

+Event tip for cross-country skiers: Galtür Nordic Volumes

From 21st to 23rd March 2024 cross-country skiers will compete at the 3rd Galtür Nordic Volumes in Galtür, enjoy daily training in the EXPO Area or at the Cross-Country Camp for one day and test the latest equipment, such as from Fischer. Races include the Galtür Nordic Sprint Race, a Kids Race and the Cross Country Climb from Galtür to Bielerhöhe which is counted in the Austria Cup and as an FIS race. Total prize money: 15,000 euros. Registration is now open.

Galtür is the place for cross-country skiers eager for competition to be from 21st to 23rd March 2024. At the three-day Galtür Nordic Volumes cross-country skiing event series with expo, amateurs and pros can compete side by side on the Galtür trails, learn useful information about cross-country skiing at the free Cross-Country Camp or workshops and test the new equipment of the season. On the race schedule: the Galtür Nordic Sprint Race – a cross-country sprint on flat terrain. The Kids Race for youngsters covers distances of 350 to 700 m and the 3rd Galtür Cross Country Climb, which is part of the Austria Cup, covers approx. 377 m in altitude and 16 km (LIGHT) or 860 m in altitude and 31.8 km (HARD). Participation in the Galtür Nordic Sprint Race is free of charge, whilst the entry fee for the Galtür Cross Country Climb is between 30 and 50 euros. The total prize money for the winners of the Galtür Nordic Sprint Race and the Galtür Cross Country Climb is 7,500 euros each. Further information and online registration: www.galtuernordicvolumes.com

21st March 2024: 5th Galtür Nordic Sprint Race

Galtür Nordic Volumes kicks off with the Nordic Sprint Race on 21st March. Anyone born 2008 or earlier can take part and compete with the pros. The individual race is designed as a cross-country sprint on flat terrain. After a qualification round covering 700 m, the 16 fastest men and women advance to the finals. The finalists begin the fight for the total prize money in groups of four, from which the top two of each group progress. Scoring takes place in the categories "public race" and "athletes with ÖSV code".

22nd March 2024: Cross-Country Camp & Kids Race

To keep things moving after the event, there will be workshops, training and technique tips for young athletes at the free children's Cross-Country Camp on 22nd March, led by qualified instructors from Galtür Ski School and cross-country skiing professionals. Good to know: cross-country beginners can take their first steps under professional guidance here too. The Cross-Country Camp is open on 22nd March. The youngsters will then be able to get their first taste of competition at the subsequent Kids

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Race for the Children 1 & 2 categories (born 2014 – 2017) with a distance of 350 m, as well as for Students (20012 – 2013) and Youth (2010 – 2011) with a distance of 700 m. Best of all: each of the young participants receives a prize.

23rd March 2024: Galtür Cross Country Climb

The 3rd Cross Country Climb, a popular open public race in free technique through the beautiful Vermunt, will take place on 23rd March. The route leads from Galtür towards Silvretta-Bielerhöhe and back. In this race, which is counted in the Austria Cup and as an FIS race, participants can register for the routes HARD (approx. 31 km over 861 m in altitude) or LIGHT (approx. 16 km over 377 m in altitude). Total prize money: 7,500 euros. Book early and save: those who register by 31.12.2023 pay an entry fee of 30 euros for the LIGHT route or 36 euros for HARD. From 01.01.2024 it will be 40 euros for the LIGHT route and 50 euros for HARD.

21st to 23rd March 2024: expo and ski test

Throughout the event, numerous exhibitors and partners from the cross-country skiing sector will be available to answer questions from cross-country enthusiasts in the EXPO Area and provide information about new products and equipment. Participants will also be able to test the latest gear from top brands including partners of the Tourism Association such as Fischer Sports, LEKI and gloryfy unbreakable.

New: Tirol 3 Nordic Challenge

From 2024, Galtür Nordic Volumes will be part of the newly launched "Tirol 3 Nordic Challenge". This event, organised in collaboration with the Ganghoferlauf and Dolomitenlauf, gives cross-country skiers the opportunity to compete in three Tirolean cross-country skiing events and be recognised in the overall standings.

All information on Galtür Nordic Volumes, participation conditions, online registration and the Tirol Nordic 3 Challenge can be found at www.galtuernordicvolumes.com.

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