

### COURSE GUIDE mozart 100

mozart Ultra <sup>1)</sup>, mozart Marathon <sup>2)</sup>, mozart Light <sup>3)</sup>, mozart Half Marathon <sup>4)</sup>

mozart 100 and mozart Ultra start in the heart of the historical center of Salzburg, on the Kapitelplatz Square next to Salzburg Cathedral and at the foot of the Hohensalzburg Castle. From here, the course runs four kilometres flat and on paved surface towards south through the Hellbrunn Alley to the Wilhelm-Kaufmann-Steg across the Salzach River to Elsbethen.



Start mozart 100

At KM 7 you reach the Glasenbach Gorge, which is the first scenic highlight and leads slightly uphill on a beautiful trail over 220 meters of elevation. After this first considerable ascending slope you reach

#### ➔ Aid station 1 (Labestation 1) – Hinterwinkl, km 11

From here you follow the local road for 1,5 km, you will turn into a forest path which ascends to the Pechauer Scharte (mountain gap) and then leads downhill to the village of Ebenau.



Ascent Gitzenberg Mountain

From KM 16 the course winds on a single trail towards the unique Plötz Waterfall (KM 17,5) and proceeds over the Hinterschroffenau Landesstraße to a steep ascent up the Gitzenberg Mountain (810 meters of altitude). Having arrived on the top, you can relax a bit on the downhill path to the village of



Aid station Hinterwinkl

Hof-Lebach.

#### ➔ Aid station 2 (Labestation 2) – Hof-Lebach, km 21

After the Half Marathon distance, you continue east towards the Fuschlsee Lake. Athletes of the mozart 100 and mozart Ultra may will expect awesome views on the Fuschlsee Lake including two smaller, technically easy ascents.

From KM 25 onwards the course flattens and leads along the Fuschlsee-Rundweg (circular path around the Fuschlsee) at the lake until the village of Fuschl am See.



View over the Lake Fuschlsee

➔ **Aid station 3 (Labestation 3) – Fuschl, km 31**

Here athletes of mozart 100 have access to their drop bag which can be deposited at the start in Salzburg.

From Fuschl am See you run continuously uphill (300 meters of ascent) over magnificent hiking paths through forested areas to the romantic small Eibensee Lake; soon afterwards you reach the highest point until then (1.070 m).



Lake Eibensee

The descent takes you 400 meters downhill over narrow paths and trails, partly very steep, to the foot of the Plombergstein Mountain. A steep trail winds 150 meters uphill, which then takes you downhill and outbound on a fluently to run forest path to the small village of Winkl.

➔ **Aid Station 4 (Labestation 4) – Winkl, km 47**

You will be grateful if you have used your energy economically until here. A technically difficult single trail leads you through dense forests steep uphill to the Schafberg Mountain.



Ascent to Schafberg Alp

No worries, you don't need to climb the summit; after an ascent of 750 meters you reach the highest peak of mozart 100, the Schafbergalm (1.320m). Here, at KM 51, is a small aid station which offers water, bars and gels.



Schafberg Alp, 1.320 m

The trail downhill towards the village of Sankt Wolfgang - very rewarding with wonderful views to the Wolfgangsee Lake - has potential for fast and experienced downhill runners.

Just before the village of Sankt Wolfgang, the most eastern point of the mozart 100 is reached. You turn and continue on the north shore of the Wolfgangsee Lake, past the Falkensteinwand, to Fürberg, a charming little bay just before the village of Sankt Gilgen.



Fürberg at Lake Wolfgangsee

➔ **Aid station 5 (Labestation 5) – St. Gilgen, km 62**

Along the Fürberg hiking path, you run three kilometres flat until the village of St. Gilgen. Here you can look proudly up the Schafberg Mountain which you just have left behind you. The Zwölferhorn Mountain appears in the south, the next challenge for you to be mastered.



From the bottom station of the Zwölferhorn cable car, trails in a shady forest ascend 450 meters to the Sausteigalm at 1.100 meters above sea level.

Now the ascent to the summit of the Zwölferhorn Mountain, the highest peak of the mozart 100 at 1,520 metres above sea level, awaits you.



Sausteigalm with view over the Lake Wolfgangsee



The magnificent panoramic view rewards the efforts of the ascent and the photo at the summit cross will remind you of your great performance for a long time.

Now it's downhill to the west. After a short downhill run you will see the Arnikahütte (hut) at km 69, where the longed-for refreshment station awaits you. It is a "small" food station with water, bars and gels. Take some time for a rest and enjoy the beautiful alpine landscape in front of you. Now you start the downhill trail over forest paths and alpine pastures towards Tiefbrunnau. It goes passing the Lärchenhütte, from where it descends through small woods to the village of Kühlleiten. From there the route descends slightly on a paved path for 3 km to Fuschl am See, where you already crossed at km 31.

➔ **Aid station 6 (Labestation 6) – Fuschl, km 80**

Participants of the mozart 100 have again access to their drop bags. Shortly after the village of Fuschl you turn off onto the Fuschlsee-Rundweg, a lightly undulating single trail along the north bank. You pass the golf club Fuschl at the western bank, leave the lake behind you and after an ascent you reach the village of Hof and the aid station Hof-Lebach



Fuschlsee-Rundweg

➔ **Aid station 7 (Labestation 7) – Hof-Lebach, km 90**

After the ascent to the Gitzenberg Mountain, the following downhill trail and the village Hinterschroffenau, you will reach the viewpoint Watzmannblick at 757 meters in the part of the village Ebenau after another five kilometres. Now you run on pleasant cropped terrain into the extensive Koppler Moor (marsh) where you can enjoy another energy intake right after a short descent.



Koppler Moor

➔ **Aid station 8 (Labestation 8) – Koppl, km 101**

Now all reserves have to be mobilized again! The course continues through the forest uphill to the Nockstein Mountain - at 1.000 meters above sea level, the second last mountain of the race.



Panoramic view from the Nockstein Mountain to the City of Salzburg

After just over 200 meters of ascent, you can enjoy the great view down on the City of Salzburg and up to the Gaisberg Mountain. A technical trail, partly exposed and steep, at the foot of the Gaisberg Mountain winds downhill through the Nocksteinklamm Gorge, across to the Gersbergalm and the Kühberg downhill to Gnigl, a district of the City of Salzburg.

The end is near, but a final „ambush“ of the course is still ahead of you: the Kapuzinerberg Mountain, with 200 meters of ascent and more than 600 steps before you reach the “Franziski Schlössl” and the highest peak of that Salzburg city hill with its peak at 630

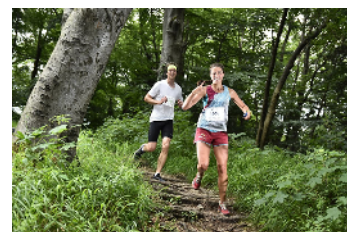


Franziski Schlössl at the Kapuzinerberg Mountain

meters above sea level. From now on it is all the way downhill, but beware of roots and stones when running downhill!



Downhill trail Nockstein



Trail downhill the Kapuzinerberg Mountain

You will forget the pain when you see the City of Salzburg and the Salzach River at your feet.



After the steep Imbergstiege you reach the Steingasse from where you cross the Salzach River over the Staatsbrücke Bridge before you get into the old town. You run through the famous as lively Getreidegasse, the Alter Markt Square, pass the Residenzplatz Square and the Domplatz Square until a proper reception for the heroes of the mozart 100 awaits you on the Kapitelplatz Square.



Here is the link to the 3D video of the mozart 100 course.

<https://www.relive.cc/view/r10002793943>

The small differences in the length of the course and its vertical meters result from different measurement systems.

#### **1) mozart Ultra**

The course is identical with the one of mozart 100 for the first 31 kilometres. The turning point of the mozart Ultra is at aid station 3 in Fuschl am See. From there you run on the northern side of the Fuschlsee Lake towards the city of Salzburg. Please continue to read the description at aid station 6 "Labestation 6" in the text above.

Here is the link to the 3D video of the mozart Ultra course.

<https://www.relive.cc/view/r10002783255>

The small differences in the length of the course and its vertical meters result from different measurement systems.

#### **2) mozart Marathon**

The competition starts in St. Gilgen, runs about 1.5 kilometres through the village, before a short and intensive ascent leads to the Weißwand. From there it goes right downhill to Laim and then uphill towards Mozartblick. The route leads over wonderful single trails, which offer a beautiful view of the Wolfgangsee again and again, in the direction of Ellmau. After about 8 kilometres you come to the course of the mozart 100 (km 77).

You have your first refreshment station in Fuschl at km 11. The route description for you continues at "aid station 6".

Here is the link to the 3D video of the mozart Marathon course.

<https://www.relive.cc/view/r10002793645>

The small differences in the length of the course and its vertical meters result from different measurement systems.

#### **3) mozart Light**

Your start is in Fuschl am See; the course description of this route starts at aid station 6 in the text above.

Here is the link to the 3D video of the mozart Light course.

<https://www.relive.cc/view/r10002793738>

The small differences in the length of the course and its vertical meters result from different measurement systems.

#### **4) mozart Half Marathon**

The start of mozart Half Marathon is in the village of Koppl; after approx. 3 kilometres you will join the course of the other competitions going back to Salzburg. The first and only aid station of mozart Half Marathon is at KM 11 (aid station 8) in Koppl. The course description for your competition starts at aid station 8 (Labestation 8).

Here is the link to the 3D video of the mozart Half Marathon course.

<https://www.relive.cc/view/r10002783242>

The small differences in the length of the course and its vertical meters result from different measurement systems.