

PRESS RELEASE

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Sylt – the sporting island

From A for angling to W for watersports – Sylt is always on the go. International sporting events bring thrills and entertainment to the island all year round. And for all those who prefer to keep their hand firmly on the rudder, Sylt is also the ideal destination. The North Sea around Sylt offers perfect conditions for all types of water sports, Nordic walkers will love the Nordic Walking Park Sylt with its 220 kilometres of hikes and golfers are spoilt for choice with four excellent golf courses.

The greens of Sylt's golf courses are truly wondrous places, and not only for the breathtakingly spectacular views of the North Sea they provide. The wide, spacious courses are harmoniously set in the island's distinctive dune and coastal landscape and offer ideal training and playing conditions for golfers of all proficiency levels. Golfers have a choice of four courses: an 18-hole course at the foot of the lighthouse in Kampen, the 6-hole short course of the Golf Club Sylt, the 18-hole course of the Marine Golf Club close to the airport in Westerland and, in the eastern part of the island, the 18-hole course of the Morsum Golf Club. Since summer 2008, golfers can also work on their handicap in the south of the island. The new 18-hole course of the Golfclub Budersand Sylt in Hörnum offers imaginative and demanding courses as well as fascinating views across the North Sea to the neighbouring islands of Föhr and Amrum. From the highest point of the course one can even see the Wattenmeer and the waves of the North Sea at the same time.

Since the Nordic Walking Park Sylt opened in October 2005, Nordic walking has been even more popular on the island. With a total of 220 kilometres of appealing trails, ranging in length from 1.6 to 18.7 km, and divided into three difficulty levels: easy trails with wide paths, short distances and firm ground through to difficult trails at least 10km long and with more than 1.5 km on sandy ground. Additionally, there are half and full marathon trails. The park was designed and built in close cooperation with the German Sports University in Cologne and the German Ski Association (DSV), which recently licensed Germany's most northerly DSV nordic active training centre for Nordic walking and Nordic blading. Courses and running meets under the guidance of expert trainers are available in all the island's towns and villages, and sticks can be provided. From taster, beginner's and intermediate courses to adventure tours – there's the perfect offer for all skill and fitness levels.

The North Sea around Sylt offers ideal conditions for water sports enthusiasts and for those who want to try their hand at some of the exciting sports on offer here. The very fact that there's something for everyone – from absolute beginners to seasoned pros – makes the island so popular. On the west coast of Sylt the



MEER. LEIDENSCHAFT. LEBEN.

surf is rough and choppy, presenting thrilling challenges for experienced yachtsfolk and surfers alike. The other side of the island, the east coast, with the calm waters of the Wattenmeer is ideal for beginners. Every year, the world's best surfers and stars of the international surf community come to Sylt to take part in exciting competitions and championships. In the summer, from 21 - 25 July, Germany's windsurfing elite comes to compete and win team points in the German Windsurf Cup in the surf off the coast at Westerland; in the autumn, from 24 September - 3 October, the world's leading windsurfers come for the Windsurfing World Cup Sylt, giving spectators ample opportunity to pick up a few tricks from the pros. And for those who are still a little unsteady on their board or want to brush up their skills, the island's surf schools offer classes for all proficiency levels, from beginners to advanced. Most surf schools have also introduced kite-surfing, the latest trend sport. Pulled by a controllable kite, kitesurfers can reach speeds of up to 70 km/h in force 2 winds. The pros will be coming to Sylt from 22 - 27 June for the Kitesurf World Cup, and spectators can watch them perform daredevil manoeuvres in the water and the air at the Brandenburg beach in Westerland.

The sailing area in the Wattenmeer National Park is extensive, the waters are calm, there's always a breeze and the scenery is incomparably beautiful. Sailing schools offer courses for beginners and advanced sailors. Those who want to experience the thrill of speed should try catsailing. The schools offer lessons on Hobie Cat 16 and Hobie Cat 15 catamarans. These swift dual-hull boats are a manageable 5 metres in length and have two sails. Visitors to the regattas at Hörnum and Westerland will be treated to the colourful sight of flapping sails. From 10 - 18 July, the Sylt Catamaran Club will be organising the Cat Festival Sylt at Hörnum. The festival week starts with the ranking regatta Super Sail Sylt on 10 and 11 July. The highlight and the final is the traditional long-distance regatta 60 nautical miles off the coast of Sylt on 17 and 18 July, where the dual-hull boats race from Hörnum to List and back. The Super Sail Sylt Tour at Westerland takes place from 19 - 22 August. Amateur captains can moor their vessels at one of the island's four marinas, in List, Munkmarsch, Hörnum or Rantum. From either of these harbours there is a wide choice of attractive day trips, for instance to the neighbouring islands of Amrum and Föhr, to the Halligen islands or to Denmark.

For those who prefer their activities a little more sedate, there's fishing. The beaches are great places to try one's luck, and the inland lakes in the eastern part of the island offer the promise of rich catches. The running meet of the sports club Tinnum 66 is also very popular with visitors. The club offers regular organised runs along the keep-fit trail and across fields and meadows. Many guests also like to take home documentation of their sporting prowess: the Dyke Race Certificate is a very popular souvenir. Equally sought-after is a starting number in the annual Sylt Race. The challenge in this legendary race, which takes place on 21 March, is to run the entire length of the island between Hörnum and List, which is a total of 33.33 kilometers. A well-laid-out, 200-km network of cycle paths awaits cyclists. The routes from Westerland to Hörnum or List and the trails in the idyllic east part of the island are particularly popular. And should you change your mind, there's always the buses, all of which have bike trailers to take cyclists safely back to their domiciles. Equestrians will find that Sylt is a veritable paradise for riding. Numerous stables offer guided excursions, for instance along the beaches of the west coast or along the Wattenmeer coast and tidal mudflats.