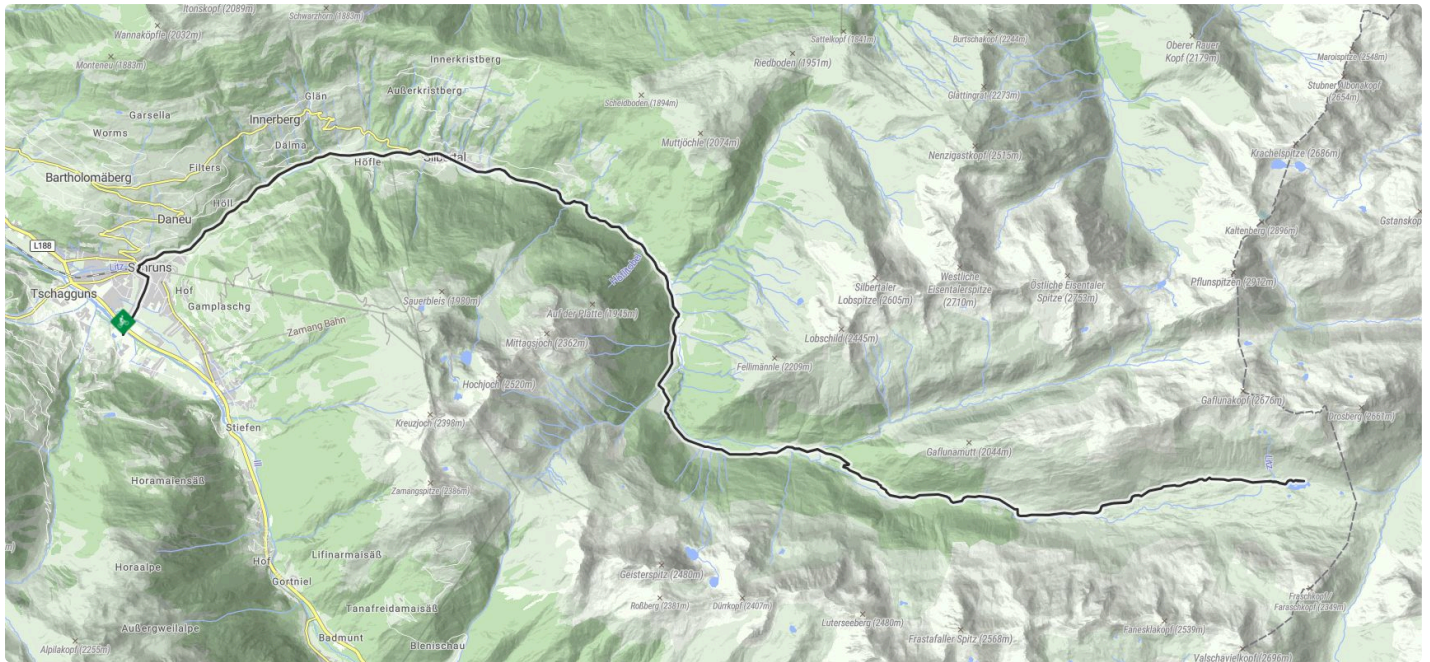


Bike & Hike Langsee

DIFFICULT

EINKEHRMÖGLICHKEIT



Tour description

From Schruns-Tschagguns to the Verwall European protected area. The mountain lake gem "Langsee" is difficult to access and doable with the Bike & Hike route.

A photo point like no other.

Explore the unique Verwall European protected area with the e-mountain bike and experience the beauty of this protected natural space. To ensure the Verwall protected area remains a refuge for animals and plants, your respectful behavior is required:

Observe path regulations: Stay on the marked trails.

Show consideration: Protect nature, hikers, and animals.

Leave no trace: Take your rubbish with you.

Together we preserve nature and create unforgettable experiences – today and for the future.

Important information: The route may only be used between June 15 and September 15 from 07:00 to 20:00.

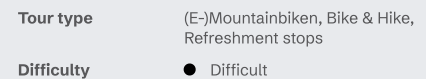
<https://respektiere-deine-grenzen.at/in-der-natur/schutzgebiete/verwall/>

Approach

Coming from Bludenz take the Bludenz/Montafon motorway exit and follow L188 into the Montafon to Schruns. The federal road L188 takes you directly to Aktivpark Montafon, which is on the right side of the road.

maps.google.com

	05:13 h duration		47,4 km Length
	1954 m Highest point		671 m Lowest point
	1288 m Ascent		1288 m Descent



Elevation profile



Condition	Technique	Difficulty	Result	Landscape
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 Montafonerbahn regional buses operate throughout the Montafon. The main lines run hourly from Schruns station.

From Schruns station you reach the Aktivpark in Tschagguns with bus line 2a. The stop is: "Aktivpark". Return also with bus line 2a to Schruns station.

Bus timetables mbs Bus

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.

Train timetable mbs Bahn

Parking

There are numerous parking spaces directly at Aktivpark Montafon

Directions

From Schruns you ride on the main road to Silbertal. At the end of the village (at the rock parking lot) stay left of the torrent and ride on the farm road to the Fellimännle alpine hut (you cross the torrent halfway).

Shortly after, the farm road forks. Stay right here and ride to the lower Gaflunaalpe (last possible stop!). The tour continues on the farm road past Schwarzsee to the upper Freschalpe.

Here you leave the e-mountain bike. The hike first leads over a lush meadow scattered with larger rocks. Shortly before Langsee it becomes a bit steeper until you reach Langsee. The same way back.

Bike: Aktivpark Montafon - Silbertal - Lower Gaflunaalpe - Upper Freschalpe

Hike: Upper Freschalpe - Langsee - Upper Freschalpe

Bike: Upper Freschalpe - Lower Gaflunaalpe - Silbertal - Aktivpark Montafon

Equipment

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

Tips

I recommend a stop at the lower Gaflunaalpe.

Destination

Aktivpark Montafon Schruns

Starting Point

Aktivpark Montafon Schruns

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
