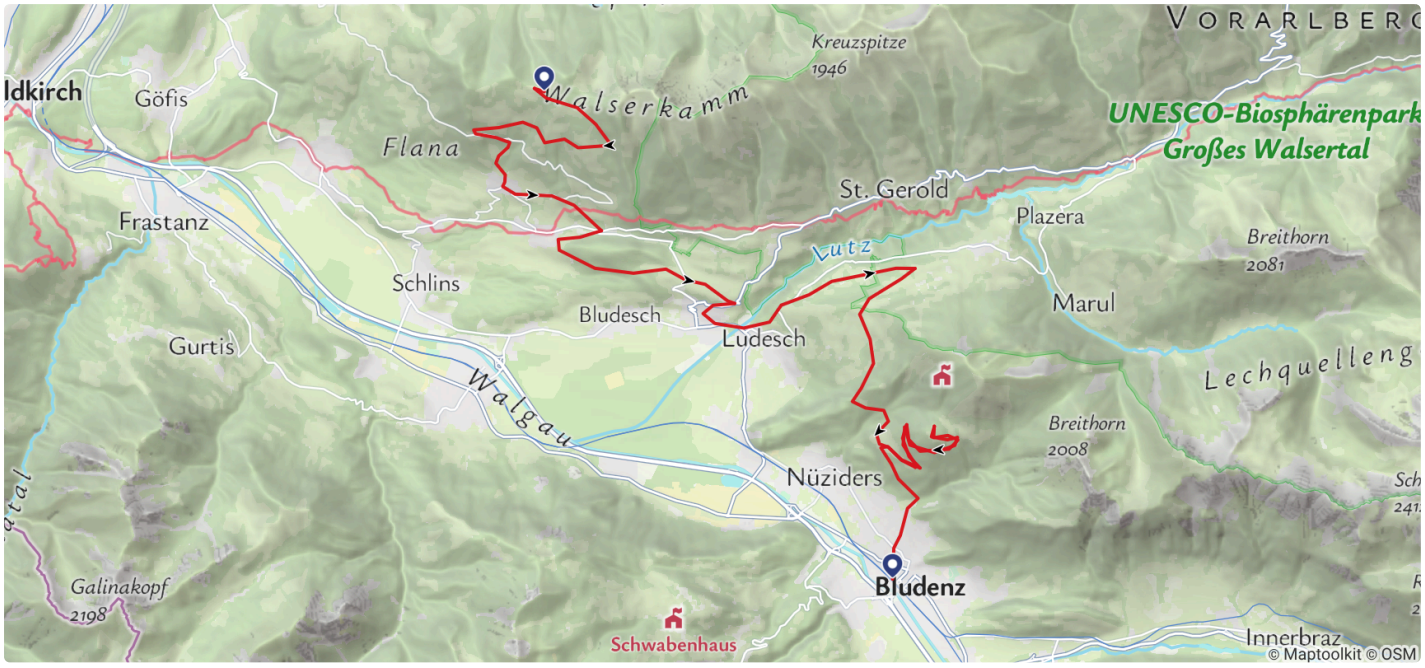
5-Valley Mountain Bike Tour (Stage 3) | Bludenz

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.

Großes Walsertal with an overnight stay in Bludenz (1,190 m elevation gain)
From the Gerachhaus, descend partly on singletrack toward Ludesch. Gain elevation to Raggal or Ludescherberg, then enjoy the ride up to Muttersberg. From Muttersberg, descend to Bludenz via the farm road or the Muttersberg singletrack. Alternatively, take the Muttersbergbahn.
Variation: Stay overnight in Raggal and spend an extra day experiencing the "Around the Breithorn" tour.

Directions

Gerachhaus – Dünser Älpele – Hensler – Boden – Düns – Schnifis – Buchwaldweg – Badesee – Thüringen – Walgaustraße toward Ludesch – Alte Raggalerstraße – Raggal – Ludescherberg – Laz – Muttersberg – farm road or singletrack to 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.

05:50 h duration	**40,2 km** Length
1551 m Highest point	**555 m** Lowest point
1130 m Ascent	**2130 m** Descent

Start	Gerachhaus
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**
✓	✓	✓	✓	○	○

Alpenstadt Bludenz Tourismus
www.bludenz.travel
Mühlgasse 5
A-6700 Bludenz
+43 5552 63621 790
tourismus@bludenz.at

Public transportation

Check the schedule online at www.vmobil.at

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