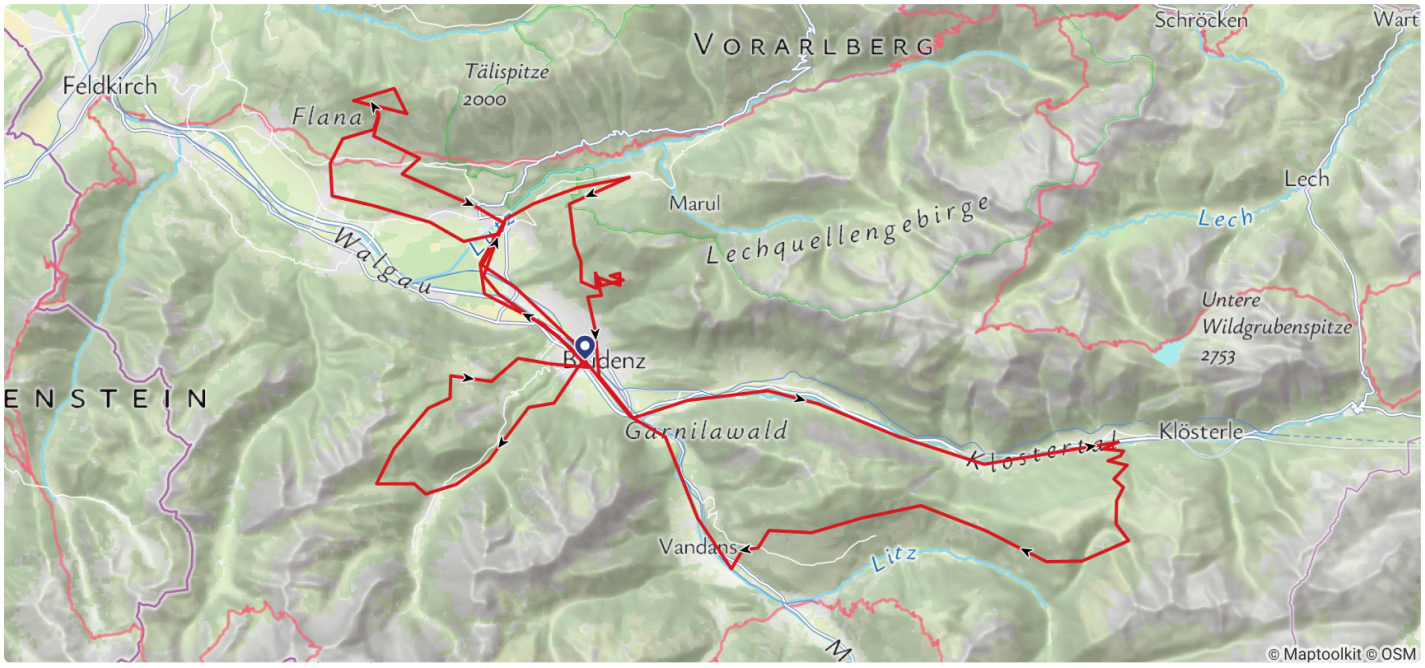
5-Valleys Mountain Bike Star Tour | Bludenz

Brandnertal
Alpenstadt Bludenz
Klostertal
Biosphärenpark
Großes Walsertal
VORARLBERG

MODERATE | REFRESHMENTS | PANORAMIC | MULTI-DAY | CABLE CAR ASCENT/DESCENT | STAGE TOUR



Tour description

The alternative to the classic 5 valleys mountain bike tour for all who have their home base in Bludenz. In 4 days you can explore a different valley of the Bludenz alpine region every day from Bludenz. Panorama and single trails included. The tour is also designed for e-bikes: no carrying passages and sufficient charging stations are available.

„Warm-up" stage 1: Brandnertal incl. Bikepark Brandnertal (1.340 hm / with use of cable car 950 hm)
From Bludenz leisurely on paved bike path to Brand. With the support of the village railroad in the direction of Parpfienzsattel (who wants to collect altitude meters takes the freight road to the mountain station) and then enjoy the single trails in the Bikepark Brandnertal to Tschengla/Bürserberg. From there back down to Bludenz.

„Endurance" stage 2: Walgau with Dünser Älpele (1.500 hm).
To cycle in, first from Bludenz in the direction of Schlins along the Ill River and through shady mixed forests. From now on it's uphill in the direction of the transmitter. At the highest point, the Dünser Älpele awaits for an extensive rest before you are rewarded with single trails downhill towards Ludesch. On the bike path back to Bludenz - constant companion: the panorama!

„Pleasure" stage 3: Great Walser Valley with Muttersberg (1.160 hm)
From Bludenz along the cycle path in the direction of Ludesch. Now collect altitude meters on lonely paths to Raggal and enjoy the views of the Great Walser Valley. Back over the Ludescherberg and enjoyable on the Muttersberg. Downhill on the Güterweg or Singletrail to Bludenz. Alternatively take the Muttersberg cable car.
Variant: stay overnight in Raggal and experience the tour Around the Breithorn for an additional day.

„2-Valley" Stage 4: Klostertal and Montafon (1.570 hm / with use of mountain railroad 730 hm)
From Bludenz on the Klostertal cycle path always along the river Alfenz to the valley station Sonnenkopf/Wald am Arlberg. Ambitious cyclists take the goods road (or the cable car) up and through the idyllic Wasserstubental valley into the Montafon. Past the Kristberg, with a view of the mighty mountains of the Rätikon, you descend to Vandans, where you roll along the cycle path along the Ill River back to Bludenz.

01:00 h duration	185,2 km Length
1840 m Highest point	497 m Lowest point
4962 m Ascent	4962 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**
✓	✓	✓	✓		

Alpenregion Bludenz Tourismus GmbH
www.alpenregion-vorarlberg.com
Mutterstraße 1a
A-6700 Bludenz
+43 5552 30227
info@alpenregion.at

Directions

Stage 1: Brandnertal / Bikepark Brandnertal
Bludenz train station - Bürs town center - Werkstraße - Schaßweg - follow the road - Schaß - Klostermaisäß - bridge - Galaferda district - Brand town center - ascent with village railroad (or forest road) - Innere Parpfienzalpe - Parpfienzsattel - Mühlebachtrail - Faregg Lift valley station - Loischkopfbahn middle station - Flowline "Tschengla Unchained" (alternative goods road) - Tschengla or Bürserberg - Bludenz

Stage 2: Walgau
Bludenz train station - Walgau cycle path towards Thüringen - via Eckwald to Schlins - Röns - Satteins - Alter Dünserweg - Düns - Walgau Höhenstrasse - Bischa - Dünser Älpele - Sender - single trail towards Hensler - Boden - Bischa - Walgau Höhenstrasse - Düns - Schnifis - Fallersee - Buchwaldweg - Thüringen - Ludesch cycle path - Hängender Stein - Bludenz

Stage 3: Großes Walsertal with Muttersberg
Bludenz train station - Walgau cycle path towards Ludesch - Alte Raggalerstrasse - Raggal - Ludescherberg - Laz - Muttersberg - road or singletrail to Bludenz

Stage 4: Klostertal and Montafon
Bludenz train station - Klostertal bike path - Brunnenfeld - Bludenz-Montafon traffic junction - Klostertal bike path - Stallehr - Außerbraz - Innerbraz - Dalaas - Dorfstraße - gravel road at the end of the village - Sonnenkopfbahn valley station in Wald am Arlberg - Ascent Sonnenkopfbahn (or goods road) - Sonnenkopf - Obere Wasserstubenalpe - Wasserstubental - Untere Wasserstubenalpe - Wildried - Kristberg - Fulateia - Torasee - Fritzasee - Neyers Legi - Bartholomäberg church - Buchswaldstraße - Gantschier - Ill cycle path - St. Anton im Montafon - Lorüns - Bludenz

Equipment

Mountain bike, helmet, rain or sun protection as well as food and sufficient liquid for the respective daily stage. For the multi-day tour is recommended: A change of clothes, toiletries, tools and spare tube, first aid kit, map/route description and other personal items.

Tips

The 5-valleys-tour is a moderately-difficult mountainbike tour and is therefore not recommended for absolute beginners. However, it is quite feasible for mountainbike beginners. Difficult trails can be bypassed if necessary and if it really doesn't work at all, then the bike can also be pushed for a short time.The tour is also designed for e-bikes, sufficient charging stations are available.

Public transport

Timetable request online at fahrplan.vmobil.at

Parking

Railroad station in Bludenz

Safety instructions

EMERGENCY CALL
140 Alpine emergencies Austria-wide
144 Alpine emergencies Vorarlberg
112 Euro-emergency call (works with any mobile 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