

COURSE

INFORMATION

Course details

16 kilometres

440 metres elevation gain

Transition Cycling > Trailrun

12:00

Finish

from 13:20

Cut-off time

23:00

Points to note

① Attention: Low underpass

② Technical section: Descent to Ranft Tobel

③ Crossing rural road

④ Attention: Pilgrims in the Flüeli-Ranft area. Please be considerate.

⑤ Crossing main road

⑥ Crossover point with Cycling: Every athlete is responsible for taking the correct route.

The final Trailrun to Flüeli Ranft, a place of pilgrimage, will once again show the Gigathletes the natural beauty and magnificent landscape of Obwalden and Nidwalden, and how exhilarating it is to move around under your own steam for hours and days. The first section of the course goes along the road and through the tunnel under the motorway. The runners will then pass the Lourdes grotto and enter another world. Lovely forest trails lead along the Grosse Melchaa gorge and up to the high bridge in Kerns. After four kilometres and 200 metres of elevation gain, the art nouveau Hotel Paxmontana marks the end of the first ascent before tackling the speedy descent into the Ranft gorge and following the flowing rapids for 500 metres. Runners have to cover 150 metres of elevation gain on the way to St. Niklausen. They will be rewarded by panoramic views of the scenery. Although the second half of the course still lies ahead, the steady downward slope will make their strides longer and lighter. Fatigue gives way to pleasure at having almost completed the Gigathlon and still having enough energy reserves to enjoy, rather than suffer, the final few kilometres. The runners can «tank up» at the refreshment point by the Kloster Bethanien guest-house with less than an hour to go before crossing the finishing line in Sarnen to thunderous applause.

COURSE MAP

SARNEN – SARNEN

SCHEDULE CONCLUSIVE SUNDAY, 30 JUNE 2019				
Disciplines	Location	Start		
Inline / Running	Kantonsschule Sarnen	Chasing start 05:30		
		Start Single/Couple 06:30		
		Start Team of Five 07:00		
		First Gigathlete expected	Mass start	Cut-off time
Inline/Running – Swimming	Sarnen Seefeld	06:45		10:00
Swimming – Biking	Sarnen Seefeld	07:30		11:30
Biking – Cycling	Sarnen Seefeld	09:40	ToF: 15:15	15:45
Cycling – Trailrun	Sarnen Seefeld	12:00		20:15
Trailrun finish	Kantonsschule Sarnen	13:20		23:00

HIGHLIGHTS EN ROUTE	
A Lourdes grotto	D Bruder-Klausen-Weg
B High bridge across the Grosse Melchaa	E Grottos between Kerns and Foribach
C Art nouveau Hotel Paxmontana in Flüeli-Ranft	F Finishing line at the campsite

LOGISTICS & TRANSPORT	
Getting there The trailrunner walks from the Sarnen headquarters/campsite to the Sarnen Seefeld transition zone.	Showers The showers are located at the headquarters at the Kantonsschule Sarnen.
Personal effects The supporter or a team member takes the trailrunner's personal effects from the Sarnen Seefeld transition zone to the finish line at the headquarters.	Return travel The finish line is located right by the headquarters at the Kantonsschule Sarnen.