

WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS 2023 IN TIROL

Ready to run? The World Mountain and Trail Running Championships, WMTRC for short, will take place in Innsbruck-Stubai from 6 to 10 June 2023 and will be the culmination of a ten-day celebration of trail running starting with the Innsbruck Alpine Trailrun Festival beginning on 1 June. The WMTRC will bring together 1,500 athletes from over 64 nations to compete for medals in four competitions: Vertical, Trail Short, Trail Long and Mountain Classic.

The World Championships will take in some of the most beautiful spots in the Alps, including the Kalkkögel mountains, the Elfer mountain near the Stubai Glacier, and the Nordkette mountains north of Innsbruck. Competitors and spectators alike can look forward to amazing views of Tirol's spectacular scenery.

The races

VERTICAL – Wednesday, 7 June 2023

It will be full-on racing from the go on this course measuring just 7 kilometres in length but with 1,020 metres of altitude gain. The women are up first before it is then the turn of the men to crown the new world champion.

The race begins at the Freizeitzentrum sports complex in Neustift in the Stubai Valley. The course leads through the village before heading more or less directly uphill along narrow and steep forest trails to the Elferhütte hut in the mountains

TRAIL SHORT – Thursday, 8 June 2023

The Trail Short comprises a varied and challenging course 44 kilometres in length and with 3,132 metres of altitude gain. The race begins on the square at the Landestheater theatre in the centre of Innsbruck and finishes in the village of Neustift in the Stubai Valley.

The route leads through Innsbruck's old town, past the Golden Roof and directly onto the steep technical trails of the Nordkette. Runners then cross the Inn Valley at Kranebitten before taking in the villages of Völs and Birgitz and then heading into alpine terrain at the foot

of the Nockspitze mountain. Things get steep again on the way up to the Mutterer Alm and the Birgitzköpflhaus, two huts in the mountains, before competitors catch a glimpse of the Kalkkögel, a series of craggy peaks central to the trail competitions at the WMTRC. The trails here are among the steepest and most challenging of the competition, taking runners up into the Schlick 2000 ski resort and past the Kreuzjoch mountain at 2136 metres above sea level. This is a great place to watch the action and can be easily accessed by cable car. The final section leads from the Starkenburger Hütte down to the finish line in Neustift.

TRAIL LONG – Friday, 9 June 2023

The Kalkkögel mountains lie at the heart of odyssey comprising 85 kilometres and 5,554 metres of altitude gain.

After a mass start in Neustift, the route heads into the Stubai Valley directly up to the first highlight: the Hühnerspiel outdoor play area with amazing 360° views. The athletes finish this Stubai Valley loop by passing through the start in Neustift once again before heading back up into the high mountains and taking on 32 kilometres of stunningly beautiful but also very technical trails in the Kalkkögel mountains.

Uphill and downhill sections alternate constantly, with athletes passing the Adolf-Pichler hut and the Hoadl ski station at the top of the resort. This eye-catching restaurant of glass and steel can be accessed via ski lift. The next section to the Kemater Alm hut and the Salfeiner See lake is a real highlight, both in terms of the scenery and running experience, before the route leads down into the valley and through the villages of Grinzens, Birgitz and Völs. Athletes cross the Inn Valley and then prepare for the final 1000-vertical-metre climb up into the Nordkette mountains north of Innsbruck before tackling the technical descent to finish on the square in front of the Landestheater theatre in Innsbruck.

MOUNTAIN CLASSIC – Saturday, 10 June 2023

This course 6 kilometres in length with 370 metres of altitude gain will provide some of the most fast and furious racing of the WMTRC, reminiscent of the super-steep "Höll" climb at the end of the UCI World Road Cycling Championships in 2018. The route showcases like no other event at the World Championships the alpine-urban character of Innsbruck. The junior runners start with one lap in separate heats before the elite runners race for the title over two laps.

Leaving from the square in front of the Landestheater in Innsbruck, the race goes over the Inn River and directly up into the Nordkette mountains to Gramartboden. There is hardly a moment for runners to catch their breath on this dynamic, relentless course. After a short, flowing traverse in the woods above Gramartboden, runners must contend with steep and root-filled downhill trails back to the city. There they enter the old town once again before reaching the finish.

IATF as a prelude to the WMTRC

The WMTRC 2023 Innsbruck-Stubai are the highlight at the end of a ten-day mountain and sports festival which kicks off on 1 June with the 8th Innsbruck Alpine Trailrun Festival (IATF). In the space of just a few years the IATF has become the largest trail running event in Austria and the third largest in the German-speaking region. Around 5,000 athletes from over 60 nations and the same number of accompanying persons are expected at this prelude to the World Championships. Some of the IATF races lead along the same trails as those which will be used by the world's best just a few days later. There will be plenty of events going on throughout the IATF as well as a great expo, with runners encouraged to stay on in Innsbruck and watch the best trailrunners on the planet battle it out at the WMTRC.

Easy access to the WMTRC trails

A transport concept has been put in place so that all spectators can experience the World Championships up close. Shuttle buses are an integral part of this concept and will run regularly to and from selected points along the routes. These buses allow spectators to travel flexibly from one point to the next without having to use their own cars. As well as its practical benefits, this system also enables minimal traffic and maximum environmental friendliness. These shuttle buses in combination with cable cars mean easy access to many of the WMTRC trails.

Cheering Crews wanted

The organisers of the World Mountain Running and Trail Running Championships are on the lookout for "Cheering Crews" to give the participants motivation, flair and emotion on their way to the finish line. The idea is that you can run with familiar faces and cheer on your favourite athletes together. In addition, a number of goodies await groups of at least twelve people. Cheering crews can register until 1 May. For more information, please send an e-mail with the subject line "Cheering Crew" to info@innsbruck-stubai2023.com.

Attractive side events

The WMTRC will feature not only spectacular action on the trails but also plenty of side events, including the big opening and closing ceremonies. On race days there will be a wide range of events highlights from film screenings to live acts, guided hikes and art, culture and cuisine. Whether you're visiting for the day or staying for the whole WMTRC, with family or friends, there's something for everyone. The offer is constantly being expanded and refined: <https://www.innsbruck-stubai2023.com/en/zuschauer/>

Register now as a volunteer at the World Mountain and Trail Running Championships and the WMTRC festival

Around 400 volunteers have the chance to experience thrilling trail run action up close, take a unique look behind the scenes of an international event, meet new people, gain experience in event management and experience what it means to achieve a goal together as part of an enthusiastic team. Those who want to get hold of one of the 400 volunteer positions at the WMTRC or the IATF can now easily register on the [website](#) and choose between twelve exciting working areas. And as a small thank-you, all those who sign up will receive goodies, food, training and certificates depending on hours volunteered and their area of responsibility.

Host Regions

Tirol – the Heart of the Alps

Tirol is a region shaped by the mountains. Forgetting home, escaping the stress of everyday life and simply finding yourself – that is what many holidaymakers associate with the Land in the Mountains, as Tirol is known. Its terrain is unique, home to more than 500 summits over 3,000 metres as well as lush alpine pastures and traditional huts serving local food.

Tirol offers a special backdrop for trailrunners, with magnificent views and varied routes. Beginners can try the sport for the first time at one of the local camps, while experienced and ambitious runners will find plenty of competitions.

The top trail running regions in Tirol include Innsbruck, Stubai, Pitztal, Ötztal, Wilder Kaiser and Imst. Each region has its own character and a wide selection of trail running routes with varying degrees of difficulty. Details: www.tirol.at/trailrunning

Innsbruck – where alpine meets urban

The UCI Road Cycling World Championships, the IFSC World Climbing Championships, the Winter World Master Games, the Innsbruck Alpine Trailrun Festival – Innsbruck can rightly call itself the sporting capital of the Alps. In recent years it has hosted some of the biggest alpine sports championships in the world and made a name for itself not only for its spectacular scenery but also its excellent event management. Innsbruck and the region offer perfect conditions for trail running. Varied and almost endless trails, many with great views of the city, lead into the high alpine terrain – a perfect place to combine the freedom and enjoyment of nature with all the benefits of city life. Details: www.innsbruck.info

The Stubai Valley – a natural paradise

Five kilometres in length, surrounded by 80 glaciers and 109 peaks over 3,000 metres, the Stubai Valley is a huge outdoor playground for active holidaymakers all year round. Close to the provincial capital Innsbruck, it combines culture and nature. Its five holiday villages are rich in history and tradition and have shaped the valley over many centuries. Villages in the Stubai Valley are all known for their family-friendly facilities, where all generations will find plenty to keep them busy. More information about the region: www.stubai.at

Media accreditation for the WMTRC Innsbruck-Stubai

Interested media representatives are requested to apply online for accreditation at <https://www.innsbruck-stubai2023.com/en/media/>

Accreditation is handled by the Local Organising Committee (LOC).

We would like to refer you to the media platform of the WMTRC 2023. At

<https://www.news-room.pr/at/pressemappen/WMTRC-2023-Innsbruck-Stubai> you will already find news, photos, videos, statements by the runners and other material which can be used free of charge for editorial purposes.

During the World Championships the newsroom will become a content hub for media representatives, where results, press releases and photos will be made available on a daily basis.

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11.194 Characters

Tirol with its 34 regions is one of the leading tourist destinations in the Alps. Tourism in Tirol dates back almost 200 years and has been at the forefront of many innovations. Guests in both summer and winter appreciate the unique landscape, the high standard of service and infra-structure, and the traditionally warm welcome that has made Tirol famous throughout the world. Based in the regional capital Innsbruck, Tirol Werbung is the tourism marketing organisation for Tirol. Its main task is to position Tirol as the number one holiday destination in the Alps.

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