



## N o r d i c W a l k i n g

### **Gaschurn-Partenen**

- Along the cross-country track from the SPAR shop in Gaschurn to the Valiserabahn in St. Gallenkirch.
- From the fire station in Gaschurn via Rifabecken to the Vermuntbahn in Partenen.

### **Schruns-Tschagguns**

- Along the Litz from Schruns to Tschagguns or the other way round, at Tschagguns extension along the Ill possible.
- Round way along the Ill.

### **Silbertal**

From the mountain station Kristbergbahn – walk to the sawmill – Stelza – direction Schuler – Panormagasthof Kristberg – mountain station Kristbergbahn. Distance: 6 km.

On the Nordic walking route the Panoramagasthof Kristberg and the Knappastoba with their magnificent sun terraces are open for refreshments.

### **St. Gallenkirch-Gortipohl**

Along the Ill from the valley station Valiserabahn as far as Gaschurn. Distance: 16 km (there and back).

### **Vandans**

The route runs without climbs alongside the Ill and past the three reservoirs belonging to the Vorarlberger Illwerke. Start and finish are at the town square. Distance: 10,549 km.

Walking time: approx. 1.5-2 hrs. Degree of difficulty: easy.