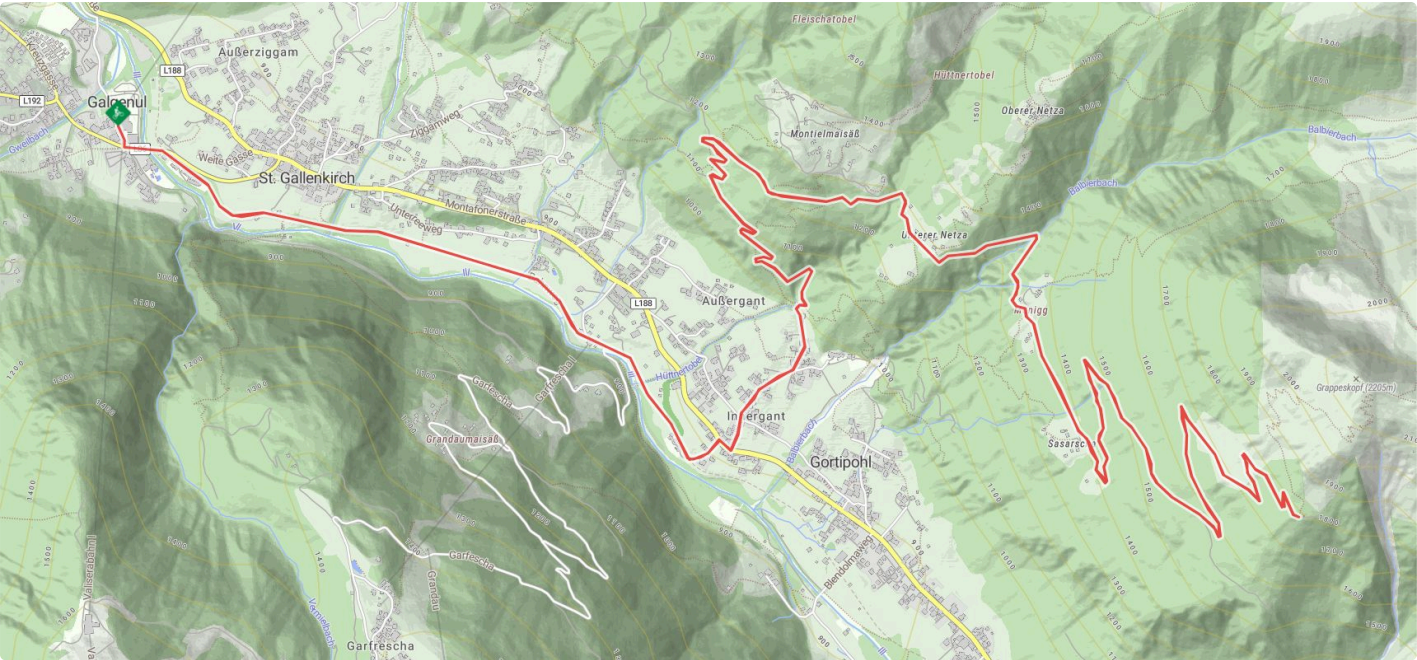


Bike & Hiike Grappeskopf

MODERATE



Tour description

Silvretta Park Montafon (Valisera Bahn valley station) - Ill cycle path - Garfesch Bahn valley station - Außerergant - Bödnerkapelle - Monigg - Grappes - return via the same route

This route is very suitable for training. From St. Gallenkirch, about 1,000 meters of elevation gain - mostly on forest roads - must be covered to just below the Grappeskopf. With sturdy footwear you can reach the summit on foot in about 45 minutes. This option is popular with hiking and biking enthusiasts, as the approach otherwise takes a very long time. For safety, we recommend bringing a bike lock for your bike. There are no refreshment stops on this route.

Approach

Coming from Bludenz, take the Bludenz/Montafon highway exit and follow the L188 into Montafon to St. Gallenkirch where you can drive to the parking lots of the Valisera Bahn or Grasjoch Bahn.

Public transport

Leave your car parked

The regional buses of Montafonerbahn run throughout Montafon. The main lines depart every half hour from Schruns station.

Bus stop at the start/finish of the route: **St. Gallenkirch Valisera Bahn / line 85**

Timetable: www.vmobil.at

Arrival by train to Montafon

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

Timetable: www.oebb.at

Parking

Parking lot at Allwetterbad Aquarena or at the Valisera Bahn valley station

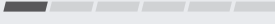
 03:30 h duration	 22,4 km Length
 1811 m Highest point	 816 m Lowest point
 1040 m Ascent	 1040 m Descent

Tour type (E-)Mountainbiken, Bike & Hiike

Difficulty ● Moderate

Elevation profile

Condition 

Technique 

Difficulty 

Result 

Landscape 

Best time of year

JAN	FEB	MÄR	APR	MAI	JUN
					
					

Directions

This route is very suitable for training. From St. Gallenkirch, about 1,000 meters of elevation gain – mostly on forest roads – must be covered to just below the Grappeskopf. With sturdy footwear you can reach the summit on foot in about 45 minutes. This option is popular with hiking and biking enthusiasts, as the approach otherwise takes a very long time. For safety, we recommend bringing a bike lock for your bike. There are no refreshment stops on this route.

Tips

Free activity map (e-)mountain bike available at Montafon tourism offices.

Destination

Silvretta Park Montafon (Valisera Bahn valley station)

Starting Point

Silvretta Park Montafon (Valisera Bahn valley station)

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