

Relaxing in the Tyrolean mountains – in the Achensee Sport and Wellness Region

There is hardly another Region that can compare with the Achensee Sport and Vital Region for its numerous relaxing activities. For example, the Tyrolean Shale Oil which is unique in the Region, mined high up in the mountains which surround the Achensee. The Shale Oil products are used in most of the Spa Hotels in the Achensee Sport and Vital Region.

A breath taken view, the four individual villages surrounding the lake, enclosed by the superb mountain ranges of the Karwendel and Rofan, with their high-class Spa Hotels – some of which being the best in not only Tyrol but in Austria – making it a good reason for taking a break in one of these Spa Hotels which are open all year round.

The combination of water and exercises giving complete Wellness!

The stunning atmosphere of the lake meeting the mountains gives a very positive relaxing mood to all who are able to indulge in such a peaceful atmosphere! This together with the numerous activities offered in the Region is good for the body and soul. Among the many summer activities are nordic-walking, mountain-biking and golf - and in winter, ski-ing (both alpine and cross-country) or snow-shoe walking – both seasons being very different but both offer the opportunity to exercise in the wonderful unspoiled natural countryside in and around the Achensee Sport and Vital Region.

Remedies und treatment from the black oil!

Whether by playing golf or riding a bike through the mountain pathways, there is always something that may hurts or at least, a ground to complain. If this is true then one can rely on the unique treatment offered in the Achensee Region – just let yourself relax in one of the many Spa Hotels.

From the Tyrolean Shale Oil products - mined in the mountains surrounding the Region. This natural product is found in massage oils and Fangos, in bath oils and shampoo and in various creams - to mention just a few! The methods used in mining the Shale Oil can be observed in the Vitalberg in Pertisau.

Pampering in top Hotels

As one can expect the Shale Oil products are used in many of the Spa Hotels in the Achensee Region. The Relax Guide 2009 has awarded a total of 19 Lilies to top class Achensee hotels. Here individual beauty programs can be arranged from highly qualified staff and together with the modern sauna and bathing areas leaves no wish open!

Link Tipps

www.vitalberg.at - Information over the Shale Oil museum

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Photo archive:

Printed images can be downloaded! First of all, you must register.
This is done by filling in the form in the internet side: www.achensee-fotoarchiv.at.
The return mail has then a „link“ where you can download images from the Achensee Region.

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