



WACHAU TRAIL 2026

WACHAU56

YOUR PARTICIPANT GUIDE

Your first ultra. Your path. Back to yourself.

DISTANCE	ELEVATION GAIN	DATE	START TIMES	TIME LIMIT
56 km	+2,526 m	3.10.2026	06 08	15-17 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.



WACHAU56

Welcome to your journey

Dear participant,

For many, the WACHAU56 is the first ultra - a step across a border that may have only existed in their own heads for a long time.

Right at the beginning, the path from Schloss Spitz leads you to Jauerling. This first climb requires patience, reminding you to divide your powers, find your rhythm, and not follow someone else's path.

Whether you're hiking, walking, or finding your own personal path in-between, WACHAU56 isn't about comparing yourself to others; it's about staying attentive, taking responsibility for yourself, and step-by-step going your own way.

There will be moments when everything seems easy, and perhaps those when you doubt yourself, and then this path can remind you that there is often more inside you than you thought before.

This companion contains all the important information for your preparation and your time on the course. Please read it carefully and make your decisions with experience, personal responsibility and respect for distance.

I am very happy to welcome you at the Schloss Spitz at the start and to be able to receive you later in Krems at the finish.

Be confident in your path. Stay attentive. And with all the challenges, don't forget to experience this special day.

BE YOU.

Andreas Neubauer
WACHAU TRAIL and TRAILWELTEN

At a glance

Distance	56 km · +2.526 HM
Start	Schloss Spitz · Spitz on the Danube
Finish	Stadtpark Krems · Josef-Wichner-Straße 1
Aid stations	4 aid stations plus finish catering
Finish cut-off	Sat., 03.10.2026 · 23:00
Tracking	No GPS tracker and no live tracking

[All information about WACHAU56](#)

BEFORE THE START

Categories, start times and race bib

Hikers and run-hikers

Start	Sat., 03.10.2026 · 06:00
Briefing	05:45 PM at the start
Bib collection at the start	05:00-05:45
Time available	17 hours
Shuttle from Krems	04:50 · Arrival approximately 05:10

Runners and run-hikers

Start	Sat., 03.10.2026 · 08:00
Briefing	07:45 a.m. at start
Bib collection at the start	07:00-07:45
Time available	15 hours
Shuttle from Krems	06:50 · Arrival approximately 07:10

Race bib collection - two options

You can pick up your race bib either on Fri. in Krems or directly at the start of the WACHAU56 at the Schloss Spitz.

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

- Directly at the start of the Schloss Spitz: hikers from 05:00-05:45, runners from 07:00-07:45.
- 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 at Schloss Spitz

Schloss Spitz · Schlossgasse 3 · 3620 Spitz on the Danube

- Public parking is located on the Danube site, in the town centre and below the starting area at the school.
- At the lock, you can stop for a short time for disembarking and drop bag delivery, and then park the vehicle in a public parking lot.
- Keep accesses, bus stops, rescue routes and stop and parking prohibitions free.

Shuttle for hikers and runners

- Hikers: depart Sat. 04:50 at the line 715 stop at Stadtpark Krems; arrive approximately 05:10.
- Runner: Depart Sat. 06:50; Arrival approximately 07:10.
- Costs 4 euros each; booking only in advance when registering.
- No shuttle for family members.

Facilities at the start

- Race bib collection, baggage drop-off and drinking water. No heating area.
- No food: fully supplied and come with filled water bottles.
- WC is available; moving is possible in WC. No showers.

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

WACHAU56

Route overview and elevation profile

WACHAU56 · ROUTE OVERVIEW 2026

56 km · +2,526 m · Start: Schloss Spitz · Finish: Stadtpark Krems



● START · Schloss Spitz	0,0 km
● Naturparkgasthaus Jauerling	8,3 km
● Schloss Spitz	21,9 km
● Marktplatz Weißenkirchen	32,5 km
● Fesslhütte Dürnstein	45,3 km
■ FINISH · Stadtpark Krems	56,7 km

4 aid stations plus finish catering · no intermediate cut-offs

ELEVATION PROFILE



Legend: ● Aid station ■ Finish | Route and elevation profile from the current GPX file · Relief schematic.

[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

aid stations and opening hours

Our aid stations offer a wide variety of sweet and salty foods and drinks - including cola and salt. The Naturparkgasthaus Jauerling and Fesslhütte also have warm soups.

Aid station	km	Opening hours	Facilities
1 · Naturparkgasthaus Jauerling	8,35	Sat. 02:30-11:30	Indoors, toilets
2 · Schloss Spitz	21,91	Sat. 05:30-14:30	Toilets
3 · Marktplatz Weißenkirchen	32,50	Sat. 08:00-17:00	Toilets
4 · Fesslhütte Dürnstein	45,27	Sat. 10:30-20:30	Indoors, toilets
Finish · Stadtpark Krems	56,73	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 and run-hikers starting at 06:00

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 Schloss Spitz	0	Sat. 06:00	-	-
Naturparkgasthaus Jauerling	8,35	Sat. 08:00	Sat. 02:30	Sat. 11:30
Schloss Spitz	21,91	Sat. 11:00	Sat. 05:30	Sat. 14:30
Marktplatz Weißenkirchen	32,50	Sat. 13:30	Sat. 08:00	Sat. 17:00
Fesslhütte Dürnstein	45,27	Sat. 16:30	Sat. 10:30	Sat. 20:30
Finish at Stadtpark Krems	56,73	Sat. 19:15	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.

Run-hikers

Who starts at 06:00 o'clock is based on this schedule, who starts at 08:00 o'clock uses the schedule of the runners, the decisive factor is the actual QR start.

COURSE SCHEDULE

Runners and run-hikers starting at 08:00

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	Orientation	Aid station opens	Aid station closes
Start of Schloss Spitz	0	Sat. 08:00	-	-
Naturparkgasthaus Jauerling	8,35	Sat. 09:00	Sat. 02:30	Sat. 11:30
Schloss Spitz	21,91	Sat. 11:00	Sat. 05:30	Sat. 14:30
Marktplatz Weißenkirchen	32,50	Sat. 12:15	Sat. 08:00	Sat. 17:00
Fesslhütte Dürnstein	45,27	Sat. 14:00	Sat. 10:30	Sat. 20:30
Finish at Stadtpark Krems	56,73	Sat. 15:30	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

Runners have a total of 15 hours from start at 8:00 a.m. to the regular finish at 11:00 p.m. There are no intermediate cut-offs; the opening hours of the aid stations remain relevant to your care.

PREPARATION

Mandatory equipment and personal checklist

Mandatory equipment

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

Additional at start at 06:00

- Headlamp
- Spare lamp or suitable backup light

These two items of equipment are mandatory for hikers and hikers starting at 06:00; for runners and hikers starting at 08:00, headlamp and light reserve are not mandatory.

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.
- Check the booked shuttle and the respective departure 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 WACHAU56 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 WACHAU56, 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.