



Reschenpass  
Vinschgau · Val Venosta



## 5<sup>th</sup> La Venosta ITT | 12.01.2025 | Kapron-Melag (BZ)

### 12 KM INDIVIDUAL TIME TRIAL IN LANGTAUFERS VALLEY

La Venosta ITT is one of the three time trial races on the 2024/2025 Pro Tour Ski Classics calendar, scheduled for Sunday, January 12th, 2025, in South Tyrol. The race, part of the most prestigious international long-distance cross-country skiing circuit, is presented as the most legendary uphill race in the entire series on narrow skis.

The course of La Venosta ITT (Individual Time Trial) covers "only" 12 km, which might seem short for professional skiers who are used to covering hundreds of kilometers between training and competitions. However, the slopes of Langtauferer Valley, a branch of the Venosta Valley, will test the elite of Ski Classics. The athletes will face more than 340 meters of elevation gain in this individual time trial, starting in the village of Kapron and finishing in the center of Melag, along a route that reaches an altitude of 1915 meters at the iconic Melager Alm.

The race in Langtauferer Valley will be a challenge that will toughen the athletes of Ski Classics, who will not only have to compete against the clock but also against the cold and high altitude. The 12 km of La Venosta ITT must be tackled, as required by the international Ski Classics rules, in classic technique while staying within the tracks of the Langtauferer Valley.

The folkloric Krampus from the Venosta region will keep the athletes company as they arrive in Venosta Valley after the efforts of the 3 Zinnen Ski-Marathon (scheduled for Saturday, January 11th). This pristine area, rich in sporting tradition, prides itself on its hospitality. In the picturesque Langtauferer Valley, the stars of Ski Classics will find high-quality tracks and excellent snow conditions, thanks to the strategic geographical position that allows for optimal race course preparation. Venosta Valley and its side valley Langtauferer will showcase themselves on the international screens of Ski Classics in all their glory, with snow-covered trees and breathtaking mountain views—an ideal place for training and sports retreats.

The 2025 edition will mark the fifth edition of La Venosta, which has already made its mark in the Ski Classics circuit during the 2019/2020, 2021/2022, 2022/2023, and 2023/2024 seasons. It is an event that has experimented with different formats over the years, maintaining its charm and consistently ranking as one of the most appreciated races by the world's cross-country skiing elite, who frequently praise the local organizing committee.

At the border between Italy and Austria, Langtauferer Valley is set in a truly unique natural context that will leave a lasting impression on the Ski Classics caravan. It will mobilize around 150 volunteers to support the event's organizing committee, ensuring its successful execution.

**La Venosta** | [www.skiclassics.com](http://www.skiclassics.com) | [info@lavenosta.com](mailto:info@lavenosta.com)

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