



H i k i n g t o u r s w i t h a t h e m e

Bartholomäberg

- *Geological teaching trail*
An insight into 1,000 million years of planet earth's history. 24 information boards along the way explain the basics of geology as you hike on a route that takes 7 to 8 hours to complete.

Gargellen

- *„Gargellner Fenster“ – round tour*
An excursion to the „Gargellner Fenster“ is a must for every nature-lover. In the mountains around the 2,770 m high Madrisa peak, Alpine folds have created some very special natural phenomena: the collision of primitive rocks and limestone has resulted in well worn, rounded mountains standing shoulder to shoulder with bizarre peaks. Alpine roses and orchids bloom in the crevices and marsh flora spreads across small ponds. You can find examples of this rare and strange geological formation in Gargellen at Rongg waterfall, in Rongg and Röblach gorges, above Haus Rüti and at Juliusruhe. Through erosion of the overlying Silvretta crystalline minerals, fascinating stones from several tectonic layers have been exposed.
- *„Gargellen High Altitude Trail“ – round tour with info boards*
Gargellen Tourist Office – Ronggbach Gorge – waterfall – Alpe Rongg – Rüti – sulphur ravine with old sulphur source – Albtobel with ruined lime kiln – across Gitzistee (glacial block) – back to Gargellen. Walking time: 3 to 4 hrs.
- *"Round the Ritzenspitzen"*
and through two beautiful high valleys – this day's hike takes you from Gargellen – Vergaldnertal – Rotbühlhütte – Valzifenzjoch – Wintertal – Valzifentztal back to Gargellen. Walking time: 5 to 7 hrs.
- *"Legend and Fairytale Hike"*
During a walk around Gargellen, the „Valzifenzlerwiebli Roswitha“ will tell you tales and legends about the village, the mountains and valleys. Walking time: 2 to 3 hrs.



Gaschurn-Partenen

- *Silvretta High Alpine Road*
 The Silvretta High Alpine Road leads from Partenen (1,051 m) across Bielerhöhe mountain (2,032 m) to Galtür (1,584 m) in Paznaun Valley and is considered to be one of the most beautiful sightseeing roads in the Alps. It is open to the public from end of May/early June until the end of October and a toll applies. Bielerhöhe Mountain, at the apex of the Silvretta High Alpine Road between the Montafon and the Paznaun Valley, is the starting point for numerous hikes and tours. Together with the Silvretta Lake in its dramatic high Alpine setting, it forms a magnificent panorama. The Silvretta Lake is Europe's highest lying lake (2,000 m) and has a regular motorboat service. The Silvrettasee Restaurant is a popular port of call, particularly with group tours. Silvretta-Haus, a comfortable mountain pension, Berggasthaus Piz Buin and the Madlenerhaus are perfect locations for a night on Bielerhöhe Mountain.
- *4,000 steps to „Schlafes Bruder“*
 A demanding tour for experienced hikers – the longest straight set of steps in Europe is the starting point for a hike to the location where the universally acclaimed film, “Schlafes Bruder” was shot. From the “Bergbahnen” bus stop in Partenen you pass the Vermuntbahn terminal and climb the 4,000 Europa-steps to Vermuntbahn Trominier top station. Less fit hikers can view the steps from above as they ascend in the Vermuntbahn. From there, cross Tschambräubach and Ausser-Tschambräu as far as Schafboden. A forest trail leads to Ganeratal, where Joseph Vilsmaier filmed “Schlafes Bruder” in 1994. Descend to Gaschurn and from there take the bus back to Partenen. Walking time approx 6 hours (5 hours without the steps).

Schruns-Tschagguns

- *Alpin garden (Lindau Section)*
 Vorarlberg's only Alpine garden (3,000 m²) can be found by Lindauer Hütte, accessible via Gauertal or Golm (2 hours' walk). Take this opportunity to discover the colour and variety of protected Alpine flora. For more information: <http://members.aon.at/lindauerhuette>



- ***Kristakopf nature discovery trail, Tschagguns***
The Kristakopf trail near Latschau Reservoir is an attempt to illustrate and explain the complex interdependencies, natural order and life cycle of plants and animals in Montafon. The aim is to show that nature can be preserved as a communal living space for plants, animals and people.
- ***The "Worms High Path"***
The "Worms High Path" is a strenuous hike for well conditioned walkers, from Hochjoch via Wormser Hütte to Heilbronner Hütte (walking time approx. 9 hours), from there descent to Partenen..
- ***"On the Smugglers' Trail"***
This is a 2 day tour through some stunning scenery, from Grabs to Tilisunahütte, across Grubenpass (ancient smugglers' frontier crossing) to Partnunsee, Carschinahütte and across Drusentor, from Switzerland back into Montafon to Lindauer Hütte.
- ***"Aqua Hiking trail"***
Water has become the theme of a new hiking trail in Montafon. A new Aqua trail was opened in Tschagguns in 1999, which features several interesting watery sites on its three hour circular route. Water plays an important part in Montafon's past and present. Streams flow copiously down from the Rätikon and Silvretta Mountains into the Ill Valley, supplying pure water for agricultural, commercial and domestic use, and for the local electricity supply.

Points of interest on the trail: The village well in Tschagguns, company showrooms of the Vorarlberger Illwerke in Latschau, mountain streams both wild and tamed, the water-driven saw at "Müllli Ferdi", a hidden sulphur spring, a remote- controlled power station, large and small reservoirs, as well Bitschweil refreshment station and "Torlas Säge" in a delightful old Montafon style house. The Aqua hiking trail was extended in autumn 2005 with the addition of the „alta Schualhüsli“ on Bitschweil, which has been lovingly restored.

Each location is marked by a signboard. An accompanying booklet and map, available free of charge at the local Tourist Offices, gives additional information about water and electricity, but also stories about people, nature and local Rhaeto-Romanic placenames. Winner of the Austrian Federal Government Innovation Prize in 2003. Walking time: 2 to 3 hours (suitable for prams).



- **Golmi's Teaching Trail – fun for the whole family**
The grown-ups want to hike, the kids want action and adventure. With the new Golmi teaching trail these two wishes can be granted in one. “Golmi the Marmot” is the guide on this 3 km long route, as he explains to the adults and children interesting facts about the mountain forest’s animal and plant life. The aim is to encourage children to understand and respect the natural world around them.

Nature is discovered with every sense, hands-on and with lots of fun. What is crawling on the ground? Which mushrooms and toadstools grow in the forest? What calls do the songbirds make? How do marmots live? These are just some questions that will be answered and of interest not just to children. More than twenty interactive stations are encountered on the route, to educate on the fascinating subject of nature through play. Kids can do anything and everything that interests them ... pushing, pulling, turning, lifting lids, rolling, placing. Fun and action elements (children’s lift, gangplank, water games area, etc) complete the fun, which will delight young and old.

Route:

After a short ascent with the Golmerbahn cable-car, the adventure begins near Grüneck top station. Golmi’s Teaching Trail leads from Grüneck station (1,893 m) downhill to Matschwitz middle station (1,520 m). The trail is about 1 m wide, laid out in curves and accessible for children aged 6 upwards. Further information: www.golm.at

Silbertal

- **Adventure hike „on the trail of ancient miners“**
 - Visit to the Mining Museum (Gemeindeamt, 2nd floor) in Silbertal
 - Ascent by Kristbergbahn (Silbertal)
 - Visit to St. Agatha Miners’ Chapel (oldest church in Montafon) with a guided tour by Adolf Zudrell
 - Hike to Ganzaläta – Fulasee – Fritzasee – historical mineworks (3 hours)
 - Visit the historical mineworks
 - Hike to Bartholomäberg Church – 1/2 hour or to Schruns – 1 hour.
- **Hiking trail**
A magnificent Hiking Trail from Kristberg mountain, past the new natural Kneipp hydrotherapy installation and through beautiful moorland on „Wildried“, to Fellimännli and past small waterfalls, along the wild Litz river and back to Silbertal. Walking time: approx. 4 hrs.



- *Teufelsbach Waterfall in Silbertal*
Delightful walk (especially recommended on a hot day) along the picturesque and wild Litz River. Within a few minutes you reach the impressive Teufelsbach waterfall. Enjoy the delightful natural backdrop of smaller waterfalls and natural features along the way.

St. Anton i. M.

- *High Alpine Hike*
A delightful High Alpine Hike leads across Jetzmunten and Marentes to Valleu (small church). You can descend the same way, or take the high trail via Graves to Bartholomäberg or (in dry weather) via Marentes – Galarsch back to St. Anton i. M.. Walking time: approx. 3 to 4 hrs.
- *Waterfall Gravestobel*
If you have witnessed a waterfall, now is your chance to enjoy this natural phenomenon. Gravestobel waterfall is just half an hour away and is a striking landmark on the upper boundary of St. Anton i. M.. The waterfall has been designated a natural monument.

St. Gallenkirch-Gortipohl

- *"To the mountain dwellings of Valesian farmers"*
A hike to one of the best-known „Maisässen“, such as Tanafreida, Sasarscha or Montiel is the best way to learn more about these interesting mountain settlements and the history of Montafon's early dwellers. Walking time: 3 to 4 hrs.

Vandans

- *„Magnificent Panoramic hike“*
Ascent from Vandans to Rellstal (1,463 m) by hikers' bus to the bus stop by Rellstal Chapel. The hike starts here to Schweizertor (2,137 m), which flanks are formed by the giant, perpendicular cliffs of the Drusenfluh to the left and the Kirchlispitzen to the right. The route continues along Kirchlispitzen to Verajöchli (2,330 m). The descent is via Lünnerseealpe – Lünnerkrinne – Alpe Lün and back to Rellstal. Walking time: 5 to 7 hrs.