

**Exercise those muscles until they ache  
Sporting events in the Hall-Wattens region**

**Hall-Wattens: Nestling cosily between two Alpine mountain ranges and in the heart of the Inn valley, the eleven towns and villages of the Hall-Wattens region are ideal venues for sporting occasions of many different kinds. Many muscle-tuned athletes from all over the world choose this region to practise their sport. Event organisers here know exactly what is required for the smooth running of a sporting event ... and during the competition, show or entertainment the welcome is always warm, the atmosphere friendly. It could be paragliding or hang-gliding, "klumpfern" or a half-marathon through the picturesque countryside and over the mountains. Whatever your preferred activity, you will find a challenge that suits your fitness level and the extent to which you want to feel those muscles aching.**

Visitors to the region this spring will be treated to a spectacular air show involving the world's best hang-gliders. These professionals throw themselves off an almost vertical rock in Gnadtenwald and then demonstrate their skills by performing hair-raising stunts as they descend. The 2008 Alpine Hang-Gliding Open takes place between May 30 and June 1. The aerial acrobats taking part in the European Hang-gliding 2000 Championships held here simply adored the region's fine thermals.

Most people would probably prefer to stay firmly rooted to the ground and for them every year the region organises a half-marathon through the medieval town of Hall. A fun run for local residents and companies over five kilometres is also organised in parallel. Nor do we forget about children, young people and senior citizens, who also get the chance to get their hearts beating faster while running a short tour of the historic old town. There is no charge for taking part in the runs.

Once a year the world's Porsche drivers gather in Hall. For three days, the town in the Inn valley becomes the centre of the universe of the Porsche-driving world. The proud owners of these elegant beasts test their skills behind the steering wheel and the strength of their chassis by making a series of tours through the Karwendel mountains ... and for a good reason. On the Sunday the classification circuit ends with much-admired "Porsche Parade" through the Obere Stadtplatz and this is followed by the important business of brunch, music and typically Tyrolean snacks.

Ever since 2005 the Hall-Wattens region has staged an annual team competition for mountain-bikers and runners. Starting from the entrance to the Hall Valley Nature Reserve in Absam, the two members in a team leave with a 10-minute interval. After

pedalling or running for 5.2 kilometres and an altitude gain of over 680 metres, the athletes reach the "Herrenhäuser", the former administrative offices of the salt-mining company. The sixth event, known as the Halltalexpress, and due to take place in June 2008, will again take keen bikers and runners to the limit.

Every year several thousand bikers and their machines endure stress and inner torment as they negotiate the many different mountain-bike routes up to the pastures and higher altitudes in the Hall-Wattens region. And with such a network of routes, it's no surprise that countless events and competitions have grown out of this demanding leisure pursuit. These contests provide keen cyclists with the opportunity to test out, against fierce opposition, the strength of their muscles and the success of their training sessions. The Karwendelcup brings together some especially popular events, notably the Halltalexpress, the Hinterhorn Challenge, the Hillclimb Nordkette, the Thaurer Alm and the Laubfallklassik. A specially-designed scoring system works in such a way that two results are disregarded. Only the three best points scores are included in the overall ranking. So even entrants with only one or two starts can feature in the final classification.

Every year "hardcore steppers" take part in the annual Turmlauf (or "Tower run"), a circuit including the Mint Tower, Hall's well-known landmark, and the Media Tower opposite. With some 590 steps and an altitude gain of 486m, it's one more battle in the war against cellulite.

All "klumper" enthusiasts, or any aspiring klumper for that matter, will be at home in the Hall-Wattens region. Tulfes is the only place in Austria, where you can take your klumper out on to the ski slopes. Since the World Klumper Championships were staged here in 2006, racing downhill on this single-runner toboggan has become a very fashionable wintersports activity. A metal runner is attached beneath the carrier board and then a wooden seat placed crosswise on top. Imported into Austria from the World Championships in the South Tyrol in 1972, "klumpfern" has taken off among guests and locals. The season restarted at the end of December 2007 and events take place every week on the outskirts of Tulfes.

For more information, contact:

Tourismusverband Region Hall-Wattens  
Wallpachgasse 5  
A-6060 Hall i.T.  
Tel.: +43 (0)5223 45544-0 Fax: -20  
office@regionhall.at  
www.regionhall.at