



## **Route description Hochkönigman Raidlight Endurance Trail approx. 88km approx. 5270+ vertical metres**

Start: Maria Alm/Salzburg

After the start at the "Trailbase Hochkönigman" at 807 m, run along a forest track up to the Postalm, and then on great single trails up to Natrun. Once at the top, go past the top lift station with it on your right and then up through the forest towards Jufen, along some fantastic forest tracks, then a short steep downhill and a short flat section takes you to Jufenalm. From Jufenalm head off right up the tough climb to the Brinbachkögerl at 1310 m. Once at the top, head off again downhill to the Brinbachalm, running round it to the right and continuing through meadow and forest trails towards the Massingsattel at 1344 m. When you arrive at the saddle, turn right down towards Hinterthal and follow the trail to the first VP1 (water container) in Hinterthal at 1016 m.

You then run through Hinterthal and at the end of the village centre the route takes you up to the Mußbachalm and on to the Pichlalm at 1434 m. Following the Alm path through, bear off to the left to the Erichhütte at 1545 m and continue along the Salzburger Almenweg route to the 4 huts at 1542 m. Short uphill and downhill sections take you to the Arthurhaus at 1503 m for VP2.

After the Arthurhaus, you continue to the Hochkeil at 1728m. Once at the Hochkeil, continue to the right along beautiful, but slippery in wet weather, trails via the Rappold at 1303 m, following the signs to Mühlbach am Hochkönig 860m to refreshment point VP3.

Re-energised, you then start on the route out of Mühlbach to the bottom station of the Karbachalmbahn lift. Here you turn left up steep trails, and run up to the top station of the Karbachalmbahn lift. Once here, at 1564 m, head up to the left towards Schneeberg, and to the Schneeberg cross at 1938 m.

VP4 with cater canister is between the top station of the Katbachalm lift and the Schneeberg. Continue over the Schneeberg, then along trails through meadows taking you steeply downhill to a turnoff where you head for the Klausalmkreuz and Dienten.

Continue over the Wastlhöhe at 1737 m and the Schmankerlhütte on steep trails to Dienten at 1077 m and the VP5 refreshment point, also Livebase1 where you can get your personal bag (labelled with your start number) delivered to by the organiser, Bjak, containing your clothes, shoes etc. From Dienten, continue along steep trails past the Lettelalm (1524 m), the Grinnköpfl (1707 m), the Marbachhöhe (1814 m) and the Klingspitz (1988 m), and on up to the Hochegg (2017 m). Then you go down a few metres in height and turn left onto the forest track up to the Statzerhaus.

At the Statzerhaus (2117 m and 70 km), you reach VP7 refreshment point and checkpoint. There are amazing views over the fantastic grassy mountain trails, the Schwalbenwand (2011 m) and the Brunnkopf (1958m) to enjoy. Approx. 300 vertical metres below the Schwalbenwand is the VP8 refreshment point. You then continue via the Mitterstegalm (1144m) to Maria Alm. Then, it's just a question of going under the road bridge and turning right to return to the "Trailbase Hochkönigman", having covered a distance of 85 km, where the spectators will be waiting to welcome you.

Subject to change!





**Route description Hochkönigman B´jaks Marathon Trail approx. 46km approx. 3000+ vertical metres**

Start: Maria Alm/Salzburg

After the start at the "Trailbase Hochkönigman" at 807 m, run along a forest track up to the Postalm, and then on great single trails up to Natrun. Once at the top, go past the top lift station with it on your right and right and then up through the forest towards Jufen, along some fantastic forest tracks, then a short steep downhill and a short flat section takes you to Jufenalm.

You then follow the markings up over the meadow then right down to the main road. ATTENTION road crossing, then on the hiking path up to Hinterthal, where you will find a refreshment point.

You then run through Hinterthal and at the end of the village centre the route takes you up to the Mußbachalm and on to the Pichlalm at 1434 m, which you then leave to continue towards the Filzensattel (1290 m). At the Filzensattel, please be careful when crossing the road before continuing via the Pureggalm (1309 m) to Dienten to VP2 checkpoint and main refreshment point.

From Dienten, you then head up steep trails past the Lettelalm (1524 m) and refreshment stop VP3 with water canister, the Grinnköpfl (1707 m), the Marbachhöhe (1814 m) and the Klingspitz (1988 m), and on up to the Hohegg (2017 m). Then you go down a few metres in height and turn left onto the forest track up to the Statzerhaus.

At the Statzerhaus (2117 m and 32 km), you reach VP4 refreshment point and checkpoint. There are amazing views over the fantastic grassy mountain trails, the Schwalbenwand (2011 m) and the Brunnkopf (1958m) to enjoy before continuing to the Brunnkopf (1958 m).

Approx. 300 vertical metres below the Schwalbenwand is the VP5 refreshment point. You then continue via the Mitterstegalm (1144m) to Maria Alm. Then, it's just a question of going under the road bridge and turning right to return to the "Trailbase Hochkönigman", having covered a distance of 46 km, where spectators will be waiting to welcome you.

Subject to change!





**Route description Hochkönigman Salming Speed Trail approx. 23km approx. 1470+ vertical metres**

Start: Maria Alm/Salzburg

After the start at the "Trailbase Hochkönigman" at 807 m, run along a forest track up to the Postalm, and then on great single trails up to Natrun. Once at the top, go past the top lift station with it on your right and then up through the forest towards Jufen, along some fantastic forest tracks, then a short steep downhill and a short flat section takes you to Jufenalm. From Jufenalm head off right up the tough climb to the Brinbachkögerl at 1310 m.

Once at the top, head off again downhill to the Brinbachalm, running round it to the right and continuing through meadow and forest trails towards the Massingsattel at 1344 m. When you arrive at the saddle, head off to the left to the Lechneralm (1236 m). From here, you run along steep (and slippery in the rain) trails downhill to the car park and VP1 at approx. 11 km.

From the car park, head off to the right via Kraller to the Liebmann. Continue past this on the right onto a forest track and follow this to the next marking. Continue along the forest track to the water canister at Sanden, then straight on to Fürstenbründl. Here, turn left towards the Fürstenbründl. Leave the Ramseider Steig on the left towards Hochreith/Maria Alm via the Dürrnberg into the centre of Maria Alm over a bridge, and then head left into the "Trailbase Hochkönig", having covered 23 km.

**Route description Hochkönigman Easy Trail approx. 9,3km approx. 300+ vertical metres**

Start: Maria Alm/Salzburg

After starting at the "Trailbase Hochkönigman" at 807 m, the route takes you twice left along the road towards Rohrmoos, initially about 500 m on a tarred road, then left over a bridge and through a cattle gate along a trail as far as the first refreshment point at approximately 3 km. After this, you head left via Kraller to Liebmann. Once you pass Liebmann, you reach a tarred road and continue up towards the Riemannhaus. After a short distance you take a left turning towards Kronreith where there is a water canister. After a short break to catch your breath, head on right through 2 tight bends; the Speed Trail route then comes in from the left and you continue down, following the markings, along great downhill trails. Further wonderful trails then take you speedily downhill towards Maria Alm where it just remains for you to cross the road and follow the final run-in section into the Hochkönigmann Event Arena.

Subject to change!





**Route description Hochkönig Skyrace approx. 26km approx. 2300hm+**

Start: Maria Alm/Salzburg

After starting at the “Trailbase Hochkönigman” at 807 m, the route takes you twice along the road towards Rohrmoos, initially about 500 m on a tarred road, then left over a bridge and through a cattle gate along a trail as far as the first refreshment point at approximately 3 km. After this, you continue up the forest track to the Lechneralm. The forest track alternates a few times with steep uphill single trail sections. There is a water canister at the Lechneralm (approx. 6km), and once replenished, you take a very steep uphill section as you ascend the Hochkönig Massiv. First of all the Braggstein at 1857m and then the Luegscharte at 2451m. On this very high up Alpine region of the route, there can often be snow on the ground, so we would recommend taking adjustable poles with you.

The route then continues to the Buchauer Scharte at approx. 2270m before falling steeply downhill to the left to the Mittagwandl 1973m, then the Freithofalm 1556m, and once again steeply down to Rohrmoos where there is a refreshment stop (16 km).

You then continue left on the forest track for a approximately 300 m towards the Lechneralm, but then take a sharp right following the sign to the Primbachalm. The route then takes you through the Alm enclosure up to the Primbachkögerl at 1310m before continuing steeply downhill to the Jufenalm and the last refreshment stop at approximately 22 km.

After taking on good refreshment, you then continue for about 150 vertical metres uphill before following a wonderful single trail through meadows steeply down for 230+ vertical metres to the finish in Maria Alm at 26 km.

Subject to change!

