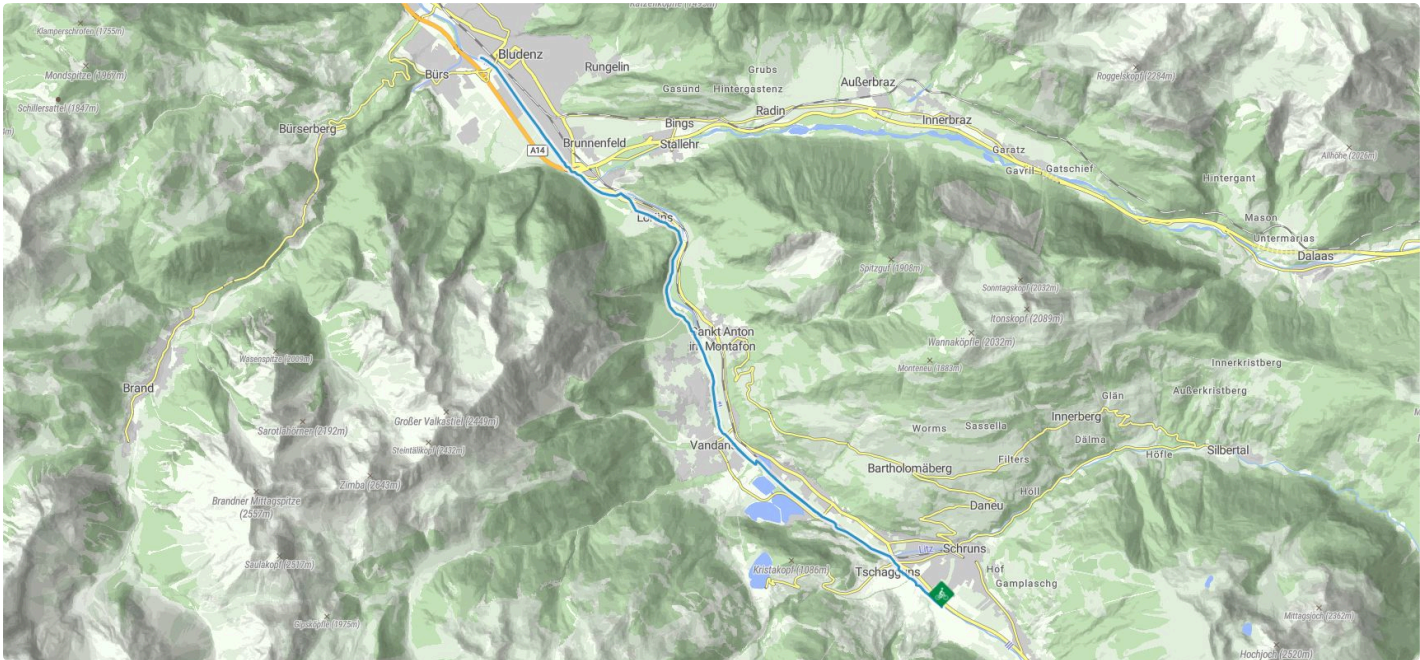


Along the Ill River Trail from Schruns to Bludenz and back

EASY

EINKEHRMÖGLICHKEIT

FAMILIENFREUNDLICH



Tour description

A leisurely bike ride along the Ill River that takes you from Schruns-Tschagguns down the valley to Bludenz. The route is particularly suitable for beginners and families, but also for anyone looking for an enjoyable endurance ride. The Ill Bike Trail is accessible to city bikes, trekking bikes, and e-bikes.

The starting point is the **Montafon Adventure Park in Schruns-Tschagguns**. From here, follow the bike path along the Ill River out of the valley toward Vandans. The route initially runs along the left bank of the river before you cross to the other side while still in Tschagguns.

Passing through **Kaltenbrunnen**, along **Lake Hosensee**, and past **Roter Stein**, the bike path takes you through deciduous and mixed forests further toward Vandans. Passing the **Venser Bild Chapel**, the route continues through St. Anton im Montafon to Lorüns. There, you'll cross to the other side of the river one last time and follow the well-marked **Ill Bike Trail No. 1** all the way to Bludenz.

The **elevation difference** between the Aktivpark Montafon and Bludenz is about **119 meters**. Since the route on the way there is mostly slightly downhill, it's a pleasant ride that doesn't require much effort.

Once you arrive in Bludenz, you can take a break, stop for a bite to eat, or take a detour into town. Afterward, the same route takes you back to the Aktivpark Montafon.

Useful tips

If you'd like to shorten your tour or cover part of the route by public transportation, the **Montafonerbahn** is a great option. You can bring your bike on board.

Along the route, it's worth getting off your bike every now and then to explore the towns more closely. In Vandans, for example, a quick stop at the **Venser Bild Chapel** is a must. In Bludenz, the **historic old town** —with its narrow streets, shops, and places to stop for a bite—invites you to take a longer break.

 01:30 h duration	 26,6 km Length
 676 m Highest point	 557 m Lowest point
 232 m Ascent	 232 m Descent

Start

Finish

Tour type

Difficulty

Aktivpark Montafon

T1: Aktivpark Montafon, Schruns-Tschagguns

Refreshment stops, Family-friendly

●

 Easy

Elevation profile



Condition

Technique

Difficulty

Result

Landscape

Best time of year

JAN	FEB	MÄR	APR	MAI	JUN
☐	☐	☐	☒	☒	☒
JUL	AUG	SEP	OKT	NOV	DEZ
☒	☒	☒	☒	☒	☐