

**PRESS RELEASE**

## **2nd Women's Summer Festival in Paznaun**

**From 27 to 29 July 2018, outdoor sports in Paznaun become a woman's thing again. The 2nd Women's Summer Festival combines sports with beauty and wellness for one long weekend. An all-round carefree package costs 279 Euro.**

Exciting outdoor workshops, guided tours and a large Expo-Area with reputable exhibitors – at the 2nd Women's Summer Festival from 27 to 29 July 2018, everything revolves around women. On the programme of the outdoor-ladies: Action when mountainbiking, climbing, bouldering, walking along the via ferrata, hiking, stand-up-paddling, trail running or motorbiking (Required: motorbike driving licence. The courses and rides are led by female coaches). To that come yoga and Pilates or a brief massage and manicure awaiting you in the beauty zone. New in 2018: A photo and herbal workshop. Also on site: Motivational coach Jaqueline Fritz, who was elected sportswoman of the year 2017 by Outdoor Magazin proves that as a woman, everything is within reach even with just one leg. All workshops and outings for novices or the advanced can be booked individually or as a package for 279 Euro per person without accommodation. The Expo-Area in Ischgl is open to all free of charge. Men and children will be looked after on all three days in the "Men's refuge" and childcare centre, respectively. All further details and booking: [www.womenssummerfestival.com](http://www.womenssummerfestival.com).

### **By women for women**

The 2nd Women's Summer Festival from 27 to 29 July 2018 combines outdoor sports with beauty and wellness. For a full three days, participants can try out various sports just among themselves or consolidate their existing skills. With the abundance of guided tours and workshops with professional coaches and famous sportspeople, women are then spoiled for choice when choosing from the large number of outdoor sports on offer. A sports- and outdoor-photography workshop, a do-it-yourself workshop on the subject of natural cosmetics from herbs or an action-packed ride on the Ischgl Skyfly are new additions to the programme this year. Powerful women of course also need powerful vehicles, and those who have always wanted to take motorbike lessons can do so at the festival – this is also something the men may want to book. So you can register by yourself, your man or the both of you. Information about the motorbike lessons will be published soon! Note: A motorbike driving licence is required in order to participate.

In-between the activities you have booked, the large Expo-Area beckons to go for a stroll: Some of the renowned exhibitors from the field of sports, outdoors and cosmetics such as Deuter, Leki, Edelrid, NRS, Anita active, Blackroll, Garmin, edding LAQUE are even represented with their own coaches and testimonials and make their products available for testing.

### **Après-Sports for ladies**

After sports, the range of massage options offered in the Expo-Area provides regeneration and relaxation. Stylists present new beauty trends – from hairstyles to manicures. Technical lectures on the topics of training, diet and motivation provide interesting tips for at home. In the evening, too, there is plenty on offer in the Expo-Area, because after a day full of sports the participants can enjoy some live music.

### **Festival-all-round-carefree-package**

Those who don't want to worry about anything can book the festival package excluding accommodation for 279 euro. This includes all guided tours and trainings, Yoga-/Pilates workouts, Functional Training courses, Stand Up Paddling, use of the test-products, a cosmetic or massage treatment, a welcome drink, a goody bag as well as a festival-shirt and further specials. New for 2018 and exclusively for those booking a festival package: Lodge-yoga and a surprise evening incl. dinner on Friday. Those who'd rather book individually: Individual courses can be booked. All further details and booking: [www.womenssummerfestival.com](http://www.womenssummerfestival.com).

### **Childcare and men's refuge**

Participants in the 2nd Women's Summer Festival also need not worry about their family. All-day childcare is on offer in the Expo-Area. Accompanying men can be dropped off in the "Men's refuge". In the only zone free of women, football tables, test rides with the latest motor-bike models and "Men's shopping" ensure boredom doesn't stand a chance on this weekend.

More details: [www.ischgl.com](http://www.ischgl.com) and [www.womenssummerfestival.com](http://www.womenssummerfestival.com).

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Pictures: [2. Women's Summer Festival](#)

All text and images are available on <https://www.ischgl.com/en/more/service/press> to download for free.