

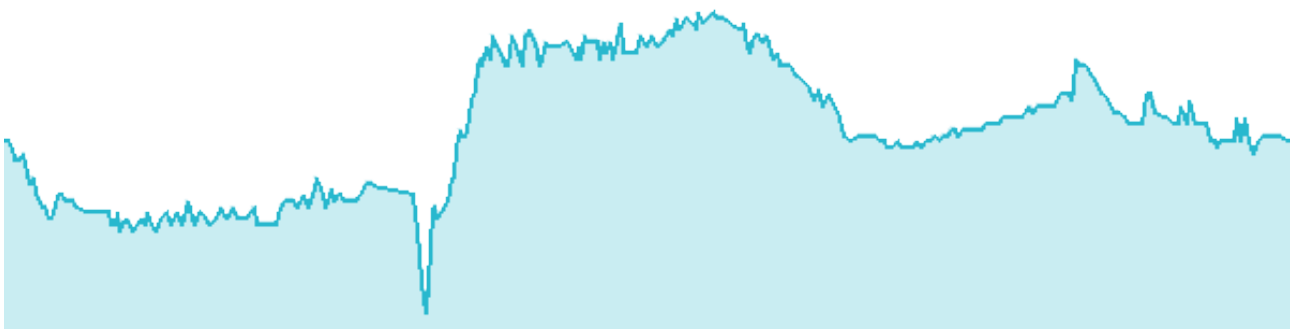
Run around the "Gmünder" lake

Profile of the route: flat running and Nordic walking route Road surface: gravel, asphalt and meadow paths

Route: From the starting point along the lake to the tunnel, through the tunnel and over the dam. Over a short, steep climb to the „Graseggweg“, past the „Hotel Almhof“ down to the main road. Cross the road, along the creek to the tennis center and on the other side of the creek back to the start.

Route Length	4.9 km
altitude meters uphill	53 hm
altitude meters downhill	54 hm
highest point	1227 m
Skills	
Route Start	Gerlos Gmünd (Hotel Kröllner)
Route End	Gerlos Gmünd (Hotel Kröllner)

Altitude Profile





Kartenausschnitt