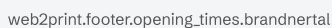


**MODERATE** EINKEHRMÖGLICHKEIT RUNDTOUR



## Parking

Aktivpark Montafon in Schruns-Tschagguns

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## Directions

From Aktivpark Montafon in Schruns-Tschagguns, you go via paved bike paths and roads to Bartholomäberg. (The average incline is approx. 10%). Via the Panoramastraße, you reach just before Innerberg without further inclines.

**Attention:** The junction for the descent via Loch or Grappes can be easily overlooked. The downhill descent includes technically quite demanding single trails (S1-S2). Above Schruns, the route leads back to Montjolastraße. From there, you return on the same route as the outbound trip back to Aktivpark Montafon in Schruns-Tschagguns.

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## Equipment

Bicycle helmet, day bike backpack (approx. 20 liters) with rain cover, comfortable sports shoes, possibly cycling shoes, weather-appropriate and durable clothing in layers, possibly cycling jersey, possibly cycling gloves, air pump, bike tool, sun and rain protection, provisions and drinking water, drinking bottle and suitable holder, first aid kit, pocket knife, mobile phone, possibly mobile phone holder for the handlebar, possibly headlamp and reflectors, maps

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## Tips

Free active map for e-mountain biking available at all Montafon tourist offices.

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## Destination

Aktivpark Montafon, Schruns-Tschagguns

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## Starting Point

Aktivpark Montafon, Schruns-Tschagguns

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## 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](http://www.vorarlberg.travel/sicherheitstipps)

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