 112

A mobile phone with international connection as well as enough batter is part of your mandatory equipment.

ATTENTION: Never leave a participant in trouble alone!

GOODIES & BENEFITS

FLASKS, TAUERN SPA, DROP BAGS, FINISHER-MEDAILLEN



DROP-BAGS (35 L)

Informations for Drop off and Return:
<https://www.ultratrail.at/english/infopoint/drop-bags/>



There will be lockers (e.g. for valuables) at the "Bründl Sports Maiskogelbahn" in Kaprun.



TAUERN SPA

50 % discount for every runner on a day entry or flexible 3 hour pass in the spa (for 29.07., 30.07. and 31.07.2023).

Additional info: Limited entry with the voucher included in the starter pack.



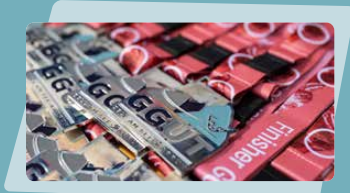
DYNAFIT GGUT-FLASKS

All runners get two DYNAFIT GGUT FLASKS as a starter present to be collected at the DYNAFIT area in the GGUT Arena Salzburger Platz, Kaprun.



KAPRUNER HOCHGEBIRGS-STAUSEEN

One free transport to Kapruner Stauseen on start at 29.07. (Voucher in your starter pack)



FINISHER MEDALS

As your memory about of this epic adventure, all finishers receive specially designed GGUT Medals.

GGUT LIVE TV

EXPERIENCE THE GGUT LIVE



Experience the GGUT live, no matter if you are along the trail, at start or finish, home or somewhere else.

With our „GGUT Studio“ you get the goose-bumps via live stream. Enjoy more than 20 hours of live stream, regular race updates and live tracking.

Claudio Schütz together with "The Steamers" will be there with 4 camera teams and moderators live on track together with the DYNAFIT trail heroes, Run2Gether and Philipp Reiter to bring you live posting pictures. The moderator team with Bernie Weihsinger, Lisl Puschan, Joschi Peharz and Eva Haselsteiner will be along the trail with the Red Bull event car and bring you live interactions and good atmosphere. The GGUT live moderator

Uwe Holli will keep you updated 20 hours non-stop directly from the start and finish area.

Become a fan of GGUT on Facebook and don't miss out anything!

THAT'S HOW YOU GET REALLY CLOSE

www.facebook.com/GROSSGLOCKNERUT/

www.instagram.com/GROSSGLOCKNER_ULTRA_TRAIL

LIVE STREAM:
www.ultratrail.at



Dataspport-Live:



SPECIAL VOUCHER BY BRÜNDL SPORTS



All starters get a voucher of € 20 for a purchase of min. € 100 at Bründl Sports as well as MINUS 20 % on all DYNAFIT products in the Bründl Sports Flagship Store Kaprun.



BERGHOTEL RUDOLFSHÜTTE UTTENDORF-WEISSEE

You will find a € 8,- voucher for the cable car tickets in your starter pack.



hammernutrition.de
hammernutrition.at
hammernutrition.eu

20% Rabatt mit dem Code: TRAIL2023



ROSANNA BUCHAUER



ULTRA

READY FOR MORE DISTANCE



STAY FAST SOCKS
€ 22,00



ALPINE SHIRT
€ 55,00



TRANSALPER CAP
€ 35,00



ALPINE 8 VEST
€ 120,00



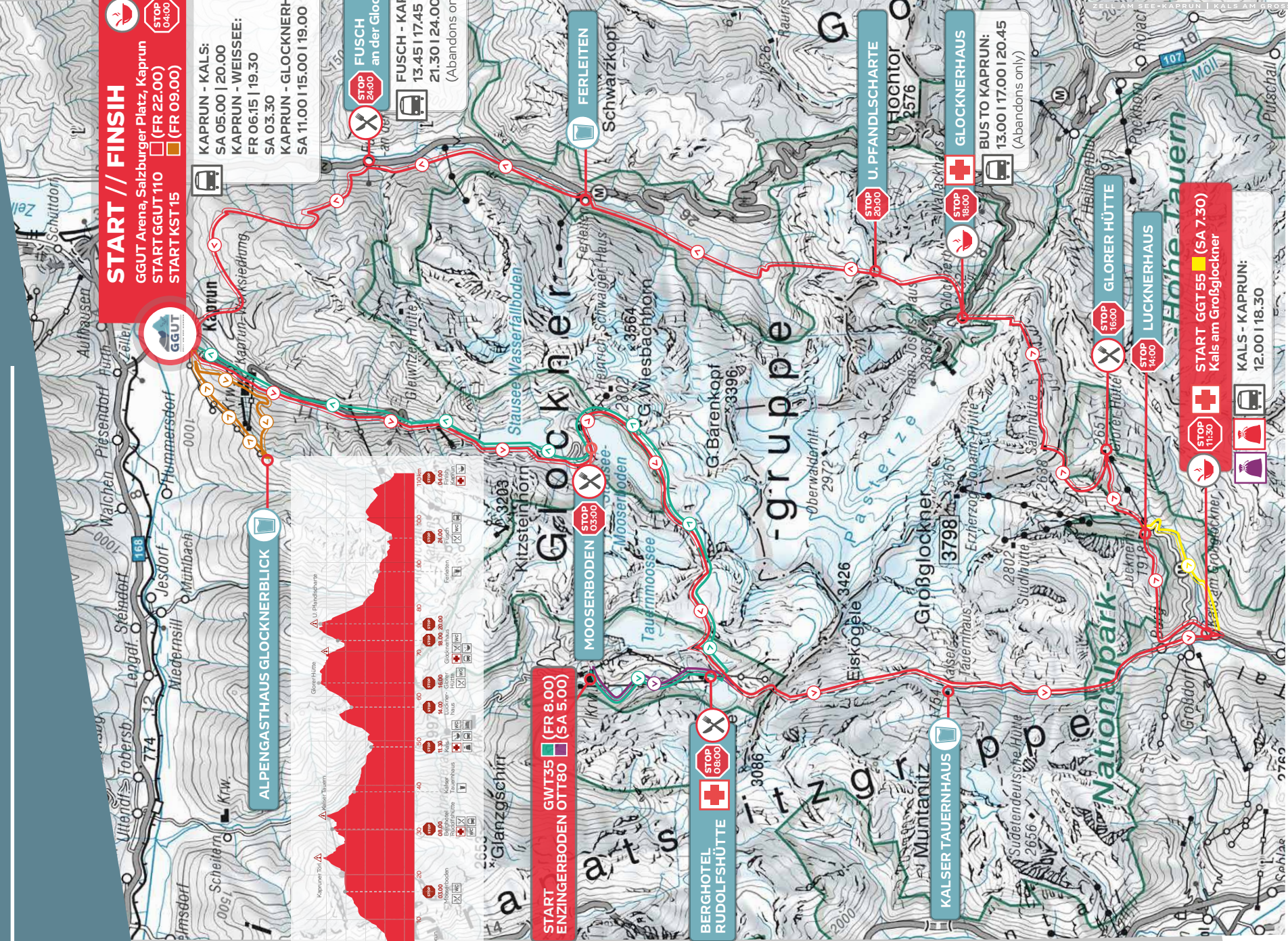
ULTRA 100
€ 170,00



ULTRA 2IN1 SKIRT
€ 100,00


JETZT ERHÄLTlich BEI BRÜNDL SPORTS IN KAPRUN


MAP AND OVERVIEW




START // FINSIH   

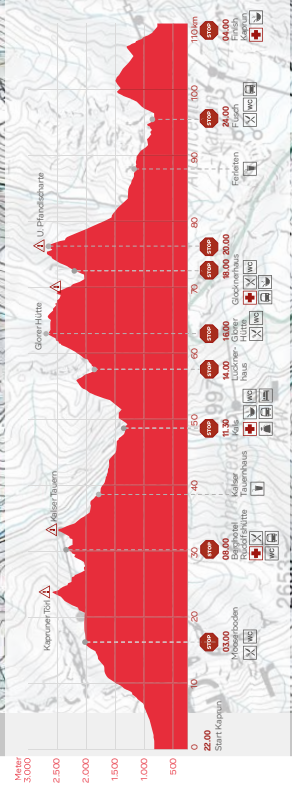
GGUT Arena, Salzburger Platz, Kaprun
 START GGUT 110  (FR 22.00)  (FR 09.00)
 START KST 15  (FR 22.00)  (FR 09.00)

 **KAPRUN - KALS:**
 SA 05.00 | 20.00
 KAPRUN - WEISSEE:
 FR 06.15 | 19.30
 SA 03.30
 KAPRUN - GLOCKNERHAUS:
 SA 11.00 | 15.00 | 19.00

 **FUSCH**
 an der Glocknerstr.

 **FUSCH - KAPRUN:**
 13.45 | 17.45
 21.30 | 24.00
 (Abandons only)

ALPENGASTHAUS GLOCKNERBLICK 



START ENZINGERBODEN OTT80  (FR 8.00)  (SA 5.00)

GWT35  (FR 8.00)  (SA 5.00)

BERGHOTEL RUDOLFSHÜTTE  

MOOSERBODEN 

FERLEITEN 

KALSER TAURNHAUS 

U. PFANDLSCHART 

GLOCKNERHAUS  

BUS TO KAPRUN:
 13.00 | 17.00 | 20.45
 (Abandons only)

GLOREDER HÜTTE 

LUCKNERHAUS 

START GGT 55  (SA 7.30)
 Kals am Großglockner

KALS - KAPRUN:
 12.00 | 18.30



SEBASTIAN KROGVIG

ULTRA

READY FOR MORE DISTANCE



STAY FAST SOCKS
€ 22,00



ALPINE SHIRT
€ 55,00



TRANSALPER CAP
€ 35,00



ULTRA 12 VEST
€ 130,00



ULTRA 100
€ 170,00



ULTRA 2IN1
SHORTS
€ 100,00

JETZT ERHÄLTlich BEI BRÜNDL SPORTS IN KAPRUN



Schluss mit
vorsätzlicher
Langeweile.

Bereit für einen Job
der dich fordert?
Jetzt bewerben.

SCHIEFER
VERGABE · RECHT · ANWÄLTE

GGUT SHOP & GGUT EXPO

GGUT ARENA SALZBURGER PLATZ KAPRUN

EXPO-OPENING HOURS

Bründl Flagship Store & GGUT Arena Salzburger Platz, Kaprun

THU JULY 27TH 2023:	FRI JULY 28TH 2023:	SA JULY 29TH 2023:
15.00 - 19.00	10.00 - 20.00	10.00 - 20.00

Our EXPO-Partners 2023:



Get our official GGUT 2023 Sport shirts as well as other great GGUT clothing and accessories at the GGUT Expo or at the GGUT webshop



WWW.ULTRATRAIL-SHOP.AT

GGUT SHIRT 2023

39,90 EURO



TAPING UND MASSAGE by Outdoor Physio



Free Taping (Do 15.00 - 19.00 & Fr 10.00 - 18.00) and massage & physio at special rates (€ 30 instead € 55 for 30 min):
Fr 10.00 - 18.00 & Sa 12.00 - 21.00.

DYNAFIT EVENT PROGRAMM



THURSDAY, 27.07.2023

12.00 - 19.00 // Recovery Area with Reboots & Blackroll
12.00 - 19.00 // Taping Area for participants with Outdoor Physios
12.00 - 19.00 // Pick up your starter present

FRIDAY, 28.07.2023

08.30 - 22.00 // Recovery Area with Reboots & Blackroll
08.30 - 22.00 // Pick up your starter present
09.00 - 19.00 // Taping Area for participants with Outdoor Physios
10.00 - 17.00 // T-Shirt print
19.00 // Price ceremony GWT 35 and KST 15

SATURDAY, 29.07.2023

08.30 - 22.00 // Recovery Area with Reboots & Blackroll
10.00 - 17.00 // #SPEEDUP regeneration drink
21.00 // Price ceremony GGUT 110 OTT 80, GGT 55

ENJOY THE ADVENTURE OF GGUT 110



GROSSGLOCKNER ULTRA-TRAIL®

110 km / 6.500 hm

START: Friday 22.00,
GGUT Arena Salzburger Platz, Kaprun

FINISH: GGUT Arena Salzburger Platz, Kaprun

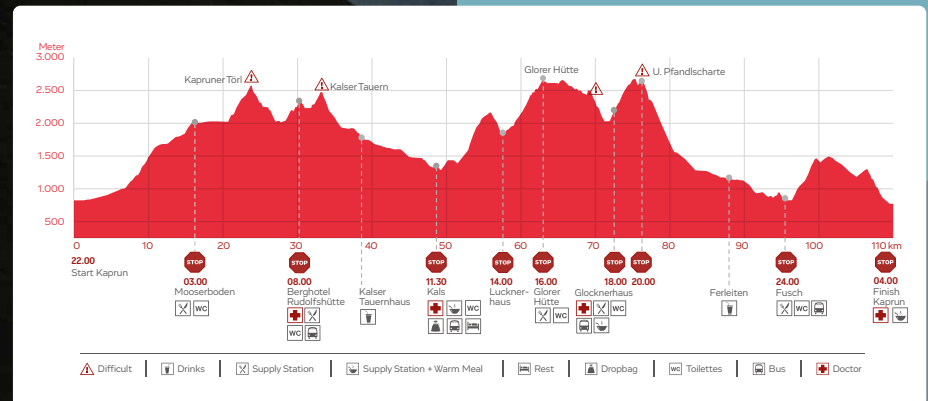
Grossglockner ULTRA-TRAIL® 110 (GGUT) mainly follows the trails of the so-called „Glocknerrunde“ around Austria's highest mountain, the Großglockner (3.798 m). GGUT is an extremely challenging and difficult trail running competition, leading mostly through difficult alpine territory mostly higher than 2.000 m, 1 time higher than 2.800 m and 3 times higher than 2.500 m. Expect 2 - 4 larger snow fields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) and the night make the race even harder.

The hardest parts will be the trails up to and down the high mountain passes: Kapruner Törl (2.639 m), Kalser Tauern (2.518 m), Pfortscharte (2.828 m) and Untere Pfanlscharte (2.663 m).



WIR MACHT'S MÖGLICH.

Österreich hat sportlich viel zu bieten. Aber es braucht jemanden, der hilft, die Ziele zu erreichen. Deshalb unterstützt Raiffeisen seit vielen Jahren junge Talente und fördert Sportarten sowie Sportinitiativen in der Region. Und zeigt dabei immer viel Sportsgeist. salzburg.raiffeisen.at





DENSITY

FURY

EDGE

BRIGHTER
THAN **ALL**



OSTTIROL TRAIL

THROUGH THE MOST SCENIC PARTS OF THE
GLOCKNER REGION // OTT 80 84 KM / 5.000 HM



FACTS

84 km / 5.000 hm

START: Saturday 05.00
Enzinger Boden – Ground Station
Weissee-Gletscherwelt

FINISH: GGUT Arena Salzburger Platz,
Kaprun

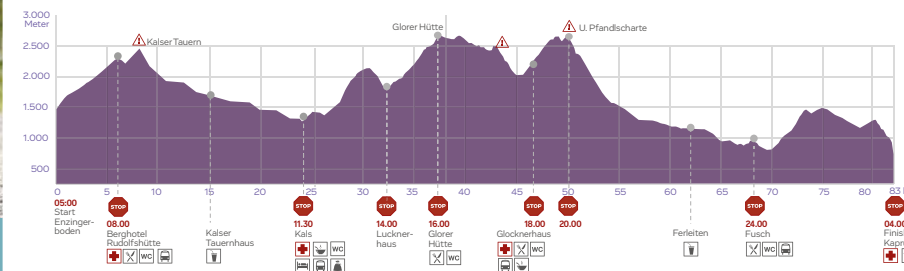
Osttirol Trail (OTT 80) is a challenging trail running competition, leading mostly through difficult alpine territory, one time higher than 2,800 m and 2 times higher than 2,500 resp. 2,600 m. Expect 3 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (90 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: Kaiser Tauern (2,515 m), Pfortscharte (2,838 m), Stockerscharte (2,465 m) and Untere Pfandscharte (2,663 m).



BUS-RECOMMENDATION: SA, 03.30, KAPRUN ENZINGERBODEN

Book online with your registration or via the GGUT webshop (sell closes July 20). Limited number of tickets available at the GGUT booth at the Expo (first come, first serve).



Difficult |
 Drinks |
 Supply Station |
 Supply Station + Warm Meal |
 Dropbag |
 Toilettes |
 Bus |
 Doctor



Bründl
SPORTS

BRÜNDL SPORTS FLAGSHIPSTORE KAPRUN

Erlebe deinen persönlichen Magic Moment in unserem Flagshipstore im Herzen von Kaprun. Auf einer Verkaufsfläche von 2.500 m² findest du alles für deine sportlichen Erlebnisse am Berg und in der Natur.



SKYWALK

Gläserner Panoramasteg in 20 Meter Höhe über der Kapruner Ache mit atemberaubendem Weitblick auf das Kitzsteinhorn inkl. Fotopoint.

Bründl Sports Flagshipstore
Nikolaus-Gassner-Straße 4, 5710 Kaprun
+43.65.47.83.88, office@bruendl.at
Öffnungszeiten: Täglich von 9.00 – 18.00 Uhr

LAUFANALYSE

Dank der Videoanalyse-Technologie findest du bei uns den perfekten Laufschuh für deine individuellen Bedürfnisse.

WEITBLICK

Weitblick – Lounge | Rooftop | Bistro.
Regionale, saisonale und biologische Speisen & Getränke zum Frühstück, Mittag- & Abendessen.
Erfahre mehr auf weitblick-bruendl.at



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VERSPRECHEN**
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**WIR
BEWEGEN
MENSCHEN**

GROSSGLOCKNER TRAIL

THE CLASSIC RACE ALONG THE GROSSGLOCKNER

GGT 55 57 KM / 3.500 HM



FACTS

57 km / 3.500 hm

START: Saturday 07.30

Musikpavillon,
Kals am Großglockner

FINISH: GGUT Arena Salzburger Platz,
Kaprun

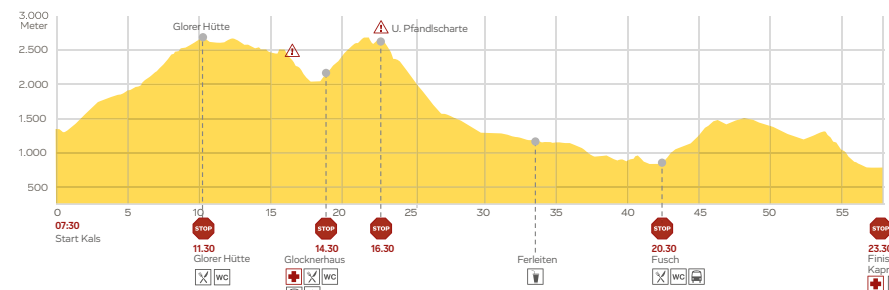
Grossglockner Trail (GGT 55) is a challenging trail running competition, leading mostly through difficult alpine territory, 2 passages higher than 2,600 m and 2.800 m. Expect 2 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: Pfortscharte (2,838 m) and Untere Pfandlscharte (2,663 m).



**BUS-RECOMMENDATION:
SA, 05.00, KARPUN-KALS**

Book online with your registration or via the GGUT webshop (sell closes July 20). Limited number of tickets available at the GGUT booth at the Expo (first come, first serve).



⚠ Difficult |
 🍷 Drinks |
 🏠 Supply Station |
 🍲 Supply Station + Warm Meal |
 🎒 Dropbag |
 🚻 Toilettes |
 🚌 Bus |
 🩺 Doctor

WEISSEE GLETSCHERWELT TRAIL

YOUR ENTRY INTO THE WORLD OF GGUT

GWT 35 37 KM / 1.500 HM



FACTS

37 km / 1.500 hm

START: Friday 08.00

Enzinger Boden, Ground station
Weissee-Gletscherwelt

FINISH: GGUT Arena Salzburger Platz,
Kaprun

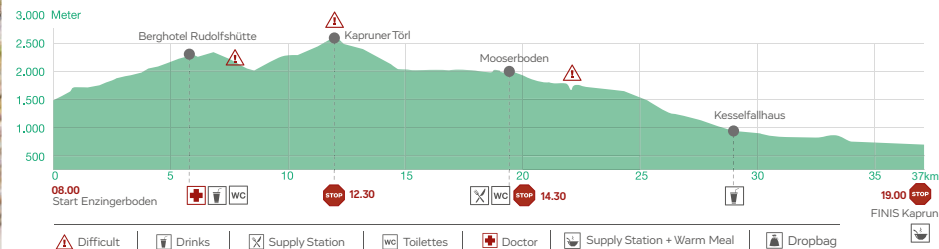
Weissee Gletscherwelt Trail (GWT 35) is a trail running competition, leading mostly through difficult alpine territory, with one passage higher than 2,600 m. Expect one larger snow field to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

The hardest parts will be the trails down from Rudolfshütte, up to and down Kapruner Törl (2,639 m) as well as (partwise) down from the Kapruner Hochgebirgsstauseen.



BUS-EMPFEHLUNG:
FR 06.15 OR 19.30,
KAPRUN-ENZINGERBODEN

Book online with your registration or via the GGUT webshop (sell closes July 20). Limited number of tickets available at the GGUT booth at the Expo (first come, first serve).



KAPRUN SCENIC TRAIL

DER KLASSIKER ENTLANG DES GROSSGLOCKNERS.

KST 15 16 KM / 1.500 HM



FACTS

16 km / 1.500 hm

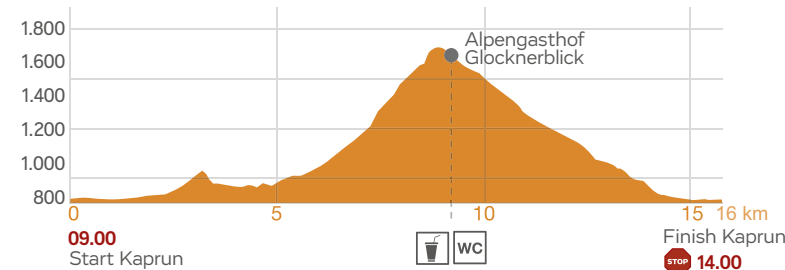
START: Freitag 09.00

GGUT Arena Salzburger Platz,
Kaprun

ZIEL:

GGUT Arena Salzburger Platz, Kaprun

Der KST 15 bietet einen guten Einstieg ins alpine Trailrunning, ist mit 1.000 positiven Höhenmetern im Auf- und Abstieg jedoch durchaus eine Herausforderung. Der KST führt zu 90 % über gutgepflegte Wanderwege und ist daher technisch nicht besonders schwierig und für etwas bergferne Läufer durchaus gut machbar.





Wer jemals die Großglockner Hochalpenstraße bezwungen hat, der kennt auch den „Lukashansl“ in Bruck. Ein Haus, das allen Reisenden im Gedächtnis bleibt. Und jene, die hier eine Pause eingelegt haben, verweilen gerne immer wieder im behaglichen Schoß eines angestammten Gast-Hauses. Denn Gastfreundschaft bestimmt im Hotel Lukashansl in Bruck an der Großglocknerstraße den Ton.

Tradition trifft Moderne

Die Räumlichkeiten zeichnen sich durch stيلة Einrichtung aus, die Küche gefällig dem Gast durch ihre herzhafteste, einheimische Kost und alle Mitarbeiter tragen bei, durch guten Service eine angenehme Atmosphäre zu schaffen. So verbindet sich die jahrhundertealte Tradition mit den Merkmalen eines modernen und aufgeschlossenen Hotels, das allen zeitgemäßen Komfort in gemütlichen, barrierefreien Zimmern bietet.

Hotel Gasthof Lukashansl
 A-5671 Bruck a.d. Glstr.
 Salzburgerstrasse 1

+43 6545 7458 • info@lukashansl.at

GASTHOF EDELWEISSPITZE ***



MIT DEM MOTORRAD DEN GROSSGLOCKNER EROBERN!

Die Edelweisspitze ist der höchste befahrbare Punkt der Großglockner Hochalpenstraße. Hoch oben auf 2.571 m befindet sich die Edelweisspitze, unser Berggasthof.

Hier verwöhnen wir mit kulinarischen Schmankerln aus der Region bei großartiger Aussicht auf 37 Dreitausender und 19 Gletscher. In unseren Zimmern am Großglockner, der Berghütte oder dem Edelweiss-Chalet finden Sie wohligen Schlaf und Entspannung – **gerne auch als Zwischenstopp für eine Nacht.**

Unsere Besucher auf 2 Rädern freuen sich auf spezielle Angebote und **Unterstützung bei kleinen Reparaturen.** Ebenfalls laden wir Sie herzlich in unser **Restaurant** an der Großglocknerstraße ein.

Freuen Sie sich auf herzhafteste, regionale Küche in unserem gemütlichen Gastzimmer sowie auf der prächtigen **Sonnenterrasse mit Fernblick** auf das atemberaubend schöne Bergpanorama der Großglocknerwelt.

HIGHLIGHTS

- Top of Bruck, Fusch
- Berggasthof mit Sonnenterrasse
- täglich geöffnet
- Unterstützung bei kleinen Reparaturen
- Zimmer, Blockhütte & Chalet



IHRE GASTGEBER:
FAMILIE LEDERER

GASTHOF EDELWEISSPITZE ***
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 Tel. +43 (0) 6545 74 25
 edelweisspitze@aon.at
 www.edelweisspitze.at

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 12.8308525



TOURENVORSCHLÄGE &
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 MIT GPS-DATEN
 zum DOWNLOAD

MINI GGUT

FOR THE YOUNG TRAILERS AT THE GROSSGLOCKNER



FACTS

Mini GGUT Kids: 1 km / 20 Hm

Mini GGUT Junior: 3,1 km / 120 Hm

START & FINISH:

Musikpavillon Kals am Großglockner

10.00 Mini GGUT – Kids

10.30 Mini GGUT – Junior

Together with Sportunion Kals Grossglockner and Run2Gether we will organize a race for the young trailers. Let the kids

be part of the race on 2 trails: 1 km and 20 hm for school year 1 - 4 and 3,1 km with 120 hm for the school years 5 - 9.

The start will be at the Musikpavillon in Kals and will follow on sealed roads for the Mini GGUT Kids. The track of the Mini GGUT Junior leads over sealed roads but also offroad trails and a suspension bridge. Both races finish at the Musikpavillon in Kals.



IMPRESSUM:

Official Race Guide Grossglockner ULTRA-TRAIL®

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