



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

Gargellen

1. Gargellen Tourist Office – Ortsteil Vergalden via Vergaldner Wäldle– Alpe Vergalden; duration 1½ hrs
2. Gargellen Tourist Office – Vergaldner Brücke – Langer Stall – Alpe Valzifenz; duration 1 hrs
3. Gargellen Tourist Office – Tennisplatz – Forstweg Schmalzberg – Borschtboden – Suggadinweg, and back to Gargellen; duration 1 hrs

Gaschurn-Partenen

90 kilometres, 13 trails, 2 exit points, 5 starting points

These are the key numbers for an unequalled running and Nordic walking paradise. This large and diverse network of tracks extends to over 90 kilometres and has very varied and scenic routes. The 13 trails have a high experience and relaxation factor. Every guest seeking to improve health and stamina is guaranteed to find the appropriate trail in the High Montafon. Information at www.gaschurn-partenen.com

Schruns-Tschagguns

Route 1:

Starting point: Aktivpark Montafon into the valley along the right bank of the River Ill as far as the end of the golf course and return via the left bank out of the valley back to the Aktivpark.

Category: Easy. Duration: approx 40 mins, ideal for beginners

Route 2:

Starting point Aktivpark Montafon, same as Route 1, but further on to Tschagguns Au, cross the bridge, back along the right bank to the Aktivpark.

Category: Easy. Duration: approx 1 hr;

Route 3:

Start same as Route 1 & 2, at the end of the golf course through the forest to Kapelle Böldmenstein downhill to Böldmenstein and back to the golf course.

Duration: approx 30 mins



Route 4:

Starting point Tschagguns railway station, follow the River Ill out of the valley to Rodund, towards “Untere Krista“ uphill to Krista, return to Tschagguns centre.

Category; Moderate, Duration: approx 1 hr 15 mins

Route 5:

Starting point Litz Bridge Schruns (Apparthotel Litz), follow the right or left bank of the Litz out of the valley to Tschagguns station, onwards as Route 3 to Rodund, turn right along the road to the main street, cross this, turn left uphill at the former Chinese Restaurant towards Landschrofen, Gauenstein, onwards via Broxweg to Montjolastraße – Schruns.

Category: Moderate to Difficult. Duration: approx 2-2.5 hrs.

Silbertal

The Silbertal marathon route along 42.192 km with an altitude difference of 1,300 m from Silbertal to St. Anton am Arlberg makes an excellent Nordic walking route. It leads out of Silbertal towards Fellimännle and onwards to Gafluna-Alpe – Dürrwald – Obere Freschalpe – Silbertaler Winterjöchle – Konstanzer Hütte – Bildstöckle – Rodelhütte – St. Anton a. Arlberg centre.

Kristberg running and Nordic walking trail

14 km long running and Nordic walking trail with magnificent panoramic views. The trail is signposted using foot-shaped green boards showing distances. The start, which is at the mountain station of the Kristbergbahn cableway, also has an information board showing details of the trail.

St. Gallenkirch-Gortipohl

St. Gallenkirch

1.: Village centre - Zamangweg - Schoderweg - Bödner Kapelle - Winkl - Innergantstr. - Radweg
Length: 5 km; Duration: 2.5 hrs

2.: Garfrescha Bahn - Skitrasse (valley descent with Valisera Bahn) – old sports field – over cycle track back to the Garfrescha Bahn
Length: 3 km; Duration: 1 hr

3.: Aquarena pool - Illweg - Gortipohl kneipp installation – return via Radweg to Aquarena pool
Length: 5 km; Duration: 2 hrs



Gortipohl

1.: Gortipohl Kneipp installation- Schattenort - Camping Silvretta Hotel – Gortipohl village centre – Balbier waterfall - Wiesenweg - Hans-Wolfa-Weg - Wiesenweg - Montielweg - St. Gallenkirch village centre
Length: 6 km; Duration: 2.5 hrs

2.: Gortipohl Kneipp installation - Schattenort - Höhenweg Gaschurn – bridge before the mill - along cycle track return to Kneipp installation
Length: 6 km; Duration: 2.5 hrs

Vandans

Variation – Vandans 1:

The route follows the bank of the River Ill with no gradient and past the three reservoirs owned by Vorarlberger Illwerke. Start and finish at the Gemeindeplatz.

Length: 10.5 km; Duration: Approx 1.5-2 hrs.; Route Category: Easy

Variation – Vandans 2:

Gaulangaweg-Planatschweg- Mazutt forest path- Rellstal forest path -Lende-Rellstalstraße- Rätikonstraße-Dielstraße-Dielgässle-Gaulangaweg;

Length: approx 9-10 km; Duration: approx 1.5-2 hrs.; Route Category: Moderate

Variation – Vandans 3:

Cable car route-Dammweg along Aualatsch stream-ascent along the toboggan run -Lantschisott-Garfreschaweg-Aualatschbach-Dammweg along Aualatsch stream-cable car route;

Length: approx 9-10 km; Duration: approx 1.5-2 hrs.; Route Category: Difficult

Detailed information on Nordic walking is available in the Resort Tourist Office.