



**2023 WORLD MOUNTAIN AND
TRAIL RUNNING CHAMPIONSHIPS**

Tirol
AUSTRIA



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COMMENTARY BRIEFING

World Mountain and Trail Running Championships 2023

Innsbruck — Stubai
6th – 10th June, 2023



Welcome to Tirol!

We are delighted that you have come to our region to cover the **World Mountain and Trail Running Championships 2023 Innsbruck-Stubai**. Tirol wants to help you inspire your audience with interesting facts and stories about the competition venues as well as plenty of additional information for covering the event. We hope this booklet will be a useful companion for you throughout the WMTRC 2023.

Best wishes,
The Tirol Team

Table of contents

Tirol at a glance Numbers, data, facts	4
Uphill, downhill and cross-country Tirol and trail running	5
World-class action in Tirol The region's best sporting events	6
Let's go! Trail running in Tirol in summer 2023	8
Top Tirol's trail running regions	8
City. Country. Mountain. The host regions of Innsbruck and Stubai	10
Breathtaking beauty! Places of interest along the WMTRC routes	12
VERTICAL: 07.06.2023	13
TRAIL SHORT: 08.06.2023	15
TRAIL LONG: 09.06.2023	21
MOUNTAIN CLASSIC: 10.06.2023	25
Good to know	26

Tirol at a glance

Numbers, data, facts



The Heart of the Alps

Tirol lies in the west of Austria. Covering **12,648 square kilometres**, it is the **third-largest of Austria's nine federal provinces**. Tirol itself is divided into nine districts. The host region of Innsbruck covers the districts of Innsbruck Stadt and Innsbruck Land. The Stubai Valley is part of the Innsbruck Land district.



Tirol's nickname "Land im Gebirg" ("Land in the Mountains") is no coincidence

Just 12.5 % of Tirol is inhabited – the rest belongs to nature. The region has more than **1,200 mountains**, 573 of which are over 3,000 metres high. The highest mountain in Tirol (and Austria) is the **Großglockner at 3,798 metres**, closely followed by the Wildspitze at 3,768 metres. The highest mountain in the Stubai Valley is the Zuckerhütl (3,507 metres), while the highest mountain in the Innsbruck region is the Östliche Praxmarerspitze at 2,638 metres above sea level.



Tourism as a driver of the economy

In the 2022 summer season, Tirol recorded **22.4 million overnight stays** in the region. The tourism industry is the main economic sector and employs 48,800 people. All in all, 25,000 businesses in Tirol make a living from tourism – 92 % of which are **family-run**.



Active summer holidays in Tirol

In the warm months of the year, locals and guests alike enjoy exploring the mountains of Tirol. Our region is home to around **24,000 kilometres of signposted hiking trails**, over 170 huts run by the Austrian and the German Alpine Associations, around **6,200 kilometres of mountain biking routes** and **5,000 rock climbing routes**. Runners will find an almost endless network of trails criss-crossing the mountains and valleys. According to research, **seven out of ten guests visiting Tirol head into the mountains during their stay** – with an ever-increasing number of people enjoying the experience of running in the Austrian Alps.

Uphill, downhill and cross-country

Tirol and trail running

Perhaps it was the people of Tirol who "**invented**" trail running? After all, the dairymen and farmers living high in our mountains were also in a hurry from time to time. With cars, bicycles and other kind of vehicles in short supply, especially in remote mountain valleys, people in Tirol were running the Alps day in, day out decades – if not centuries – before the words "trail running" and "mountain running" even existed.

Just five years after World Championships were created, the event came to Tirol. In 1990 and again in 1996, Telfes in the Stubai Valley hosted the World Championships. In 2002 it was the provincial capital Innsbruck that welcomed the international trail running elite. Tirol has a long and proud history when it comes to hosting **major sporting events**. The Winter Olympics have been held here twice (1964 and 1976). The UCI Road World Championships and the IFSC World Climbing Championships were both held in Tirol in 2018. Just a few months ago, the world's best young ski racers gathered in St. Anton for the 2023 FIS World Junior Alpine Skiing Championships.

Tirol's top trail running regions of Stubai, Innsbruck, Wilder Kaiser, Pitztal, Ötztal and Imst have already developed comprehensive trail networks as well as additional highlights such as **trail running camps, trail running workshops and trail days** held as part of events going on throughout the season.

World-class action in Tirol The region's best sporting events

Tirol is and always has been a popular venue for major sporting events

- The **FIS Nordic World Ski Championships** took place in Tirol in 1933, 1985 and most recently in Seefeld in 2019.
- The **IBU Biathlon World Championships** have also come to Tirol on several occasions (1963, 1978, 1998, 2005, 2017).
- Innsbruck hosted the **Winter Olympics** in 1964 and 1976.
- The **Winter Paralympics** were held in Innsbruck in 1984 and 1988.
- The **World Mountain Running Championships** (formerly also known as the World Mountain Running Trophy) have been held three times in Tirol – in the years 1990 and 1996 as part of the Schlickeralmlauf event in Telfes, Stubai Valley, as well as in 2002 in Innsbruck. This format is considered the predecessor to the WMTRC, which has been held in its current form since 2021/22.
- Since the 2000/01 season, the FIS Alpine Ski World Cup has traditionally opened with giant slalom races on the Rettenbachferner glacier in Sölden. The annual highlight of the ski season is the legendary **Hahnenkamm race** in Kitzbühel, which has been held since 1931 and draws spectators and celebrities from around the world.
- St. Anton hosted the **FIS Alpine World Ski Championships** in 2001 and will once again be a candidate to host the event once the World Championships have taken place in Saalbach.
- In 2008 Innsbruck was one of the Austrian cities to host matches of the **UEFA European Football Championships**. Three first-round matches were held here.



Neustift im Stubaital, near the Starckenburger Hütte

- In 2012 Innsbruck welcomed the first ever **Winter Youth Olympic Games**.
- In 2014 the **World Masters Mountain Running Championships** brought over 1,000 mountain runners aged 35–79 years to the Stubai Valley.
- Since 2017 Tirol has welcomed the **Tour of the Alps**, a professional cycling race on roads in Trentino and Alto Adige (Italy) as well as Tirol (Austria). Another biking highlight is **Crankworx Innsbruck**, which brings together the best downhill and freestyle riders from around the world.
- The year 2018 saw two major world championships take place in Tirol: the **UCI Road World Championships**, which took place on a range of courses between Kufstein and Innsbruck, and the **IFSC Climbing World Championships** held in the Olympic Hall and at the Innsbruck Climbing Centre. The **IFSC Climbing World Cup** will be visiting Innsbruck once again in 2023.

Let's go!

Trail running in Tirol in summer 2023

Tirol is already up and running! Just a few days ago it hosted the **Innsbruck Alpine Trailrun Festival**, with the 8th edition of this popular event (held this year from 1 to 3 June 2023) all about the WMTRC. Participants were able to soak up the pre-event atmosphere and compete on the same routes as the pros taking part in the WMTRC 2023.

The WMTRC are the crown jewel in a summer packed full of trail running events in Tirol. The Silvretta Run, the Steinbocklauf and a dozen other **top trail running and mountain running events** invite athletes with a love of the mountains to set themselves new challenges and experience Tirol's stunning scenery. And for those who simply can't get enough of the WMTRC trails, the Stubai Ultratrail in July and the Schlickeralmlauf in September will both be held on some of the same routes as those that will feature at the WMTRC 2023.

For a list of all trail running events in Tirol visit: www.tyrol.com/top-trailrunning-events



Tirol's top trail running regions

Innsbruck
www.innsbruck.info/en

Stubai Valley
www.stubai.at/en

Pitztal
www.pitztal.com/en

Ötztal
www.oetztal.com/en

Imst
www.imst.at/en

Wilder Kaiser
www.wilderkaiser.info/en

Innsbruck Alpine Trailrun Festival
Innsbruck, 01.–03.06.2023

Stubai Ultratrail
Innsbruck-Stubai, 29.06.–01.07.2023

Schlickeralmlauf
Telfes im Stubaital, 09.09.2023

Pitz Alpine Glacier Trail
St. Leonhard im Pitztal, 04.–06.08.2023

Gletscher Trailrun
Gurgl, 21.–22.07.2023

Tschirgant Sky Run
Imst, 10.–11.06.2023

Kaiserkrone Trail
Scheffau, 23.–24.06.2023

Tour de Tirol
Söll, 06.–08.10.2023

More trail running events in Tirol

Koasamarsch Ebbs | Ebbs, 17.06.2023

terra raetica trails | Feichten, 04.–08.07.2023

Silvrettarun 3000 | Galtür, 14.–15.07.2023

Großglockner UltraTrail | Kals am Großglockner, 27.–30.07.2023

KAT100 by UTMB® | Fieberbrunn, 03.–05.08.2023

Zillertaler Steinbockmarsch & Steinbocklauf | Ginzling, 19.08.2023

Karwendelmarsch | Scharnitz, 26.08.2023

Kitzbüheler Horn-Bergstraßenlauf | Kitzbühel, 03.09.2023

Mayrhofen Ultraks | Mayrhofen, 08.–09.09.2023



Neustift im Stubaital, Kalkkögel, Seejochl



WMTRC für everyone

There are two disciplines at the World Mountain and Trail Running Championships 2023 which are also open to amateur runners: the Race to Höll on 6th June and the Vertical race on 7th June.



Further information:
www.innsbruck-stubai2023.com/en/public-races

City. Country. Mountain.

The host regions of Innsbruck and Stubai



Locals like to say that Innsbruck, the provincial capital of Tirol, is in fact nothing more than an oversized village. While it is, in fact, Austria's fourth-largest city, it is also true that Innsbruck is small enough to navigate on foot – yet big enough for **30,000 students**, a bustling **arts scene**, and countless **bars and restaurants** catering to every taste.

Such is Innsbruck's proximity to the mountains, it is not unusual for locals to finish work and hop straight on a bike for a ride up to one of the many huts high above the city. It is the most normal thing in the world for an Innsbruck resident to go for a ski tour during the day followed by an opera performance, live gig or DJ set in the evening.

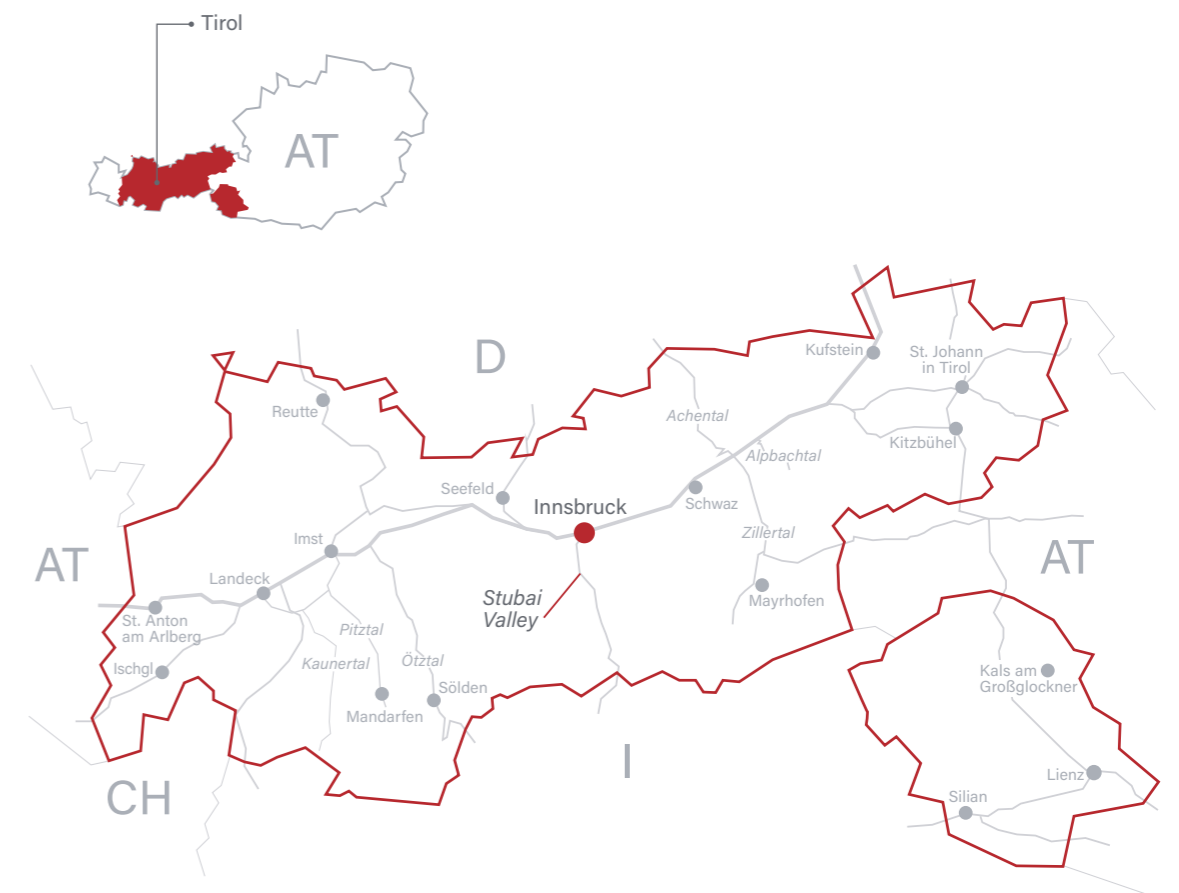
Innsbruck has much more to offer than a traditional city break. Framed by the majestic Nordkette Mountains to the north and the dome-shaped Patscherkofel peak to the south, it gives quick and easy access to **two ski areas** with fabulous views and hiking trails for all ages and fitness levels.



Stretching from the outskirts of Innsbruck all the way to the Main Alpine Ridge, the **Stubai Valley** runs in a south-westerly direction from the Wipptal Valley straight towards the Italian border. At the end of the valley you will find a mighty glacier with vast stretches of snow and ice.

The start of the Stubai Valley is barely 10 kilometres from Innsbruck, yet the hustle and bustle of the city seems a million miles away as you gaze out at the **Stubai Glacier** in the distance. **After crossing the famous Europabrücke bridge, the first village in the Stubai Valley you will reach is Schönberg.** Not far away is the village of Mieders, located at the foot of the majestic **Serles mountain**, which Goethe once called the “high altar of Tirol”. While the rushing waters of the Ruetz river carve their way through the green landscape below, high above rise the peaks of the Stubai Alps. They reach up to 3,507 metres above sea level (**Zuckerhütl**). All in all the Stubai Valley has **more than 109 peaks above 3,000 metres and 80 glacier fields.**

The Stubai Valley is perfect for both active holidaymakers as well as those in search of peace and quiet. In summer the **Stubai High Trail** in particular attracts ambitious hikers with its challenging route leading up to and above 3,000 metres above sea level into a world of wooden huts and alpine pastures, waterfalls, mountain lakes and icy glaciers. Further down in the valley you will find a fun single-seater rollercoaster in Mieders, an adventure park in Fulpmes, and the Stubai leisure centre and the birds-of-prey park in Telfes. In winter visitors to the valley can choose between four ski resorts, of which the one on the Stubai Glacier is probably the best known – not least because it is the **largest glacier skiing area in Austria.**



Breathtaking beauty!

Places of interest along the WMTRC routes

The changing landscape between the provincial capital Innsbruck and the peaks of the Stubai Valley are a fine example of Tirol's many different faces. Fusing **alpine and urban elements**, our region is blessed with a breathtaking landscape. The runners competing in the WMTRC probably won't have much time to enjoy the view – all the more reason to come back again. After all, **the mountains are not going anywhere**.



Grinzens, Salfeins



VERTICAL: 07.06.2023

START Vertical Uphill Male	13:00
ESTIMATED FINISH TIME WINNER	13:42
START Vertical Uphill Female	14:00
ESTIMATED FINISH TIME WINNER	14:51

SPECTATOR POINTS

- 1 Neustift leisure centre
- 2 Sundial / mountain station of the Elferbahnen
- 3 Elferhütte finish

Steep, steeper, vertical. At just **7 kilometres** in length but with a thigh-burning **1,020 vertical metres** of altitude gain, this trail starting at the leisure centre in Neustift and leading up to the Elferhütte hut is short but seriously hard. After a quick loop through the village, the trail leads uphill through a spruce forest to the Elferhütte.

Neustift leisure centre (KM 0)

Let's go! The Vertical event starts at the leisure centre in Neustift. It is here that from 6 to 10 June the WMTRC Expo will take place, featuring food trucks, product tests, competitions and much more. When the WMTRC's not in town, the leisure centre is a popular meeting place for locals. It has its own bowling alley and also hosts concerts. Plans are in place to redesign and modernise the leisure centre later in the year.

Neustift (KM 0–1.0)

Neustift is the **main village in the Stubai Valley**. It is home to 4,882 inhabitants and is a mecca for all kinds of sports in summer and winter. The first recorded settlements on this site date to the Early Bronze Age. The Romans also liked it here, as did Emperor Maximilian (who went hunting in the nearby mountains). The main landmark is the unusually large parish church of St. George.

Autenalm (KM 3.9)

“Normal” hikers take two and a half hours to walk from Neustift to the Autenalm hut. The steep trail leading up to 1,665 metres above sea level is mostly in **shady spruce forest**. The Autenalm itself has been around for 350 years, making it **one of the oldest alpine huts in the region**. Today it remains a popular destination for hikers – not least because of its famously good beef goulash and spectacular panoramic views. From here you can see many mountains including the Brennerspitze (2,877 metres), Zwölferspitze (2,562 metres), Burgstall (2,611 metres) and even the craggy peaks of the Nordkette Mountains towering above Innsbruck.

The sundial at the mountain station of the Elferbahnen (KM 5.9–6.1)

“Der Elfer”, as it is known to locals, is THE mountain in the **Stubai Valley when it comes to adventure sports**. Hiking, mountain biking, and, of course, trail running are some of the most popular activities in summer. The top cable car station lies 1,812 metres above sea level and is a busy take-off point for paragliders. If it’s your first time here, make sure you visit the sundial. Measuring eight metres across, the **Elfer sundial** is the largest walk-in equatorial sundial anywhere in the Alps and was built using larch wood sourced from the local forests. The view into the quiet Pinnistal Valley is also something special.

Elferhütte (FINISH KM 7.1)

Runners will have to give it their all on the final 200 vertical metres to the hut, but once at the top they will be rewarded with **fabulous views of the entire Stubai Valley all the way back to Innsbruck**. The finish line of the Vertical race lies at 2,080 metres above sea level, next to the Elferhütte. This hut has been run by the Haas family for 50 years. Until 1964 there was no cable car, so the only way to transport food and other materials up to the hut was by horse and cart. It takes just half an hour to complete the trail from the top of the cable car across to the Elferhütte. The terrain is easy and will pose no problem even for people with little experience of walking in the mountains.



TRAIL SHORT: 08.06.2023

START	09:00
ESTIMATED FINISH TIME WINNER MALE	13:02
ESTIMATED FINISH TIME WINNER FEMALE	13:35

SPECTATOR POINTS

- 1 Innsbruck old town
- 2 Mutterer Alm
- 3 Kreuzjoch
- 4 Starkenburger Hütte
- 5 Finish

From the Baroque splendour of Innsbruck’s old town to the craggy peaks of the Stubai Alps, the landscape on day two of racing could not be more varied. Between the starting point in front of the theatre in Innsbruck and the finish line in the centre of Neustift, runners must complete **45 kilometres** with **3,132 vertical metres** of altitude gain.



Innsbruck, old town

Innsbruck old town (KM 0)

What a sight! Innsbruck’s old town is a feast for the eyes. At its heart lies the legendary **Golden Roof** – built under Emperor Maximilian I – with its 2,657 gilded copper tiles. It is just a stone’s throw away from the start line in front of the theatre, which itself is very close to the imperial palace (Hofburg), the cathedral and, of course, the mountains! The funicular railway, whose stations were designed by internationally renowned architect Zaha Hadid, whisks visitors in just 10 minutes from the city centre up to the settlement of Hungerburg. From there they can take a cable car to the Seegrube mountain station perched at 1,905 metres above sea level.



The Nordkette Mountains, Hafelekarbahn

The Nordkette Mountains (KM 3.5–8.0)

An alpine playground for sports enthusiasts, a lush green (or snow-white) recreation area above the city and Innsbruck's gateway to the **Karwendel Mountains** – the Nordkette Mountains (officially called the “Inn Valley Chain”) are perched high above the provincial capital of Tirol and home to a wide range of mountain (bike) trails, one of the steepest ski routes in Europe and populations of impressive ibexes and cheeky alpine jackdaws.

Karwendel Nature Park

The Nordkette Mountains with their legendary “Frau Hitt” rock formation and the 2,334-metre-high Hafelekarspitze mountain (taken from the Tirolean word “Haferl” meaning “cup”) form part of the **Karwendel Nature Park**. Covering over 737 square kilometres, it is the largest nature park anywhere in Austria. The Karwendel Nature Park is a kind of alpine Noah's Ark, home to everything from golden eagles and eagle owls to woodcock and sandpipers. Rare wild orchids and old maple trees can also be found growing in this pristine landscape.

Höttinger Bild (KM 3.9)

The Höttinger Bild is a **small pilgrimage chapel** at an altitude of 900 metres above sea level. The name, which literally translates as “Hötting Picture”, came about in the 17th century when a student walking in this area (known as Hötting) attached an image of the Virgin Mary to a larch tree and asked for a little

heavenly help with his exams. The first traces of settlement in the district of Hötting date all the way back to the Neolithic Age.

Rauschbrunnen (KM 6.1)

The Rauschbrunnenalm hut is an excellent example of just how close city and nature are in Innsbruck. From the city it is 505 vertical metres along a series of twisting and turning corners up to the Rauschbrunnenalm (1,060 metres), which is a **popular destination** among locals. Plane spotters will appreciate the unobstructed view of Innsbruck Airport.

Mutterer Alm (KM 21.7)

The first section of the Trail Short route heads downhill towards the Stubai Valley via the Innsbruck district of Kranebitten, through the villages of Völs and Birgitz to the foot of the imposing Nockspitze mountain (2,404 metres). At kilometre 22, the runners reach the Mutterer Alm. Families and skiers enjoy this local resort's 15 kilometres of pistes in winter, while in summer it is mountain bikers who rule the roost. The **Bike Park Innsbruck at Muttereralm** hosts the only European stop of the Crankworx World Tour, which will take place this year from 21.06.2023 until 25.06.2023. This international mountain bike festival brings together the world's best freestyle riders and downhill pros.



Mutterer Alm

© Tirol Werbung | Bauer Frank

Pfriemesköpfl (KM 22.9)

This mountain is popular among skiers and snowboarders in winter, but the route from the Mutterer Alm to the Pfriemesköpfl is also beautiful in summer. The **alpine pastures** offer fine views of Innsbruck. With a bit of luck you will be able to see an alpine rose in bloom with its magenta-coloured petals, which are on full display in early June.

Schlick 2000 (KM 31.5–38.0)

A summer and winter eldorado for sports enthusiasts, Schlick 2000 is just a 10-minute drive from Innsbruck. The area stretches across the slopes of the beautiful Schlick high valley all the way up to the 2,140-metre-high Kreuzjoch mountain. In winter there are **22 kilometres of pistes and 19 ski runs** here. In summer, themed hiking trails and family-friendly walks such as the Tree House Trail and the Disc Trail await. The top cable car station is located at 2,136 metres above sea level and is flanked by the craggy peaks of the Kalkkögel Mountains. A further 500 vertical metres higher up is the peak of the Hoher Burgstall, one of the **Seven Summits Stubai**. Among those to have climbed this mountain is none other than Sir Edmund Hillary himself.



Telfes im Stubai, Kalkkögel, Schlick 2000



Telfes im Stubai, Schlick 2000

Kreuzjoch (KM 35.7)

While the runners must make their way up on foot, spectators can take the easy option and hop on the cable car in Fulpmes whisking them up in just a matter of minutes to the top of the 2,136-metre-high Kreuzjoch mountain. From the **Stubaiblick viewing platform** there are wonderful panoramic views of the Stubai Alps, the Stubai Valley and the Inn Valley. Interested in botany? If so, check out the Alpine Plant Nature Trail starting at the top of the cable car and leading down past over 60 different species of alpine plants.

Niederer Burgstall (KM 37.9)

The Niederer Burgstall is one of the 15 peaks making up the Kalkkögel Mountains. These craggy peaks are like a miniature version of the **Dolomites**, though in terms of beauty they are in no way inferior to their more famous big brothers further south. The 77.7 square kilometres which surround these imposing limestone formations have been a **protected area of natural beauty** since 1983, offering visitors the chance to enjoy an untouched landscape without the intrusion of roads or cable cars.



Neustift im Stubaital, near the Starkenburger Hütte

Starkenburger Hütte (KM 39.6)

The Starkenburger Hütte enjoys a rugged, exposed location at 2,237 metres above sea level and is situated on the **Stubai High Trail**. Comprising seven stages with more than 5,000 vertical metres of altitude gain and almost 80 kilometres of walking from start to finish, it is one of the most beautiful but also most challenging high-altitude hiking trails in the Eastern Alps. On warm summer days hikers can be found relaxing on the terrace in front of the hut enjoying the **panoramic views** of the Serleskamm ridge and the Stubai Valley. It is just a short walk from the hut to the **Gletscherblick vantage spot**, from where you will be able to see all of the “Seven Summits” in the Stubai Valley.

Neustift (FINISH KM 45.2)

The last section leads back into the valley to Neustift. It includes some spectacular views of the valley’s many **3,000-metre peaks**. All in all there are **109 of them**. Hikers wishing to climb one can shorten the ascent by taking one of the four cable cars in the valley.



TRAIL LONG: 09.06.2023

START	06:30
ESTIMATED FINISH TIME WINNER MALE	15:15
ESTIMATED FINISH TIME WINNER FEMALE	16:52

SPECTATOR POINTS

- 1 Leisure centre
- 2 Hoadl
- 3 Kranebitten
- 4 Finish

The most challenging course at these WMTRC is **85 kilometres** long with a total of **5,554 vertical metres** of altitude gain. It ends where the Trail Short begins: in front of the theatre in the centre of Innsbruck. The route along the high alpine mountains of the Stubai and Innsbruck regions provides the perfect backdrop for some great racing.

Milderaun Alm (KM 5.8)

Leaving from the centre of Neustift, the trail heads up to the Milderaun Alm. This hut is a popular spot in winter thanks to its toboggan run. The hut lies to north of **Krößbach**, at 1,675 metres above sea level, and is also known as a hiking destination and hunting area in summer.

Hühnerspiel vantage point (KM 7.3)

Where can you find the most beautiful mountain views in Tirol? Opinions differ, but this place is definitely right up there. The Hühnerspiel is a vantage point where visitors can marvel at a **360-degree mountain panorama**. In early summer you may be lucky enough to see **gamecocks** (*Lyrurus tetrix*) courting. Runners will pass here and then take the Stubairunde trail leading back to Neustift before they tackle the ascent to the Starkenburger Hütte.



Neustift im Stubaital, Hühnerspiel vantage point

Schlicker See lake and Seejöchl ridge (KM 25.5–25.8)

Simply called “the lake” by locals, Schlicker See at 2,450 m is the smallest but one of the prettiest mountain lakes in the Stubai Valley. It is of particular interest to **geologists** as it marks the point where two different types of rock meet: dolomite and Ötztal-Stubai crystalline. The lake itself is home to fish such as char, which because of the high altitude remain much smaller than those found further down in the valley. Keep an eye (and ear) out for the **marmots** that live up here – they can often be identified by their high-pitched whistle. A magnificent vantage point is the 2,518-metre-high Seejöchl ridge, from which you will be able to see not only the Schlicker Seespitze peak but also the Riepenwand and the Hoher Burgstall behind it.

Adolf-Pichler-Hütte (KM 28.4)

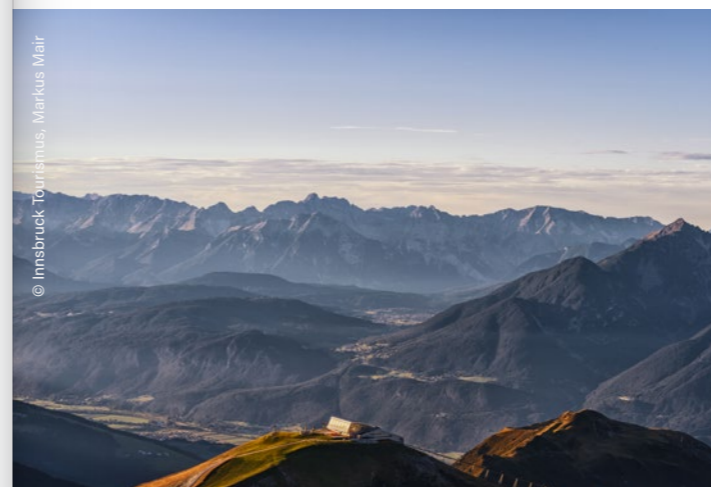
Located at the foot of the Kalkkögel Mountains at 1,977 metres above sea level lies the Adolf-Pichler-Hütte, a hut built in 1903 by the Academic Alpine Club of Innsbruck. It is named after the geologist and poet Adolf Pichler (1819–1900) and served as a base camp to many mountaineering pioneers such as Hermann Buhl. The Große and Kleine Ochsenwand, the Schlicker Zinnen and the RAC Tower are today classic climbing routes which were first conquered by Buhl and his contemporaries.

Hoadl (KM 43.1)

With a bit of luck, the WMTRC runners will be able to catch a glimpse of the **Zwölferspitz** peak as they make their way up to the Hoadl-Haus (2,340 metres). Known to locals simply as the “Zwölfer” (meaning “twelve”), it takes its name from the fact that at precisely 12.00 o’clock noon the sun stands directly above the summit of this 2,562-metre-high mountain. The Hoadl-Haus marks the highest point in the Axamer Lizum resort. Popular with skiers in winter and hikers in summer, the resort (which is just 20 minutes from Innsbruck) has 62 kilometres of hiking trails in summer as well as nine lifts and around 40 kilometres of ski pistes in winter.

Salfeins See (KM 50.0)

Some call it the “Salfeins See”, while it is known to others as the “Schönangerlsee”. This mountain lake has become a popular photo motif thanks to the amazing sight it offers of **craggy**



Axamer Lizum, Hoadl



Sellrain, Salfeins See

limestone peaks reflected on its surface. The views from the lake stretch from Innsbruck and the Inn Valley, to the Mieming Mountains, the Karwendel Mountains and even the Zugspitze, Germany’s highest mountain, which straddles the German-Austrian border.

Kranebitten (KM 67.0–68.8)

Via the villages of Grinzens, Birgitz and Völs, the trail leads downhill towards Innsbruck. In the district of Kranebitten, known first and foremost as being home to **Innsbruck Airport** as well as an excellent spot for upstream surfing, the athletes will have to dig deep again, but the cheers of the fans gathered at the fan zone here will certainly help. Runners then cross the Inn Valley via the Durrachsteig trail and head up to the Höttinger Alm.

Höttinger Alm (KM 76.5) und Umbrügler Alm (KM 78.7)

Perhaps the most popular destination for bikers and runners near Innsbruck is Höttinger Alm perched at 1,487 metres above sea level. The origins of this **traditional hut** date back to the 15th century. Today, hikers, bikers and all those who appreciate fresh air and fine views enjoy the sunshine here. Further down the mountain is the Umbrügler Alm. Reconstructed in 2015, it is considered an **architectural gem** and has successfully managed to fuse modern design with traditional alpine style. The hut takes its name from the former Innsbruck district of “Anbruggn”, mentioned in documents over 400 years ago.



Innsbruck, Nordkettenbahnen cable cars

Nordkettenbahnen cable cars (KM 80.0–81.1)

Not far from the Höttinger Alm you will see the cable cars of the Nordkettenbahnen gently floating up the mountain. Between the city centre and the highest point there are three separate sections – the Hungerburgbahn funicular, followed by the cable car to the Seegrube and another one to Hafelekar – taking visitors in just 20 minutes from downtown Innsbruck into the **high alpine world** of the Karwendel Mountains. The stations of the Hungerburgbahn funicular were designed by internationally renowned architect **Zaha Hadid**, who also designed the Bergisel ski jump in the south of Innsbruck.

Innsbruck Alpine Zoo (KM 82.5)

Innsbruck Alpine Zoo offers visitors a fascinating insight into the fauna of the Alps. It is home to more than **150 species of animals**, including ibex, brown bear, otter, eagle and wolf. It is especially beautiful in spring and early summer when the zoo's residents have their offspring. The Alpine Zoo in its present form has existed since 1962, but its origins can be traced all the way back to the 16th century

Innsbruck old town (KM 83.7–84.9 FINISH)

From Innsbruck Alpine Zoo it is 176 vertical metres down the mountain to the finish line in front of the theatre next to the old town. The theatre and the modern Haus der Musik (House of Music) on one side as well as the Congress Innsbruck and the imperial palace on the other provide a spectacular backdrop as the athletes reach the finish of what is a super-tough course.



MOUNTAIN CLASSIC: 10.06.2023

START JUNIOR MALE	10:00	START ELITE MALE	12:00
ESTIMATED FINISH TIME WINNER	10:27	ESTIMATED FINISH TIME WINNER	12:56
START JUNIOR FEMALE	11:00	START ELITE FEMALE	14:00
ESTIMATED FINISH TIME WINNER	11:31	ESTIMATED FINISH TIME WINNER	15:05

Trail running in the middle of a city? Welcome to Tirol! The cobblestones in front of the famous Golden Roof serve as the launchpad for this fast and furious sprint comprising **7 kilometres** and **374 vertical** metres of altitude gain along the same route taken by the world's best bike riders at the 2018 UCI Road World Championships up the super-steep "Höll".

Tiroler Landestheater and surroundings

The Tiroler Landestheater is an **imposing building** located on the Rennweg boulevard in the centre of Innsbruck. Opened in its present form in 1846, it has 800 seats and hosts plays, dance, opera and operetta. It has been complemented since 2018 by the modern **Haus der Musik** next door. This jet black building is an architectural highlight and home to a dozen institutions including as the Tirolean Symphony Orchestra, the Mozarteum University and the Innsbruck Early Music Festival. Diagonally opposite is the **Congress Innsbruck**, where regular events and concerts by well-known pop and rock stars take place.

The Inn river and historic Innsbruck

Pronounced "Innschbrugg" by local residents (and not "Innschbruck" with a "K", as is often erroneously claimed), the provincial capital of Tirol is inconceivable without its river – the Inn. Innsbruck literally translates as "The town on the bridge over the Inn". The **oldest part of town**, "Anpruggen", is also a linguistic reminder of the Inn bridge ("pruggen" is an old German word for "bridge"). The pretty row of colourful houses along the Inn river with the Nordkette Mountains in the background is a popular photo motif. Keep your eyes out for cars and even buses squeezing through the narrow entrance to the **Höttinger Gasse** road.

Good to know



www.innsbruck-stubai2023.com/en



www.tyrol.com/things-to-do/sports/trailrunning-tirol



www.innsbruck.info/en/1/trail-running.html



www.stubai.at/en/activities/running-trailrunning

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PUBLISHING INFORMATION
Publisher & media owner: Tirol Werbung GmbH
Maria-Theresien-Straße 55, 6020 Innsbruck, Austria
Status: Innsbruck, July 2023.
No liability accepted for printing and typesetting errors.

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