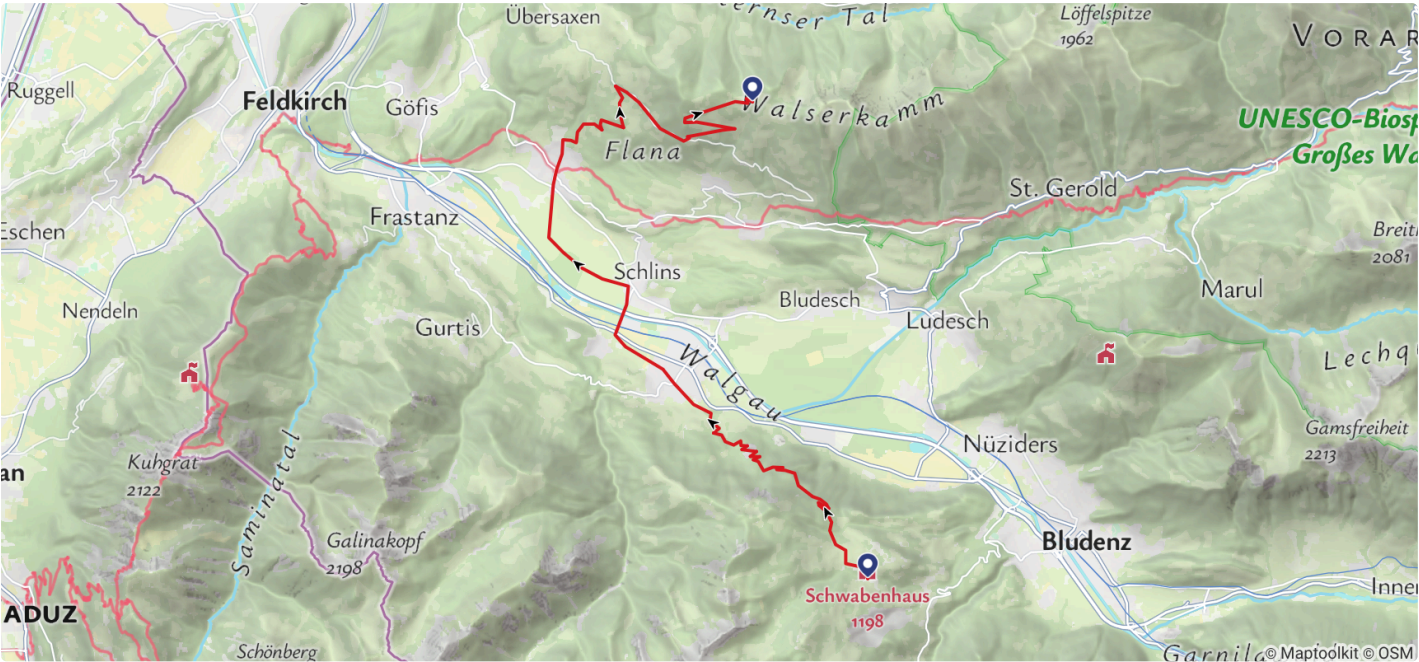


5-Valley Mountain Bike Tour (Stage 2) | Bludenz

- 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 – Plantedon – Nenzing – Beschling – Rhine Valley Highway Overpass – Schlins – Cycle Route 101 to Satteins – Satteins Church – Gulmweg – Walgau High Road – Bischa – Dünser Äpele – 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

Finish

Tour type

Difficulty

Parkplatz Loischkopfbahn

Gerachhaus

Mountain bike

Moderate

Elevation profile



Condition

Difficulty

Result

Landscape

Best time of year

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

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](#)
