



## Route description Hochkönigman Endurancetrail 85km 5593+ 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 high ropes course 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 1060 m at a distance of 11 km.

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 at 28 km. This is also the first checkpoint and main refreshment point.

After the Arthurhaus, the route takes you along the Almenweg path to the Mitterfeldalm at 1669 m, and past the Steinalm, along a forest track, and following the Almenweg to the right via the Stegalm at 1423 m back to the Arthurhaus for VP3. Then, follow the forest track up to the Hochkeil at 1728 m.

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 45km, to refreshment point VP4.

VP4 is not only a checkpoint, but is also Livebase1. You can have your personal bag, provided by events organiser Bjak, taken to Livebase, with clothing, shoes etc. Your bag is marked with your start number.

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. 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 (58 km) and the VP5 refreshment point and checkpoint 3. 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 Hohegg (2070 m). Then you go down a few metres in height and turn onto the gravel track up to the Statzerhaus.

At the Statzerhaus (2117 m and 70 km), you reach VP6 refreshment point and checkpoint 4. There are amazing views over the fantastic grassy mountain trails and the Schwalbenwand (2011 m) to enjoy before continuing to the Brunnkopf (1958 m) and then down to Hinterreit and 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 Marathontrail 46km 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 high ropes course 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 1060 m at a distance of 11 km. 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), the Grinnköpfl (1707 m), the Marbachhöhe (1814 m) and the Klingspitz (1988 m), and on up to the Hohegg (2070 m). Then you go down a few metres in height and turn onto the gravel track up to the Statzerhaus. At the Statzerhaus (2117 m and 70 km), you reach VP6 refreshment point and checkpoint 4. There are amazing views over the fantastic grassy mountain trails and the Schwalbenwand (2011 m) to enjoy before continuing to the Brunnkopf (1958 m) and then down to Hinterreit and 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 the spectators will be waiting to welcome you.

Subject to change!



### Route description Speedtrail 21km 1470hm+ 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 high ropes course 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 up a small, steep trail to the Tennhütte (1182 m) to a forest track that, turning to the right, takes you higher and higher up to the Bilgerirast (1421 m). Here, turn left towards the Fürstenbründl. Leave the Ramseider Steig on the left towards Hochreith/Maria Alm along the path Nr. 22A. This Nr. 21 path takes you via the Dürrnberg into the centre of Maria Alm over a bridge, and then had left into the "Trailbase Hochkönig", having covered 21 km.

Subject to change!