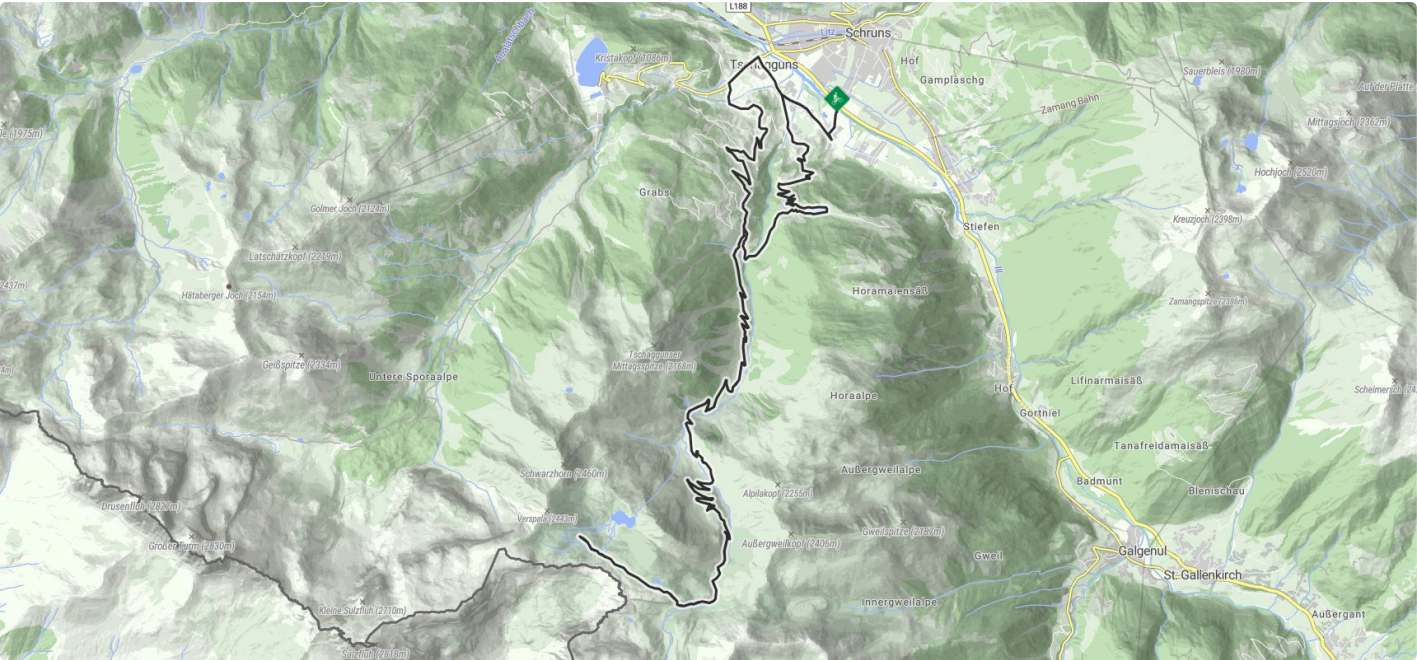


Bike and Hike Tilisunahütte

DIFFICULT

EINKEHRMÖGLICHKEIT



Tour description

From the valley (660 m) to high mountains (2,200 m). This fantastic route through the Gampadelstal to Tilisunahütte (AV section Vorarlberg) is only possible by bike & hike.

On this route you are often completely alone, because although the landscape through Gampadelstal is beautiful, it is too far for hikers and not very attractive for bikers as a dead-end route. Especially the hike from Tilisunaalpe to Tilisunahütte makes you forget any effort. Unique high mountain landscape in the Rätikon. White limestone rocks sink into the lush green of the pastures. The view from Tilisunahütte to Tilisunasee as well as the surrounding mountain panorama at the Swiss border area makes this route very special in the southernmost part of Vorarlberg.

Important note: from 16.09 - 15.10 driving is prohibited on this route!

Approach

Coming from Bludenz take the Bludenz/Montafon motorway exit and follow the L188 into Montafon up to Schrüns. The federal road L188 leads you directly to Aktivpark Montafon, which is located on the right side of the road.

Public transport

Arrival by train

From Bludenz station the Montafonerbahn runs hourly (partly every half hour). There are also direct connections from Lindau (D) and from Bregenz.

[mbs train timetable](#)

You can comfortably ride your bike directly from Schrüns to Aktivpark.

Parking

There are numerous parking spaces directly at Aktivpark Montafon

06:00 h duration	33,8 km Length
2207 m Highest point	675 m Lowest point
1604 m Ascent	1609 m Descent

Tour type

(E-)Mountainbiken, Bike & Hike, Refreshment stops

Difficulty

●

 Difficult

Elevation profile

Condition

Technique

Difficulty

Result

Landscape

Best time of year

JAN	FEB	MÄR	APR	MAI	JUN
				✓	✓
JUL	AUG	SEP	OKT	NOV	DEZ
✓	✓	✓			

Directions

From Aktivpark Montafon you ride on a narrow mountain road to the Bitschweil parcel (possibility to stop at the inn Wirtshaus Bitschweil). After that, the path leads on a narrow trail past the Bitschweil reservoir towards Gampadelstal. From the Gampadelstal / Ziegerberg power plant, a partly quite steep service road leads to Tilisunaalpe. From here it is about 1.5 hours on foot to Tilisunahütte. On the return, from Ziegerberg you take the shorter way directly to Tschagguns and to Aktivpark Montafon.

Bike: Aktivpark Montafon - Bitschweil - Ziegerberg - Gampadelstal - Fischkalter - Tilisunaalpe

Hike: Tilisunaalpe - Tilisunahütte - Tilisunaalpe

Bike: Tilisunaalpe - Fischkalter - Gampadelstal - Ziegerberg - Tschagguns center - Aktivpark Montafon

Equipment

Spare battery, charger, bicycle helmet, day bike backpack (approx. 20 liters) with rain cover, comfortable sports shoes, possibly cycling shoes, weather-appropriate and durable layered clothing, possibly cycling jersey, possibly cycling gloves, air pump, bicycle tools, sun and rain protection, provisions and drinking water, water bottle and suitable holder, first aid kit, pocket knife, mobile phone, possibly mobile holder for the handlebar, possibly headlamp and reflectors, map material

Tips

Mowing is still actively done at Tilisunaalpe. The "Muntafuner Sura Kees" is a specialty of the alp and can be purchased here.

Destination

Schruns, Aktivpark Montafon

Starting Point

Schruns, Aktivpark Montafon

Sicherheitstipps für Mountainbike in Vorarlberg

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

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

www.vorarlberg.travel/sicherheitstipps
