

COURSE INFORMATION

**Course details**  
84 kilometres  
2100 metres elevation gain

**Transition Bike > Cycling**  
from 09:40

**Mass start Teams of Five**  
15:15

**Finish**  
from 12:00

**Cut-off time**  
20:15

**Points to note**  
① Narrow road from Glaubenberg to Brienz Rothorn valley station  
② Tunnel to Flühli  
③ Mobile blood donation on the Glaubenberg: Pace yourself, proceed with caution.  
④ Parallel route: On the Glaubenberg the cycling route runs on the same road as the mountain biking route. Please be considerate. Every athlete is responsible for taking the correct route.

**Important information**  
Several cattle grids on the course – please proceed with caution.

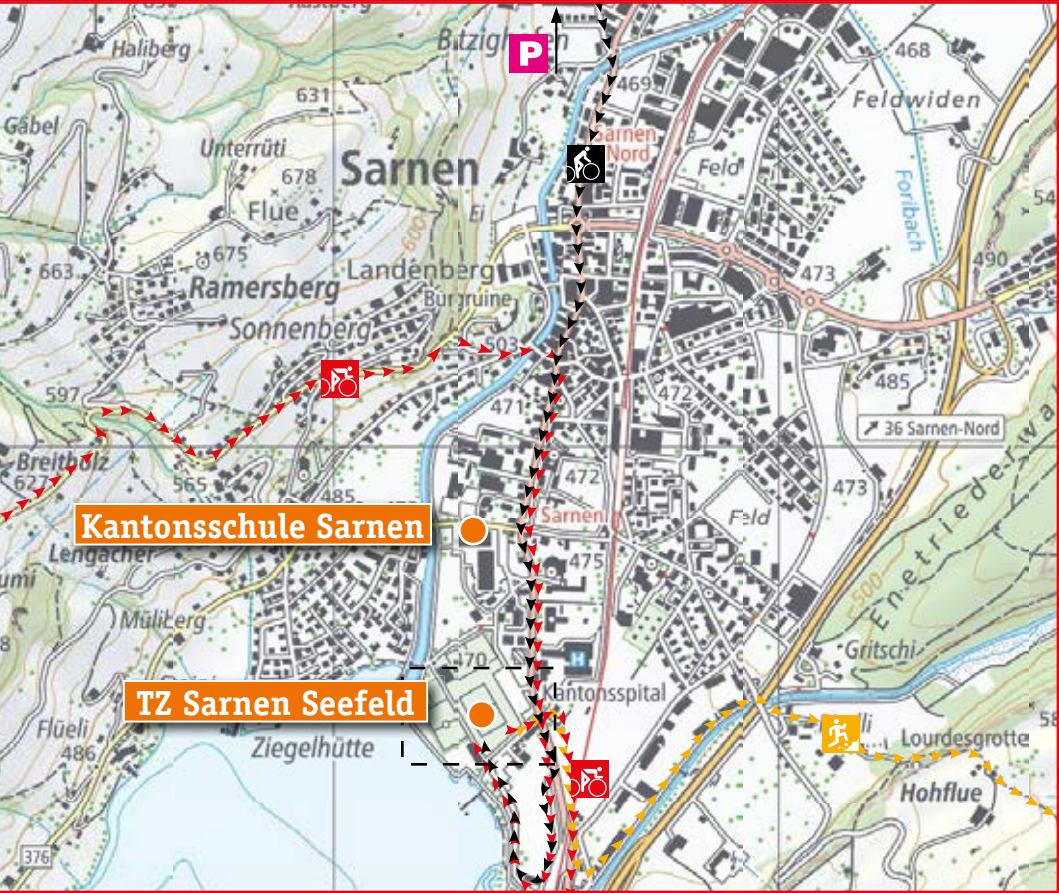
SARNEN SEEFELD START



SARNEN SEEFELD FINISH

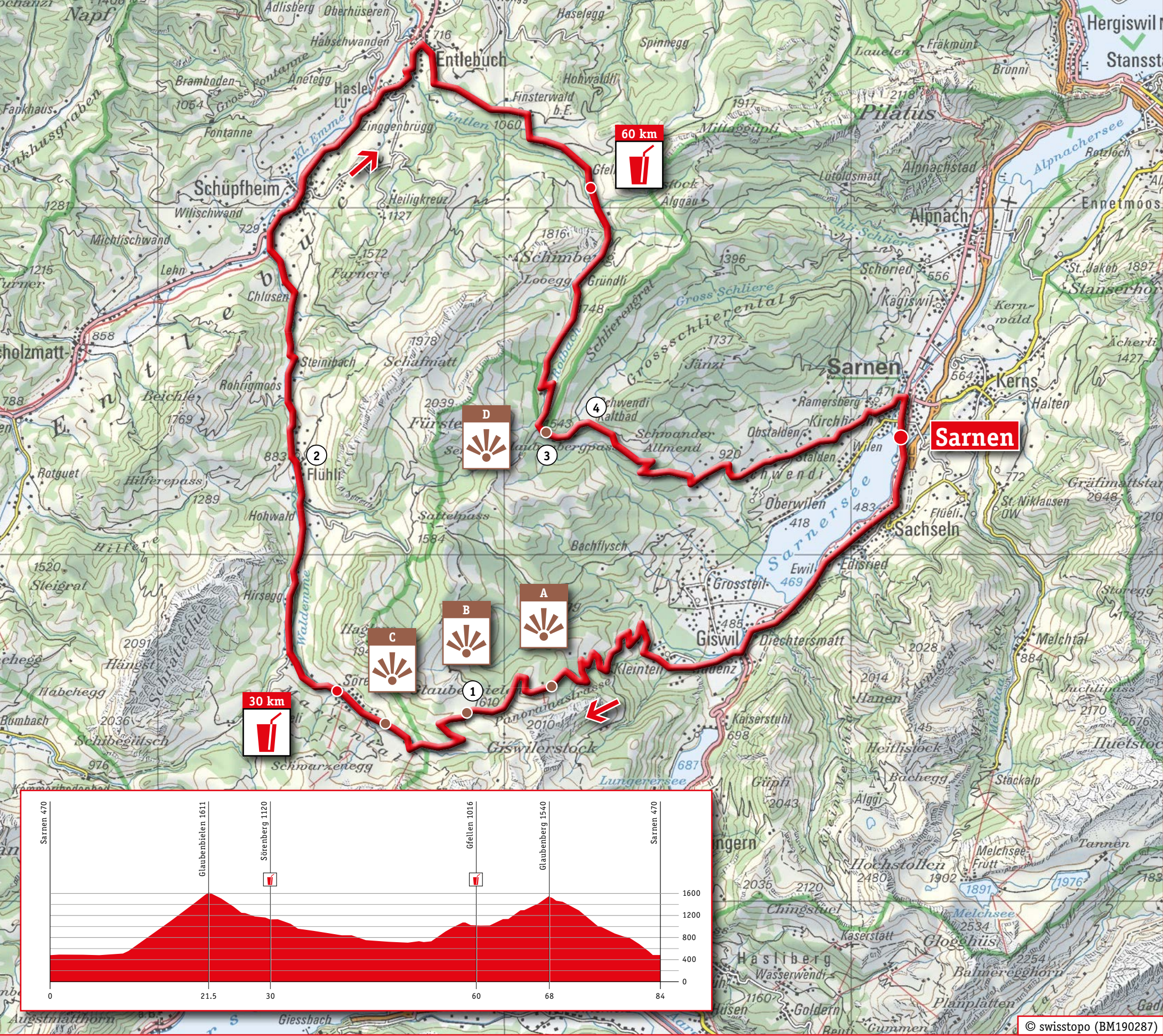


SARNEN OVERVIEW



The 10 kilometres alongside the lake from Sarnen to Giswil as far as the ascent up the Glaubenberg are an attractive prospect for the muscles after waiting in the transition zone. The scenic route to Sörenberg is a great experience as it offers not only an interesting perspective of the region around Sarnen, but also an opportunity to enjoy the sheer variety of nature. You may not be overly impressed by the 1120 metres of elevation gain over 12 kilometres. The slope is a very steady climb, but you will find yourself sweating in the bottom third. If you can spare the time, there is endless opportunity to take a short break and enjoy the incredible panoramic views of the Sarnersee. The first 400 metres of elevation gain are followed by a shaded section in the forest to keep you from overheating. After passing through the forest, you reach the Mörliap and only have to climb another 300 metres to reach the top of the pass. The rapid descent goes past the cable car to the Brienz Rothorn and Sörenberg and ends in Schüpheim after a long downhill section. This is followed by a ride through the mystical world of the UNESCO Entlebuch Biosphere with its numerous expanses of moorland. It's vital not to lose faith in your own strength now, because the Glaubenberg presents another challenge on the way back to Sarnen on Conclusive Sunday after being climbed from the other side by mountain bike through the Schlierental valley in the morning. In the knowledge that the approaching descent to Sarnen is the last downhill section of the Gigathlon Switzerland 2019, you repress the urge to cave in and stay 100% focused.

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
Inline/Running – Swimming	Sarnen Seefeld	06:45
Swimming – Biking	Sarnen Seefeld	07:30
Biking – Cycling	Sarnen Seefeld	09:40
Cycling – Trailrun	Sarnen Seefeld	12:00
Trailrun finish	Kantonsschule Sarnen	13:20

HIGHLIGHTS EN ROUTE

- A Panoramic road
- B Top of Glaubenberg Pass
- C View of the Brienz Rothorn
- D Top of Glaubenberg Pass

LOGISTICS & TRANSPORT

**Getting there**  
The cyclist walks from the Sarnen headquarters/campsite to the Sarnen Seefeld transition zone. The cycle is left in the cycle/bike park beforehand.

**Personal effects**  
The cyclist carries their own effects from the Sarnen headquarters to the Sarnen Seefeld transition zone and back again.

**Showers**  
The showers are located at the headquarters at the Kantonsschule Sarnen.

**Return travel**  
Once the trailrunner is on their way, all other team members/supports return to the finish at the Kantonsschule Sarnen.

**Cycle/bike park**  
A cycle/bike park is available for Gigathletes right by the transition zone at the headquarters. The park is guarded. Cycles/bikes can only be deposited and collected at the cycle/bike parks when the start number is attached to the cycle/bike and with the appropriate wristband/supporter's accreditation. **Important:** As space is limited, it is essential that the cycles/bikes are kept in the cycle/bike park until they are used. Cycles/bikes are not permitted to be left in the handover areas of the transition zone.

