

Final Countdown: World Mountain and Trail Running Championships to kick off in 10 days

It is only 10 more days before the starting gun will be fired at the World Mountain and Trail Running Championships 2023 Innsbruck-Stubai. From June 6 to 10, the heart of the Alps will turn into the global epicenter of mountain and trail running. All 70 participating nations have nominated their athletes and it is high time you chose your favorites.

1,600 participants from 70 nations will stand a chance to be crowned World Champion on one of four courses. In addition to the single contests for men and women there will be a team race on each of the routes with the teams being made up of a nation's three best female, respectively male, runners. We can expect to experience nail-biting action on the trails both in Innsbruck and Stubai. And with a few days remaining before the main event, we want to take a closer look at the starting field.

Amongst others, delegations from Argentina and a number of European countries, from Cambodia, Equatorial Guinea and Taiwan are going to come to Tyrol.

You can find an overview of all participating athletes and nations [here](#).

The routes

The title races will be held on four varied and challenging routes that are, to top it all off, iconic too. The routes are leading through some of the most stunning areas of the Alps, passing the Kalkkögel or the foot of the Elfer peak with panoramic views of the Stubai Glacier, or leading along the Nordkette, which towers high above Innsbruck. Athletes and spectators alike are guaranteed phenomenal views of the surrounding mountains throughout each of the races.

Mountain running:

- VERTICAL: 7.1 km – +1,020 meters in altitude
- MOUNTAIN CLASSIC: Round 1: 7.5 km – ±374 meters in altitude / round 2: 7.5 km – ±377 hm

Trail running:

- TRAIL SHORT: 45.2 km - +3,132 meters in altitude / -2,719 meters in altitude
- TRAIL LONG: 84.9 km - +5,554 meters in altitude / -5,966 meters in altitude

Enticing fringe program

Apart for the highlights – the Opening Ceremony showcasing Gregor Meyle and the Closing Ceremony with Tim Bendzko – visitors can expect a number of exciting fringe events including concerts as well as artistic, cultural and culinary experiences providing fun and recreation for families, friends, daytrippers or holidaymakers on a longer stay.



2023 WORLD MOUNTAIN AND
TRAIL RUNNING CHAMPIONSHIPS



The program will be updated on an ongoing basis and can be found here: www.innsbruck-stubai2023.com/en/zuschauer

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