



travel guide

bregenzerwald

WINTER 2023/24

Ideas and Addresses.
Your guide through the
Bregenzerwald.

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Travelling the Bregenzerwald always means having to overcome dizzy heights to start with: from Bregenz you take the Pfänder, from the Rhine Valley the valley side which ascends 500 m, from the north you take the Sulzbergstock, from the east the Riedberg or Hochtannberg pass, from the south the Furkajoch or Faschinajoch.

Up and over is the way to go – the most impressive views are from the north and the west – and a space is revealed which, in all its diversity, is completely different to all that surrounds it, with the Bregenzerache uniting it all. Your route takes you through gorges and flat hollows – wide between the hills of the foothills of the Alps around Alberschwende and Lingenau, narrow between the mountains of the foothills of the Alps around Andelsbuch and Bezaú, squeezed in between the alpine peaks of the Kanisfluh, Diedamskopf, Zitterklapfen and Widdenstein around Schnepfau, Au, Schopperrnau, Warth and Schröcken. This correlates with the division into the Vorderwald, Mittelwald and Hinterwald (front, central and rear regions of the Bregenzerwald) – a topographical

spectrum which, right at the start of tourism, had travellers extolling the “charming landscape” as an “enclosed park” whilst at the same time shuddering at the “Siberian exile” on the wild, upper course of the Ache. A valley area of contrasts, borders, crossings.

Crossings

Cross-border experiences also leave their mark on the locals – they know how to set themselves apart from outside. Yet the scarce rural areas have never been sufficient to feed the population. The locals had to get moving, cross borders, leave behind their homes and families. This took on many different forms: the nomadic existence of alpine animal husbandry (*home, mountain pasture, alp* → [page 96](#)), or in the form of seasonal migrant work outbound commuting or even emigration (to America in the 19th century in particular). Flexibility, ideas and self-help were essential to stave off poverty.

The area was only sparsely populated for a long time: only plot names give rise to assumptions about the border between Celtic and Rhaeto-Romanic cultures. It was not until the High



View of the Kanisfluh

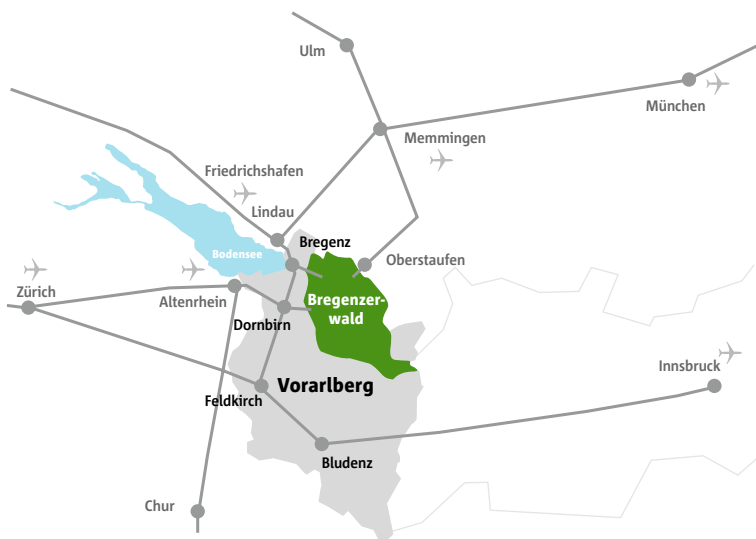
Middle Ages that Mehrerau Monastery in Bregenz encouraged the population of the area upwards of the Bregenzerache. From above, coming the opposite direction, you come across a second wave of population with the Walsers. The particle “Wald” (forest, wood) found in many of the names of places makes it clear how undeveloped this settlement area was for a long time. Naturally, the locals gladly take advantage of this remoteness: interesting as a hunting ground at best for the feudal rulers, extensive autonomy was allowed to develop which went down in literature as a “peasants’ republic”. It ended with the brief Bavarian occupation (1806 – 1814) as a result of the realignment of Europe by Napoleon.

Hard cheese and lace

It was during this time that the region developed in the form you see today. Rational, mercantile methods gained importance in agriculture, desert-ness became characteristic of the Vorderwald to the Mittelwald, production of hard cheese grew (*alpine dairy* → [page 96](#)) to such a sustainable extent that the first dairy farm

school in the Habsburg Empire was established. The new rulers were the cheese barons who amassed staggering wealth with the products of the new form of agriculture, and textile manufacturers who supplied material produced by the textiles home industry before the railway provided factories in the Rhine valley with workers after 1902. Such changes were also accompanied by resistance – Franz Michael Felder, author and spokesman of the revolt, is still considered an exceptional character (*Franz Michael Felder Museum* → [page 89](#)) in the valley today, and which is why one’s own house and home are tenaciously clung to. New sources of income have to be continuously developed – the multitude of manual skills is proof of this.

This culture has succeeded in maintaining its vitality. Innovation and flexibility based on the acquired continue today in initiatives such as the *Werkraum Bregenzerwald* (→ [page 82](#)) and have turned the Bregenzerwald into a model European region.



Public transport in the Bregenzerwald

Public transport in the Bregenzerwald

The excellent bus network makes arriving and travelling on public transport easy. Buses run from village to village, to Bregenz and Dornbirn and to neighbouring regions from early morning to late at night every day and at weekends. Timetables, prices and information: www.vmobil.at

Holders of the 3Valley ski pass may travel by bus to the ski area of their choice to practise their skills. (→ p. 101)

Key: **BUS NUMBER:** **BUS-STOP**

Arriving by train and long-distance coach

From Austria: www.oebb.at

From Germany: www.bahn.de

From Switzerland: www.sbb.ch

By long-distance coach: www.flixbus.at

Arriving by plane

Several regional and international airports are located within the surrounding areas of Vorarlberg. Transfer options from the airports to the Bregenzerwald: www.airport-drivers.com

Taxis in the region

Taxi Veli Andelsbuch, M +43 (0)664 5233477

Taxi Fechtig Bezauf, T +43 (0)5514 2311, only during the day

Hagspiel Touristik Hittisau, T +43 (0)5513 6335, by appointment only

Felder Reisen Mellau, T +43 (0)5518 2257

Ritter Tours Schröcken, M +43 (0)664 3411540

Taxi Zündel Schwarzenberg, M +43 (0)664 98 53 113

Taxi Benjamin Bilgeri Sulzberg, M +43 (0)680 4450793, by appointment only

Taxiservice Hotel Warther Hof Warth (until 10 p.m.), T +43 (0)5583 3504

SKI & BOARD

The Bregenzerwald's skiing areas have pistes for all tastes and all levels, the most up-to-date lifts, cosy mountain inns and lovely lookout points. Put simply: a joy for skiers and snowboarders! Skiing tours are becoming increasingly popular – as is the more leisurely version: freeriding.



In the Warth-Schröcken skiing area

The 3Valley ski pass is valid for 38 skiing areas in the Bregenzerwald, in the Große Walsertal, in the Lechtal, in the Allgäu and on the ski buses.

You can choose from ski passes for between 2.5 and 21 days, special passes for between 2, 5 and 8 days and season passes.

Prices and information are available at www.3taeler.at.

Ski buses included

To go skiing, holders of the 3Valley ski pass can use the public buses to reach the skiing area of their choice (excluded: skiing areas of Oberstaufen). In addition, ski buses which can also be used free of charge operate in numerous villages.

Season dates

LOW SEASON

Start of the season – 22 Dec. 2023

7 – 26 January 2024

10 – 15 March 2024

11 April 2023 – end of the season

HIGH SEASON

23 December 2023 – 6 January 2024

27 January – 9 March 2024

16 March – 7 April 2024

INFORMATION

3Täler Infocenter

Gerbe 1135

6863 Egg, Vorarlberg

T +43 (0)5512 2365-30

info@3taeler.at

www.3taeler.at



FACTS AND FIGURES

BREGENZERWALD SKIING REGION

14 skiing areas

82 lifts, comprising

1 large cable car

5 cable cars

30 chair lifts

46 ski tows and practice lifts

231 km of prepared pistes, comprising

90 km of blue pistes

109 km of red pistes

32 km of black pistes



Where children learn to ski

Kinderschnee (Kids' Snow) package

13 – 20 January 2024 / 2 – 9 March 2024 / 9 – 16 March 2024

The Kinderschnee (Kids' Snow) package is a free four-day ski course for children between three and six years of age that includes a free ski pass.

The family offer includes seven nights in selected accommodation and – for children from three to six years of age (born in 2018 / 2019 / 2020) – a six-day 3Valley ski pass and a four-day ski course each.

SKI Bregenzerwald

Spend sporty days of skiing in the Bregenzerwald! Practical and with the price benefit of the low season:

SKI Bregenzerwald includes three nights in an accommodation of your choice along with the 3Valley ski pass for three days (valid in all ski areas of the region and for trips with the ski and public buses).

SKIweek Bregenzerwald

Out and about in your favourite place to ski or getting to know new slopes every day? The SKIwoche Bregenzerwald combines great variety with the price benefit of the low season.

It includes seven nights and the 3Valley ski pass for six days. It's valid in all the region's ski areas and for trips with the ski and public buses.

**TIP: PACKAGES AT
WWW.BREGENZERWALD.AT**

Information & Booking
Bregenzerwald
Tourismus
T +43 (0)5512 2365





Skiing in Warth-Schröcken

LIFTS AND CABLE CARS

15 cable cars
45 chair lifts
28 ski tows

PISTES

Length of the slopes: 302 km
of which:
130 km are blue pistes
121 km are red pistes
51 km are black pistes

SKI SCHOOL & CHILDREN'S SKI SCHOOL

- Ski and snowboard school
Salober-Schröcken
T +43 (0)5583 4259 600
www.skischule-salober.com
- Ski and snowboard school Warth
T +43 (0)5583 3443
www.skischule-warth.com
- Schröcken-Hochkrumbach ski
sports school
M +43 (0)664 2525200
www.skischule-schroecken.com
- Arlberg Snowsports ski school
M +43 (0)664 3833632
www.arlberg-snowsports.at

SKI RENTAL

- Sporttraum Schröcken
M +43 (0)664 75105330
www.sporttraum.at
- Sporttraum Warth
M +43 (0)664 3404875
www.sporttraum.at
- Sport Jug, Warth
M +43 (0)664 5559910
www.sport-jug.at
- Sport Knitel, Warth
T +43 (0)5583 3612
www.sport-center-hotel-garni.at

INFORMATION

- Skilifte Warth GmbH & Co KG
T +43 (0)5583 3601-0
Snow hotline: T +43 (0)5583 3601-11
- Ski lifts Schröcken Strolz GmbH
T +43 (0)5583 4259-0
Snow hotline: T +43 (0)5583 2255
www.warth-schroecken.at

**852/LOCAL SKIBUS****SALOBERLIFTE, JÄGERALPE,
STEFFISALPE**

The mountain villages of Warth and Schröcken, with their diverse pistes and free-ride slopes, are located at an altitude of between 1,300 and 1,500 metres, and are ensured a good covering of snow. The northern and eastern slopes guarantee the best possible conditions until well into spring. Skiers take the cable car to the Ski Arlberg skiing region with more than 300 km of pistes.

Special features

Selection of lift tickets

Guests in Warth-Schröcken have a number of different ski passes to choose from:

- Warth-Schröcken ski pass, 1 to 2.5 days
 - 3Valley ski pass (Bregenzerwald, Großes Walsertal, Lechtal), 2.5 to 21 days
 - Ski Arlberg ski pass Warth-Schröcken, Lech Zürs, St. Anton), 1 to 30 days
- Holders of a 3Valley ski pass (2.5 to 21 days, season tickets) and of Warth-Schröcken season passes are also entitled to buy discounted Ski Arlberg flexible day tickets

For families and children

Pauli's Ski Arena Salober

Pauli's Ski Arena at the Salober-Jet valley station is a learning and adventure area (three practice lifts, children's slopes, Pauli's Kids Cross).

Kinderland Skischule Salober-Schröcken Ski School

Pauli's Adventure Land at the Salober-Schröcken Ski School turns ski practice into a special winter experience.

Kinderland of the Ski School Warth

Pauli's favourite place is the VIP area for kids attending the ski school.

Warth guest kindergarten

Children between 2 and 4 years of age are supervised by the hour or the day at the Bambiniclub at Warth ski school.

Variety

Ski movie racing track

Skiers can have themselves filmed on the giant slalom track by the automatic video camera on the ski movie track next to the Steffisalp-Express and also have their time recorded. Download from www.warth-schroecken.at

Giant slalom racing track

The parallel giant slalom course is located at the 'Sonnencruiser' four-seater chairlift. The 650-metre course is equipped with tilting poles and goal flags and automatic high-tech timers.

Speed check

All visitors get the chance to set their very own record on the secured high-speed track next to the Kuchl lift, and compare their time against that of the Olympic champion Hubert Strolz, a native of Warth.

Funcross Karhorn

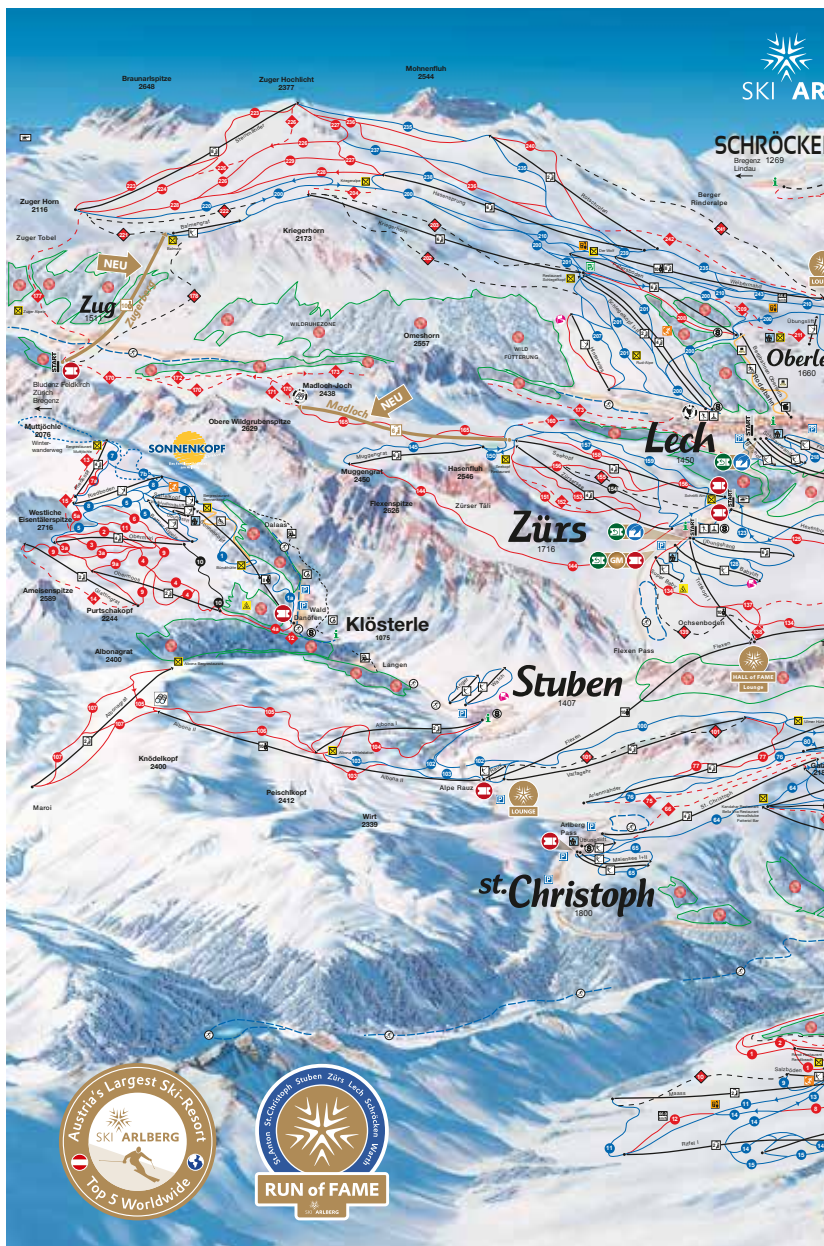
All hobby racers can expect a combination of steep curves, flowing waves and jumps, including speed measurement, at the Funcross at the Karhornbahn.

Funslope Steffisalp

Snow waves, dynamic steep bends, high-fives along the stretch and a giant snow snail: a pleasure for skiers both big and small.

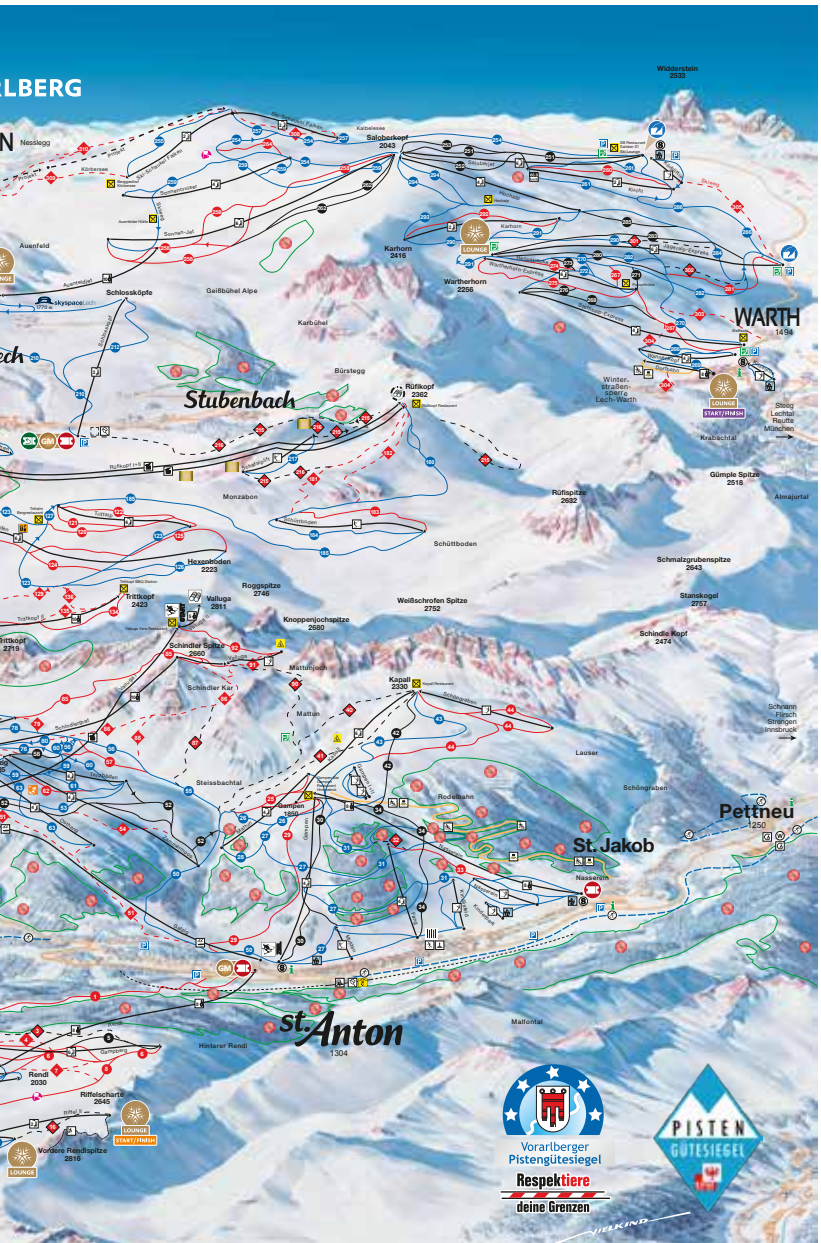
Salober Northface

The three black pistes on the Salober Northface are just the job for those who love it really steep. The gradient of the black slope 253 "Ochsenkopf" exceeds 70 %.



Chamois on the piste

On ski run 262 “Gamssprung”, 1,150 metres in length, again and again you get an eyeful of stunning impressions of the mountains. The marking is original: a prancing chamois points the way on the ski run.



Freeride courses: www.skischule-salober.com

Telemark: www.skitannberg.at

“Five-star ski area” award

according to Skiresort.de, the world’s biggest test portal for skiing areas.



Damüls-Mellau-Faschina ski area

LIFTS AND CABLE CARS

2 cable cars
15 chair lifts
2 ski tows
4 practice lifts
2 rope tows
6 moving walkways

- Sport Natter, Mellau
T +43 (0)5518 22620
Mellaubahn valley station:
T +43 (0)5518 2222-37
Alphof Rossstelle:
T +43 (0)5518 2222-38
www.sportnatter.com

PISTES

Lengths of the slopes: 109 km
of which:
28 km are blue pistes
50 km are red pistes
10 km are black pistes
21 km of ski trails

SKI SCHOOL & CHILDREN'S SKI SCHOOL

- Damüls ski school
T +43 (0)5510 295
www.skischule-damuels.at
- Mellau ski and snowboard school
T +43 (0)5518 220011
www.skischule-mellau.at

SKI RENTAL

- Madlener Sport, Damüls
T +43 (0)5510 391
www.sport-madlener.at
- Intersport Matt, Damüls
Uga district:
T +43 (0)5510 25250
Kirchdorf district:
T +43 (0)5510 25291
www.matt.at
- Sport Broger, Mellau
T +43 (0)5518 2240
www.sportbroger.com

INFORMATION

- Damüls cable cars
T +43 (0)5510 600
Snow hotline: T +43 (0)5510 600
- Mellau cable cars
T +43 (0)5518 2222
Snow hotline: T +43 (0)5518 2222
www.damuels-mellau.at

MELLAU:

833/840/850 ZENTRUM
 832/LOCAL SKIBUS BERGBAHN

DAMÜLS:

850 AU – GEMEINDEAMT
 851/LOCAL SKIBUS UGA-LIFT

Damüls, Faschina and Mellau complement each other perfectly. In the Walser village of Damüls, located at a high altitude, skiers literally step out of the front door and are on the slopes. Mellau enjoys a central location in the valley, with the Mellau cable car providing easy access to the skiing area. The skiing area combines plenty of snow, sun-kissed south slopes, the best possible piste conditions through to the spring on the north slopes and impressive views.

Special features

Damüls circular tour

The around three-hour skiing tour takes you through the entire skiing area and special stops. The All-Mountain-Line with kids' snow park, speed track with photo analysis, parallel slalom with video analysis, the Damüls Ski Museum and photo point are all located along the way. It is also worth stopping off at two viewing points affording an impressive view into the distance. The circular tour guide with time specifications (as a guidance only) and precise information is available at the starting point (mountain station Hohe Wacht) and from the ski pass cash desks in the skiing area.

For families and children

Guest kindergarten

Mellau: children between the ages of 1 and 6 years are welcome in the supervised guest kindergarten at the mountain station of Mellau cable car. Opening times: daily, 9 a.m. to 12 p.m. and 1 to 4 p.m.

Damüls: children from the age of 2 years are supervised in the Bunny-club. Contact the local carer to discuss the supervision of children below two years of age.
Opening times: Sun to Friday
9.30 a.m. to 3.30 p.m.

Hasenlift & Easy Cheesy Land Mellau

The perfect training ground for newcomers to skiing is located between Rossstelle and Gipfelbahn. The button lift takes you on a short trip up the mountain. Passing colourful figures, you wend your way downhill on the gently sloping piste.

Bunny's snowmobile course

A small snowmobile takes visitors over the specially designed course, which is supervised by ski instructors.

Where: at the Damüls ski school's practice area in Riedboden

When: every Wednesday at 10.30 a.m. between 20 Dec. 2023 and 3 Apr. 2024

Price per person: € 1 per lap

INFORMATION & RESERVATIONS

Reservations by guests not at the ski school by 4 p.m. on the day before
Damüls ski school, T +43 (0)5510 295
www.skischule-damuels.at

Variety

Afternoon of fun sports

Accompanied by ski and snowboard instructors, guests discover the Damüls-Mellau-Faschina skiing area, with snowblades and Skifox.

Meeting point: Mellau ski school, valley station of Mellau cable car

Dates: daily upon request

Duration: approx. 2 hours

Price per person: € 60 including fun sports equipment, excluding ski pass

Minimum number of participants: 3 people (surcharge if less)

INFORMATION & RESERVATIONS

Mellau ski and snowboard school
T +43 (0)5518 20011
www.skischule-mellau.at

TIP: MUSEUM

The history of skiing and tourism in Damüls (→ page 88)

WILLKOMMEN IM SCHNEEREICH. DAMÜLS. MEL



Freeriding Damüls-Mellau-Faschina

The terrain in the Damüls mountains is perfect for freeriding and ski tours. Fantastic deep snow slopes and attractive routes abound. You get the best views from the vantage points located at altitudes up to 2,000 metres. For your own safety, it is recommended that you only undertake tours off-piste accompanied by mountain and ski guides.

Seven Summits Freetour Mellau

A combination of free-riding and ski-touring – seven summits in three days:

INFORMATION & REGISTRATION

Skischule Mellau

T + 43 (0)5518 20011

www.skischule-mellau.at

LAU. FASCHINA.

DAMÜLSER MITTAGSPITZE
2095 m

Damüls snowpark

The largest snow park in the Bregenzerwald is a hotspot of the freestyle scene. It comprises the Mainpark, the Ugapark with the All-Mtn-Line, the Ragaz Pro-Line and the Kids' snow park. The more than 50 features include various kickers, rails, boxes, big booters, corners, a chill-out area and a wave line as well as lots more. Events are regularly held.

The snowpark stretches from the Uga mountain station to the Mainpark at the Walisgaden lift. The Walisgaden Snowpark Shuttle and the Uga All-Mtn-Line Shuttle will take you back to the starting point.

www.snowparkdamuels.com

“Extraklasse” (“Extra class”) award: “world’s leading ski area with up to 80 kilometres of pistes”

according to Skiresort.de, the world’s biggest test portal for skiing areas.



Diedamskopf in Au-Schopponau

LIFTS AND CABLE CARS

- 2 cable railways
- 2 chair lifts
- 4 ski tows

PISTES

- Lengths of the slopes: 40 km
- of which:
 - 13 km are blue pistes
 - 11 km are red pistes
 - 7 km are black pistes
 - 9 km of ski trails

SKI RENTAL

- Sport Gorbach, Au
T +43 (0)5515 4141-1
www.gorbach.at
- Sport Fuchs, Au
T +43 (0)5515 2315
www.sportfuchs.com
- Sport Matt, Schopponau
T +43 (0)5515 4120
www.matt.at
- Sport Matt, Schopponau
(Diedamskopf valley station)
T +43 (0)5515 4120
www.matt.at

SKI SCHOOL & CHILDREN'S SKI SCHOOL

- Au-Schopponau snow sports school
- T +43 (0)5515 2133
- www.skischule-schopponau.com

INFORMATION

- Diedamskopf cable cars
- Au-Schopponau
- T +43 (0)5515 4110-0
- Snow hotline: T +43 (0)5515 4110-99
- www.diedamskopf.at

**850/LOCAL SKIBUS****DIEDAMSKOPFBAHN**

The perfectly groomed natural snow slopes on the 2,090-metre-high Diedamskopf are just as popular with experienced skiers as they are with families. The slopes in the clearly laid-out skiing area are designed for all levels of ability and have been awarded the Vorarlberg Pistengütesiegel (Seal of Approval for Piste Quality). A particularly beautiful panoramic view over the mountains and as far as Lake Constance opens up from the summit, which can be reached on the winter hiking trail.

Special features

Diedams valley run

Those in good shape plump for the 10-km long valley run, which covers a difference in altitude of 1,250 metres.

Night-skiing in Grunholz

The T-bar lift in Au opens up two beautiful slopes with gentle gradients. One of the few ski lifts in the Bregenzerwald where the adventure of night skiing and tobogganing awaits. It's also possible to use the 3Valleyski pass on the lifts in the evenings.

Evening opening times: from end of December to begin of March – depending on snow conditions

 850  AU – GEMEINDEAMT

Winter hiking and summit happiness

Hikers and fans of nature can enjoy varied experiences on the Diedamskopf. A leisurely walk of just 15 minutes leads from the mountain station to the Diedamskopf summit at an altitude of 2,090 metres.

For families and children

Au-Schoppernau snow-sports school

The 'Kinderland' next to the valley

station is the place for children to playfully learn their first turns on skis. The ski courses for older children include an adventure and safety programme with barbecue in a tepee, snow rafting with a skidoo and the flying fox. Adult and snowboard courses start every Monday. www.skischule-schoppernau.com

Freestyle fun for the whole family

The Funslope on the Diedamskopf is an absolute must for all families: the fast-paced wave run, impressive tunnels and the giant snail made of snow is guaranteed to make the day out skiing a total success.

Variety

Ski movie track

Skiers can have their very own racing video made on the ski move track on the Breitenalp. You can watch and download the video from www.skiline.cc.

Diedamspark

The Diedamspark is an insider tip in the boarder and free-skier scene. With more than 30 different obstacles – starting with simple butter boxes and Jib obstacles up to a 10-metre kicker or a wave rail – the Diedamspark is one of the big parks in the Bregenzerwald. The four different sections mean that creativity knows no bounds. While the little shredders can find their feet in the Beginner Area, the pros can enjoy themselves in the Medium Area. Skilfully built from the finest natural snow by the Q-Parks Shape Crew. Snowboarders and free-skiers love the Diedamspark for its perfect park terrain.

www.diedamspark.at



Enjoying local food and experiencing the view

The four food service providers in the skiing area invite visitors to take a leisurely break. The Diedamskopf service team treats hungry winter-sports enthusiasts to traditional dishes.



The unique mountain panorama on the sun terrace of the panorama restaurant at more than 2,000 metres above sea level is simply a special experience. The cable car also makes it possible for non-skiers to enjoy the barrier-free panorama restaurant at the mountain station.





LIFTS AND CABLE CARS

- 1 chair lift
- 9 ski tows
- 1 connecting lift

INFORMATION

Skilift Bödele
 T +43 (0)5572 7290
 Snow hotline: T +43 (0)5572 7321
www.boedele.info

PISTES

Lengths of the slopes: 24 km, of which:  870  WEISSTANNEN

- 9 km are blue pistes
- 12 km are red pistes
- 3 km are black pistes

SKI SCHOOL & CHILDREN'S SKI SCHOOL

- Ski school Bödele
 M +43 (0)664 75036843
www.skiboedele.at
- Ski school Schwarzenberg
 M +43 (0)664 2214075
www.skischule-schwarzenberg.at

SKI RENTAL

- Berg Fink Ski & Bergsport,
 Schwarzenberg, T +43 (0)5512 2918
www.bergfink.at
- Skishop Bödele
 Berghof Fetz, M +43 (0)664 75036843
www.skiboedele.at
- Ski rental Bregenzerwald
 (Hochälpele/Bödele)
 Hochälpele ski lift, valley station
 M +43 (0)664 2312614
www.skiverleih-bregenzerwald.at

Learn to ski guaranteed

The ski schools guarantee that all children will be able to ski by themselves on the practice slopes within four hours:

Skischule Bödele
 from 4 years
 M +43 (0)664 75036843
www.skiboedele.at

Skischule Schwarzenberg
 from 3.5 years: learning to ski with a magic wand
 M +43 (0)664 2214075
www.skischule-schwarzenberg.at



LIFTS AND CABLE CARS

- 1 chair lift
- 5 ski tows
- 2 conveyor belts
- 1 carousel

PISTES

- Lengths of the slopes: 10 km
- of which:
- 3 km are blue pistes
- 6 km are red pistes
- 1 km are black pistes

SKI SCHOOL & CHILDREN'S SKI SCHOOL

- Ski school Bödele
- M +43 (0)664 75036843
- www.skiboedele.at

SKI RENTAL

- Rauszeit
- T +43 (0)5512 4750-21
- www.rauszeit-schetteregg.at

INFORMATION

- Egger lift company
- T +43 (0)5512 4750
- www.schetteregg.at

827 SCHILIFT

Schetti's kids' paradise

Magic carpets and a ski carousel in the kids' paradise can be used free of charge by all visitors.

Young guests have enough to do in the breaks in Schettland with its igloo and climbing hill.

Pistes for kids: all pistes in Schetteregg bears a mascot which briefly describes what children should be capable of in order to ski on that particular piste. From the snowplough turn on the hedgehog circuit, through to safe curving on the bear slope through to dynamic carving on the lynx piste.

Augusts Land

Augusts Land offers fun for the entire family. Little skiers can playfully practise the coordination and motor skills needed for skiing on the obstacles, the ski tunnel, the wave run and jumps.



LIFTS AND CABLE CARS

- 1 chair lift
- 4 ski tows

PISTES

- Lengths of the slopes: 9 km
- of which:
 - 4 km are blue pistes
 - 3 km are red pistes
 - 2 km are black pistes

SKI RENTAL

- Jakobs Skishop, Hochhäderich
T +43 (0)5513 8254-61
www.alpenarena.com
- Sport Spettel, Hittisau
T +43 (0)5513 6341
www.spettel.at
- Sport Gotthard, Hittisau
T +43 (0)5513 2260
www.sport-gotthard.com

INFORMATION

Alpenarena Hochhäderich
T +43 (0)5513 8254-0
Snow hotline: T +43 (0)5513 8254-51
www.alpenarena.com

TIP: SUITABLE FOR FAMILIES

This is the place to get really active: on foot, on skis and cross-country skis, with prams, on horses, sleighs and horse-drawn sleighs, on snowshoes, with or without poles, sporty or leisurely.



LIFTS AND CABLE CARS

4 ski tows

PISTES

Lengths of the slopes: 4.4 km

of which:

4.4 km are blue pistes

SKI SCHOOL & CHILDREN'S SKI SCHOOL

Ski and snowboard school

Hittisau-Sibratsgfall

M +43 (0)664 73086646

www.ski-snowboard-schule.at

INFORMATION

Ski lifts Hochlitten

T +43 (0)5513 8312-2

Snow hotline: T +43 (0)5513 8239

www.skilifte-hochlitten.com

TIP: SKIING AREA FOR FAMILIES

Located away from the hustle and bustle of large skiing areas. Small yet exquisite skiing area, ideal for families with small children.

Plus: racing service and three racing tracks for club, association or company races

FIS-homologated slalom run for men and women.



The gondola ride takes just a few minutes to get from the valley to the lofty heights where the reward is a breathtaking view and a winter landscape that enchants. The cable car can take up to 60 passengers. It comfortably and quickly makes the 930-metre climb from Bezaufest up to Baumgarten at 1,648 metres.

OFFERS ON THE MOUNTAIN

Winter hiking

- Sonderdach circular route: around 50 minutes' walking time
- Middle station – mountain station: around 1 ½ hours' walking time
- Panorama trail to the Niedere-Höhe: around two hours' walking time

Tobogganing

- Natural three-kilometre-long toboggan run from Baumgarten to the Sonderdach
- Altitude difference: 440 metres
- Toboggan hire at the valley station and at the panorama restaurant

Skiing tours

The Baumgarten mountain station is the ideal starting point for skiing tours into the Niedere-Winterstaude area.

Freeriding

The firn descents to the Sonderdach on the Bezaufest side are particularly popular.

Paragliding

This special thermal location makes flying on the Niedere possible all year round. Paragliders can start on the Bezaufest side towards the south or on the Andelsbuch side towards the north-east. There are generous landing fields in the valley on both sides.

Panorama restaurant

The restaurant, like the cable car, is barrier-free and accessible for the disabled. The observation deck on the restaurant's roof presents an impressive panoramic view.

SPORT EQUIPMENT HIRE

Sport Thomas, Bezaufest
T +43 (0)5514 31441
www.sport-thomas.at

INFORMATION

Seilbahn Bezaufest
T +43 (0)5514 2254
Snow hotline: T +43 (0)5514 2254
www.seilbahn-bezaufest.at



Check out www.skiprojekt.at/methoden to see what this is all about!

Turning and floating, on the slopes or through powder snow. That is the motto of these skiing courses – including following a recovered injury.

These skiing workshops help guests develop a dynamic and energy-saving skiing technique that's both gentle on the joints and adapted to their individual needs. The workshops' special methods and structure allow guests to improve their skiing skills in a quick and lasting manner. The complex sequences of movement that carving or skiing in deep snow demand are conveyed and optimised through simple and playful movements and exercises that also help strengthen physical awareness.

PLEASE NOTE:

The courses are held on specified dates. Booking is required. You can only start on the first day of the course.

Management:

Michael Widmer-Willam

He is a passionate skier, dance and performance artist and, as a ski trainer, enjoys trying out new skiing techniques and movements. In his workshops, he combines his many years' experience in teaching skiing and his knowledge of the body and movement with the lightness of dance.

Offers: Intensive workshops in skiing technique for all skill levels, deep snow courses, courses for returnees following extended absences, injuries or physical weaknesses

Services:

- 6 – 8 lesson programme
- constant video analysis
- individualised skiing model
- long-term, individual development planning
- personalised equipment consultancy
- cultural trips in the region (optional)

INFORMATION & RESERVATION

ski!Projekt

M +43 (0)664 4205221

www.skiprojekt.at



The Bregenzerwald is famous for its wide range of enjoyable skiing tours, comprising the gentle through to the more arduous. Following an ascent taking 2 to 5 hours on cross-country skis and skins, swing down the magnificent slopes off the prepared pistes and down into the valley. You can rent the appropriate equipment such as skis and avalanche search equipment from the local ski rental shops.

We recommend that you only embark on these tours in the company of the ski schools' mountain and skiing guides. This way, you'll safely reach the loveliest places, and receive valuable tips on the way.

**TIP: SKIING TOURS AT
WWW.BREGENZERWALD.AT**

Mountain and ski
guides, guided ski and
freeride tours, tour tips
and interesting facts



	Tour	Starting point	Difference in altitude (up):	Highest elevation
Skiing tours for beginners	1 Brendler Lug	Au	950 m	1,767 m
	2 Portlahorn	Damüls	400 m	2,010 m
	3 Hirschberg	Bizau	700 m	1,500 m
	4 Hochälpele Kopf	Schwarzenberg	450 m	1,464 m
	5 Feuerstätterkopf	Sibratsgfall	650 m	1,645 m
Skiing tours for the advanced	6 Juppenspitze	Schröcken	1,200 m	2,412 m
	7 Üntschenspitze	Schoppernaut	1,150 m	2,135 m
	8 Kanisfluh	Au	1,250 m	2,044 m
	9 Winterstade	Egg	800 m	1,877 m
	10 Hochkünzelspitze	Schröcken	1,300 m	2,397 m
Freeriding ski routes	11 Klemm via Salober	Schröcken		2,300 m
	12 Bockbachtaltour	Warth		2,340 m
	13 Around Hoher Ifen	Schoppernaut		2,060 m

TIP: LITERATURE AND APP

“Skitourenführer Bregenzerwald inkl. Großes Walsertal und Lechquellengebirge” by A. Kempf/ R. Kempf
published by Panico Alpinverlag (in German only)

Ski-tours app for the Bregenzerwald by R. Kempf / A. Riedmann:
120 ski tours at all levels of difficulty

Skiing tours for beginners**1: BRENDLER LUG (1,767 m)**

The gentle, classic skiing tour close to Au.

Difference in altitude: 950 m

Starting point: car park of Au's village hall

 **850**  **GEMEINDEAMT**

2: PORTLAHORN (2,010 m)

Straightforward panorama tour across the Damüls skiing area.

Difference in altitude: 400 m

Starting point: Damüls, center of village

 **850**  **AU – GEMEINDEAMT**

 **851**  **KIRCHDORF**

3: HIRSCHBERG (1,500 m)

Ideal wide ski slopes in the former skiing area. This area is recommended particularly to newcomers or athletes who want to go out on a trip after work.

Difference in altitude: 700 m

Starting point: Bizau, Hütten – car park/practice lift

4: HOCHÄLPELEKOPF (1,464 m)

This area is recommended particularly to newcomers or athletes who want to go out on a trip after work.

Difference in altitude: 450 m

Starting point: Gmeind, part of the village of Schwarzenberg

 **870**  **STÜBEN**

5: FEUERSTÄTTERKOPF (1,645 m)

This lovely, popular tour takes you across gentle ski slopes, without any flat spots.

Difference in altitude: 650 m

Starting point: from Sibratsgfall, Alpenrose inn (closed)

 **860**  **DORFPLATZ (WALK TO THE STARTING POINT)**

Skiing tours for the advanced**6: JUPPENSPIITZE (2,412 m)**

This skiing tour has perfectly inclined and sunny slopes at higher altitudes.

Difference in altitude: 1,200 m

Starting point: Schröcken, center of village

 **852**  **DORF**

7: ÜNTSCHENSPITZE (2,135 m)

Striking ski mountain with very nice south- and north-facing slopes in the alpine area.

Difference in altitude: 1,150 m

Starting point: Schoppernau, Bad Hopfreen inn

 **852**  **HINTERHOPFREBEN**

8: KANISFLUH (2,044 m)

The Kanisfluh – with its steep north side sloping over 1,200 m – takes you by surprise with an outstandingly lovely skiing tour on its south side.

Difference in altitude: 1,250 m

Starting point: from Au, in the direction of Damüls, across the Argenbach bridge (car park)

 **850**  **AU – GEMEINDEAMT**

 **851**  **LEUE**

9: WINTERSTAUBE (1,877 m)

A route that – in spite of its steep grassy slopes – is possible to walk surprisingly often.

Difference in altitude: 800 m

Starting point: Egg-Schetteregg, lift car park

 **827**  **SCHILIFT**

10: HOCHKÜNZELSPITZE (2,397 m)

Splendid descents in high alpine terrain for experienced skiers.

Difference in altitude: 1,300 m

Starting point: Schröcken, Landsteg

 **852**  **LANDSTEG**



Leave your own tracks in the snow

Freeriding is the leisurely, enjoyable form of skiing off piste. Most ascents are taken by lift, and then you ski off piste.

Here are 3 recommended routes. For reasons of safety and orientation, we recommend that you only embark on these tours in the company of the ski schools' mountain and skiing guides.

Routes for freeriders

11: KLEMM VIA SALOBER

Place: Warth – Schröcken – Lech

Starting point: Salober Express

🚠 852 Ⓞ SALOBERLIFTE

Ascent: Auenfeld-Sattel, approx. 20 min.

Highest point: Mohnenfluhsattel 2,300 m

Destination: Schröcken – Heimboden 1,270 m

🚠 852 Ⓞ DORF

Difference in altitude: approx. 1,630 m run

12: BOCKBACHTALTOUR

Place: Warth – Steeg

Starting point: Wartherhorn cable car

🚠 852 Ⓞ STEFFISALPE

Ascent: Wartherhornsattel, approx. 30 min., Wöstersattel, approx. 45 min.

Highest point: Rüfikopf 2,340 m

Destination: Steeg 1,250 m

🚠 110 Ⓞ DORF

Difference in altitude: approx. 1,800 m run

13: AROUND HOHEN IFEN

Place: Schoppernau – Kleinwalsertal

Starting point: Diedamskopf

🚠 850 Ⓞ DIEDAMSKOPFBAHN

Ascent: approx. 300 m

Highest point: 2,060 m

Destination: Schönenbach near Bizau

🚠 833 Ⓞ BIZAU-OBBERDORF

Difference in altitude: approx. 2,000 m run

Hahnenköpfe Race

This ski race starts at the Hahnenköpfe (Kleinwalsertal) and ends in Schönenbach, close to Bizau.

INFORMATION & TERMIN

www.fcbizau.at



Ascent to Üntschenspitze

Safety tips for off-piste skiing

Please note that you are skiing at your own risk! This brochure only contains suggested routes.

- Off-piste skiing is fun when you master the technique. The Bregenzerwald ski schools offer courses to this end.
- The correct equipment and clothing are essential safety factors.
- Anyone skiing off piste needs avalanche equipment (avalanche search equipment, probe, avalanche shovel, First Aid kit) and also needs to know how to use such equipment!
- Never set off too late. In winter, it starts getting dark at 4.30 p.m.
- Never set off if it is snowing/foggy.
- The skiing and mountain guides are familiar with the place and terrain and ensure that you safely reach your destination – and back home.

EMERGENCY TELEPHONE NUMBERS (FREE OF CHARGE)

- 112 European emergency number
- 144 alpine emergencies

VORARLBERG AVALANCHE

WARNING SERVICE

Avalanche report available for free:
(Avalanche Report Subscription)
www.vorarlberg.at/lawine

Respect your boundaries

However, anyone out and about enjoying the countryside needs to keep in mind that it is also a very sensitive habitat for plants and animals which is worth protecting. Please don't take any short-cuts through forest paths, since they are often used by wild game as a refuge. Moreover, the edges of skis and snowboards can easily damage the young forest. Observe the no-go hunting areas and, if necessary, choose a different tour destination. It is with this in mind that we also appeal to you to respect preservation and conservation areas and to observe any restrictions.

INFORMATION ABOUT PROTECTED
AREAS AND QUIET ZONES FOR WILDLIFE:
www.respektiere-deine-grenzen.at



XC SKIING

Cross-country skiing is very popular as a good way of recharging your batteries in the fresh air. Especially when the cross-country ski runs are as well looked-after as they are in the Bregenzerwald.



Village cross-country ski run

CROSS-COUNTRY SKI RUNS

50 km of classic cross-country ski runs, 13 km of skating runs

ALTITUDE 850 m

PREPARATION

Mid-December until Easter

SKI TRAIL FEE

Free of charge for guests and locals in Au-Schoppernau.

CROSS-COUNTRY SKIING COURSES

- Au-Schoppernau cross-country ski school, M +43 (0)677 61096022 www.langlaufschule-au-schoppernau.at
- Au-Schoppernau snow sports school, T +43 (0)5515 2133 www.skischule-schoppernau.com

SKI RENTAL

- Sport Gorbach, Au
T +43 (0)5515 4141-2 www.gorbach.at
- Sport Fuchs, Au
T +43 (0)5515 2315 www.sportfuchs.com
- Sport Matt, Schoppernau
T +43 (0)5515 4120, www.matt.at

Village cross-country ski run

LENGTH 13 km

CLASSIFICATION easy to difficult

DIFFERENCE IN ALTITUDE 85 m

ITINERARY

This cross-country ski run takes you from Au-Argenzipfel through Äuele to Schoppernau and through a forest to the mountain pasture settlement of Armengemach. Via the Bregenzerachsteg, you pass through “paradise” and, across open fields, to Äuele forest. Via Kreuzgasse, you arrive at the underpass next to the church bridge. After Reute grazing meadow and Argenzipfel, you arrive at Kanisfluhloipe.

840/850 AU – JAGHAUSEN
SCHOPPERNAU – GEMEINDEAMT

CHANCES TO STOP OFF FOR A DRINK/FOOD

Inns in Au-Schoppernau



Circuit

CROSS-COUNTRY SKI RUNS

20 km of classic cross-country ski runs

12 km of skating runs

ALTITUDE 650 m

PREPARATION

Mid-December until mid-March

CROSS-COUNTRY SKIING COURSES

Creative movement and cross-country biathlon school
Riefensberg / Hittisau
Ingrid Fink-Nöckler
M +43 (0)664 5323102
www.kreativbewegen.at

SKI RENTAL

Sport Thomas, Bezau
T +43 (0)5514 31441
www.sport-thomas.at

Circuit

LENGTH 12 km

CLASSIFICATION
easy to intermediate

DIFFERENCE IN ALTITUDE 50 m

ITINERARY

The circuit takes you through all three villages, and can be commenced and terminated at any of the villages.

BEZAU:

🚌 830/840/850 📍 DORFPLATZ

REUTHE:

🚌 833 📍 GEMEINDEAMT

BIZAU:

🚌 833 📍 GEMEINDEAMT

CHARACTERISTIC

Scenic, charming and varied circuit.

CHANCES TO STOP OFF FOR A DRINK/FOOD

Inns in Bezau, Bizau and Reuthe

**TIP: CROSS-COUNTRY SKIING AT
WWW.BREGENZERWALD.AT**

Cross-country skiing
trails, trail report, cross-
country package and
interesting facts





Stofel alpine cross-country ski run

CROSS-COUNTRY SKI RUNS

11 km of classic cross-country ski runs

5 km of skating runs

ALTITUDE 1,500 – 1,700 m

PREPARATION

Early December until mid-April

CROSS-COUNTRY SKIING COURSES

Damüls ski school

T +43 (0)5510 295

www.skischule-damuels.at

SKI RENTAL

- Madlener Sport, Damüls

T +43 (0)5510 391

www.sport-madlener.at

- Intersport Matt, Damüls (Uga district)

T +43 (0)5510 25250

www.matt.at

- Intersport Matt, Damüls (Kirchdorf district)

T +43 (0)5510 25291

www.matt.at

TIP

The free local bus takes cross-country skiers to the starts of the cross-country ski runs.

Stofel alpine cross-country ski run

LENGTH 5 km

CLASSIFICATION

Ascent: difficult

Plateau circuit: easy

DIFFERENCE IN ALTITUDE 80 m

ITINERARY

Zimba inn – circuit around the high plateau – Zimba inn

850 AU – GEMEINDEAMT

851 OBERDAMÜLS (WALK TO THE STARTING POINT)

CHARACTERISTIC

Circuit with an impressive mountain panorama.

CHANCES TO STOP OFF FOR A**DRINK/FOOD**

Berggasthof Sonnenheim,

Hotel Alpengasthof Jägerstüble,

Alpenstern Panoramahotel, inns in Damüls



Border country cross-country ski run

CROSS-COUNTRY SKI RUNS

50 km of classic cross-country ski runs

30 km of skating runs

ALTITUDE 800 m – 1,040 m

PREPARATION

December until end of March

SKI TRAIL FEE**CROSS-COUNTRY SKIING COURSES**

- Ski school Hittisau-Sibratsgfall
M +43 (0)664 2143723
www.ski-snowboard-schule.at
- Creative movement and cross-country biathlon school
Riefensberg / Hittisau
Ingrid Fink-Nöckler
M +43 (0)664 5323102
www.kreativbewegen.at

SKI RENTAL

- Sport Spettel, Hittisau
T +43 (0)5513 6341
www.intersport-spettel.at
- Sport Gotthard, Hittisau
T +43 (0)5513 2260
www.sport-gotthard.com
- Jakobs Skishop, Hochhäderich
T +43 (0)5513 8254-61
www.alm-hotel.at

Border country cross-country ski run

LENGTH approx. 70 km

CLASSIFICATION

easy to intermediate

DIFFERENCE IN ALTITUDE 240 m

ITINERARY

Hittisau centre – Helmisau –
Dornbündt – Sippersegg –
Biberstein – border with
Germany – start of the Balder-
schwang ski-hiking network –
return by bus or along the
cross-country ski run

820/860 GEMEINDEHAUS

CHARACTERISTIC

An extensive cross-country skiing
tour which can be shortened
according to wishes.

**CHANCES TO STOP OFF FOR A
DRINK/FOOD**

Inns in Balderschwang and
Hittisau



Cross-country ski run in Mellau, Hirschau, Schnepfau

CROSS-COUNTRY SKI RUNS

23 km of classic cross-country ski runs
20 km of skating runs

ALTITUDE 700 m

PREPARATION

December until March

CROSS-COUNTRY SKIING COURSES

Ski school Mellau

T +43 (0)5518 20011

www.skischule-mellau.at

SKI RENTAL

- Sport Natter, Mellau
T +43 (0)5518 2262
www.sportnatter.com
- Sport Broger, Mellau
T +43 (0)5518 2240
www.sportbroger.com

Cross-country ski run in Mellau, Hirschau, Schnepfau

LENGTH 10 km

CLASSIFICATION

easy

DIFFERENCE IN ALTITUDE 40 m

ITINERARY

Car park of Mellau cable cars –
Enge – Hirschau – Schnepfau
centre (return the same route
or by bus)

🚗 833/840/850 📍 ZENTRUM

🚗 832 📍 BERGBAHN

CHARACTERISTIC

Lovely route at the foot of the
Kanisfluh through the Enge
mountain pasture.

**CHANCES TO STOP OFF FOR A
DRINK/FOOD**

Inns in Mellau, M1 Mellaubahn
valley station, Hotel Die Wälderin
at Mellaubahn valley station, Café
Lässer in Schnepfau



Hörmoos cross-country ski run

CROSS-COUNTRY SKI RUNS

12 km of classic cross-country ski runs

4 km of skating runs

ALTITUDE 1,300 m

PREPARATION

December until mid-April

SKI TRAIL FEE**CROSS-COUNTRY SKIING COURSES**

Hochhäderich snow sports school

Timm Stade

T +43 (0)5513 8254-171

www.skischule-hochhaederich.at

SKI RENTAL

Jakobs Skishop, Hochhäderich

T +43 (0)5513 8254-61

www.alm-hotel.at

Hörmoos cross-country ski run

LENGTH 8.3 km

CLASSIFICATION
difficult

DIFFERENCE IN ALTITUDE 151 m

ITINERARY

Car park of the Hotel

Hochhäderich – Hörmoos lake –

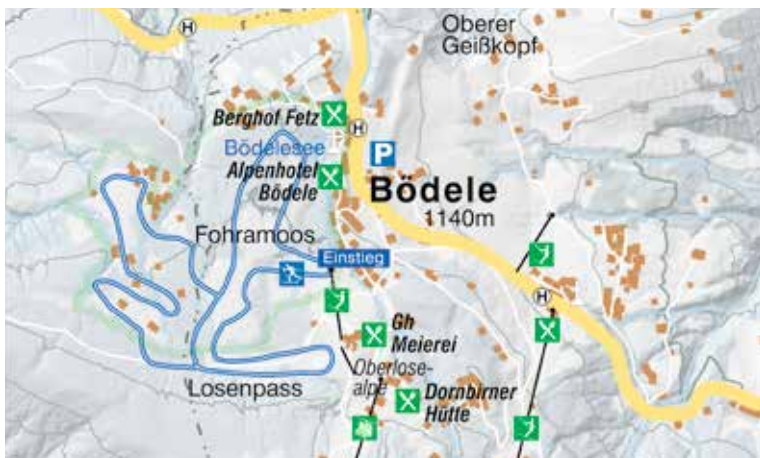
car park of the Hotel Hochhäderich

CHARACTERISTIC

The course takes you through the sunny high plateau on the Hochhäderich. Those experienced in skating techniques can take a detour to the Falkenhütte.

**CHANCES TO STOP OFF FOR A
DRINK/FOOD**

Hörmoosalpe, Hochwies inn,
Almhotel Hochhäderich



Fohramoos cross-country ski run

CROSS-COUNTRY SKI RUNS

9.5 km of classic cross-country ski runs

ALTITUDE 1,130 – 1,190 m

PREPARATION

Early December until mid-March

CROSS-COUNTRY SKIING COURSES

Cross-country skiing – basic course for traditional technique, available to book daily
Duration: 2 hours
skibödele – ski school, hire, sale
M +43 (0)664 75036843
www.skiboedele.at

SKI RENTAL

- Skishop Bödele
Berghof Fetz
M +43 (0)664 75036843
www.skiboedele.at
- Ski rental Bregenzerwald
(Hochälpele/Bödele)
Hochälpele ski lift, valley station
M +43 (0)664 2312614
www.skiverleih-bregenzerwald.at

Fohramoos cross-country ski run

LENGTH 9.5 or 6 km (large circuit),
3.5 km (small circuit)

CLASSIFICATION

easy to intermediate

DIFFERENCE IN ALTITUDE 60 m

ITINERARY

Start and end at the valley station of Oberlose lift: from there, you go in a westerly direction through the nature reserve of Fohramoos.

870 **BÖDELE (WALK TO THE STARTING POINT)**

CHARACTERISTIC

Scenic and varied circuit through Natura 2000 and the nature reserve.

CHANCES TO STOP OFF FOR A DRINK/FOOD

Berghof Fetz, Alpenhotel Bödele, Meierei



Cross-country ski run between Sibratsgfall and Schönbach

CROSS-COUNTRY SKI RUNS

22 km of classic cross-country ski runs

ALTITUDE 930 m

PREPARATION

Mid-December until early April

SKI TRAIL FEE

CROSS-COUNTRY SKIING COURSES

Ski school Hittisau-Sibratsgfall
M +43 (0)664 73086629
www.ski-snowboard-schule.at

SKI RENTAL

Engelbert Dorner
T +43 (0)5513 2113

Cross-country ski run between Sibratsgfall and Schönbach

LENGTH 13.4 km

CLASSIFICATION intermediate

DIFFERENCE IN ALTITUDE 150 m

ITINERARY

Krähenberg ski lift – walk to the base of the cross-country ski run at the Bilgeri snack bar – along the Subersach as far as Schönbach mountain pasture (Schönbach circuit: 2.7 km) – return the same route

CHARACTERISTIC

A route for cross-country skiing enthusiasts, not too technically demanding. Particularly scenic route through the valley of the Subersach.

CHANCES TO STOP OFF FOR A DRINK/FOOD

Krähenberg inn, Bilgeri snack bar in Sibratsgfall, Jagdgasthaus Egender, Schönbach



Panorama cross-country ski run

CROSS-COUNTRY SKI RUNS

20 km of classic cross-country ski runs

20 km of skating runs

The direct connection to the West Allgäu network of cross-country ski runs provides the trained athlete with over 100 km of cross-country ski runs for all levels of proficiency.

ALTITUDE 1,015 m

PREPARATION

December until 15 March

SKI TRAIL FEE**CROSS-COUNTRY SKIING COURSES**

- Paulina Burger
T +43 (0)660 7239856
dussafit@gmail.com
- Dietmar Feil
T +49 160 97918102
info@nordicports4you.de

NIGHT-TIME CROSS-COUNTRY SKIING

By floodlight every Mon to Fri until 8.30 p.m.

CROSS-COUNTRY-SKI RENTAL

Nordic Sport Park

Panorama cross-country ski run

LENGTH 8 km (classic and skating)

CLASSIFICATION

easy to difficult

ITINERARY

Leave Oberdorf – continue in the direction of Hochsträß – circuit (it is possible to turn off on to the Westallgäu network of cross-country ski runs)

🚗 823 📍 BADHAUS

CHANCES TO STOP OFF FOR A DRINK/FOOD

Zehrer's Stadel, inns in Sulzberg



Nordic Sport Park Sulzberg

Around 20 km of cross-country ski runs for classic and skating techniques await in the Nordic Sport Park in Sulzberg.

CROSS-COUNTRY SKI RUNS

- All cross-country ski runs are groomed for classic and skating purposes.
- A 4-km circular route is illuminated by floodlights.

SKI RENTAL

opening hours:
Thursday – Sunday
10 a.m. – 4 p.m.

 823  BADHAUS

INFORMATION

Tourist office Sulzberg
T +43 (0)5516 2213-10
www.sulzberg-bregenzerwald.com

CROSS-COUNTRY SKIING TRAIL FEE

The cross-country skiing trails in the Nordic Sport Park are subject to charge – also during the day.

- Day ticket € 7
- Season ticket € 80
- Season ticket advance booking € 60

Cross-country skiing in the Nordic Sport Park is free to guests spending three or more nights in Sulzberg (including cross-country skiing at night). Tickets available at the tourist office upon presentation of the Guest Card.



Around Kalbelesee

14 km of classic cross-country ski runs

4 km of skating runs

1,600 – 1,700 m

December until mid-April

- Ski school Warth
T +43 (0)5583 3443
www.skischule-warth.com
- Ski school Salober-Schröcken
T + 43 (0)5583 4259 600
www.skischule-salober.com
- Snow sports school in Warth –
Arlberg Snowsports
M +43 (0)664 3833632
www.arlberg-snowsports.at

- Sporttraum Schröcken
T +43 (0)5519 30314
www.sporttraum.at
- Sporttraum Warth
M +43 (0)664 3404875
www.sporttraum.at

- Sport Jug, Salober and Jägeralpe
T +43 (0)5583 39827
www.sport-jug.at
- Sport 2000 Center Knitel, Warth
T +43 (0)5583 3612
www.sport-center-hotel-garni.at

LENGTH 2 km

CLASSIFICATION

easy

DIFFERENCE IN ALTITUDE 0 m

ITINERARY

Salober car park – around
Kalbelesee – Salober car park

852 SALOBERLIFTE

CHARACTERISTIC

Flat trail in a sunny location, also suitable for beginners

CHANCES TO STOP OFF FOR A DRINK/FOOD

Salober hospitality at the Salober-Jet's valley station.

FAMILY TIPS

How about a lantern-lit ramble at dusk? Visits to the farm afford fascinating insights into the living environment of the farmers.



Tobogganing – a great pleasure

The Bregenzerwald boasts the best conditions for enjoyable family holidays. Friendly hosts in the hotels, guest houses, holiday apartments and on the farms offering holidays ensure the right setting for this.

Tobogganing with children

Almost all towns and villages have one or several toboggan runs, many of which are illuminated in the evening. This includes many runs which children can ride alone, or on their parents' toboggan. Toboggans are available for rent in many towns and villages. The starting points of several toboggan runs can be easily reached by lift (→ [page 68](#)).

Well-supervised in the ski schools

The Bregenzerwald's ski schools are well-known for their child-friendly programmes. You can find further information on selected offers in the chapter Ski and Board (→ [page 5](#)).

Village lifts for young skiers

The clearly laid-out village lifts are ideal for families:

Au: Grunholz ski lift (→ [page 17](#))

Bizau: Hütten rope tow

Buch: Buch ski lifts

Hittisau: Hittisberg ski lift

Reuthe: Reuthe Baienberg ski lift

Schoppernau: Ahorn ski lift (→ [page 17](#))

Schwarzenberg: Haldenlifte

Sibratsgfall: Krähenberg ski lift

Sulzberg: Sulzberg village lift, Hagenberg ski lifts

Packages available to book:

Kinderschnee (Kids' Snow) package

Skiing is free for children between the ages of three and six (born in 2018 / 2019 / 2020) for six days; they're also able to attend a four-day ski course for free. (Seven nights) (→ [page 7](#))

Au-Schoppernau – sheep pen wool

Discover some fascinating facts about large and small sheep in the old sheep pen: fragrant mountain hay in the hayloft, haymaking tools, wool processing, production of a fragrant sheep's wool cushion, concluding with an exciting sheep story.

Meeting point: Church in Au, Rehmen

 **840/850**  **LUGEN (WALK TO THE MEETING POINT)**

Dates: 27 December 2023 to 27 March 2024 : every Wednesday at 4 p.m.

Duration: approx. 1 ½ hours

Age: from 4 years

Price per person: € 8 incl. sheep's wool cushion, drink and "sheep biscuits"

INFORMATION & BOOKING

by 5 p.m. the day before

Tourist office Au-Schoppernau

T +43 (0)5515 2288

www.au-schoppernau.at

Au-Schoppernau – farm experience

Life on the farm has a magical appeal to children. They are allowed to stroke the animals and watch the farmer feed, care for and milk the animals.

Meeting point: Church in Au, Rehmen

 **840/850**  **LUGEN (WALK TO THE MEETING POINT)**

Date: 26 December 2023 until 2 April 2024: every Tuesday at 5.30 p.m.

Length: approx. 1 hour

Price per person: free of charge

INFORMATION & REGISTRATION

Tourist office Au-Schoppernau

T +43 (0)5515 2288

www.au-schoppernau.at

Au-Schoppernau – lantern-lit ramble

Carrying brightly lit lanterns and accompanied by mascot "BASTI", the children ramble through Schoppernau. The lanterns can be taken home, and burn brightly as a reminder.

Meeting point: tourist information office, Schoppernau

 **850**  **GEMEINDEAMT**

Dates: 28 December 2023 to 14 March 2024 every Thur at 5.30 p.m.

Duration: approx. 1 hour

Price per person: free of charge

INFORMATION & REGISTRATION by 12 p.m.

Tourist office Au-Schoppernau

T +43 (0)5515 2495

www.au-schoppernau.at

Bezauf – lantern-lit walk to the Deerofo

Cultural and historical walk by lantern light through Bezauf with a stop at the "Deerofo". The walk concludes with a little drink at this lovingly restored barn that was once used by the whole village as a drying chamber.

Meeting point: 8 p.m. at the fountain in the village square (near Hotel Gams)

 **830/840/850**  **DORFPLATZ**

Date: Every Wednesday, from end of December 2023 to mid-April 2024

Duration: Approx. 1 hour

Price per person: € 8 (children free)

INFORMATION & REGISTRATION

by 4 p.m. the day before

Tourist office Bezauf

T +43 (0)5514 2295

www.bezauf-bregenzerwald.com

Bezau – right at the heart of the farm

Sarah talks about everything on her farm, the work as a farmer and about the animals. The animals can be fed and petted which will be followed by a brief tasting of the products made on the farm.

Meeting point: Ronklädele,

Ellenbogen 197, Bezau

 **830/840/850**  **SOZIALZENTRUM**

(WALK TO THE MEETING POINT)

Dates: Mid-December 2023 to May 2024, every Thursday at 5 p.m.

Duration: 1 ½ hours

Price per person: € 5

INFORMATION & REGISTRATION

by 4 p.m

Bezau Tourismus

T +43 (0)5514 2295

www.bezau-bregenzerwald.com

Damüls – indoor playground

The “Spielhaus” with a 170-square-metre indoor playground is particularly popular with children and parents.

Opening times: Daily from 9 a.m. to 5 p.m.

Location: Multi-purpose building,

Damüls 137

 **850**  **AU – GEMEINDEAMT**

 **851**  **KIRCHDORF**

INFORMATION

Tourist office Damüls Faschina

T +43 (0)5510 620

www.damuels.at

**Egg – Kuno Kinderkultur
(culture for children)**

KUNO stands for an adventurous kid's programme in the middle of the Bregenzerwald. Once a month, KUNO invites both young and old to culture at the highest level. KUNO is music, theatre, dance, art, film and literature.

INFORMATION & TICKETS

www.kunokinderkultur.com

Egg-Großdorf – lantern-lit ramble

Particularly well suited for families: a romantic ramble into the silence of the night. The light of the lanterns, of the moon and the stars, make the outing into a special experience. Guide Marianne relates stories on the way.

Meeting point: Falken inn, Egg-

Großdorf

 **820/890**  **ZENTRUM**

Date: End of December until the end of March: every Tuesday at 6 p.m.

Length: approx. 1 hour

Price per person: free of charge

INFORMATION & REGISTRATION

by 4 p.m. on Monday

Tourist office Egg

T +43 (0)5512 2426

www.egg-bregenzerwald.com

Egg – farm visit for young and old

The Meusburger family welcomes visitors to see their modern free-range stable. It's a place where the animals feel happy and like being stroked.

And, afterwards, interested visitors will be able to take a look at the cheese depot and purchase some of the products made at the farm.

Meeting point: Sieban 72,

Egg-Großdorf

Dates: every Saturday at 9.30 a.m.

between end of December and the middle of March

Price per person: € 5, children free

INFORMATION & REGISTRATION

Hilde Meusburger

M +43 (0)664 6304073

Hittisau – building an igloo

Armed with saws and shovels, guests try to copy the Inuits and build a winter-proof dwelling for the night.

Dates: by agreement

Meeting point: 9 a.m., Hittisau village hall

 820/860  GEMEINDEHAUS

Return: 6 p.m., or at around 9 a.m. the next day if the night is spent in the igloo

Price per person: upon request

INFORMATION & REGISTRATION

Christoph Oberhauser

M +43 (0)664 7670520

www.bewegend.com

Mellau – lantern-lit ramble

The guests ramble through the snow-covered wintry landscape with Andreas at dusk.

Meeting point: Tourist office Mellau

 833/840/850  ZENTRUM

Date: Mid December 2023 until end of April 2024: every Thursday at 8 p.m.

Length: approx. 1 ½ hours

Price per person: € 3, Children up to six years of age free

INFORMATION & REGISTRATION

Tourist office Mellau


T +43 (0)5518 2203

www.mellau.com

Mellau – experience farm up close

Be there when the animals are fed and milked and during the barn and farm work. The Bertsch family along with the many animals on the farm are looking forward to your visit.

Meeting point: Bertsch farm, Oberfeld 103, Mellau

 833/840/850  ZENTRUM

Dates: Middle of December 2023 until middle of April 2024, dates according to weekly event calendar

Duration: approx. 1 hour

Price per person: € 3, Children up to six years of age free

INFORMATION & RESERVATIONS

By 3 p.m.

Tourist office Mellau

T +43 (0)5518 2203

www.mellau.com

Schwarzenberg – highland cattle experience

Families can learn more about how suckler cows are kept naturally and see the calves, cows and bulls and help with feeding on the farm that lies in the middle of nature near the Bregenzerache. There's also plenty to see in the farm shop next door.

Location: Schwarzenberg, Kräherau (In the direction of the football field)

 870  LOCH

Date: on inquiry

INFORMATION & RESERVATIONS

TMT Kräherau, Timea Dolmanyos

M +43 (0)664 5477494

www.tmthighland.com

TIP: MORE IDEAS

Molke Metzler, Egg (→ page 95)
Horse-drawn sleigh and carriage trips (→ page 67)

There is plenty for families to do should the weather not play ball:

Museums and exhibitions

inatura – nature show in Dornbirn

Touch, crawl in, try out, play and experiment.

INFORMATION

T +43 (0)5572 23235-0

www.inatura.at

 850/860/870  BAHNHOF (WALK OR CITY BUS 207,  INATURA)

Schattenburg in Feldkirch

The medieval castle depicts life during the age of chivalry.

INFORMATION

T +43 (0)5522 304-3510

www.schattenburg.at

 850/860/870  BAHNHOF DORN-BIRN (TRAIN OEBB.AT)

Zeppelin Museum in Friedrichshafen (Germany)

The history and technology of aeronautics.

INFORMATION

T +49 (0)7541 3801-0

www.zeppelin-museum.de

 820/830/840  BAHNHOF BREGENZ (TRAIN OEBB.AT)

Indoor swimming pools

Swimming pool in Vitalhotel

Quellengarten in Lingenau

25 m pool, kids' pool

INFORMATION

T +43 (0)5513 6461-0

www.quellengarten.at

 820/860  HALLENBAD OR ST. ANNA-KAPELLE




Dornbirn municipal pool

Family pool with toddler and parent area, tunnel slide, diving platform

INFORMATION

T +43 (0)5572 22687

www.dasstadtbad.at

 850/860/870  BAHNHOF (WALK OR CITY BUS 160,  STADTBAD)

Bregenz swimming pool

25 m pool, kids' pool with slide

INFORMATION

T +43 (0)5574 44242-0

www.stadtwerke-bregenz.at

 820/830/840  BAHNHOF (WALK)

Aquaria adventure pool in Oberstaufen (Germany)

Family swimming pool with water slides, diving platforms and much more

INFORMATION

T +49 (0)8386 9313-0, www.aquaria.de

 820/890  MALAS (WALK)

Climbing halls

K1 climbing hall, Dornbirn

1,800 m² of climbing area indoors, 400 m² of boulder area, 600 m² outside area, climbing courses, taster courses

INFORMATION

T +43 (0)5572 394810

www.k1-dornbirn.at

 850/860/870  BAHNHOF

“Kletterwald” (“Climbing Forest”) in Egg

Climbing hall at the Mittelschule (Secondary School) Egg: 500 square metres of climbing area, lead climbing area that's 12 metres high, 20 lines and around 50 routes, two automatic belay devices (Toppas), boulder cave with campus board and system wall.

OPENING TIMES

Mon, Tue, Fri 5 to 10 p.m.,


Wed, Thur 7 to 10 p.m.,

Sat, Sun and bank holidays 1 to 10 p.m.

The climbing facility is not accessible outside the specified times.

INFORMATION & ONLINE-TICKETS

www.alpenverein.at/vorarlberg-bezirk-egg/

 840/850  PFISTER

ACTIVE WINTER

There are various ways to explore the winter landscapes. Hiking and tobogganing, for example. Or guided snow shoe tours. By horse-drawn sleigh or horse-drawn carriage or being pulled along by a team of huskies.



Winter hiking on the Diedamskopf

There are plenty activities for those whose winter enjoyment is found away from the piste. Winter hiking paths guide you through picturesque landscapes and to lovely viewpoints.

SIGNPOSTS

Winter hiking paths throughout the whole of the Bregenzerwald are clearly signposted in an easily visible pink.

NOTES ON SAFETY

- Make sure that you have the right equipment with you, such as adequate, waterproof footwear (e.g. climbing boots) and warm outerwear. Further useful items include: headgear, gloves, snow goggles or sunglasses, sun screen. "Shoe chains" prevent slipping on ice and snow: they are available from shoe shops and sport shops. Sticks are also helpful.

**TIP: WINTER HIKING AT
WWW.BREGENZERWALD.AT**

Tour tips, packages
and interesting
facts



- Stick to the signposted hiking paths (pink signposts).
- Taking short steps and maintaining an even pace going uphill save your strength, and go easy on the joints going downhill.
- Slightly bending your upper body forwards when going downhill reduces the danger of slipping.
- Take plenty of drinks with you.
- Ask your hosts about the weather forecast.

Hiking with dogs

Obligation to use a lead (entire local area):

Au, Bezau, Bizau, Damüls, Langenegg, Langen b. Bregenz (fighting dogs), Mellau, Riefensberg, Schnepfau, Schoppernau, Sibratsgfall, Schröcken, Warth

Obligation to use a lead (certain areas):

Egg, Hittisau, Lingenau, Schwarzenberg

No obligation to use a lead:

Alberschwende, Andelsbuch, Doren, Krumbach, Langen, Mellau, Reuthe, Sulzberg



Through the open landscape close to Sulzberg

Negrelli's church and endless views – Sulzberg mountain path

From Wellnesshotel Linde, Schönenbühl (820 m), a cleared agricultural path, or, if snow is plentiful, a hiking piste, leads to the mountain farms in Unterköhler: from there, you take a flattened hiking path to the Oberköhler plot of land at 985 m, then you follow a forest path to the approach road on the sunny side to Sulzberg, which you then follow on past the parish church to Sulzberg village square (1,013 m) with endless views across the Bregenzerwald. On the way back, you pass the sports field in Buch, then take the hiking piste back to the Hotel Linde.



STARTING POINT

Sulzberg-Schönenbühl

CULTURE ON THE ROUTE

As the “village on the mountain”, the location of Sulzberg in Vorarlberg gives it a very special quality of its own. The parish church in the Empire style is exceptional. It was built in 1828/29 by Alois Negrelli, the designer of the Suez Canal.

CHARACTERISTIC

Scenic mountain path on mainly flattened hiking paths

CHANCES TO STOP OFF FOR A DRINK/FOOD

Hotel Linde (Schönenbühl), Sulzberg Ochsen inn, Alpenblick inn and Adler inn in the center of the village, Bäckerei Alber (bakery)

TIP

Culinary Hike (→ [page 100](#))

Difference in altitude: up: 190 m/
down: 190 m

Total hiking time: 2 ½ hours

823 SCHÖNENBÜHL



Out and about on the Hochhäderich

Across the upland moor – the Hochhäderich circuit

The route follows almost completely flattened hiking trails through the mountain valley basin between the Nagelfluh ridges of Hochhäderich and Kojen-Fluh. It takes you from the Hochhäderich car park (1,227 m) across the Austrian-German border, and takes you up to the plateau of the Hörmoos alp (1,270 m). From there, you go downwards for a while to the Hochwies alp (1,230 m), then to the Gluttschwanden alp (1,200 m) and finally back to the starting point via the Moos alp (1,224 m).



STARTING POINT

Hochhäderich car park

CULTURE ON THE ROUTE

The cross-border circuit connects the Bregenzerwald with Oberallgäu, i.e. Vorarlberg with Bavaria. Between the approach road and the Moos alp, the blanket of snow conceals the Kojenmoos, an upland moor which has been widely preserved and which is protected. The Riefensberg locals used to cut peat here, and convey it into the valley via a material ropeway.

CHARACTERISTIC

Lovely mountain path in the alp area of the Vorderwald

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Hotel Hochhäderich, Hörmoos alp, Hochwies alp, Gluttschwanden alp, Moos alp

Difference in altitude: up: 70 m/
down: 70 m

Total hiking time: 2 ½ hours



Around the village of Hittisau

A circuit with a view – around the village of Hittisau

From the centre of the village (790 m), you follow a flattened hiking path along the cross-country ski run until you reach the Brand plot of land. Cross the road, where a path takes you up to Bütscheln (860 m). Via scenic hillside locations, you follow a flattened winter hiking path to the part of the village called Korlen. From here, take in the lovely views of Hittisau as you return to the starting point.

STARTING POINT

Village hall in Hittisau

CULTURE ON THE ROUTE

With over 100 alps – making it the village with the most alps in Austria! – Hittisau has a long tradition in the art of alpine dairy farming, and was one of the first centres for full-fat cheese making in Vorarlberg. Also worth a visit is the Women's Museum in Hittisau.

(→ [page 89](#))

CHARACTERISTIC

A gentle walk with lovely views

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Hittisau



Difference in altitude: up: 110 m/
down: 110 m

Total hiking time: approx. 1 ½ hours

820/860 GEMEINDEHAUS



Winter landscape at the Brüggelekopf in Alberschwende

On the Brüggelekopf in Alberschwende

The winter hiking trail leads from the village square over sunny slopes to Lanzen and Tannen. It takes hikers through a section of forest to Müselbach and then finally to the Parzelle Kaltenbrunnen above Egg. The trail continues through the holiday home complex and then along a partly well-trodden forest path to Brüggelekopf. Beautiful views of Lake Constance and the Bregenzerwald mountains may be enjoyed from the top of the mountain. The way back is the same or a bit shorter along the toboggan run.



STARTING POINT

Alberschwende, village square

CULTURE ON THE ROUTE

The Lorenapass is an old pass into the Bregenzerwald. It was the preferred link to the Rhine Valley from the Middle Ages to the middle of the 19th century.

CHARACTERISTIC

A panoramic hike on partly well-trodden and partly prepared winter hiking trails up to the local mountain that is the Brüggelekopf.

CHANCES TO STOP OFF FOR A DRINK/FOOD

Alpengasthof Brüggele, inns in Alberschwende

INFO

It's also good to know that toboggans are available to hire at the Alpengasthof Brüggele during opening hours so that visitors can ride down on a toboggan.

Difference in altitude: up: 463 m/
down: 463 m

Total hiking time: 4 ¼ hours

830/840/850 KIRCHPLATZ



Andelsbuch in winter

Architecture and wide vistas in Andelsbuch

The trip starts at the Andelsbuch tourist office. The route towards the Parzelle Wirth leads past modern residential buildings and large stately farms. It continues on a country lane along the edge of the Andelsbuch field to the slopes of the Bregenzer Ach valley. And then it returns to the village centre above the dam past the power station that was built during the Art Nouveau period (opened in 1908).

STARTING POINT

Andelsbuch tourist office

CULTURE ON THE ROUTE

The trades in the Bregenzerwald region catches attention across borders. The Werkraum Haus is often the venue for interesting exhibitions, guided tours and presentations of innovative work in the trades.

(→ page 82)

CHARACTERISTIC

Relaxing walk around Andelsbuch

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Konditorei Künz (bakery), Pizzeria La Montanara, Werkraum Haus, Jöslar, Liss Bar

TIP

themed trail “Flugmeile”

(→ page 70)



Difference in altitude: up: 28 m/
down: 28 m

Total hiking time: 1 ¼ hours.

840/850 GEMEINDEAMT



Out and about on the Bödele near Schwarzenberg

Panorama hike – Bödele-Schwarzenberg

From the bus stop on the Bödele (1,140 m), take a short walk along the road to Schwarzenberg where you pick up the winter hiking path. Cross the pistes of the Hochälpele lift, hike through alpine forests to the Hochälpele alp /Niederälpele (1,250 m, extensive views across the Bregenzerwald) and continue to Lustenau hut (1,250 m, chance to take a detour to the Bregenz hut). From Lustenau hut, take a scenic path across the Klausberg mountain pasture down into Schwarzenberg (695 m).



STARTING POINT

Bödele

CULTURE ON THE ROUTE

It was on the Bödele, close to Losen pass, an ancient crossing into the Rhine Valley, that Otto Hämmerle, an industrialist from Dornbirn, erected a countryside summer resort. After the Arlberg, the Bödele is the second birthplace of Vorarlberg skiing (in 1903/1904 a ski jump was built, and the first ski race was held. In 1907, the first ski lift in the world was built here).

CHARACTERISTIC

Hike into the valley on wide-tracked winter paths

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Bödele, Lustenau hut, Bregenz hut, Schwarzenberg

Difference in altitude: up: 120 m/
down: 570 m

Total hiking time: 3 hours

870 **BÖDELE**



Alp landscape, Schetteregg

Where cattle graze in the summer – Schetteregg circuit

The entire route follows flattened hiking trails. It takes you from Schetteregg (1,066 m) to the alpine pasture area of Eggatsberg and Hammeratsberg, with the lovely Bregenzerwald mountain pasture huts. You soon arrive at the Untere Falz alp, where you get lovely views of the southern mountains of Bullerschopf and Winterstaude (1,877 m). The route now takes you up to the Obere Falz alp and continues into the Ochsenhof alp area. Your return trip is rewarded with lovely views of Schetteregg and the foreland of the Bregenzerwald.



STARTING POINT

Schetteregg car park

CULTURE ON THE ROUTE

Eggatsberg and Hammeratsberg are two cooperative mountain pastures. They are collective property, whereas the huts are private property. The cattle are brought here for several weeks each spring and autumn, the milk is processed into butter and cheese in the collective's own dairy. During the summer, the pastures are mowed. The Falz alps are extensive dairy alps.

CHARACTERISTIC

Varied circuit through the peaceful mountain pasture and alp area

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Schetteregg

Difference in altitude: up: 180 m/
down: 180 m

Total hiking time: 2 ½ hours

827 SCHILIFT



The "Living on a slant" station – Georunde Rindberg in Sibratsgfall

Sibratsgfall – Georunde Rindberg

The tour brings you closer to the power of Mother Nature, letting you experience it for yourself: in May 1999, the mountainsides in the plot moved inexorably. The major incident left behind deep scars.

On the landscape as well as on the spirit of the village. The stations of the Georunde Rindberg trace the happenings, communicate interesting information and provide insights into the way the inhabitants of Sibratsgfall dealt with the situation.

Felber's leaning house is a very special experience and conveys to the visitors the physical forces of nature.

STARTING POINT

Felber's leaning house

DESTINATION

Alpenrose inn (closed)

CULTURE ON THE ROUTE

Eight stations: Felber's leaning house – The moved house – Living on a slant – Not quite perpendicular – The leaning fir tree – The demolition – St Mary's Chapel – Alpenrose inn

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Sibratsgfall

INFO

The trail is not groomed, the use of snowshoes is recommended.



Difference in altitude: up: 130 m/
down: 130 m

Trail category: separate signposting

Total hiking time: approx. 1 hour

860 DORFPLATZ (WALK TO THE STARTING POINT)

INFORMATION

www.bewegtenatur.at



Mountain pasture settlement, Schönenbach

To the loveliest mountain pasture – Sibratsgfäll-Schönenbach

If you take the bus, you must first take the road or follow the flattened winter hiking path down to the car park in Krähenberg (approx. 30 minutes). From the Krähenberg car park, the road descends steeply to Bilgeri's snack bar in Krähenberg. The flattened winter path starts here (keep on the cross-country ski run). Crossing a narrow gorge with impressive views down to the Subersach is a lovely experience. The valley soon reveals itself, and the beautifully located mountain pasture settlement of Schönenbach (1,025 m) is in front of you.



STARTING POINT

Car park at Krähenberg ski lift

CULTURE ON THE ROUTE

Schönenbach is one of the loveliest, largest mountain pasture settlements. It was mentioned for the first time in 1491, comprises over 25 huts and one chapel. Cattle graze on the mountain pasture before and after the alp period in spring and autumn and the milk is processed into butter and cheese in a collective alpine dairy.

CHARACTERISTIC

Wild and romantic trail through the Subersach gorge

CHANCES TO STOP OFF FOR A DRINK/FOOD

Sibratsgfäll, Bilgeri's in Krähenberg, Jagdgasthaus Egender, Schönenbach

TIP

Culinary Hike (→ [page 100](#))

Difference in altitude: up: 200 m/
down: 200 m

Total hiking time:

from Krähenberg car park: 3 ½ hours,
from Sibratsgfäll: 4 ½ hours

860 DORFPLATZ (WALK TO THE STARTING POINT)



Chapel in the mountain pasture settlement of Boden, close to Au

Walk up, toboggan down – Bergkristall hut in Au

From Au (800 m), a perfectly prepared path takes you along the northern edge of the Lug, mainly through a forest, up into the Dürrenbachtal to the idyllically located Boden mountain pasture. This is also the location of the Bergkristall hut located at an altitude of over 1,200 m. This tranquil, beautiful mountain valley is surrounded by the impressive, steeply rising rock massifs of the Zitterklapfenstock (2,403 m). You descend the same way. When the conditions are right, it is a good idea to take along a sledge for the descent into the valley.



STARTING POINT

Au, village hall

CULTURE ON THE ROUTE

The Boden mountain pasture, at an altitude of 1,200 m, is a rural settlement with a chapel. The land is collective property, whereas the huts are private property. This is where the farmers come with their cattle for several weeks before and after the summer. The Boden mountain pasture is one of the largest alpine dairy pastures in the Bregenzerwald.

CHARACTERISTIC

Rewarding hike in a tranquil, remote mountain valley

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Au, Bergkristall hut
(closed on Mondays and Tuesdays)

INFO

Please contact the tourist information office in Au-Schoppernau for the conditions for sledging.

T +43 (0)5515 2288

Difference in altitude: up: 420 m/
down: 420 m

Total hiking time: 3 ½ hours

850 GEMEINDEAMT



Winter hiking in Oberdamüls

On ancient Walser trails – the Damüls alpine circuit

From Damüls (1,425 m), you follow the path towards Oberdamüls and after the Gasthaus Glöckle continue on the fully prepared valley path next to the cross-country ski run as far as the Unterdamüls. Then up the mountain to the Alpengasthof Jägerstüble (1,614 m). From here, a mountain path takes you up to an altitude of approx. 1,700 m (views as far as the Rätikon), past the Alpe Oberdamüls (1,667 m) and to Oberdamüls. From Alpenstern Panoramahotel you walk along the road back to where you started.



STARTING POINT

Tourist office Damüls

CULTURE ON THE ROUTE

Damüls is one of the first documented Walser settlements in Vorarlberg (enfeoffment with Uga alp in 1313, and with “Tamülls” alp in 1326). There is documentary evidence of its own parish church dating back to 1382. The late Gothic church (1484) has a remarkable interior such as frescoes from around 1490.

CHARACTERISTIC

A marvellous mountain circuit at an altitude of over 1,400 m with a unique view of the mountains

CHANCES TO STOP OFF FOR A DRINK/FOOD

Gasthaus Glöckle, Alpengasthof Jägerstüble, Berggasthof Sonnenheim, Alpenstern Panoramahotel, Hotel Damülser Hof, Nevo Restaurant

TIP

Culinary Hike (→ [page 100](#))

Difference in altitude: up: 290 m / down: 290 m

Total hiking time: approx. 3 hours

850 AU – GEMEINDEAMT

851 KIRCHDORF



View of the Braunarlspitze

To the mountain hotel at the lake – Hochtannbergpass – Körbersee

Take the winter hiking trail from the Hochtannbergpass (1,676 m) past the frozen Kalbelesee lake and the Körberkreuz. From there take a considerable hike up to the Witelesattel (1,750 m) and then down to the Berghotel Körbersee (1,665 m). If the snow conditions are good, it is worth following this up by taking another walk around the frozen Körbersee (voted Austria's most beautiful place in 2017). If you take the right piste on the way back, you will enjoy a circuit back to the starting point

STARTING POINT

Hochtannberg pass

CHARACTERISTIC

Gentle ramble at altitudes above 1,600 m on prepared winter hiking trail

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Berghotel Körbersee, Salober hospitality at the Salober-Jet's valley station, Hotel Adler

TIP

Guided winter hikes while incidentally discovering interesting facts about the culture and nature:

- ALPINE-PASSION, Jürgen Riegger
www.alpine-passion.at
- Schneesportschule Schröcken
www.skischule-schroecken.com
- Skischule Warth
www.skischule-warth.com
- Schneesportschule Warth – Arlberg Snowsports
www.arlberg-snowsports.at



Difference in altitude: up: 90 m/
down: 90 m

Total hiking time: approx. 2 hours

852 SALOBERLIFTE

In many towns and villages, hiking and mountain guides take guests on snowshoe tours. Expert guides show guests how to walk properly on snowshoes. Those walking with professional guides should particularly observe the wildlife quiet zones and stay on the designated routes.

Au-Schoppernau – Diedams-Panorama Snowshoe Tour

This tour presents a fantastic panorama from the mountain with the most magnificent views in the Bregenzwald. The tour starts with a ride by cable car up to the mountain station, continues with a hike to the summit cross on Diedamskopf and then dives into a beautiful winter mountain world away from the skiing area.

Meeting point: Bergbahnen Diedamskopf (Cable Car) valley station

 **840/850**  **DIEDAMSKOPFBAHN**

Date: every Monday, 12 p.m.

Duration: approx. 4 hours

Price per person: € 40, incl. snowshoes and poles, excl. cable-car ticket

Minimum age for children: 6 years

INFORMATION & REGISTRATION

Markus Moosbrugger

M +43 (0)664 3429465

www.mitmoses.at

Au-Schoppernau – hike to the Neuhornbachhaus

The cable car takes hikers to the mountain station from where they can hike on snowshoes down to the Diedamssattel, on through the beautiful Haldental valley and then up over the Neuhornbachjoch to the Neuhornbachhaus. Back to the valley either by toboggan or on foot – depending on the prevailing conditions.

Meeting point: Schneesportschule Au-Schoppernau, cable-car station

 **840/850**  **DIEDAMSKOPFBAHN**

Date: every Thursday at 9.30 a.m.

Duration: around 5 hours, incl. breaks

Price per person: € 110, including cable car ticket, snowshoes, toboggan and guided tour with an experienced ski guide

Minimum number of participants: 5

INFORMATION & REGISTRATION

until Tuesday 3.30 p.m.

Schneesportschule Au-Schoppernau

T +43 (0)5515 2133

www.skischule-schoppernau.com

Au-Schoppernau – Kanis snowshoe tour

The bus departs for Mellau at 10 a.m.; The guests will be taking the cable car to Roßstelle where they leave the ski area behind them to walk past Alpe Kanis to Alpe Wurzach. Descent via Öberle and Auer Ried back to Au. The walk leads 280 metres uphill and 800 metres downhill. Route: 8.5 kilometres.

Meeting point: 9.30 a.m. Bergbahnen Diedamskopf (cable car), valley station

 **840/850**  **DIEDAMSKOPFBAHN**

Date: Every Tuesday

Return: Approx. 4 p.m.

Price per person: € 65, incl. snowshoes and poles, excl. bus and cable car ticket

INFORMATION & REGISTRATION

Markus Moosbrugger

M +43 (0)664 3429465

www.mitmoses.at

Bizau – winter landscapes

Konrad Feurstein, who is the hiking guide on this tour, reveals special insights and vistas.

Meeting point: village square Bizau

 **832**  **GEMEINDEAMT**

Date: 27 December 2023 until 25 March 2024: every Monday at 1.30 p.m.

Length: approx. 3 hours

Price per person: free of charge

Minimum number of participants: 4

INFORMATION & REGISTRATION

Konrad Feurstein

M +43 (0)664 6324537, www.bizau.at

Damüls – hike at full moon

through the winter landscape in the quiet of the evening.

Dates: 24 January, 24 February, 25 March 2024

INFORMATION, PRICES AND REGISTRATION

online by 5 p.m. the day before at www.grosseswalsertal.at/bergaktiv
 Damüls Faschina Tourismus
 T +43 (0)5510 620, www.damuels.at

Egg-Schetteregg – mountain pasture landscape

The guided hike commences in Schetteregg, which lies in a tranquil side valley. The hike takes you to two mountain pasture settlements.

Meeting point: Hotel Schetteregger Hof

 **827**  **SCHILIFT**

Date: Every Thursday at 10.15 a.m.
 Middle / end of December until around the middle of March, depending on snow conditions

The full-moon snowshoe hike will also be taking place once a month.

Length: approx. 2 hours

Price per person: € 18 including snow shoe rental

INFORMATION & REGISTRATION

until Tuesday at 4 p.m.

Tourist office Egg

T +43 (0)5512 2426

www.egg-bregenzerwald.com

Hittisau – snow-shoe hike into the sunset

Guided tour into the snow-covered landscape.

Meeting point: Hittisau village hall

 **820/860**  **GEMEINDEHAUS**

Dates: December to April

Every Monday between 2.30 and 4 p.m., return between 5 and 7 p.m.

Price per person: upon request

INFORMATION & REGISTRATION

Christoph Oberhauser

M +43 (0)664 7670520

www.bewegend.com

Hittisau – with snowshoes and torches to the Rappenfluh

The torch-lit snowshoe tour takes participants to the legendary Rappenfluh at the foot of the Hittisberg.

Location: Hittisau

Meeting place: Hittisau village hall

 **820/860**  **GEMEINDEHAUS**

Date: December to April every Wednesday at 5 p.m., return between 7 and 9 p.m.

Price per person: on inquiry

INFORMATION & REGISTRATION

Christoph Oberhauser

M +43 (0)664 7670520

www.bewegend.com

Hittisau-Riefensberg – snowshoe taster tour

Comfortable snowshoe walk into the sunset in the idyllic Hochhäderich region.

Meeting point: Jakobs Skishop

Dates: December to April, every Tuesday at 4.45 p.m.

Duration: Approx. 1 ½ to 2 hours

Price per person: On inquiry

INFORMATION & REGISTRATION

Jakobs Skishop

M +43 (0)664 9141095

TIP: HOW TO BEHAVE

Information about protected and quiet zones for wildlife:
www.respektiere-deine-grenzen.at
 (→ p. 30)

Mellau – adventure hike on snowshoes

Winter hiking guide Erwin Kohler accompanies the group with his expert knowledge through the idyllic Mellental valley. The destination is the 'Vorsäß Dös', an alpine settlement, where a small refreshment awaits.

Meeting point: 10 a.m. at the Mellau-bahn cable car's valley station

 833/840/850  ZENTRUM

 832  BERGBAHN

Dates: every Wednesday from December 2023 to April 2024

Duration: approx. 4 hours

Price per person: € 55 incl. snowshoes, guided tour and meal

INFORMATION & REGISTRATION

until Tuesday 4 p.m.

Tourist office Mellau

T +43 (0)5518 2203

www.mellau.com

Schnepfau – snowshoe hike “with a view of the Kanisfluh”

The different snowshoe tours always open up new perspectives on the imposing Kanisfluh depending on the snow situation and condition.

Meeting place: by arrangement

Date: daily on request

Minimum number of participants: 4

Duration: half day or day tour

Price per person: half day tour € 48, day tour € 58

INFORMATION & REGISTRATION

Aktivzentrum Bregenzerwald

M +43 (0)676 7837878

www.aktiv-zentrum.at

Schnepfau – snowshoe tour & igloo build

Wearing their snowshoes, they set off together on a joint expedition to build an igloo.

Meeting place: by arrangement

Date: daily on request

Minimum number of participants: 6 people

Duration: between 3 and 5 hours

Price per person: on request, depending on the number of participants

INFORMATION & REGISTRATION

Aktivzentrum Bregenzerwald

M +43 (0)676 7837878

www.aktiv-zentrum.at

Schwarzenberg – snow-shoe hiking in the nature reserve

Tour guide Daniel takes his guests through the nature reserve “Fohra-moos” at the Bödele – an extensively intact upland moor featuring bog forests.

Minimum number of participants: 4

Place: Bödele/Schwarzenberg

Meeting point: Schwarzenberg skiing school, Weißtanne 375

 870  WEISSTANNEN

Time: 9 a.m. every Wednesday between mid-December and mid-March, further dates on request

Duration: approx. 2 hours

Price per person: € 35 including snow shoes

INFORMATION & REGISTRATION

the day before until noon

Skischule Schwarzenberg

M +43 (0)664 2214075

www.skischule-schwarzenberg.at

TIP: SNOWSHOE TOUR

Sibratsgfäll – Rindberg geological tour (→ page 58)

Schwarzenberg – animals and nature in winter – snowshoe hike

The Fohramoos with its gnarled birches, low bog-pine and snow-covered mountain-pine forests presents itself in a mystical atmosphere. Animal tracks can be found in the snow. Hiking guide and herb expert Katharina Moosbrugger will be sharing stories about the local wild animals and their strategies for survival in winter.

Minimum number of participants: 5

Meeting point: Skishop Bödele, Bödele 574

 **870**  **WEISSTANNEN**

Dates: Beginning of December until the end of March every Saturday at 2 p.m., other dates on inquiry. This event will also take place even if there's no snow.

Duration: around 2 ½ hours

Price per person: € 30 (rental of snowshoes from the organiser)

INFORMATION & REGISTRATION

On the day of the event until 10 p.m.
Katharina Moosbrugger
M + 43 (0)664 4454071
www.naturerfahren.at

Warth-Schröcken – evening hike “Unterwegs auf leisen Sohlen” – “Out and about on quiet soles”

This tour takes you off the beaten track, through unspoilt nature on the Hochtannberg.

Meeting point: Tourist office Schröcken

 **852**  **DORF**

Date: every Tuesday at 4.30 p.m.

Length: approx. 1 ¾ hours

Price per person: € 18 including snow shoes

INFORMATION & REGISTRATION

Alpinschule Schröcken, Josef Staggl
M + 43 (0)664 2525200
www.alpinschule-schroecken.at

Warth-Schröcken – to the loveliest destinations in the area of Hochtannberg

Off the beaten track to enjoy the winter landscape.

Meeting point: Hochkrumbach

 **852**  **SALOBERLIFTE**

Dates: daily upon request

Duration: approx. 2 ½ – 3 ½ hours

Price per person: € 30 incl. snow shoes

INFORMATION & REGISTRATION

Alpinschule Schröcken, Josef Staggl
M + 43 (0)664 2525200
www.alpinschule-schroecken.at

Warth-Schröcken – guided snowshoe hike

Certified guides from the Warth Ski School accompany visitors to the most beautiful places around Warth.

Meeting place: Ski-school office Skischule Warth

 **852**  **STEFFISALPE**

Date: every Monday at 3.45 p.m.

Duration: 1 hour

Price per person: € 25 including snowshoes, excluding poles

INFORMATION & REGISTRATION

Skischule Warth, T +43 (0)5583 3443
www.skischule-warth.com

Damüls – walk by the light of storm lanterns with the mountain rescue service

Members of the Damüls staff of the mountain rescue service accompany guests on a 45-minute walk by the light of storm lanterns through the snow-covered mountain village.

Times: Every Monday at 8.45 p.m., from 8 January to 8 April 2024

Meeting point: Uga valley station, Kirchdorf at the tourist office and Oberdamüls car park

INFORMATION

Tourist office Damüls Faschina
T +43 (0)5510 620, www.damuels.at



Out and about on the Hochhäderich

Being pulled along by strong horses and wrapped in a warm blanket on a horse-drawn sleigh or horse-drawn carriage is a great way to glide elegantly across the winter landscape.

Au-Schoppernau

- Peter Erath, M +43 (o)664 5140834
- Mathias Erath, T +43 (o)5515 2298
- Franz-Josef Dünser, T +43 (o)5515 2295
- Jakob Lingg, T +43 (o)5515 2928

Bezau

- Helmut Felder, M +43 (o)664 1344370

Damüls

- Alfons Bischof, M +43 (o)664 3382257

Egg-Schetteregg

- Schneider family,
M +43 (o)664 3744794

Hittisau

- Michael Schelling,
M +43 (o)664 3037239

Krumbach

- Klaus Mennel, M +43 (o)664 1312345

Langenegg

- Franzpeter Vögel, M +43 (o)664 3780733

Lingenau

- Wendelin Stöckler,
M +43 (o)664 8690126

Mellau

- Raimund Dietrich,
M +43 (o)676 9543361

- Gotthard Simma,
M +43 (o)664 1155766

Riefensberg

- Steinhauser family,
M +43 (o)664 4122915

Schwarzenberg

- Martin Metzler,
M +43 (o)664 9265935

Husky trail

Following the welcoming of the huskies, the sledges are divided up, the dogs are harnessed and the commands for the dogs are learned. After a short trial run, off you go into the terrain.

Trails: Körbersee, Jägeralpe, Hochtannbergpass (Warth-Schröcken); Gräsalp, Grunholz (Au-Schoppernau)

Duration: approx. 1 ½ to 4 hours, depending on the trail

Prerequisite: sporting ability of the mushers (max. 100kg) and a great love of dogs

Price: from € 400 for two persons

INFORMATION & REGISTRATION

Husky & Co, Marc Van Landeghem
M +43 (o)664 2407422
www.huskytouren.at

It is not only children that take great pleasure in visiting the natural toboggan runs that Bregenzerwald has to offer! Merry groups steering their toboggans into the valley are particularly abundant in the evening.

Alberschwende

** Brüggelekopf Tannerberg

Walking time: 60 min

The walk starts in Dreßlen at the Tannerberg baby ski-lift – 400 metres above Hotel Engel.

Length: 4 km

Toboggan rental & information:

Alpengasthof Brüggele

T +43 (0)5579 4391

M +43 (0)664 9750855

www.alpengasthof.com

Information about when the toboggan run is open:

www.winterrodeln.org

Au-Schoppernau

* Snow-tubing run at

Alpen-Hotel Post in Au

with moving walkway

Snow tubing rental:

Tourist office Au

T +43 (0)5515 2288

* Toboggan lift Grunholz, Au

Length: 650 m

On special toboggans which can be rented at the valley station, you take the ski tow up the mountain. Tobogganing in the evening: Wednesday and Friday, 7 to 10 p.m. Toboggan rental at the Grunholz lift.

* Lebernau pasture, Au

Length: 500 m

* Lisse, Au

Length: 750 m

** Godlachen, Au

Length: 2.9 km

** Gschwend, Schoppernau

Length: 1.5 km

Toboggan rental:

- Sport Fuchs, Au, T +43 (0)5515 2315

www.sportfuchs.com

- Sport Gorbach, Au

T +43 (0)5515 4141-1, www.gorbach.at

- Sport Matt, Schoppernau

T +43 (0)5515 4120, www.matt.at

Bezau

* Gschwend

Illuminated toboggan run daily until 11 p.m.

Length: 1.7 km

** Baumgarten-Sonderdach

(ascent by cable car)

Length: 3 km

Toboggan rental:

Bezau cable car, T +43 (0)5514 2254

Bizau

* Escha

Length: 1.2 km

The bottom section of the toboggan run is illuminated every day until 9 p.m.

* Bildbühel

Length: 50 m

Damüls

*** Uga (ascent by the Uga Express)

Illuminated toboggan run, Wednesday and Friday 7.30 to 9.30 p.m. Ascents are not covered by the 3Valley ski pass.

Length: 2.5 km

Toboggan rental:

Intersport Matt

T +43 (0)5510 25250

www.intersportrent.at

KEY

- * gentle, for children
- ** medium, for families
- *** strenuous, for adults

Mellau*** Dosegg natural toboggan run (Übermellen)**

Illuminated on different days of the week, information at Mellau Tourismus, T +43 (0)5518 2203, www.mellau.com

Length: illuminated over 800 m

Toboggan rental:

Sport Natter,

T +43 (0)5518 2262

www.sportnatter.com

Riefensberg***** Steinernes Tor**

Length: 1 km

Toboggan rental:

Alois Berkmann, T +43(0)5513 8238

Schwarzenberg**** Angelika Höhe I**

Length: 400 m

*** Angelika Höhe II**

Length: 100 m

Toboggan rental:

Berg Fink Ski & Bergsport

T +43 (0)5512 2918, www.bergfink.at

Schwarzenberg Bödele

* Toboggan hill at the top of the pass

** TOBOGGANupHILL at the Oberlose lift with special rental toboggans

Opening times: weekdays

up to 15 minutes before closing time, Saturdays, Sundays and every day from 3 to 4 p.m. during the school holidays.

Cost, including rental toboggan:

4 trips € 10; 11 trips € 25

INFORMATION

www.boedele.info, T +43 (0)5572 7214

Sibratsgfall**** Krähenberg**

Upon request, the toboggan run is illuminated between 7 and 10 p.m.

Tourist office Sibratsgfall,

T +43 (0)5513 2112-13

Length: 800 m

Toboggan rental: Krähenberg lift

M +43 (0)664 3053322

Sulzberg*** village lift**

Length: 150 m

Toboggan rental: Nordic Sport Park

Warth-Schröcken**** „Rodelbahn von der Höhi“**

Illuminated toboggan run daily until 10 p.m. Monday and/or Thursday toboggan ride, ascent by tractor.

Start: 7 p.m. Groups from 10 people are requested to book

M +43 (0)664 4120529

Length: 700 m

Toboggan rental: Directly on-site

**** Toboggan run near the Dorfbahn****Warth cable car**

Open daily during skiing hours.

Toboggan evenings on Tuesday and Sunday from: 7 – 9 p.m.

Length: 600 m

Toboggan rental: valley station

Price: during the day, included in the valid season pass; single trips or tickets for two hours

Toboggan evening in Schröcken

Every Wednesday from 5.15 to 7 p.m. (the toboggan run may not be used outside of these operating hours due to skiing). Refreshments are available

Special toboggan bus shuttles run at 15-minute intervals. (Last bus at 7 p.m.)

Length: 2 km

Toboggan rental: from the end at the “6er Bar” in Schröcken-Heimboden or from the start in Schröcken-Neßlegg.

Prices: € 4 for one ride + bus, including toboggan rental



Tandem flight

The Bregenzerwald flying area (Niedere close to Bezau-Andelsbuch and Diedamskopf close to Aushoppert) is well-known for its laminar upwind and its pleasant thermal conditions.

The special thing about it is that an increasing number of flight/training areas can be offered within 10 km with each (wind) direction. The proximity and the easy accessibility of both flying areas ensure that training is both flexible and fast. On the Diedamskopf, you can take off towards the southerly, south-easterly and easterly directions across alpine, steep terrain.

From the approx. 10° in the pull-up area, the take-off area continually passes into a steep slope. Two take-off ramps are available for hang-gliders.

Also on offer: tandem flights.

INFORMATION & LESSONS

Bregenzerwald flying school

T +43 (0)5514 3177

Tandem mobile

M +43 (0)664 5127765

www.gleitschirmschule.at

Andelsbuch – themed trail

“Flugmeile”

The Flugmeile Andelsbuch (‘Air Mile’) is a new themed trail that aims to shorten the distance between the village centre / bus stop to the Andelsbuch cable car’s valley station by offering lots of interesting information about paragliding. Seven stations provide information about local conditions, historical developments, achievements and much more. The Flugmeile also has lots to interest young visitors because ‘Andi’ – half man, half bird – accompanies them with puzzles and games along the trail.

INFORMATION

www.andelsbuch-bregenzerwald.com

840/850 GEMEINDEAMT

FOREST

From sycamore to silver fir, from rare upright mountain pine to beech: the Bregenzerwald's landscape stands out for its very different types of forest. Bog forests, gorge forests, alpine forests and – something that's particular to the Bregenzerwald – continuous cover forests. The best way to explore the green recreational areas is by hiking and specialised programmes.



Sycamore tree in the Damüls-Mellau ski area

Around 1,000 years ago, the region now known as the Bregenzerwald was largely covered with trees. That's also probably how the Bregenzerwald came to its name. Today, around 40% of the Bregenzerwald with its 23 villages is forest. The forests are very important to the Bregenzerwald and its cultivated landscape and show how sustainability is actually being lived in the region.

The forest shapes the landscape and makes the changing seasons apparent. Many trees come into bloom in spring and provide shade and protect from the heat in summer. Then they display of a wide range of different colours during the autumn before presenting their romantic side in the snow-covered winter landscapes. People take pleasure from forests throughout the year. Forests are a benefit to health, are the habitat for many species of plants and animals and protect villages from avalanches, landslides and floods. They act like air-conditioning systems and constitute the source of the raw materials that architects and craftspeople are able to employ so skilfully.

Specifics of the Bregenzerwald's forests

All forests in the Bregenzerwald are held in (small-scale) private ownership. They're not the property of the government as is usually the case in other states in Austria. The predominant species of tree are spruce, beech and silver fir. Silver fir makes up to 80% of the forests in the Lower Bregenzerwald. Careful observers will notice how different the forests look depending on where they're located.

- **Bog forests** are typical for such places in the Lower Bregenzerwald as Langen, Sulzberg, Krumbach and Sibratsgfall as well as the Bödele. These are characterised by shrubby growths, birch and mountain pine, which grow upright there. These are usually found more in France and Switzerland but, in Austria, they're only encountered in Vorarlberg.
- The Bregenzerache valley and its side valleys, e.g. the Argenschlucht near Au and the Mellental near Mellau, are characterised by **gorge forests**. The air here is usually more humid, which favours the growth of sycamore, ash, mountain elm, yew and silver fir there.



Sulzberg moorland

- **Alpine forests**, which extend up to altitudes of around 1,900 metres, consist mainly of spruce. High-altitude mountain trees, such as larch and Swiss stone pine, hardly grow in the Bregenzerwald. They're too sensitive to snow.
- **Beech forests** thrive in a special geological zone that's to be found in the area between Andelsbuch and Mellau, which is indicated by the name of 'Andelsbuch' ('Buche' being the German for 'beech').
- **Sycamore** grows in many places. Particularly beautiful specimens are to be found on alpine pastures in the Mellental valley near Mellau where they provide shade for the cows. In the past, alpine herders used to stuff the leaves from these trees into their bed covers.

Feature: continuous cover forests and sustainability

The Bregenzerwald is characterised by its many areas where continuous cover forests grow. This is special because only around 2% of the wooded areas in Austria are managed as continuous cover forests. Such forests have a primeval look

about them. Old and young trees grow together apparently at random. Mainly silver fir, spruce and beech in the Bregenzerwald. But they're carefully managed forests where different species, sizes and ages of tree are allowed to grow. The forest managers' task is to occasionally but regularly fell large old individual trees to allow young trees to grow back in the wells of light created in this way. That means that they don't have to invest effort and money into planting young trees. Continuous cover forests rejuvenate themselves through a process of 'natural regeneration'. The creation of such forests is considered the high art of forestry management because it takes profound knowledge and lots of experience to do the right thing there. Areas with continuous cover forests play a very important role in the preservation of biodiversity. They're also significantly more resilient to the effects of climate change. Woods with continuous cover forestry are better able to cope with the harmful effects caused by, for instance, drought and storms and such pests as fungi and bark beetles, than

forests consisting primarily of one species of tree.

Forest and health

Forests are not only important to nature, plants and animals. They're also extremely valuable for the environment and for us humans. Studies have shown that spending time in forests delivers health benefits. The calm, the clean air, the surrounding greens and terpenes, i.e. the fragrances from trees, contribute greatly to well-being. Anybody wanting to put that claim to the test should just head out into the woods or take part in one of the activities that are supervised by the region's expert guides.

Forest and design skills

Forests in the Bregenzerwald play an additional important role. The wood from the different trees represents a consistent, renewable and ecological source of raw material that contributes greatly to how value is created in the region. The wood keeps sawmills in business – there's a sawmill in almost every municipality. Architects use the wood to build houses and design façades, while skilled workers produce furniture and accessories, including shoes and clogs known as 'Hölzlar', from it. More wood grows in the Bregenzerwald than is used. Building with timber has a long tradition in the Bregenzerwald. That's demonstrated by the many buildings that feature wooden shingles and interiors that boast wooden panelling. Wood from spruce is primarily used for shingles and from silver fir for interiors. Wood from silver fir has the advantage that it doesn't exude resin.

Forest and climate

Forests and wood are hugely important to the climate and the environment. Wood is a CO₂ sink and therefore helps remove CO₂ from the atmosphere. Practical examples include timber façades, which store considerable amounts of CO₂. Wood, provided it isn't treated before being used and worked, is 100% recyclable or combustible. Large areas of forest act like air-conditioning systems. They cool the atmosphere and purify the air. Forests with a wide range of different species of tree, varied structures and good rejuvenation – especially where continuous cover forestry is employed – are better able to withstand global warming. Wood as a renewable raw material provides environmentally-friendly energy: almost every municipality in the Bregenzerwald operates one or even several biomass heating plants. The local heating plants in such municipalities as Damüls, for instance, deliver around 95% of the energy needed there for heating and hot water. More insights are provided during the guided tours of the biomass heating plant in Au.

Forests and dining

Forests are also a source of many delicacies that range from mushrooms through berries and herbs to venison. Pine-top honey is another forest speciality. Special dishes and oils may be flavoured with herbs from the forest as well as with fir and spruce needles.

**TIPP: FORESTS AT
WWW.BREGENZERWALD.AT**

Forest hikes, guided forest
excursions, adventure
and wellness in the
forest, architecture and
crafts and trades





Tracking animals in the company of a ranger

A magnificent cultural landscape, awarded the much-coveted designation “nature park”, developed between Bregenzerwald and Allgäu over the course of several centuries. Today, 15 communities (eight of which are in the Bregenzerwald), are involved in the first cross-border park between Austria and Germany.

Alpine meadows with 290 different species of plant, valuable upland moors, forests of white firs and ravine forests and an alp density unmatched anywhere else in Austria are characteristics of the nature park. A connecting element is the impressive Nagelfluh range, which crosses the nature park from the west to the east. Great differences in altitude, geologic diversity, sustainable alp farming – all of this resulted in the creation of a large number of various living environments on a relatively small surface. During the winter, the easily accessible mountains in the nature park are an ideal destination for snowshoe hikers, backcountry skiers and lovers of nature. With its *Dein Freiraum.Mein Lebensraum* (Your Space.My Habitat) and *Respektiere deine Grenzen*

(Respect Your Boundaries) tourist information campaigns, the nature park has for many years been successfully promoting the fact that habitat protection and environmentally friendly winter sports are not mutually exclusive.

The Nagelfluhkette Nature Park ...

... is the first and so far only transnational nature park that covers areas in both Austria and Germany.

... is, with 405 square kilometres, a large international protected area.

... combines eight municipalities from the Lower Bregenzerwald with seven Allgäu municipalities.

... is a hotspot for biodiversity. Rare animal and plant species still live here, such as the Apollo butterfly or the wood pink.

... takes its name from the impressive Nagelfluhkette, a mountain range that forms the heart of the nature park.

... has, with more than 500, a high density of alpine meadows.

Respectful use

Those who set out in the nature park on skis, on snowshoes or simply on foot will find our overview boards at the starting points to popular winter destinations. The protected zones have also been identified along with the routes on a map. The board also indicates which protected zone benefits from respectful routing. Green directional signs can be found on frequently used tours at prominent points in the landscape; these mark the official route that avoids the protected areas. Visitors following these signs will always be in the 'green area'. But those who nevertheless find themselves in front of a 'stop sign' will easily be able to find their bearings again on the map and will know that a protected zone lies ahead. These protected zones have been carefully defined in cooperation with winter-sports enthusiasts, land managers and our partners from forestry and hunting. Accordingly, we also always try to find a sensible compromise between attractive routes and the protection of habitats. With a little luck, you'll also be able to chat with one of our rangers during your exploration of the terrain. They're always happy to talk. More information and interactive maps for planning your winter tours in Vorarlberg and the Nagelfluhkette Nature Park in a nature-friendly way are available at www.respektiere-deine-grenzen.at (*Respect Your Boundaries*) and www.freiraum-lebensraum.info (*Your Space. My Habitat*). (www.freiraum-lebensraum.info).

"Out and about with rangers – looking for tracks in the winter world"

At first glance, the snow-covered slopes and mountain forests of the nature park look pristine. Upon closer inspection, the tracks left behind by black grouse, mountain rabbits, chamoix, indicate that sensitive animals have their habitat here. People also leave traces behind: be it during leisure time or in the management of forests and meadows. The regular snowshoe hiking trip with a nature park ranger is the ideal opportunity to take some time out from everyday life and to sharpen the senses and eyes for the many marks that both people and animals have made here.

Duration: 4 to 5 hours

Start: 10 a.m.

Meeting point: To be announced at registration

Price per person: free of charge

Number of participants: Min. 6 to max. 15 people

What to take with you: weather-proof clothing, backpack, drink and snack, avalanche gear (avalanche transceiver, probe, shovel). The avalanche gear is also available to borrow free of charge on request

Dates and registration:

<https://nagelfluhkette.info/infozentrum>

Respect your boundaries

The 'Respektiere deine Grenzen' ('Respect your Boundaries') initiative appeals to visitors to the forests to be aware and mindful of the forests' needs and to protect these sensitive natural spaces when they spend time there.

CULTURE

The reflective Advent season in Schwarzenberg, concerts, exhibitions and museums: the calendar of events promises an exciting mix of styles, even in the winter.



Modernism and tradition

If a ranking of the most significant architectural regions in the world were to be drawn up today, Vorarlberg would, without a doubt, be in the top ten. However, this doesn't just mean the significance of the individual constructions, but also their number and density.

This phenomenon is comparatively new. Whilst it is true that Vorarlberg's baroque master builders are a fixed feature in specialist literature, whenever the Vorarlberg school of architecture or architects are mentioned, they mean the generation born since 1950 which has been influencing the architecture here for about the past 30 years. Without counting the handful of pioneers that preceded them, this amounts to over 60 people: considering the 400,000 inhabitants, this is an amazing number. Such a ratio is only possible in a region where architecture is appreciated, where one in four houses is designed by architects.

From construction artists to architects

However, this is the result, rather than the explanation, of a development. "Construction artists" is what

the players called themselves at the start since, in the face of a vehement conflict with the "establishment" of the building industry and chamber, the title "architect" was refused. According to one of the pioneers, public appearances, the joining of forces and dialogue were important right from the start. The ideal founded in terms of social policy – social, affordable, sustainable, regional – promoted the solidarity of a generation that was searching for new life forms and other ways of cultural expression, that was resisting the sell-out of their land, and that found expression in building. The new type of architecture started off in residential buildings – by way of examining already existing buildings or as a new structure, often for residential groups – and grew into a clear sign of the cultural restoration which soon extended to the economic elite and the public sector. However, as important as this environment was, there are always people who take responsibility, and Eberle, Gnaiger, Dietrich, Kaufmann and Ritsch have long since become international stars with chairs at renowned universities.



Islen holiday home in Mellau

Landscape and wooden buildings

Located somewhat off the beaten track, the Bregenzerwald was part of this development, although in a way of its own. In contrast to the densely populated, industrial and commercial Rhine Valley with its mainly suburban structure, landscape, nature and rural craftsmanship culture is of great importance in the Bregenzerwald. Outside of the Bregenzerwald, groups of houses and farms dominate, whereas inside the Bregenzerwald it is the single-ridge house, outside of the Bregenzerwald it is households which commission the building, whereas inside the Bregenzerwald it is the young craftsmen. The Bregenzerwälder have a greater affinity for craftsmanship in general (*Werkraum Bregenzerwald* → [page 82](#)): for example, it is in the carpentry trade that the Kaufmann family of architects has its roots. While, following the initial years, the formal experiment is in demand outside, the tendency towards stringency and sobriety increases inside. Rural pragmatism and the discipline of construction with timber, which is now

state-of-the-art, appears to be more effective here. Recently, examining the old buildings is also gaining in importance. Above all, however, the new buildings fit in with the surrounding landscape with regard to material, size and proportion. Is it this attitude that shies at the eccentric and that searches for the typical rather than the unique which guarantees this way of building a wide basis? In any case, good carpentry firms now build residential buildings which architects in other places wouldn't be capable of building: it is these houses which graze casually in the field like the cattle which are as typical of the region as the farmhouses and the churches.

Worth a visit

It is hard to list remarkable buildings, since many of them are private residential buildings which are not accessible. However, a walk through Bizau, Hittisau or Schwarzenberg can satisfy your curiosity.

Umgang Bregenzerwald → [page 80](#)



Discovering architecture and craftsmanship

The way people in the Bregenzerwald deal with their environment is the subject of specially marked paths through the villages of the region. Take these paths and, by observing selected objects, experience how people here have shaped their lives, and continue to shape them.

The way we treat each other and the world (German: “Umgang”) needs constant updating. This is the aim of our “Umgang Bregenzerwald”. It is intended to train awareness and an understanding of the world. From 1050, people settled here and gradually took ownership of the valley and mountains. What we admire here as the natural environment is the result of centuries of farming in the valley, on the mountain pastures (the “Vorsäß”; middle level of alpine farming) and the high mountain pasture. The “Umgang Bregenzerwald” draws our attention to the buildings, tools and everyday objects that have developed here over the course of time. And now, the valley is changing from a merely rural region into a sort of new suburb of the “Rhine City”, which reaches from Bludenz to Bregenz.

This offers us a glimpse of the towns of the future: resilient, durable settlements that count both agricultural production and recovery as well as leisure pursuits and tourism amongst their functions. Sustainable building is already well established in the Bregenzerwald today, and the raw materials for the timber houses are obtained locally. This also applies increasingly for catering establishments and craft workshops. Anyone who follows all 12 trails of the “Umgang Bregenzerwald” will realise sometime that these are not village walks; instead, they are a practical training in future urban life. Town planners will find inspiration for the cities of tomorrow here. Perhaps they may also come up with ideas as to how suburbs such as the Bregenzerwald can be provided with transport links to the other parts of the “Rhine City” that are more sustainable. Walking would be best. But as the “Umgang Bregenzerwald” shows, this is a very time-consuming, albeit very beautiful form of transport. Without noise. It also protects the environment which, in the town of the future, will be within its own boundaries, not out in the country.



Walks focusing on architecture and craftsmanship

Around 10 stations, marked by waist-high rust-coloured posts, draw attention to special aspects of the architecture, craftsmanship and the cultivated landscape on each of the 12 village walks. The walks take between 1.5 and four hours depending on the village. The route and details about the objects have been described in an accompanying folder which is available from the local tourist offices and from Bregenzerwald Tourismus. The village walks in **Schoppernau**, **Mellau**, **Bizau**, **Andelsbuch**, **Hittisau**, **Krumbach** remain open throughout the winter.

The following trails are only partially open in winter: **Au**, **Beza/Reuthe**, **Schwarzenberg**, **Egg**, **Lingenau**, **Langenegg**. Information about a winter-suitable version is available at the tourist office or from the host.

TIP: Guided village tours

Guided village tours take place every Friday from January to April. Registration for the guided tours until 5 p.m. the day before at the respective tourist office. The guided tours start at 9.30 a.m. at the respective tourist office and last for around two hours. Participation is free of charge.

TIP: “UMGANG” WALKS AT WWW.BREGENZERWALD.AT

12 village walks focusing
on architecture and
craftsmanship





Werkraum Haus in Andelsbuch

Werkraum Bregenzerwald

The Bregenzerwald is not only famed for its modern wooden architecture – its workshops also take new paths. They combine old skills and the traditional use of forms with contemporary design. Their inventive, high-quality products are in demand internationally. Around 90 of the most innovative workshops – from the carpenter through to the light designer – have merged to create the Werkraum Bregenzerwald. As a joint platform, the Werkraum Bregenzerwald organises exhibitions, competitions and talks. The association has joined forces with the commercial colleges in Bezau to run the Werkraum Schule Bregenzerwald for young and upcoming crafts- and tradespeople. The Werkraum Bregenzerwald has been listed in the international UNESCO register for good practical examples for the maintenance and continuation of intangible cultural assets since 2016.

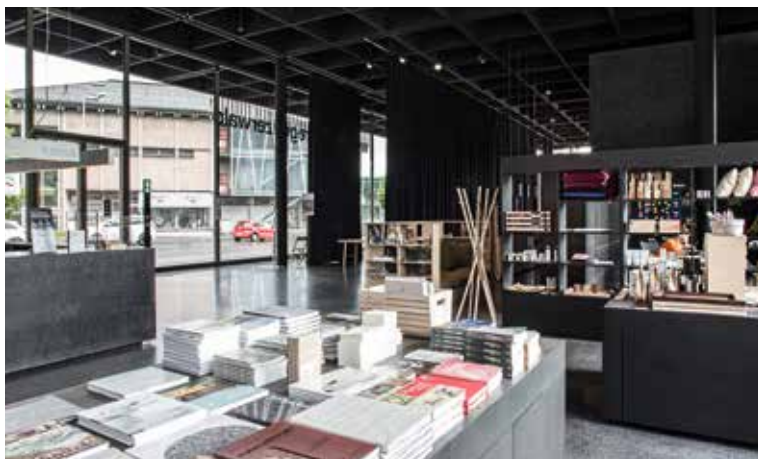
Werkraum Haus

The Werkraum Haus opened its doors in the centre of Andelsbuch in the summer of 2013. The building was planned by the renowned Swiss architect Peter Zumthor. It was actually built by the members of the Werkraum Bregenzerwald workshops known and appreciated by Peter Zumthor due to long-term cooperation. The visionary design is based on two keynotes. On the one hand, the hall-like building serves as a meeting place. On the other hand, it is a huge showcase for presenting the culture of craftsmanship in the Bregenzerwald.

This idea is expressed in a wide protruding roof made of wood and a façade made of glass. There is no division between the interior and the exterior, and the landscape is allowed to flow through the building.

Exhibitions

The Werkraum Haus is the venue for changing presentations of products from the workshops of the member companies as well as themed exhibitions focusing on the culture of the craftsmen's trades and architecture.



Werkraum Haus in Andelsbuch

Consultancy and shop

The Werkraum Haus is the place to find out more about the craftsmen's trades in the Bregenzerwald region. Contacts can be established with the member companies on request. Regional hand-crafted products and relevant technical literature are available from the shop.

Restaurant

The Werkraum Haus brings regional artisan culture and hospitality under a single roof at its Werkraum Küche (Werkraum Kitchen). The kitchen also serves drinks and home-made cakes in addition to the small dishes that are available at lunchtime.

Events and seminars

Numerous in-house events are also organised at the Werkraum Haus. It's possible on request to hire the building for training sessions, lectures and other events. Educational programmes for children and young people are also available on request depending on the exhibition.

Dates: www.werkraum.at

Entrance fee and guided tours

€ 7.50 regular price, € 5 concessions

Free admission for children and adolescents up to 16 years. Guided tours are available upon request.

Opening times

Tuesday – Friday, 10 a.m. to 6 p.m.

Saturday, 10 a.m. to 4 p.m.

Closed Mondays, Sundays and on public holidays

INFORMATION

Werkraum Bregenzerwald
Werkraum Haus, Andelsbuch

T +43(0)5512 26386

www.werkraum.at

840/850 GEMEINDEAMT



Devich's wooden shoes

All sorts of specialist craft items are created in workshops and studios. Items made by expert craftspeople and artisans are available in a number of shops, generally straight from the producers.

Werkraum craftsmanship (→ page 82)

The range of products in the Werkraum Haus shop covers items from firms that are members of the Bregenzerwald Werkraum, such as felt baby swings, wooden toys, chopping boards and much more. Books on crafts and architecture are also available.

Werkraum Bregenzerwald,
Andelsbuch
www.werkraum.at

Working in clay

The KreativWerkstatt is a pottery workshop where the clay works are completed by raku firing. Information, workshops & exhibition
Petra Raid, Langenegg
www.raid-petra.at

Jewellery

In her smithy, Christina Fetz-Eberle designs and makes jewellery from stainless steel and stones. Glanzstück Schmuckwerkstatt, Hittisau
www.glanzstueck.at

“Werk Schönes” – wooden objects

The ‘Werk Schönes’ (‘Workshop of Beautiful Things’) family of products includes small, beautiful, practical and playful objects as well as award-winning pieces manufactured at the Holzwerkstatt Faißt in Hittisau.

Onlineshop:
www.holz-werkstatt.com
Atelier: Holzwerkstatt Markus Faißt
Nussbaum 361, Hittisau

Toboggans

Anton Bereuter makes leisure and sport toboggans from local wood. Anton Bereuter, Alberschwende
www.handwerkholz.at
Local ash wood is cut down in the winter months when the moon is right and air-dried for two years – and then used to make sports or family toboggans. Gebrüder Johler, Alberschwende
www.johler-rodel.at



Leisure toboggan, Anton Bereuter Handwerkholz, Alberschwende

Wooden shoes

Some people wear them in the shed, others wear them in the city. The Devich family has been making wooden shoes – clogs, boots and sandals – for four generations. The materials – wood, leather and hide – are always different, and so each pair is unique.

Devich Holzschuherzeugung, Hittisau
www.holzschuhe.at

Bregenzerwald toys

Wooden toys like crane trucks, doll's houses, gaming tables and even dentist's chairs are being manufactured from locally available beechwood by people with special needs. Onlineshop: www.holzspielzeug-und-mehr.at

Shop: Bahnhof 148, Bezaus

Lamps

Bregenzerwald designer Anna Claudia Strolz creates lighting systems and also makes some of the lampshades herself at her studio in Bregenz. Some of the designs are produced in cooperation with Bregenzerwald tradespeople. Shop & Studio, Bregenz
www.strolzleuchten.at

Textiles

Women who are reinstating and reinterpreting old methods of hand-crafting fabrics can be found working at this textile workshop. Initiator Martha Niederacher and her colleagues also arrange courses. In felting and weaving, for example, as well as in spinning, embroidery and willow weaving.

Martha Niederacher, Krumbach
www.textil-werkstatt.at

Pfiffiges („smart things“)

Roland Bär and his family as well as creative partners manufacture sustainable products: cheese, spirits, liqueurs, meat as well as wooden toys, lamps, small items of furniture and decorative items.

Onlineshop: www.pfiffiges.at
 Farmshop: Kalchern 65, Andelsbuch

**TIP: SHOPPING AT
WWW.BREGENZERWALD.AT**

Retail addresses and
 more information about
 the subject





Bus stop Moos, Rintala Eggertsson Architects

Architects from seven different countries are designing seven different bus stops in Krumbach: small buildings for the good of the public. However, this is only one aspect of a courageous project. The other is an unusual dialogue with Vorarlberg tradition, building culture and craftsmanship.

Krumbach is well-known for its scenic beauty and a lively pub culture. In recent years, the village has made a name of itself with its multi-award-winning architecture. Most recently with the bus:stop krumbach project: in cooperation with the Architekturzentrum Wien and the Vorarlberg Architektur Institut, seven architectural firms from Russia, Spain, Belgium, Norway, Japan, China and Chile were invited to design seven bus stops.

In close cooperation with local craftsmen and regional partner architects, seven bus stops were built in 2014 – as a tribute to the use of traditional materials, skilled manufacturing techniques and the landscape. And to that which continues to characterise the region: the interplay of man and

nature, of tradition and the modern age, of craftsmanship and building culture.

Bränden bus stop

Sou Fujimoto, Japan

Unterkrumbach Süd bus stop

Architecten de Vylder Vinck Taillieu, Belgium

Unterkrumbach Nord bus stop

Ensamble Studio, Spain

Zwing bus stop

Smiljan Radic, Chile

Oberkrumbach bus stop

Alexander Brodsky, Russia

Moos bus stop

RintalaEggertsson Architects, Norway

Glatzegg bus stop

Wang Shu, Ly Wenyu, China

INFORMATION

www.krumbach.at

 820/890

Architecture prizes for BUS:STOP:

State Prize for Architecture 2014, Vienna

Iconic Award “Architect’s Client of the Year”, Munich

The cultural calendar also has plenty to offer during the winter: Advent in Schwarzenberg is particularly atmospheric. Music and cabaret are staged.

kulturverein bahnhof Andelsbuch

Culture makes a regular stop at the “bahnhof”, the converted K&K Andelsbuch station on the closed Wälderbahn line. More than 40 events are staged here every year: concerts, recitals, presentations, discussions, fairytale hours and exhibitions. The kulturverein bahnhof wants to bring culture from across the world to the Bregenzerwald and to use the bahnhof to show what types of culture thrive there.

INFORMATION

kulturverein bahnhof

www.bahnhof.cc

 840/850  GEMEINDEAMT

Andelsbuch – GaumenKino (cinema and meal) im Jöslar

Interested cineastes sit wherever they can find a place – a cinema seat, a chair or a bar stool – and indulge in best of cinematic fare presented by Hans Bach Lichtspiele. Three fine courses are served – and drinks anyway – to accompany the event.

Date: the first Sunday of every month

INFORMATION

Jöslar, Andelsbuch

www.jöslar.at

www.hansbach.at

T +43 (0)5512 2312

 840/850  GEMEINDEAMT

Hittisau – Literature salon in Hotel Krone

The “Literature on Saturday Afternoon” cycle is a joint event hosted by Ensemble 89 Hittisau and Gasthof Krone.

INFORMATION & DATES

Hotel Gasthof Krone

T +43 (0)5513 6201

www.krone-hittisau.at

 820/860  GEMEINDEHAUS

Sulzberg-Thal – Thalsaalkultur

The Thalsaal is considered one of the finest halls in the region.

Built back in 1928 based on historical dance halls, it was reopened in 2007, following extensive restoration and modernisation measures.

Cultural offers: concerts, cabaret, theatre, and much more

INFORMATION

www.thalsaalkultur.at

 820/823/822  DORFPLATZ

Schwarzenberg Advent

The atmospheric “Schwarzenberg Advent” enriches the Advent period with cultural and culinary evenings.

Highlights:

1/2 December Advent market with accompanying programme on the Kirchplatz

15 December Concert by Bradlberg Musig at the Angelika Kauffmann Museum

17 December Concert for two trumpets and organ by Trio Toccata in Schwarzenberg parish church

28 December Lantern walk to the Theresienkapelle (chapel) followed by a celebration

INFORMATION

Tourist office Schwarzenberg

T +43 (0)5512 3570

www.schwarzenberg.at

 830/870  DORFPLATZ



Curate building in Au – Museum of Baroque Master Builders

Insights into the history, lifestyle and creative activity are provided by lively museums and exhibitions.

Alberschwende local history museum

The museum presents rural life and interior home design from the 18th and 19th centuries.

OPENING TIMES

On inquiry

INFORMATION

Tourist office Alberschwende

T +43 (0)5579 4233

🚌 830/840/850/860 🕒 KIRCHPLATZ

Museum of Baroque Master Builders in Au

Museum documenting the history of master builders in Au during the baroque period (exhibition in German and English)

OPENING TIMES

From mid-December:

Mon, Wed, Thur, Fri 2 – 6 p.m.,

Sun 10 a.m. – 5 p.m. / guided tours:

Mon, Wed, Fri 4.30 p.m., Sun 10.30 a.m.

INFORMATION

Au-Schoppernau Tourismus

T +43 (0)5515 2288

www.barockbaumeister.at

🚌 840/850 🕒 LUGEN (WALK TO THE MUSEUM)

Vorarlberger FIS Skimuseum Damüls

Kulisse Pfarrhof in Damüls (Rectory Backdrop)

OPENING TIMES

15 December 2023 to 12 April 2024

Tuesday and Friday 2 to 5 p.m.

Groups upon request

INFORMATION

Tourist office Damüls Faschina

T +43 (0)5510 620

www.damuels.at

🚌 850 🕒 AU – GEMEINDEAMT

🚌 851 🕒 KIRCHDORF

Schoppernau – KulturTour

Equipped with a map, a rucksack and an app, visitors may see important turning points in the life of the writer, social reformer and farmer from Schoppernau, Franz Michael Felder.

Issuing point: Schoppernau

Tourist Office, open Mon – Fri

8 a.m. – noon, 1.30 – 5.30 p.m.,

Sat 8 a.m. – noon

INFORMATION

Tourist office Schoppernau

T +43 (0)5515 2495

www.au-schoppernau.at

🚌 840/850 🕒 GEMEINDEAMT



Frauenmuseum Hittisau

Women's Museum in Hittisau

The only women's museum in Austria holds changing exhibitions, which examine topics relevant to women from the fields of history, art, architecture, social history, ethnology, craftsmanship, etc. An interplay or a combination of a regional and an international perspective is ensured. To accompany the exhibitions, the Women's Museum offers a busy supporting programme of individually designed special guided tours, talks, workshops, concerts, readings and film showings.

The museum has won many awards, including the Österreichischer Museumspreis (Austrian Museum Award) 2017 and a Special Commendation from the European Museum of the Year Award in 2021. The Frauenmuseum Hittisau won the Österreichische Umweltzeichen (Austrian Eco-Label) in 2023.

OPENING TIMES

Tue to Sun 10 a.m. to 5 p.m.

GUIDED TOURS

Every Monday at 6 p.m. and upon request

INFORMATION

T +43 (0)5513 20537

M +43 (0)664 88431964

www.frauenmuseum.at

820/860 GEMEINDEHAUS

Franz Michael Felder Museum Schoppernau

Franz Michael Felder was a farmer, writer and social reformer and is an important historical figure from the Bregenzerwald. The exhibition is an exploration of his life, displaying original documents, quotations and pictures, and featuring audio points.

OPENING TIMES

Mon 4 – 6 p.m., Thu 9 – 11 a.m.,

Fri 5 – 7 p.m., Sun 9.30 – 11.30 a.m.

(closed on public holidays)

INFORMATION

Tourist office Schoppernau

T +43 (0)5515 2495

www.au-schoppernau.at

840/850 GEMEINDEAMT



Angelika Kauffmann Museum Schwarzenberg

Angelika Kauffmann Museum Schwarzenberg

Kunstraum (Art Room)

This Bregenzerwälderhaus boasts a core that's more than 450 years old and an exterior that doesn't offer any clues to the fact that it's home to a modern museum space in the former service wing. It was built in 2007 to mark the 200th anniversary of the death of the artist Angelika Kauffmann. Changing exhibitions that focus on different subjects with original works by the famous painter are shown from May to October. The Heimatmuseum (local history museum) in the old wing offers comprehensive insights into 19th-century rural living and the culture of everyday life.

salon angelika

The Museum für Gegenwartskunst (Museum of Contemporary Art) opens its doors every spring to present works by young artists from the region.

OPENING TIMES

8 March – 14 April 2024

Fri – Sun 2 p.m. – 5 p.m.

INFORMATION & GUIDED TOURS

Tourist office Schwarzenberg

T +43 (0)5512 3570 47

www.schwarzenberg.at

www.angelika-kauffmann.com

🚗 830/870 📍 DORFPLATZ, MAIEN-FREIEN

Vorarlberg Museum in Bregenz Exhibition: "Hiller. The Bregenzerwald's photographic memory".

Be it wedding photos, memories of first communion or pictures of the deceased: Foto Studio Hiller, which was founded in Bezaun in 1923, was the first address for photography in the Bregenzerwald. Kaspar Hiller and his children documented life in and changes to the valley community for more than seven decades.

The curator and photo artist Arno Gisinger uses the extensive photo collection to tell the story of the Bregenzerwald.

OPENING TIMES

Until April 2025

Tue – Sun, 10 a.m. – 6 p.m.; Thur, 10 a.m. – 8 p.m.

INFORMATION

www.vorarlbergmuseum.at

🚗 820/830/840 📍 BAHNHOF
(WALK TO THE MUSEUM)

DINING OUT

The Bregenzerwald locals are masters in the art of cheese and cuisine. The Bregenzerwald KäseStrasse with its selection of enjoyable stations is dedicated to the subject of cheese. The chefs in the multi award-winning restaurants and inns skilfully master the art of cooking.



Jagdgasthaus Egender in Schönenbach

Whether it's a restaurant, an inn or a café, at the top of a mountain or in village surroundings: the Bregenzerwald boasts many destinations for pleasure-seekers. Those who wish to cook for themselves may source delicious ingredients from the region.

Fancy an out-of-the-ordinary breakfast, a midday snack, tempting sweets, a hearty snack or a gourmet menu from an award-winning kitchen? Those who enjoy good food will find what they're looking for in the Bregenzerwald. That's because hosts in the Bregenzerwald do their utmost to provide for the culinary well-being of their guests and do so with a pleasing variety of dishes. The options extend from innovative cuisine to such down-to-earth offerings as the typical Käsknöpfele (cheese dumplings). International food is also available, from pizza to burgers.

Harmonious ambience

The different locations alone make culinary explorations worthwhile. Visitors may sit in a cosy Bregenzerwald lounge, surrounded by wood-panelled walls. Or delight in the modern ambience in the style of contemporary wooden architecture. Delicacies and the atmosphere may be enjoyed elsewhere in gardens, on terraces at the top of mountains with the best views or in front of alpine huts.

Frau Kaufmann:

Learn home-style cooking

At "Frau Kaufmann", a four-course meal is cooked according to old recipes, either true to the original or with a few contemporary changes. All participants attend each course, either cooking or watching. The individual meals are eaten as soon as they are ready. Suitable wines are served.

INFORMATION

Karin Kaufmann

M +43 (0)676 4954144

www.fraukaufmann.at

840/850 PFISTER



Bregenzerwald cheese soup

Fine ingredients

Ingredients sourced from the region are given centre stage wherever possible. Bregenzerwälder alpine and mountain cheese is used to enhance many a dish. Cream cheese is delicious both as an appetiser and in desserts. Meat, ham and sausage specialities are supplied by butchers who work closely with local farmers. Fish is procured from sustainable sources in the Bregenzerwald or from Lake Constance. Fruit, vegetables and herbs originate in Vorarlberg and the Lake Constance region or from local gardens.

The dedicated group of gardeners here, for example, include the Hotel Post in Bezau and the Bio-hotel Schwanen in Bizau. They launched the 'Solidarische Landwirtschaft Land.Wird' community-farming project and jointly manage a 4,000-square-metre vegetable, fruit and herb garden with partners from the region. The 'Schulhus' and 'Krumbacher Stuba' moorland innkeepers in Krumbach are experts in refining dishes and drinks with plants and herbs from the local moor.

Excellent kitchens

Which restaurants and inns in the Bregenzerwald have received awards from gourmet guides? Gourmets in Austria are able to consult three guides. The Gault & Millau Guide has awarded toques to several kitchens in the Bregenzerwald. Some chefs are pleased to be awarded the stars from the Á la Carte Guide. The Falstaff Restaurant Guide, which rates cuisine and service with a maximum of 100 points, also offers good orientation. This guide does not rely on a jury of experts – the ratings are awarded by members of the Gourmet Club.

Delightful selection

Those spending their holidays in apartments may also treat themselves to breakfast in a hotel, café or mountain restaurant for a change. These eateries offer, for example, a selection of Bregenzerwald cheese and cold-cut specialities, egg dishes, muesli, home-made products such as bread, jams, juices and smoothies. Some breakfast menus even include 'Riebel', a traditional Vorarlberg speciality prepared from Riebel maize semolina.

Wolfgang Mätzler from Andelsbuch offers an award-winning to-go menu in jars for lunch or dinner under the name of 'fairkocht'. His range includes soups, veal goulash, sugo with and without meat, paprika chicken, sauerkraut, apple sauce and much more.

The 'Sonntagsgasthaus' in Egg-Großdorf is a special address for lunch on Sundays. It is, as the name suggests, only open on Sundays. Top chefs take turns at the cookers with hobby cooks.

Diving into the world of brewing

The brewery tour provides visitors with an insight to what goes on behind the scenes during the production of beer and lemonade.

Meeting point: Brauerei Egg

Date: upon request

Duration: 1 hour (with tasting)

Price per person: upon request

INFORMATION & REGISTRATION

Brauerei Egg

T +43 (0)5512 2201

www.brauerei-egg.at

 820/830/840/850/890

 ZENTRUM

Buying regionally

Those who like to cook for themselves or wish to take culinary souvenirs home with them will be happy to look around the many gourmet specialists. For example, in alpine dairies (→ p. 98), fine distilleries, delicatessen shops and farm-gate shops.

The range at Sutterlüty – a Bregenzerwald-based supermarket – also includes many regional products. The Käsehaus (Cheese House) in Andelsbuch is open seven days a week. Besides its large selection of cheeses, it also offers many other specialities from the Bregenzerwald and neighbouring regions. Home-made delicacies – from honey to fine spirits – as well as culinary delights from associated artisan producers are available at 'Bentele Genuss' in Alberschwende. Cheese as well as whey-based drinks and care products are available from the Metzler family's open farm in Egg (→ p. 95). It's possible to combine dining and shopping at the 'Ernele', a shop and gastro outlet that's run by Romantik Hotel Das Schiff in Hittisau. Everything that's available there is sourced from within a radius of no more than 100 kilometres.

TIP: CULINARY DELIGHTS AT
WWW.BREGENZERWALD.AT

Special places to stop
off and shop, stories
and recipes for typical
Bregenzerwald dishes





Metzler farm shop

Metzler dairy farm Egg

The project NATURHAUTNAH has created a place for energy-efficient and sustainable farming. Visitors can grasp, literally and figuratively, life on the farm and everything that it involves or creates; an experience that inspires an appetite for nature. From the imposing cow pens and the turbulent goat romping house with its visitor gallery, to the small animal cuddling zone, the herb garden, the high-tech cooling and heating system, through to the cheese production, on to whey-based cosmetic processing and the farm shop with its choice range on offer: there is nothing to hide.

Farm visit

for individual visitor and groups

Whey-based cosmetic products

Cosmetics, refreshing drinks, bath additives

Milk the goats and cows

with brunch/cheese buffet and whey drinks

Cheese specialities, Alpine dairy school

Making cheese

INFORMATION & BOOKING FOR ALL PROGRAMMES

Metzler Käse – Molke GmbH

T +43 (0)5512 3044

www.molkeprodukte.com



Falzalpen cheese cellar in Egg-Schetteregg

How come a valley community in which, a century ago, Sunday dinner comprised a sort of wheat flour mash (with maize grits the rest of the week) is now a gourmet region with specialities whose origins are protected and where refined gastronomy is at home in many restaurants?

The Bregenzerwald is an Austrian gourmet region. These days, the word “gourmet” is used all too frequently in advertising: however, the expression “gourmet region” has a specific meaning: it is a registered brand by the Austrian Ministry for Food and the AMA (Agrarmarkt Austria), wishing to remind consumers of regional specialities. The basic prerequisites are that the ingredients come from the region, that production is regional, and that the products are firmly rooted in regional gastronomy. In the Bregenzerwald, this means alpine cheese. Every year, approximately 5,000 tons of alpine cheese are produced in the valley’s 15 dairies. Every year, 200 tons of alpine cheese are handmade by the 64 dairy alps every summer. The special thing about this cheese is the silo-free milk

it is produced from, since only 3% of EU dairy farmers produce in this way, i.e. their cows never eat silo fodder – instead, between May and October, they only eat grass and herbs. During the winter, they only eat the air-dried hay from valley meadows. In the so-called three-stage farming method, following their winter in the barn, the animals graze on the mountain pastures located at medium height (around 900 m) during the spring and the autumn, and on the high mountain pasture during the summer. The mountain pastures are run as a collective, since the farmers only have an average of 12 cows in the barn.

The three-stage farming method (which was included in the national UNESCO list of immaterial cultural assets in spring 2011) in particular gives the alpine cheese the special flavour which means it can easily contend with the well-known European full-fat cheeses. It has been like this for a long time: back at the start of the 19th century, the inhabitants of the Bregenzerwald sold over 30.000 kg of cheese to the monarchy and abroad. In 1877, Karl von

Seyffertitz wrote: “Everywhere – including in the cheerful Vorderwald, in Hittisau and Lingenau, you will meet a unique people in strange national dress in wood-panelled parlours with floors scrubbed white, with shiny door handles – the men busy looking after a dairy breed of cow and overseeing the production of a popular, world-famous fine cheese, the women busy with elaborate white-work embroidery.” However, it wasn’t the producers back then who made all the money – it was the sellers. The Schnepfau local Josef Ambros Moosbrugger, for example, made so much profit from selling cheese that he could afford a city palace in Milan. No doubt he dined differently to the people back home, where cooking over an open fire resulted above all in simple pan-fried dishes such as the “Riebel” and the “Schwozermuas”. Up on the alp, flour, salt, butter, quark and cheese were the main ingredients. The recipe for “Schwozermus” – named for the woodcutters from Schwaz – was: “Water, flour, salt, dripping – and that’s it!” The lack of bread on the alp gave rise to the “Käsknöpfe”, to “Sig”, known only in the Bregenzerwald and which is caramelised lactose, since they wanted to make a further product from the whey.

The passage of this modest alp fare to the current first-class restaurants in the Bregenzerwald – which now use over 60 regional types of cheese – went through a series of changes which demanded quality rather than quantity. These include the 1997 EU Protection of Origin of alpine and mountain cheeses, the establishment of the “KäseStrasse Bregenzerwald” in 1998 as a network of farmers, alpine dairies, craftsmen, publicans and businesses, the “Gourmet region

of the Bregenzerwald” in 2005, the Vorarlberg quality marketing “luag druf” in 2005, the inclusion of Bregenzerwald mountain cheese into the “Ark of taste” by Slow Food 2008, and the “Bregenzerwald Gourmet Days” by the KäseStrasse in July 2009. The toughest taste test is still the most regional however: every year, alpine and mountain cheese is judged in Schwarzenberg. The winner at this event is enough to satisfy any gourmet’s taste buds.

TIP: KÄSESTRASSE & TASTING

The KäseStrasse Bregenzerwald is an association of farmers and alps, alpine dairy farmers and cheesemakers, cheesemongers and restaurants, museums and cable car operators, members of the tourism industry and partners from the worlds of trade and commerce. The over 180 partners which make up the KäseStrasse network are joined together in the objective of maintaining and preserving taste and regional culture.

Programme: „World of enjoyment in the Bregenzerwald Cheese Cellar in Lingenau “

View through the glass wall into the cheese cellar where around 50,800 wheels of alpine and mountain cheese are maturing, information pertaining to cheese culture in the Bregenzerwald, the maturing and storage of alpine cheese, showing of the KäseStrasse film, tasting of the diverse types of cheese and other specialities

INFORMATION & REGISTRATION

KäseStrasse Bregenzerwald

T +43 (0)5513 42870-41

www.kaesestrasse.at

🚌 860 📍 GRÜNER BAUM



Cheese tapping at the Alpe Annalp in Au

Sennerei Andelsbuch

Hof 366, 6866 Andelsbuch
 T +43 (0)5512 2507
www.sennerei-andelsbuch.at
 Mon – Sat 8 – 11.30 a.m.
 Fri 8 – 11.30 a.m. and 2 – 6 p.m.
 24-hour cheese vending machine
 🚗 840/850 📍 GEMEINDEAMT

Bregenzerwälder Käsehaus Andelsbuch

The Bregenzerwälder Käsehaus (cheese house) in Andelsbuch sells up to 60 different types of hard, cut, fresh and soft cheeses made from cow's, goat's and ewe's milk. On inquiry: demonstration dairy
 Hof 144, 6866 Andelsbuch
 T +43 (0)5512 26346
www.kaesehaus.com
 Mon – Sat 9 a.m. – 6 p.m.
 Sundays and bank holidays 10 a.m. – 6 p.m.
 🚗 840/850 📍 GEMEINDEAMT

Alpenkäse, Au

Argenau 354, 6883 Au
 T +43 (0)5515 2310
www.alpenkaese.at
 Mon – Sat 8.15 – 12 a.m.
 Tue and Fri 2 – 6 p.m.
 🚗 850 📍 GEMEINDEAMT

Alpenkäse Bregenzerwald**Sennerei Bezau**

Ach 586, 6870 Bezau
 T +43 (0)5514 30020
www.alpenkaese.at
 Mon – Fri 8 – 12 a.m. and 2 – 6 p.m.
 Sat 8 – 12 a.m.
 🚗 840/850 📍 CAFE NATTER (WALK)

Sennhaus Bezau Oberdorf

Mittlere 119, 6870 Bezau
 M +43 (0)664 1982000
www.sennhaus-bezau.at
 Dec – May: Mon – Sat 8 – 12 a.m. and 6 – 7 p.m., Fri 4 – 7 p.m.
 June – Nov: Tue, Fri, Sat 9 – 11 a.m., Fri 4 – 6 p.m.
 🚗 830/840/850 📍 DORFPLATZ (WALK)

Alma Bergsennerei Huban, Doren

Huban 139, 6933 Doren
 T +43 (0)5516 2001
www.sennerei-huban.at
 Mon – Sat 8 – 12 a.m.
 🚗 820 📍 HUBAN

Alpenkäse Bregenzerwald, Egg

Klebern 13, 6863 Egg
 T +43 (0)5512 26008
www.alpenkaese.at
 Mon – Sat 8 – 12 a.m.

Tue, Wed, Fri 2 – 6 p.m.

 **820/830/840/850/890**

 **ZENTRUM**

Sennerei Hittisau

Platz 190, 6952 Hittisau

T +43 (0)5513 2786

www.sennerei-hittisau.at

Mon – Sat 8 – 12 a.m.,

Thur and Fri 2 – 6 p.m.

Sat 2 – 5 p.m.

 **820/860**  **GEMEINDEHAUS**

Hofsennerei Albrecht-Läßer family, Langen

Hub 99, 6932 Langen b. Bregenz

T +43 (0)5575 4503

www.kaes.at

Fri 8.30 – 12 a.m. and 4 – 6 p.m.

Sat 8.30 – 12 a.m.

 **820**  **FISCHANGER (WALK)**

Dorfsennerei Langenegg

Berkmann 116, 6941 Langenegg

T +43 (0)5513 6190

www.kaeserei.com

Mon – Fri 8.30 – 11.30 a.m. and 3 – 6 p.m., Sat 8 – 12 a.m.

Cheese vending machine – 24 hours

 **820/890**  **ZENTRUM**

Sennerei Lingenau

Hof 28, 6951 Lingenau

T +43 (0)5513 6420

www.sennerei-lingenau.at

Mon – Fri 8 – 12 a.m. and 4.30 – 6.30 p.m. / Sat 8 – 12 a.m.

Cheese vending machine – 24 hours

 **820/860/890**  **DORFPLATZ**

KäseStrasse Bregenzerwald and cheese cellar – sales of cheese and regional products

Zeihenbühl 423, 6951 Lingenau

T +43 (0)5513 42870-43

www.kaesestrasse.at

1st April – 31 Oct.: Mon – Fri 10 a.m. –

6 p.m., Sat 9 a.m – 5 p.m.

1st Nov. – 31 March: Tue – Fri 10 a.m. – 5 p.m., Sat 10 a.m. – 4 p.m.

 **860**  **GRÜNER BAUM**

Hofkäserei Engel, Krumbach

Melanie and Markus Faißt

Dorf 12, 6942 Krumbach

T +43 (0)5513 8168 or

M +43 (0)664 4309537

www.hofkaeserei-engel.at

Tue, Wed, Fri, Sat: 8.30 – 11.30 a.m.

Wed, Fri 4 – 6 p.m

 **820/890**  **DORF**

Dorfsennerei Sibratsgfall

Dorf 132, 6952 Sibratsgfall

T +43 (0)5513 2442

www.sennerei-sibra.at

Mon, Tue, Wed, Fri, Sat

7.30 – 11.30 a.m.

 **860**  **DORFPLATZ**

Bergkäserei Schoppernau

Unterdorf 248, 6886 Schoppernau

T +43 (0)5515 30151

www.bergkaeserei.at

Mon – Fri 8.30 – 11.30 a.m., 3 – 6 p.m.

Sat 8.30 – 11.30 a.m., 3 – 5 p.m.

Only mornings during low season.

 **840/850**  **GEMEINDEAMT**

Das Käsehaus der Sulzberger Käse Rebellen

Dorf 8, 6934 Sulzberg

T +43 (0)5516 21351

www.kaesehaus-rebellen.com

Mon – Sat 9 – 12 a.m. and 1 – 6 p.m.

Sundays and bank holidays: 1 – 6 p.m.

 **820/823/824**  **DORFPLATZ**

Altes Sennhaus Warth

Hausnummer 2, 6767 Warth,

M +43 (0)676 5088401

www.kaesereisoer.at/altes-sennhaus

Opening hours: see website

 **852**  **DORFPLATZ**



Culinary hiking

Step by step from dish to dish

Hiking through impressive winter landscapes and enjoying mountain breakfast, lunch and afters at a variety of mountain inns and restaurants while doing so.

SERVICES INCLUDED

- Description of the hiking route
- Vouchers for the meals
- Tickets for the bus (if necessary)
- Digital discovery space

PRICE PER PERSON

€ 52 – € 71 (depending on the hike)

INFORMATION & BOOKING

Bregenzerwald Tourismus

T +43 (0)5512 2365

info@bregenzerwald.at

**TIP: CULINARY HIKES AT
WWW.BREGENZERWALD.AT**

Information about the
culinary walks



Mellau-Bizau-Bezau

Along the stream from village to village

25 December 2023 to 31 March 2024

daily except Tuesdays and Wednesdays

Walking time: around 3 hours

Total duration: around 6 hours

Three pretty villages with beautiful old and new timber architecture await along the route. Starting with breakfast in Mellau, the hike crosses the Herburg to lunch in Bizau and then continues along the stream to dessert in Bezau.

Breakfast: Café Deli, Hotel Bären

- Breakfast buffet with regional specialities

Lunch: Biohotel Schwanen

- Seasonal main course
Meat / fish / vegetarian

Sweet ending: Hotel Gretina

- Home-made cake or tart and a coffee

Sibratsgfall-Schönenbach

Across the gorge to the alpine settlement

27 December 2023 to 10 March 2024
daily except Mondays, Tuesdays and Wednesdays

Walking time: around 4 ½ hours

Total duration: around 7 ½ hours

The hike leads to 'behind the seven mountains'. Breakfast and dessert treats in the quiet village of Sibratsgfall. The route heads uphill for lunch and through a ravine to the beautifully situated alpine pasture settlement of Schönenbach.

Breakfast: Hotel Hirschen

- Regional breakfast with 'Stopfer' (a sweet dish), coffee, tea, orange juice, glass of Prosecco

Lunch: Jagdgasthaus Egender

- Käsknöpfle (cheese dumplings) with salad or
- Wiener schnitzel with French fries

Sweet ending: Hotel Hirschen

- Home-made Buchteln (kind of yeast pastry) with vanilla sauce and a cup of coffee or
- Home-made apple strudel with ice-cream and whipped cream and a cup of coffee

Damüls

At impressive mountain heights

15 December 2023 to 7 April 2024
daily except Tuesdays

Walking time: around 3 ½ hours

Total duration: around 6 ½ hours

It's possible to enjoy magnificent views of the mountain world after breakfast on the way to the Oberdamüls alpine pasture and on the Stofel circular trail. Lunch is served to hikers at the Alpengasthof and dessert is served in Oberdamüls.

Breakfast: Hotel Alpenstern

- Breakfast buffet with regional specialities

Lunch: Alpengasthof Jägerstüble

- Käsknöpfle (cheese dumplings) with salad or
- Wiener schnitzel with French fries

Sweet ending: Hotel Damülser Hof

- Apple strudel with custard or ice cream and a cup of coffee

Sulzberg

On the high plateau that presents magnificent views

23 December 2023 to 31 March 2024
daily except Wednesdays and Thursdays

Walking time: around 3 hours

Total duration: around 6 hours

The view along the high trail stretches across the Bregenzerwald and the neighbouring Allgäu. Breakfast and dessert are served to hikers at the beautifully situated wellness hotel while lunch is served at the village centre.

Breakfast: Wellnesshotel Linde

- Breakfast buffet with regional specialities

Lunch: Restaurant Alpenblick

- Sulzberger fried chicken with potato and dill-cream cucumber salad or
- Schlutzkrapfen – ravioli-like pasta with cheese filling and seasonal vegetables

Sweet ending: Wellnesshotel Linde

- Home-made cake or pie and coffee of your choice

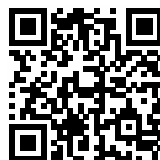
.....
bregenzerwald
podcast



Wald und Welt

**The Bregenzerwald podcast:
An acoustic trip through the Bregenzerwald.**

**Available to listen at
bregenzerwald.at/podcast
and wherever podcasts are available.**



WELLNESS & HEALTH

Who doesn't occasionally long for a retreat, for a leisurely pace, for stimuli which pamper the body and soul? The Bregenzerwald is such a retreat.



Wellness with a view at Hotel Holand in Au

Recharging your batteries and giving yourself a treat: the health and wellness hotels in the Bregenzerwald create the right atmosphere for holidays that help you feel good. With subtle architecture, well thought-out offers and attentive hospitality.

Those wanting to give their bodies, minds and souls a treat while on holiday will certainly find what they're looking for in the Bregenzerwald. Well-being is ensured by medically sound programmes, classic wellness offers, finely adapted menus and the appropriate ambience. Most health and wellness hotels are distinguished by their architecture and high-quality furnishings. Many bathing and sauna worlds have been newly built or modernised in the style of contemporary Vorarlberg (timber) architecture in recent years. Nice and bright, with views into natural landscapes, built with such natural materials as wood and stone.

Spas and therapies

The programmes that are available at the health hotels range from supervised fasting and detoxification weeks

to packings and baths with, for example, freshly cut moor. The most traditional is Gesundhotel Bad Reuthe, which also offers medical and physio-therapeutic care.

Relaxation and refreshment

The wellness hotels offer a wide range of activities – from fitness programmes and yoga retreats to massages and cosmetic treatments. Hotel Post by Susanne Kaufmann even treats visitors to the hotelier's own line of high-quality natural cosmetics. Several other wellness hotels also use the Bregenzerwald's own care products – for instance, the whey-care line by the Metzler family from Egg or the Werbina honey-care line by Bentele Genuss.

Well-being days: swimming and sweating

Several health and wellness hotels open their swimming and sauna areas to visitors who just want to spend the day or a few hours there. (→ page 105)

Hotel Adler Au****

Family-friendly hotel, 700 m² of wellness area with spectacular 18-metre infinity pool, panoramic saunas, Special massage and cosmetic offers.

Au, T +43 (0)5515 2264

www.adler-au.at

 **850**  **GEMEINDEAMT**

DAY SPA

11 a.m. – 8 p.m., one day admission to the SPAradies (11 a.m. – 7.30 p.m.), incl. wellness bag with bathrobe, bathing shoes, towel and a sweet afternoon snack.

Price per person: € 60

Retreat Hotel Post Bezau

A place of holistic well-being where guests are able to optimise their health and restore their inner balance.

Bezau, T +43 (0)5514 22070

www.hotelpostbezau.com

www.postbezaujuice.com

 **830/840/850**  **BUSBAHNHOF**

Day spa programmes

Specially coordinated treatments in the Susanne KaufmannTM Spa, break-fast, all-day use of the entire wellness area as well as participation in the daily Active programme (yoga, qi gong, meditation, etc.)

Price per person: from € 172

Landhotel Hirschen***

Nature experience days, intuitive painting, days of spiritual magic, Moon week, base and therapeutic fasting according to Dr Buchinger, Sound therapy, herbal tea hour, own herb garden.

Hittisau, T +43 (0)5513 2320

www.landhotel-hirschen.at

 **820/860**  **GEMEINDEHAUS**

Wellness day

1 massage of your choice, 1 sound therapy on the sound lounge, 1 colour light therapy, use of the sauna, steam bath and wellness oasis.

Price per person: € 220

Sonne Lifestyle Resort**S**

Modern-yet-cosy Superior and pent-house rooms, 1,500 m² of Spa area Mellau, T +43 (0)5518 20100-0

www.sonnemellau.com

 **833/840/850**  **ZENTRUM**

Day spa available for non-residential guests from 16 years of age from Mondays to Thursdays or on inquiry: Bathing area from 7 a.m., nudist area from 11 a.m. (in summer as required); treatments from the spa programme available. Please book in advance.

The perfect feel-good day

8.30 a.m. – 4 p.m., Breakfast buffet, bathrobe, slippers and bath towels as well as a wellness voucher worth € 80 redeemable for all booked spa treatments; tea corner in the wellness area.

Price per person: from € 149



Pool at Fuchsegg Lodge in Egg-Schettaregg

Gesundhotel Bad Reuthe**S**

Applications using mud, wellness and beauty package deals. Lovely bathing house with a sauna and wellness complex and pool in the garden (open to the public).

Tip: it is recommended that you make a reservation by telephone.

Reuthe, T +43 (0)5514 2265-0
www.badreuthe.at

833 MOORBAD

Relax day

1 pomegranate bath in the soft-pack lounge, 1 back massage, 1 facial peeling and mask, including daily admission to thermal bath and sauna wellness world, fitness room.

Price per person: from € 195 (Subject to change)

Hirschen Wohlfühlhotel**S**

Informal establishment, adventure swimming pool with panoramic view of the countryside.

Schopponau, T +43 (0)5515 21150
www.hirschen.at

850 OBERDORF

Breakfast & Wellness

8 a.m. – 5 p.m., feel-good breakfast (8 a.m. – 10.30 a.m.), feel-good bag with bathrobe, bathing shoes and towel,

relaxing in the outdoor whirlpool and new wellness area, dive into the panorama adventure pool, € 10 voucher for SPA treatments, voucher for an alcohol-free cocktail

Price per person: € 75

Wellnesshotel Linde****

Wellness and golf hotel with elegant Sunset spa (open to the public).

Tip: it is recommended that you make a reservation by telephone.

Sulzberg, T +43 (0)5516 2025
www.wellnessshotellinde.at

820/823 SCHÖNENBÜHL

Wellness day

1 pack of fresh hay flowers, 1 back massage, day ticket to the Sunset spa with wellness pool, sauna complex, fitness room.

Price per person: from € 120 (Subject to change)

**TIP: WELLNESS AT
WWW.BREGENZERWALD.AT**

Special health and wellness addresses, stories and inspiring ideas





Yoga at Hotel Bären in Mellau

Yoga promotes flexibility, enhances attentiveness, develops an activating and relaxing effect. Several options exist for visitors wishing to take yoga classes during their stay in the Bregenzerwald.

Yoga is the perfect complement for people who enjoy exercise, such as hiking, climbing and skiing. The poses keep muscles, tendons and joints supple and strengthen them at the same time. Yoga practitioners learn to breathe with awareness and to direct their attention to the here and now. A feeling of both relaxation and restoration sets in after time spent practising yoga.

In hotels and studios

The options for yoga fans have grown steadily in the Bregenzerwald over recent years. Some of the wellness hotels offer yoga classes throughout the year, also for guests not staying at those specific hotels. Experienced yoga instructors at several locations are happy to welcome beginners and experienced practitioners to their classes and individual lessons. Styles taught range from classical yoga to

hot yoga, hormone yoga for women and yoga for children.

On the mat

It's best to contact the respective instructors in the event of any questions or special requests. It's also advisable to secure your place on the mat in advance as the courses are taught in small groups

**TIP: YOGA AT
WWW.BREGENZERWALD.AT**

Interesting facts, hotels
with yoga packages and
yoga classes





Whey body care products

Whey body care products and soft drinks

Ingo Metzler produces fine personal hygiene products and powder to be made into drinks from whey. These products are also available online. www.molkeprodukte.com (→ page 95)

Susanne Kaufmann Spa Cosmetics

A clear look and essences from Bregenzerwald nature determine the products. They are available at Hotel Post and at the onlineshop. www.susannekaufmann.com (→ page 105)

Honey skin care products

In addition to the varied “honeyed” specialities, fine schnapps and chocolate, the Bentele Brothers in Alberschwende offer body care products made from honey. Available in the shop in Alberschwende and from the online shop. www.gsiberger.at

Natural body care products Phystine

Harmonizing body care products. They are available at partner shops and in the online shop. www.phystine.com

Soap boiling

Selected vegetable fats and oils, caustic soda and Schoppernau spring water serve as the basis. Flowers and herbs from her own garden and the surrounding mountain pastures are additives which give the hand-made natural soap their colour, texture and other properties (minimum age 14).

Place: Au-Schoppernau

Meeting point: Karin Beer, Schoppernau, Halde 395

840/850 **DIEDAMSKOPFBAHN**

Date: 16 January to 26 March 2024, every Tuesday at 7.30 p.m.

Duration: approx. 2 ½ hours

Price per person: € 58 including 0.5 kg of soap and manuscript with recipes.

INFORMATION & REGISTRATION

until 6 p.m. the day before
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Holiday Destination Austria – give feedback and win!

Share the most beautiful impressions of your last Bregenzerwald holiday with us and – with a bit of luck – win a very special holiday experience!

The prizes up for grabs are holiday vouchers for individual holiday experiences in Austria. It's up to you what type of holiday you want to enjoy next in Austria. All the prizes and more details may be found at the beginning of the survey.

We wish you lots of luck!

Your team from Bregenzerwald Tourismus

See here for the survey:
bregenzerwald.tmona.at



T - M O N A
Tourismus-Monitor Austria

reisemagazin

bregenzerwald

The Bregenzerwald travel magazine is published twice a year and contains stories and reports about the people and their culture in this region. The writers, some of whom live in Vorarlberg and some of whom work internationally, provide insights into what life in the Bregenzerwald is all about and what brings them pleasure and enjoyment. Available from Bregenzerwald Tourismus and from the tourist information offices in the Bregenzerwald. Also available online at www.bregenzerwald.at



She protects the forest and animals

Young hunter Isabella Deuring describes her tasks in the forest and what she appreciates about hunting. It's important to her to make winter-sports enthusiasts more aware of how to behave in a way that's appropriate for animals in winter.



Walser Gold

They are family and both have made winter-sports history. Hubert (father) and Johannes (son) Strolz have both won gold in downhill skiing at a Winter Olympics. The two men from the Walser region share what else they get up to in „Walser Gold“



A village like a ski club

The ski club in the small village of Reu-the is about much more than just winter sports. Residents use the club to get involved and as their village's centre of sport and culture. Something that the children in particular appreciate very much.



Women who love cross-country skiing

Eight women from the Bregenzerwald are already out on the cross-country ski trail while others are still in bed. Their early sporting fun takes in the Grenzland-loipe from Hittisau to Balderschwang with, of course, stops at inns along the way too.



A barn as top architecture

The music teacher, organist and geographer Rudolf Berchtel in Bezau inherited his childhood home, including its photo studio and archive. Formerly a barn, then converted into a studio by legendary architect Leopold Kaufmann, the architects Innauer/Matt have now turned it into an architecture studio. One that also includes an apartment for Rudolf Berchtel too.



The good spirit in the bottle

Oliver Huber works on fine spirits at one of the oldest distilleries in the Bregenzerwald. And he's now achieving international success with them. The 50 spirits that he makes also include a famous dry gin. It's where the taste of summer gets bottled.

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Share your holiday impressions with us
#visitbregenzerwald #bregenzerwald



Bregenzerwald Tourismus

Opening times: Monday to Friday 9 a.m. to 5 p.m.

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