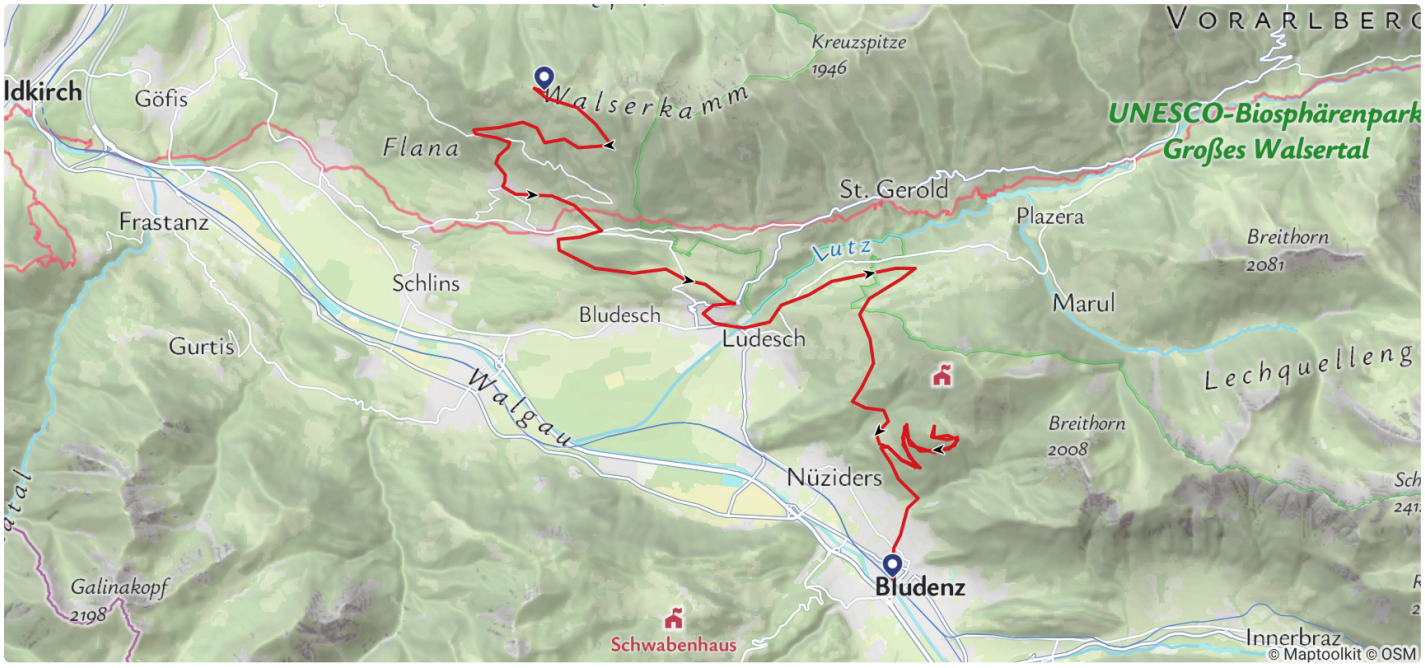
# 5-Valley Mountain Bike Tour (Stage 3) | Bludenz

Klostertal Vorarlberg

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** |
| ✓ | ✓ | ✓ | ✓ | ○ | ○ |


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## 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