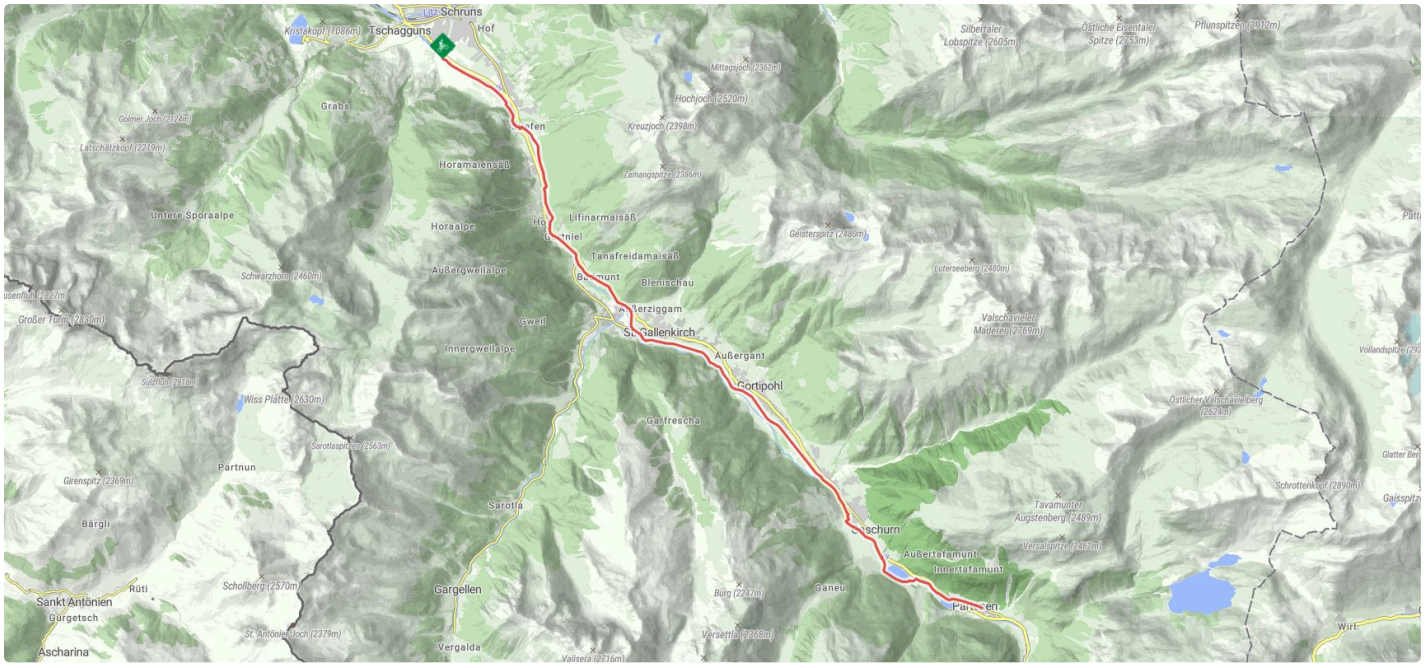
# Ill cycle path Schruns - Partenen

MODERATE | REFRESHMENT STOPS | FAMILY-FRIENDLY




## Tour description

**This leisurely bike route through the autumnal mixed forest along the Ill is ideal for all bikers who prefer to take it easy and don't want to go too high.**

From the Aktivpark in Schruns-Tschagguns the route mostly follows the Ill to Inner Montafon. In the village centre of Partenen - the starting point of the famous Silvretta High Alpine Road - is the Energieraum Partenen (Vallülasaal), a combination of exhibition and museum. In summer there are numerous bathing options such as the all-weather pool Aquarena in St. Gallenkirch, the Mountain Beach leisure park in Gaschurn, the outdoor pool in Partenen or finally the Alpenbad Montafon.

## Approach

Drive on the A14 to the Bludenz/Montafon exit and then continue on the Montafonerstraße L188 to Schruns. Federal road L188 takes you directly to Aktivpark Montafon, which is located on the right side of the road.

## Public transport

**Just leave your car parked.**

The regional buses run throughout Montafon. The main lines depart every half hour from Schruns station.

Bus stop at the start/finish of the route: **Schruns Sports Ground/Aktivpark / line 2a, line 2b**

Timetable: www.vmobil.at

**Arrival by train to Montafon**

From Bludenz station the Montafonerbahn runs every half hour. There are also direct connections from Lindau (D) and from Bregenz.

Timetable: www.oebb.at

## Parking

Aktivpark Montafon in Schruns-Tschagguns

| | |
|---|---|
| 02:30 h<br>duration | 35,9 km<br>Length in km |
| 1047 m<br>Highest point | 676 m<br>Lowest point |
| 372 m gain<br>Ascent | 372 m gain<br>Descent |

| | |
|---|---|
| **Start** | Aktivpark Montafon |
| **Finish** | Aktivpark Montafon |
| **Route type** | (E-)Mountainbiken |
| **Difficulty** | Moderate |

### Elevation profile




| | |
|---|---|
| **Stamina** | |
| **Skill** | |
| **Difficulty** | |
| **Adventure** | |
| **Scenery** | |

### Best months

| JAN | FEB | MAR | APR | MAY | JUN |
|---|---|---|---|---|---|
| ○ | ○ | ✓ | ✓ | ✓ | ✓ |

| JUL | AUG | SEP | OCT | NOV | DEC |
|---|---|---|---|---|---|
| ✓ | ✓ | ✓ | ✓ | ✓ | ○ |


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## Directions

From the Aktivpark Montafon in Schruns-Tschagguns the route leads along the Ill cycle path to Partenen. The same way back to Schruns.

## Equipment

Spare battery, charger, bicycle helmet, day cycling backpack (approx. 20 liters) with rain cover, comfortable sports shoes, possibly cycling shoes, weather-appropriate and durable clothing in multiple layers, possibly cycling jersey, possibly cycling gloves, air pump, bicycle tool, sun and rain protection, provisions and drinking water, drinking bottle and suitable holder, first aid kit, pocket knife, mobile phone, possibly mobile phone holder for the handlebar, possibly headlamp and reflectors, map material

## Tips

**energie.raum, Vallülasaal Partenen:** Here you learn interesting facts about energy via video installations. In the heart of the exhibition, you get insights into the completed machine cavern of the Kopswerk II.

Interesting short films as well as an ORF report about the Silvretta High Alpine Road complete the offer.

## Destination

Aktivpark Montafon, Schruns-Tschagguns

## Starting Point

Aktivpark Montafon, Schruns-Tschagguns

## Sicherheitstipps für Mountainbike in Vorarlberg

**NOTRUF:**

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

112 Euro-Notruf (funktioniert mit jedem Handy/Netz)

further information