

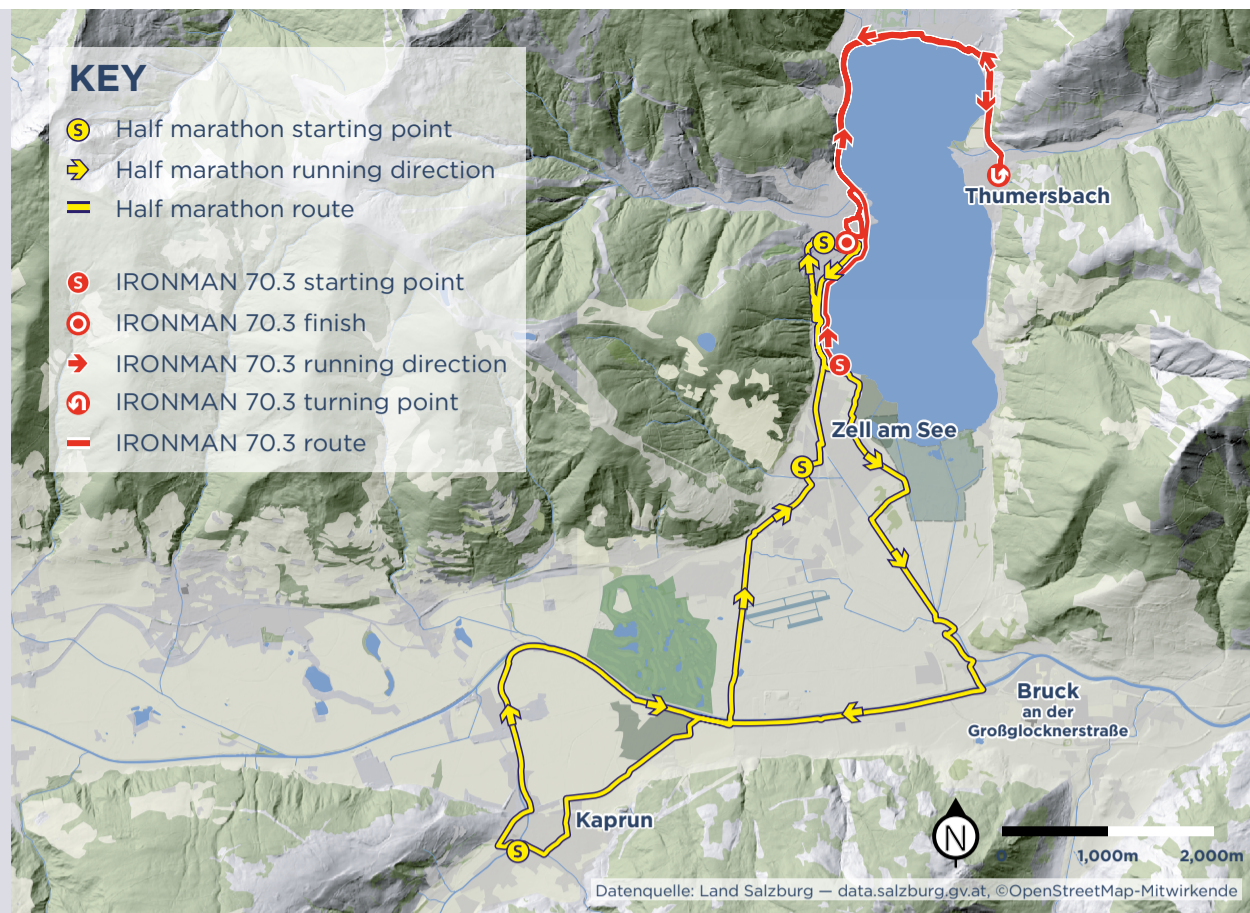
EVENT ROUTES

HALF MARATHON ZELL AM SEE-KAPRUN

The proposed half marathon route connects the two towns of Zell am See and Kaprun in a unique way and can be started from 3 different central starting points. Apart from short sections in the centre of the towns, you always run along pedestrian promenades or combined footpaths/bike lanes.



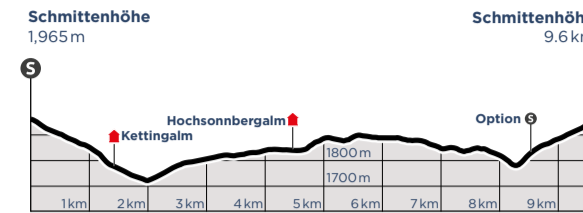
1.9 km of swimming in the crystal-clear Lake Zell, 90 km of cycling on the race bike, 21.1 km of running; these are the key data of the IRONMAN 70.3 in Zell am See-Kaprun. This IRONMAN event in SalzburgerLand in Austria is a top-class sports event: during the challenging triathlon, athletes from all over the world compete against each other, while accompanied by the incredibly beautiful natural backdrop of glacier, mountain and lake. This diversity is particularly evident in the cycling competition. The course leads right through the mountains, and has been voted Europe's third most beautiful IRONMAN course by the athletes.



SCHMITTENHÖHE

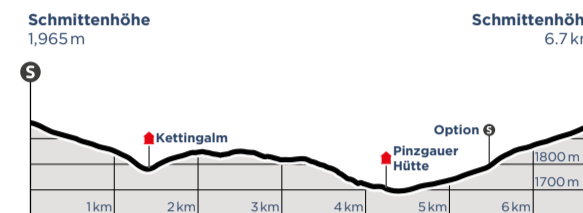
S1 Hochsonnbergalm Trail
↔ 9.6 km | ⚡ 397 m | 🏔️ 397 m

Here you can experience altitude training in its most beautiful form with the fantastic trails on the Schmittenhöhe!



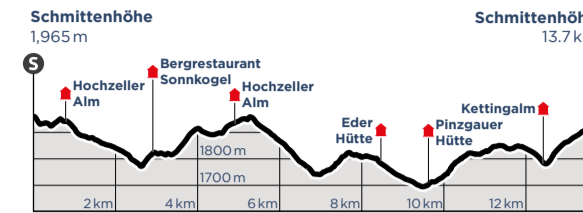
S2 Panorama Trail
↔ 6.7 km | ⚡ 355 m | 🏔️ 355 m

On sensational trails via Kettingalm, Kesselscharte and Pinzgauer Hütte, enjoying the impressive mountain scenery while running.



S3 Schmitten Trail
↔ 13.7 km | ⚡ 699 m | 🏔️ 699 m

Extensive trail circuit with a wide range of different sections on the High Altitude Promenade, and sensational view of Lake Zell.



Using the Schmittenhöhe cable car, the starting point Schmittenhöhe is easily reached from the valley, and start directly on one of the three routes. Afterwards, the panorama beckons to stay a while and relax above the rooftops of Zell am See. The operating times and tariffs of the cable cars are available on the website or on site.

www.schmitten.at

RUNNING MAP



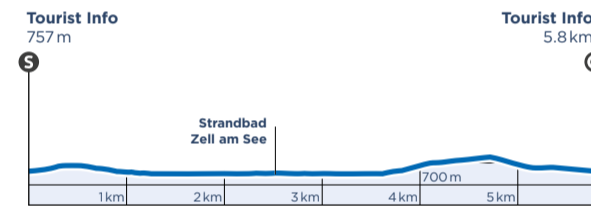
www.zellamsee-kaprun.com



ZELL AM SEE

01 Zell Promenade Run
↔ 5.8 km | ⚡ 118 m | 🏔️ 118 m

The leisurely and panoramic route leads counterclockwise along the spaciouly designed promenades around the entire town of Zell am See.



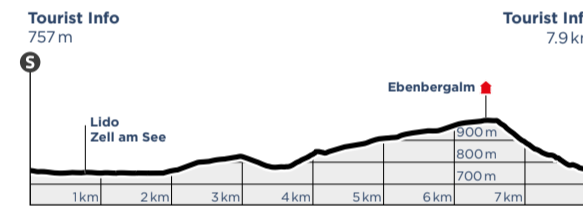
03 Lake Zell Tour
↔ 11.8 km | ⚡ 61 m | 🏔️ 61 m

This classic running route runs consistently along the water and leads clockwise around the entire Lake Zell.



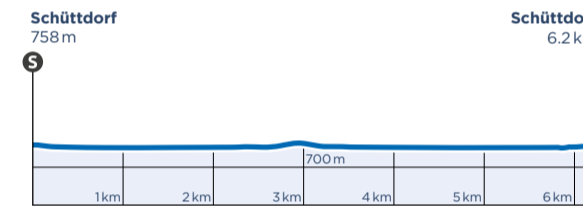
05 Zell Trail
↔ 7.9 km | ⚡ 307 m | 🏔️ 307 m

Challenging but very diverse run on which you get to know Zell am See and the surrounding area very well.



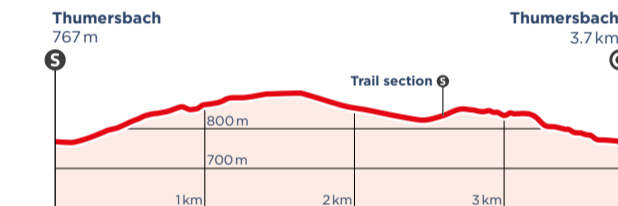
07 Porscheallee Run
↔ 6.2 km | ⚡ 29 m | 🏔️ 29 m

Absolutely flat and perfect route for running south of Lake Zell, ideal for tempo runs as well as very leisurely jogging.



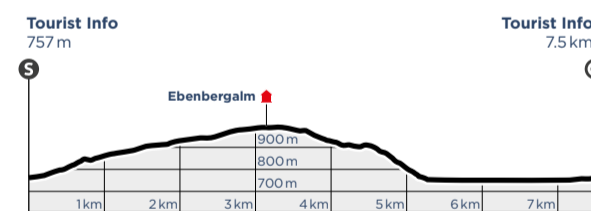
09 Thumersbach Tour
↔ 3.7 km | ⚡ 159 m | 🏔️ 159 m

Short but not entirely easy tour at the entrance to the Thumersbach Valley with a trail-running-focused second part in the forest area.



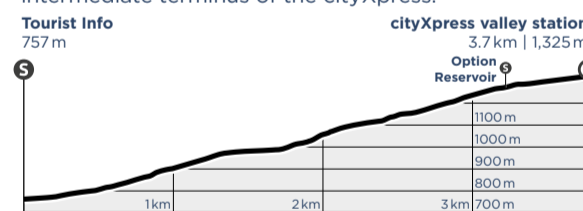
02 Schmitten-Ebenberg Trail
↔ 7.5 km | ⚡ 258 m | 🏔️ 258 m

Challenging run on beautiful forest trails through the woods southwest of Zell am See and uphill to the Gasthaus Ebenberg inn.



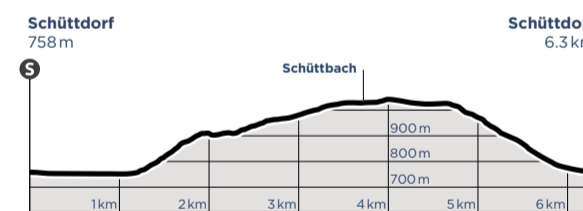
04 cityXpress Hillclimb
↔ 3.7 km | ⚡ 560 m | 🏔️ 560 m

Not overly long, but still very intense mountain run that starts directly in town and leads across beautiful forest paths uphill to the intermediate terminus of the cityXpress.



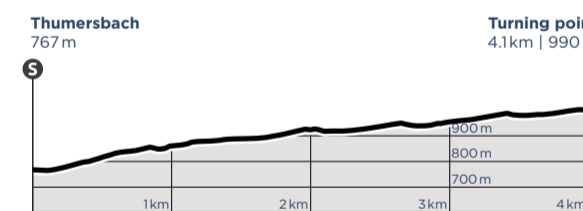
06 Schüttbach Challenge
↔ 6.3 km | ⚡ 303 m | 🏔️ 303 m

True to its name, this route is a real challenge on steep uphill and downhill passages.



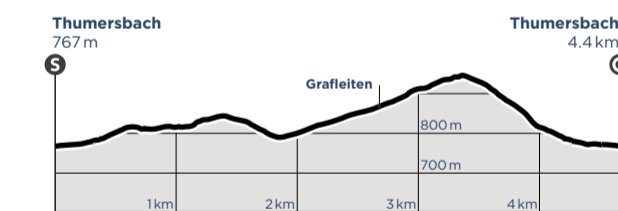
08 Thumersbacher-Höfe Run
↔ 4.1 km | ⚡ 264 m | 🏔️ 40 m

Discover the beauties of rural culture on the sunny side of the Thumersbach Valley on this challenging run.



10 Grafleiten Tour
↔ 4.7 km | ⚡ 240 m | 🏔️ 240 m

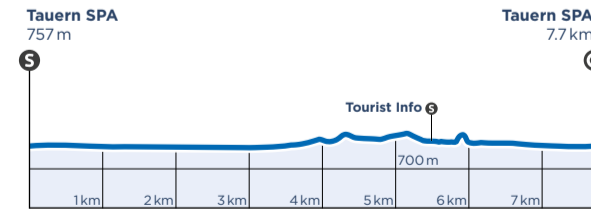
Beautiful circular route on the high-altitude promenade with diverse sections across meadows, fields and forests.



KAPRUN

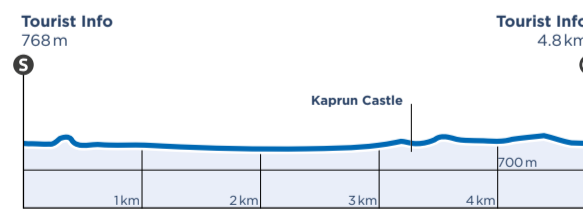
11 Kaprun Trail
↔ 7.7 km | ⚡ 82 m | 🏔️ 82 m

The ideal circular route to explore the surroundings of the Tauern SPA, but also the town of Kaprun with its highlights.



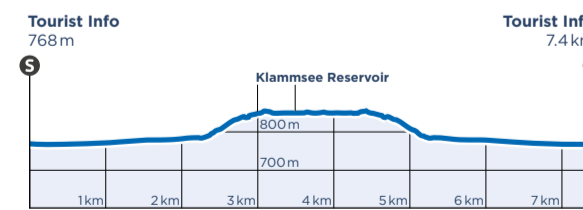
13 Moor Tour
↔ 4.8 km | ⚡ 73 m | 🏔️ 73 m

Less demanding circular route leading from the centre of Kaprun out to the Kaprun Moor to the north-east of the town.



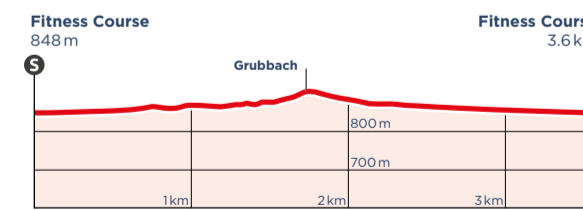
15 Klamm Reservoir Run
↔ 7.4 km | ⚡ 106 m | 🏔️ 106 m

Medium-length and moderately difficult run that leads from the centre uphill to the idyllic Klammsee Reservoir.



17 Wüstlau Loop
↔ 3.6 km | ⚡ 65 m | 🏔️ 65 m

Short, but not entirely easy loop that leads upstream from the Klammsee Reservoir, and thus has some trail running highlights in store.



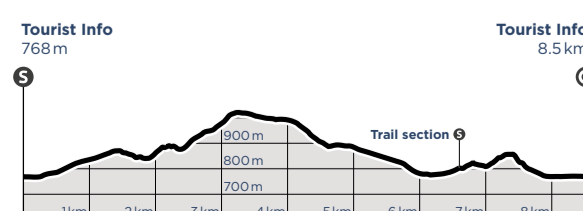
12 Tauern SPA Tour
↔ 5.8 km | ⚡ 19 m | 🏔️ 19 m

The classic running route of Kaprun's locals, popular with runners of all ages!



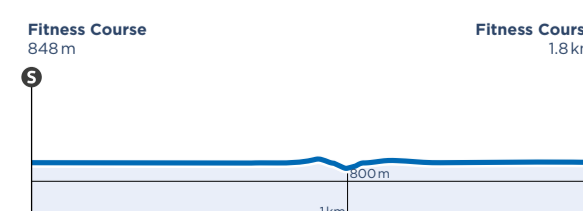
14 Around Kaprun
↔ 8.5 km | ⚡ 401 m | 🏔️ 401 m

Exceptionally diverse, but also quite demanding tour, where you get to know Kaprun from a different side.



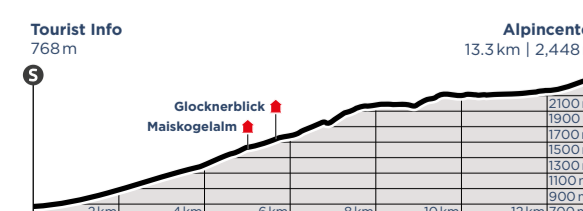
16 Klammsee Tour
↔ 1.8 km | ⚡ 32 m | 🏔️ 32 m

Short and easy tour around the Klammsee Reservoir, perfectly complementing the exercises of the fitness course or the Gorge Run (15).



18 Kitzsteinhorn Mountain Run
↔ 13.3 km | ⚡ 1,824 m | 🏔️ 145 m

A very long and demanding mountain run that leads from the centre of Kaprun uphill to the Alpincenter at over 2,400 m: quite a challenge even for athletically trained runners.



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Zell am See Kaprun

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RUNNING EXPERIENCES KAPRUN

- S** TAUERN SPA
- 11** Kaprun Trail
↔ 7.7km | ↑ 82m | ↓ 82m
 - 12** Tauern SPA Tour
↔ 5.8km | ↑ 19m | ↓ 19m
- S** TOURISMUS-INFO
- 13** Moor Tour
↔ 4.8km | ↑ 73m | ↓ 73m
 - 14** Around Kaprun
↔ 8.5km | ↑ 401m | ↓ 401m
 - 15** Gorge Run
↔ 7.4km | ↑ 106m | ↓ 106m
 - 18** Kitzsteinhorn Mountain Run
↔ 13.3km | ↑ 1,824m | ↓ 145m
- S** FITNESS COURSE
- 16** Klammsee Reservoir Tour
↔ 1.8km | ↑ 32m | ↓ 32m
 - 17** Wüstlau Loop
↔ 3.6km | ↑ 65m | ↓ 65m

GUIDANCE SYSTEMS

RUNNING

Running direction
Pictogram
Type of sport and level of difficulty
Name and length of route

TRAIL RUNNING

Running direction
Pictogram
Type of sport and level of difficulty
Name and length of route



RUNNING EXPERIENCES ZELL AM SEE

- S** TOURIST INFO
- 01** Zell Promenade Run
↔ 5.8km | ↑ 118m | ↓ 118m
 - 02** Schmitten-Ebenberg Trail
↔ 7.5km | ↑ 258m | ↓ 258m
 - 03** Lake Zell Tour
↔ 11.8km | ↑ 61m | ↓ 61m
 - 04** cityXpress Hillclimb
↔ 3.7km | ↑ 560m | ↓ 0m
 - 05** Zell Trail
↔ 7.9km | ↑ 307m | ↓ 307m
- S** SCHÜTTDORF
- 06** Schüttbach Challenge
↔ 6.3km | ↑ 303m | ↓ 303m
 - 07** Porscheallee Run
↔ 6.2km | ↑ 29m | ↓ 29m
- S** THUMERSBACH
- 08** Thumersbacher-Höfe Run
↔ 4.1km | ↑ 264m | ↓ 40m
 - 09** Thumersbach Tour
↔ 3.7km | ↑ 159m | ↓ 159m
 - 10** Grafleiten Tour
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RUNNING EXPERIENCES SCHMITTEN- HÖHE

- S** SCHMITTENHÖHE
- S1** Hochsonnbergalm Trail
↔ 9.6km | ↑ 397m | ↓ 397m
 - S2** Panorama Trail
↔ 6.7km | ↑ 355m | ↓ 355m
 - S3** Schmitten Trail
↔ 13.7km | ↑ 699m | ↓ 699m
- Easy route
 Intermediate route
 Difficult route
 Trail running route
 Route suitable for running in winter



Zell am See Kaprun

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