

## **Achensee – Alpine paradise for runners and Nordic Walkers**

**With 183 kilometres of designated running routes, the vast majority of which are also suitable for Nordic Walkers, and a perfect topography with lake shores, valleys and mountains, Tyrol's Sport & Vital Park is one of the most beautiful running destinations in the Alps.**

The unique natural scenery around the crystal-clear lake and the countless well-maintained and varied running and Nordic walking routes seem to draw sports fans here as if by magic. The diverse landscape and the beautiful panoramic views in the Achensee region provide an ideal starting point for ambitious beginners and passionate amateur athletes alike to go running or Nordic Walking. Beginners can take things easy with short runs on the flat, while experienced runners and pros can challenge themselves on the longer intermediate routes.

As a running destination, the Achensee region is a member of the Tyrol-wide "Laufland Tyrol" guidance system for runners, which sets down strict regulations for its members: not only are all routes now signposted in detail, but they are have also been recorded by GPS. The data is available to download from the Achensee Run site at [www.laufen.achensee.info](http://www.laufen.achensee.info).

Runners can hone their technique on 23 new signposted routes, which can also be combined at certain points. Nordic Walkers can give themselves a workout on 19 of these 23 routes. The routes are divided up according to difficulty and assigned the following colours: black for difficult (78 kilometres), red for intermediate (78.5 kilometres) and blue for easy (26.5 kilometres). Runners can travel "up, up and away" on the mountain route from Buchau via the Dafalz Alm Alpine lodge at an altitude 1,692 metres to the Erfurter Hütte Alpine hut at an altitude of 1,831 metres.

### **Top-class running event: The Achensee Run**

The Achensee region has also made a name for itself with its running events: Participants and spectators alike describe the Achensee Run as being Austria's most beautiful panoramic run. Every year, thousands of running fans take on the challenge of running 23.2 kilometres around the largest lake in the Tyrol region, providing an impressive spectacle for spectators along the route. The frenzied mass start draws countless curious onlookers and certainly gets the athletes' hearts pounding. The route takes runners through Pertisau towards Maurach, along the shores of the lake towards Achenkirch and back to Pertisau with a final stage via the Gaisalm Alpine lodge, which requires runners to be in good condition.

This year will see the 12th anniversary of the Achensee Run. On 3 and 4 September 2011, more than 2,000 running enthusiasts and international running stars will run around the lake, creating an impressive sight for spectators. The Achensee Run is supported by additional events including the children's run, the 10 km fitness run and the relay race for two runners. The relay race enjoys great popularity – amateur athletes get the chance to sample the unique running experience offered by this popular event over a shorter distance. Current information on the Achensee Run: [www.achenseelauf.at](http://www.achenseelauf.at)

The "Achensee Kombi" [Achensee Combo] is a brand new event: There is an individual award for ambitious participants who complete the Raiffeisen-Steinöl-Trophy [Raiffeisen Rock Oil Trophy] in winter with the cross-country skiers, the Achensee 3-Täler-Lauf [Achensee 3 Valleys Run] along with the Achensee Run in summer. High-quality prizes are provided by famous sports equipment firms for anyone successfully combining these three events.

## Fact Box

### Achensee Run information

Date & time: Sat 3 to Sun 4 September 2011  
Location: Pertisau

Schedule:

#### Saturday 3 September 2011:

16:30 Achensee children's run - 1 to 5 km  
17:30 Achensee fitness run - 10 km

#### Saturday 4 September 2011:

10:00 Achensee relay race for 2 runners - 14 and 9.2 km  
10:00 Achensee Run - 23.2 km

Information and registration available at: [www.achenseelauf.at](http://www.achenseelauf.at)

Running maps are available free of charge in the tourist offices in all the towns in the Achensee region.  
Additional tips available on [www.laufen.achensee.info](http://www.laufen.achensee.info)

### 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](mailto:info@achensee.info)

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### Photo archive

You can download printable photos from [www.achensee-fotoarchiv.at](http://www.achensee-fotoarchiv.at)

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