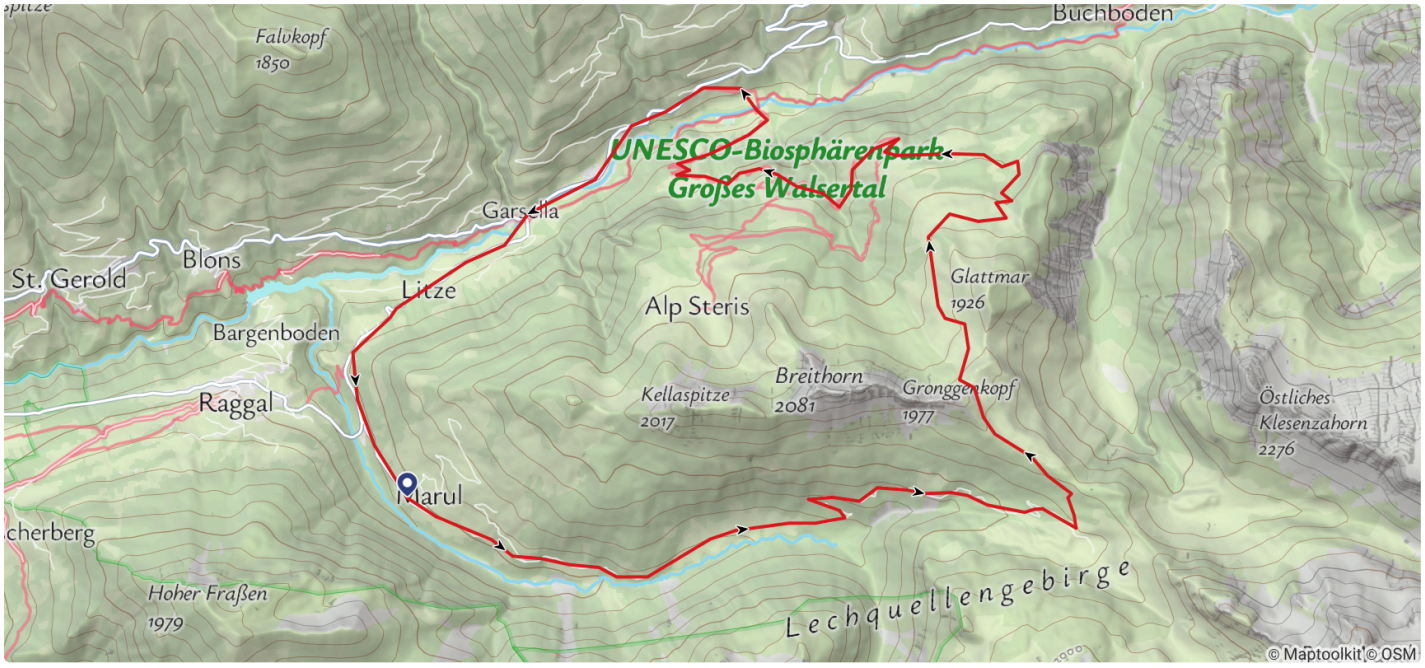
Alpe Laguz - Partnom Alpen - Sonntag | Raggal-Marul

HARD | REFRESHMENTS | PANORAMIC | ROUND TRIP



Tour description

Embark on one of the most beautiful mountain bike tours in the Grosses Walsertal, past the Laguz, Oberpartnom and Unterpartnom Alps down to Sonntag.

The MTB tour starts in Marul at the hikers' car park. From here, the route leads along the forest road past the hamlets of Hof and Garfülla, further through the Fuchswald forest to Alpe Laguz. Shortly before Alpe Laguz, the MTB trail branches off to the right towards Garmil. From Garmil, take the forest road down past the Oberpartnom and Unterpartnom alpine pastures to Steinbild. From there, continue along the forest road towards the mountain station of the Sonntag-Stein cable cars. From here the goods path leads down into the valley towards Sonntag. In Sonntag, the route leads back to Marul via the normal main road.

Public transport

www.vmobil.at

Parking

Hikers' parking lot in Marul, Raggal

Directions

Marul hiking car park - Garfülla - Fuchswald - Alpe Laguz - Garmil - Alpe Oberpartnom - Alpe Unterpartnom - Steinbild - Stein - Sonnag - Garsella - Marul hiking car park

Equipment

Mountain bike, helmet, rain or sun protection, small snacks and sufficient water. Mobile phone in case of emergency.

Tips

A stop is worthwhile at the Alpe Laguz or at the Breithornhütte.

05:00 h duration	**29,7 km** Length
1845 m Highest point	**735 m** Lowest point
1207 m Ascent	**1210 m** Descent

Start	Hikers parking lot Marul/Raggal
Finish	Hikers parking lot Marul/Raggal
Tour type	Mountain bike
Difficulty	● Hard

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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Sicherheitstipps für Mountainbike in Vorarlberg

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

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

further information