

PRESS RELEASE

Stubai Valley mountain running enters its next decade

As tradition dictates in the Stubai Valley, the last weekend of July is reserved for the Schlickeralmlauf. From 27th - 28th July, mountain runners will congregate in Telfes in the Stubai Valley for the 31st time.

Stubai Valley, 2019: After its thirtieth anniversary last summer, the Schlickeralmlauf is entering its next decade. As usual, the mountain running event will take place on the last weekend in July. From 27th to 28th July 2019, the best mountain runners in the world and many ambitious young runners will once again congregate in Telfes in the Stubai Valley. It all starts on Saturday with the kids' races followed by the charity run and the varied Telfer Wiesen Run. In the main competition on Sunday, the fastest men and women compete over two different long distances and the Tyrolean mountain running champion will be crowned.

Despite or perhaps because of its long-standing existence, the Schlickeralmlauf in the Stubai Valley remains a popular race. The route from Telfes to Kreuzjoch in the Schlick 2000 hiking centre is still one of the most renowned routes in the mountain running world. Slight changes, extensions and improvements have shaped the course over the last thirty years, making sure it is still exciting. For instance, the short route (7.5 kilometres and 786 vertical meters), was adapted last year and now starts at the middle station of the Kreuzjochbahn and ends at the mountain station.

Even though it leads rapidly upwards due to the climb of the Scheibenweg, it was well-received, so this course will be maintained in 2019. Participants in the Schlickeralmlauf once again have the choice of running either the short distance (7.5 km, 786 m vertical meters) or long distance (11.5 km, 1,100 vertical metres) to the Kreuzjoch mountain station in the Schlick 2000 hiking centre.

At the 31st Schlickeralmlauf, internal championships will once again be held, so that the 2019 race will can be used as part of the Tyrolean Mountain Run Championship.

One day before the race, the additional competitions will also take place as usual. This includes the ASVÖ children's races for young athletes, the charity run and the Telfer Wiesen Run, which will be open to everyone on 27th July in the sun drenched village of Telfes in the Stubai Valley.

Telfer Wiesen Run

A fixed part of the Schlickeralmlauf weekend is the Telfer Wiesen Run. A fun run with elements of road, cross-country and mountain runs over eight kilometres through the wonderful landscape around Telfes is a great course for personal best. Some runners even use it to prepare for the main competition on Sunday. But it's also a beautiful route for casual runners with a very manageable distance.

ASVÖ children's races and charity run

In the ASVÖ children's runs, fun is the focus. The starting line is at the village square and the end is located at the village pavilion in Telfes. Each race is between 300 to 2,400 metres. Each child receives a great souvenir gift and there are prizes for the three fastest in each class. Following these, there is a charity run open to everyone. Each lap completed increases the donation which

is used for charitable purposes in the Stubai Valley. At 6.30 pm, the party starts at Recheis Nudelfest with great music.

Registration and prices

Registrations for the Schlickeralmlauf and the Telfer Wiesen Run can be made online until Friday 26th July 2019 at www.stubai.at/schlickeralmlauf/. Late entries will be accepted in the race office on race day until 9 am. The starter package includes a timing chip, baggage transport, refreshments and a trip on the Kreuzjochbahn in the Schlick 2000. As well as prizes for the fastest runners in each class and discipline, valuable prizes will be raffled among all participants. The main prize will be a two-day wellness holiday for two at the Hotel Mildererhof in Neustift.

STUBAI VALLEY – Moves You!

The Stubai Valley in the Tyrol is located near the state capital of Innsbruck and is – thanks to the Brenner Motorway – easy to reach from Germany, Austria, Switzerland and Italy. 35 kilometres long, surrounded by 80 glaciers and 109 mountains with 3,000 metres peaks, the Stubai Valley has five main villages: Neustift, Fulpmes, Telfes, Mieders and Schönberg. Its year-round programme is particularly popular for active holidaymakers: the Stubai Glacier, the largest glacier ski region in Austria, offers the finest skiing enjoyment until mid-June. Varied summer programmes and a superbly developed 65 km network of alpine huts and trails also await holidaymakers at the “Wanderzentrum” (hiking centre) Schlick 2000 in Fulpmes, in the hiking region of the Serlesbahnen cable cars near Mieders or the Elferbahnen cable cars in Neustift. In summer, visitors can enjoy hiking, climbing, mountain biking, paragliding with excellent thermal updrafts, rafting, kayaking, Nordic walking, tennis, yoga, swimming and many other kinds of sport in the open air.

One five-star hotel, four four-star-superior hotels, 31 four-star hotels, three three-star-superior hotels, 37 three-star establishments, and around 4,700 beds in holiday apartments and guest houses with a high standard, as well as traditional farmhouses and three camping places, offer comfortable accommodation for every requirement.

Numerous special offers, such as free travel on buses, the Stubai Valley railway and the mountain cable cars, as well as entry to the swimming pools at Neustift and Mieders, are included in the **Stubai Super Card**, which you automatically receive from May to October when checking in to stay at participating establishments. Children under the age of 10 can travel on all cable cars free when accompanied by a paying parent.

The Tourist board Stubai Tirol provides information about current offers, dates and events on the website www.stubai.at. The online accommodation search helps you to find the right accommodation for your holiday. It's possible to simply send enquires by email at info@stubai.at or by phoning +43 (0)501881-0. Stubai Tourism are delighted to help you find package deals or to organise and arrange transfers to/from the airports of Munich and Innsbruck – just contact them at tel: +43 (0)501881-170 or 171 or by email at stubaitouristik@stubai.at.

You can find downloadable images in our press portal at www.stubai.at/en/press/

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