

Achensee Hiking Paradise

Passionate hikers and mountaineers find themselves completely in their element in the Achensee Sport and Vital Park. There are 450 km of well-kept, signposted hiking routes ranging from flat and gentle paths to demanding routes at an altitude of 2,500 m. These routes lead hikers through a beautiful, varied natural setting and offer a truly unique hiking experience.

There is good reason for the Achensee region being called the Tyrol Sport & Vital Park. Nestled between the Rofan and Karwendel Mountains is Lake Achensee, the largest lake in Tyrol, and a region offering almost limitless hiking enjoyment, all with a unique natural backdrop.

The range of activities on offer for nature lovers and exercise enthusiasts ranges from simple flat routes to leisurely "family tours" and right through to challenging routes complete with mountain ascents. The Rofan and Karwendel cable cars are perfect for helping visitors to conquer the initial uphill stretch – and they enable visitors to go on more leisurely tours with unique panoramic views of the crystal-clear waters of the lake.

The Karwendel Alpine Park, the largest nature reserve in the northern Alps and also a Tyrol Nature Park, is famous far beyond the borders of Austria thanks to its beauty and distinctiveness. Visitors to this unique landscape will discover countless hiking opportunities – hikes lasting several days, mountain tours, and much more besides.

A combination of lake walks and cruises coupled with the idyllic route along the uncongested western shores of Lake Achensee to the "Gaisalm" alpine hut offer the perfect alternative for anyone who would rather just have a leisurely walk.

You can rely on the quality of the hiking on offer at Lake Achensee: the region proudly carries the "Bergweggütesiegel" award [Tyrolean Certificate for Quality Mountain Trails], which requires the fulfilment of numerous criteria. Special hiking routes that are notable for their scenic beauty, excellent views or rare plants have also received awards – 3 routes in Achensee carry the title "Tiroler Bergweg mit Auszeichnung" [Excellent Tyrolean Mountain Trail]: the "Kaisersteig" in Achenkirch, the "Enzianweg" in Maurach and the "Lamsenspitze" in Pertisau.

Many hiking enthusiasts especially love the meditative effect of hiking through a unique natural landscape. Anyone seeking additional impulses for inner reflection here will love the trail of contemplation, the "Dien–Mut–Weg": Saint Notburga, who lived in Achensee, extolled the virtues of "Dienen" (to serve) and "Mut" (courage) right throughout her life. The 17 stations on this route provide some interesting thoughts on these two concepts, which often seem to contradict one another. This trail follows in the footsteps of the old "Bärenbadweg" route, which starts above the St. Hubertus Inn in Pertisau.

Hike the length and breadth of Achensee on the weekly hiking programme...

The Achensee region offers a **wide-ranging weekly hiking programme** for those who like to hike as part of a group and prefer to rely on experienced mountain and hiking guides. From Monday to Friday keen hikers and mountaineers can get acquainted with the varied landscape around the most beautiful lake in Tyrol, conquer some peaks and of course discover as many secluded spots as possible.

On Monday there is an interesting information hike that informs visitors all about the towns of Pertisau, Maurach, Achenkirch, Steinberg and Wiesing, and will leave you wanting more! On Tuesday there is a panoramic walk starting from Achenkirch. New for this summer: two days of nature watching tours offering visitors a particularly intense experience of the unique natural scenery in the company of

an expert guide. Equipped with Swarovski Optik binoculars, you first of all travel with the park guides from Karwendel Alpine Park to the Gernalm (Wed) and then the next day (Thurs) either to the Hochplatte (high plateau) or to the rock oil mine in the Bächental Valley.

The Achensee region contains 3 sections of the "Adlerweg" [Eagle Walk], the new long hiking trail through the Tyrol. "On eagle's wing" you can hike to the summit of the Rofan, for example. The hike takes you from the mountain station of the Rofan cable car to the summit of the Rofan. One of the most spectacular attractions on the "Adlerweg" route is the viewing platform at Gschöllkopf. It is located at an altitude of 2,000 metres, is 8 metres in diameter and offers 360° panoramic views, making it a popular destination for hikers.

And anyone who genuinely wants to experience the wonderful panoramic views from an eagle's perspective should not forget to take a trip on the "AirRofan" skyglider.

The IVV hiking weeks and hiking days in May offer further opportunities for group hikes: from 9 to 16 May there is a varied programme of hikes covering 8, 10, 12, 15, 18, 20 or 25 km. Additional information: www.wandern.achensee.info/permanente-wanderwege.

Achensee - paradise for climbers: Rofan and Karwendel Mountains

Anyone who enjoys getting up close and personal with rocks and cliffs will be in their element at Lake Achensee: the Rofan and Karwendel mountains are two of the most popular climbing areas in Tyrol. Whether you want tackle a via ferrata, take your first climbing steps in a beginner-friendly climbing park, or go on challenging expeditions in areas used for Alpine sports climbing: you will find a route to suit your needs at Lake Achensee. There is also something else on offer this summer: a new via ferrata that takes climbers over 5 peaks (Haidachstellwand, Rosskopf, Spieljoch, Seekarlspitze and Hochiss) will be opened in July with a festival on the mountain. The new climbing guidebook, available from all information offices, contains detailed information, important safety tips and contact information for certified mountain and skiing guides. A clear overview of the range of climbing activities for this region can also be found at www.climbers-paradise.com – the new climbing platform for the entire Tyrol region.

24-hour hike and Karwendel March

The 10th annual **24-hour hike** will take place on 26 and 27 June 2010 at Lake Achensee: a maximum of 100 entrants (registration is already up and running!) will be hiking from 7am through to 7am the next day and will cover 60 kilometres around Lake Achensee. www.24-stunden-wanderung.at

The second running of the "new" **Karwendel March** will take place in August, following on from the success of last year's event. The second march after a 19 year break will once again have "hiking in harmony with nature" as its theme. Alongside the staff of Karwendel Alpine Park, the Tyrolean organic farmers will once again be active partners when the keen hikers set off from Scharnitz at 6am on 28 August, crossing the Karwendel Mountains en route to Pertisau. www.karwendelmarsch.info

Internet: www.achensee.info & www.presse.achensee.info

Hiking Programme Fact Box

Daily from Monday - Friday

Monday	Guided information hike in Achenkirch, Maurach, Pertisau und Wiesing
Tuesday	Panoramic hike in Achenkirch
Wednesday	Nature watching tour to Gernalm
Thursday	Nature watching tour to the high plateau or the rock oil mine in Bächental
Friday	Hike to the summit of the Rofan

For further information

You can get information about the region and its villages from:

Achensee Tourismus (Tourist Office)

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Photo archive

You can download printable photos from www.achensee-fotoarchiv.at

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