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SPORT, SUSPENSE AND SPECTACULAR SCENERY: 7 MUST-SEE SUMMER EVENTS IN THE INNSBRUCK REGION

From gripping beach volleyball matches to the ultimate tests of endurance in Kühtai: this summer, the Innsbruck region is once again setting the stage to showcase some incredible sporting feats. Whether you're a keen spectator or an active participant yourself, these seven top event tips guarantee thrilling contests, impressive natural scenery and memorable moments for everyone.

FOR CHEERING ON

Sun, sand and high spirits: 4th Innsbruck BeachEvent

29 May–1 June 2025 | Market square, Innsbruck

Beach volleyball at its best, with a buoyant party atmosphere and a scenic backdrop like no other: the Innsbruck BeachEvent is coming to town again in 2025, ready to transform the market square into a buzzing centre court. While admiring the views of the Nordkette, visitors can also watch in awe as local elite beach volleyballers take on top international teams in unmissable matches. The programme for the fourth edition of this event also includes the Business Cup tournament for companies and after-parties featuring DJ sounds. You'll need a ticket to access the main stand for the main competition on the Saturday and the finals on the Sunday, but standing spots are free on all days when the tournament is on.

More information and tickets are available at www.innsbruckbeachevent.com/en

Leaps and bounds: 21st Golden Roof Challenge

7 June 2025 | Maria-Theresien-Strasse, Innsbruck

The International Golden Roof Challenge is gearing up for the next round: for the 21st time, world-class pole vaulters and long jumpers will gather to test their skills in the heart of Innsbruck. Against the distinctive and delightful backdrop of Maria-Theresien-Strasse, the athletes will jump to breathtaking heights and awe-inspiring lengths. Top national and international stars will be there – not just to put on an impressive performance, but also to gain valuable points and boost their world rankings. With its unmistakable vibe and unique atmosphere, this popular event is a real highlight in Innsbruck's sporting calendar – and entry is free!

More information is available at www.goldenroofchallenge.at/grc/grc_e.html

Scaling new heights: 5th IFSC Climbing World Cup in Innsbruck

23–29 June 2025 | Kletterzentrum, Innsbruck

If you're a climbing connoisseur, the capital of Tyrol is the place to be this summer. For the fifth time, Kletterzentrum Innsbruck will be hosting the IFSC Climbing World Cup, welcoming in athletes and fans from across the globe. Across this seven-day event, over 500 participants from more than 50 nations will put their bouldering, lead climbing or paraclimbing skills to the test. With Austrian contenders turning up alongside big names from the international climbing scene, there are bound to be some gripping contests to see.

More information is available at www.climbingworldcup.com/

FOR GETTING INVOLVED

An anniversary edition: 10th adidas TERREX Innsbruck Alpine Trailrun Festival

30 April–3 May 2025 | Tyrolean State Theatre forecourt, Innsbruck

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The adidas TERREX Innsbruck Alpine Trailrun Festival (IATF) is celebrating its 10th anniversary this year. Now ranking as the biggest trail running event in the German-speaking region, this festival kicks off the new season and will once again transform the Tyrolean capital into a hotspot for Europe's tenacious trail runners. For its 10th anniversary edition, the IATF is adding two special highlights to the programme alongside the familiar K7 and K110 formats: a thrilling vertical race where both inclines and suspense levels will be running high, and a young talents race for up-and-coming runners. Aside from the races themselves, the festival provides a varied fringe programme for participants and spectators, complete with an expo show, food trucks, unique opportunities to cheer runners on and incredible side events such as the IATF special edition of the European Outdoor Film Tour.

More information and the option to register (entry fees start from EUR 45) are available at www.innsbruckalpine.at

It's playtime: 2nd Gamers Heaven

14–15 June 2025 | SportZentrum Telfs, including the Kuppelarena

Following its successful debut in 2024, Tyrol's Gamers Heaven festival is coming back for a second time – on a bigger and broader scale. This year, the combined spaces of SportZentrum and the Kuppelarena in Telfs will be used to accommodate the larger event and expanded programme, with plenty to appeal to gaming enthusiasts of all ages. Alongside digital and analogue games, there will be some great e-sports tournaments, extended workshops and new areas devoted to board games, indie game studios and cosplay. The extra highlights and attractions reflect the growing influence of the (local) gaming scene in culture and society.

More information is available at www.gamersheaven.tirol

The ultimate adrenaline rush: XLETIX Challenge TIROL INNSBRUCK presented by MaxiNutrition

28 June 2025 | Kühtai

Super Swing, Power Pipe and Wonder Wall – these are just some of the daredevil challenges to conquer at this year's XLETIX Challenge TIROL INNSBRUCK. Europe's highest obstacle course combines heart-stopping feats with breathtaking views. In impressive natural surroundings at 2,020 metres above sea level, up to 35 obstacles and a 1,300-metre climb in altitude await those who dare to take on this challenge. All three of the distances on offer – six, 12 or 18 kilometres – require a healthy dose of strength, endurance and team spirit, but plenty of fun and mud is guaranteed!

More information and the option to register (entry fees start from EUR 79) are available at www.xletix.com

Brave, bold and bound for the Bergisel: Red Bull 400

11 October 2025 | Bergisel, Innsbruck

One race that truly pushes both mind and body to the absolute limit is the Red Bull 400. The stage for this ultimate test of toughness and grit is the Bergisel ski jump – but while ski jumpers hurl themselves down the hill, Red Bull 400 racers have to conquer this daunting slope in the other direction: starting from the landing zone at the bottom and working their way up via the jump-off platform and the in-run to the very top. To earn their moment of sporting triumph, contestants have to cover 400 metres in distance and around 130 metres in altitude – not to mention a brutal incline of up to 75%. This extreme challenge calls for strength, endurance, courage and a fighting spirit.

More information and the option to register are available at www.redbull.com/at-de/events/redbull400

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About the Innsbruck region

The Innsbruck region is unique in its symbiosis of vibrant urbane space and captivating alpine landscape. It covers both Innsbruck itself – the capital of Tyrol – and over 40 locations in the surrounding area, with six distinct tourist regions: the city, the Inntal valley, Kühtai-Sellraintal, the Mieming Plateau and the south and west regions. Innsbruck offers all the sights and sophistication of a thriving city, yet sporting thrills and opportunities to conquer your next peak are never very far away. The free Welcome Card offers guests the chance to experience the region in all its diversity, with access to various attractions and free use of local public transport. The official destination management organisation for the Innsbruck region is Innsbruck Tourismus. Its 100 or so employees and eleven tourist information offices are on hand to help you enjoy unforgettable holiday experiences in true harmony with our local communities and natural surroundings.

Further links

Website: www.innsbruck.info/en/

Blog: www.innsbruck.info/blog/en/

Facebook: www.facebook.com/Innsbruck

Instagram: www.instagram.com/innsbrucktourism

X: www.twitter.com/InnsbruckTVB

YouTube: www.youtube.com/user/InnsbruckTVB

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