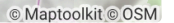


ROUND TRIP



JAN	FEB	MAR	APR	MAY	JUN
☐	☐	☐	☐	☐	☒
JUL	AUG	SEP	OCT	NOV	DEC
☒	☒	☒	☒	☐	☐

Directions

Stage 1: Brandnertal incl. Bikepark Brandnertal

Bludenz train station - Bürs village center - Werkstraße - Schaßweg - follow the road - Schaß - Klostermaisäß - bridge - Galaferda district - Brand village center - ascent with Dorfbahn cable car (or forest road) - Innere Parpfiengalpe - Parpfiengsattel - Mühlebachtrail - Faregg Lift valley station - Loischkopfbahn middle station - Flowline "Tschengla Unchained" (alternative goods road) - Tschengla or Bürserberg.

Stage 2: Walgau with overnight stay in Gerachhaus

Tschengla/Bürserberg - Alpe Rona - Plandedon - Nenzing - Beschling - overpass Rheintal freeway - Schlins - cycle path 101 to Satteins - Satteins church - Gulmweg - Walgau Höhenstraße - Bischa - Dünser Älpele - Gerachhaus

Stage 3: Großes Walsertal with overnight stay in Bludenz

Gerachhaus - Dünser Älpele - Hensler - Boden - Düns - Schnifis - Buchwaldweg - Badesee - Thüringen - Walgaustraße direction Ludesch - Alte Raggalerstraße - Raggal - Ludescherberg - Laz - Muttersberg - trail or [singletrail](#) to Bludenz

Stage 4: Klostertal and Montafon

Bludenz - Klostertal cycle path - Brunnenfeld - Bludenz-Montafon traffic junction - Klostertal cycle path - Stallehr - Außerbraz - Innerbraz - Dalaas - Dorfstraße - gravel road at the end of the village - Sonnenkopfbahn valley station in Wald am Arlberg - Ascent Sonnenkopfbahn (or goods 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 or sun protection as well as food and sufficient liquid for the respective daily stage. For the multi-day tour is recommended: A change of clothes, toiletries, tools and spare tube, first aid kit, map/route description and other personal items.

Tips

The 5-valleys-tour is a moderately-difficult mountainbike tour and is therefore not recommended for absolute beginners. However, it is quite feasible for mountainbike beginners. Difficult trails can be bypassed if necessary and if it really doesn't work at all, then the bike can also be pushed for a short time. The tour is also designed for e-bikes, sufficient charging stations are available.

Public transport

Timetable request online at www.vmobil.at

Parking

Railway station Bludenz

Safety instructions

EMERGENCY CALL

140 Alpine emergencies Austria-wide

144 Alpine emergencies Vorarlberg

112 Euro-emergency call (works with any mobile phone/network)

www.alpenregion-vorarlberg.com/sicherheitstipps-mountainbike

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

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

[further information](#)
