

Paradise for mountain bikers and leisure cyclists

Nestled against the backdrop of the Karwendel and Rofan Mountains, the region around the largest lake in Tyrol provides bikers with a variety of easy cycle routes and challenging mountain bike trails. In 2011, the Achensee region is the destination for Germany's largest mountain bike stage race – the Craft Bike Trans Germany, a very impressive vote of confidence in the region's biking expertise.

The Achensee region is one of the most popular cycling and biking destinations in Tyrol, with more than 250 km of impeccably signposted and approved cycle and mountain bike routes. The wonderful panoramic view and the unique atmosphere around the lake and the picturesque villages in the region make every cycle tour into a real experience with guaranteed fun in a natural setting.

Cycling in the valley...

There are countless cycle tours available for anyone wanting to enjoy the scenery in a gentle fashion without increasing their pulse rate. The more gentle cycle paths take riders along the shores of the lake, into one of the romantic side valleys or to the famous Alpine lodges (Pletzschalm and Gernalm or Falzthurnalm and Gramaialm), which can easily be reached from the towns. The unparalleled spectacle of the crystal-clear waters of the lake and the unspoilt natural setting make this area into a real holiday gem.

...or high up in the mountains

Sportsmen and women can get their pulses racing on the demanding and action-packed mountain bike routes that cover all difficulty levels and start from all 5 towns in the region (Pertisau, Maurach, Achenkirch, Steinberg and Wiesing). This region is a real paradise for bikers with its impeccably signposted and officially designated routes, which are mostly made up of forest paths and country roads. Bikers need stamina and a good level of fitness to cycle to high altitudes. The Karwendel and Rofan Mountains are a real highlight for mountain bikers as they provide the starting point for the Karwendel-Tour cycle route: at 237 km in length, of which 2,465 metres is uphill and 5,076 downhill, the Karwendel-Rundtour cycle route is very demanding, and provides a real challenge for bike enthusiasts. The breathtaking natural scenery of the Karwendel Alpine Park more than makes up for any effort expended, and those in the know rate this tour as being one of the most picturesque in the Alps.

Achensee is the destination of the Craft Bike Trans Germany 2011

The spectacular finale of Germany's largest mountain bike stage race, the Craft Bike Trans Germany, will be held in Achensee this year. When the 1,200 participants, made up of professionals and ambitious amateurs alike, ride into Buchau in Maurach on 4 June 2011, they will have covered more than 300 kilometres and 10,000 metres in altitude in just four days. Lake Achensee is the perfect spot to recover from the stresses and strains of the race.

Additional information is available on www.bikestransgermany.de

Along the shores of Lake Achensee by E-bike

On 1 June 2011 the entire Achensee region became an E-bike zone. Since then, visitors have been able to rent electric bikes at 22 rental points, allowing them to explore the region at their leisure without breaking sweat.

Sports shops and accommodation businesses have also got involved with the initiative and are helping to provide the required infrastructure. The 22 rental points are supplemented with 15 battery-charging stations where the electric motor can be recharged. The E-bike's battery lasts between 40 and 80 kilometres, or approximately 5 to 6 hours. This makes the electric bike a perfect way for visitors to explore the scenery around Lake Achensee in a particularly leisurely fashion. It is also easy to take a trip into a neighbouring region by E-bike, as the infrastructure is available to use in all areas.

Karwendel Alpine Park

With an area of 730 km², the Karwendel Alpine Park is the largest nature reserve in the Tyrol region. If the Bavarian section is included the total area is 920 km², which makes the park the largest continuous nature reserve in the Northern Limestone Alps. Visitors can really explore the beauty of this unique natural area by mountain bike – alongside the Karwendel Rundtour cycle tour, countless other routes and fine lodges providing refreshments make for perfect outings in this unique landscape.

Additional information is available on www.bike.tirol.at

The Via Bavarica Tyrolensis bike trail – cycling enjoyment in Tyrol and Upper Bavaria

Since 2004, ambitious “bikers” have been able to go on exploratory tours through Tyrol and right into Bavaria. The Via Bavarica Tyrolensis bike trail is 225 km in length and offers cycling enjoyment from the Inntal Valley through the Achensee region and right through to Munich in Bavaria. Travel kilometre after kilometre through the beautiful mountain scenery and lake landscape of Tyrol and Upper Bavaria, and absorb the multitude of impressions and experiences that greet you.

Additional information on www.via-bavarica-tyrolensis.com

Cycle map and professional tips

A well structured cycle map is available from all tourist information offices, and it provides insights into the perfect network of paths through the Achensee region. The map also shows the most picturesque recommended routes and stages, which are divided up according to length and difficulty level. The well-equipped local sports shops are perfect for anyone interested in having a professional guided tour, anyone wanting to rent a high-quality bike, or simply just for getting a few tips from a pro.

Additional information on the tours, including GPS download, available from www.mountainbiken.achensee.info

The region's top 3 biking tours

The top mountain bike tour: around the Unnutz

Start: Sparmarkt Eder in Achenkirch

Finish: Achenkirch

Route: starting from Sparmarkt Eder, the route continues along Dorfstraße to Restaurant SeeEck. Take a left at the crossing, cross Bundesstraße and ride along the hiking path to Hotel Cordial. From there the forest path heads uphill, past Kaiser-Maximilian-Rast and over the Köglweg to the Köglalm (Route 402). At the highest point of the route you begin your descent to the Schönjochalm and on through the Schönjochtal valley to Steinberg am Rofan. From there you ride along country/forest paths (Route 460) back to the starting point. It is also worth taking this route in the opposite direction.

Distance/altitude: 26.4 km/670 m

Route number: 461

The top trekking tour: panoramic route

Start: Maurach/Seespitz boat mooring

Finish: valley terminus of Karwendel mountain railway

Route: from the car park at the Seespitz boat moorings, the route continues towards Pertisau. After the tunnel you cross Bundesstraße in order to get onto the forest path that leads off to the left. Follow the mountain bike signs to reach the transmitter mast, from where you have magnificent views of Lake Achensee. You then continue downhill and then left into the Tristenautal valley. This round trip at the foot of the Tristenkopf then leads past the golf villa. At the entrance to the Karwendel valleys you then reach the Karwendel mountain railway via the asphalt road and then take the cycle path to the lake to return to the starting point. This fairly leisurely route does not contain any major climbs or descents and offers fantastic views of Lake Achensee.

Distance/altitude: 10.5 km/265 m

Route number: 436

The top tour for families/children: Buchau – Falzthurnalm – Gramaialm

Start: Buchau bathing beach in Maurach

Finish: Gernalm in Pertisau

Route: from Buchau bathing beach the route continues along Lake Achensee towards Pertisau. In Pertisau you take a left at the first turning, ride past the Karwendel mountain railway and straight ahead into the Karwendel valleys. Then follow the mountain bike signs over the Falzthurnalm to Gramaialm.

This route is a picturesque country ride through the Karwendel Alpine Park. At the finishing point, the Gramaialm, you and your children can easily lose track of time on the cosy terrace with mountain views, or in the lovingly tended Alpine garden with water park, on the Kneipp and barefoot path, or in the petting zoo, wigwam and playground.

Distance/altitude: 20 km/313 m

Route number: 463

For further information

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

Achensee Tourismus (Tourist Office)

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Mail: info@achensee.info

Internet: www.achensee.info & www.presse.achensee.info

Photo archive

You can download printable photos from www.achensee-fotoarchiv.at

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