



**Osttirol** Dein Bergtirol  
 EXPERIENCE THE KENYAN WAY...



2021

**RUNOSTTIROL** Osttirol, the new running hub in the Eastern Alps

Running vacation in Kenya 

**These running spots already exist:**

- » Kals as the basis for run2gether running camps with Kenyan elite athletes
- » Großglockner Ultratrail and Dolomitenmann as beacons in Austrian running
- » Numerous other running events such as the Raiffeisen running cup or Count of Castle
- » Large number of top athletes
- » Diverse running community
- » Running parks in Prägraten and Virgen

**Multicultural exchange and school partnership:**

In Kals, world-class Kenyan runners meet local students and motivate them to get moving and to communicate. English is the language of the running students and running comes to school!

**Or the possibility that the elevation of Osttirol offers for high altitude training:** Living high - Training high, Living high - Training low, Living Low - Training high. Many approaches lead to success, but only one way leads to Osttirol. With the running routes that are already available or included in the strategic considerations, anything is possible in this unique world of running possibilities:

- » Lienz Stadium - Running track Huben / 700 m - 800 m ✓
- » Running parks in Prägraten & Virgen / 1000 m - 1200 m ✓
- » Cross-country runs and sensorimotor course in Kals, forest running track / 1500 m ⌚ (planned)
- » Flat Running Level Lucknerhaus / 1900 m ⌚ (planned)
- » Reservoir interval route, marathon training routes and cross-country runs Goldried / 2300 m ⌚ (under construction)

**Combine a running vacation, safaris and social engagement with a visit to the run2gether Mount Longonot Sports & Recreation Center!**

**Ideal location:** Only 80 km northwest of Nairobi on the slopes of the Great Rift Valley at 2,400 m

**Costs: from € 30 per night** including full board and training support

**Dates:** The camp is open **all year round!**

**Training:** 1:1 support from your personal Kenyan coach, 400 m track

**The idea behind it:** With your stay you help young runners from our club, who can then support their families and the population of Kiambogo with their earnings from the training work.

More on [www.run2gether.com](http://www.run2gether.com)

[www.osttirol.com](http://www.osttirol.com)



Bank account: Laufteam run2gether Austria, Raiffeisenbank Graz Straßgang, IBAN: AT94 3843 9000 0080 6992, BIC: RZSTAT26439



Kenyan high altitude running weeks in Austria // Running vacation in Kenya



# High altitude running weeks in Austria // Kals am Großglockner in Osttirol

**Run and live for a week together with athletes from the running wonderland Kenya in the Austrian Alps!**

Enjoy the sunrise during the morning run, surpass yourself with speedwork, learn the easy, Kenyan running style in a playful way, broaden your horizons in conversation. For beginners, hobby runners or professionals of all ages!



**Quartier:** You live in the buildings of the **Sporthotel SCOL** and in nearby **private pensions**. The **Sonnenhof**, only 100m away from the hotel and in the centre of Kals-Großdorf, becomes the **run2gether Kenyan Lounge**, where all meals are served and you can meet runners at any time for a chat. The shared catering is authentically Kenyan!

**Training:** The area around Kals offers a **variety of running routes** at different altitudes:

- » Iseltalradweg (700-850m above sea level)
- » Flat and slightly hilly running routes from Kals-Lesach to Kals-Tauber (1300-1500m)
- » Running routes on easy, runnable forest roads and paths along the natural gem „Dorfertal“ (1600-1800m)
- » Running routes on panoramic paths from the Adler Lounge Lift Station (2000-2400m) + interval route around the Blauspitz reservoir (1600-1800m)
- » Fantastic trail running routes in the Hohe Tauern National Park on the trail of the Großglockner Ultratrail (1500-2700m)



### Info and bookings

Running team run2gether Austria  
info@run2gether.com  
www.run2gether.com  
+43-650-5331100

**Costs:** From € 490 per week including full board, individual training support, nutritional advice, alternative training units and training tips. Special Offers available for youths and families!

**Dates:** July 4 to August 28, 2021, Sunday evening to Saturday morning, a maximum of 25 participants per week.



## MOUNTAINS THAT MOVE.

From slowing down in quiet mountain valleys to trail runs with a view of Austria's highest mountains. The original and authentic Osttirol offers sustainable nature experiences.

### Osttirol Information

+43 (0) 50 212 212  
info@osttirol.com  
www.osttirol.com

### Running guests about run2gether:

- » Taking part in a run2gether week is always a highlight in summer for me, which I look forward to all year round! « **Katharina**
- » Great week with lots of ideas for my further development as a runner in an stunning environment! « **Michael**
- » It was my first week with run2gether running in Kals and I was not disappointed, everything was well organized and harmonious. A week of wellbeing among friends, a repeat next year is already planned. « **Sabine**
- » For anyone who, as an endurance athlete, would like to get to know a different culture, way of life and view of running, a training camp such as this is highly recommended. « **Edgar**
- » Spending time with the run2gether family is pure joie de vivre and inspiration for everyday life! Indescribably beautiful, you have to experience it! « **Thomas**