**Cross-country skiing paradise Achensee:**

**Varied skiing pleasure between the mountains and the lake**

**Over 200 kilometres of groomed trails, a perfect infrastructure and plenty of experience: The Achensee holiday region is one of Austria’s best Nordic skiing destinations**

**Gliding silently through the snow, enjoying the tranquility and the physical exercise beneath a backdrop of the spectacular mountains, switching off – at Lake Achensee in Tirol, the birthplace of professional Nordic skiing instruction, skiers’ dreams come true. The region boasts a network of over 200 kilometres of groomed and track-set trails. Skating or classic style, beginners or experts, there is something for everyone. In addition, the region offers trails for adaptive skiing, wheelchair accessible hotels and special instructors, making Lake Achensee an ideal destination for barrier-free holidays. Cross-country ski camps and public events attract sporty holidaymakers, while the remote areas in the Karwendel Nature Park invite you to escape into the stillness of winter.** [**www.achensee.com**](https://www.achensee.com)

**The birthplace of cross-country skiing**

The cross-country ski paradise Achensee is probably the best place to ignite your passion for Nordic skiing. The unique combination of the snowy mountain scenery and the glistening lake conveys a feeling of tranquility, and moreover, the Achensee region in Tirol is the cradle of professional cross-country skiing instruction. Gustav Leithner initiated the development of a recognized mandatory training for cross-country ski instructors in Tirol and other Austrian states. It was also Gustav who built the first official training plan in the late 1970s. Today, his son Christoph runs the "Leithner Ski School" in Pertisau which prides itself on turning every ski tourer into a cross-country skier. The region has seven cross-country ski schools which provide professional lessons and support.

**Versatile cross-country skiing experience**

Classic or skating style, beginner or advanced skier: The Achensee region offers an abundance of trails of varying range and difficulty. The region boasts over 200 kilometres of cross-country ski trails for all abilities, ranging from leisurely tours along the snow-covered shores of Lake Achensee near Maurach to challenging sections such as the Karwendel valleys where cosy alpine huts are set against mighty mountain ranges. In the village of Achenkirch, winter sports enthusiasts can choose from three varied cross-country ski trails. Another trail leads out of the village through wide snowy terrain and wintry forests to the village of Steinberg am Rofan with a population of 300. On the western shore of Lake Achensee lies Pertisau which has a designated practice area for beginners and dog-friendly trails where dog owners may bring their four-legged friends to roam through the snow.

The region around the so-called Tirolean Sea attaches great importance to inclusion: There are barrier-free hotels, parking spaces for people with restricted mobility and specially trained teachers and trails for adaptive skiing in Pertisau, Maurach and Achenkirch.

A cleverly devised waymarked trail system, handy trail maps, an interactive map with detailed routes and GPS data ([**maps.achensee.com**](https://maps.achensee.com/v2/de/gdi_summer/2d/-1/default/12/47.48844100336153/11.648400400591454/-1/-1/false/-1/-1/-1/-1/-1/-1)) plus a daily updated weather and information service complement the extensive offer.

**Winter sports and wellness**

Sauna sessions, soothing massages with Tiroler Steinöl® and other wellness treatments work wonders for tired muscles after cross-country skiing in the clear winter air. Lake Achensee offers a perfect combination of wellness hotels and winter sports, providing demanding cross-country ski runs and certified ski instructors who cater to the individual needs of skiers. With many accommodations located right next to the cross-country ski runs, activities start right on your doorstep. Especially in Pertisau, where skiers can access the cross-country ski trail network directly in the village.

**Nordic skiing with views of the lake and the mountains in the Nature Park Karwendel**

The Nature Park Karwendel is the largest contiguous nature reserve in the northern limestone Alps and stretches from Lake Achensee in Tirol to Bavaria. The gently rising Karwendel valleys are a scenic highlight and an ideal training terrain where even advanced cross-country skiers will find their pulse rate increasing. At the end of the valley, after seven kilometres and an elevation gain of 390 metres, the rustic Graimaialm lies embedded in the rugged summit world between Lamsenspitze and Sonnjoch. The mountain hut is one of the most popular excursions for cross-country skiers.

**Cross-country skiing camps**

The cross-country skiing region Achensee proves its competence as "Tirol's Sports & Vitality Park" with training camps for beginners and returners. The camp from 21 to 23 January is designed for skaters, and from 14 to 16 January classic skiers learn the basic technique and get tips to improve their skills. Courses will be run by qualified trainers and professionals. The participation fee is EUR 390 per person including equipment, waxing tips, goodie bag, accommodation, food and photo shooting. More information can be found in the [**Achensee Erlebnisshop.**](https://www.achensee.com/en/achensee-experiences/?re-product-id=103272)

**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/)