

No. 31: Small Zelfen Circuit Tschagguns (classic & skating)

EASY RUNDTOUR



Tour description

At Illstraße - Camping Zelfen - Golf Course

Accessible via connecting trail from Aktivpark Montafon.

To Camping Zelfen, via the golf course and back at the level of the ski jump facility. This snow-safe circuit is ideal for beginners and especially varied. At the golf course, there is the possibility to switch to the large Zelfen circuit via a short connecting trail along the Ill.

Start:

Along the Ill via a short section on the connecting trail from Aktivpark Montafon or directly opposite the Montafon Nordic ski jump center.

Approach

Coming from Bludenz, take the Bludenz/Montafon motorway exit and follow the L188 into Montafon to Schruns-Tschagguns. At the Rätikon junction continue straight towards St. Gallenkirch and then follow the signs to Aktivpark Montafon. www.maps.google.com

 00:10 h duration	 0,89 km Length
 684 m Highest point	 679 m Lowest point
 5 m Ascent	 5 m Descent

Tour type

Cross-country skiing, Round trip

Difficulty

● Easy

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 parked

The regional buses of Montafonerbahn operate throughout Montafon. The main lines run hourly from Schruns station.

From **Schruns station** you can reach Zelfen in Tschagguns by **bus lines 602, 603, 605 or 651**. The **stop** is: "**Birkenweg**" near the Montafon ski jump facility.

For the return trip:

You can also get back to Schruns with bus lines 2a or 2b.

[mbs bus timetables](#)

Arrival by train

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

[mbs train timetable](#)

Parking

Free parking spaces are located at Aktivpark Montafon in Schruns-Tschagguns.

Directions

The small Zelfen circuit can be started at the ski jump center. It passes the Camping Zelfen (towards the ski jump) and back via the golf course. At the golf course, there is the possibility to switch to the large Zelfen circuit. Via a short section of the connecting trail along the Ill, you reach the start of the large Zelfen circuit after a few minutes.

Tips

The cross-country skiing trails in Montafon can be used free of charge.

Destination

Tschagguns, ski jump center parking lot

Starting Point

Tschagguns, ski jump center parking lot

Sicherheitstipps für Langlaufen in Vorarlberg

NOTRUF:

140 - Alpine Notfälle österreichweit

144 - Alpine Notfälle Vorarlberg

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

Wetterbedingt kann es vorkommen, dass die Loipen nicht täglich frisch gespurt werden. Je nach Schnee- und Wetterverhältnissen kann es zu Änderungen kommen.

www.vorarlberg.travel/sicherheit-am-berg-winter/