

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

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 Äpele – Hensler – Boden – Düns – Schnifis – Buchwaldweg – Badese – Thüringen – Walgastraße 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
Finish
Tour type
Difficulty

Gerachhaus
Bahnhof Bludenz
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

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](#)
