

## Sport Events 2016

### **Climbing, cycling, running and swimming – in Kufsteinerland there is something for everyone**

Active summer days: whether adrenalin junkies or sports enthusiasts, Kufsteinerland has the right sport event for every guest. Clamber through the mountains at climbing camps, or work your legs at one of many running or cycling events.

#### **SAAC climbing camp in Kufstein, from July 2nd-3rd, 2016**

As well as the enjoyment of climbing, the SAAC (snow & avalanche awareness camps) climbing camp in Kufstein also focuses on safety. State-certified mountain guides convey important information about the theory and practice of Alpine dangers, and safety aspects. The practical content ranges from top rope climbing and safe falling, to belaying with various devices. Participants must have a good level of fitness and ideally be able to climb to IV. to V. UIAA standards (secure stop of a fall). Climbing fans who want to get out on the rock for the first time learn how to avoid common mistakes. Teaching is in small groups and by professionals. The SAAC climbing camp is free of charge. In bad weather there is a €12 entry fee for the climbing gym. Registration and more information at:

**[www.saac.at/climbing](http://www.saac.at/climbing)**

#### **Sportalpen climbing camp part 2 in Ebbs, from July 22nd-24th, 2016**

The vertical experience on the rocky peaks of the Wilder Kaiser continues – the popular climbing area between Tyrol and Bavaria offers the right route for every skill level. The local Salewa climbing guides know the best places in the Kaiser Mountains, and give climbers attending the camps attractive route suggestions that suit their level. With their helpful tips about planning, technique and safety there is nothing standing in the way of unforgettable climbing experiences. After adventurous climbing days the 4\*\*\*\* Hotel Sattlerwirt provides relaxation in the hotel wellness area, and healthy food to recharge batteries. The Sportalpen climbing camp can be reserved for €310 per person. Registration and more information at:

**[www.sportalpen.com/trainingscamps/salewa-klettercamp-teil-2](http://www.sportalpen.com/trainingscamps/salewa-klettercamp-teil-2)**

#### **Sportalpen road bike camp in Ebbs, from May 12th-15th, 2016**

From May 12th to 15th, 2016, beginner and experienced road bikers come together to train in Ebbs, Tyrol. The camp participants explore this unique road bike region on the trail of the cycling world cup. Also included in the programme is a lactate test, functional training and interesting presentations about the topic of nutrition. Individual training recommendations from sports scientist Ben Reszel round out the camp. The former road bike professional Paco Wrolich guides the bike rides, gives competition advice from his experience, and supports the participants with assistance and advice. The camp participants enjoy athlete's luxury board at the cyclists hotel Postwirt, as well as a lockable bike room and laundry service. The Sportalpen road bike camp can be reserved for €495. Registration and more information at:

**[www.sportalpen.com/trainingscamps/rennradcamp-mit-paco-wrolich-by-poc](http://www.sportalpen.com/trainingscamps/rennradcamp-mit-paco-wrolich-by-poc)**

### **Sportalpen trail running camp in Ebbs, from September 1st-4th, 2016**

Get off the paved roads and out into open, untouched nature: These natural paths take you over rough and smooth, over hill and dale – more and more people are enjoying trail running as a way to enjoy personal freedom. The camp, at the foot of the Zahmer Kaiser, is aimed at trail running beginners: participant can look forward to four days of exciting presentations, running technique units, tips and tricks about the right equipment, guided trail runs and plenty of sweat-inducing kilometres through idyllic panoramas. The adventurous runners are accommodated in the 4\*\*\*\* Hotel Zur Schanz, where they enjoy an athlete's dinner as well as the substantial breakfast buffet. The Sportalpen trail running camp can be reserved for €350. Registration and more information at:

**[www.sportalpen.com/trainingscamps/salomon-trailrunning-einsteigercamp](http://www.sportalpen.com/trainingscamps/salomon-trailrunning-einsteigercamp)**

### **1st Kufsteinerland cycling marathon on September 11th, 2016**

Hot asphalt, screeching tires, burning thigh muscles and wonderful scenery: On September 11th, 2016, the Kufstein area will host the first Kufsteinerland cycling marathon. Rolling hills alternating with challenging ascent are typical of the landscape in the cycling race area. The demanding climbing sections are rewarded with wonderful views. Participants can choose between the challenging "marathon" route (131 km), or the somewhat more leisurely "relaxed circuit" (62 km). As well as the cycling marathon, the event also offers visitors a bike expo with cycling innovations, lots of bargains and culinary highlights such as the "pasta party". Early bookers pay €40, or participants can register up to 2 hours before the start for €60. Registration and more information at:

**[www.kufsteinerland-radmarathon.at](http://www.kufsteinerland-radmarathon.at)**

### **Kufsteinerland**

The region impresses like hardly any other holiday destination thanks to its huge variety of options. Surrounded by untouched nature, Kufsteinerland stands for active holidays where there is still space for relaxation and quiet time. The diverse mix of activities, nature, sport, sights, events and culture makes Kufstein a unique holiday destination. People of all ages, and with varying interests, can select holiday activities that will create lasting memories.