



C r o s s - C o u n t r y S k i R u n s

Bartholomäberg

Circuit in the Bartholomäberg-Gantschier district with connection to the Schruns-Vandans circuit making a total distance of 15 km. The track is signposted and prepared. Altitude difference 650 m.

Gaschurn-Partenen

- In the evenings, 6.5 km illuminated cross-country ski run in the Hochmontafon from Gaschurn to St. Gallenkirch.
- Außerbach Circuit (830 m)
You can park your car at Mountain Beach Leisure Park and join the track directly. Head for the outer edge of the valley, past Nova campsite to Gortipohl and onwards to St. Gallenkirch or take a circular route of 830 m on level terrain.

Connection to Gaschurn Trantrauas

By following the underpass near Mountain Beach Leisure Park along the River Ill you reach the “Mühle” pub. From here proceed on foot past “Novapark”, cross the road (do not cross the bridge), pick up the trail that runs between Hotel Saladina and Hypobank then below Maria Schnee Chapel up to the next crossroads. Here you take off your snowshoes to cross the main road, in order to continue on the other side a short way into the valley.

For access to the Gaschurn Trantrauas cross-country track, you can park at the big car park by the Fire Station (please observe “no parking” zones!).

- Trantrauas Circuit (350 m)
Take the route from the above-mentioned car park into the valley, gently uphill, parallel to the road, and you will reach the short run after about 150 m. This 350 m circuit is ideal to warm up or to learn cross-country skiing. It runs slightly uphill, so you have the chance to catch your breath on the short downhill section.
- Trantrauas – Vermuntbahn
From the fire station via the Rifabecken (ascent) – Bofastraße area inwards to the Vermuntbahn in Partenen.



- “Partenen” small circuit (1,730 m)
From the Vermunt power station car park go up the valley in the direction of the swimming pool. Here you can put on your skis and ski along to the bridge built specifically for this purpose. After a few metres you cross the road and are now on the other side of the valley. From there you go up the valley to the Gasthof “Partener Hof”. The run ends here. You can now ski back along the same section or return through the resort on foot to the starting point.
- Gufelgut Circuit (2,500 m)
A more demanding route but achievable by everybody. As described above, follow the route from the Vermunt power station car park past the swimming pool across the little bridge along the stream into the valley until you reach the crossroads. Here you cross the bridge and join the Gufelgut circuit. This circular run takes you through rolling landscape, past the Gufelstein (a huge, cleft boulder) to the start of the Silvretta High Alpine Road and onwards back to the starting point at the Vermunt power station.
- Loipe 2000 – Silvretta Bielerhöhe
Even the journey up is an experience: The meeting point for the Bielerhöhe adventure is the Vermuntbahn in Partenen, which transports the adventurers in just 5 minutes to Trominier (1,731 m). The journey continues in small busses through tunnels and the high alpine landscape of the Silvretta in winter to the Bielerhöhe at 2,032 m. Here, visitors are greeted by a fantastic view of the idyllic Silvretta mountains in winter, including the highest mountain in Vorarlberg, Piz Buin (3,312 m).

In the middle of this breath-taking panorama lies the Silvrettasee, which from the end of January invites visitors to enjoy the best prepared runs, for a special kind of cross-country ski experience. The highest cross-country ski runs in Montafon at over 2,000 m are on the Bielerhöhe, and offer 22 km of cross-country skiing pleasure with the guarantee of snow and runs at all levels of difficulty. Lockers for clothing and rucksacks are available in the Berggasthof Piz Buin for cross-country skiers on the Bielerhöhe.

The runs in detail:

- Seeloipe: 6 km, easy track, on the lake (skating also possible)
- Höhenloipe: 5 km, moderate track
- Silvrettendorf-Loipe: 1.5 km, easy (tracks can be made as required)
- Dammloipe: 2 km, easy to moderate track
- Loipe-Galtür: 8 km, easy to moderate track, only accessible in safe snow conditions
- Wiesbadener Hütte: 8 km – no track, but the winter footpath is accessible with cross-country skis.



Schruns-Tschagguns

- Schrunser Feld Circuit – 1.3 km
Start: behind Schruns train station at Haus Gantner, Unterdorfstr. 9.
You can join at any point on the circuit. Easy terrain. The circuit leads across the flat terrain of Schrunser Feld, across open land with no difficult sections. Mainly double-tracked (tended by machine). Various loops can be added to the route. Be aware of several path and road crossings. Altitude difference: 700 m.
- Schruns-Gantschier Circuit – 2.9 km
Start: at the Shell petrol station on Rätikonstraße, near Tschagguns train station.
Easy terrain. This circuit leads across open land, gently downhill (or uphill in the other direction) to Kaltenbrunnen train station, where it merges with the Bartholomäberg-Gantschier circuit. You can join the route at any point. Prepared double track. Route can be extended by joining the Vandans Circuit. Total length of Schruns-Gantschier-Vandans-St. Anton circuit: 10.5 km.
- Schruns – Zamang cable-car – sports ground – 2.9 km
Start: at Zamang cable-car. Easy terrain. The track runs through open countryside with no difficult sections. You can extend the route by joining the Schrunser Feld Circuit. There is a prepared double track and a skaters' track alongside.
- Matschwitz High Altitude Circuit (Golm) – 3 km
This varied high altitude track runs parallel to the winter footpath (starting point at Matschwitz middle station). It runs through idyllic winter landscapes of the Rätikon mountains past ancient Maisäss dwellings and provides panoramic views. The tracks are re-laid every day for optimum cross-country skiing pleasure – and all this at a picturesque altitude of 1,520 m.
- Tschagguns Circuit Au – Zelfen – 6 km
Start: this circuit begins in the hamlet of Au (about 100 m below Café Chesa Motta) and leads upstream along the River Ill past Aktivpark Montafon to the end of the Zelfen district and return. The landscape is varied (meadows, woodland) and lightly rolling. Easy terrain. The route is double-tracked (1.4 km skating track). You can join the circuit at several points along the route. At the Aktivpark Montafon you can cross the road and join the Schrunser Feld Circuit (about 150 m away). Altitude: 690-730 m.



Silbertal

- Kristberg Panorama Trail – 11 km
Experience total cross-country pleasure on the Kristberg Panorama Trail – freshly tracked every day. Take the Kristbergbahn up to Kristberg summit (1,442 m); the trail starts and ends immediately next to the Kristbergbahn mountain station. Perfect sport and adventure for the young and young at heart, leisure seekers and athletes. This high altitude circuit follows easy terrain, and a scenic setting. Altitude difference 100 m. The magnificent views of the Rätikon and Verwall mountain ranges are a feast for the heart and soul. There is a heated changing room at the mountain station for use by all cross-country skiers.
- Silbertal Village Circuit – 4 km
Start and finish: Kapellbahn Silbertal. Take the Litz Promenade Path to Schmelzhof and the same route back. Altitude difference: 890 m. Floodlit from the village centre to Wühre.

St. Anton im Montafon

Depending on the snow conditions, you will find the cross-country ski run below the St. Anton i. M. train station. It goes along the Ill to Vandans train station and then in a sweep back to St. Anton i. M. (distance: approx. 2 km). Joining the run to Schruns is possible. Total distance of the run St. Anton i. M. – Vandans – Gantschier – Schruns: 10.5 km.

St. Gallenkirch-Gortipohl

- St. Gallenkirch – Gortipohl – Gaschurn – 16 km (there and back)
The track runs mainly on easy, level terrain along the River Ill and is mostly double-tracked. It crosses fields and light woodland and gives wonderful views of mountain scenery. Altitude: 795-1,050 m. In the evenings, cross-country ski run is partially illuminated until approx. 22.00 hrs.

Joining points:

- By the Valisera Bahn station before the crossing of the River Ill, left.
- At Silvretta Center – St. Gallenkirch direction River Ill
- Garfrescha Lift car park
- Gortipohl tennis courts and Hotel Silvretta car park



- Galgenul Ring Circuit – 2-3 km
You can join this track at the bridge over the River Ill near the Valisera Bahn station or at the covered wooden bridge near Montafonerhüsli (to the left of the river). The Galgenul Ring Circuit runs on flat terrain along the valley between the river and the mountain slopes in a circle back to the starting point.

Vandans

Start: river Ill Bridge Vandans – 3 km

The circuit leads across moderately rolling landscape along the River Ill – with optimal connection to the St. Anton circuit or possibility to extend the route as far as Gantschier and Schruns. An excellently prepared double track is available. Altitude difference: 650 m.