**Diving, swimming, gliding over the water:**

**Welcome to the Tirolean Sea**

**Lake Achensee is the crown jewel of the region and a magnet for all kinds of water sports enthusiasts**

**Deep, clear, shimmering in all hues of aquamarine and the focal point of every holiday in "Tirol's Sports and Vitality Park": Lake Achensee, situated close to the Bavarian border, is embedded between the impressive Karwendel and Rofan mountain ranges. At nine kilometres long and 133 metres deep, the lake offers an abundance of outdoor activities: South Sea feeling beneath a backdrop of the Tirolean mountains, diving in the natural glacial lake, sailing, surfing, kiting, boating or just swimming in the crystal-clear water. Lake Achensee offers endless options for water sports enthusiasts, with the lakefront almost entirely accessible.**

**Leisurely tours or speedy rides**

Two sailing schools, several sailing clubs, one kite school and a water sports centre offer something for everyone: There are basic courses, regattas, sailing and surfing certificate courses available where participants learn and hone their skills in an easygoing atmosphere. For example, at Daniel Gredler's kite school "Learn2kite" [www.learn2kite.at](file:///C%3A%5CUsers%5Cgunth%5CDesktop%5Cwww.learn2kite.at).

The region also offers stand-up paddle boarding (SUP) taster courses. SUP is suitable for everyone who enjoys exercising, whether you are looking for an ambitious fully-body workout or a leisurely tour across the lake, soaking in the magnificent panorama of the Rofan and Karwendel mountains. There is equipment available to hire from three rental stations for those who want to explore Tirol’s largest lake on their own.

**Sailing on Lake Achensee**

Sailing in the Alps? What might not mix well with each other at first glance turns out to be the "perfect match". Lake Achensee not only has the requisite thermals, but the region also boasts a spectacular scenery.

The wind conditions at Lake Achensee are perfect for sailing. The light southerly wind (1-2 Beaufort scale) in the morning and the strong northerly wind (3-5 Beaufort scale) in the afternoon require strength, coordination, and courage to manoeuvre boats over the water. [www.achensee.com](https://www.achensee.com/en/activities/an-active-summer/water-sports/sailing-on-lake-achensee/)

**Scuba diving at Lake Achensee**

Have you ever wondered what’s at the bottom of Tirol’s largest lake? Lake Achensee is 133 metres at its deepest point and underwater visibility is up to 10 metres. Suit up and dive in! Lake Achensee is 133 metres at its deepest point has drinking water quality and on some days underwater visibility is up to ten metres, making it a popular destination for divers.

The four most popular diving spots are in the eastern part of the lake: Hechenberg (advanced dive site), Schwarzenau (suitable for beginners) and the dive site of the Diving Club Innsbruck north of the tunnel in the direction of Achenkirch. Divers can go sightseeing close to the lakeshore, where all kinds of curiosities can be spotted under water, such as an old Opel "Blitz", a statue of the Madonna and a sunken VW Beetle.

The Diving Club Innsbruck has also created a very accessible diver's paradise. A series of individual attractions are connected underwater with a rope and are located at different depths. In addition to a cable car gondola, a telephone booth and a letterbox, there is even a treasure chest to explore. [www.achensee.com](https://www.achensee.com/aktivurlaub/sommerurlaub/wassersport/tauchen-am-achensee/unser-service-fuer-euren-tauchgang/)

**Angling & fly fishing at Lake Achensee**

Lake Achensee is known for its stunning turquoise colours and excellent water quality. But did you know that the natural glacial lake is already 20,000 years old? Today, the lake known as the "Tirolean Sea" is fed subterraneously by the tributaries Ampelsbach and Dürrach and by the Achenkirch springs. The lake’s diverse fish population including perch, rainbow trout, brook trout, whitefish, and pike make it an ideal location for recreational fishing.

The Steinberger Ache offers 12 kilometres of fishing grounds that let fly-fishing enthusiasts soak in the quiet and solitude. Nature lovers find their bliss in the gorge which is home to beautifully marked brown trouts. The Rißbach at Ahornboden in Hinteriss offers 35 kilometres of unspoilt stream with an excellent and self-sustaining brown trout population. One of the last wild rivers in Tirol, the Rißbach enjoys a spectacular setting backdropped by the Nature Park Karwendel and is perfect to connect with nature. [www.achensee.com](https://www.achensee.com/aktivurlaub/sommerurlaub/wassersport/angeln-und-fliegenfischen-am-achensee/)

**Swimming, sunbathing and relaxing at the Tirolean Sea**

Tirol’s largest bathing lake whose entire shoreline is almost entirely accessible offers a huge range of activities that require no sports equipment. Because of its size, the lake is also called the "Tirolean Sea". Its waters shimmer in hues of Caribbean turquoise and aquamarine, especially in the shallow areas on the southern shore near Maurach where the water temperature reaches up to 22 degrees Celsius in summer. The southern shore is also where the Atoll Achensee is located. The modern leisure centre features the SEE-Bad, Panorama-BAD and Penthouse-SPA and offers a variety of sports and activities. From Maurach, the lakeside path meanders for nine kilometres toward the northern lakeshore in Achenkirch, inviting visitors to explore adventure stations and idyllic swimming bays. Achenkirch has a bathing beach with a swimming area that develops warmer temperatures in summer. The play area with water playground, pirate ship and observation tower keeps children entertained. The waterfront in Pertisau on the southern lakeshore entices guests with two large wooden swimming piers and a viewing platform. There is also a bathing beach directly at the lake complete with 5000m2 sunbathing lawn, large children’s playground, beach volleyball and much more. [www.atoll-achensee.com](https://www.atoll-achensee.com/)

**Action-packed adventures at Lake Achensee**

**Canyoning**

Jumping, sliding, swimming, abseiling, scrambling, diving: Canyoning is a high adrenalin activity that involves descending a gorge by a series of abseils, lowers, or jumps into pools. In addition to the sporting challenge, canyoning centers on exploring nature. Equipped with wetsuit, harness and helmet, the group follows the guide to various locations in the Achensee region.

**Tubing**

Tubing is a recreational activity where an individual rides down a river or a mountain stream on top of an inner tube. Two difficulty levels guarantee fun for everyone, whether you are looking for a slow float with the family or an action-packed ride over rapids. Intrepid adventurers can round off the experience by jumping off the rocks at various difficulty levels.

**Whitewater swimming**

The Achensee region also offers whitewater swimming adventures. If you love the feeling of adrenaline pulsing through your body and get a thrill from pushing yourself to your limits, you’ve come to the right place. This extreme sport is probably the most spectacular way to experience nature.

All information can be found at [www.achensee.com](https://www.achensee.com/en/activities/an-active-summer/water-sports/canyoning-and-co/)

**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/)