



WACHAU TRAIL 2026

WACHAU10

YOUR PARTICIPANT GUIDE

Take the first step. Follow your path. Back to yourself.

DISTANCE	ELEVATION GAIN	DATE	START TIME	TIME LIMIT
10 km	+355 m	3.10.2026	13:00	10 hrs

Life is not meant to be mastered.

It is meant to be experienced.

Nature reminds us of this.

And that we need to be nothing other than ourselves.

BE YOU.



WACHAU10

Welcome to your journey

Dear participant,

Maybe the WACHAU10 is your first trail, maybe an adventure together with your family or just an opportunity to leave the familiar world behind for a few hours.

It's not just in kilometers that you decide how far a path is, but what's important is that you take the first step and you're ready to experience something new.

From the start in Dürnstein, your path leads you across vineyards, forest trails and the heights of the Wachau to the Stadtpark Krems. It's not about being faster or better than someone else. It's about finding your own rhythm and perceiving what's happening on the way.

This companion contains all the important information for your preparation and your day on the course. Please read it carefully and take it digitally along the way.

I wish you many beautiful moments, honest joy in the movement and this special feeling when a first step becomes an adventure of its own.

Take the first step. Go your way. To you.

I am delighted to welcome you to the WACHAU10.

BE YOU.

Andreas Neubauer
WACHAU TRAIL and TRAILWELTEN

At a glance

Distance	10 km · +355 HM
Start	Dürnstein · Parking at Nah & Frisch
Finish	Stadtpark Krems · Josef-Wichner-Straße 1
Aid stations	No intermediate aid station · exclusively finish aid station
Finish cut-off	Sat., 03.10.2026 · 23:00
Tracking	No GPS tracker and no live tracking

[All information about WACHAU10](#)

BEFORE THE START

Categories, start time and race bib

Joint start

Wanderers, runners and hikers start together in the park at the Nah & Frisch in Dürnstein.

Start	Sat., 03.10.2026 · 13:00
Briefing	12:45 pm at the start
Bib collection at the start	12:00-12:45
Time available	10 hours
Arrival	Independent · among other things with bus line 715
START GROUP With the WACHAU10, there is only one common start time. A pre-registration of the participant category is not required for the start procedure.	

Race bib collection - two options

You can pick up your race bib either on Fri. in Krems or directly at the start of the WACHAU10 in Dürnstein.

Fri., October 2, 2026, 10:00-18:00 at Birds & Bites at Stadtpark Krems, Josef-Wichner-Straße 1, 3500 Krems.

- Directly at the start in Dürnstein: Sat. from 12:00 to 12:45 at the latest.
- Have personal pick-up QR code available from the participant email.
- The pick-up QR code is not to be confused with the start and finish QR codes on the race bib.
- Run-hikers do not report their group in advance; the relevant factor is the actual QR start.

START & FINISH

Travel, parking and facilities

Start in Dürnstein

Parking at Nah & Frisch · Dürnstein 132 · 3601 Dürnstein

- Paid parking is available at Parking P2 and Dürnstein Train Station.
- Keep accesses, bus stops, rescue routes and stop and parking prohibitions free.

Arriving at the start

- There is no organized participant shuttle to the WACHAU10.
- The journey is independent; among other things, the start can be reached with the public bus line 715.
- Please check the connection valid on the day of the event in good time before arrival. From the stop you have to plan about 3 to 5 minutes on foot.

Facilities at the start

- Race bib output and drop bag delivery. WC available.
- The organization does not provide drinking water or food at the start.
- The Nah & Frisch is immediately at the start, but please arrive fully supplied and with filled water bottles.
- No changeover, no showers and no heating area.

Finish at Stadtpark Krems

Josef-Wichner-Straße 1 · 3500 Krems an der Donau

- Event tent, WC, finish catering, bar, medal and baggage claim.
- No reserved parking for participants. Information: www.krems.at/leben/mobilitaet/parken

WACHAU10

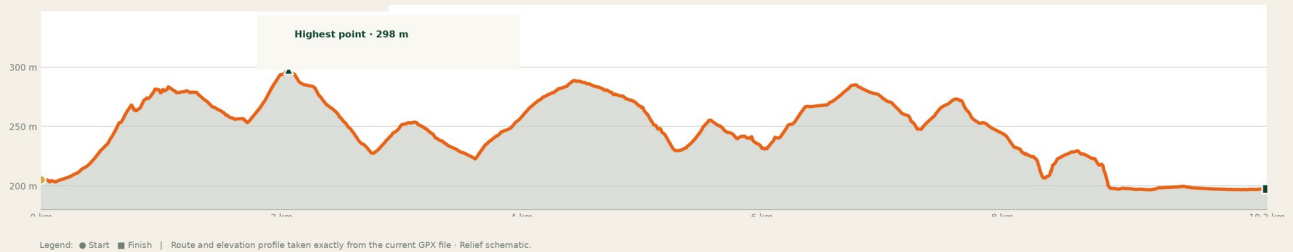
Route overview and elevation profile

WACHAU10 · ROUTE OVERVIEW 2026

10 km · +355 m · Start: Dürnstein · Finish: Stadtpark Krems



ELEVATION PROFILE


[Open the route on Outdooractive](#)

OFFICIAL ROUTE

This overview is provided for orientation. Only the current GPX file at www.wachautrail.at/gpx, or the most recently updated file sent by email, is binding.

AID STATIONS

Finish aid station and baggage transport

With the WACHAU10 there is no intermediate aid station. The complete catering is available after the finish in the Stadtpark Krems.

Aid station	km	Opening hours	Facilities
Finish lab · Stadtpark Krems	10,2	Sat. 12:00-23:00	Finish catering, marquee, toilets

PLAN RESPONSIBLY

There are no intermediate cut-offs. However, an aid station must not be included in your plan as an available supply point outside its stated opening hours.

Bag transport to the finish

- Maximum volume approximately 20 litres; drop off directly at the start.
- The organiser will label your bag with your race bib number and tape.
- Transport to Krems after the respective group has started; the bag cannot be accessed at an aid station.
- Do not pack valuables or fragile items. Uncollected bags will be kept safely.

COURSE SCHEDULE

Hikers

The orientation is based on an average overall speed of 4.3 km/h including the intended stays.

Station	km	Guideline time	Aid station opens	Aid station closes
Start of Dürnstein	0	Sat. 13:00	-	-
Finish aid station at Stadtpark Krems	10,2	Sat. 15:15	Sat. 12:00	Finish cut-off 23:00

GUIDELINE TIME, NOT A CUT-OFF

The times shown indicate the latest guidance window leading to the official finish cut-off. They are not intermediate cut-offs. You remain responsible for managing your own time.

Note

Wanderers are guided by this schedule. The personal time management and the planning of the stays remain under their own responsibility.

COURSE SCHEDULE

Runners

The blue orientation is based on an average overall speed of 7.5 km/h. Stays at the aid stations must be taken into account in your personal planning.

Station	km	Guideline time	Aid station opens	Aid station closes
Start of Dürnstein	0	Sat. 13:00	-	-
Finish aid station at Stadtpark Krems	10,2	Sat. 14:15	Sat. 12:00	Finish cut-off 23:00

IMPORTANT

The calculated arrival times are estimates for guidance. Weather, trail conditions, breaks and your personal pace may cause significant deviations.

Time limit

A total of 10 hours are available from the joint start at 1 p.m. to the regular finishing time at 11 p.m. There are no intermediate cut-offs and no intermediate aid stations.

Wanderers can orient themselves to the schedule of the hikers or runners, depending on their chosen pace.

PREPARATION

Mandatory equipment and personal checklist

Mandatory equipment

- Your own cup or soft flask
- First-aid kit
- Emergency blanket
- Mobile phone
- Waterproof jacket

PERSONAL RESPONSIBILITY

Mandatory equipment will not be checked. We rely on your experience and personal responsibility. Weather-related additions will be announced no later than the day before the event.

Trail running shoes are not mandatory for hikers; suitable and well broken-in hiking shoes are possible.

Check before arrival

- Download the current GPX file and save it offline.
- Fully charge your mobile phone and navigation device.
- Check the latest participant email and weather forecast.
- Have the collection QR code for your race bib ready.
- Schedule public bus service or paid parking in time.
- Prepare your own food, filled water bottles and personal medication.
- Pack a change of clothes in your finish bag; do not include valuables or fragile items.

ON THE COURSE

Navigation, course markings and fair play

GPX and marking

The WACHAU10 is completely marked with tapes - partly with reflectors - and indicative panels, and no spray markings or stickers are used.

- Current GPX file: www.wachautrail.at/gpx
- If the route changes, an updated file will be sent by email. Only the most recently supplied file is binding.
- Even on a marked course, every participant remains responsible for their own navigation.

If no more marking is visible

- Stop and do not continue by guesswork.
- Check your position and the route using the GPX file.
- If necessary, return to the last clearly identifiable course marker.
- If possible, report missing or obviously removed course markings to race control.

Fair play

- Accompaniment and pacing are permitted. Pacers may not use the food and drinks at aid stations.
- Personal support is permitted only at publicly accessible locations and at aid stations.
- Poles are permitted. Dogs are permitted for hikers only.
- Headphones are permitted but must be removed at road crossings, on public transport, at aid stations and whenever crew members give instructions.
- Respect nature, residents, landowners and other trail users. Do not leave any litter behind.

SAFETY

QR timing, emergencies and withdrawal

QR start and QR finish

- Your race bib has two QR codes labelled “Start” and “Finish”.
- Scan the start QR code yourself immediately when you actually start. Race control will not prompt you.
- Scan the finish QR code immediately after crossing the finish line.
- Both scans are required for a recorded result. Without a finish scan, you will be recorded as DNF.
- If you forget the finish scan, you may submit the time recorded by your GPS watch for manual entry.

NO LIVE TRACKING

With WACHAU10, there is no GPS tracker and no public live tracking link.

Emergency

- The phone numbers for race control and mountain rescue are printed on your race bib.
- If you need medical assistance, contact race control. Mountain rescue is on standby and the Red Cross has been informed.
- In a life-threatening emergency, call the European emergency number 112.

Early withdrawal

- Always report your withdrawal to race control, either in person or by phone.
- Telling an aid-station team is only sufficient once they have explicitly confirmed that the information has been passed to race control.
- There is no guaranteed return transport. Mountain rescue or the emergency medical service will provide transport only when medically necessary.
- If you withdraw, do not scan the finish QR code; your result will be recorded as DNF.

AFTER YOUR JOURNEY

At the finish and finisher services

Immediately after finishing

- scan the finish QR code.
- Accept the Finisher Medal.
- Use the finish food.
- Pick up free drink at the bar.
- Pick up transported luggage.

In the finish area

- Finish catering is reserved exclusively for participants.
- Family and friends are welcome to use the event marquee, finish area and bar. Additional drinks must be purchased.
- Your finisher certificate can be downloaded from your personal Time2Win account.
- Finisher shirts are issued on Friday at central race bib collection or at the finish - not at the start locations.

After the official finish cut-off

The regular closing time is 23:00, when the dismantling starts, and the team stays on site until 24:00, when it is known that someone is still on the course, they are serviced or contacted and arrange a pick-up if necessary.

ARRIVAL AFTER 23:00

Those who complete the entire route after the regular finish will still receive their finisher medal and recognition for the distance they have mastered, but the performance will not be considered as a regular finish within the given time.

One final note

This companion should give you security and guidance, and your preparation, your attention and the responsibility for your own decisions remain crucial.

See you at the finish. · BE YOU.