



FAQs – the most important questions and answers about the 3rd Walk the Lake (8,5 km | 14 km | 18,5 km | 27 km) Saturday, 19th October, 2024 at Restaurant Brunnwind, St. Gilgen One Start at 9.00 a.m. www.wolfgangseelauf.at

Dear walker!

Welcome to the 3rd Walk the Lake 2024!

We have summarised the most important information for you below:

Our motto 2024: Enjoy the landscape and nature together with friends and arrive back in St. Gilgen relaxed!

Participation: Possible with or without walking sticks.

Parking: At the entrance via St. Gilgen Süd: Excelsior car park, Ischlerstraße, 5340 St. Gilgen (signposted footpath via Lienbacherweg). Other entrances to car park Mondseestraße 19, 5340 St. Gilgen (daily fee € 4.50 each).

Registration office, WC, start and finish: Restaurant Brunnwind St. Gilgen, Mondseestraße 12. Please, do not leave any valuables behind.

Women's changing room/shower/WC: Rowing Club (Mondseestraße 14).

Men's changing room/shower/WC: Restaurant Brunnwind (Mondseestraße 12).

Race number collection and T-shirt distribution: Saturday, 19 October 2024, 7.30–8.30 a.m., Brunnwind St. Gilgen.

Start list: Check the start list. Input errors (e.g. wrong name) can still be corrected.

For your personal safety: Fill in the medical passport on the back of the start number before the race!

2024 again: Due to the very good response, there are again four suitable distances to choose from:

8.5 km: Brunnwind St. Gilgen – St. Wolfgang municipal office) | 14 km: Brunnwind St. Gilgen – TVB Strobl.

18.5 km: Brunnwind St. Gilgen – Gschwendt boat station | 27 km: Brunnwind St. Gilgen – Brunnwind St. Gilgen.

Special service for 8.5 km | 14 km | 18.5 km: Timekeeping boxes are installed at the finishes of these three shorter distances (also split times). All athletes who finish their race in St. Wolfgang, Strobl or Gschwendt, can travel back to St. Gilgen on the WolfgangseeSchiffahrt free of charge on presentation of their start number.

Further comprehensive services:

+ **Starter bag with:** Gatorade sports drink, Recheis pasta, Sven Jack bar, Dr. Böhm magnesium effervescent tablet, postcard, Pasta voucher for Griaß Eich!, Wolfgangseelauf magazine. **At the finish:** finisher medal, Gasteiner mineral water, biscuits.

+ Timekeeping for personal check incl. alphabetical listing (also in the results list).

+ Personalised certificate: Free download and printout via www.wolfgangseelauf.at

Simply click on the certificate symbol on the far left side of the results list next to your name, download and print.

Timing: Pentek-timing – two foam-protected UHF chips on the back of your race number.

The number (incl. timing chips on the back) must be worn on the outermost layer of clothing!

Do not bend the number! Do not remove the foam! Without a number the alphabetical listing is not possible.

Start: One mass start at 9.00 a.m. Participants must be behind the start line by 8.55 a.m. at the latest.

Clockwise direction: Brunnwind St. Gilgen – Fürberg – Falkenstein – St. Wolfgang – Strobl – Gschwendt – St. Gilgen.

Signposting: Blue A5 signs 'Walk the Lake' incl. left, right and straight ahead arrows.

Important: There are no refreshment stops. The route is not closed to traffic – the road traffic regulations must be observed.

Tip: Take a relaxed walk and visit the inns and cafés along the route. With the Falkenstein the most challenging section after just a few kilometres (220 metres of ascent and descent).

Exhausted or injured? If it's too far, or in the case of minor injuries, please present your start number at the Wolfgangsee-Schiffahrt and return to St. Gilgen free of charge. For more serious injuries, please contact the Red Cross on 144.

Spectator service: With the WolfgangseeSchiffahrt, the walkers can be accompanied and cheered on by boat.

Finish: 5.00 p.m. at the Brunnwind restaurant in St. Gilgen.

Invitation: Visit on Saturday, 19th October 2024 from 18.00–20.30 'Griaß Eich!' in the Pacher-Haus St. Wolfgang.

All results are available online at www.wolfgangseelauf.at

Note: Please adhere to all specifications! Changes are possible at any time, even in the last days before the walk.

Thank you very much for your participation!

We look forward to seeing you again from 17th–19th October 2025 at the 53rd Int. Wolfgangseelauf (Charity Run | Walk the Lake | Junior Marathon | 5.2 km | 10 km | 27 km | 42.2 km)

TVB St. Gilgen – OK International Race Committee – Wolfgangsee tourism

Tel.: +43 6227 / 23 48, www.wolfgangseelauf.at, www.wolfgangsee.at

Pläne – maps 2024

St. Gilgen

- 1 **Parkplatz Excelsior:** Parkplatz 1 bei Walk the Lake (Sa) – Zufahrt via St. Gilgen-Süd
- 2 **Parkplatz Mondseestraße:** Parkplatz 2 bei Walk the Lake (Sa)
- 3 **Lokal Brunnwind bei Walk the Lake (Sa):** Meldestelle, Start und Ziel, Herren-Umkleide, Herren-Dusche, WC
- 4 **Ruderclub bei Walk the Lake (Sa):** Damen-Umkleide, Damen-Dusche
- 5 **International School:** Live-Musik (So)
- 6 **Mozarthaus:** Labestelle (So)
- 7 **Seepark:** Laufmoderation (Sonntag)
- 8 **Schiffsstation St. Gilgen:** Anlegestelle für retourfahrende Walker (Samstag)



Streckenplan | Route map Walk the Lake 2024



Schiffsfahrplan Samstag, 19. 10. 2024 | Boat schedule, Saturday, 19th October 2024 Mit dem Schiff retour nach St. Gilgen | by boat back to St. Gilgen

Liebe Walker!

Der Organisationsteam bietet allen Walkern in Kooperation mit der WolfgangseeSchiffahrt am Samstag, dem 19. Oktober 2024 ein spezielles Service: Alle Walkerinnen und Walker die ihren Bewerb in St. Wolfgang, Strobl oder Gschwendt beenden, können nach Vorweis der Startnummer mit dem Schiff eine malerische Fahrt genießen und einfach und kostenlos nach St. Gilgen retour fahren. Dafür gilt der folgende Fahrplan.

Dear walker!

In cooperation with the Lake Wolfgangsee Boat Company, a special service is offered on the 19th October 2024 for the participants of „Walk the Lake“. All participants, who finish the walk in St. Wolfgang, Strobl or Gschwendt can return for free (show your start number) for a picturesque and relaxing boat trip to St. Gilgen. The following timetable applies.



Strobl		08.45	09.25	10.25	11.25	12.25	13.25	14.25	15.25	16.25
Gschwendt Parkplatz		09.00	09.40	10.40	11.40	12.40	13.40	14.40	15.40	16.40
Schafbergbahn		09.10	09.55	10.55						
St. Wolfgang Markt		09.18	10.05	11.05	12.00	13.00	14.00	15.00	16.00	17.00
SchafbergBahn	08.30				12.08	13.08	14.08	15.08	16.08	17.08
Ried-Falkenstein		09.32	10.20	11.20	12.20	13.20	14.20	15.20	16.20	17.20
Fürberg		09.47	10.37	11.37	12.37	13.37	14.37	15.37	16.37	17.37
St. Gilgen	08.55	09.55	10.45	11.45	12.45	13.45	14.45	15.45	16.45	17.45