



ENGLISH

GROSSGLOCKNER ULTRA-TRAIL



ZELL AM SEE-KAPRUN | KALS AM GROSSGLOCKNER

OFFICIAL RACE GUIDE

July 30 - August 01, 2021 // www.ultratrail.at



GROSSGLOCKNER ULTRA-TRAIL®

110 km | 6.500 m

One of the hardest ULTRA-TRAILS.
Around Großglockner - Austria's
highest mountain.

OSTTIROL

TRAIL 84 km | 5.000 m

GGUT 110 I 2

48 km | 2.700 m +
62 km | 3.800 m

GROSSGLOCKNER

TRAIL 57 km | 3.500 m

GLETSCHERWELT

TRAIL 35 km | 1.500 m





DER STARKE PARTNER FÜR SPORTINITIATIVEN.

Österreich hat sportlich viel zu bieten. Aber es braucht jemanden, der hilft, die Ziele zu erreichen. Deshalb unterstützt Raiffeisen seit vielen Jahren Talente und fördert Sportarten sowie Sportinitiativen in der Region. Und zeigt dabei immer viel Sportsgeist.
salzburg.raiffeisen.at

WELCOME

TO GROSSGLOCKNER ULTRA-TRAIL® 2021!



WELCOME TO GROSSGLOCKNER ULTRA-TRAIL® 2021!

Once again we proudly present one of the most difficult and challenging ULTRA-TRAILS of the Eastern Alps and invite you to experience this epic adventure with us.

As title sponsor DYNAFIT is excited about the great attraction of the Grossglockner ULTRA-TRAIL. For DYNAFIT, the Grossglockner ULTRA-TRAIL has become the most important international race of the season. We invite all runners and visitors to relax and recover at the finish area in the newly redesigned DYNAFIT area.

As regards the race proven elements remain, but there are many new elements as well: We will start on Friday with the GWT 35 into the GGUT weekend, whereas the trail will stay the same but more diverse and a bit longer. The track of GGUT 110, OTT 80, GGT 55 and the team race will change direction of the route. We are sure that you will like the changes. More on the following pages.

In 2019, Thomas Farbmacher was the fastest runner around the Grossglockner and Eva Sperger set the new female record with 16 hours and 03 minutes. Who will be the first in Kaprun this year?

Among the runners from more than 40 nations, there are many international top runners, including Pau Capell, Galen Reynolds, Florian Grasel, Dani Jung, Eva Sperger, Ida Sophie Hegemann, Hannes Namberger, Andreas Reiterer, Eli-Ann Dvergsdal, Jakob Herrmann, Sandra Koblmüller and Lukas Sörgel.

We wish you a lot of fun, great adventures and a safe return and many magical moments on the trails around this beautiful mountain! See you in July in Kaprun, Kals am Großglockner, Fusch an der Glocknerstraße or Uttendorf!



Hubert Resch, Head of OC GGUT (left)
Michael Költringer, DYNAFIT (right)

PROGRAM 2021

THURSDAY, 29.07.2021 - SUNDAY, 01.08.2021



THURSDAY, 29.07.2021

Time	Program
14.00 - 19.00	GGUT Expo, Maiskogelbahn, Kaprun
14.00 - 19.00	Bib Distribution ONLY for GWT 35 at the start/finish area, Bründl Sports, Maiskogelbahn Parkplatz, Kaprun

FRIDAY, 30.07.2021

Time	Program
06.45	Additional bib distribution GWT 35 ground station cable car Weissee Gletscherwelt (Enzingeroden), Uttendorf
07.45	Race-Briefing GWT 35, ground station cable car Weissee Gletscherwelt (Enzingeroden), Uttendorf
08.00	Start GWT 35, ground station cable car Weissee Gletscherwelt (Enzingeroden), Uttendorf
From 10.30 on	Finish of the first runners of GWT 35
10.00 - 13.00 14.30 - 20.00	Bib Distribution for all races at the start/finish area, Bründl Sports, Maiskogelbahn Parkplatz, Kaprun
10.00 - 20.00	GGUT Expo, Maiskogelbahn, Bründl Sports, Kaprun
16.00	Presentation top athletes GGUT 110, OTT 80 and GGT 55 at start/finish
20.00	Price giving ceremony GWT 35
21.45	Race-Briefing GROSSGLOCKNER ULTRA-TRAIL®: at the start Maiskogelbahn Parkplatz, Kaprun
22.00	Start GROSSGLOCKNER ULTRA-TRAIL®: Maiskogel Parkplatz, Kaprun

SATURDAY, 31.07.2021

Time	Program
04.45	Race-Briefing OTT 80, ground station cable car Weissee Gletscherwelt (Enzingerboden), Uttendorf
05.00	Start OTT 80, ground station cable car Weissee Gletscherwelt (Enzingerboden), Uttendorf
05.00 - 05.45	Additional bib distribution GGT 55, Musikpavillon, Kals am Großglockner
05.45	Race-Briefing GGT 55, Musikpavillon, Kals am Großglockner
06.00	Start GGT 55, Musikpavillon, Kals am Großglockner
From 11.30	First runners Grossglockner Trail (GGT 55)
From 12.15	First runners GROSSGLOCKNER ULTRA-TRAIL®
From 13.00	First runners Osttirol Trail (OTT 80)
21.00	Price giving ceremony all races (first 5 runners overall of every race, top 3 GGUT 110 I 2), start and finish area, Kaprun

SUNDAY, 01.08.2021

Time	Program
03.00 - 04.00	Welcome last Finishers GGUT 110 and closing of GROSSGLOCKNER ULTRA-TRAIL®

THE BEST HOTSPOTS

AROUND GGUT



KAPRUN / Maiskogel Parkplatz

Fr. 11.30 - 19.00: Finish GWT 35 // **Fr. 22.00:** Start Grossglockner ULTRA-TRAIL® 110
Sa. Finish: GGT 55 (11.30) // OTT 80 (14.30) // GGUT 110 (12.25)
Price Giving: Fr. 20.00: **GWT 35 / Sa. 21.00: GGUT, OTT, GGT & GGUT 110 I 2**

KAPRUN / Kapruner Hochgebirgstauseen

Fr. 10.00 - 14.30: Passage GWT 35 // **Sa 10.00 - 24.00:** OTT km 57, GGT km 32

KALS AM GROSSGLOCKNER / Musikpavillon Kals

Sa. 04.00 - 13.00: Start GGUT 110 I 2 Runner 2 (05.45), Start GGT 55 (06.00),
 Passage GGUT 110, OTT 80 (04.00 - 11.30)

KALS AM GROSSGLOCKNER / Lucknerhütte und Lucknerhaus

Sa. 06.00 - 15.00: Passage GGUT 110, OTT 80 und GGT 55
Sa 6.45 Passage first runner GGT 55 // **Sa 10.30** Passage first runner OTT 80

HEILIGENBLUT / Glocknerhaus, Glocknerstraße

Sa. 7.45 - 18.00: Passage GGUT 110, OTT 80, GGT 55
Sa. 08.00: first runner GGT 55 // **Sa. 10.30:** first runner OTT 80

FUSCH AN DER GLOCKNERSTRASSE / Gemeindeamt Fusch

Sa. 10.30 - 24.00: Passage GGUT 110, OTT 80 and GGT 55

UTTENDORF - WEISSEE

Talstation Weissee Gletscherwelt (Enzingerboden):

Fr. 08.00: Start GWT 35 // **Sa. 05.00:** Start OTT 80
Berghotel Rudolfshütte: Fr. 08.45 - 11.00: Passage GWT 35 (Cable car opens at 08.00),
Sa. 02.00 - 08.00: Passage GGUT 110, OTT 80



Kaprun is the ideal start and finish for this challenge. Already in the past century our municipality has been the starting point for various challenging tours towards and up Großglockner. We wish all runners remaining impressions and a safe return in this unique event.



Manfred Gassner, Bürgermeister Kaprun



The Grossglockner ULTRA-TRAIL® in Zell am See-Kaprun is already an established major event in the region and is one of the highlights of the annual event calendar. We look forward to welcoming more than 1500 runners from more than 40 nations on one of the most beautiful trails in Europe this year. Many thanks to Hubert Resch and his team for this unique event. I wish all participants a lot of fun on the trails, which is particularly characterized by the many meters in climb, but also by the beauty of the region. All the best!

Mag. Renate Ecker, Managing Director Zell am See-Kaprun Tourismus GmbH



Toll Station Ferleiten
Sa. 09.30 - 23.00:
GGUT km 89 / OTT
km 62 / GGT km 34

Access road is free of charge until
hotspot. Further travel to Gross-
glockner via Grossglockner Hochal-
penstraße from 05.00 - 21.30 (toll
road /Infos: www.grossglockner.at)

Gemeindeamt Fusch
at the Glocknerstrasse
Sa. 10.00 - 24.00:
GGUT km 95 / OTT km 68 /
GGT km 40

Start/Finish Kaprun Maiskogel parking
Fr. 11.30 - 19.00: Finish GWT 35
Fr 22.00: Start GGUT 110
Sa. 11.30 - Sun. 04.00:
Finish GGUT 110, OTT 80. GGT 55

Kapruner Hochgebirgsstausee
Fr. 10.00 - 14.30: GWT km 19
Sa 00.00 - 03.00: GGUT km 18

Transport bus & with cable car from "Kesselfall
Alpenhaus" (8 AM - 5 PM). You find vouchers
for reduced tickets from our partner Verbund
Tourismus in your starter pack. No access by bus
to the supply station GGUT 110.

The GGUT is an asset and major event for Kals am Großglockner and East Tyrol and the sportive highlight of the year. Together with our partners and local organisations we are happy to offer our competence in mountaineering. As a participant it was a challenge, but most of all a great pleasure to be a part of this event.

Martin Gratz, Vice Mayor Kals am Großglockner



I am very happy that the GGUT could motivate so many runners last year which will hopefully continue this year with even more possibilities. I was really impressed by the athletes' strong performances and I am certain that the Großglockner with its beautiful landscape of the Nationalpark Hohe Tauern will fascinate the participants as well as ease their strains.

Franz Theurl, Chairman Tourist Association Osttirol



**Kaiser Tauernhaus (1755 m)
Berger Alm (1640 m)**
Sa. 03.30 - 10.30
GGUT km 43 / 46
OTT km 18 / 21

Access via Kals to Vitalhotel
Taurerwirt, Ascent about 1 - 2 h

Taurerwirt
Sa. 03.40 - 11.00
GGUT km 47
OTT km 22

Access via Kals am
Großglockner

Lucknerhütte /-haus
(2241 m / 1912 m)
Sa. 6.00 - 15.00
GGUT km 60 / OTT km 35
GGT km 8

Access via Kals, Kalser Glockner-
straße to Lucknerhaus (Toll road),
Ascent Lucknerhütte about 30 min.

Musikpavillon Kals
Start GGUT 110 I 2,
Runner 2 (Sa. 05.45),
Start GGT (Sa. 06.00)
Sa. 04.00 - 11.30
GGUT km 49
OTT km 24

Salmhütte (2644 m)
Sa. 07.00 - 16.00 Uhr
GGUT km 65 / OTT km 39
GGT km 12

Access via Kals to Lucknerhaus (Toll
road EUR), Ascent to Lucknerhaus
about 2 - 3 hours

Glocknerhaus (2132 m)
Sa. 08.00 - 18.00
GGUT km 73 / OTT km 46 /
GGT km 18

Access Großglockner Hochalpenstraße
(www.grossglockner.at) via Fusch or Heiligen-
blut 05.00 - 21.30 (Toll road)

Rudolfshütte in Weissee Gletscherwelt, Uttendorf is an ideal starting point for the Gletscherwelt Trail. Here, trailrunning is especially close to nature, as we are surrounded by several peaks higher than 3000m. At the same time, the terrain is technically demanding. I wish all participants an impressive nature experience, lots of success and a safe return!



Hannes Lerchbaumer, Mayor Gemeinde Uttendorf



Uttendorf with the Weissee area at 2.315 m, embedded in the Nationalpark Hohe Tauern, is pleased to be an important part of the GGUT. The mastering of enormous physical challenges in a breathtaking natural surrounding with all its facets, will make this event unforgettable to participants. We wish all participants and the organisation team of the GGUT good luck and success and we are looking forward to seeing you in Uttendorf-Weissee, Nationalpark Hohe Tauern.

Lara Mayer, Tourist Association Uttendorf/Weißsee



Kapruner Törl (2639 m)
GWT km 12, GGUT km 25

- Take cable car or hike from Enzingerboden and take the "Austriaweg" to Kapruner Törl (ca 3 h),
- walk down to supply station Kapruner Hochgebirgsstauseen possible (ca 2 – 3 h), transport back from Hochgebirgsstauseen possible (see chart Kaprun)
- then transport down to Kaprun (see map Kaprun)

Enzingerboden / cable car ground station Weissee Gletscherwelt

Fr. 08.00: Start GWT
(cable car opens at 08.00)
Sa. 05.00: Start OTT

Berghotel Rudolfshütte (2.315 m)
Fr. 09.00 - 11.00: GWT km 6
Sa. 02.00 - 09.00: GGUT km 30 und OTT km 6

Access by car via Uttendorf direction Weissee Gletscherwelt / Enzingerboden until parking. Then take cable car www.gletscherwelt-weissee.at (Fr. cable car starts at 08.00).
€ 5 voucher for using the cable car Weissee Gletscherwelt (Voucher in your starter pack).





Malene Blikken Haukoy

NOR // DYNAFIT // 55*



Rosanna Buchauer

AUT // DYNAFIT // 55*



Pau Capell

ESP // The North Face // 55*



Sebastian Krogvig

NOR // Dynafit // 110*



Hannes Namberger

GER // DYNAFIT // 55*



Andre Purschke

AUT // DYNAFIT // 35*



Eli Anne Dvergsdal

NOR // DYNAFIT // 35*



Anita Eckerstorfer

AUT // Salomon // 110/2*



Gerald Fister

AUT // Salomon // 110*



Florian Reichert

GER // Arc'teryx // 55*



Andreas Reiterer

ITA // La Sportiva // 55*



Galen Reynolds

SVN // Montane/COROS // 55*



Florian Grasel

AUT // BoaRunningTeam // 110*



Ida Sophie Hegemann

GER // The North Face // 55*



Jakob Herrmann

GER // DYNAFIT // 55*



Lukas Sörgel

GER // Salomon // 55*



Eva Sperger

GER // Salomon // 55*



Markus Stock

AUT // DYNAFIT // 80*



Johanna Hiemer

AUT // Dynafit // 35*



Daniel Jung

ITA // Gore // 110*



Sandra Koblmüller

AUT // Salomon // 35*



Tom Wagner

GER // Salomon // 110*

SAFETY

AN EXTRAORDINARY RACE



Grossglockner ULTRA-TRAIL®, in particular GGUT 110, is neither a marathon nor an average trail. GGUT 110 mainly runs over 2,000 m altitude, with four passages above 2,500 m. Even the best athlete can have an accident in the middle of the night, in cold, snowy or rainy conditions. Adverse circumstances might have you wait longer for help than expected. Your personal safety therefore might also depend on the quality of your personal equipment.

EQUIPMENT

Therefore, **mandatory equipment is minimal equipment!** Every participant has to adjust this to his or her personal needs. It is most important not to pack as light as possible (just to save a few grams), instead choose gear which best protects you against the cold, windy and snowy alpine conditions which might occur.

WEATHER AND ENVIRONMENTAL CONDITIONS

Weather changes and bad weather have to be expected at any time. Please keep in mind that due to the terrain the organiser only has limited possible ways of reacting. The organiser is going to take all decisions carefully after having examined and considered the facts. In case of doubt, decisions will be taken in favour of the safety of the participants. Especially we urge you to pay attention to:

- **Prevention against extreme cold, but also hot conditions (sun protection!)**

- **Never stop at a point in very high altitude**
- **Not to wait until you shiver before you put on more clothes**
- **Not to change clothes in strong windy conditions: try to do so before, or go a bit further until you reach some kind of shelter.**

ORIENTATION

Stay on the trails. If you lose the track, go back until you find the last sign.

POLES

Pay attention what you do with your poles (especially in the first part of the race, when the participants are closer together). Don't put your hands into the loops, because in case of a fall you will not be able to use your hands.

DO NOT OVERESTIMATE YOURSELF

All races are long races, which have to be prepared well. Especially GGUT 110 demands highest skills concerning physical and psychological fitness, technical skills and experience in high altitude mountain regions. If in doubt, we recommend to choose the shorter race or reconsider starting. Always run below your maximum limit (especially in the first part), so that enough energy remains in case of difficult situations, such as a sudden change of weather.

Fuel Right. Feel Great!®

Real endurance fuel—not candy since 1987

- Ohne Einfachzucker
- Ohne Künstliche Zusätze
- + Dafür sehr gut verträglich



hammernutrition.at



NUTRITION

The amount and quality of food and drink have to be adjusted to weather conditions and supplemented by regular intake of salt. Keep a balance between fast and slow consumption of sugar.

EXHAUSTION AND FATIGUE

At the supply stations in Kals and Rudolfshütte we have space for rests, where you can also take a nap. Never sleep anywhere alone on the trail, as it is dangerous. Exhaustion and lack of attention can lead to accidents.

Emergency - SOS:

EMERGENCY NUMBER

+43 680 215 22 63

(Emergency Number has to be saved in your mobile phone).

ALPINE EMERGENCY

(if your phone has no signal):

Remove SIM card and dial 112

A mobile phone with international connection as well as enough batter is part of your mandatory equipment.

ATTENTION: Never leave a participant in trouble alone!

VERGABERECHT NEU DENKEN

Wir denken Vergaberecht strategisch.

Das Vergaberecht ist die strategische Basis für Innovationen sowie der Wegbereiter für mehr Regionalität und echte Nachhaltigkeit.

www.schiefer.at

SCHIEFER
VERGABE · RECHT · ANWÄLTE

GGUT LIVE TV

EXPERIENCE THE GGUT LIVE



Experience the GGUT live, no matter if along the trail, at start or finish, home or somewhere else. That's how you get really close:

DATASPORT EVENT-APP

With this app you are always top-informed. Not only on the day of the competition with news about the event and results, but also during the week with our interviews, tips and tricks.

DATASPORT LIVE

DS Live is the real-time results and information service of Datasport on the internet, mobile phone, tablets or computers.

DATASPORT LIVE GOLD

There is no better way of reaching your personal best, than the cheering of your family and friends. Thanks to DS Live Gold you can be sure that they are there for you when you need them most, for example in the most difficult parts of the race. With DS Live Gold you can follow the race live everywhere.

DS Live Gold offers live tracking on a map, statistics, race forecasts and a personal competition site (you receive a link which you can share with your friends and supporters). You can book this service at Datasport for a small fee.

GGUT STUDIO

More than 30 hours of GGUT live on www.ggut.live and Facebook

If you are not able to join, GGUT comes home to you.

With our „GGUT Studio“ you get the goose-bumps via our live stream. Regular race updates, impressions from the finish line as well as top-stories concerning Austria's greatest trail event. Among others, 2 camera teams and the top runner Philipp Reiter will be live on track, posting videos of the race and its hotspots. Our moderator Uwe Holli will keep you updated 30 hours non-stop directly from the start and finish area.

Become a fan of GGUT on Facebook and don't miss out anything!

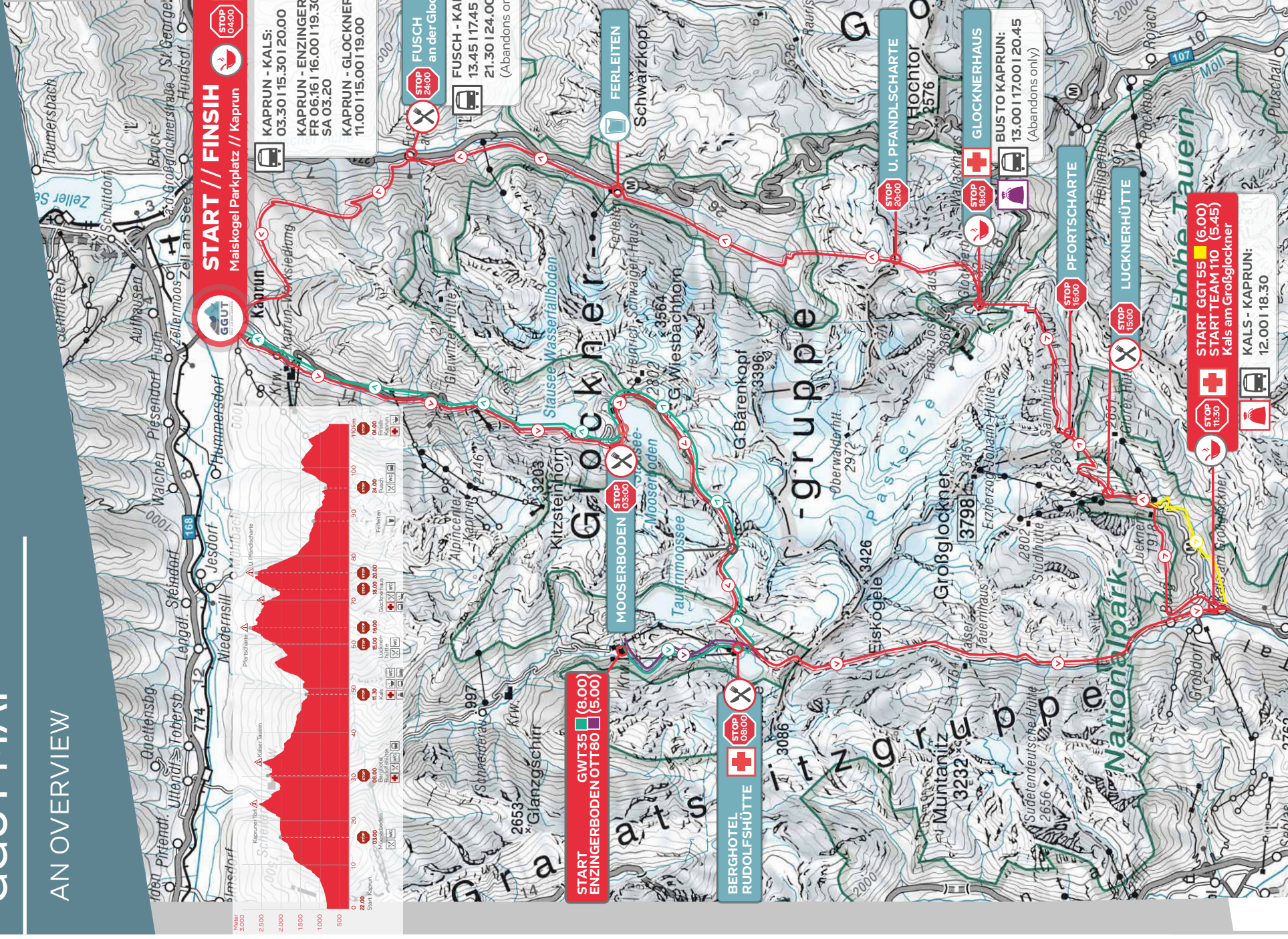
 www.facebook.com/GROSSGLOCKNERUT/



Moderator Uwe Holli

GGUT MAP

AN OVERVIEW





**BIKE
THE
PEAK**

Bezwinge den höchsten
Berg Österreichs

25. GLOCKNERKÖNIG 5. JUNI 2022

Am Sonntag, den 5. Juni 2022 ist es endlich wieder so weit: DAS Radrennen auf den höchsten Berg Österreichs, den **Großglockner**, findet statt. Tausende Radsportler stellen sich der Herausforderung der Großglockner Hochalpenstraße: gut 27km Länge, 12% Steigung und dem Ziel auf 1.694m Seehöhe.

Mehr Informationen auf
www.glocknerkoenig.com

**27,3 Kilometer
1.695 Höhenmeter
& bestes Panorama**

#glocknerkoenig

GOODIES & BENEFITS

BACKPACK, TAUERN SPA, DROP BAGS, FINISHER-MEDALS



DROP- BAGS (35 L)

Drop-Bags (35 L): Drop-Bags are available for all participants on GGUT 110, 110 I 2, OTT 80 and GGT 55.

GGUT 110: Your bag will be carried from Kaprun to Kals and back. Delivery is Friday from 8 p.m. to 9.30 p.m. Maiskogelbahn, Kaprun. Return of bags is at Maiskogelbahn in Kaprun from 6 p.m. on.

OTT 80: Your bag will be carried from Kaprun to Glocknerhaus and back. Delivery is Friday from 8 p.m. to 9.30 p.m. at the Maiskogelbahn in Kaprun.

GGT 55: Your bag will be brought from Kals to Kaprun. Delivery is Saturday 5 a.m. to 5.45 a.m. at the start in Kals. Return of bags is at the Maiskogelbahn in Kaprun from 12.00 p.m. (noon) on.

There will be lockers (e.g. for valuables) at the start-finish area in Kaprun.



DYNAFIT DUFFLE BAG

All runners get a DYNAFIT Duffle Bag as a starter present at the bib distribution



BERGHOTEL RUDOLFSHÜTTE UTTENDORF-WEISSEE

Transport with the cable car is free for all runner with bib. For your fans, you will find a € 5,- voucher for the cable car tickets in your starter pack.



TAUERN SPA

50 % discount for every runner on an entry in the spa (for 30.07., 31.07. and 01.08.2021).

Additional info: Limited entry - „FIRST COME, FIRST SERVE“



KAPRUNER HOCH- GEBIRGS-STAUSEEN

Free transport to Kapruner Stausee.
(Voucher in your starter pack)



FINISHER MEDALS

As your memory about of this epic adventure, all finishers receive specially designed Grossglockner Medals.



GROSSGLOCKNER ULTRA-TRAIL®

ONE OF THE HARDEST ULTRA TRAILS. AROUND GROSSGLOCKNER - THE HIGHEST PEAK IN AUSTRIA. // GGUT 110 110 KM / 6.500 HM

ENJOY THE ADVENTURE OF GGUT 110 IN A 2 FRIENDS TEAM RELAY
GGUT 110|2 60 KM / 4.500HM + 50 KM / 2.500 HM

GROSSGLOCKNER ULTRA-TRAIL®

110 km / 6.500 hm

START: Friday 22.00,
Maiskogel parking, Kaprun

FINISH: Maiskogel parking, Kaprun

GGUT TEAMBEWERB 110 | 2

48 km / 2.700 hm + 62 km / 3.800 hm

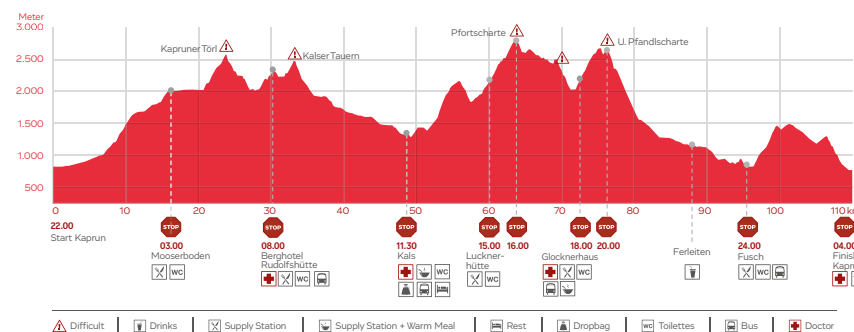
START RUNNER 1:
Friday 22.00,
Maiskogel parking, Kaprun

START RUNNER 2:
Saturday 5.45,
Kals am Großglockner

FINISH: Maiskogel parking, Kaprun

Grossglockner ULTRA-TRAIL® 110 (GGUT) mainly follows the trails of the so-called „Glocknerrunde“ around Austria's highest mountain, the Großglockner (3.798 m). GGUT is an extremely challenging and difficult trail running competition, leading mostly through difficult alpine territory mostly higher than 2.000 m, 1 time higher than 2.800 m and 3 times higher than 2.500 m. Expect 2 - 4 larger snow fields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) and the night make the race even harder.

The hardest parts will be the trails up to and down the high mountain passes: Kapruner Törl (2.639 m), Kalser Tauern (2.518 m), Pfortscharte (2.828 m) and Untere Pfandscharte (2.663 m).



OSTTIROL TRAIL

THROUGH THE MOST SCENIC PARTS OF THE
GLOCKNER REGION // OTT 80 84 KM / 5.000 HM



FACTS

84 km / 5.000 hm

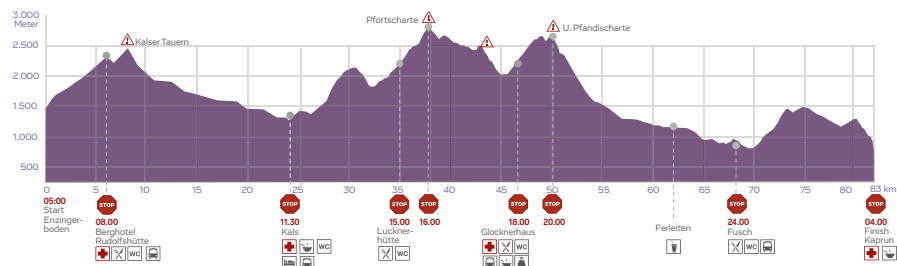
START: Saturday 05.00
Enzinger Boden – Ground Station
Weissee-Gletscherwelt

FINISH: Maiskogel parking, Kaprun



Osttirol Trail (OTT 80) is a challenging trail running competition, leading mostly through difficult alpine territory, one time higher than 2,800 m and 2 times higher than 2,500 resp. 2,600 m. Expect 3 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (90 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: Kalser Tauern (2,515 m), Pfortscharte (2,838 m), Stockerscharte (2,465 m) and Untere Pfandscharte (2,663 m)



Difficult | Drinks | Supply Station | Supply Station + Warm Meal | Dropbag | Toilettas | Bus | Doctor

GROSSGLOCKNER TRAIL

THE CLASSIC RACE ALONG THE GROSSGLOCKNER
GGT 55 57 KM / 3.500 HM



FACTS

57 km / 3.500 hm

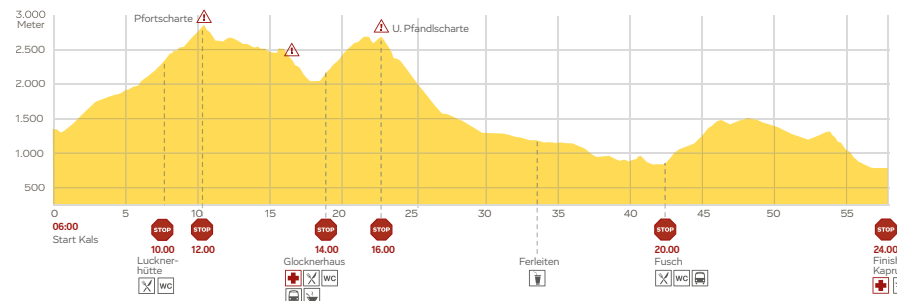
START: Saturday 06.00
Musikpavillon,
Kals am Großglockner

ZIEL: Maiskogel parking, Kaprun



Grossglockner Trail (GGT 55) is a challenging trail running competition, leading mostly through difficult alpine territory, 2 passages higher than 2,600 m and 2.800m. Expect 2 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: Pfortscharte (2,838 m) and Untere Pfandscharte (2,663 m).



Difficult | Drinks | Supply Station | Supply Station + Warm Meal | Dropbag | Toilettas | Bus | Doctor

Jetzt
-100%*
*Alkohol

NEU



BRAUKUNST AUF HÖCHSTER STUFE.

WEISSEE GLETSCHERWELT TRAIL YOUR ENTRY INTO THE WORLD OF GGUT

GWT 35 35 KM / 1.500 HM



FACTS

35 km / 1.500 hm

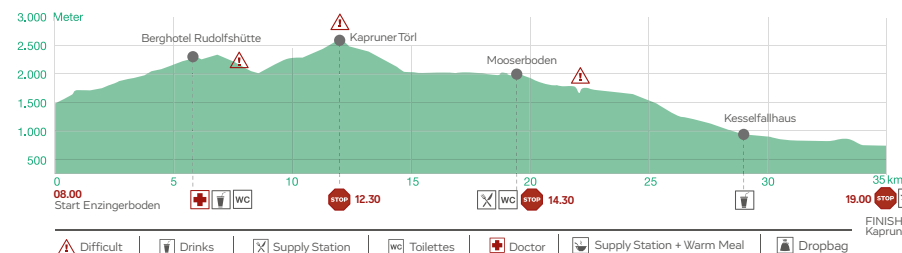
START: Friday 08.00

Enzinger Boden, Ground station
Weissee-Gletscherwelt

ZIEL: Maiskogel parking, Kaprun

Weissee Gletscherwelt Trail (GWT 35) is a trail running competition, leading mostly through difficult alpine territory, with one passage higher than 2,600 m. Expect one larger snow field to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

The hardest parts will be the trails down from Rudolfshütte, up to and down Kapruner Törl (2,639 m) as well as (partwise) down from the Kapruner Hochgebirgsstauseen.





DNA TANK W
€ 65,00



DNA WIND JACKET W
€ 130,00



**GRAPHIC
PERFORMANCE
HEADBAND**
€ 20,00



**DNA 2IN1
SPLIT SHORTS W**
€ 100,00



**VERT 6 DNA
BACKPACK**
€ 80,00



ALPINE DNA W
€ 165,00



ULTRA CUSHION SOCKS
€ 18,00



DNA TANK M
€ 65,00



DNA WIND JACKET M
€ 130,00



GRAPHIC PERFORMANCE HEADBAND
€ 20,00



DNA 2IN1 SPLIT SHORTS M
€ 100,00



VERT 6 DNA BACKPACK
€ 80,00



ALPINE DNA
€ 165,00



ALPINE SHORT SOCKS
€ 15,00



GGUT EXPO: OPENING HOURS

JULY 29TH 2021

14.00 - 19.00

JULY 30TH 2021

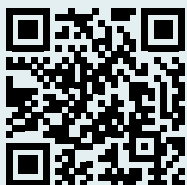
10.00 - 20.00

Get your brandnew DYNAFIT GLOCKNER OUTFIT as well as other great GGUT merchandise products and selected items

from the DYNAFIT collection at the GGUT EXPO or at our GGUT webshop

WWW.ULTRATRAIL-SHOP.AT

BUY NOW & GET THE BEST DEALS!



GGUT SHIRT

COTTON: 25,- EURO



GGUT ALPINE 2IN1 SHORTS MEN

THE ALPINE PRO 2IN1 SHORTS ARE A LIGHT, COMFORTABLE TRAIL RUNNING SHORT.

PRICE: € 80,- EURO



GGUT ALPINE SHORTS WOMEN

THESE ALPINE SHORTS PERFORM WELL AS CLASSIC RUNNING SHORTS WITHOUT ALL THE FRILLS. AT ONLY 54 GRAMS, THESE SHORTS WITH A RELAXED FIT ARE THE LIGHTEST SHORTS IN THE COLLECTION. **PRICE: € 60,- EURO**



GGUT VIND VEST

EXTREMELY LIGHTWEIGHT: WEIGHT AND PACKSIZE ARE SO MINIMAL THAT YOU HARDLY KNOW YOU HAVE THE JACKET WITH YOU. INTEGRATED VENTILATION ZONES ENSURE EXTRA AIR CIRCULATION FOR BEST COMFORT. THE VEST PROTECTS RELIABLY FROM INCREASING WINDS IN THE MOUNTAINS AND IS ALSO WATER RESISTANT. REFLEKTIVITY ENSURES INCREASED SAFETY.

PRICE: 100,- EURO

GGUT CAP

CLASSIC FLAT BRIM TRUCKER CAP WITH THE DYNAFIT LOGO PRINT.

MATERIAL:

DURASTRETCH ACTIVE NYLON LITE 145

PRICE: 30,- EURO



GGUT GYMBAG

PRICE: 10,- EURO

JULBO ULTIMATE

PUSHING THE LIMIT



Mit dem stromlinienförmigen Design seiner ULTIMATE sorgt Julbo erneut für bisher unerreichte Leistungsmerkmale. Jede Linie und jedes Detail ihrer geometrischen Form dienen dem alleinigen Zweck, Ihnen ein Maximum an Bewegungsfreiheit zu schenken. Die neuen CustomFIT Bügel, die eine präzise, unveränderliche Anpassung ermöglichen, in Verbindung mit der Grip Tech Struktur gewährleisten einen sicheren Halt bei ausgesprochen leichtem Gewicht. Die mit 3D-Nasensteg ausgestattete Brille sitzt auch bei körperlicher Anstrengung immer perfekt, egal ob sie mit oder ohne Helm getragen wird. Ihren aggressiven Look hat sie ihrer Panoramascheibe zu verdanken, dem Inbegriff von Schutz und Sehkomfort dank ihrem selbsttönenden REACTIV Photochromic Glas. Jetzt ist es an Ihnen, Ihre Leistungsgrenzen neu zu definieren!



ULTIMATE

27^{G.}

3D FIT NOSE

REACTIV
PHOTOCHROMIC

PANORAMIC
SCREEN

GRIP TECH

FULL
VENTING

NEUER BÜGEL CUSTOM FIT



PUSHING
THE LIMITS*

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Xavier Thévenard

Julbo

Raiffeisen
Meine Bank



NÄHE IST EIN TEIL VON UNS.

Wir sind für Sie da! Als Teil der jeweiligen Region mit den meisten Bankstellen im Land. Und als Bank, die 24 Stunden 7 Tage die Woche digital verfügbar ist. Mit Mein ELBA – Österreichs persönlichstem Finanzportal mit direktem Draht zu Ihrem Raiffeisenberater. Und darüber hinaus mit den innovativen Mobile Payment Lösungen, die Bezahlen gerade heute so einfach und sicher wie nie zuvor machen. Mein Banking. So digital, wie ich will. So persönlich, wie ich es brauche.

raiffeisen-tirol.at

HOTEL - GASTHOF



Wer jemals die Großglockner Hochalpenstraße bezwungen hat, der kennt auch den „Lukashansl“ in Bruck. Ein Haus, das allen Reisenden im Gedächtnis bleibt. Und jene, die hier eine Pause eingelegt haben, verweilen gerne immer wieder im behaglichen Schoß eines angestammten Gast-Hauses. Denn Gastfreundschaft bestimmt im Hotel Lukashansl in Bruck an der Großglocknerstraße den Ton.

Tradition trifft Moderne

Die Räumlichkeiten zeichnen sich durch stilechte Einrichtung aus, die Küche gefällt dem Gast durch ihre herzhafte, einheimische Kost und alle Mitarbeiter tragen bei, durch guten Service eine angenehme Atmosphäre zu schaffen. So verbindet sich die jahrhundertealte Tradition mit den Merkmalen eines modernen und aufgeschlossenen Hotels, das allen zeitgemäßen Komfort in gemütlichen, barrierefreien Zimmern bietet.

Hotel Gasthof Lukashansl
A-5671 Bruck a.d. Glstr.
Salzburgerstrasse 1

+43 6545 7458 • info@lukashansl.at

GASTHOF EDELWEISSPITZE ***

FUSCH



MIT DEM MOTORRAD DEN GROSSGLOCKNER EROBERN!

Die Edelweisspitze ist der höchste befahrbare Punkt der Großglockner Hochalpenstraße. Hoch oben auf 2.571 m befindet sich die Edelweißhütte, unser Berggasthof.

Hier verwöhnen wir mit kulinarischen Schmankerln aus der Region bei großartiger Aussicht auf 37 Dreitausender und 19 Gletscher. In unseren Zimmern am Großglockner, der Berghütte oder dem Edelweiß-Chalet finden Sie wohligen Schlaf und Entspannung – **gerne auch als Zwischenstopp für eine Nacht.**

Unsere Besucher auf 2 Rädern freuen sich auf spezielle Angebote und **Unterstützung bei kleinen Reparaturen.** Ebenfalls laden wir Sie herzlich in unser **Restaurant** an der Großglocknerstraße ein.

Freuen Sie sich auf herzhafte, regionale Küche in unserem gemütlichen Gastzimmer sowie auf der prächtigen **Sonnenterrasse mit Fernblick** auf das atemberaubend schöne Bergpanorama der Großglocknerwelt.

HIGHLIGHTS

- Top of Bruck, Fusch
- Berggasthof mit Sonnenterrasse
- täglich geöffnet
- Unterstützung bei kleinen Reparaturen
- Zimmer, Blockhütte & Chalet



IHRE GASTGEBER:
FAMILIE LEDERER

GASTHOF EDELWEISSPITZE ***
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