**Off-piste winter sports at Lake Achensee:**

**Staying safe and alert in open terrain**

**Avalanche educational trail, avalanche beacon checkpoints, training camps: The Achensee region takes a number of measures so that visitors can explore the solitude of the wintry mountains with minimal risks to themselves and nature. The Rofan and Karwendel mountains offer a multitude of options for ski touring, ranging from short and easy routes to challenging, steep climbs. The proximity and connection to the region’s ski areas is an extra perk.**

"Every ski tourer is well advised to choose the right tour depending on weather, wind, snow conditions, alpine dangers and their own fitness and ability," explains Achensee Tourism Director Martin Tschoner, who has been pushing forward the region’s competence in this sport for several years. A ski touring map and an interactive map provide an overview of the various routes, showing length, elevation profile and level of difficulty. Both maps are available online at [**www.achensee.com**](http://www.achensee.com).

To increase safety in open terrain, five checkpoints have been installed where skiers can test the functionality of their avalanche transceivers: at the Falkenmoos car park in Achenkirch, at the entrance of the Unterautal valley in Achenkirch, at the car park Achenseehof, at the car park Hubertus and at the start of the Ortovox avalanche educational trail in the Rofan mountains in Maurach. Set at an elevation of 1,800 metres near the top station of the Rofan cable car, the 2 km avalanche educational trail leads through safe terrain, providing skiers with valuable and life-saving know-how, such as snow and terrain conditions and types of avalanches. Seven interpretive panels explain the use of avalanche beacons and probes and the proper behaviour in the mountains to avoid disturbing the dormant nature. “It is important that skiers understand the laws of nature to minimize their exposure to risk and to stay safe in open terrain,” Martin Tschoner points out. “The aim of the avalanche educational trail is to raise avalanche awareness in off-piste terrain and to maintain a healthy respect for nature.” The trail is also aimed at snowshoers who venture out into alpine terrain.

The region offers ski touring camps designed for both first timers and improving off-piste skiers. Certified mountain guides teach how to stay safe in the mountains and provide hands-on practice of the use of transceivers, probes, shovels and avalanche airbags. In addition, participants learn how to assess the terrain and their own fitness and ability before joining the pros on guided tours to the most scenic spots in the Rofan mountains. There will also be the opportunity to test the latest equipment from the sports outfitters Ortovox, Ski Trab and Völkl. The highlight will be an overnight stay at the Erfurter Hütte mountain hut featuring an avalanche awareness lecture. Participation fee is EUR 169 per person and weekend (including an overnight stay in the dormitory at the Erfurter Hütte with half board, material testing, and one round-trip ride with the Rofan cable car). The camps occur on 15/16 January, on 29/30 January and on 3/4 February 2022.

Equipped with the prerequisite skills, ski tourers are ready to head out into the open terrain which often connects to the region’s ski areas. "Many of the most popular tours, such as the moderately strenuous tour to the Rofanspitze, start right in the ski area," says Martin Tschoner. The ski tour leads from the top station of the Rofan cable car over the ski slope and climbs over stepped terrain via the Grubascharte to the summit (2,259 m, 500 metres of elevation, 3.5 kilometres). The Rofan mountain range has moderate slopes and descents, making it the ideal practice terrain for beginners. Starting from the top station, the tour to the Seekarlspitze (2,261 m) traverses the slope to the Haidachstellwand and meanders uphill over the wide ridge to the summit cross.

The region also offers plenty of excursions into the pristine solitude of winter, allowing skiers to experience completely different views of Lake Achensee’s wintry scenery. For example, the scenic tour to the summit of the Vorderunnutz (2,078 m) which affords gorgeous views of the lake. The tour starts in Steinberg on the edge of the quiet ski slope and climbs over 1,000 metres of elevation. Soon skiers leave the ski slope behind and enjoy the stillness and beautiful vistas. From the opposite side, the Bärenkopf (1,991 m) also offers spectacular panoramic views of the Tirolean Sea. The route leads alongside the Perchertal ski slope to the Bärenbadalm (1,457 m) and then over the western ridge to the main summit. “Although many routes start in the ski areas, they lead into open alpine terrain and skiers should always consider potential risks,” says Martin Tschoner.

**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/)