

# 8<sup>th</sup> HIKING WORLD CHAMPIONSHIP

September 24<sup>th</sup>-26<sup>th</sup>, 2010 in Abtenau



LammerTal.info



Österreichischer  
VOLKSSPORT-VERBAND  
[www.oevv-wandern.at](http://www.oevv-wandern.at)

[www.lammertal.info](http://www.lammertal.info)

## PRE-PROGRAM: SEPTEMBER 19<sup>TH</sup>-22<sup>ND</sup>, 2010

<b>SUNDAY</b> 9.30 a.m.	<b>Guided hike to the "Gsengalm"</b> , meeting point Market square Abtenau, (ascent via Schoberwald, descent via Karkogel) walking time: 3,5 hours, distance: 10 km, vertical climb: 800 m, level of difficulty: blue – red, stopover at the Gsengalm (accordion music), descent via summer toboggan-run on request.
<b>MONDAY</b> 10.00 a.m.-12.00 p.m.	<b>Guided Abtenau round tour</b> ", meeting point Market square Abtenau, Information-walk through the centre of Abtenau, walking time: ~ 30 min., distance: 3 km, vertical climb: 70 m, level of difficulty: blue.
<b>TUESDAY</b> 10.00 a.m.-5.00 p.m.	<b>Guided Postalm hike</b> , 10.00 a.m. departure from post office Abtenau to the Postalm, hike from parking area 3 to the "Wiesleralm" and the "Wieslerhorn", descent via Thoralm, Stroblerrhütte towards Lienbachhof, walking time: 4 hours, distance: 9 km, vertical climb: 500 m, level of difficulty: blue – red, you can take a rest at one or two huts along the trail, 4.00 p.m. departure to Abtenau.
<b>WEDNESDAY</b> 10.00 a.m.-3.30 p.m.	<b>Guided hike to the waterfalls</b> , meeting point Market square Abtenau, hike via Seethal and Au towards the Dachser- and Trickl-waterfalls, visit the Kneipp basin and the "Wandalm", walking time: 3,5 hours, distance: 8 km, vertical climb: 300 m, level of difficulty: blue – red.

## PROGRAMM HIKING WORLD CHAMPIONSHIP: SEPTEMBER 23<sup>TH</sup>-25<sup>TH</sup>, 2010

<b>THURSDAY</b> START: 8.30 A.M.-12.00 P.M. CLOSING OF FINISHING AREA: 4.30 P.M.  7.30 P.M.	<b>3 HIKES</b> <b>Egelsee hike</b> , distance 7 km, vertical climb: 135 m, level of difficulty: blue, stopover with live-music at the Restaurant Sonnleit'n. <b>Rossbüchel hike</b> , distance 11 km, vertical climb: 212 m, level of difficulty: blue, including stopover at the schnaps distillery Fliehhof with guided tour, schnaps tasting and live music. <b>Valley Tour</b> , distance 18 km, vertical climb: 367 m, level of difficulty: blue, with stopover at the schnaps distillery Fliehhof and live music. <b>Opening Ceremony of the Hiking World Championships on the market square</b> , followed by a concert with the local brass band, dinner in the several restaurants around Market Square Abtenau, in case of rain the event takes place in the festival hall Karkogel (15 mins. walking time from the village center).
<b>FRIDAY</b> 8.30 A.M. START 8.30 A.M. – 12.00 P.M. CLOSING OF FINISHING AREA: 4.30 P.M.  6.00 P.M. – 8.00 P.M. 8.00 P.M.	<b>4 HIKES</b> 8.30 a.m. Starting in the village center, the buses will take you up to the Postalm, Austria's largest alpine plateau. (Return tickets Euro 4,-/ person, free of charge if you book in advance until October 16th, 2010.) Ascent with private car possible (toll EUR 8,00). <b>Almblumenweg</b> , distance 5 km, vertical climb: 121 m, level of difficulty: blue, with musical entertainment. <b>Hike across the alpine pastures</b> , distance 14 km, vertical climb: 526 m, level of difficulty: blue <b>Alpine hike up to the peak</b> , distance 22 km, vertical climb: 910 m, level of difficulty: red All hikes allow to take a rest at the huts and inns on the way, offering live music and local dishes. <b>Heritage Night</b> wikt folk music at Market square Abtenau. <b>Guided evening hike</b> , distance 7 km, vertical climb: 135 m, level of difficulty: blue
<b>SATURDAY</b> START: 7.00 A.M. – 8.30 A.M.  START: 8.30 A.M. – 12.00 P.M. CLOSING OF FINISHING AREA FOR ALL EVENTS: 5.00 P.M.  6.00 P.M. – 10.00 P.M.	<b>4 HIKES</b> <b>Marathon</b> , distance 42,195 km, vertical climb: 1.867 m, level of difficulty: red, resting places: Gsengalm and Stuhlalm <b>Half-Marathon</b> , distance 21 km, vertical climb: 915 m, level of difficulty: red, resting places: Stuhlalm and Gsengalm <b>Valley Tour</b> , distance 6 km, vertical climb: 125 m, level of difficulty: blue <b>to Seiten- and Rocheralm</b> , distance 13 km, vertical climb: 450 m, level of difficulty: blue <b>Closing event at market square</b> / Official presentation ceremony – live music
<b>EXTRA</b>	All meals are being co-ordinated with the hotels in advance – so dinner time is due both at 5.00 p.m. and at 08.00 or 08.30 p.m.

# EVENT INFORMATION

<b>Participants:</b>	Everyone can take part; children must be accompanied by adults
<b>Registration:</b>	Austrian Federation of Popular Sports (OEVV), 4600 Wels, Kuhnstraße 16, Austria Tel./Fax: +43(0)7242 /41240, E-mail: info@oevv-wandern.at Bank details: Raiba Weißkirchen, Account-no: 4 07536, Sort code: 34741
<b>Accommodations:</b>	Lammertal –Dachstein West Tourist Board, Information Office Abtenau, Markt 165, 5441 Abtenau, Austria, Tel.: +43(0)6243/404 0-54, Fax.: +43(0)6243-4040-40, E-Mail: abtenau@lammertal.info, www.lammertal.info
<b>Closing date for registrations:</b>	September 13, 2010 (late entries at the Word Championship office; fee for medal for late registrations EUR 1.50
<b>Start- and finish zone:</b>	Market square Abtenau
<b>Entry fee:</b>	EUR 4 with medal, EUR 1.50 without medal
<b>Entry fee for marathon:</b>	EUR 8 with patch and certificate, EUR 3 without patch
<b>Award:</b>	Hiking world championship medal
<b>Medical service:</b>	Doctor on duty and Red Cross
<b>Food:</b>	Free dextrose and drink
<b>Insurance:</b>	Third party insurance of the OEVV for the event. Participants have to take care of accident insurance.
<b>Weather:</b>	The event takes place in all weathers. OFFICIAL SMOKING BAN IN THE FORESTS!
<b>Hiking world champion Gen.:</b>	Each participant who has covered three hikes gets a hiking world champion certificate (EUR 1.50). Whoever has covered the longest distance in the end, becomes world champion in the single evaluation.
<b>Group hiking world champion:</b>	A group world champion is chosen by the tourist board amongst the participating associations! The 10 associations whose participants cover the most km are chosen to be group world champion. If you report back after having finished a hike it is recorded. Group membership has to be announced upon registration.



Coming from the direction of Vienna on the A 1 or from Munich on the A9, take the A 10 (Tauern Motorway) at the Salzburg motorway junction, then take the Exit 28 at Golling-Abtenau, or the Lammertal-Hütttau Exit 56/60 and continue on the main Lammertal road to Abtenau.

## LammerTal.info

Das bewegte Tal

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[www.lammertal.info](http://www.lammertal.info)

# REGISTRATION & BOOKING

➔ **Register for the Hiking World Championship at the OEVV.**

➔ **Member of the OEVV (Austrian Federation for Popular Sports) at the IVV.**

This event counts for the International Popular Sports badge.

**The IVV score stamp is given if**

1. the participant presents the starting card and the IVV membership card in person.
2. the names on the starting card and membership card correspond.
3. all control stamps are on the starting card.



➔ **OEVV-Control-No.: S4/2010**

➔ **Register and book your accommodation directly at the Lammertal-Dachstein West Tourist Board.**

**Post or fax your registration stub to: Lammertal – Dachstein West Tourist Board,  
Markt 165, 5441 Abtenau, Austria, Tel.: +43(0)6243-4040-54, Fax.: +43(0)6243/4040-40**



CATEGORY (Please tick off your category)	BOARD	3 NIGHTS (Rates in EURO)	4 NIGHTS (Rates in EURO)
<input type="radio"/> 4-star hotel	breakfast	150-216	200-288
<input type="radio"/> 3-star hotel/ guesthouse	breakfast	117-153	156-204
<input type="radio"/> Private room	breakfast	63-78	84-1040
<input type="radio"/> Apartment 4 persons	without food arrangements	p. App. 162-210	p. App. 216-280
<input type="radio"/> Half-board supplement		30-42	40-56
<input type="radio"/> Single room supplement		12-33	16-44

**ROOM/APARTMENT** (please enter your choice)

**ARRIVAL**

**DEPARTURE**

\_\_\_\_\_ Einzelzimmer

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Double Room

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Multi-bed Room for \_\_\_\_\_ persons

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Apartment for \_\_\_\_\_ persons

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Name

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Fax

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E-Mail

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Date

\_\_\_\_\_  
Signature

Rates are per person and include the selected accommodation and the entire social program. You get your booking confirmation immediately once your registration has arrived. Conditions of payment are given on your booking confirmation! Cancellation fees in accordance with the general travel conditions (ARB 1992).