

# Paul

bergischer

## PANORAMASTEIG ULTRALAUF



2027  
FRONLEICHNAM  
DO 27.05 BIS  
SO 30.05.2027

### Call for tenders:

**PAUL – PA-noramasteig UL-tratrail 27. – 30.05.2027**

### Participation

The PA-noramasteig UL-tratrail – hereinafter referred to as PAUL – is a small but excellent running event organised by runners for runners. We cannot and do not want to turn it into a large-scale event.

PAUL150 is not a children's birthday party! Anyone who wants to run 150 miles and around 7,000 metres of elevation gain through the woods in partial autonomy should know what they are doing. We therefore expect proof of a challenging 100-mile run in the past 24 months or a link to your DUV statistics. You can enter both when registering. We will check your proof and confirm your participation upon admission. We also reserve the right to reject participants without giving reasons.

No proof is required for PAUL100 and PAUL50.

### Number of starting places

For organisational and logistical reasons, the number of participants is limited:

PAUL150: Run: 75 participants  
Early start at 4:00 a.m.: 30 participants

PAUL100: 75 participants

PAUL50: 75 participants

All competitions are individual competitions. Each participant runs for themselves and must therefore complete the entire course alone and on foot.

Anyone who takes a shortcut will be penalised with an appropriate time penalty depending on the severity and nature of the deviation. Anyone who chooses other means of transport (car, bicycle, public transport) will be disqualified. The decisive factor is the GPS tracker recording in the system.

## Date

PAUL will take place from Thursday, 27 May 2027 to Sunday, 30 May 2027. There are several starting groups.

Groupe 1 – Friday, 28 May 2027 at 4:00 a.m. PAUL150 between 47 and 62 hours  
**Early start (outside the DUV ranking)**

Groupe 2 – Friday, 28 May 2027 at 6:00 a.m. PAUL150 between 45 and 60 hours

Groupe 3 – Friday, 28 May 2027 at 10:00 a.m. PAUL150 between 37 and 49 hours

Groupe 4 – Friday, 28 May 2027 at 2 p.m. PAUL150 between 30 and 40 hours

Groupe 5 – Friday, 28 May 2027 at 4 p.m. PAUL100 between 32 and 50 hours

Groupe 6 – Saturday, 29 May 2027 at 00:00 PAUL100 between 22 and 42 hours

Groupe 7 – Saturday, 29 May 2027 at 4 p.m. PAUL50 between 8 and 10 hours

*Assess yourself realistically. If you start too early and are too fast, you will run 'dry' because the opening hours of the refreshment points are explicitly tailored to the corresponding running speed. NO special arrangements, NO exceptions. If you are too early, you will have to wait for the refreshment point to open, as registration is mandatory here.*



**Paul**  
DER LÄNGSTE  
NON STOP  
RUNDKURS  
IN DEUTSCHLAND!

**Paul**  
150  
245 KILOMETER  
MEILEN  
7000HM

**Paul**  
100  
160 KILOMETER  
MEILEN  
4000HM

**Paul**  
50  
80 KILOMETER  
MEILEN  
1500HM

## Timing



### timing PAUL150:

Thursday, 27 May 2027

Race number distribution: 4:00 p.m. – 6:00 p.m.

Mandatory briefing: 6:00 p.m. – approx. 7:00 p.m.

Drop bag drop-off: until 6:00 p.m.

Afterwards: pasta party



### timing PAUL100 | start time 4:00 p.m.

Friday, 28 May 2027

Race number distribution: Thursday 4:00 p.m. – 6:00 p.m.

Friday 12:00 p.m. – 1:30 p.m.

Mandatory briefing: 1:30 p.m.

Drop bag drop-off: until 1:30 p.m.

Shuttle to the starting point: 2:30 p.m.

### timing PAUL100 | start time 00:00 a.m.

Friday, 28 May 2027

Race number distribution: Thursday 4:00 p.m. – 6:00 p.m.

Friday 12:00 p.m. – 1:30 p.m.

Mandatory briefing: 1:30 p.m.

Drop bag drop-off: until 1:30 p.m.

Shuttle to the starting point: 10:30 p.m.



### timing PAUL50:

Saturday, 29 May 2027

Race number distribution: 12:00 p.m. – 1:30 p.m.

Mandatory briefing: 1:30 p.m.

Shuttle to the starting point: 2:30 p.m.

## **Start and finish location for all competitions:**

51789 Lindlar Linder Str. 22 (Linder Treff)

## **Route**

The Bergische Panoramasteig trail is located in one of Germany's most diverse low mountain ranges, only about 40 kilometres from the metropolis of Cologne. For several years now (most recently in 2025), the trail has been certified by the German Hiking Association as a 'Quality Trail Wanderbares Deutschland'. It leads in a large loop over a length of 150 miles/7,000 metres of elevation gain through the Bergisches Land Nature Park. The circular trail leads through the valleys of the Agger, Wupper and other small streams, through impressive mixed forests, past lush meadows and many dams – and particularly often over the mountain ranges so typical of the region with their panoramic views.

## **GPS-Data**

The GPX data will be sent out in good time before the event via newsletter AND made available for download.

## **Time limit**

In the PAUL150, depending on your starting group, you have up to 62 hours to reach the finish line in Lindlar.

In the PAUL100, depending on your starting group, you have up to 50 hours to reach the finish line in Lindlar.

In the PAUL50, you have up to 26 hours to reach the finish line in Lindlar.

*Assess yourself realistically. If you start too early and are too fast, you will run 'dry' because the opening hours of the refreshment points are explicitly tailored to the corresponding running speed. NO special arrangements, NO exceptions. If you are too early, you will have to wait for the refreshment point to open, as registration is mandatory here. The exact opening times of the refreshment points are still to be determined and will be announced in good time before the event.*

## **Ratings**

There is timekeeping and a ranking list for each competition. For the PAUL150, PAUL100 and PAUL50, in addition to the scoring, there is also a statistically valid entry in the DUV database.

Please note: For PAUL150 starters in starting group 1, Friday 4:00 a.m., there will be no scoring in the DUV statistics, but the participants will of course be listed in the rankings.

Anyone who abandons the race (DNF) will NOT be ranked. Any objections to the measured finish times or possible inconsistencies in the course of the race must be addressed to the race management immediately after the preliminary results have been published. Objections that are not submitted within 48 hours of the finish will not be considered.

## Markings

The Bergische Panoramasteig trail is marked with yellow signs throughout. Simply follow these signs and enjoy the wonderful views over the vast heights. In addition to the markings, there are also signposts pointing out notable landmarks. These indicate restaurants, railway stations and the nearest towns. The signposts indicate the distance to each point. However, the markings are designed for daytime walking. In addition, the markings are usually very high up. It is therefore strongly recommended that you use a GPX-compatible navigation device. Finding your way is part of the challenge! This is not always easy, especially during the two nights. If you're not careful, you'll quickly rack up a few bonus miles.

## Supply points

We are organising a total of 10 aid stations at PAUL150 as well as a drop bag service (exact locations to be announced).

- Drop bag station 1 (approx. 80 km)
- Drop bag station 2 (approx. 160 km)

## Attention:

Drop bags will not be transported further. After closing the respective drop bag station, we will bring the drop bags to the finish line. Please bring your own bags for the drop bags.

Those who have registered for the PAUL100 will find their drop bag at drop bag station 2 (approx. km 80).

There is no drop bag station for PAUL50.

Further information on the refreshment points, the drop bag service and possible sleeping or resting facilities at the refreshment points will follow on the homepage and in the newsletter. No liability is accepted for the drop bags.

## Shuttle-Service

We will organise a shuttle service. If a participant decides to abandon the race, they must immediately inform HQ using the emergency number printed on their race number. If the participant abandons the race at one of the refreshment points, transport back to Lindlar will be provided from there at the latest by the respective cut-off times. This may involve waiting times. If participants drop out on the course (i.e. not at a refreshment point), they are responsible for their own onward/return transport. In this case, there is no entitlement to return transport, although every effort will be made to provide it. It is therefore strongly recommended that you withdraw at one of the refreshment points. If you are unable to continue, please do not start the race in the first place, but listen to your body and try again at one of the following events.

## Organisational contribution

PAUL150 Entry fee 230,00 €

PAUL100 Entry fee 150,00 €

PAUL50 Entry fee 70,00 €

Shuttle service to the start 10,00 €

Pasta Party 7,50 €



*PAUL also relies on the commitment of many volunteers. Without the clubs, institutions and restaurateurs who provide us with premises and look after you at the refreshment points, the event would not be possible.*

## Leistungen

### PAUL150:

- Briefing (mandatory for EVERYONE on Thursday / see above under Schedule!)
- 10 generously stocked refreshment points
- 2 drop bag services (pack your own bags!)
- Live GPS tracking
- Shuttle service for dropouts from the refreshment points to the finish line
- Refreshments at the finish line
- Finisher gift

Optional pasta party

### PAUL100:

- Briefing mandatory for ALL (see above under Timeline)
- 7 generously stocked refreshment points
- 1 drop bag service (pack your own bag!)
- Live GPS tracking
- Shuttle service for dropouts from the refreshment points to the finish line
- Refreshments at the finish line
- Finisher gift

Optional pasta party

Optional shuttle to the start

### PAUL50:

- Briefing mandatory for ALL (see above under Timeline)
- 3 generously stocked refreshment points
- Live GPS tracking
- Shuttle service for dropouts from the refreshment points to the finish line
- Refreshments at the finish line
- Finisher gift

Optional pasta party

Optional shuttle to the start



## Requirements

The Bergische Panoramasteig trail runs mostly on unpaved paths and trails. This places high demands on the runners' physical condition and coordination skills. Therefore, excellent physical fitness is a prerequisite for participation. All participants must also have strong orientation skills (even in the dark), appropriate running experience and a high degree of personal responsibility.

## Health

Health Only healthy and physically well-trained runners should take part in this ultra run. Infectious diseases (flu, tonsillitis, etc.) contracted shortly before the run can impair performance and lead to serious health risks (e.g. heart muscle inflammation). All participants are advised to have a health check carried out by a doctor before the race and not to take any performance-enhancing drugs, painkillers or similar before and/or during the race.

Violations of the basic rules of coexistence listed here and other obvious rules will result in immediate disqualification and, depending on the circumstances, permanent exclusion from our events.

## Ethics

Participation in the competitions offered requires participants to show a high degree of respect and personal responsibility towards themselves, their fellow participants and the environment. You must stop running if you are at risk of harming your health. You must provide first aid to injured or endangered participants until further help arrives. You must have great respect for the unique and sensitive natural environment and leave no litter behind on the route.

Violations of the basic rules of coexistence listed here and other self-evident rules will result in immediate disqualification and, depending on the circumstances, permanent exclusion from our events.



## Equipment

Anyone who wants to run 50, 100 or 150 miles should know what they need to do so. Each participant is therefore responsible for ensuring they have sufficient personal equipment. We strongly recommend that you follow the equipment guidelines for major ultra trails (UTMB, etc.). To conserve resources, there are no plastic cups at the refreshment points.

### Required equipment:

- Mobile phone (with the organiser's emergency number saved!)
- Tracker (provided on loan by the organiser, to be returned after crossing the finish line or in case of withdrawal)

PLEASE NOTE! A fee of €150.00 will be charged if the tracker is lost or not returned.

- Drinking cup
- 1.5 litres of drinks (hydration bladder or bottles), emergency bars
- Emergency equipment: tape bandage, elastic bandage, emergency whistle
- Headlamp (with spare batteries)
- Emergency blanket

*We expressly reserve the right to adjust the mandatory equipment to the current conditions, even at short notice.*

### Recommended equipment:

- Sufficient personal provisions – refreshment points are up to 30 km apart
- Trail running shoes (good tread, stable)
- Functional running clothing: rain jacket, rain trousers, change of clothes, etc.
- Spare torch
- GPX device
- Reflectors on clothing/backpack (red rear light if necessary)

### Bicycle escort:

Each participant carries their own equipment (backpack, mandatory equipment, necessary drinks) and completes the entire route on foot. Cycling accompaniment is not permitted in any of the competitions. Violations will result in immediate disqualification.

### Pacing:

Running together in a group with other participants is permitted, but personal pacing is not allowed.

### Leaving the course:

If you leave the marked route for a short time – for example, to go shopping in a shop or supermarket – you must generally re-enter it at the same point where you left it.

## Disclaimer

PAUL is a semi-autonomous self-sufficient run; participation is at your own risk. There are no road closures, safety measures or similar precautions in place. Compliance with the relevant provisions of the Road Traffic Regulations (StVO) is the responsibility of each individual participant. The organisers will provide food and refreshments for participants before, during and after the race. The organisers, volunteers along the route, at the refreshment points and the supporting organisations exclude liability for damages of any kind, to the extent permitted by law. By registering in RaceResult and appearing on the day of the race, each participant actively accepts these conditions and declares their unconditional exemption from liability by signing a liability waiver and declaration of personal responsibility towards the organisers.

## Cancellation of the run

Bad weather should not be an obstacle, but cancellation may be necessary due to circumstances beyond our control. Organising a race over such a distance and with these logistical requirements requires immense advance preparation on our part. Although we hope that everything will go according to plan, we cannot rule out the possibility that unforeseeable developments may prevent the event from taking place. Should this occur, we will refund the entry fee, provided it has not already been used to cover actual expenses incurred.

Should the race have to be cancelled by the race organisers during the event due to force majeure, there shall be no entitlement to a refund, including any partial amounts.

## Refund of the entry fee

Cancellation by participant:

- Cancellation up to and including 31 December 2026: 50% refund
- Cancellation from 1 January 2027 up to and including 28 February 2027: 25% refund
- No refunds will be given from 1 March 2027 onwards

We recommend that you take out travel cancellation insurance and entry fee insurance.

## Statistics partner:

Deutsche Ultramarathon Vereinigung (DUV)

## Organisation and race management:



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