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PĂDUREA CRAIULUI

## The red route

**Carpathia guesthouse - Izvorului Valley - Coada Lacului Leșu -- Carpathia guesthouse**



**Distance:** 36 km

**Cumulative positive level difference:** 1,400 m +

**Estimated maximum travel time** (in easy running combined with hiking): 5 hours and 30 minutes

**Difficulty level:** difficult

**Marking:** the silhouette of a runner colored in red

**Recommendations:** technical running shoes profile, water at least 2 l regardless of temperature, food, clothing appropriate to the season and specifics of trail running, telephone, lighting source, a big smile

**The trail running route is a difficult one to follow, being well highlighted in the field. It leads the runners to Piatra Bulzului from where you can admire Lake Leșu and the nearby peaks. It is marked by steep climbs and steep descents.**

The route starts from Carpathia Guesthouse in Remeți. After a short section on the asphalt, the route turns right, towards Izvorului Valley.

The route climbs through a rocky canyon, then reaches a smoother part. Here the route winds along the stream. At the end of the valley, where the road junctions, runners will turn right.

From here the running path begins to climb steadily. Arriving on the ridge, the running route meets the tourist route marked with a blue stripe. The two routes go together for a stretch of road. At some point, the two routes begin to descend to the right.

Following the marking that represents a red silhouette of a runner, the route arrives in the tourist village of Coada Lacului (Leșu). From here there are 500 meters of running on asphalt (DJ 108J).



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The road turns right and begins to climb steeply on the opposite side of the valley. The trail running route continues following the hiking trail marked with a blue triangle. After a sharp turn to the right, the route becomes part of the tourist route marked with a red triangle, which it follows close to the destination.

A very steep climb and a small detour, which is worth doing, take tourists to Pietra Bulzului. From here you can see Lake Leșu (still dry) and the nearby peaks. The route continues effectively bypassing the lake and, after a long descent, it reaches the Leșu gorge. Here you reach the trail running route again. From this point there are only 3 kilometers left to run, on asphalt, to Carpathia guesthouse.

After: [sportinapuseni.ro](http://sportinapuseni.ro)

