

PRESS RELEASE

Cross-country skiing event-premiere: Galtür Nordic Volumes

From 2 to 4 April 2020, the “Galtür Nordic Volumes” will be held in Galtür for the first time. The cross-country skiing event consists of the already well-known Galtür Nordic Night Race, the new “Cross Country Climb” from Galtür up to Bielerhöhe and back, as well as a free, open cross-country skiing camp with workshops, practice sessions and test material. Total prize money: 10,000 euro. Online registration open now.

In April 2020, Galtür presents a new cross-country skiing event: The 1st Galtür Nordic Volumes are held from 2 to 4 April 2020. The three-day event open for everyone consists of the well-known Galtür Nordic Night Race – a night-time cross-country sprint on level terrain – and, new as of 2020, the Cross Country Climb during which 177 m difference in altitude (LIGHT) and 471 m difference in altitude (HARD) must be negotiated. Also new: The free cross-country skiing camp for all those interested in cross-country skiing with technique practice sessions, workshops as well as test material from Fischer company. Participation in the Galtür Nordic Night Race and the cross-country skiing camp is free; for the Cross Country Climb an entry fee will be charged (from 29 Euro for those registering early). The prize money for the winners of the Galtür Nordic Night Race is a total of 7,900 euro, while the Cross Country Climb (discipline HARD) winners can take home a total of 2,100 euro. More details and online registration: www.galtuer.com.

Galtür Nordic Night Race on 2 April 2020

The Galtür Nordic Volumes kick off with the well-known and popular Galtür Nordic Night Race, held for the third time already this season. The race which allows everyone to compete against the pros is designed as a cross-country sprint on level terrain and is held in the heart of Galtür. After a 500 m long qualification lap, the 16 fastest finishers then proceed to the final rounds in the categories for women and men. These begin at 20:00 in single-elimination format and are held over two rounds each (a total of around 1,000 m). The battle for the total prize money is fought by the finalists in groups of four, from which the two fastest of each group proceed. Children can also get a first taste of real competition spirit here: A separate children’s race in the categories U9, U12 and U16 will be held at 18:15 (qualification) and 19:20 (final). Here the motto is: It’s the taking part that counts, because all participants will

receive a medal and a prize.

Cross-country skiing camp “Läuft bei uns” on 3 & 4 April 2020

To make sure that all cross-country skiing fans have a smooth run during the event, the free cross-country skiing camp on Friday 3 April and Saturday 4 April offers technique tips by trained instructors from the Galtür skiing school. In addition, participants can also try out the latest material by Fischer on site, and complete a full-body workout at the Fischer Skiletics Training, for example. The cross-country skiing can at the ice rink in Galtür opens its gates on Friday and Saturday at 9 o'clock and is open all day.

Premiere: Cross Country Climb on 4 April 2020

On Saturday 4 April 2020, it's time for the premiere: That's when the first public cross-country ski race “Cross Country Climb” is held through beautiful Vermunt. Participants can register for the distances HARD (21.3 kilometres with 471 m difference in altitude) or LIGHT (12.4 km with 177 m difference in altitude). The public cross-country ski race is open for everyone and starts at 8 o'clock from Galtür heading for Bielerhöhe and back again. The winners of the HARD distance will collect total prize money of 2,100 euro. Savings tip: Those who register by 30/11/2019 pay 29 euro entry fee for the Light distance and 35 euro for the Hard distance. Until 29/02/2020 it's 33 and 39 euro, respectively, and from 01/03/2020, 43 and 49 euro.

All details about the Galtür Nordic Volumes, conditions of participation as well as online registration on www.galtuer.com.

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October 2019

Direct image downloads here: [Galtür Nordic Volumes 2020](#)

Captions:

Galtuer_Nordic_Volumes_20_1: In April 2020, Galtür presents a new cross-country skiing event: The 1st Galtür Nordic Volumes are held from 2 to 4 April 2020 © TVB Paznaun – Ischgl

Galtuer_Nordic_Volumes_20_2: The Galtür Nordic Volumes kick off with the well-known

and popular Galtür Nordic Night Race, held for the third time already this season © TVB Paznaun – Ischgl

Galtuer_Nordic_Volumes_20_3: Children can also get a first taste of real competition spirit © TVB Paznaun – Ischgl

Galtuer_Nordic_Volumes_20_4: New as of 2020, the Cross Country Climb during which 177 m difference in altitude (LIGHT) and 471 m difference in altitude (HARD) must be negotiated © TVB Paznaun – Ischgl

Galtuer_Nordic_Volumes_20_5: The new “Cross Country Climb” from Galtür up to Bielerhöhe © TVB Paznaun – Ischgl

Galtuer_Nordic_Volumes_20_6: Cross-country skiing camp “Läuft bei uns” on 3 & 4 April 2020 © Tirol Werbung Charly Schwarz

Galtuer_Nordic_Volumes_20_7: The cross-country skiing event consists of the Galtür Nordic Night Race, the new “Cross Country Climb”, as well as a free, open cross-country skiing camp © TVB Paznaun – Ischgl

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