

## **Varied Sporting Events in the Stubai Summer 2023**

**Summer is just around the corner. And with it, numerous sporting events in the Stubai Valley that holidaymakers should not miss. Different locations as well as different sports promise pure variety from June to September. From the STUBAI ULTRATRAIL to yoga on the Stubai Glacier or the Schlickeralm Trail Run in Telfes to the paragliding competition Hike & Fly Trophy Stubai: there's something for everyone.**

A walk or a hike through the Stubai Alps, relaxation at one of the mountain lakes, an excursion by bike or a discovery tour with the whole family – the Stubai Valley, only 20 minutes by car from Innsbruck, offers a variety of possibilities for young and old. Exciting sporting events in the region round off the warm season of the year.

### **Ultratrail goes into the sixth round**

Under the motto "CITY2GLACIER", the sixth **STUBAI ULTRATRAIL** will take place on Saturday, 01 July. Thanks to the different routes, there is something for all ultra-trail fans at this unforgettable highlight: from the pure nine-kilometre mountain run to the trail running run, which stretches almost 20 kilometres through the stunning nature of the Stubai Valley, to the STUBAI K32, in which the participants have to run almost 32 kilometres from the valley in Neustift to the glacier. The STUBAI ULTRATRAIL K68 offers the greatest challenge. The aim is to run from Innsbruck up to 2,960 metres on the Stubai Glacier within one day. The 68 kilometres to the finish combine city and nature, enjoyment and physical peak performance. An event that no one will forget in a hurry.

By the way: as early as Thursday, 29 June, a similarly impressive mountain race will take place: the **STUBAI VERTICAL**. On the world-champion route of 7.2 kilometres, 1,024 metres of altitude have to be mastered to reach the destination, the Elferhütte. Participation is free of charge, with voluntary donations going to a social project.

### **Breathe deeply during yoga in the mountains**

Things are much more relaxed on Sunday, 30 July: **Yoga** enthusiasts can find peace and quiet **at 3,000 metres** above sea level on the Stubai Glacier. In addition to a varied yoga program for all levels, participants can also look forward to a very special location: the TOP OF TYROL summit platform and the roof terrace at the Eisgrat mountain station. With a view over the Stubai Alps to the Dolomites, the sessions of the elements fire, water and earth are particularly enjoyable.

If you can't get enough of yoga in the mountains, every last Friday of the month from June to September you have the opportunity to combine the morning views at over 2,000 metres above sea level with yoga asanas and an energising Ayurvedic breakfast in the Schlick 2000 at the **Ayurveda Mountain Morning**.

## **Schlickeralm Trail Run: Challenge surrounded by beautiful nature**

One of the most renowned mountain races in the world takes place in Telfes. With its decades-long history, the international **Schlickeralm Run** attracts national and international participants for the 34th time this summer. These can choose between a long route (11.5 kilometres), which starts in the idyllic village of Telfes, and a short route (7.2 kilometres), which starts at the Froneben middle station in the Schlick 2000 hiking centre. It goes through meadows and forests, up to the panorama lake, across alpine pastures to the destination – the Kreuzjoch. Once at the top, an incomparable view of the Stubai mountains awaits as a reward.

## **Change of perspective in the Stubai Valley**

At the **Hike & Fly Trophy** event, which will take place on Saturday, 2 September and Sunday, 3 September, athletes will first climb a mountain on foot before flying back down with a paraglider. This sport offers the unique opportunity to discover and enjoy nature from very different perspectives. To be able to participate in this highlight, you should have a good level of physical fitness as well as experience in mountain hiking and paragliding. With three different categories – FUN, TOUR and HERO – there is a personal challenge for everyone.

These and other events can be found **here**.

**Further Information at**  
[www.stubai.at/en/](http://www.stubai.at/en/)  
[www.stubai.at/en/press/](http://www.stubai.at/en/press/)

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