



**Gigathlon**  
SWITZERLAND




**SATURDAY**  
**29.06.2019**



**COURSE INFORMATION**

**Course details**  
89 kilometres  
900 metres elevation gain



**Start**  
Singles/Couples  
Teams of Five

05:00  
06:00

**Arrival Brunnen**  
**Cut-off time Brunnen**  
**Finish Ennetbürgen-Buochs**

from 06:55  
10:00  
from 08:00


**Cut-off time Ennetbürgen-Buochs**

12:00


**Points to note**  
① Railroad crossing with barrier  
② Driving ban: A section of the course in the area around Lucerne railway station must be completed on foot.  
③ Road works: Heed traffic lights.  
④ Boat trip: The competition time will be neutralised during the crossing from Brunnen to Treib. Embarkation in order of arrival. The timekeeping stops on arrival in Brunnen and restarts after disembarkation in Treib. Immediate continuation of journey after arrival in Treib – no stopping.

**Important information**  
Lights are mandatory on the whole course and are inspected prior to the start. There are some traffic lights in the town of Lucerne. The road traffic regulations must be observed. Participants must follow the signage and any instructions given to them by officials.

Framed by Pilatus, Bürgenstock and Rigi in an idyllic, picture-postcard setting, Lake Lucerne helps Switzerland to stay ahead of the game in international tourism. For the people of Obwalden and Nidwalden, the Swiss Mittelland region – with the cities of Zürich, Bern and Basel – brings up the rear. Finally, a chance to view and enjoy the mountains from all sides instead of climbing them. This is the idea behind this wonderful cycling course along the fjord-like shores of Lake Lucerne. It's essential to climb into the saddle early so that the bridge over Lake Lucerne can be crossed not only on foot – as is the case on Shrove Tuesday and during the marathon – but also by bicycle. The first Gigathletes will be sent on their way in Sarnen as early as 5.00 am. As the sun rises behind the Rigi, the Singles, Couples and Teams of Five are already cycling through Meggen, Küsnacht, Weggis and Vitznau to Brunnen, where the ferry is standing by for the crossing to Treib. After the tough ascent to the historic hotel complex they will discover, nestled amidst green meadows, the Bergseelein (tarn) after which the idyllically situated village of Seelisberg is named. But the time for a refreshing swim has not yet come. There's one more small ascent to go before the view opens out in Emmetten over the Ennetbürgen-Buochs transition zone, where the Bürgenstock is reflected in the lake and the entry point for the swimmers is ready.



**ENNETBÜRGEN**  
AM VIERWALDSTÄTTERSEE



**BOUCHS**

**COURSE MAP**  
**SARNEN – ENNETBÜRGEN-BUOCHS**



**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

**11**

**12**

**13**

**14**

**15**

**16**

**17**

**18**

**19**

**20**

**21**

**22**

**23**

**24**

**25**

**26**

**27**

**28**

**29**

**30**

**31**

**32**

**33**

**34**

**35**

**36**

**37**

**38**

**39**

**40**

**41**

**42**

**43**

**44**

**45**

**46**

**47**

**48**

**49**

**50**

**51**

**52**

**53**

**54**

**55**

**56**

**57**

**58**

**59**

**60**

**61**

**62**

**63**

**64**

**65**

**66**

**67**

**68**

**69**

**70**

**71**

**72**

**73**

**74**

**75**

**76**

**77**

**78**

**79**

**80**

**81**

**82**

**83**

**84**

**85**

**86**

**87**

**88**

**89**

**90**

**91**

**92**

**93**

**94**

**95**

**96**

**97**

**98**

**99**

**100**

**© swisstopo (BM190287)**

**SCHEDULE**  
**KEY SATURDAY, 29 JUNE 2019**

Disciplines	Location	Start time		
Start Cycling	Kantonsschule Sarnen	Single/Couple 05:00	Team of Five 06:00	
		First Gigathlete expected	Mass start	Cut-off time
Cycling – boat (start of neutral. section)	Brunnen	06:55		10:00
Cycling (end of neutral. section)	Treib	07:25		
Cycling – Swimming	Ennetbürgen-Buochs	08:00		12:00
Swimming – Inline/Running	Ennetbürgen-Buochs	08:30		
Inline/Running – Swimming	Ennetbürgen-Buochs	09:30		15:20
Swimming – Trailrun	Ennetbürgen-Buochs	10:00		16:20
Trailrun – Biking	Engelberg	11:55	ToF: 19:15	S/C: 19:30 ToF: 20:30
Biking – chairlift (start of neutral. section)	Trübsee	12:25		20:30
Biking (end of neutralised section)	Jochpass	12:35		
Biking finish	Kantonsschule Sarnen	14:20		00:15

**HIGHLIGHTS**  
**EN ROUTE**

**A** City of Lucerne

**B** By boat from Brunnen to Treib

**C** Seelisberg

**LOGISTICS & TRANSPORT**

**Getting there**  
The cyclist goes straight to the start at the Kantonschule Sarnen (headquarters) on Saturday morning. Once the cyclist is on their way, all other team members/supporters travel from the headquarters to the car park on Kägiswil airfield by shuttle, by bike or on foot. From there they travel to the car park on Buochs airfield on the supporters' vehicles (20–25 min.). The Gigathletes/supporters then reach the Ennetbürgen-Buochs transition zone on foot or by bike (10–30 min.).

**Onward travel**  
Once the trailrunner is on their way, all other team members/supporters return to the car park on Buochs airfield on foot or by cycle/bike (10–30 min.). From there they travel on to Engelberg on the supporters' vehicles (20–25 min.). In Engelberg the supporters' vehicles will be allocated to the relevant car park. From the Engelberg car park the Engelberg transition zone can be reached on foot or by bike (5–10 min.).

**Return travel**  
Once the biker is on their way, all other team members/supporters go to the Engelberg car park and travel back to the car park on Kägiswil airfield (40–45 min.). From the car park on Kägiswil airfield the Gigathletes and supporters return to the headquarters/campsite in Sarnen either on the shuttle or by cycle or on foot. **Please note:** An exit ticket is needed to exit the Engelberg car park. This will be issued with the starting documents on check-in.

**Personal effects Brunnen – Treib**  
The cyclist hands their personal effects in when checking in on Friday. They will be delivered to Brunnen on Saturday morning and can be collected again after the neutralised crossing.

**Personal effects**  
The supporter or a team member carries the effects of the cyclist from the start to the Ennetbürgen-Buochs transition zone.

**Showers**  
The showers are located in the Ennetbürgen-Buochs transition zone.

