

## **Wellness at Lake Achensee: crystal-clear mountain lake meets ancient seas**

It would be hard to find another region more suitable for a wellness holiday than the Tyrol Sport & Vital Park – after all, Achensee is home to Tyrolean shale oil, which is the ultimate Tyrolean wellness and medicinal remedy.

A breathtaking natural backdrop, numerous top spa hotels that are among the best in the Tyrol region (and in the whole of Austria), and of course shale oil in all its different guises – these are the essential elements in the exceptional range of wellness and spa activities offered throughout the year in the Achensee region.

### **Water & exercise are good for wellness**

The meeting of the Karwendel and Rofan Mountains with the largest lake in the Tyrol region creates a very special atmosphere, and anyone who fully experiences it automatically feels relaxed – at any time of the year.

The numerous exercise opportunities on offer in the region contribute to its success: whether it is the cross-country ski trails and hiking paths in winter, the Nordic Walking routes in summer, the mountain bike trails or the golf courses, this region is the perfect holiday destination for anyone who wants to boost their wellbeing with some exercise in a unique natural setting. Visitors can really appreciate how exercise is doing wonders for their body and soul even after just one day in this unique region.

### **The healing power of the sea**

If you have taken part one of the numerous sporting and leisure time activities in the region and a few little aches and pains are starting to bother you, or if you simply just want to do your body some good, then you should reach for the ultimate Tyrolean beauty and medicinal remedy. High-quality natural products are produced from shale oil, which is still mined today in the secluded Bächental valley. Massage oils and “Fossil Steinöl-Fango” mud packs are produced in Tyrolean shale oil factories, along with traditional ointments as well as hair and beauty products. Anyone who wants to know more about the history of shale oil mining should pay a visit to the Vitalberg shale oil museum in Pertisau: the lively exhibition makes it plain to see how much effort and expertise is required to obtain health-giving essences from the black rock.

### **Top-class spa facilities provide some tender loving care**

It goes without saying that rock oil products play a major role in the numerous spa hotels around Lake Achensee. In the top hotels - Relax Wellness Guide magazine awarded a total of 13 lilies in 2010 – visitors can put together a very personal wellness programme by choosing from plenty of additional spa treatments. Individual spa facilities have different focal points such as specialists in Chinese medicine, Shaolin monks who provide an insight into martial arts and Far Eastern thinking, or wellness aimed specifically at children – everyone will find something to suit them at Lake Achensee. Quality is always a priority – fully qualified therapists guarantee skilled spa care in the 24 hotels with 4-star ratings, 4 hotels with 4-star superior ratings and one 5-star hotel, while the spacious sauna and bathing areas leave no wish unfulfilled.

### **For further information**

You can get information about the region and its villages from:

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### **Photo archive**

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