

## **Cross-country Skiing Region Ischgl & Galtür**

***The Cross-country Skiing Region Ischgl & Galtür is one of the top destinations for Nordic winter sports enthusiasts. With an impressive network of 80 kilometres of trails in total, the region offers excellent conditions for both beginners and advanced cross-country skiers. The snow-covered valleys and high-altitude trails guarantee guaranteed snow and a breathtaking backdrop in the heart of the Tyrolean Alps.***

*The region around Galtür and Ischgl is one of the "Tyrolean cross-country skiing specialists" and offers cross-country skiers a well-developed and varied network of trails. With a total of 80 kilometres, 69 kilometres of which are suitable for classic style and all 80 kilometres for skating, cross-country skiers will find numerous opportunities to pursue their sport here. The trails are divided into different levels of difficulty: 21 kilometres are classified as easy (blue), 39 kilometres (classic) and 50 kilometres (skating) as medium difficult (red), and 9 kilometres belong to the challenging, difficult (black) trails. For ambitious cross-country skiers, these routes not only offer sporting variety, but also challenging altitude profiles. The total ascent of the classic trails adds up to over 1,300 metres, while skating skiers have to overcome an altitude difference of over 1,500 metres.*

*In addition to the scenic trails, the region boasts a well-developed infrastructure. There are numerous access points to the cross-country ski trail network as well as ski schools that offer courses for beginners and advanced skiers alike. Professional athletes from the ÖSV also regularly use the region's cross-country ski trails for training, which emphasises the high quality of the trails.*

### **Guaranteed snow and ideal conditions**

*Thanks to its location at an altitude of over 1,600 metres, the Cross-country Skiing Region Ischgl & Galtür is particularly snow-sure, guaranteeing a cross-country skiing season from December to April. The altitude also ensures optimum snow conditions and the climate of the Tyrolean Alps allows for clear winter days with plenty of sunshine. Cross-country skiers get their money's worth here - whether classic style or skating.*

### **Service for cross-country skiers**

*In addition to the cross-country ski trail network, winter sports enthusiasts benefit from first-class services. There are numerous sports shops in Galtür and Ischgl where you can hire the latest cross-country skiing equipment. Quality-tested accommodation is also tailored to the needs of cross-country skiers. The ski schools offer professional support through cross-country skiing courses that are individually tailored to the abilities of the participants. Whether beginner or advanced, everyone*

will find the right training programme to improve their technique and enjoy cross-country skiing to the full.

### **Events and competitions**

Regular events in the region provide sporting variety and highlights. The best-known events include the Galtür Nordic Volumes, where cross-country skiing enthusiasts from all over the world compete in the exciting Cross-Country Climb, Nordic Sprint Race and the Kids & Juniors Race. Such events offer both amateurs and professionals the opportunity to put their skills to the test and experience the unique atmosphere of the Tyrolean Alps.

### **Cross-Country Paradise**

The Cross-country Skiing Region Ischgl & Galtür offers a varied and high-quality programme for cross-country skiers of all levels. With snow-sure trails, a comprehensive range of services and the breathtaking scenery of the Tyrolean Alps, the region is one of the best cross-country skiing destinations in Tyrol. Whether beginner or pro, everyone will find their perfect route here.

Further information at [Tyrol's paradise for cross-country skiers | Ischgl & Galtür](#).

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