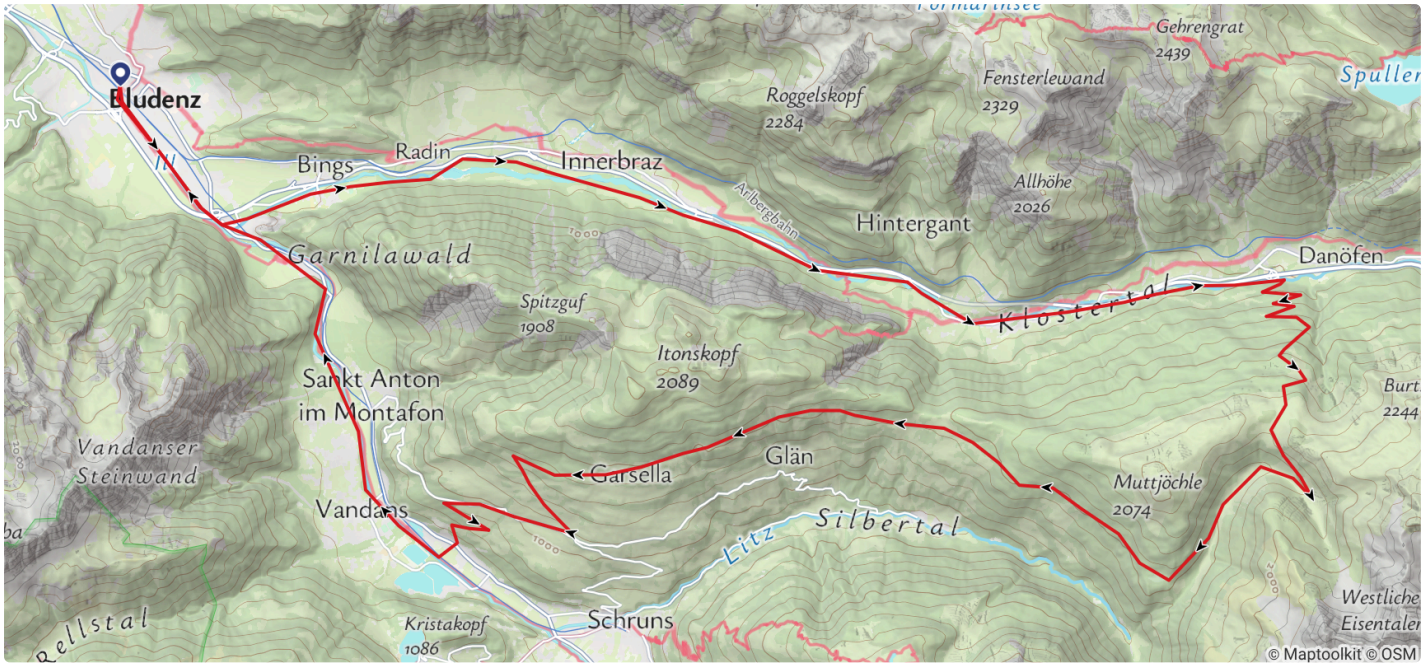
# 5-Valley Mountain Bike Circuit Tour (Stage 4) | Bludenz

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




## Tour description

**The alternative to the classic 5 Valleys Mountain Bike Tour for anyone based in Bludenz. Over the course of 4 days, you can explore a different valley in the Bludenz Alpine region each day, starting from Bludenz. Panoramic views and singletrack trails included. The tour is also designed for e-bikes: there are no sections where you have to carry your bike, and plenty of charging stations are available.**

**"2 Valleys": Klostertal** and Montafon (1,570 m elevation gain / 730 m with the mountain railway) From Bludenz, follow the Klostertal Cycle Path along the Alfenz River to the Sonnenkopf/Wald am Arlberg valley station. Ambitious cyclists can ride up the farm road (or take the cable car) and through the idyllic Wasserstubental valley into the Montafon. Passing the Kristberg, the route descends toward Vandans with views of the mighty Rätikon mountains, where you can follow the bike path along the Ill River back to Bludenz.

### Directions

Bludenz Train Station - Klostertal Cycle Path - Brunnenfeld - Bludenz-Montafon Transportation Hub - Klostertal Cycle Path - Stallehr - Außerbraz - Innerbraz - Dalaas - Dorfstraße - Gravel road at the edge of town - Sonnenkopfbahn valley station in Wald am Arlberg - Ascent on the Sonnenkopfbahn (or farm 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 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.

| | |
|---|---|
| **07:45 h** duration | **64,1 km** Length |
| **1837 m** Highest point | **558 m** Lowest point |
| **1530 m** Ascent | **1530 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** |
| ✓ | ✓ | ✓ | ✓ | ○ | ○ |


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

## 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 schedules online at fahrplan.vmobil.at

## The Park

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