**Alpine classics, popular hotspots:**

**Climbing in the Karwendel & Rofan mountains**

Climbing has a long tradition at Lake Achensee. In the Rofan and Karwendel mountains where famous climbers such as Peter Habeler, Hans Fiechtl and Mathias Rebitsch made history, today numerous rocky challenges wait to be conquered. There are easy routes with little approach for beginners, while sport climbers and mountaineers can choose from a huge range of climbing crags and challenging multi-pitch routes. In between, climbers meet in the BOULDER-Halle of the Atoll Achensee or learn the right technique in the Achensee Climbing Camps. If you don’t want to climb alone, you can also get professional support from the regional alpine schools and mountain guides. A detailed climbing map provides information on the numerous climbing options in the Rofan and Karwendel mountains. Visitors can pick up the free map at the Achensee tourist office or download it from [www.achensee.com](https://www.achensee.com/en/).

**Climbing crags in the valley**

It doesn't always have to be the steepest rocks. The [Achenseehof climbing crag](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.44902629973865/11.689109802246096/18339/93112419) is an easily approachable area in Achenkirch which offers 20 routes from 9 to 18 metres long with difficulty levels 3b to 4b. A bathing beach, ample parking spaces and a high ropes course in the immediate vicinity complement the experience. The [Bärenkopf climbing crag](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.44902629973865/11.689109802246096/18339/93112931) above the Lärchenwiese in the village of Maurach also offers moderately difficult tours (14 routes up to grade 6c).

**Climbing in the Rofan**

Families and beginners can choose from a variety of routes in the Rofan mountains in Maurach. The [Mauritzalm](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.44902629973865/11.689109802246096/18339/93112497), [Grubastiege](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.44902629973865/11.689109802246096/18339/93112511), [Grubaplatte](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.44902629973865/11.689109802246096/18339/93112531) and [Platzl](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/12/47.44902629973865/11.689109802246096/18339/93113037) are four climbing crags that are family-friendly and suitable for beginners. A journey with the Rofan cable car shortens the approach: From the top of the mountain, visitors can reach the crags within a few minutes on maintained hiking trails.

The [climbing crag Grauwand](https://maps.achensee.com/v2/de/gdi_winter/2d/-1/detail/12/47.44902629973865/11.689109802246096/18339/93112555) offers 35 independent routes over excellent limestone. They are mostly vertical to slightly overhanging walls and require good climbing skills. The south-facing climbing crag has just been renovated and features up to 30-metre-high walls with routes in difficulty grades 6a to 8a.

Expert climbers can choose from four technically difficult alpine sport climbing areas. The Haidachstellwand and Hochissplatte, plus the [Klobenjoch](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/15/47.44615712419312/11.746788024902346/18339/93112631) and [Rotspitz](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/15/47.456188783553046/11.776957511901857/18339/93112825) feature multi-pitch routes with funny names that translate as "Chocolate Bar", "Jacob's Ladder", "Pigheaded Man", "Hocus Pocus" and "Black Widow".

**Climbing in the Karwendel**

In the Karwendel mountains, the area around the Lamsenjoch attracts experienced climbers with walls up to 400 metres high. In the [alpine sport climbing area](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/14/47.40112499999999/11.609525/18339/93113059), there are routes from the 1980s that require excellent climbing skills and mental strength, plus the small climbing crag Elfenbeinpfeiler which promises pure climbing fun with mostly two rope lengths.

Those who want to stay closer to the ground can go to the climbing crag [Gramai waterfall](https://maps.achensee.com/v2/de/gdi_sommer/2d/-1/detail/14.25/47.39949584554119/11.608971203279188/18339/93112465). Just 15 minutes from the Gramai Alm you'll find ten routes in difficulty grades 6 and 7 very close to the waterfall - ideal on hot summer days.

A special Karwendel treat for experts is certainly the "Heartbeat of Passion", a route that leads up the Sonnjoch (2458 m). It is one of the longest multi-pitch routes in the Alps and offers a whopping 1700 metres of climbing but has only a 5-minute approach.

**Being safe in rocky terrain with experienced mountain guides**

The Achensee Climbing Camps are the perfect opportunity for beginners and advanced climbers to get tips from the professionals on route planning, technique, equipment and safety in the mountains. The courses will prepare you for the mountains by teaching the skills required for alpine climbing, such as tying knots, rope skills and rope management. More information, dates and pre-bookings are available at [www.achensee.com](https://www.achensee.com/en/activities/an-active-summer/151865-2/climbing/).

**Bouldering at the Atoll Achensee**

The BOULDER-Halle in the modern leisure facility "Atoll Achensee" in Maurach offers climbing fun in any weather. The indoor climbing wall is 4 metres high and comprises 180 m2 and 1,400 grips at various levels of difficulty for beginners and experts. [www.atoll-achensee.com](https://www.atoll-achensee.com/de/boulder-halle/)

**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/)