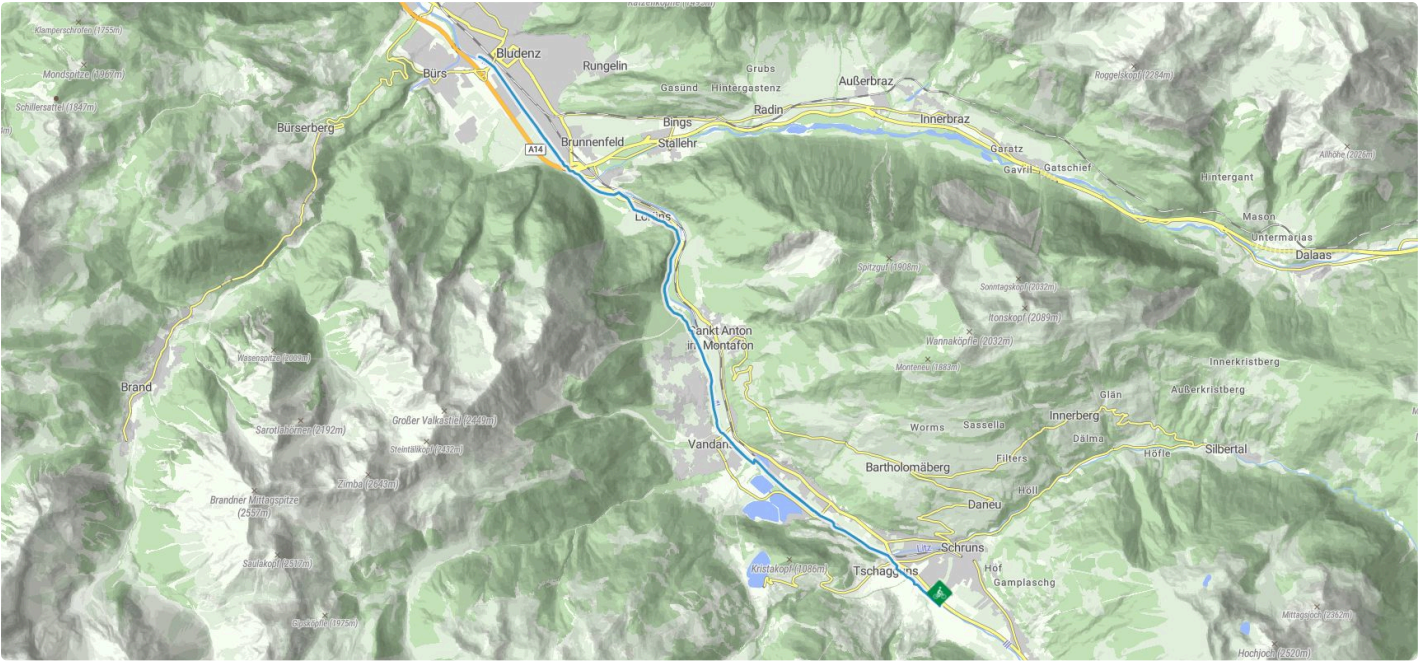


Along the Ill River Trail from Schruns to Bludenz and back

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.

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

Start	Aktivpark Montafon
Finish	T1: Aktivpark Montafon, Schruns-Tschagguns
Tour type	Refreshment stops, Family-friendly
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
☒	☒	☒	☒	☒	☐