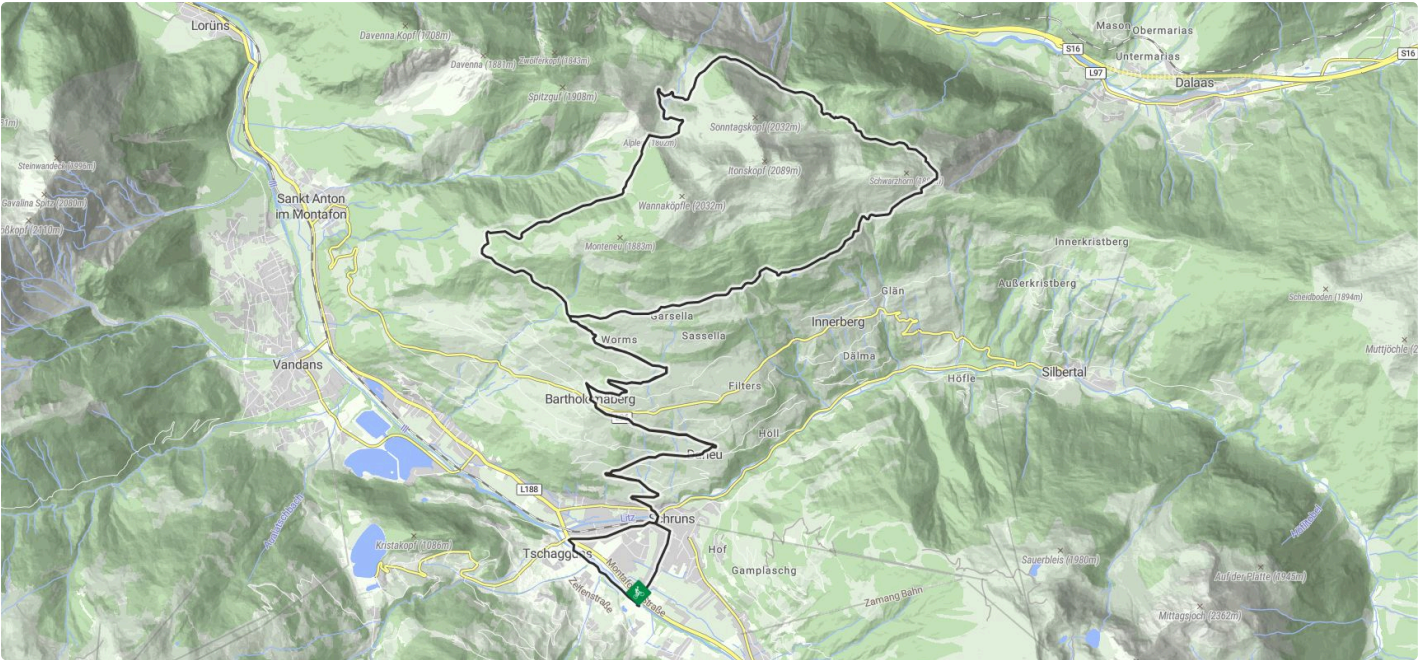


Tour around the Itonskopf

DIFFICULT

EINKEHRMÖGLICHKEIT

RUNDTOUR



Tour description

An e-mountainbike route that leaves nothing to be desired. With varied uphill and downhill sections, every biker will get their money's worth. Even the culinary side is not neglected. In a large loop, the Itonskopf is circled over different types of terrain. These range from gravel roads in the uphill sections to a wonderful singletrail descent.

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On the tour around the Itonskopf, you can already enjoy the mountain panorama in peace during your first stop in Bartholomäberg, away from the cable cars. After a short refreshment at the Alpengasthaus Rellseck, there are some challenging elevation meters to the highest point of the tour: Alplegi at 1,800 m, the transition from Montafon to Klosters. After a short descent, you can stop at Alpe Latons during the summer months and try the traditionally made "Sura Kees." Then you need to grit your teeth again, because the approximately 30-minute crossing to the Falla is not easy to ride. Partially, pushing the bike is required on this section, as the path is heavily eroded in places. Efforts that are worth it. Upon reaching the Falla, it goes over "flowy" trails to the idyllic Fritzensee and further on to Bartholomäberg.

Hunting area notice: In the vicinity of Fritzensee, Falla, Küngsmaisaß, Alpe Latons, and Rellseck, you are in a hunting area.

It is therefore recommended to refrain from hiking, (e-)mountain biking, or similar leisure activities in this area from 5:00 p.m. to 8:00 a.m. (October 10 to 24), and from 4:00 p.m. to 8:00 a.m. (October 25 to approximately mid-December).

Thank you for your understanding.

Approach

Coming from Bludenz, take the Bludenz/Montafon motorway exit and follow the L188 into Montafon. In Schruns, turn left away from the L188 towards Schruns town center. From here, follow the signs towards the train station.

 05:00 h duration	 32,4 km Length
 1802 m Highest point	 662 m Lowest point
 1324 m Ascent	 1324 m Descent

Tour type

(E-)Mountainbiken, Refreshment stops, Round trip

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

Public transport

Just leave your car behind

And arrive directly with your bike.

From Schruns train station, you can reach the starting point Aktivpark Montafon in a few minutes or start directly towards Bartholomäberg from there.

Montafonerbahn runs hourly (partially every half hour) to Bludenz station. There are also direct connections from Lindau (D) and from Bregenz. Timetable mbs train

[vmobil.at](https://www.vmobil.at)

Parking

At Aktivpark Montafon

Directions

From Aktivpark Montafon, you follow the Ill river downstream to Tschagguns train station and then go up the Litzdamm to Schruns. At the end of the Litzdamm, turn left and after about 100 m, turn right uphill towards Bartholomäberg. Follow this road until you arrive at the Baroque church of Bartholomäberg. Here you deserve a short break. A wonderful viewpoint with seating invites you to enjoy the mountain panorama during a refreshment. The route continues past the Bärgler Lädili, uphill towards Rellseck. This section is very well signposted for cyclists. Follow the red signs for bikers towards Rellseck. The last third of the route leads you from asphalted road onto a gravel surface uphill to Rellseck. At Rellseck, you deserve a break and refreshment. Now follow the gravel path uphill to Alp Legl, which marks the highest point of this route. From here the path leads down to Alpe Latons, which is open from early June to early September and is perfect for a small refreshment. From Alpe Latons, after a short flat stretch, it goes steadily uphill towards the singletrail entrance. Once you reach the singletrail entrance, you head across to the Falla on a transverse section, which sometimes forces you to push your bike. After about half an hour, you reach the Falla and are rewarded with a breathtaking view into the Klostertal. From here it goes downhill. A wonderful singletrail awaits you. Once the singletrail meets a gravel transverse path, the trail ends and you follow the normal path. This leads you back onto the path that took you to Rellseck. Now follow the known road downhill towards Bartholomäberg and then back to Aktivpark Montafon Schruns-Tschagguns.

Equipment

Weather-appropriate clothing (bike-suitable clothing is recommended)

Bike shoes with good tread to manage pushing sections on the trail on foot

Enough to drink, snacks as needed

Tips

You should definitely try the Sura Kees from Alpe Latons!

Free Aktivkarte for (e-)mountainbiking is available at all Montafon tourist offices.

Destination

Aktivpark Montafon Schruns - Tschagguns

Starting Point

Aktivpark Montafon Schruns - Tschagguns

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
