

## Run around the "Gmünder" lake

|                            |        |
|----------------------------|--------|
| <b>Lengte</b>              | 4.9 km |
| <b>Hoogtewinst bergop</b>  | 53 hm  |
| <b>Hoogte bergafwaarts</b> | 54 hm  |
| <b>Het hoogste punt</b>    | 1227 m |
| <b>Skills</b>              |        |

|                    |                               |
|--------------------|-------------------------------|
| <b>Route Start</b> | Gerlos Gmünd (Hotel Kröllner) |
| <b>Route End</b>   | Gerlos Gmünd (Hotel Kröllner) |



### Description

**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.