

REGIONAL CLIMBING GUIDE

The new Climbing Guide "Sport climbing - Several rope lengths - Climbing Routes - Ice Climbing - Bouldering - in Innsbruck and its Holiday Villages" has current top tips on numerous climbing spots throughout the region. The ring-looseleaf book is very practical, since it can be opened wide and awakens your enthusiasm for climbing. Can be purchased at Tourist Offices and bookshops as of April 2017. (In German)

KLETTERZENTRUM INNSBRUCK

The new Kletterzentrum Innsbruck (climbing center) will open in May 2017 and will number among the world's most modern and largest climbing centers. Both for wide-audience climbing and for the top climbers of the sport, there are 5,700 m² of pure climbing surfaces available, of which 3,000 m² are indoor rope-climbing, 1,500 m² are outdoor rope-climbing, and 1,200 m² boulder climbing. The Kletterzentrum Innsbruck thus will be an international showcase for climbing, showing how wide-audience and elite climbing complement each other, fit together like a glove.

WITH SAAC PROS IN THE WALL

Free climbing tips from nationally certified mountain guides. In summer, SAAC accompanies Climbing Campers for free every step of the way from the hall to the wall, showing what is different when you're outdoors and where the dangers lurk. Minimizing risk on the mountain is the name of the game at SAAC, including in the summer season.

YOUNG CLIMBERS TRY-IT-OUT CLIMBING

At the Young Climbers Try-it-Out climbing course by ClimbHow, for all kids 8 years and older, with or without parental escort, can learn under professional supervision how to try their wings in the wall. With ClimbHow mountain guides into the Ehnbachklamm gorge, where safety and rappelling techniques are practiced and easy routes are undertaken. Participation is free-of-charge. When weather does not permit, the try-it-out course takes place indoors in the climbing hall.

Requirements: min. 8 years old, basic sporting fitness and motivation

Contents of course:

- Learning basic knots
- Safety techniques
- Climbing and securing, as first climber and follower
- Abseiling, active and passive

www.climbhow.info/schnupperrn (In German)

CLIMBERS PARADISE

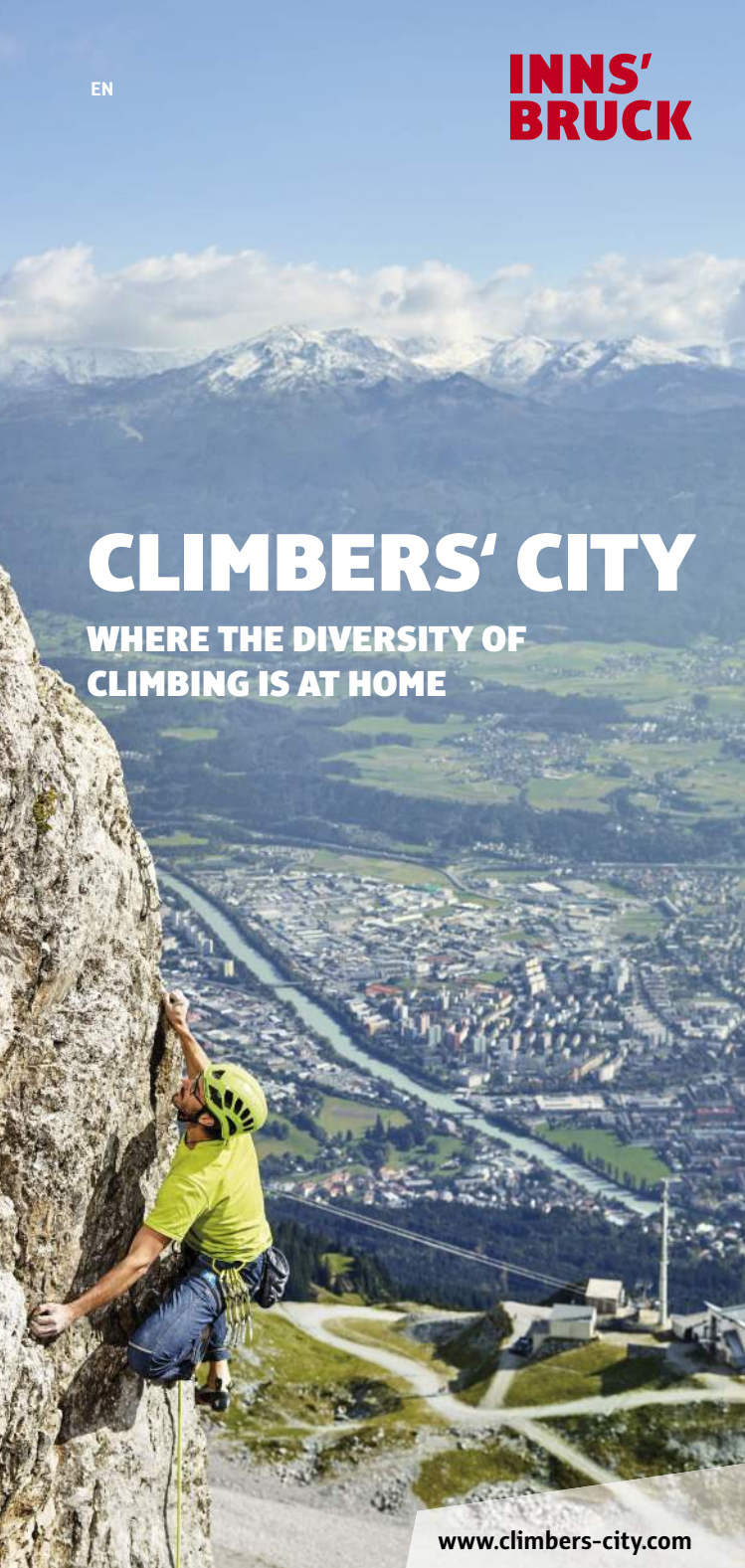
Innsbruck - Climbers' City is member of Climbers Paradise Tirol. Climbers Paradise Tirol provides free climbing information for various disciplines in climbing. Via the platform, danger reports are passed on and can be called up. Climbers Paradise also stands for quality. All outlined tours adhere to high standards of quality.

www.climbers-paradise.com (In German)



"An absolute classic which is still on my list is the route Dschungelfieber of Reini Scherer near Zirll. Boulder-heavy, crispy climbing and the magnificent views to reward your efforts."

Jakob Schubert
World Champion and overall World Cup victor (Lead)



CLIMBERS' CITY

WHERE THE DIVERSITY OF CLIMBING IS AT HOME

www.climbers-city.com

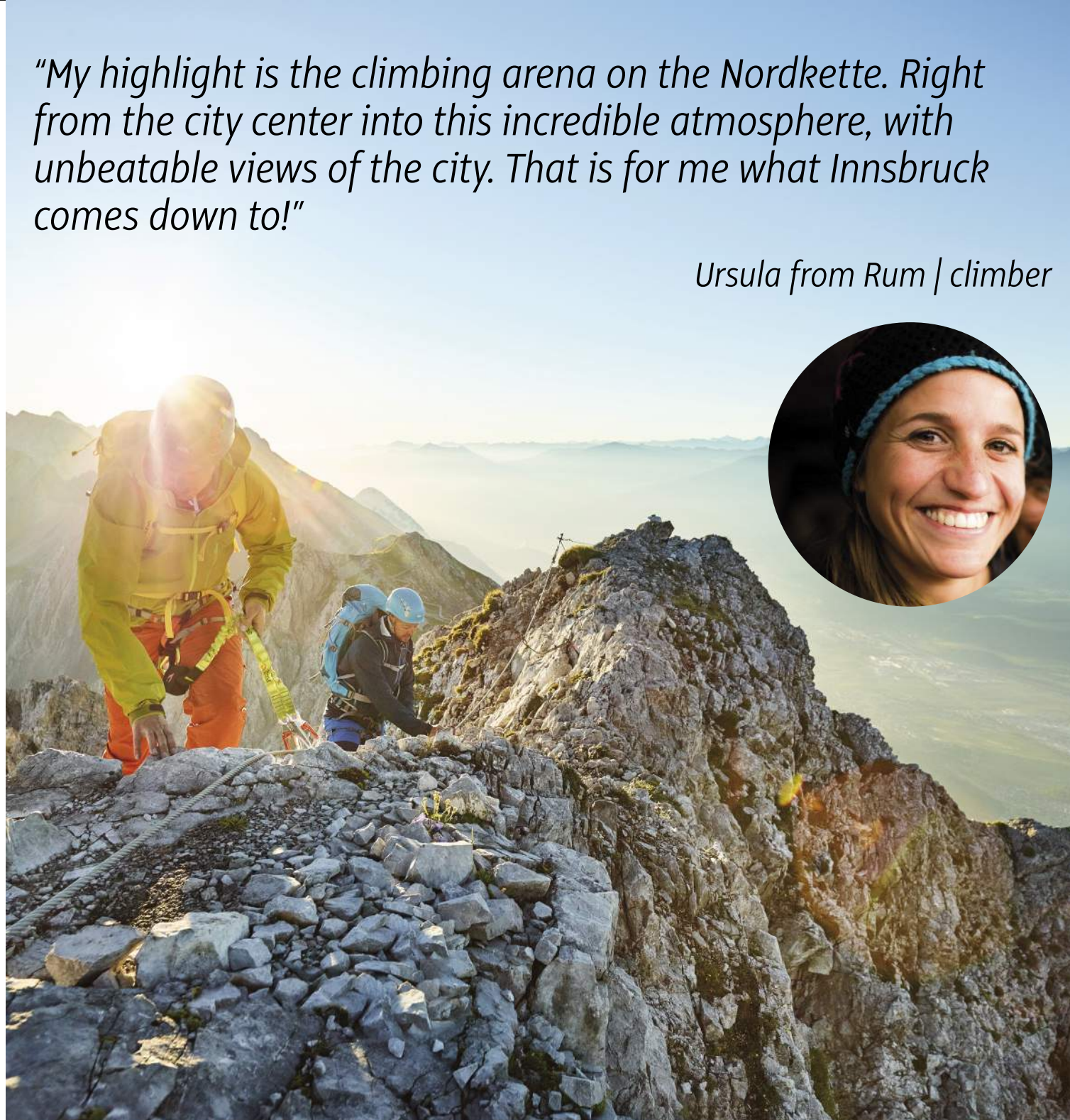
More than 600 sports climbing routes, 6 fixed-cable routes, 17 sports climbing areas, 2 family climbing areas and 8 ice climbing routes are outlined for Innsbruck and its holiday villages, together with The Mieming Plateau & Tirol Mitte, at www.climbers-paradise.com.

No wonder that numerous stars of the sports climbing and competition scene are at home here - or have found their new home here. Ever consider sharing the cliff wall with some of the world's best climbers? Then do not hesitate, off to Kletterzentrum Innsbruck. As of May 2017, also **World Champion and overall World Cup Champion (Lead) Jakob Schubert, Boulder European Champion 2013, 4-time Boulder World-Cup overall victor and twice Boulder World-Cup Champion Anna Stöhr or Kilian Fischhuber** of Innsbruck (his chosen new home) find everything their hearts desire right at the new Kletterzentrum Innsbruck with a total of 5,700 m² of climbing surfaces, one of the most modern and largest in the world: inside and out, rope climbing or bouldering, in competition and for audience shows. With the climbing center Bergstation in Telfs an additional venue opened its portals with its focus on bouldering.

Climbing can also be loud, full of tension and excitement and a spectacular show, as will be proven by Innsbruck twice in the next two years: after two record-breaking boulder parties at the European Championships 2010 and 2015, the **climbing elite will again test themselves at the World Championships in the Capital of the Alps in 2018**. You need to wait one year less than that for the juniors: the chase for World Championship gold, silver and bronze **will be launched in September 2017**.

Whoever prefers doing it to watching it, has sufficient experience, sporting endurance and, last but not least, no vertigo now has the perfect place to go: to the climbing areas and climbing routes all around Innsbruck. Some are especially **suitable for families**, e.g. Stams and Locherboden, offer perfect safety, a beautiful spot and child-oriented climbing enjoyments. Other, including the legendary Innsbrucker Klettersteig, offer dream-come-true panorama views and summit adventures. And some among them are reserved for those who seek a true **climbing challenge**, such as the overhang entry into the Martinswand wall right above the Inn valley. Several rope lengths can be found in the Ehnbachklamm gorge near Zirll, or on the Hohe Munde mountain and the Karkopf mountain, both near Telfs. And whoever thinks **outdoor climbing** is only possible in the warm season finds out in Kühtai and Sellraintal valley that a new, icy pleasure has lots to offer: in winter, try out an **ice-climbing route** that ascends straight upwards.

What are you waiting for? Up into the wall!



"My highlight is the climbing arena on the Nordkette. Right from the city center into this incredible atmosphere, with unbeatable views of the city. That is for me what Innsbruck comes down to!"

Ursula from Rum | climber



FAMILY MOUNTAIN HOLIDAYS IN KARWENDEL AT SOLSTEINHAUS 1,805 M

The family program is run by nationally certified mountain guides and mountain hiking guides. The Solstein mountain and Erlsitz mountain climbing routes are 2 of the biggest objectives, also a GPS scavenger hunt adds a special note of entertainment. The program is suitable for children as of 7 years of age.

www.solsteinhaus.at (In German)

INDOOR AREAS

Kletterzentrum Innsbruck: Mathias-Schmid-Strasse 12c, 6020 Innsbruck, info@kletterzentrum-innsbruck.at

Climbing Tower Kühtai: Training wall with 3 lengths to secure of 6 m height for children and beginners. Info and registration: Gerold Santer, tel. +43 5239 21 688 and +43 664 21 43 985, info@follow-me.at

Climbing Hall Rum: at the high school, Aurain 2, 6063 Rum

Bergstation Telfs: Boulder- & Climbing Center Telfs, Franz-Rimml-Strasse 4a, 6410 Telfs

Boulder Center Zirll: Community Center B4, Bahnhofstrasse 4, 6170 Zirll, tel. +43 5238 54 00 11 17

Climbing Hall Untermieming: Untermieming 16, 6414, Mieming, markus8989@gmx.net, tel. +43 664 40 20 325

More information at:
www.climbers-city.com

HIGHLIGHTS 2017 & 2018

21.4.2017	Banff Mountain Film Festival Metropol Kino Innsbruck
20.-21.5.2017	1. Alpine Fair Summer Innsbruck Messe Innsbruck
Mai 2017	Grand Opening Kletterzentrum Innsbruck Kletterzentrum Innsbruck
3.-4.6.2017	SAAC Climbing Camp Zirll
17.-18.6.2017	National Championships in Speed & Lead Climbing Kletterzentrum Innsbruck
20.7.-10.8.2017	ClimbHow Family Camps Zirll
30.8.-10.9.2017	Youth & Junior Championships 2017 Kletterzentrum Innsbruck
10.11.2017	Zirll Mountainfilm Festival Community Center B4 in Zirll
11.-12.11.2017	12th Alpine Fair Innsbruck Messe Innsbruck
6.9.-16.9.2018	IFSC World Championships 2018 Kletterzentrum Innsbruck

INNS' BRUCK

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Boulder Queen
Anna Stöhr

9 | 2018 IFSC CLIMBING CHAMPIONSHIPS

6.9.-16.9.2018
Kletterzentrum Innsbruck
www.kletterzentrum-innsbruck.at

**Innsbruck
Tirol 2018**
IFSC Climbing World Championships

PRINTING INFORMATION:
Publisher / Concept and graphic art: Innsbruck Tourism
Printer: Alpina Druck GmbH, Innsbruck
Bilder: Innsbruck Tourism / Architekturbüro Thomas Schnitzler, Eder, Fichtinger, Gabl, Mair, Manhardtberger, Wölfler
Translator: Jeffrey McCabe
Errors and omissions excepted, subject to modifications

CLIMBERS' CITY INNSBRUCK

CLIMBING HIGHLIGHTS

INNSBRUCK

INNSBRUCK

Höttinger Steinbruch quarry

- 50 routes from 4c to 7a+ | west-facing
- **Kletterarena Seegrube**
- 35 routes from 5a to 7b+ | south-facing
- **Nordkette Sonnendeck**
- 35 routes from 5a to 7b+ | south-facing

STAMS

- 15 routes from 3a to 6b+ | south-facing

SILZ

- 15 routes from 4a to 6c+ | south-facing

TELFs

Hex

- 55 routes from 5a to 8a+ | facing various directions

ZIRL

Ehnbachklamm gorge

- 130 routes from 3a to 7c+ | east-west-facing
- **Martinswand wall**
- 400 routes from 3a to 8c/8+ | south-facing

INNSBRUCK

Kletterarena Seegrube

- 6 routes, from 5c to 8a+ | south-facing

MIEMINGER PLATEAU

Karkopf mountain

- 4 routes, from 4a to 7a | south-facing

TELFs

Hohe Munde mountain

- 11 routes, from 5b to 8b | south-facing

ZIRL

Ehnbachklamm gorge

- 9 routes, from 5a to 7b+ | east-facing

Martinswand wall

- 40 routes, from 5a to 8a+ | south-facing

INNSBRUCK

Nordkette | Innsbrucker Klettersteig

- Difficulty C/D | south-facing

KÜHTAI

Kühtaier Panorama Klettersteig

- Difficulty D/E | north-facing

MIEMINGER PLATEAU

Wank Klettersteig

- Difficulty C | west-facing

SILZ

Crazy Eddy

- Difficulty D | west-east-facing

TELFs

Karkopf | Adler Klettersteig

- Difficulty C/D | south-facing

ZIRL

Martinswand | Kaiser Max Klettersteig

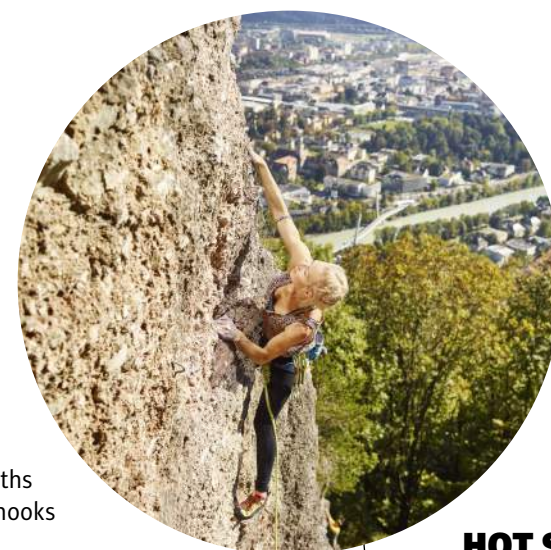
- Difficulty E | south-facing



CLIMBING ON HISTORIC GROUND

Martinswand wall

- Sports climbing routes, several-rope lengths
- All routes completely outfitted with cliff hooks
- Can be climbed all year round
- Kaiser-Max Climbing Route



HOT SPOT NEAR THE CITY WITH SPECIAL GEOLOGY

Höttinger Steinbruch quarry

- Sports climbing routes
- Most of the routes have been overhauled and outfitted with cliff hooks



URBAN-ALPINE HIGHLIGHT

Nordkette & Kletterarena

- Sports climbing routes, several-rope lengths
- All routes completely outfitted with cliff hooks
- Entry and exit via marked climbing trail
- Climbing steps



NEW IN SPRING 2017

Kletterzentrum Innsbruck

- 5,700 m² pure climbing surface
- 3,000 m² for indoor rope climbing
- 1,500 m² for outdoor rope climbing
- 1,200 m² bouldering surface



FROM BLOCK TO BLOCK

Bouldering

- 12 different bouldering areas in the region
- 6 of them in immediate city vicinity
- We boulder on limestone and Höttinger Breckzie rock



FIT ALL YEAR ROUND

Indoor Climbing

- Various areas as alternative program for bad weather periods and in winter
- Reservations requested

More information at:

WWW.CLIMBERS-CITY.COM



EAGLE'S VIEW TO THE DEPTHS

Telfs Arzbergklamm gorge (hamlet) & Adler Klettersteig to the Karkopf mountain

- Sports climbing routes in Arzbergklamm gorge
- well suited for beginners and families
- Adler Climbing Route



WILDLY ROMANTIC ON THE TEEMING WATERS

Ehnbachklamm gorge

- Sports climbing routes, several-rope lengths
- Most of the routes have been overhauled and outfitted with cliff hooks
- extremely beautiful scenery



WINTER FAIRY TALE

Ice climbing

- Paradise for ice climbers in Sellraintal valley with the most beautiful and popular ice falls in the region

Sports climbing

Several rope lengths

Fixed-cable Climbing Routes

Family-friendly climbing areas

MIEMING

Locherboden

- 30 routes from 3a to 8a | south-facing

TELFs

Arzbergklamm (hamlet)

- 70 routes from 3b to 8a | west-facing

Bouldering

IGLS

Goldbichl

- numerous boulders, up to 6b

INNSBRUCK

Mühlau

- 45 boulders, up to 8a+

LANS

Viller Kopf

- numerous boulders, up to 6c

Ice climbing and mixed climbing

INNSBRUCK

Dryland

- protected (M 13+) | south-facing

SELLRAINTAL

Gries

- Baffl ice falls, WI 2 to 5 | north-facing
- Sautorg ice falls, WI 3 | north-facing
- Stuppenhof ice falls, WI 3 to 5 | north-east-facing

Ice climbing and mixed climbing

LüSENS

- Easy Afternoon, WI 4 | north-west-facing
- Gasthaus ice falls, WI 4 | north-west-facing
- Hanging gardens, WI 6 | north-west-facing

SELLRAIN

- Linke Zehent falls, WI 4+ | north-facing
- Rechter Zehent falls, WI 4 | north-facing
- Seigesbach ice falls, WI 2-3 | north-facing

