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

bludenz
Die Alpenstadt

MODERATE | REFRESHMENTS | PANORAMIC | CABLE CAR ASCENT/DESCENT | STAGE TOUR



Tour description

The 5-Valley Mountain Bike Tour connects the valleys around Bludenz in four stages and offers stunning views of the Rätikon, Verwall, and Lechquellengebirge mountains, as well as the Rhine Valley.

Walgau with an overnight stay at the Gerachhaus (1,180 m elevation gain)
From Tschengla/Bürserberg, the route first descends into the Walgau valley before climbing along farm roads in Satteins toward Sender—with the panoramic views as your constant companion! To book an overnight stay at the Gerachhaus, please contact the Burtscher family well in advance.

Directions

Tschengla/Bürserberg – Alpe Rona – Plandedon – Nenzing – Beschling – Rhine Valley Highway Overpass – Schlins – Cycle Route 101 to Satteins – Satteins Church – Gulmweg – Walgau High Road – Bischa – Dünser Älpele – Gerachhaus

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.

Public transportation

Check the schedule online at www.vmobil.at

05:00 h duration	**28,8 km** Length
1550 m Highest point	**482 m** Lowest point
1140 m Ascent	**760 m** Descent

Start	Parkplatz Loischkopfbahn
Finish	Gerachhaus
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
✓	✓	✓	✓	○	○

Alpenstadt Bludenz Tourismus
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The Park

Parking lot at the 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