**On land and in the water: Lake Achensee has plenty of summer adventures for the whole family**

The turquoise-blue Lake Achensee, embedded in the scenic landscape of the Karwendel and Rofan mountains, is rightly known as the "Tirolean Sea". Visitors can engage in over 50 different sports, ranging from hiking and climbing to swimming, sailing and kitesurfing. Tirol’s largest lake is the perfect choice for activity holidays. The huge variety of offers tailored to families makes the region an ideal multigenerational holiday destination, especially in summer.

[www.achensee.com](https://www.achensee.com/en/activities/an-active-summer/summer-family-holidays/)

**Sailing, surfing, swimming, SUP: Unlimited water sports**

Lake Achensee is a paradise for water sports enthusiasts. The natural glacial lake whose shore is almost entirely accessible is perfect to cool off by or in the water. The southern lakeshore near Maurach where the shallow water reaches up to 22 degrees Celsius is ideal to spend hot summer days.

**Would you rather go kitesurfing or sailing?** Two sailing schools, several sailing clubs, one kite school and a water sports centre offer something for everyone: from basic courses and regattas to sailing and surfing certificate courses… Visitors also have the opportunity to go stand-up paddle boarding (SUP) which is great fun for anyone who enjoys exercising.

**Have you ever tried family tubing?** Designed for families with younger children (eight years and over), this half-day adventure is excellent fun as everybody floats and races down the Rissbach in their separate tubes which look like big rubber tyres.

[www.alpinsport-achensee.at](https://www.alpinsport-achensee.at/en/)

**Indoor or outdoor fun: The Atoll Achensee has both**

The top-modern leisure centre Atoll Achensee offers an abundance of activities year-round. The FAMILY Eldorado is a highlight in summer, offering ample space for young visitors to romp. Among the attractions are the 31-metre long play ship St. Benedikt and a play and adventure park. In the indoor Panorama-BAD a counter current system, an elephant slide and a rafting water slide keep water enthusiasts of all ages entertained. [www.atoll-achensee.com](https://www.atoll-achensee.com/)

**Discovery tour for kids: Playgrounds and mountain huts**

Off to the mountain pasture! The Alpengasthof Gernalm which is 5 kilometres from Pertisau is perfect for a fun day out with the kids. Here, at the end of the Gernal valley in the Karwendel mountains, the new adventure playground "Gimp'l Park" is guaranteed to be a hit for kids. A special experience for animal lovers: watching deer up close in the wildlife enclosure.

[www.gernalm.at](https://www.gernalm.at/)

More animal encounters can be experienced at the Gramai Alm petting zoo at an elevation of 1,200 metres above sea level. The adults enjoy regional specialities on the sun terrace while the children meet the animals and pet the dwarf rabbits within eyesight. The adjacent Gramai adventure playground also offers plenty of space to keep kids entertained.

[www.gramaialm.at](https://www.gramaialm.at/de/hotel-achensee/1-0.html)

**For thrill seekers and newcomers: Bouldering, swinging, flying**

Bouldering is climbing without a rope at heights from which one can still jump off. Beginners and expert climbers can practice this sport in the BOULDER-Halle at the Atoll Achensee. The 4-metre high climbing wall comprises 180m2 and has 1,400 grips at various levels of difficulty.

The **Adventure Park Achensee** in Achenkirch attracts intrepid adventurers of all ages. The forest high rope course features seven different courses in various heights and difficulty levels. Negotiating your way across swaying bridges, unstable nets and swinging tree trunks guarantees pure climbing fun. Visitors who are looking for more action can participate in the varied adventure programme which offers slacklining, archery, canyoning and more.

[www.abenteuer-achensee.at](https://www.abenteuer-achensee.at/?lang=en)

Those who are craving an adrenaline rush after a hike can fly through the mountain air on the **Skyglider “AirRofan”**. Securely and safely fastened in a harness, the ride up to the Gschöllkopf is a thrill in itself, covering 200 metres of elevation and affording spectacular views of the valley. From the peak of the zipline, the Skyglider races downhill back to the starting point near the top station of the Rofan cable car at a speed of 80 kilometres per hour.

[www.achensee.com](https://www.achensee.com/en/best-of-achensee/airrofan-adlerhorst/)

**More than just hiking: Getting children to enjoy exercising with fun and games**

The [Wusel Lake Trail](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.48832500495756/11.648254394531252/-1/5847397/false/-1/-1/wusel%20seeweg/-1/-1/-1), named after the Achensee mascot "Wusel the water spirit", is a great child-friendly stroll along the eastern shore of Lake Achensee. The traffic-free trail leads over four kilometres from Maurach to Achenkirch and features 16 exciting adventure stations, such as balancing steps to test one’s coordination skills and a sound station with wooden instruments and a water singing bowl. While the kids try out the climbing wall, the grown-ups relax on the giant lounger. In addition, there is a tricky riddle to solve: Who finds all the letters hidden behind the flaps to complete all fields of their "Wusel card"? The diligent search will be rewarded with a surprise gift.

The **"Alpine Animal Circular Walk"** is a [memorable experience](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.48832500495756/11.648254394531252/-1/89258909/false/-1/-1/alpentiere%20rundwanderweg/-1/-1/-1) for the whole family, featuring interesting information and life-size animals. Even the "lazy” family members will be thrilled. Hiking trail no. 4 leads via the Bärenbadalm back to the Alpengasthaus Karwendel and the top station of the cable car. With a little luck, visitors can also spot real animals on the Zwölferkopf such as hares, deer or chamois during the 1.5-hour walk. The adventure stations and dwarf story are popular with young and old.

**Adventure, fun and action with the Achensee children’s and youth programme**

Family holidays at Lake Achensee are about having as much fun as possible, and the region’s children’s programme from 04 June to 02 September has plenty of activities: Children between the ages of 4 to 10 years visit a bakery and a farm with Kasimir Kräutermandl or enjoy the thrill of climbing with Fiechtenliesl and Seppi. The programme also includes pony riding and water action with Wusel the water spirit. Looking for activities for the whole family? The programme offers three highlights for families: the pasture day with Hen Hanna, the geocaching treasure hunt and the night scouting game. Every day from Monday to Friday a new adventure awaits. Participation in the full day programme is free, except for a contribution of EUR 7 for food and drinks.

**Youth programme**

The region surrounding Tirol’s largest lake also offers a huge range of thrilling experiences for youngsters between 10 and 16 years old. From Monday to Friday, the youth programme provides adrenaline-fueled activities for young explorers who have a thirst for adventure. Ready for rock climbing in the crag in Achenkirch, white-water swimming, canoeing or stand-up paddle boarding? Or would you rather go Western riding or explore the region on Segways? Your wish is our command. We look forward to sharing many exciting adventures with you.

**Seal of quality approved family-friendly region**

The Tourist Board Achensee is one of 17 members of „Tirol Family Nests”. The group combines family-friendly accommodation providers with the certified children’s and youth programme run by trained childcare assistants. The annual new themes with connection to nature have received a recognition award. Eight accommodation providers in the Achensee region fulfil the criteria and have received the seal of approval of the Family Nests which stands for family-friendly recreational offers. www.tiroler-familiennester.at

**Tip:** The [Achensee Holiday Card](https://www.achensee.com/en/best-of-achensee/holiday-card/) allows visitors to make the most of their summer holidays, providing an all-round experience at a very favourable inclusive price. The card is valid for seven days and allows unlimited visits or use of the following attractions: the Rofan cable car in Maurach, the Karwendel cable car in Pertisau, the Achensee ships and Europe’s oldest steam cog railway, the Achensee Museum World in Maurach, the Sixenhof museum of local history in Achenkirch and the Tiroler Steinöl® Vitalberg in Pertisau. The Achensee Holiday Card is available from 30 April to 26 October and costs EUR 84. Children up to the age of 15 years pay half price, and children under 7 years receive the card for free.

**Lake Achensee - Tirol's Sports & Vitality Park**

Arrive, switch off, immerse yourself: The region surrounding Tirol’s largest lake attracts visitors with plenty of active recreation and leisure pursuits. Nestled between the Karwendel and Rofan mountains, Lake Achensee is a place to connect with nature, making it a popular destination for mountain enthusiasts and water lovers alike. The lakeshore, which can be approached from any point, and the impressive paths in the valleys of the Nature Park Karwendel offer amazing outdoor experiences in summer and in winter. Mountain biking, hiking, cross-country skiing, snowshoeing – Lake Achensee inspires and is filled with magical moments! Achensee Tourism is the contact point for visitors and media representatives seeking information about tourist activities in Tirol's Sports & Vitality Park. Members of the media can download **printable photos** from the image database [www.achensee.org](http://www.achensee.org). To view the entire selection of photos and gain permission for downloading, please sign up and confirm your registration by clicking the link in the verification email. For an overview of the current Covid-19 related safety regulations and recommendations in Tirol visit [www.achensee.com/en/achensee-holidays/current-information-on-coronavirus/](https://www.achensee.com/en/achensee-holidays/current-information-on-coronavirus/)