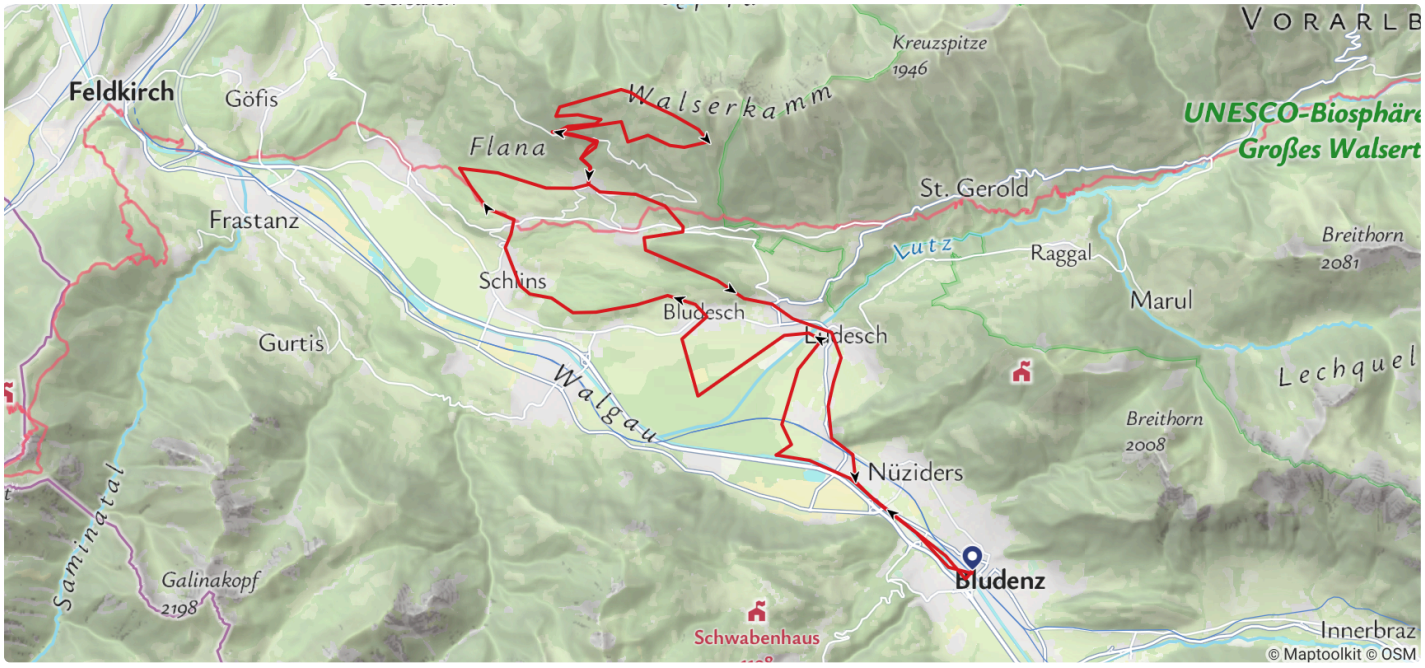
5-Valley Mountain Bike Circuit (Stage 2) | Bludenz

MODERATE | REFRESHMENTS | PANORAMIC | STAGE TOUR



Tour description

The alternative to the classic 5 Valleys Mountain Bike Tour for anyone based in Bludenz. Over the course of 4 days, you can explore a different valley in the Bludenz Alpine region each day, starting from Bludenz. Panoramic views and single-track trails included. The tour is also designed for e-bikes: there are no sections where you have to carry your bike, and plenty of charging stations are available.

"Endurance": Walgau with Dünser Älpele (1,500 m elevation gain)
To warm up, start from Bludenz toward Schlins along the Ill River and through shady mixed forests. From here, the route heads uphill toward the transmitter. At the highest point, you'll find a spot for a long break before being rewarded with a downhill ride on single trails toward Ludesch. Take the bike path back to Bludenz—with the panoramic views as your constant companion!

Directions

Bludenz Train Station - Walgau Cycle Path toward Thüringen - via Eckwald to Schlins - Röns - Satteins - Alter Dünserweg - Düns - Walgau High Road - Bischa - Dünser Älpele - Sender - Singletrack toward Hensler - Boden - Bischa - Walgau High Road - Düns - Schnifis - Fallersee - Buchwaldweg - Thüringen - Ludesch Bike Trail - Hängender Stein - Bludenz

Equipment

Mountain bike, helmet, rain and sun protection, as well as food and enough water for each day's stage. For multi-day tours, we recommend: a change of clothes, toiletries, tools and a spare inner tube, a first-aid kit, a map or route description, and other personal items.

Tips

The 5-Valley Tour is a moderately difficult mountain bike tour and is therefore not recommended for absolute beginners. However, it is certainly manageable for novice mountain bikers. If necessary, difficult trails can be bypassed, and if it really isn't possible, you can always push your bike for a short distance.

The tour is also designed for e-bikes, and there are plenty of charging stations available.

07:00 h duration	**54,7 km** Length
1585 m Highest point	**495 m** Lowest point
1360 m Ascent	**1360 m** Descent

Start	Bahnhof Bludenz
Finish	Bahnhof Bludenz
Tour type	Mountain bike
Difficulty	Moderate

Elevation profile



Condition	
Difficulty	
Result	
Landscape	

Best time of year

JAN	FEB	MAR	APR	MAY	JUN
○	○	○	○	○	✓
JUL	**AUG**	**SEP**	**OCT**	**NOV**	**DEC**
✓	✓	✓	✓	○	○

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Public transportation

Check schedules online at fahrplan.vmobil.at

The Park

Bludenz Train Station

Safety Instructions

EMERGENCY HOTLINE
140 Alpine emergencies throughout Austria
144 Alpine emergencies in Vorarlberg
112 European emergency number (works with any cell phone/network)
www.alpenregion-vorarlberg.com/sicherheitstipps-wandern

Sicherheitstipps für Mountainbike in Vorarlberg

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

112 Euro-Notruf (funktioniert mit jedem Handy/Netz)

further information