

Transition Cycling > Trailrun

Finish from 13:20 **Cut-off time**

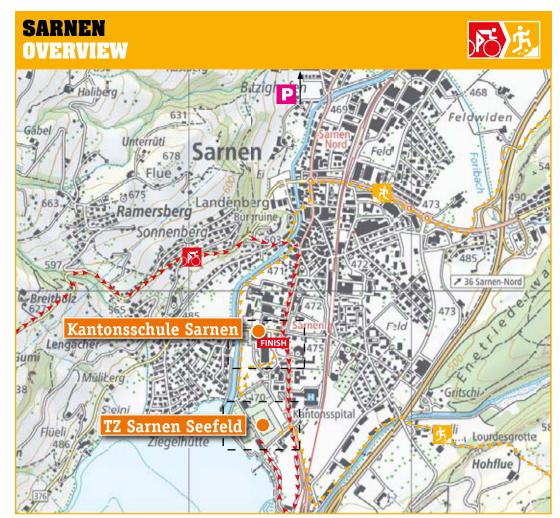
Points to note

23:00

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







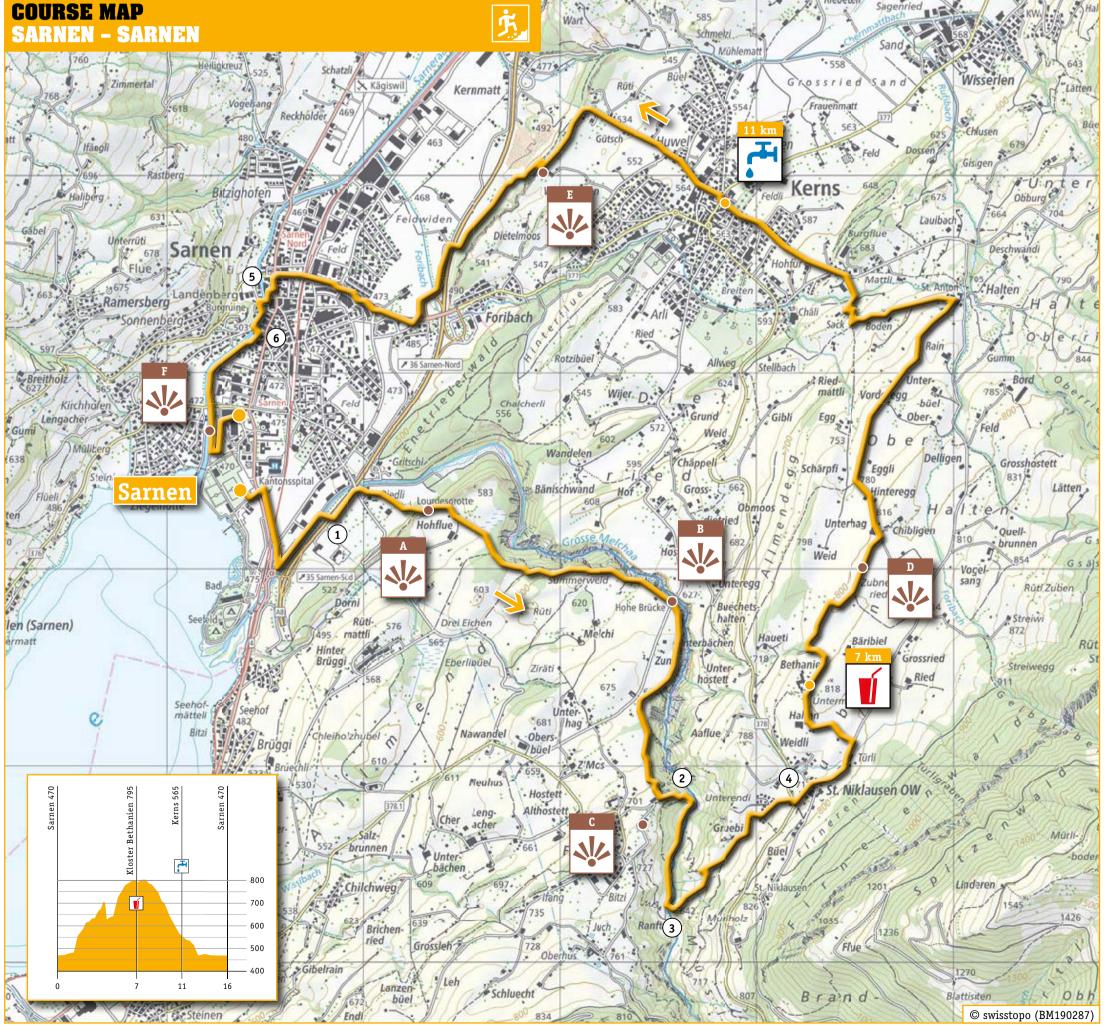
The final Trailrun to Flüeli Ranft, a place of pilgrimage, will once again show the Gigathletes the natural beauty and magnificent landscape of Obwalden and Nidwalden, and how exhilarating it is to move around under your own steam for hours and days. The first section of the course goes along the road 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 guesthouse with less than an hour to go before crossing the finishing line in Sarnen to thunderous applause.

Headquarters









SCHEDULE CONCLUSIVE SUNDAY, 30 JUNE 2019

Location	Start		
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
Sarnen Seefeld	06:45		10:00
Sarnen Seefeld	07:30		11:30
Sarnen Seefeld	09:40	ToF: 15:15	15:45
Sarnen Seefeld	12:00		20:15
Kantonsschule Sarnen	13:20		23:00
	Kantonsschule Sarnen Sarnen Seefeld Sarnen Seefeld Sarnen Seefeld	Kantonsschule Sarnen Chasing start 05:30 Start Single/Couple 06:30 Start Team of Five 07:00 First Gigathlete expected Sarnen Seefeld 06:45 Sarnen Seefeld 07:30 Sarnen Seefeld 09:40 Sarnen Seefeld 12:00	Kantonsschule Sarnen Chasing start 05:30 Start Single/Couple 06:30 Start Team of Five 07:00 First Gigathlete expected Mass start Sarnen Seefeld 06:45 Sarnen Seefeld 07:30 Sarnen Seefeld 09:40 ToF: 15:15 Sarnen Seefeld 12:00

HIGHLIGHTS **EN ROUTE**



A Lourdes grotto

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

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.

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.