

Achensee: Tyrol's Sport and Vital Park is also Tyrol's Cross-Country Centre

When Tyrolean X-country skiers are asked where they prefer to ski, the spontaneous answer is more than often, in the "Achensee Region - Tyrols Sport and Vital Park". The reason is the well groomed tracks and of course, the splendid scenery.

Over 200 km well groomed tracks embedded between the majestic Karwendel and Rofan Mountain Ranges. And what makes the Achensee Region - Tyrol's Nordic Centre - so unique is; a combination of gentle tracks leading along the side of the lake, or into the valleys of the Karwendel Mountains or through the peaceful, unspoilt nature of the "Guffert" tracks into the idyllic village of Steinberg. In the Achensee Region the tracks are clearly signposted, the classic and skating tracks are separately traced, although sometimes parallel to each other. Easy to follow X-country maps can be obtained in the village Tourist Offices. There are tracks in the region that have artificial snow: so when there is not enough natural snow the tracks are covered manually, so they are always in perfect condition! The Achensee Region is annually awarded with an Award from the Tyrolean Government - Tourist Department - for the perfectly groomed X-country trails in the region!

For enthusiastic X-country skiers the breathtaking landscape surrounding Tyrol's largest lake which offers special practice tracks - where you can practice, stopping, turning, changing tracks (for over-taking) or just simply gaining more confidence - and there are also special tracks where dogs are allowed to run alongside.

There are 7 X-country-ski schools in the Region - some with professional X-country skiers - to help you learn to ski or help you to improve your technique.

Without tracks: Nordic Cruising

For those X-country skiers who prefer skiing between a mixture of tranquillity and scenic splendour, you are certainly in the right "spot" here, in the Achensee Region, where on rather shorter, wider skies you can ski through unspoilt fields and valleys - no tracks necessary! This short type of ski is easy to manage for those with little or no skiing experience - the technique is quickly managed.

Tracks suitable for World-class races & X-country Events

Nearly all X-country tracks in the Region - Tyrol's Sport & Vital Park Achensee - are suitable for main International races at World Cup standard. And for those X-country skiers who would like to experience the thrill and tension of one of these races, there are 2 opportunities to do so. The first race is in Achenkirch - the 5th „Raiffeisen Steinöl Trophy" on the 9th and 10th of January 2010. There are races for both classic and skater skiers and cover a distance of 15 or 30 kilometres. The second Venue is in Pertisau, in late winter, on the 7th of March 2010, in the valleys of the Karwendel Mountains. Again the races are for both classic with 30 kilometres and skater skiers with 20 kilometres.

Surrounded by clean fresh air and feeling fantastic!

X-country skiing is known to be a very healthy sport, so you can image how good you feel after skiing through unspoilt country-side followed by relaxing in one of the many Hotel Spas in the region. Combined: Body and Soul!

PRESS

Fact Box

201 km well prepared X-country-skiing tracks

Classic X-country-skiing: 150 km

Skating X-country-skiing: 51 km

Blue trails: 81 km

Red trails: 58 km

Black trails: 11 km

In Achenkirch and Pertisau there are approx. 40 km of mechanically snow-made tracks, in Pertisau 1,7 km tracks where dogs are allowed and practice trails are available!

All tracks are free-of-charge to all visitors in the Achensee Region with a valid visitor's card!

Daily updated x-country-skiing information can be found on www.langlaufen.achensee.info

For more information contact:

Tourist-office Achensee

Rathaus 387

6215 Achensee, Austria

Tel. +43.5246.5300

Fax. +43.5246.5333

Mail: info@achensee.info

Internet: www.achensee.info

Photo archive:

Printed images can be downloaded! First of all, you must register.

This is done by filling in the form in the internet side: www.achensee-fotoarchiv.at.

The return mail has then a „link“ where you can download images from the Achensee Region.

PRESS