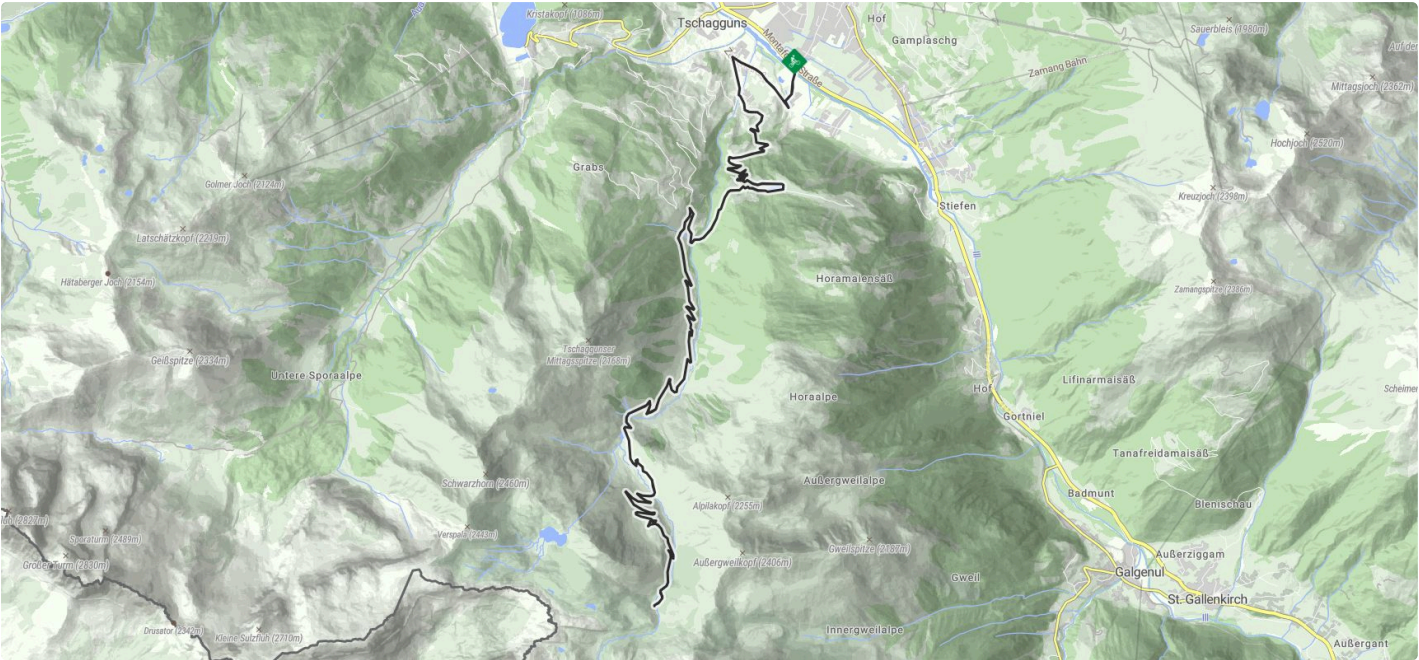


Tilisunaalpe Tour

DIFFICULT

EINKEHRMÖGLICHKEIT



Tour description

This varied route takes you from Aktivpark Montafon via Bitschweil and the Fischkalter pond to the picturesque Tilisunaalpe and back – passing impressive landscapes.

This route combines a sporting challenge with impressive nature: from Aktivpark Montafon in Schruns-Tschagguns you start via Tschagguns to Bitschweil and continue along the reservoir to the Oberstufe Gampadels power plant, which marks the entrance to Gampadelstal. After about 10 kilometers, the Fischkalter pond at the valley station of the material cable car to Tilisunahütte invites you to a short break.

Freshly strengthened you take on the last section: the service road leads to the picturesque Tilisunaalpe, up to where mountain biking is allowed. Please note that the **use of the service road is only permitted between October 16 and September 15** and only during the day from 7 a.m. to 7 p.m.

The return trip is on the same route and offers the opportunity to end the route with a stop at the cozy Bitschweil inn.

Approach

Drive on the A14 to the Bludenz/Montafon exit and continue on Montafonerstraße L188 to Schruns. The federal road L188 leads you directly to Aktivpark Montafon, which is located on the right side of the road.

Public transport

Just leave your car standing.

Travel to Montafon by train

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

Timetable: www.oebb.at

Parking

Aktivpark Montafon in Schruns-Tschagguns

 03:30 h duration	 29,7 km Length
 1973 m Highest point	 676 m Lowest point
 1297 m Ascent	 1297 m Descent

Tour type

(E-)Mountainbiken, 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

The route starts at Aktivpark Montafon in Schruns-Tschagguns and leads you via Tschagguns onto Bitschweilstraße. From there, it continues past the Gampadels reservoir to the Oberstufe Gampadels power plant, which marks the entrance to the Gampadelstal. After about 10 kilometers, you reach the Fischkalter pond, where the valley station of the material cable car to Tilisunahütte is located.

Here begins the last section: via the service road, you ride to Tilisunaalpe, up to which mountain biking is allowed. For the return trip, follow the same route and return via the Staubeckenweg and Bitschweilstraße to Aktivpark Montafon in Schruns-Tschagguns. Please note that the use of the "Tilisuna" service road is only permitted from October 16 to September 15 and during the day between 7 a.m. and 7 p.m.

Equipment

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

Tips

Plan your route so that you use the "Tilisuna" service road within the permitted times from 7 a.m. to 7 p.m., and remember to bring enough water – especially for the last climb to Tilisunaalpe.

Free activity map for (e-)mountain biking 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