



WACHAU TRAIL 2026

WACHAU160

YOUR PARTICIPANT GUIDE

Once around the soul of the Wachau.

DISTANCE	ELEVATION GAIN	DATE	START	TIME LIMIT
161 km	+5.873 HM	2.-3.10.2026	15:00	32 hours

Life does not want to be mastered.

It wants to be experienced.

Nature reminds us of this.

And the fact that we don't have to be anything other than ourselves.

BE YOU.

WACHAU160

Welcome to your journey

Dear participant,

161 kilometers. One lap. Once around the soul of the Wachau.

With the WACHAU160 there is no ordinary trail waiting for you. The first 72 kilometers lead you through the Wachau without an official aid station. Until Aggsbach Dorf you navigate independently with your GPX file. You decide for yourself how to design this section - alone or with the support of your crew.

That's where the special power of this adventure lies for me: no one's taking your path, but you're not alone either. Our volunteers, the aid stations, the mountain rescues, and many people along the way will accompany you in their own way. They create the framework. What you make of it is up to you.

This companion contains everything you need for safe and responsible planning. Please read it carefully, prepare yourself well and respect nature, the people and the paths on which we can be guests.

It's not about how fast you arrive, it's about what you experience on the course -- and what you remember when you get back to the Stadtpark Krems.

I wish you courage for the start, clarity for the difficult moments and this special feeling when 161 kilometers has become your own story.

See you at the finish.

Andreas Neubauer
Wachau Trail · Trail Welten

BE YOU

Life doesn't want to be mastered. It wants to be experienced. Nature reminds us of that, and of the fact that we don't have to be anything other than ourselves.

At a glance

Start	Fri., 02.10.2026 · 15:00
Briefing	2:45 p.m. · Mandatory
Start & finish	Stadtpark Krems · Josef-Wichner-Straße 1
Finish cut-off	Sat., 03.10.2026 · 23:00
Distance	160.1 km Exactly · +5.873 / -5.869 HM
Participation	Exclusively trailrunners

[All information about WACHAU160](#)

BEFORE THE START

Arrival, issue and start sequence

Arrival and parking

Direct access to the event site is not possible. Public parking spaces border directly on the city park. Vehicles can also be parked there overnight. Observe the signage on site and keep accesses, rescue routes and stopping areas clear.

Parking information: www.krems.at/leben/mobilitaet/parken

Motorhome: www.campingkrems.at

Mandatory timetable

10:00-14:30	Race bib, GPS tracker and drop bag collection
14:45	Mandatory Participant Briefing
15:00	Start of WACHAU160

Race bib pick-up directly at the start

For the WACHAU160, the race bib pick-up takes place on Fri. directly in the starting area at Birds & Bites in Stadtpark Krems, Josef-Wichner-Straße 1, 3500 Krems an der Donau. Due to the start at 15:00, the pick-up is only possible from 10:00 until 14:30 at the latest.

- Personal collection on presentation of the Time2Win registration confirmation.
- The GPS tracker is activated at output and securely attached to the running backpack.
- The race bib must be visibly worn throughout the event.

Facilities at the start

- WC, warm lounge and bag depot
- Drop bag drop-off for Pielachberg no later than 14:30
- The bag storage is freely accessible and unmonitored, leaving no valuables.

IMPORTANT

For WACHAU160, pick-up is mandatory no later than 2:30 p.m.; pick-up is not possible after 2:30 p.m.; the briefing starts at 2:45 p.m. and the start is at 15:00

ROUTE

Navigation and marking

[Open the route on Outdooractive](#)

NAVIGATION

Only the final GPX file, which will be sent again by e-mail no later than September 2, 2026, also contains support zones, checked water points, public WC and shops, is binding.

Krems to Aggsbach Dorf (about km 61): unmarked. Aggsbach Dorf to Pielachberg (km 72.2): marked, but still without official supply. From Pielachberg: marked route with eight aid stations.

If your position is inconclusive, check the GPX track and return to the last safe point. Don't cross-check or abbreviate. The GPS tracker does not replace your own navigation device or an emergency call.

THE FIRST 72.2 KM

Self-supported+ and crew

Until the first aid station in Pielachberg, you are responsible for your own care and you decide whether you will manage the section completely independently or with the support of a personal crew.

Recommended Crew Points

km	Location	Meeting point
28	Rossatz	FF Rossatz · Rossatz 189, 3602 Rossatz
45	Mitterarnsdorf	Danube at the parish church · Mitterarnsdorf 29-30
61	Aggsbach Dorf	Danube terrace opposite Hotel Residenz Wachau

The points are recommendations. You can also set your own suitable meeting places with your crew. The crew can hand over food, drinks, clothing and equipment.

For your crew

- Stop and park only on permitted areas; do not block accesses or rescue routes.
- In Aggsbach Dorf do not park at the bus stop; park the vehicle a few meters away.
- During the night avoid noise and take all waste with you.
- Pacing is allowed. Pacers are not allowed to use the aid-station catering.

Supply without crew

Tested water points, public WC and shopping facilities are listed as waypoints in the GPX. Opening hours and actual availability of external facilities are not guaranteed.

TIME MANAGEMENT

There are no cut-offs at the stations. You are responsible for taking the opening hours of the aid stations and the closing time into account in your planning.

SUPPLIES BEFORE PIELACHBERG

Water, toilets and shops

The following points are located directly on or immediately beside the GPX route. Distances are approximate. They are not official aid stations; availability, drinking-water quality and opening hours may change at short notice.

approx. km	Location	Available	Note
1,9	Krems-Stein	Water point	Marked in the GPX file
8,5	Göttweig Abbey	Water · public toilet	Water to the left of the entrance
15,7	Unterbergern	Nah & Frisch shop	Fri. 07:00-12:00 and 16:00-18:00
27,1	Rossatzbach	Drinks vending machine · water	Water at the campsite
27,3	Rossatzbach	Public toilet	Marked in the GPX file
28,8	Rossatz	Public toilet · vending machine · Wachau Greissler shop	Toilet by the castle; shop Fri. 06:30-12:30 and 16:30-18:30
45,0	Mitterarnsdorf	Water point	Marked at the crew point in the GPX file
48,9	Ernsthof	Vending machine: soft drinks, water, sweets	Do not enter private property
52,7	Maria Langegg	Water · public toilet	Public toilet by the church
61,3	Aggsbach Dorf	Water point	Marked by the Donauterrasse in the GPX file
69,3	Schönbühel	Water tap · public toilet	Opposite the municipal office; toilet was last found locked - do not rely on it

PERSONAL RESPONSIBILITY

Start with sufficient fluids and food. Do not assume that any external point will be available, and never enter private property to obtain water or supplies. The most recently sent GPX file remains authoritative for navigation.

ROADBOOK

Your orientation for 161 kilometers

The time profiles are planning values - no cut-offs.

The total rounded distance of 161 km is communicated. The technical route evaluation results in 160.1 km, +5.873 HM and -5.869 HM.

Route values

Station	Section 1	Total	HM+ Total	Total HM
Start of Krems	-	0,0	0	0
Pielachberg	72,2	72,2	2.457	2.429
Emmersdorf	11,7	83,9	2.682	2.661
Aggsbach Markt	13,1	97,0	3.149	3.143
Maria Laach	7,1	104,1	3.617	3.240
Naturparkhaus Jauerling	7,7	111,8	4.069	3.398
Schloss Spitz	13,6	125,3	4.476	4.448
Marktplatz Weißenkirchen	10,6	135,9	4.866	4.869
Fesslhütte Dürnstein	12,8	148,7	5.533	5.235
Finish in Krems	11,5	160,1	5.873	5.869

Time profiles and opening hours

Station	earliest	Average	Latest	Opening hours
Start of Krems	15:00	15:00	15:00	-
Pielachberg	23:15	01:00	03:15	21:30-04:30
Emmersdorf	00:45	02:45	05:00	00:00-06:00
Aggsbach Markt	02:45	05:00	07:15	23:30-08:00
Maria Laach	04:00	06:30	08:45	01:00-09:30
Naturparkhaus Jauerling	05:30	08:15	10:45	02:30-11:30
Schloss Spitz	08:15	11:30	14:00	05:30-14:45
Marktplatz Weißenkirchen	10:15	14:00	16:45	08:00-17:15
Fesslhütte Dürnstein	13:00	17:00	20:00	10:30-20:30
Finish in Krems	15:30-16:00	20:00-21:00	until 23:00	Finish cut-off 23:00

ORIENTATION

Green = Earliest Arrival · Blue = Average Arrival · Orange = Latest Regular Arrival.

AID STATIONS

Aid stations, drop bags and luggage

Diversely supplied

At our aid stations, you can expect a diverse selection of sweet and salty food and drinks - including water, electrolyte drinks, cola, coffee, salt and salty food. The specific offer can vary depending on the station and time.

- Naturparkgasthaus Jauerling: warm pumpkin cream soup
- Schloss Spitz: coffee
- Fesslhütte Dürnstein: warm vegetable soup
- Stadtpark Krems: finish catering

Aid-station facilities

Aid station	Facilities
Pielachberg	Indoor · WC · Drop bag
Emmersdorf / Aggsbach Markt / Maria Laach	warm area · WC
Naturparkhaus Jauerling	Indoor · WC
Schloss Spitz / Marktplatz Weißenkirchen	Toilets
Fesslhütte Dürnstein	Indoor · WC

Drop bag Pielachberg

- Delivery at the start no later than 2:30 p.m.; size about 20 liters.
- Marking by the organization with your race bib.
- Transportation: Start Krems → Pielachberg → Finish Krems.
- Closed completely after use in Pielachberg.
- Do not pack valuables or fragile items.

After the arrival of the last participant in Pielachberg, the drop bags will be transported to Krems. An exact arrival time at the finish cannot be guaranteed.

Bag storage start/finish

A freely accessible, unmonitored bag depot is available in the City Park throughout the event. Use is at your own responsibility. The organization assumes no liability for loss, theft or damage.

IMPORTANT

A aid station outside its opening hours must not be scheduled as a supply point.

SAFETY

Mandatory equipment WACHAU160

The following minimum equipment must be carried throughout the event, it is not controlled - it is still mandatory - adjust it to the weather, pace and your personal needs.

Clothing and weather protection

- Closed trail running shoes with tread sole
- Waterproof jacket with hood
- Long trousers or leggings
- Long top or short-sleeve shirt with arm warmers
- Additional change clothes suitable for the weather
- Warm jacket, hat and gloves
- Reflective protective equipment

Lighting and navigation

- Headlamp with at least 500 lumens
- Replacement batteries or batteries
- Second functional replacement headlamp
- Own GPS navigation device with final GPX file
- Mandatory GPS Tracker of the Organization

Food, communication and first aid

- Running backpack and water containers of at least 1.5 litres
- Own drinking cup or soft flask
- Sufficient food plus additional emergency catering
- Fully charged mobile phone, power bank and charging cable
- Whistle and emergency blanket
- First aid kit: sterile gauze pad 10×10 cm, bandages, self-adhesive elastic bandage, 4 wound patches

ADDITIONAL RECOMMENDATIONS

Waterproof overpants · replacement socks · bladder patches · garbage bags · reusable spoons. Packing equipment and interchangeable clothing waterproof.

Weather-related additions to the mandatory equipment will be announced by e-mail no later than Thursday, October 1, 2026, and in the event of a short-term, significant weather change, the race control can make further adjustments for safety reasons.

SAFETY

Emergency and early withdrawal

Acute medical emergency

Immediately notify rescue 144 or euro emergency call 112.

As precise as possible location or GPS coordinates.

Name, race bib and type of emergency.

Subsequently, inform the race control, if possible.

Race Control and Mountain Rescue phone numbers are on your race bib, save them before the start, meet someone in need, help them, and don't leave them alone, unless it puts you at risk.

No acute emergency

Contact race control and name, race bib, location, type of problem and if you can still move around independently.

Early withdrawal

- Always report your withdrawal to race control, either in person or by phone.
- A notification to the aid-station team is only valid if the transfer to the race control has been confirmed.
- GPS tracker at an aid station, at the race control or obligatory at the finish.
- Pick-up by the own crew is also allowed between stations; log off immediately at the race control.
- The organisation does not provide a guaranteed return transport; emergency organisations transport only when medically necessary.

No automatic emergency call system

The GPS tracker increases traceability, but a standstill or signal failure is not necessarily automatically detected.

ON THE WAY

Marking, Behavior and Fair Play

We are guests

The route is not closed. The StVO applies to roads and public traffic areas. Participation does not give you priority over vehicles, hikers, cyclists, residents or other route users.

- Stay on the intended paths and do not take shortcuts.
- Crossing the streets attentively and only in safe places.
- Closing the gates and barriers after passing.
- Respect private land, agricultural land and forestry work.
- Leave no rubbish; dispose of waste at the aid stations.
- Avoid unnecessary noise during the night.
- Follow instructions from race control, forces and crew.

Fair play

- Car number and GPS tracker throughout the event.
- Pacing and accompaniment are allowed; Pacers do not receive aid-station catering.
- Trail running sticks are allowed - take into account narrow sections.
- Dogs are not allowed in the WACHAU160.
- Headphones are allowed, but must be taken off at road crossings, in traffic, at aid stations and with instructions.

Emergency

Use public WC and the toilets at the aid stations. Avoid close proximity to paths, buildings, waterholes and private property.

OUR SERVICE

We are guests on these paths. Leave them as you would like to find them.

TIME & TRACKING

Start, live tracking and finish

Start and finish QR code

- At 15:00 the QR code START on the race bib independently scan.
- Scan the FINISH QR code immediately after the finish run-in.
- Forget GPS time to the race control; the time can be added manually.
- For a UTMB index rating, the QR recording is mandatory.

GPS Tracker and Live Link

The activated, waterproof and additionally protected tracker is worn in a pocket of the running backpack or with its fixation on the shoulder belt. The public live link is sent in time by e-mail and published as a QR code in the start/finish area.

After your goal

scan the finish QR code.

GPS tracker to the finish crew.

WACHAU160 Finisher Medal.

Goal food and enjoy your free drink.

Your finisher services

- Special WACHAU160 Finisher Medal
- Finish meals and a free drink at the bar
- Finisher certificate for download in the Time2Win account
- Event tent, bar, music and WC; no showers

Relatives, friends and Pacers are free to use the finish area, tent and bar.

AFTER 23:00

You are still officially considered a finisher at WACHAU160 and will receive a medal and certificate, but your result will not be submitted to the UTMB index.

BEFORE DU LOSLAUST

Your last checklist

- ☐ Final GPX file loaded and navigation device tested
- ☐ Compulsory equipment packaged completely and weatherproof
- ☐ Mobile phone, lamps, power bank and navigation device charged
- ☐ Emergency numbers saved from the race bib in the phone
- ☐ Supply for the first 72.2 km realistically planned
- ☐ Drop bag prepared and handed over until 2:30 pm
- ☐ aid station opening hours checked
- ☐ Crew points and parking matches
- ☐ Current weather report and additions to mandatory equipment checked
- ☐ Race bib and activated GPS tracker taken over
- ☐ Mandatory briefing attended at 2:45 pm
- ☐ START-QR code scanned at 15:00

IN THE EMERGENCY

Rescue 144 · Euro emergency call 112

Race Management and Mountain Rescue: Phone numbers on your race bib

WACHAU TRAIL · TRAIL WELTEN

www.wachautrail.at · andreas@trailwelten.at

*Life does not want to be mastered.
It wants to be experienced.
Nature reminds us of this.*

BE YOU.

Draft · Version 1 · August 2026