

MTB holidays at the Rieser: tips & tours

MOUNTAIN BIKING AT LAKE ACHENSEE

Since the terrain around the lake is relatively flat before following a steep climb up to the Rofan or Karwendel peaks, the Pertisau region offers both easy tours running along the lake banks to romantic side valleys or sunny mountain huts as well as challenging tours requiring mountain biking enthusiasts in Pertisau by Lake Achensee to conquer a big altitude difference. Visitors who prefer a more

peaceful time can hire an e-bike from one of the 23 hire stations along the Achensee lake. For passionate mountain bikers visiting Pertisau, Lake Achensee is the ideal place because it is home to various challenging and action-packed mountain biking routes of all difficulty ratings, most of which run along forest or agricultural trails away from road traffic.

THE KARWENDEL TOUR

Lake Achensee in Pertisau in Tyrol is very well-known among mountain biking enthusiasts and is the home of the Karwen-

del tour which is treated as the supreme mountain biking tour in Tyrol with its 237 km length and 5465 m climb.

LONG-DISTANCE TRAIL MUNICH - VENICE

The new long-distance trail Munich Venice connects Germany's southern-most metropolis with Italy's lagoon pearl at the Adriatic. Over the whole 560 km long route, with

its total of 3000 metres altitude difference, optimal bus and train connections are ensured. The long-distance trail leads directly past the Achensee.

We recommend...

PERTISAU-SCHARNITZ

Set out from Gernalm where the mountain biking ascent up the Plumsjoch from Lake Achensee begins. The route runs up to the Plumssattel (1650m) and the catered hut of the same name, increasing in steepness along the way. After this initial climb from Pertisau, a rewarding descent awaits, following a broader gravel road to Eng (1080m).

Route lengths: 69 km

The next item on the Achensee mountain biking agenda is to take a well-deserved break. Then it's time for the second ascent into the valley via the Schwarzlackenhütte (1204m) along gravel paths to the Karwendelhaus (1765m). Then from here it's downhill down a long descent to Scharnitz.

Difficulty rating: 3 - difficult

MAURACH - KAISERHAUS

This route sets out by mountain bike from Maurach by Lake Achensee and takes you via the Kögeljoch along a virtually un-cyclable track. The route leads past some beautiful cool tarns and through a wooded area. A lengthy descent by mountain bike then awaits leading to the Guf-

Route length: 55.84 km

Starting point: Maurach by Lake Achensee

Destination: Kaiserhaus (711 m)

Highest point: 1488 m

ferthütte and on into the Brandenbergtal valley which has been famous for its abundance of timber since the Middle Ages and was a feudal hunting ground for counts and emperors.

Altitude metres uphill: +1460 Hm

Altitude metres downhill: -1664 Hm

Total cycling time: 5 h 35 min

Difficulty rating: 3 - difficult