**Wellness world Lake Achensee: The black gold of the Alps, Hansel and Gretel massage and an authentic Zen master**

**Lake Achensee, “Tirol’s Sports & Vitality Park“, boasts a huge variety of holistic wellness experiences, such as Tiroler Steinöl®, a sunken temple and a wellness mountain hut**

Lake Achensee is home to 30 four-star and five-star hotels and offers a range of 50 different recreational sports. Nestled between the Rofan mountains in the east and the Karwendel mountains in the west, Tirol’s largest lake boasts many highlights. The blend of mountains and water has delighted visitors since the 19th century. Today, the region excels at offering a holistic approach to wellbeing tailored to different requirements, bringing together sleep consultation and activity programmes, relaxation and meditation methods from the Far East. The star ingredient in many treatments is Tiroler Steinöl® (shale oil), which is mined locally and processed in skincare products. [www.achensee.com](https://www.achensee.com/en/activities/year-round/wellness/)

Lake Achensee, situated at an elevation of approximately 930 metres, is ten kilometres in length and 133 metres at its deepest point. Whether as a starting point for a variety of water sports, the highlight of scenic winter walks or viewed as an emerald green natural treasure from the top of the mountains: Tirol’s largest lake with its surrounding five villages Achenkirch, Maurach, Pertisau, Steinberg and Wiesing is the heart of the region, providing a premium wellness experience for the discerning traveller year-round.

During the day, sports enthusiasts can take advantage of the multitude of recreational activities available. Professional spa therapists provide relaxing treatments afterwards using traditional remedies. Throughout the year, visitors can engage in no less than 50 different sports – from challenging mountain adventures to skiing, snow tubing and winter horseback riding to kite surfing, sailing and hiking in the gently undulating terrain of the valley. Tiroler Steinöl® (shale oil), which is used for massages, wellness baths and body treatments in the spa areas of every hotel, is a proven product to regenerate after sports.

The elixir is extracted from oil shale, which is mined locally in the Karwendel mountains and processed in skincare products. The special ingredients of the Tiroler Steinöl® (shale oil) which originate from prehistoric sea animals and plants are called the “healing legacy of the sea”. Due to its high content of organically bound sulphur the “black gold of the Alps” has a very positive effect on the musculoskeletal system, skin and hair. Spa therapists also use the power of herbs, such as the natural products of the Tiroler Kräuterhof. All products are handmade in the region, and include over 200 essential oils, creams and lotions, detox water and a summiteers tea.

However, the Achensee region has much more to offer than classic massages and beauty treatments. Many hotels have created true havens of wellbeing to meet the respective needs of their guests, ranging from a Far Eastern relaxation world complete with Shaolin master to a swimming hall in art nouveau style and spa suites and chalets with private sauna. There are even wellness offers available at mountain huts.

Visitors do not have to stay overnight to enjoy the wellness and spa offers at Lake Achensee. Day spa offers are available at numerous hotels and also the Atoll Achensee is perfect to spend a day of indulgent relaxation. Located on the south-eastern lakeshore in Maurach, the top modern leisure facility comprises over 6,500 square metres. Visitors can relax in the light-flooded Panorama-BAD, the spacious Penthouse-SPA and in the fun and outdoor pools. Those looking for sporting activities can work out in the Lakeside-GYM with unique vistas of the lake or test their climbing skills in the BOULDER-Halle.

With these offers, the hotels at Lake Achensee are perfectly prepared to cater to the changing needs of their guests. Whereas in the past tourists came for summer holidays, visitors today immerse themselves in a whole world of wellness. The offers range from packages for girlfriends, mom-baby treatments and special treatments for pregnant ladies to offers only for men and treatments for toddlers and teenagers. The hotels boast large spa areas, excellent gastronomy, and accompanying activity programmes such as autogenic training, Pilates, yoga, wake-up gymnastics, aerobics and more. Spa and wellbeing form a holistic concept, and healthy sleep plays an important role. Many hotels use local arolla pine which is known for its fine fragrance and health benefits. [www.atoll-achensee.com](https://www.atoll-achensee.com/)

**Special tip**

The visitor centre Tiroler Steinöl® Vitalberg displays the history of the black gold of the Alps and the work of the miners in the Bächental valley. The entire building resembles a mountain, and visitors enter through a mining gallery. [www.steinoel.at](https://www.steinoel.at/)

**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/)