travel guide

bregenzerwald

SUMMER 2024

Ideas and Addresses.
Your guide through the
Bregenzerwald.

DIRECTIONS, PUBLIC BUSES AND TAXIS

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

Use of the Bregenzerwald rural bus and Großes Walsertal rural bus is included in the Guest Card Bregenzerwald & Großes Walsertal *(→ p. 4)*

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 Bezau, 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

Car pools

Share the journey, travel together and reduce costs: https://vlow.app/

The Bregenzerwald 2

GUEST CARD BREGENZERWALD & GROSSES WALSERTAL 4
Cable cars 5
Open-air swimming pools 6

HIKING 7
Things to know 8
Panoramic routes 10
Alp paths 14
Summit tours 18
Bike & Hike tours 20
Water routes 22
Cultural tours 25
Barrier-free rambling 30
Hiking with dogs 32

ACTIVE SUMMER 33
Cycling 34
Racing bike 35
Mountain biking 36
Climbing 40
Running routes and trail running 43
Paragliding 44
Archery 45
Fishing grounds 46
Golf 48

FAMILY TIPS 49
Rambling with the pram 50
Kids' programme 54
Horse riding & trips in horse-drawn carriages 59
Day trip tips 60

FOREST 61
The woods in the forest 62
Forest trails 66
Nagelfluhkette nature park 70
Water & moor 72

ARCHITECTURE 73
Building culture 74
Umgang Bregenzerwald 76
Bregenzerwald Werkraum 78
Hand-made 80
bus:stop Krumbach 82

CULTURAL PROGRAMME 83
Schubertiade Schwarzenberg 84
Bregenz Festival 85
FAQ Bregenzerwald 86
Cultural meeting points 87
Exhibitions & museums 92
Cultural outings 96

DINING OUT 97
Dining out 98
Culinary cycling 101
Culinary hiking 102
KäseStrasse & Bregenzerwald culinary delights region 104
Alpine dairy shops 106
Farmers' markets 108
Metzler Käse – Molke 109

WELLNESS & HEALTH 111
Wellness & Health 112
Yoga 115
Water and well-being 116

REISEMAGAZIN BREGENZERWALD 118

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 Bregenzerach 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 Bezau, squeezed in between the alpine peaks of the Kanisfluh, Diedamskopf, Zitterklapfen and Widderstein around Schnepfau, Au, Schoppernau, 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* *→ p. 104)*, 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

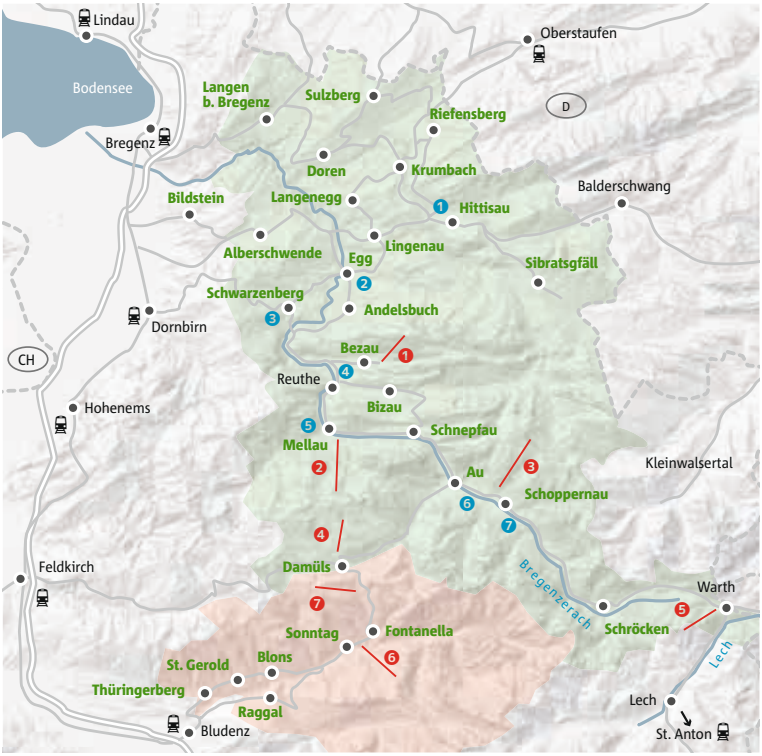
View of the Kanisfluh near Au

the High Middle Ages that Mehrerau Monastery in Bregenz encouraged the population of the area upwards of the Bregenzerach. 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, desertedness became characteristic of the Vorderwald to the Mittelwald, production of hard cheese grew 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 → p. 95)* 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 (→ p. 78)* and have turned the Bregenzerwald into a model European region.



The partner municipalities of the Guest Card Bregenzerwald & Großes Walsertal are highlighted in green.

The Guest Card Bregenzerwald & Großes Walsertal is the 'admission ticket' to moving and great-tasting experiences. It may be used to travel to panoramic heights by cable car, for environmentally friendly journeys on public buses and refreshing and relaxing trips to outdoor pools. Guests staying for three or more nights in one of the 28 partner municipalities between 1 May and 31 October 2024 get the Guest Card for free. It's issued by your host and valid from the day of arrival to the day of departure.

VALIDITY

1 May – 31 October 2024

INFORMATION

www.bregenzerwald.at/en/guest-card

Includes the following

PUBLIC BUSES

Free travel on the **rural bus Bregenzerwald** bus lines to Bregenz and Dornbirn (except city buses) to Lech (except blue hiking buses – Spullersee /Formarinsee), with Bus 46 from Hittisau to Balderschwang, with bus 821 to Scheidegg respectively Weiler im Allgäu, with bus 890 to Oberstaufen and with the **rural bus Großes Walsertal** to Thüringen.

CABLE CARS

More information *(→ p. 5)*

OPEN-AIR SWIMMING POOLS

More information *(→ p. 6)*

Holders of the guest card will also benefit from many discounts from partner operations.

1 Bezau cable car

Opening times:
through to 3 November: daily
9 – 10 November, 16 – 17 November
Operating times:
every half hour between 9 a.m. and 5 p.m.;
27 October – 17 November: 9 a.m. – 4.30 p.m. at 20 and 50 min. past the hour, without a break if required

No carriage of mountain bikes
barrier-free access to the cable car and to the mountain restaurant

T +43 (0)5514 2254
830/840/850 BAHNHOF
832 SEILBAHN
www.seilbahn-bezau.at

2 Mellau cable car

Opening times:
18 – 20 May, 25 – 26 May,
30 May – 2 June, 8 June – 9 June,
14 June – 27 October: daily
Operating times:
Monday – Friday 9 a.m. – noon and 1 p.m. – 5 p.m.; Saturday, Sunday and public holidays 9 a.m. – 5 p.m
Hiking tip: Kanisfluh *(→ p. 18)*
Family tip: Children-Climbing and crossing a gorge *(→ p. 57)*
Culinary tip: Culinary hike *(→ p. 102)*

Carriage of mountain bikes as far as mountain station, € 5 per bike
barrier-free access to the cable car

830/840/850 ZENTRUM
832 BERGBAHN
T +43 (0)5518 2222-0
www.damuels-mellau.at

3 Diedamskopf cable cars

Opening times:
18 – 20 May, 25 – 26 May,
30 May – 2 June
8 June – 13 October: daily
Operating times:
8.45 a.m. – 4.15 p.m.

Sunset trips
11 July – 5 September every Thursday between 6 and 10.30 p.m.
Mountain breakfast
9 July – 3 September: every Tuesday
7 – 28 August: every Wednesday
from 8 – 11 a.m. (first journey at 8 a.m.)
Exhibition: "Bergwelt zum Sehen und Staunen" ("Mountain World to See and Marvel At") *(→p. 55)* and new indoor playground in the mountain station *(→p. 54)*

Carriage of mountain bikes as far as middle station, see tariff notice for price
Barrier-free up to more than 2,000 m, parking spaces, lifts to the cable car and to the restaurant with sun terrace
E-charging station at the parking lot

850 DIEDAMSKOPFBAHN
T +43 (0)5515 4110-0
www.diedamskopf.at

4 Uga Express, Damüls

Opening times:
18 – 20 May, 25 – 26 May,
30 May – 2 June
8 June – 13 October: daily
19 – 20 October, 26 – 27 October
in the event of good hiking weather
Operating times:
9 a.m. – 12.35 p.m. and 1.30 – 4.30 p.m.; continuous operation on Saturday, Sunday and public holidays
Evening trips: 2, 9, 16, 23, 30 August 6.30 p.m – 10.30 p.m.
Hiking tip: around the Walser settlement *(→ p. 16)*

Carriage of mountain bikes as far as Uga Express Damüls mountain station, Price per e-bike € 5; bikes without drive free of charge

850 AU – GEMEINDEAMT
851 UGA-LIFT
T +43 (0)5510 600
www.damuels-mellau.at

5 Steffisalp-Express

Opening times:
21 June – 13 October: daily in the event of good hiking weather
Operating times:
9 a.m. – 12.30 p.m. and 1.30 – 5 p.m.
Climbing tip: Karhorn via ferrata *(→ p. 42)*
Culture tip: "uf m Tannberg" alpine museum *(→ p. 95)*
Culinary tip: culinary hike *(→ p. 102)*
No carriage of mountain bikes
852 STEFFISALPE
T +43 (0)5583 3601-0
www.warth-schroecken.at

6 Sonntag cable cars

Opening times:
30 May – 27 October: daily in the event of good hiking weather
Operating times:
8.45 a.m. – noon and 1 p.m. – 5.30 p.m.
Evening trips: every Sunday in August until 8 p.m.
Hiking tip: Stein sound room – artistically designed path.
Family tip: barbecue with clay oven and children's play area
Climbing tip: Wandfluh via ferrata and echo wall
Carriage of mountain bikes as far as mountain station, € 5 per bike
850 AU – GEMEINDEAMT
851 UGA-LIFT
570/575 SEILBAHN STEIN
T +43 (0)5554 5281
www.sonntagstein.at

7 Faschina cable cars

Opening times:
18 – 20 May, 25 – 26 May, 30 – 31 May, 1 – 2 June, 8 – 9 June
15 June – 6 October: daily in the event of good hiking weather
Operating times:
9 a.m. – noon and 1 – 4 p.m.
Hiking tip: Faschina floral and hiking nature trail, Flower tours every Tuesday and Saturday, 9.30 (meeting point at valley station)
Family tip: "Der KLEINE Naturdetektiv" children's nature detective trail with Monika Klocker every Tuesday at 9.30 a.m. (meeting point at valley station)
Carriage of mountain bikes in both sections, free of charge
850 AU – GEMEINDEAMT
851 UGA-LIFT
570 PASSHÖHE/SEILBAHNEN
T +43 (0)5510 705
www.seilbahnen-faschina.at

Open-air swimming pools

The open-air swimming pools open from the end of May to the beginning of September, weather and temperatures permitting.

1 Hittisau
9 a.m. – 7 p.m.
820 HÄLEISEN

2 Egg
9 a.m. – 7.30 p.m.
820/830/840/850 ZENTRUM

3 Schwarzenberg
9 a.m. – 7 p.m.
830/870 DORFPLATZ, MAIENFREIEN (WALK)

4 Bezau
9 a.m. – 7.30 p.m.
830/840/850 CAFE NATTER (WALK)

5 Mellau
9 a.m. – 7 p.m.
(from June to the beginning of July: 10 a.m. – 7 p.m.)
840/850 ZENTRUM (WALK)

6 Au
9.30 a.m. – 7.30 p.m.
840 KREUZGASSE

7 Schoppernau
9.30 a.m. – 7 p.m.
850 GEMEINDEAMT (WALK)

HIKING

Hiking and rambling are the best ways to discover the beauties and mysteries of the Bregenzerwald. Hiking tips take you to alpine pastures where cheese is made, across historical wooden bridges and to magnificent vantage points.

Hochtannberg – Warth-Schröcken

Uniformly signposted paths and hiking maps make it easier to find your way around the mountains. Practical: the ramble and hiking packages offered by Bregenzerwald Tourismus.

Bregenzerwald hiking map
More than 1,500 kilometres of signposted hiking trails criss-cross the valley and its mountains. Fifty selected hiking routes have been compiled into a hiking guide to accompany the hiking map.
Price: € 14.90

Wanderbuch Bregenzerwald
by R. Berchtel, published by Tyrolia Verlag (in German only)

Culinary hikes → p. 102
Walking tours of the moor → p. 72

Signposting of the hiking paths
All hiking paths are clearly and uniformly signposted according to the Vorarlberg hiking path concept. The hiking paths are divided into three degrees of difficulty:

Walking or rambling paths: Easy

Mountain hiking paths: Non-slip footwear suitable for wearing in the mountains is recommended

Steep alpine trail: Suitable only for those with mountain experience, who are sure-footed and have no fear of heights

TIP: HIKING TRIPS & PACKAGES AT WWW.BREGENZERWALD.AT

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

The right equipment for the mountain

For your safety

- The correct equipment is a central safety factor: mountain or hiking boots, good outdoor clothing worn in layers, a functional top to change in to, sunglasses and sun cream.
- Don't embark upon a tour on your own. Always inform others about your tour.
- Only set off into the mountains if you are in good physical condition.
- Take (hot) drinks and a snack with you.
- Set off in good time so that you are back when it is still light. It gets dark relatively early in the autumn, for example.
- Check the weather forecast before you set off. Stay in the valley if it is misty. Should the weather deteriorate, return to the valley.
- Take orientation aids with you: a hiking map, perhaps an altimeter.
- Stick to signposted paths.
- Applies particularly to tours in the high mountains: take with you a bivouac sack, a head light, mobile phone and First Aid kit.

Action in the event of an emergency

1. Move the injured person from the source of danger (rockfall, further fall)
2. Check the vital functions
3. Use your mobile to call the emergency services:
   - 144 alpine emergencies
   - 112 European emergency number
4. Administer First Aid

Respect your boundaries

The Vorarlberg state government's "Wohngemeinschaft Natur" initiative to encourage living in harmony with nature offers locals and visitors information about how to deal respectfully with nature. It is in with this in mind that we also appeal to you to respect preservation and conservation areas. The most important recommendations are that you stay on signposted paths and keep the countryside clean.
www.respektiere-deine-grenzen.at

"MITEINANDER AUF VORARLBERGS ALPEN"

10 rules for encounters with grazing animals
www.sichere-almen.at

Niedere

Andelsbuch-Bezau – float like a butterfly

Bregenzerwald hiking map: **Tour 28**

The "Niedere" – Andelsbuch's and Bezau's local mountain – is known not only for its magnificent view from Lake Constance as far as the Swiss mountains: paragliders also appreciate its fantastic thermal currents. When the weather is good, you can see them floating like bright butterflies around the mountain and across the valley.

STARTING POINT

Bezau-Baumgarten cable car mountain station

DESTINATION

Bezau-Baumgarten cable car mountain station

ITINERARY

Baumgarten cable car mountain station (1,648 m) – panoramic circular route – Niedere Höhe (1,711 m) – Baumgarten cable car mountain station

CHANCES TO STOP OFF FOR A DRINK/FOOD

Baumgarten panorama restaurant, Niedere mountain inn

Difference in altitude: 170 m
Trail category: white-red-white
Total hiking time: 1 ½ hours

Opening times:
Seilbahn Bezau: → *p. 5*

832 SEILBAHN

Sulzberg with a view to the Bregenzerwald

Sulzberg – protected by St Lawrence
Bregenzerwald hiking map: **Tour 2**

The gentle panoramic hike at an altitude of over 1,000 m takes you along the nature trail into the gently undulating hills of the Upper Bregenzerwald. The return journey is taken in good, pleasantly cool forest air. The church on the village square, renovated in 1828/29 by Alois Negrelli, the planner of the Suez Canal, is worth a visit. The church, constructed in Empire style, is dedicated to St Lawrence, the patron saint of pub landlords, cooks and brewers.

STARTING POINT
Sulzberg centre of town
DESTINATION
Sulzberg centre of town
ITINERARY
Sulzberg centre of town (1,013 m) – Hochsträß (1,025 m) – Sulzberg forest path
CHANCES TO STOP OFF FOR A DRINK/FOOD
Kiosk Zehrer's Stadel, inns in Sulzberg

Difference in altitude: 20 m
Trail category: yellow-white
Total hiking time: 1 ½ hours
820/823 DORFPLATZ

Out and about on the Hochhäderich

Hittisau – along the Nagelfluh rock face on Hochhäderich
Bregenzerwald hiking map: **Tour 4**

Hochhäderich offers a magnificent view to the north as far as the Allgäu and, to the south, to the Bregenzerwald. You pass large rock faces made up of Nagelfluh rock which are very distinct here. In 2008, 15 towns and villages in the border area of Allgäu and Vorderwald established the "Nagelfluhkette National Park" which covers an area of around 480 km².

STARTING POINT
Hittisau-Reute
DESTINATION
Hittisau-Reute
ITINERARY
Hochhäderich (via Streichbrunnenalpe and Lochalpe) – Leckenholzalpen – Reute
CHANCES TO STOP OFF FOR A DRINK/FOOD
Hochhäderich mountain inn

Difference in altitude: 735 m
Trail category: white-red-white
Total hiking time: approx. 3 ¼ hours

INFORMATION
www.naturpark-nagelfluhkette.at
820/860/891 REUTE

Above Schwarzenberg

Schwarzenberg – Legend Trail to the Ilga spring

Bregenzerwald hiking map: **Tour 24**

Above Schwarzenberg, in a tranquil, isolated location, you can find the Ilga Chapel and the Ilga spring. The Blessed Ilga (from the House of the Counts of Montfort) lived here as a recluse. According to legend, a spring emerged on the spot where she spilled some water. The water from the Ilga spring is still believed to have healing properties for eye problems and is said to open a person's eyes to what is important.

STARTING POINT
Schwarzenberg village centre

DESTINATION
Schwarzenberg village centre

ITINERARY
Schwarzenberg village centre – Unterkaltberg – St. Ilga-Kapelle (Ilga spring) – Gmeind – Oberkaltberg – Schwarzenberg village centre

CHANCES TO STOP OFF FOR A DRINK/FOOD
Restaurants in Schwarzenberg

Difference in altitude: 320 m
Trail category: yellow-white
Total hiking time: 2 hours
830/870 DORFPLATZ

Mountain pasture settlement, Schönenbach

Bezau – from the loveliest mountain pasture to the alp
Bregenzerwald hiking map: **Tour 30**

Schönenbach is only inhabited from June to September, and is one of the loveliest mountain pasture settlements in Vorarlberg. The ramble takes you to the Almisguntenalpe, which lies isolated in a col beneath the Diedamskopf. Just before the newly built Stoggertenn alpine hut, you arrive at the highest point on the ramble. The path along the Osterguntenbach takes you down to the car park.

STARTING POINT
car park Schönenbach
DESTINATION
car park Schönenbach
ITINERARY
car park Schönenbach – Schönenbachvorsäß (1,020 m) – Unterspitzalpe – Almisguntenalpe – Stoggertennalpe (1,500 m) – Osterguntenalpe – direction Kretzbodenalpe to Hänslervorsäß – car park
CHANCES TO STOP OFF FOR A DRINK/FOOD
Jagdgasthaus Egender and alps (during the alp season from mid/late June through to mid-September)

Difference in altitude: 500 m
Trail category: white-red-white
Total hiking time: 3 ½ hours
831 SCHÖNENBACH

Lecknersee in Lecknertal

Hittisau – the village with most alps
Bregenzerwald hiking map: **Tour 5**

The Lecknertal is located i n Hittisau, the village with the most alps in Austria. A toll road takes you to the hiking car park. The route takes you along theJ21
sunny slope of the Hochhäderich-Hochgrat mountain range up to the Rohnehöhe (at 1,639 m). It is worth taking a short detour to the nearby Lecknersee. Along this mountain hiking path – whose 660 m difference in altitude makes it hard-going – are six alps, four of which are where milk is processed there and then.

STARTING POINT
car park Lecknertal
DESTINATION
car park Lecknertal
ITINERARY
car park Lecknertal (980 m) – Schwarzenberger Plattealpe – Plattentischalpe – Rohnehöhe (1,639 m) – Rohnealpe – Glockenplattealpe – car park
CHANCES TO STOP OFF FOR A DRINK/FOOD
alps (during the alp season from mid/late June through to mid-September)

Difference in altitude: 660 m
Trail category: white-blue-white
Total hiking time: 4 hours

View from Portlahorn

Damüls – around the Wals settlement
Bregenzerwald hiking map: **Tour 43**

At an altitude of over 1,800 m, the Damüls circular tour starts with two peak crossings. After walking for about 1 ¼ hours, you reach the Hochblanken and then follow the mountain ridge at an altitude of almost 2,000 m for about 45 minutes until you reach the peak of the Ragazer Blanken. From here, the descent commences: via the Sünser pass as far as the Oberdamülseralpe and on to Damüls. The mountain church in Damüls, with its exceptional fresco wall-painting depicting the Biblia pauperum dating back to 1484, is well worth a visit.

STARTING POINT
Damüls-mountain station Uga Express

DESTINATION
Damüls centre or valley station Uga Express

ITINERARY
mountain station Uga Express (1,800 m) – Ugaalp – Hochblanken (2,068 m) – Ragazer Blanken (2,051 m) – Sünser Joch – Oberdamülseralpe – Damüls (1,430 m)

CHANCES TO STOP OFF FOR A DRINK/FOOD
mountain inn Elsenalpstube, mountain inn Ugaalp, Summer alpine dairy farms (during the alp season from early July to late September), inns in Damüls

Difference in altitude: 430 m (up), 860 m (down)
Trail category: white-red-white
Total hiking time: 4 hours

Opening times Uga Express:
→ *p. 5*
850 AU – GEMEINDEAMT
851 UGA-LIFT

Mountain pasture settlement near Schetteregg

Egg – Falzalpen circuit walk
Bregenzerwald hiking map: **Tour 22**

The route leads from the hiking district of Schetteregg into the mountain pasture districts of Eggatsberg and Hammeratsberg, where one can see many traditional Bregenzerwald-style mountain pasture cabins. A little later, one arrives at the Alp Untere Falz, which offers a fine view of the mountains to the south, Bullerschkopf and Winterstaude. The trail leads up to the Alp Obere Falz, continues over the Alp Brongen and back to the starting point at Schetteregg. There is active farming in the alps from June through mid-September.

STARTING POINT
car park Schetteregg
DESTINATION
car park Schetteregg
ITINERARY
Schetteregg (1,066 m) – Eggatsberg – Hammeratsberg – Alp Untere Falz – Alp Obere Falz (1,217 m) – Brongen Alp – Schetteregg
CHANCES TO STOP OFF FOR A DRINK/FOOD
Alp Untere Falz, Alp Obere Falz, Brongen Alp (during the alp season from mid/end June to mid September), inns in Schetteregg

Difference in altitude: 280 m
Trail category: yellow-white
Total hiking time: approx. 2 hours
827 SCHILIFT

Ibex on the Kanisfluh

Mellau – in the land of the ibex
Bregenzerwald hiking map: **Tour 32**

The Kanisfluh is one of the most striking mountains in the Bregenzerwald. The rocky north side is visible from the valley, the southern slopes are green and sunlit. It offers the ideal habitat for ibex as well as for 930 different species of butterfly. The first part of the hike is easy-going, and follows an agricultural path. After you have passed the Kanis alp, the ascent begins on a narrow path which takes you to the top of the Kanisfluh. To descend, take the Wurzachalpe option back down to the mountain station.

STARTING POINT
Mellaubahn mountain station

DESTINATION
Mellaubahn mountain station

ITINERARY
Mellaubahn mountain station (Roßstelle, 1,395 m) – Kanisalpe – Kanisfluh (2,044 m) – Wurzachalpe – Kanisalpe – Mellaubahn mountain station

CHANCES TO STOP OFF FOR A DRINK/FOOD
Wurzachalpe, Kanisalpe (during the alp season from mid/late June through to mid-September), inns at the mountain station

Difference in altitude: 680 m
Trail category: white-red-white
Total hiking time: 3 ¾ hours

Opening times Mellaubahn:
→ *p. 5*
833/840/850 ⊙ ZENTRUM
832 ⊙ BERGBAHN

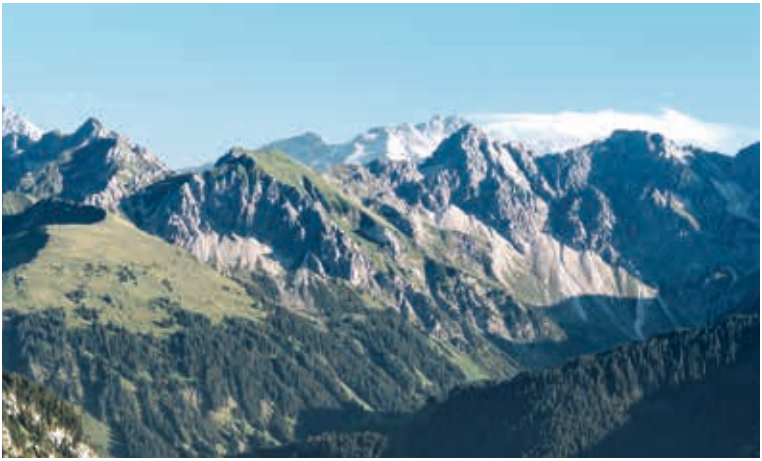
Butzensee with Braunarlspitze

Schröcken – up to the highest point
Bregenzerwald hiking map: **Tour 46**

The Braunarlspitze is the highest mountain in the Bregenzerwald. An agricultural path leads from Schröcken to the Fellealpe. This is the start of the mountain hiking path to the Fürggele, a pass to the Große Walsertal. From here, the alpine trail (which demands that hikers be sure-footed and not afraid of heights) takes you through the rocky part up to the peak, continues to the idyllic Butzensee and, via the Jägersteig, back to the Fellealpe. From here, you take the same path back to Schröcken.

STARTING POINT
Schröcken-centre of town
DESTINATION
Schröcken-centre of town
ITINERARY
Schröcken-centre of town (1,250 m) – Fellealpe – Fürggele – Braunarlspitze (2,649 m) – Butzensee – Jägersteig – Schröcken
CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Schröcken

Difference in altitude: 1,500 m
Trail category: white-blue-white
Total hiking time: approx. 8 hours
852 DORF



Zitterklapfen

Au – climbing up to the Zitterklapfen
Bregenzerwald hiking map: **Tour 37**

The Zitterklapfen offers an impressive panorama and is one of the most beautiful mountain peaks in the Bregenzerwald. The rocky mountain massif rises at the end of the idyllically located Dürrenbachtal valley. The bike route follows a curving freight trail in the woodland up to the Annalperaualpe. This is where the mountain hiking trail begins. The last section in the rocks up to the summit requires surefootedness and a head for heights.

STARTING POINT
Au-tourist office
DESTINATION
Au-tourist office
ITINERARY
Au-Argenau tourist office (810 m) – Bodenvorsäß – Annalperaualpe (1,364 m) – Zitterklapfen (2,403 m) – return to Au via the same way
CHANCES TO STOP OFF FOR A DRINK/FOOD
Inns in Au, Bergkristall hut (at Bodenvorsäß)

Bike route: 7.4 km
(as far as the Annalperaualpe)
Hiking route: 3 ¼ hours to the top
Difference in altitude bike: 555 m
Difference in altitude hike: 1,040 m
Trail category: white-blue-white
850 GEMEINDEAMT

View from Hirschberg mountain

Schnepfau – Hirschberg
Bregenzerwald hiking map: **Tour 34**

The cycle trip starts from Schnepfau along the road up to the Schnepfegg. This is where a long freight trail starts that continues across the Hirschberg Alps up to the Hirschbergsattel. The mountain trail begins here on the southern slope of the Hirschberg leading up to the summit with a wonderful panoramic view.
Alternative: The tour is also easily possible from Bizau (bike route 12.2 km; altitude difference bike: 945 m).

STARTING POINT
Schnepfau Kirchplatz
DESTINATION
Schnepfau Kirchplatz
ITINERARY
Schnepfau (734 m) – Schnepfegg (880 m) – Hirschbergsattel (1,625 m) – Hirschberg (1,834 m) – return to Schnepfau by the same route
CHANCES TO STOP OFF FOR A DRINK/FOOD
Berghaus Kanisfluh (on the Schnepfegg), Obere Hirschbergalpe (during the alp season from mid/late June through to mid-September)

Bike route: 10.3 km
(up to the Hirschbergsattel)
Hiking route: 40 min. to the top
Difference in altitude bike: 890 m
Difference in altitude hike: 210 m
Trail category: white-red-white
850 GEMEINDEAMT

Wooden huts in the Auer Ried

Au – delicate plants and wooden huts
Bregenzerwald hiking map: **Tour 35**

The path leads you from the Argen gorge into the Auer Ried nature reserve. The power of water, geology, nature conservation, ancient cultivated landscapes and the mighty Kanisfluh provide the subjects and the stations of the hike for those interested in nature. Over 50 rare species of plant thrive in the Auer Ried. Watercourses, gallery forests and damp biotopes run through the humid rough pastures and upland hay meadows with their numerous characteristic old hay huts.

STARTING POINT
Au parish church
DESTINATION
Au parish church
ITINERARY
Au-Jaghausen (parish church, 791 m) – Auer Ried (1,050 m) nature trail (via Argenbachtal) – Jaghausen parish church
CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Au

Literary hike
The volume of poems by Birgit Rietzler invites you to a literary hike through Auer Ried: „Berberitzen“ puts in words the externally visible and the internally perceptible. Available in the tourist information offices in Au and Schoppernau.
(in German only)

Difference in altitude: 300 m
Trail category: white-red-white
Total hiking time: 2 ½ hours

A detailed brochure is available at the tourist office.
850 JAGHAUSEN

Engenloch Gorge in Hittisau

Hittisau – across bridges, through the gorge

Bregenzerwald hiking map: **Tour 7**

At the end of the Ice Age, a lake emerged at the foot of the Hochhäderich. The Bolgenach carved its path out of the cliffs which formed the "dam wall" of the lake. And so the Komma gorge arose. For almost 300 years, the Komma bridge has been crossing the river and the gorge at a height of 15 m: this bridge is the oldest covered bridge in the province. The water hiking path follows the Bolgenach, over the suspension bridge into the wild yet romantic Engenlochschlucht.

STARTING POINT
Hittisau-centre of town

DESTINATION
Hittisau-centre of town

ITINERARY
Village square (792 m) – open-air swimming pool (Kommabrücke) – Hechtbrücke – Engenlochschlucht – Bartenstein water-operated sawmill – Steg – Rain – village square

CHANCES TO STOP OFF FOR A DRINK/FOOD
Inns in Hittisau

Difference in altitude: 80 m
Trail category: yellow-white
Total hiking time: 2 ¼ hours

Detailed directions are available from the tourist office.

820/860 GEMEINDEHAUS

Calc-tufa area in Lingenau

Lingenau – when water turns to stones
Bregenzerwald hiking map: **Tour 9**

The tufa in Lingenau is one of the most remarkable calcareous sinter formations north of the main Alpine ridge, making it one of the outstanding geological phenomena in Vorarlberg. The water flows in small flumes over rocks as far as the riverbed of the Subersach, forming canopies and sinter curtains.
Five information boards describe the geology and vegetation of this spectacle of nature.

STARTING POINT
Lingenau Vitalhotel Quellengarten car park
DESTINATION
Lingenau Vitalhotel Quellengarten car park
ITINERARY
Vitalhotel Quellengarten car park (680 m) – calc-tufa nature trail (610 m) – Rain – St. Anna chapel – Vitalhotel Quellengarten car park
CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Lingenau
INFORMATION
The wooden bridges can be slippery when wet.

Difference in altitude: 70 m
Trail category: white-red-white
Total hiking time: 1 ½ hours

Detailed directions are available from the tourist office.
820/860 HALLENBAD OR ST. ANNA-KAPELLE

Kalbelesee lake with view of the Biberkopf

Warth-Schröcken – on the trail of the Walsers

Bregenzerwald hiking map: **Tour 48**

The villages of Lech, Schröcken and Warth are typical Walser settlements. In the 14th century, the Tannberg area was populated by the Walsers, who came from the West Swiss canton of Valais. In cultivating the alpine terrain, these pioneers developed a first-rate, fascinating cultivated landscape. Robust benches point out the stations along the trail. A book is available which describes the objects that tell the history of the Walser settlers on the Tannberg.

STARTING POINT
Schröcken parish church

DESTINATION
Warth

ITINERARY
Schröcken – Alpe Felle – Körbersee – Hochtannbergpass – the old salt road to Warth (return by bus)

CHANCES TO STOP OFF FOR A DRINK/FOOD
Batzenalpe (during the alp season from mid/late June through to mid-September), Berghotel Körbersee, inns in Schröcken and Warth

INFORMATION
Körbersee near Schröcken was awarded Austria's most beautiful location by ORF (Austrian Broadcasting Corporation) viewers in 2017.

Difference in altitude: 590 m (up), 350 m (down)
Trail category: yellow-white
Total hiking time: 4 hours

There's also a book, which is available from the Lech and Warth-Schröcken tourist offices.
www.tannberg.info

852 SCHRÖCKEN: DORF
WARTH: DORFPLATZ

Hay landscape in Au

Au-Schoppernau – "Alpgang"
Bregenzerwald hiking map: **Tour 36**

Insights into farming in the Bregenzerwald are afforded by the 14 stations on the "Alpgang" thematic trail. For economical reasons and in order to maintain the mountain's sensitive nature, farmers in the Bregenzerwald have been farming their fields in several stages for hundreds of years: in the early summer, Alpine dairy farmers and their cows leave the valley and head for the mountain. They spend the summer on the high mountain pasture, and return to the mountain pasture in the autumn, and finally back to the valley.

STARTING POINT
Au/Rehmen church

DESTINATION
Au/Rehmen church

ITINERARY
Long tour:
Au/Rehmen church – Berbigen mountain pasture – Upper Sattelalpe – Liegstein – Satteleggalpe – Wika – Holand – Au/Rehmen church
Short tour:
Au/Rehmen church – Berbigen mountain pasture – Wika – Au/Rehmen church

CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Au, Satteleggalpe (from mid-June to early September)

Difference in altitude:
approx. 765 m long tour,
(650 m without Liegstein),
approx. 355 m short tour
Trail category: white-red-white
Total hiking time:
long tour approx. 4 ¾ hours,
(approx. 1 hour less without Liegstein),
short tour approx. 2 hours.
850 LUGEN (WALK)

The "not quite perpendicular" station – Georunde Rindberg in Sibratsgfäll

Sibratsgfäll – Georunde Rindberg
Bregenzerwald hiking map: **Tour 16**

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 Sibratsgfäll dealt with the situation.

STARTING POINT
Rindberg, Felbers schiefes Haus

DESTINATION
Rindberg, Felbers schiefes Haus

ITINERARY
Rindberg Geological Circuit: 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
Riesalpen Geological Circuit: Torrent and Avalanche Control – Steter Tropfen (Constant Dripping) – Bader Schuttstrom (Debris Flow) – St. Wendelin's Chapel – Bergrast Wildries (Wildries Mountain Rest)

CHANCES TO STOP OFF FOR A DRINK/FOOD
Bergrast Wildries

Guided tour: Felber's leaning house
Every Saturday from April to October, 10 a.m.
Tourismusbüro Sibratsgfäll
T +43 (0)5513 2112-13

Difference in altitude: 250 m
Trail category: white-red-white
Total hiking time: approx. 2 ½ hours

INFORMATION
www.bewegtenatur.at
860 DORFPLATZ (WALK)

Goats on the Goßarweag ('Goat's Path') in Bizau

Bizau – Goßarweag
("Goatherd's path")
Bregenzerwald hiking map: **Tour 31**

Goatherding was an essential part of daily life in Bizau for many centuries. The hike is reminiscent of this cultural heritage, is enlightening from both a historic and natural landscape point of view, as well as being a scenic delight. Five stations for touching, seeing, listening, feeling, guessing and climbing are an attraction for children. There are several options for joining/leaving the hike along the Goßarweag via existing hiking paths and back into the village.

STARTING POINT
Bizau village centre (village hall)

DESTINATION
Bizau village centre (village hall)

ITINERARY
Bizau village centre (village hall, 681 m) – towards Känzele – Oberbergsiedlung – Hilkat – Langenalpe – Hilkat – Bizau village centre

CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Bizau

REST AND PLAY
Benches and play stations along the Goßarweag, playground on the Oberberg

Difference in altitude: approx. 320 m
Trail category: white-red-white
Total hiking time: approx. 2 ½ hours

A detailed brochure is available from the tourist office in Bizau.
831/832 GEMEINDEAMT

Brüggelekopf

Alberschwende – Brüggele
Bregenzerwald hiking map: **Tour 20**

A scenic path leads to the Tannen lot. A trail then starts along the ridge up to the Brüggelekopf which presents magnificent views across Lake Constance. This is also where a music trail with 10 musically designed stations, which introduce a treasure of Bregenzerwald songs that can be sung or played, may be found.

STARTING POINT
Alberschwende village square
DESTINATION
Alberschwende village square
ITINERARY
Alberschwende village square – Tannen – Brüggele (Kammweg) – Alberschwende village square
CHANCES TO STOP OFF FOR A DRINK/FOOD
Alpengasthof Brüggele, inns in Alberschwende

Kunst am Berg
Art projects by Ariane Patout and Rene Müller may be admired around the Berggasthof Brüggele. Fascinating objects have been created here from domestic silver fir, cherry, ash and beech.

Difference in altitude: 460 m
Trail category: white-red-white
Total hiking time: approx. 3 hours
INFORMATION
www.musikwanderweg.at
A detailed brochure is available from the tourist office.
830/840/850/860 **KIRCHPLATZ**

Dörnlesee in Lingenau

Lingenau – between the village square and the swimming pool

Lingenau is located in the gently undulating countryside of the Vorderwald. The hospitable village has won the Vorarlberg Horticultural Competition several times, and has received awards for being a community whose buildings are suitable for the disabled. Lingenau is also well-known for its barrier-free swimming pool with adjacent hotel.

STARTING & FINISHING POINT
Lingenau village square (car park)
Variant: Vitalhotel Quellengarten (car park)

ITINERARY
Lingenau village square (685 m) – Gschwend – St. Annakapelle (669 m) – Vitalhotel Quellengarten – Dörnlesee – village square; signposted as a yellow-white rambling path

BARRIER-FREE REFRESHMENTS & WC
Gasthaus Traube, Hotel Adler

INDOOR SWIMMING POOL
Vitalhotel Quellengarten, Lingenau
T +43 (0)5513 6461-0
www.bregenzerwaldhotels.at

Distance: 3 km
Condition of the path: pavements and roads with little difference in height, all tarmacked
820/860/890 HALLENBAD OR DORFPLATZ LINGENAU

At the foot of the Kanisfluh

Mellau – at the foot of the Kanisfluh

The Kanisfluh could easily give rise to the argument whether this, the Bregenzerwald's most striking mountain, is more impressive on the curved southern side of Au or on the northern face between Mellau and Schnepfau. On our route, the rocks of the northern face tower up to 1,300 meters above the bottom of the valley. If you take a really close look, you can detect a mosaic of completely different natural habitats.

STARTING & FINISHING POINT
Mellau cable cars, car park

ITINERARY
Mellau cable cars (705 m) – Engevorsäß (705 m) – Ach bridge towards Hirschau – Schnepfau (734 m, car park) – return via the same way; signposted for the most part as cycle and hiking paths

BARRIER-FREE REFRESHMENTS
Hotel die Wälderin

BARRIER-FREE WC
Mellau cable cars valley station, Schnepfau village hall (on workdays)

BARRIER-FREE CABLE CARS
(→ p. 5)

Distance: 10.4 km
Condition of the path: tarmacked throughout, more or less level for the most part, with differences in height at stream crossings

833/840/850 ⊙ ZENTRUM
832 ⊙ BERGBAHN

Out and about with dogs

Man and his best friend can benefit from taking a hike together.

COMMUNITIES

Dogs must be kept on a leash in the entire area: Au, Bezau, Bizau, Damüls, Langenegg, Langen b. Bregenz (Fighting dogs), Mellau, Riefensberg, Schoppernau, Sibratsgfäll, Schröcken, Warth
Dogs must be kept on a leash in certain areas: Egg, Lingenau, Hittisau, Schwarzenberg
Dogs do not need to be kept on a leash: Alberschwende, Andelsbuch, Doren, Krumbach, Langen b. Bregenz, Reuthe, Schnepfau, Sulzberg

Please note that dogs are not permitted in the following places: cemeteries, children's playgrounds, water reserves.

PUBLIC BUSES

Dogs must be muzzled and on a leash. A fare is payable for the dog.

CABLE CARS (→ *p. 5*)

Dogs are welcome: Mellaubahn, Seilbahnen Damüls, Seilbahnen Faschina, Seilbahnen Sonntag, Steffisalp-Express Warth
Dogs – only wearing a muzzle and on a leash: Seilbahn Bezau, Diedamskopf

WHAT TO DO WHEN ENCOUNTERING GRAZING ANIMALS (→ *p. 9*)

www.sichere-almen.at

TIP: VETERINARY SURGEON

Die TierÄrzte
Bundesstraße 682, Andelsbuch
T +43 (0)5512 264260
www.dietieraerzte.com

ACTIVE SUMMER

There are only a few regions where you can try out and perfect so many different types of sports. Outdoor specialists accompany you to ensure your safety when you go mountain biking, rafting, paragliding, archery, canyoning and climbing.

Schoppernau – Egg cycle path

From Schoppernau to Au, the cycle path runs through meadows and fields along the banks of the Bregenzerach. The most beautiful part of the route runs from Au to Mellau through the woods of Schnepfau and the Enge mountain pasture. After Mellau, the cycle path continues along the L 200 to Bezau, where you can turn off onto quiet roads that will take you to the edge of Reuthe-Baien. Carry on along the cycle path, which runs parallel to the L 200 and takes you to Andelsbuch-Bersbuch. After crossing that part of the village, the path continues along the former route of the Bregenzerwald railway to Egg (the surface is gravelled as far as the centre of Andelsbuch). Taking it easy, you need about 4 hours for the return journey.
Total distance (one way):
approx. 30 km

Achtal footpath and cycle path Egg – Doren

The track of the Bregenzerwald railway between Egg and Doren is being revived. A footpath and cycle path is opening up the lovely natural landscape of the Bregenzerach. It is with a great deal of consideration that the buildings of the former "Wälderbahn" were renovated, the track repaired and safety features installed.
Total distance (one way):
approx. 10 km

Pocket-size cycling path flyer
The Bregenzerwald cycling path is described in detail in the informative pocket-size flyer. Available from Bregenzerwald Tourismus and from the tourist information offices.

Rohrmoostal cycle path

The scenic cycle tour leaves the church in Sibratsgfäll in the direction of Rindberg. The road is car-free from the national border. The tour takes you past the impressive Gottesackerwände as far as the nature reserve. The less fit amongst the cyclists can push their bicycles up the 800-metre slope. The next stage of the tour is flat, and takes you to the Aibele alp which is licensed (mid-June to mid-September). 2 km later, you pass the watershed between the North Sea and the Black Sea, and one kilometre on you arrive at the Rohrmoos plot. Here, you can visit Germany's oldest wooden church. The way back takes you along the same route, but with different views.
Total distance (one way): 13 km

TIPP: CULINARY CYCLING

The culinary bike trips take visitors on their (e)-mountain bikes through the Bregenzerwald's impressive cultivated landscape and include a regional breakfast, lunch and dessert in different mountain inns and restaurants. An all-round enjoyable experience.
(→ p. 101)

Cycling on racing bikes in Bizau – up on to the Schnepfegg

The Bregenzerwald is the perfect region for racers since they can choose from routes with different degrees of difficulty.

Au-Schoppernau is the perfect starting point for all tours. From here, you can reach the popular Alpine passes such as the Hochtannbergpass, Flexenpass, Faschinajoch, Furkajoch, Bödele and the Riedbergpass. Thirteen mapped-out racer tours, from the leisurely, medium-difficult to difficult, take the racers across the mountains, along meadows, through forests and the 23 villages which make up the region. Cross-border circular tours into Appenzellerland, Allgäu, Lechtal and Paznauntal extend the region's radius.

	Tour	kilometres	difference in altitude
1	Three-pass tour (Hochtannbergpass/Flexenpass/Faschinajoch)	107	2,650
2	Tannheim Valley	182	2,430
3	Furkapass – Rhine Valley	113	2,110
4	Riedbergpass – Alpsee	160	2,302
5	Faschina – Silvretta high alpine road – Hahntenjoch	246	4,750
6	Furkajoch – Appenzell (Switzerland) – Lake Constance	149	2,538
7	Lorenapass – Bildstein – Sulzberg	125	2,330
8	Hahntenjoch – Arlbergpass	183	3,890
9	Bödele – Achrain	90	1,478
10	Circular tour of the Vorderwald	104	1,505
11	Hochtannbergpass – Lech	61	1,338
12	Introductory tour up the Schnepfegg	30	350
13	Circular tour of the Mittelwald	62	830

Cycling Marathon Tannheim valley
7 July 2024 (220 km and 3,500 metres' difference in altitude)
www.rad-marathon.at

Bregenzerwald bicycle bus

30 May – 29 September 2024

It's easy to load your own bike or e-bike on to the trailer of the 8R1 bicycle bus and take it with you. This bus runs from Thursday to Sunday and leaves in the mornings from Bregenz Railway Station and terminates at the centre of the village in Warth.

INFORMATION

Landbus Bregenzerwald

T +43 (0)5512 26000, www.regiobregenzerwald.at

	Tour	Starting point	Distance	Difference in altitude (up):	Highest point
1	Achtal circuit	Egg	20 km	550 m	906 m
2	Alberschwende – Bödele – Brüggele	Alberschwende	23 km	750 m	1,140 m
3	Around the Klausberg	Andelsbuch	16 km	250 m	780 m
4	Schwarzenberg – Bödele – Egg	Schwarzenberg	30 km	1,075 m	1,250 m
5	Around the Winterstaude	Andelsbuch	37 km	1,380 m	1,526 m
6	Schetteregg – Schönenbach	Egg	43 km	1,030 m	1,090 m
7	Vorderwald circuit	Sibratsgfäll	24 km	760 m	1,434 m
8	Around the Subersach	Lingenau	33 km	875 m	1,090 m
9	Hochhäderich – Steibis	Hittisau	30 km	1,010 m	1,320 m
10	Hittisau – Balderschwang	Hittisau	44 km	1,230 m	1,495 m
11	Mellental circuit	Mellau	19 km	720 m	1,325 m
12	Roßstelle – Mellental	Mellau	20 km	460 m	1,610 m
13	Around the Kanisfluh	Mellau	22 km	310 m	1,622 m
14	Kanisfluh circuit – “Classic”	Mellau	43 km	1,445 m	1,622 m
15	Around the Lug	Au	19 km	1,175 m	1,767 m
16	Damüls circuit	Au	32 km	1,290 m	1,800 m
17	Zafernhorn circuit	Damüls	18 km	865 m	1,870 m
18	Hinterwald circuit	Au	28 km	975 m	1,440 m
19	Schoppernauer Höhen circuit	Schoppernau	13 km	345 m	1,698 m
20	Tannberg circuit	Schröcken	20 km	925 m	2,043 m

Level of difficulty: Easy Moderate Difficult

Gravelbike-Tour

Gravel biking

Gravel bikers on off-road bikes will be able to 'feel' their way on gravel, forest tracks and forestry trails as well as roads.

Gravelbike Festival
'into the wold'
27 – 30 June 2024

The Gravelbike Festival is all about exploring the Bregenzerwald in all its facets. The highlight is the big ride-out on Saturday: three different routes – depending on ability level – take cyclists through the Bregenzerwald's impressive nature. The programme also includes a variety of themed trips (e.g. tours focusing on craftsmanship and architecture), a panel discussion and an evening of culture. Top local restaurateurs will be serving up the food and drink.

INFORMATION
www.intothewold.at

Staying with experts

Some hotels specialise in accommodating mountain bikers and racing cyclists. They're able to provide expert tips as well as the appropriate facilities and services for both travellers and their bikes.

Racing bike specialists
Hotel Bären in Mellau
www.baerenmellau.at
Hotel Gämsle in Schoppernau
www.gaemsle.at

Mountain bike specialists
Hotel Rössle in Au
www.roessle-au.at
Alpen Hotel Post in Au
www.alpenhotel-post.com

Mellau pump track

Pumptracks

Gentle rollers and bends on the 'track' train coordination skills.

Mellau pump track

Location: at the Mellau football pitch

How to get there: on the cycle path directly past the Mellau cable car's valley station, turning left to the Mellau football pitch after the bridge

Mellau Tourismus, T +43 (0)5518 2203
www.mellau.com

Langen b. Bregenz pump track

Location: Next to the sports and recreation field.

Langen b. Bregenz Tourismus
T +43 (0)5575 4415-10
www.langen.at

MTB Trail Center in Au-Schoppernau

This is the place where beginners, intermediates and professionals alike are able to improve their riding and cycling skills. From the family-friendly Uphill Trail to the Adventure Trail and the black Jumpline – there's something for everyone at the MTB Trail Center.

Au-Schoppernau Tourismus
T +43 (0)5515 2288
www.au-schoppernau.at

Mountain bike map with 20 top tours

Detailed information about the MTB network and selected 20 top tours for mountain bikers and e-bikers are enclosed in the mountain bike map of Bregenzerwald (available from Bregenzerwald Tourismus, in the tourist information offices and in some sports shops).

Price: € 9.90

Mountain bike carriage on the cable cars (→ p. 5)

TIP: MOUNTAIN BIKES & BICYCLES AT WWW.BREGENZERWALD.ATT

Gravel-bike and mountain-bike trips, racing-bike trips, charging stations, bike shops, rentals, cycle training sessions and guided tours

Beginner or expert, young or not so young: the Bregenzerwald's climbing and rope courses offer the perfect training ground.

Climbing and rope courses

Aqua rope course Andelsbuch
Rope course above the water: abseiling, climbing rock, 9 Flying Fox slides, via ferratas combined with rope course elements.
Starting point: Bersbuch bus stop/ roundabout, Andelsbuch
INFORMATION & OPENING TIMES
Aktiv-Zentrum Bregenzerwald
Lutz Schmelzinger
M +43 (0)676 7837878
www.aktiv-zentrum.at
830/840/850/870 KREISVERKEHR

Au-Schnepfau climbing garden
Degree of difficulty: 3 – 8
Charming schrattenkalk ledge with several routes
850 SCHNEPFAU GEMEINDEAMT (WALK)

Damüls forest rope course and Flying Fox slide
6 rope courses of various degrees of difficulty are located at heights between 2 and 13 m. There are 2 special Bambini courses for kids aged between 3 and 5. You are secured before you cross the individual courses. Highlight: 200 metres long Flying Fox zip wire
INFORMATION & OPENING TIMES
Bernd Burtscher/Christoph Schäfer
M +43 (0)664 4147137
www.das-seil.at
850 AU – GEMEINDEAMT
851 KIRCHDORF

Widaschrofa via ferratas, Mellau-Schnepfau "Wälder" via ferrata
Length/height: start at 760 m / TOP at 850 m
Degree of difficulty: D
Walking time: approx. 1.5 hours
Difference in altitude: 100 m
Start: Schnepfau car park, walking time to the start, approx. 10 minutes
850 SCHNEPFAU GEMEINDEAMT (WALK)

"Abendrot" via ferrata, Mellau-Schnepfau
Length/height: start at 760 m / TOP at 850 m
Degree of difficulty: E
Walking time: approx. 1.5 hours
Difference in altitude: 100 m
Start: Schnepfau car park, walking time to the start, approx. 10 minutes
850 SCHNEPFAU GEMEINDEAMT (WALK)

Schröcken adventure park
A climbing experience above water, in the forest, on a rock face (for families, children from the age of six), 42 rope courses, 3 Flying Fox zip lines, Climbing at a height of 3–15 m
INFORMATION & REGISTRATION
Alpinschule Schröcken, Josef Staggl
M +43 (0)664 25 25 200
www.alpinschule-schroecken.at
www.abenteuerpark.net
852 UNTERBODEN

Flying Fox Park Safari Schröcken
5 Flying Fox lines in natural surroundings, flying 20-90 metres above wild gorges.
INFORMATION & REGISTRATION
Alpinschule Schröcken
Josef Staggl
M +43 (0)664 25 25 200
www.alpinschule-schroecken.at
www.abenteuerpark.net
852 UNTERBODEN

High ropes course – Aktivzentrum Bregenzerwald (Activity Centre)

Klettergarten Schröcken-Unterboden (Climbing Garden)
Ideal for beginners and families with several easy, well-secured routes for top rope and lead climbing.
Length / height: 15 – 20 m
Degree of difficulty: 3 – 6
Start: Schröcken-Unterboden
852 UNTERBODEN

Climbing gardens around the Biberacher Hütte – Schröcken
The climbing gardens around the Biberacher Hütte are open during the summer season. Very good terrain for children too.

- **Climbing garden below the Hütte**
  Degree of difficulty: 4 – 7
  Walking time: 5 – 10 minutes (to the entrance from the Biberacher Hütte)
  First rock:
  Length / height: 12 m, 5 routes
  Second rock:
  Length / height: 18 m, 6 routes
  Third rock:
  Length / height: 20 m, 4 routes
- **Climbing garden at the Gigelturm**
  Walking time: around 45 minutes (to the start from the Biberacher Hütte)
  6 tours, three- and four-rope lenghts
  Degree of difficulty: 5 – 6
- **Climbing garden Tweety**
  (opposite the Gigelturm)
  Walking time: around 45 min. (to the start from the Biberacher Hütte)
  6 routes
  Degree of difficulty: 5 – 7

852 LANDSTEG (WALK)

Schrofenwies climbing garden in Warth-Lechleiten
Length/height: 20 m
Degree of difficulty: 4b – 7c
32 secured routes, Via ferrata to practice, children under supervision of a skilled adult, barbeque station, topo available at the Warth-Schröcken tourist office
Start: the car park Schrofenwies Lechleiten

TIP: OUTDOOR SPECIALISTS AT WWW.BREGENZERWALD.AT

Outdoor play and adventure activities, climbing trips and courses

Karhorn via ferrata in Warth-Schröcken

Klettergarten Bürstegger Wändle (climbing garden) between Lech and Warth
Length/height: 20 m
Degree of difficulty: 3 – 7c
28 secured routes, topos available at the Warth-Schröcken and Lech-Zürs tourist offices
Start: 300 m adjacent to "Bürstegg" service road on Hauptstraße in the direction of Warth, left by the automobile bridge, approx. 15 min. through the woods (elev. gain: 200 m)
852 BÜRSTEGG

Mindelheim via ferrata in Warth
Degree of difficulty: A/B – C
Walking time: approx. 2 ½ hours to the start – from Warth-Lechleiten
Difference in altitude: approx. 400 m

Karhorn Warth via ferrata, East and west ridge
Length 2,000 m
Degree of difficulty: A/B – B/C
Walking time: 1 ½ – 3 ½ hours
Difference in altitude: 250 m
Start: ascent with the Steffisalp-Express (walking time to the start, approx. 45 min)
852 STEFFISALPE

Indoor climbing

"Kletterwald" ("Climbing Forest") Egg
Climbing hall at the Mittelschule (Secondary School) Egg: 500 m² of climbing area, 12-metre-high lead-climbing area, 20 lines and around 50 routes, two automatic belay devices (Toppas), Boulder cave with campus board and system wall.
OPENING TIMES
Evenings from Mondays to Fridays, Sat and Sun afternoons and evenings (closed in August)
INFORMATION & ONLINE-TICKETS
www.alpenverein.at/vorarlberg-bezirk-egg/
840/850 PFISTER

K1 climbing hall, Dornbirn
1,800 m² indoor climbing area, 400 m² boulder area, 600 m² outdoor climbing area, climbing courses, taster courses, competitions, events
INFORMATION
www.k1-dornbirn.at
850/860/870 BAHNHOF (WALK)

Running trails for hobby runners and professional athletes

Hobby runners and professional athletes alike can let off steam on 18 running trails of varying degrees of difficulty – easy, moderate and difficult. Individual trails are also manageable for families with children.

Runners will find a range of pathways of different lengths and levels of difficulty in the Bregenzerwald. Andelsbuch, Bezau and Lingenau have marked running paths.
Runners can choose between three easy, one moderately difficult and one difficult circular path in Andelsbuch. There are six running paths in Bezau and seven in Lingenau.
The regional walking and cycle path, the 18.1 km long Achtalweg, connects Bezau, Andelsbuch and Lingenau. Runners can thus not only make use of this lovely pathway – they can also explore the network of running paths in the three towns. Good regional bus connections make it easy to get there and back.

TIP: RUNNING ROUTES AT WWW.BREGENZERWALD.AT

Eighteen running routes with three different levels of difficulty

Trail running courses
Guided trail running and route planning for various tours with the trail running guides Andrea and Norbert Rauch.
Appointments:
M +43 (0)664 2749023

Trail running events
9th Bizau trail run – 18 May 2024
Route and information
www.svbizau.at

16th Seven summits tour Schröcken – 7 September 2024
In just one day across Schröcken's seven border mountains: seven peaks – 48 kilometres – 4,300 altitude metres – running for a good cause!
www.7berge.at
852 GEMEINDEAMT

Paragliding

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

The Flugschule Bregenzerwald (Flying School) trains pilots over optimum terrain. The Andelsbuch, Bezau and Diedamskopf high-altitude flying area boasts many options and take-off sites in almost any direction. The Niedere flying area can be reached with the Bezau cable car (take-off and landing sites in Andelsbuch are open to all paragliding pilots), while the Diedamskopf cable car travels to the Diedamskopf flying area.

BEZAU: 832 SEILBAHN
ANDELSBUCH: 840/850
GEMEINDEAMT
(20 MIN. FROM THE AIRFIELD)
DIEDAMSKOPF: 840/850
DIEDAMSKOPFBAHN

OFFER

Tandem flight : 15 minutes
with the Guest Card Bregenzerwald & Großes Walsertal: € 160

Tandem flight:
15 minutes: € 170
Thermal soaring flight :
30 minutes: € 200
Super thermal soaring flight:
from 30 minutes: € 230
Action tandem flight: € 210
Taster course: € 190
Photos or film of the flight: € 35

INFORMATION

Flugschule Bregenzerwald
T +43 (0)5514 3177
M +43 (0)664 5127765 (tandem flight reservation)
www.gleitschirmschule.at

Andelsbuch – themed trail "Flugmeile"

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

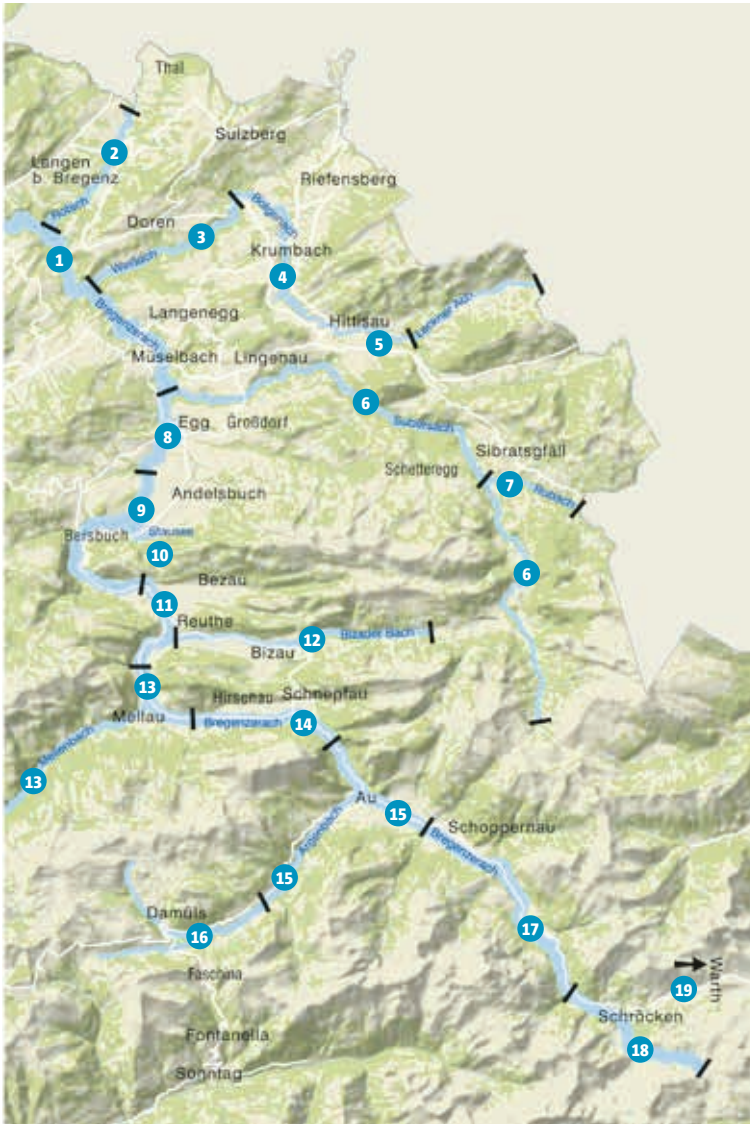
Archery with the Aktivzentrum Bregenzerwald (Activity Centre)

Archery is one of the oldest forms of hunting known to man. In the Bregenzerwald, the main focus is on the fun-and-games aspect of the sport.

Andelsbuch – Archery
Hunt using a bow and arrow on a 3-D course. Incl. instruction, accompanying guide, rental of archery equipment.
Date: to be arranged
Place: Starting point: Bersbuch bus stop/roundabout, Andelsbuch
INFORMATION & RESERVATION
Aktivzentrum Bregenzerwald
Lutz Schmelzinger
M +43 (0)676 7837878
www.aktiv-zentrum.at
830/840/850/870 KREISVERKEHR

Doren – 3-D archery range
Archery in the wild landscape of the Dorener Gschlief.
Rental: Adler inn
Opening hours: open daily between 9 a.m. and 7 p.m. from early April through to the onset of winter. Please reserve.
INFORMATION & RESERVATION
Otto Nöckl, T +43 (0)5516 2014
Günter Schmuck, T +43 (0)5516 2114
Gemeinde Doren T +43 (0)5516 2018
www.bogenparcours-doren.at
820 ZENTRUM

Riefensberg – 3-D archery range
Go back to the days of Robin Hood, be at one with the bow and arrow.
Place: close to the border, old Gschliefstraße to Riefensberg
Rental equipment: upon request
Opening hours: April – October
INFORMATION, PRICES & RESERVATION
Kreativ Bewegen
M +43 (0)664 5323102
www.kreativbewegen.at
820/890/891 DORF



For your orientation – fishing grounds: Data subjet to change. Detailed maps and information about fishing groud boundaries are available from issuing offices.

TIP: PACKAGE & INFORMATION

Flyfish-Package: www.bregenzerwald.at
Fischereiverein Bregenzerwald: www.fv-bregenzerwald.at
flyfish Bregenzerwald in Egg:
M +43 (0)664 4146482, www.flyfish-bregenzerwald.at
Specialist shop Betram Fetz in Alberschwende:
M +43 (0)650 3008251, www.bertramfetz.at
Fischereiverband für das Land Vorarlberg: www.fischereiverband-vbg.at

	Fishing grounds	Season	Information/Ticket Sales
1	BREGENZERACH FROM KENNELBACH TO LINGENAU	1.5. – 31.8.	Fishing club Bregenz, flyfish Bregenzerwald, village halls Alberschwende, Doren, Egg, Krumbach, Langenegg, Lingenau, Riefensberg; Gasthaus Taube Thal
2	FISHING ROTACH	1.6. – 31.8.	Village hall Doren, grocery store Kramer Doren
3	WEISSACH 1	1.5. – 31.8.	Fishing club Bregenz, village hall Doren
4	BOLGENACH 1	1.5. – 31.8.	Fischerei Bolgenach, village hall Riefensberg – for guests (with guest card and fishing license) from Riefensberg, Krumbach or Hittisau
5	BOLGENACH 2 (WITH RESERVOIR)		Village hall Hittisau (Season times on www.hittisau.at)
6	SUBERSACH 1+2	1.5. – 30.9.	Fishing club Bregenzerwald, flyfish Bregenzerwald, Käsehaus Andelsbuch, municipalities*
7	RUBACH IN SIBRATSGFÄLL	1.6. – 15.9.	Fischereiverband Bregenzerwald, flyfish Bregenzerwald and Village hall Sibratsgfäll
8	BREGENZERACH 3 (EGG)	1.5. – 31.8.	Fishing club Bregenzerwald, flyfish Bregenzerwald, Käsehaus Andelsbuch, municipalities*
9	BREGENZERACH 4 (ANDELSBUCH TO BEZAU)	1.5. – 30.9.	Fishing club Bregenzerwald, flyfish Bregenzerwald, Käsehaus Andelsbuch, municipalities*
10	BEZEGG STAUSEE ANDELSBUCH	1.6. – 31.10.	Village hall Andelsbuch
11	BREGENZERACH 5 (BEZAU/REUTHE TO MELLAU)	1.5. – 30.9.	Fishing club Bregenzerwald, flyfish Bregenzerwald, Käsehaus Andelsbuch, municipalities*
12	BIZAUER BACH 32	1.5. – 30.9.	Fishing club Bregenzerwald, flyfish Bregenzerwald, Käsehaus Andelsbuch, municipalities*
13	BREGENZERACH IN MELLAU AND MELLENBACH	1.5. – 30.9.	Fishing club Mellau, flyfish Bregenzerwald, tourist office Mellau, Hotel Engel, Gasthof Adler, Specialist shop Betram Fetz in Alberschwende
14	BREGENZERACH 7 (SCHNEPFAU)	1.5. – 30.9.	Fishing club Bregenzerwald, flyfish Bregenzerwald, Käsehaus Andelsbuch, municipalities*
15	BREGENZERACH IN AU	1.5. – 15.9.	Fish pond Au, Hotel Krone in Au, tourist office Au
16	KRUMBACH WITH BREGETZBACH AND ARGENBACH IN DAMÜLS	16.6. – 30.9.	Village hall Damüls, Hotel Adler, Damüls
17	BREGENZERACH IN SCHOPPERNAU	1.5. – 30.9.	Tourist office Schoppernau
18	BREGENZERACH IN SCHRÖCKEN	1.6. – 30.9.	Tourist office Schröcken
19	SEEBACHSEE IN WARTH	1.6. – 30.9.	Tourist office Warth

* Day tickets issued from the municipal office / tourist office: Sibratsgfäll, Hittisau, Lingenau, Egg, Schwarzenberg, Bezau, Reuthe, Bizau, Schnepfau

Bregenzerwald Golf Park in Riefensberg-Sulzberg

The internationally renowned architect Kurt Rossknecht designed the first 18-hole golf course in Vorarlberg in its time between Riefensberg and Sulzberg: not only that – it is one of the loveliest golf courses, nestled as it is in the countryside.

The undulating landscape and the numerous little inlets to the Weißach have been perfectly integrated into the game. Artificial lakes and selectively positioned bunkers complement the natural obstacles. Along with the slopes and slants, the corridors and the impressive view, they make golfing in this park into an experience which never fails to leave a lasting impression.

Discount green fee

The "Unlimited golfing fun" green fee entitles the holder to a discount of up to 30%, and applies to two 18-hole courses: the Bregenzerwald Golf Park in Riefensberg and the Oberstaufen-Steibis Golf Club. Guests of the founder and partner hotels of the two golf complexes enjoy a reduced green fee. Guests of the Vorarlberg founder and partner hotels also benefit from discounted green fees at the five other golf courses in Vorarlberg.

Bregenzerwald Golfing School

Important tips on driving, strategy, tactics and mental training. The golfing permit is also recognised in Germany and Switzerland.

INFORMATION

Golfpark Bregenzerwald and Golfschule Bregenzerwald
M +43 (0)663 06430418
www.golf-bregenzerwald.com
820/824 GOLFPLATZ

FAMILY TIPS

Climbing, discovering gorges, learning more about herbs, visiting the cows on the farms, riding the „Wälderbähnle“ – there is any amount of things for families and kids to do! Heart-felt supervision included.

Herb garden in Holdamoos, close to Au-Schoppernau

Au-Schoppernau – in the fragrant herb garden

The Holdamoos natural experience illustrates 400 years of alp history. A "Vorsäßhütte" – a mountain pasture hut – dating back 400 years and still in its original condition, a suspension bridge, a small lake and a herb garden boasting over 150 different herbs lie in the middle of the cultivated, natural landscape. This is a gentle ramble on wide paths along the Bregenzerach and through the settled region of Au.

STARTING POINT
Au-tourist office

DESTINATION
Au-tourist office

ITINERARY
Au-Argenau (tourist office, 810 m) – Rehmen – direction to Schoppernau via Halde to Holdamoos (890 m) – Lebernau – Lugen – Au centre of town

CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Au

REST & PLAY
Hazelnut spot, small lake, BBQ station, herb garden, old mountain pasture hut

INFORMATION
An all-terrain buggy is recommended as the hiking trail sometimes follows the service roads.

Difference in altitude: 90 m
Trail category: yellow-white
Total hiking time: 2 ½ hours

Detailed directions are available from the tourist office.
850 GEMEINDEAMT AU

Kojenmoos at Hochhäderich

Hittisau-Riefensberg – circular ramble on Hochhäderich

This gentle ramble takes you along a wide, secure path right through the Kojental nature reserve, a natural upland moor. The alpine adventure path offers some variety: water-drawing, barefoot trail, footbridge across the upland moor, information plaque on the "Smugglers' Trail".

STARTING POINT

Car park at Almhotel Hochhäderich

DESTINATION

Car park at Almhotel Hochhäderich

ITINERARY

Almhotel car park – towards Hochwiesalpe – alpine adventure trail – Alpe Kojen – Almhotel car park

CHANCES TO STOP OFF FOR A DRINK/FOOD

Almhotel Hochhäderich

REST & PLAY

Adventure playground at Almhotel Hochhäderich, alpine adventure trail with barefoot path, water drawing station and other varied stations and information plaques

INFORMATION

An all-terrain buggy is recommended as the hiking trail follows the service roads.

Difference in altitude: 40 m
Trail category: white-red-white
Total hiking time: 2 hours

Playing at the Bregnzerach

Mellau – along the Mellenbach into the nature reserve

The path leads from the fire station (where parking is possible) along the Mellenbach past the swimming baths to Bengath bridge. Keep left at the turn-off and follow the freight trail, which leads along the stream through the Mellental nature reserve. The route offers great opportunities for paddling in the Mellenbach, for building dams or simply taking a break. It takes a good hour to get to Vorsäß Dös (turn-off at the wooden bridge) where the last huts are followed by the small chapel, which is a great place for visitors to spend a little time. The same route will also take visitors back again.

STARTING POINT
Mellau-centre of town (Fire station)

DESTINATION
Mellau-centre of town (Fire station)

ITINERARY
Fire station town centre – Mellentalweg – Vorsäß Dös Chapel – Mellentalweg – fire station town centre

CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Mellau

REST & PLAY
Children's playground at the new kindergarten, open-air swimming pool, bathing in the Mellenbach, chapel in Vorsäß Dös

INFORMATION
An all-terrain buggy is recommended, since most of the hiking path follows the service roads.

Difference in altitude: 142 m
Trail category: yellow-white
Total hiking time: 2 hours
833/840/850 ZENTRUM

Taking the pram to Körbersee in Schröcken

Warth-Schröcken – from lake to lake
The two lakes on the Hochtannberg mountain are your guide on this ramble. The Batzenalpe is a licensed alpine pasture. Here, in the alp museum, you discover what life in earlier times was like. From the Hochtannberg pass, an extended, wide path takes you to the Körbersee, which lies at approximately the same altitude as the Hochtannberg pass. From there, a wide agricultural path takes you downwards across the Batzenalpe to Schröcken.

STARTING POINT
Schröcken-Hochtannbergpass
DESTINATION
Schröcken centre of town
ITINERARY
Hochtannbergpass (1,675 m) – Kalbelesee – Körbersee (1,670 m) – Batzenalpe – Schröcken centre of town (1,250 m)
CHANCES TO STOP OFF FOR A DRINK/FOOD
Berghotel Körbersee, Batzenalpe (during the alp season from mid/late June to mid September), inns in Schröcken
REST & PLAY
Short trip in a rowing boat on the Körbersee, brooks, Batzenalpe
INFORMATION
An all-terrain buggy is recommended as the hiking trail follows the service roads.

Difference in altitude: 450 m
Trail category: yellow-white
Total hiking time: 2 hours

Opening times Alpmuseum
T +43 (0)5519 2670
852 SALOBERLIFTE

Variety and playful enjoyment are on offer in the form of the supervised programmes held in several villages.

Andelsbuch – 3-D archery for children
Following professional training and armed with plenty of information about archery, the children set off on the thrilling pursuit (for children from the age of 10, approx. 2 hours)
Meeting point: Bersbuch bus stop/ roundabout, Andelsbuch
Date: May until October, upon request
INFORMATION, PRICES & REGISTRATION
Aktiv-Zentrum Bregenzerwald
Lutz Schmelzinger
M +43 (0)676 7837878
www.aktiv-zentrum.at
830/840/850/870 KREISVERKEHR

Au-Schoppernau – Hut magic and magic herbs
The children listen to stories about the very old mountain pasture hut and, in the herb garden, find out which herbs can make you strong as an ox. Then you cross the fun wobbly bridge to the mysterious hazelnut spot.
Meeting point: church in Au-Rehmen
Date: 3 July – 4 September every Wednesday at 9.30 a.m.
Duration: approx. 2 ½ hours
Price per child: included in the Guest Card Bregenzerwald & Großes Walsertal
INFORMATION & REGISTRATION
Au-Schoppernau Tourismus
T +43 (0)5515 2288
www.au-schoppernau.at
840/850 LUGEN (WALK)

Au-Schoppernau – Farm experience
On the Moosbrugger family's farm children can watch how the farmer milks and feeds his cows.
Meeting point: tourist office Au
Date: 2 July – 27 August every Tuesday at 6 p.m.
Duration: approx. 1 ½ hours
Price per child: included in the Guest Card Bregenzerwald & Großes Walsertal
INFORMATION & REGISTRATION
Au-Schoppernau Tourismus
T +43 (0)5515 2288
www.au-schoppernau.at
850 GEMEINDEAMT

Au-Schoppernau – Rock climbing for children
Josef teaches children their first climbing moves, how to abseil down the rock face and how to climb the via ferrata secured (2 hours, Minimum age: 6).
Meeting point: at the car park of Schröcken-Unterboden adventure park
Date: 8 July – 2 September, every Monday at 5 p.m.
Price: € 20 for guest children from Au-Schoppernau. € 28 for children from other places. Included: rented climbing equipment.
INFORMATION & REGISTRATION
Schröcken adventure park and alpine school
M +43 (0)664 7575500
www.au-schoppernau.at
852 UNTERBODEN

Au-Schoppernau – Diedamskopf – Didis indoor playground
The highest indoor playground in the Bregenzerwald region is located directly at the Diedamskopfbahn cable car's mountain station.
Opening times: daily from 9 a.m. to 3.30 p.m. during operating hours

Admission: free of charge (with valid cable-car ticket)

INFORMATION
Bergbahnen Diedamskopf
T +43 (0)5515 4110-0
www.diedamskopf.at
840/850 DIEDAMKOPFBAHN

Au-Schoppernau – Diedamskopf – exhibition and themed hike
The interactive "Bergwelt zum Sehen und Staunen" ("Mountain world to see and be amazed by") exhibition at the mountain station offers insights into the history of the formation of the Alps, the native animals and the colourful world of flowers in the Diedamskopf area.
Admission: free of charge (with valid cable-car ticket)
It is possible to experience this on a leisurely hike along the nature trail in the area around the summit.
Special benches invite you to rest and enjoy the view.
Walking time: around 1 ½ hours

INFORMATION
Bergbahnen Diedamskopf
T +43 (0)5515 4110-0
www.diedamskopf.at
840/850 DIEDAMKOPFBAHN

Bizau climbing tower: Kids climbing
Members of the mountain rescue team share information about how climbers should secure themselves and climb properly. Supervised climbing for children from four years of age.
Meeting place: 7 p.m. on the village square in Bizau
Date: 11, 25 July, 8, 22, 29 August
Price per person: free of charge

INFORMATION & REGISTRATION
by 4.30 p.m. the previous day
Bizau Tourismus
T +43 (0)5514 2129
www.bizau-bregenzerwald.com
832 GEMEINDEAMT

Damüls – Themed child's trail with quiz
An interesting and educational trail on different subjects goes from the fire station to the Damüls sports center and play area.

INFORMATION
Damüls Faschina Tourismus
T +43 (0)5510 620
www.damuels.at
850 AU – GEMEINDEAMT
851 KIRCHDORF

Damüls – Tip for rainy days – indoor playground
Climbing and fun elements, toddler's area, climbing wall, table football and table hockey
Entrance: free and open to all families
Place: Top floor of the Alpenrose multi-use building, Damüls

INFORMATION
Damüls Faschina Tourismus
T +43 (0)5510 620
www.damuels.at
850 AU – GEMEINDEAMT
851 KIRCHDORF

Doren – StandWOrtWeg reading trail
The StandWOrtWeg plays with perspectives, shows visitors how to observe more closely and asks to try their hand at tricky puzzles. A pleasant round trip that starts behind the municipal office and that takes visitors down shady forest paths over a hill that presents magnificent views. Games, puzzles and philosophical questions await explorers of all ages along the way. For children from six years of age
Walking time: about 2 ½ hours
Altitude difference: 200 metres

INFORMATION & PUZZLE FOLDER
Doren Tourismus
T +43 (0)5516 2018
820 ZENTRUM

Doren – Erlebnisparcours (experience trail)
The timber-built adventure course, which is located in the forest next to Doren's football pitch, is great for climbing, balancing and crawling. The course is open throughout the day free of charge to all families with children aged between two and 10 years old who are fans of climbing and balancing.
INFORMATION
Doren Tourismus, T +43 (0)5516 2018
820 SPORTPLATZ

Egg – Alp experience on Brongen alp
The Meusburger family provides participants with insights into alpine cheese production, the animals and daily routine on the alp. Including a small cheese tasting in the cheese cellar.
Place: Egg, Schetteregg
Meeting point: Brongen alp
Date: every Wednesday in July and August between 10.30 and approx. 11.30 a.m.
Price per person: € 5, children free
INFORMATION & REGISTRATION
The Meusburger family
M +43 (0)664 6304073
827 SCHILIFT

Bänkle-Wasserweg Achtal path
Four stations with benches that are to be found along the Bregenzerache, between Doren and Langenegg (1.5 km), invite visitors to take some time out and to be inspired by the rushing sounds of the Bregenzerache.
Starting point: Doren, Bozenau railway station
INFORMATION
Doren Tourismus
T +43 (0)5516 2018

Egg – Kuno Kinderkultur
(culture for children)
KUNO stands for an adventurous kid's programme in the middle of the Bregenzerwald. KUNO is music, theatre, dance, art, film and literature.
INFORMATION & TICKETS
www.kunokinderkultur.at

Langenegg – Leseweg
Three Word Location stations have been set up along the Leseweg reading trail. Word Locations are filled bookcases that invite hikers to stop and browse in quiet places. There are no significant gradients along the trail so that they may also be accessed with prams.
Walking time: 1 hour
Altitude difference: 67 m
INFORMATION
Langenegg Tourismus
www.langenegg.at
820/890 ZENTRUM

Mountains and stories
Out and about in the mountain world, discovering animals and plants, telling stories and visiting creative or play stations:
Water
Duration: 3 – 4 hours
Price: 1 – 4 persons € 180, each additional person € 15 surcharge, max. 7 participants, larger groups on inquiry
Forest and meadow
Duration: 2 ½ – 3 hours
Price: 1 – 4 persons € 140, each additional person € 10 surcharge. Dates on inquiry
INFORMATION & REGISTRATION
Kreativ Bewegen
M +43 (0)664 5323102
www.kreativbewegen.at

Langenegg – Lausbubenweg
The many opportunities to play along this route are in invitation to enjoy an adventurous hike. In addition to the water wheels at the Energieportal (Energy Portal) by the brook, children may enjoy balancing on wooden blocks, throwing pine cones at targets or on the barefoot spiral in the Energieportal Ruhe (Energy Portal Silence).
Walking time: 1 hour
Altitude difference: 140 m
INFORMATION
Langenegg Tourismus
www.langenegg.at
820/890 ZENTRUM

Lingenau – Natur.Museum
The "Open Air Museum" on Dörnlestraße (directly behind the church) in Lingenau uses the islands in the road to present the habitats that are to be found at the Nagelfluhkette Nature Park.
INFORMATION & BROCHURE
Lingenau Tourismus
T +43 (0)5513 6321
820/860/890 DORFPLATZ

Lingenau – Eichhörnchenweg (Squirrel Trail)
Children can set off in the company of "Nägli" – the nature park's mascot – along Eddy Eichhorn's exercise trail in Lingenau.
There's also the hiking booklet from the Nagelfluhkette Nature Park, which can be picked up at the tourist office in Lingenau.
INFORMATION & HIKING BOOKLET
Lingenau Tourismus
T +43 (0)5513 6321
820/860/890 DORFPLATZ

Mellau – Children-Climbing and crossing a gorge
Hiking guide Andreas shows children how to cross a gorge and how to climb safely. For children from 5 years of age
Duration: 2 – 3 hours
On bad-weather days: climbing in the mountain rescue hall
Meeting point: Mellaubahn cable car valley station, (in bad weather: municipal office)
Date: 1 July – 9 September, every Monday at 1 p.m.
Price per child: € 5
INFORMATION & REGISTRATION
by 10 a.m. on Monday
Mellau Tourismus
T +43 (0)5518 2203
www.mellau.com
833/840/850 ZENTRUM
832 BERGBAHN

Mellau, Bezau, Bizau, Reuthe & Schnepfau – Wet weather tip: Ferdinands RätselReise
Exciting puzzles and challenges await the children in each village.
A separate brochure (available in the tourist information offices) describes the route and the challenges.A small gift for solving the puzzles is up for grabs.
INFORMATION & BROCHURE
Mellau Tourismus
T +43 (0)5518 2203
www.mellau.com

Riefensberg – Eulenweg
Experiencing the forest with all the senses: eight stations on the varied circular trail through forests and meadows.
INFORMATION
Riefensberg Tourismus
T +43 (0)5513 8356
www.riefensberg.at

Schwarzenberg – Alpaca "Meet & Greet" at Brittenberg
The seven woolly alpacas just love to be fed and petted.
Meeting place: Ferienhaus Brittenberg (Brittenberg 205, Schwarzenberg)
Date: every Friday from 5 p.m., from April to October and only by fixed appointment
Duration: around 60 to 90 minutes
Minimum number of participants: four people, max. 10 people
Price per person: € 6 for children from four to 10 years and € 16 for children from 11 years and adults
INFORMATION & REGISTRATION
until thursday
Ferienhaus Brittenberg
M +43 (0)664 4086701
www.brittenbergalpaka.at

Sulzberg – travelling with donkeys
For both donkeys and nature fans – taking a short walk or a hike lasting several hours. Brushing the donkeys – called Pauline and Stina – is a great way of getting to know them. The trip starts after that with children up to around 10 years of age getting to ride them for a bit.
INFORMATION & REGISTRATION
Helene Blank, M +43 (0)699 16056617

Sulzberg – Orienteering and treasure hunt
Thirteen checkpoints need to be found with the help of the treasure map.
Meeting point and maps:
Sulzberg tourist information office
Dates: May to October
Price per person: € 15 (€ 12 for holders of the Vorarlberg Family Pass and visitors with a Sulzberg Guest Card)
INFORMATION & REGISTRATION
Sulzberg Tourismus
T +43 (0)5516 2213-10
www.sulzberg-bregenzerwald.com
820/823/824 DORFPLATZ

Sulzberg – alpaca experiences
Encounter the calm and gentle animals at the alpaca farm that is Sonnenbühl-Alpakahof. Introductory lessons or hikes on request (from two people).
INFORMATION, DATES & PRICES
Jessica Oberhauser
M +43 (0)664 3633525
www.sonnenbuehl-alpakas.at

Warth-Schröcken – Mini and Teenie Canyoning
An adventure programme for the whole family: Mini canyoning tour (from the age of eight), Teenie canyoning tour (from the age of 12)
Meeting point: Restaurant-Bar Holzschopf, Schröcken, Nesslegg
Duration: approx. 2 hours
Date: every Tuesday and Thursday (July and August)
Price per person „Kids": € 34
Price per person „Teens": € 44
incl. rental equipment (canyoning suit, shoes and safety equipment)
INFORMATION & REGISTRATION
the day before:
holzschopf.com – Canyon and Trekking School Jürgen Strolz
M +43 (0)664 3801540
www.holzschopf.com
852 NESSLEGG

Sulzberg – Border Guards' Path
Easy forest and meadow walk for the whole family.
Duration: approx. 2 hours
Starting point: village centre
INFORMATION & BROCHURE
Sulzberg Tourismus
T +43 (0)5516 221310
www.sulzberg-bregenzerwald.com

Dealing with horses

Damüls – Trip in a horse-drawn carriage
Meeting point: 1.30 p.m. at the Uga Express valley station in Damüls
Date: 1 July to 9 September, every Monday
Price per person: € 5, no charge for children

INFORMATION
Damüls Faschina Tourismus
T +43 (0)5510 620, www.damuels.at
850 AU – GEMEINDEAMT
851 UGA-LIFT

Doren – Febs' pony riding lessons at the Biserhof
F E B S are riding sessions that are based on the Dell'mour® system for children between the ages of three and 10 years. "Febs" stands for imagination, experience, movement and play in German. The Hutsul ponies enjoy these sessions.

INFORMATION & REGISTRATION
Susanne Biser
T +43 (0)5516 2827
www.reitpaedagogik-biserhof.at

Egg – Pferdehof Hammerer
Riding lessons for beginners, less experienced and advanced riders.

INFORMATION & REGISTRATION
Kasia Hammerer
M +43 (0)664 3913324

Sulzberg – Dealing with horses – boost your self-confidence
Horses as partners offer people valuable leisure opportunities, „sporty movement", support development and help promote body feel.

INFORMATION & REGISTRATION
Natalie Konrad
M +43 (0)664 5456457

Further outdoor ideas for families
Cable cars & open-air swimming pools → p. 5
Cycling → p. 34
Climbing parks & climbing courses → p. 40
Themenweg „Flugmeile" → p. 44
Archery → p. 45
Wälderbähnle → p. 90

From Vorarlberg, it doesn't take you long to reach the loveliest day trip destinations for the family in the neighbouring area where three countries meet.

Vorarlberg

inatura – nature show in Dornbirn
With Science Centre: touch, crawl in, try out, play and experiment.
T +43 (0)5572 23235-0
www.inatura.at

Spielfabrik – indoor playground in Dornbirn
Indoor playground over an area of 2,000 m² for playing, climbing, racing and jumping about.
T +43 (0)5572 408840
www.spielfabrik.at

Trampoline and Action Park in Dornbirn
Trampoline park, including parkour and indoor pump park.
T +43 (0)5572 372042
www.highmatrausch.at

Boat trip on Lake Constance, Bregenz
Sightseeing tours and scheduled trips to numerous destinations on Lake Constance.
T +43 (0)5574 42868
www.bodenseeschifffahrt.at

Schattenburg in Feldkirch
The medieval castle depicts life during the age of chivalry.
T +43 (0)5522 304-3510
www.schattenburg.at

Switzerland

Conny-Land amusement park in Lipperswil
Dolphinaria with sea lions and dolphins, petting zoo, pirate ship.
T +41 (0)52 7627272
www.connyland.ch

Germany

Lake dwelling museum in Unteruhldingen
The reproduced village on stilts depicts daily life during the Stone Age and the Bronze Age.
T +49 (0)7556 92890-0
www.pfahlbauten.de

Ravensburg theme park in Meckenbeuren
The world's biggest playroom!
T +49 (0)7542 400-0
www.spieleland.com

Legoland in Günzburg
Built from 57 million Lego bricks.
T +49 (0)180 5700 75701
www.legoland.de

Zeppelin Museum in Friedrichshafen
The history and technology of airships.
T +49 (0)7541 3801-0
www.zeppelin-museum.de

Skywalk Allgäu – tree-top path in Scheidegg
A 540-metre path through the canopy of trees, wobbly bridge and tube slide; adventure playground, barefoot path, barrier-free nature trail.
T +49 (0)8381 8961800
www.skywalk-allgaeu.de

GETTING THERE BY BUS

To Dornbirn:
850/860/870 BAHNHOF, CITY BUSES
To Bregenz:
820/830/840 BAHNHOF, CITY BUSES
To Feldkirch:
850/860/870 BAHNHOF DORNBIRN, TRAIN
www.vmobil.at

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 Waldalpe Mellau

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 Sibratsgfäll 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.

Forest in Lecknerholz

- **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 recreation
Visitors are able to experience the beneficial effects and the different types of forest while hiking, cycling and walking. Guided herb, moor and forest walks that provide insights into what makes the forests so special are available at several municipalities. Rangers also take people into the forests of the Nagelfluhkette Nature Park in the Lower Bregenzerwald to share their knowledge throughout the year. A forest theme trail is located on the Rotenberg between Lingenau and Hittisau. Forest ropes courses are popular destinations, as are moor spas. Programmes that focus on forest bathing enable visitors to experience the beneficial effects of the forest. The local forests also boast fitness and barefoot trails as well as Kneipp water-treading pools. And the Baumhaus Sulzberg (tree house) even allows visitors to spend their nights at the edge of the forest.

Respect your boundaries
The "Respektiere deine Grenzen" ("Respect your Boundaries") initiative appeals to visitors to the forests to be aware and mindful of their needs and to protect these sensitive natural spaces when they spend time there.
www.respektiere-deine-grenzen.at

Alpine forests at the Niedere

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

In the Langen b. Bregenz nature reserve

Langen b. Bregenz – past the downy birch groves on the Feßlerberg
Bregenzerwald hiking map: **Tour 1**

The last downy birch grove that is at least sporadically cut for brushwood that still remains within the northern Vorarlberg region's entire molasse zone is to be found on the Feßlerberg. Groves where downy beeches grow are extensively used tree-lined pastures or sparsely wooded pastures from which the birch is taken to make brooms.
The destination of this hike is the Hirschberg, which is situated at an altitude of 1,095 metres in a designated nature reserve.

STARTING POINT
Langen b. Bregenz village centre
DESTINATION
Langen b. Bregenz village centre
ITINERARY
village centre – Geserberg via Bergerweg – Hirschberg – Unterhirschberg – village centre
CHANCES TO STOP OFF FOR A DRINK/FOOD
Gasthaus Adler, Hirschberghütte (only open when the alpine farms are in operation)

Difference in altitude: 440 m
Trail category: white-red-white
Total hiking time: 3 ¾ hours
820 DORF

Rest area – Tobelweg Sibratsgfäll

Sibratsgfäll – Tobelweg

Sibratsgfäll is part of the Nagelfluhkette Nature Park and is also known for its beautiful continuous cover forests. The sustainably managed deciduous and coniferous forests are typical of the Bregenzerwald. The route runs along watercourses on gravel paths and on soft forest ground. The interactive stations – Quellwasser (Spring Water), Balance, Tagträume (Daydreams), Waldmeister (Woodruff), Ausblick (Outlook), Einblick (Insight) and Baumklang (Tree Sound) – stimulate the senses.

STARTING POINT
Sibratsgfäll-centre of town
DESTINATION
Sibratsgfäll-centre of town
ITINERARY
centre of town – towards the tennis court – Krähenbergbrücke – centre of town
CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Sibratsgfäll

Difference in altitude: 98 m
Trail category: white-red-white
Total hiking time: approx. 1 hour

Detailed directions are available from the tourist office.
860 DORFPLATZ

Rotenberg wood

Lingenau – Rotenberg wood thematic trail
Bregenzerwald hiking map: **Tour 10**

Rotenberg wood is the property of 170 owners – one of the smallest structured forests in Austria. The thematic trail comprises numerous stations, a forest room, an upland moor, and a natural arena of Nagelfluh. Forest path, root path, woodland path, mud pits and stone steps follow one another and runs through a particularly species-rich mixed forest: Silver fir (which is typical of the Bregenzerwald), beech, spruce, ash, maple, elm and linden trees.

STARTING POINT
Lingenau village square
DESTINATION
Lingenau village square
ITINERARY
Numerous stations with forest room, Nagelfluh arena and Bruggmoos as the highlights
CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Lingenau

Difference in altitude: 270 m
Trail category: yellow-white
Total hiking time: approx. 2 hours.

A detailed brochure is available from the tourist office in Lingenau.
820/860/890 **DORFPLATZ**

Barefoot spiral in Langenegg

Langenegg – energy hike

Bregenzerwald hiking map: **Tour 12**

A good part of the easy-to-walk trail leads through sustainably managed continuous cover forests with their deciduous and coniferous trees. The "Am Bach" energy portals that have been dedicated to the subjects of the sun, wind and water are located at the start of the trail. Hikers will later reach the portals "Sagenhaftes" ("Mythical") and "Ruhe" ("Calm") in the forest. The trail leads from the protected "Nord" area through moorlands by way of Leiten back to the village. A wonderful 360° panoramic view can be enjoyed at the final energy portal ("Am Kapf").

STARTING POINT
Langenegg village centre

DESTINATION
Langenegg village centre

ITINERARY
village centre – Nord – Leiten – Finkenbühl – Kapf – village centre

CHANCES TO STOP OFF FOR A DRINK/FOOD
inns in Langenegg

Difference in altitude: 130 m
Trail category: white-red-white
Total hiking time: 1 ½ hour
890 ZENTRUM

Information pavilion at the Nagelfluhkette Nature Park in Hittisau

A magnificent cultivated landscape has developed over many centuries at the place where the Bregenzerwald meets the Allgäu region in Germany; it bears the coveted distinction of having been designated a nature park.

Where the Alps start, Lake Constance is near and a special type of rock characterises the landscape, that's where the Nagelfluhkette Nature Park is to be found. It's the place where today 18 municipalities, including eight from the Lower Bregenzerwald, have joined forces to manage the first transnational nature park between Austria and Germany. Alpine pastures with up to 290 species of plants, valuable high-altitude moors, mixed forests and wooded gorges along with a density of alpine pastures that's unique in Austria characterise the nature park. The impressive Nagelfluhkette mountain range, which runs from west to east for 24 kilometres through the nature park, constitutes the connecting link. Large differences in altitude, geological variety, sustainable alpine farming – all this has created a large number of different habitats on a relatively small area in the region. That's why the nature park is home to the shy black grouse, impressive golden eagles, rare Apollo butterflies and very different orchids and gentians.

The Nagelfluhkette Nature Park ...

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

... is, with 480 square kilometres, a large international protected area.

... combines eight municipalities from the Lower Bregenzerwald with 10 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.

Nagelfluh: the rock type that gives its name to the Nagelfluhkette Nature Park

Projects for volunteers

The Nagelfluhkette Nature Park's projects for volunteers are just the thing for those wishing to become actively involved in the management and preservation of its varied landscapes. The 'Anpacken.Mithelfen – Viel(falt) schaffen' initiative – 'Getting Involved and Helping to Create Diversity' – is where nature park rangers join forces with volunteers to give the cultural landscape a helping hand. This much in advance: today's landscape has evolved from centuries of traditional and extensive agriculture, alpine farming and forestry. People have always been a highly influential factor; a varied mosaic of forest, meadows, water bodies and moors has been created as a result of how people have used the land. The different types of living spaces prepared the ground for biodiversity. The Nagelfluhkette Nature Park has set itself the task of preserving the beauty and uniqueness of this landscape with all its facets and functions. The park really appreciates the active support it receives to this end.

Themed hikes – walking with rangers

Those wishing to familiarise themselves with the Nagelfluhkette Nature Park's habitats and facets would be best served by accompanying the rangers on an excursion. The 'walking with rangers' format allows fans of (the) nature (park) to dive into the realm of golden eagles, learn to understand the secret language of flowers and discover the world of moors. Different themed hikes with exciting emphases await every summer at the Nagelfluhkette Nature Park. The trips usually take between three and five hours and provide participants with compelling insights into the diversity and approaches in a large international protected area. The trips are free of charge, meeting points are announced once participants have registered.

INFORMATION & REGISTRATION

www.nagelfluhkette.info/veranstaltungen

Wildrosenmoos in Sulzberg

Krumbach – Vital energy in the moor
How do moors contribute to climate protection? What plants and animals are found there? How do we obtain vital energy there? The moor guides bring knowledge and exciting stories to your journey between the centre of the village and the Rossband nature reserve. **Secret tip:** Moor hike between 6 and 8 a.m. in the morning
Guided moorland walks ("Dawn and moorland breakfast") programme

DATES, INFORMATION & BOOKING
Krumbach village hall
T +43 (0)5513 8157
www.krumbach.at

Langen b. Bregenz – Witmoos European nature reserve
The greatest feature of the Natura 2000 area is the original high moor with creeping pine. In a sense, the bog represents the "original state" of the Langen moors before they were extensively altered by peat extraction, partial drainage and litter gathering. In conjunction with the extensive "Mooswiesen" ("Moss Meadows") in the west, the Witmoos location is home to many rare and endangered habitat types and species.

INFORMATION
Langen b. Bregenz Municipal Office
T +43 (0)5575 4415-0
www.langen.at

Damüls – forest bathing
Shinrin-yoku, breathing in the forest atmosphere, has long been an officially recognised method of boosting health in Japan. "Forest bathing" has become a way of harking back to the power of nature and the effects of the forest here in this region too. Forest bathing is the intentional and deep immersion into the soothing atmosphere of the forest (from 14 years, dogs not permitted).
Duration: around 3 hours
Dates: 2 July to 24 September, every Tuesday at 10 a.m.
Meeting place: Sport Madlener
Price per person: € 38

INFORMATION & REGISTRATION
Damüls Faschina Tourismus
T +43 (0)5510 620
www.damuels.at
850 AU – GEMEINDEAMT
851 UGA-LIFT

ARCHITECTURE

Experts regard the Bregenzerwald as a model region for modern architecture and innovative craftsmanship. Exhibitions and 12 „Design Trails“ allow visitors to see and feel this special approach to the living space here.

Exciting melding of the old with the new

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.
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 → p. 78*): 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 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.
"Umgang Bregenzerwald" → p. 76

Schwarzenberg village centre

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.

Umgang Bregenzerwald

What sets the design of living spaces apart?

"Umgang Bregenzerwald" is 12 easy walks of different lengths between 1 ½ and 4 hours. They lead through the villages of Au, Schoppernau, Mellau, Bizau, Bezau-Reuthe, Andelsbuch, Schwarzenberg, Egg, Lingenau, Langenegg, Hittisau and Krumbach. Belly-high columns draw attention to special objects. The QR codes on the columns provide more information about the style of building, architecture and type of design. Details of the objects are described also in an accompanying folder. which is available from any one of the tourist information offices and from Bregenzerwald Tourismus.

Guided tours of the village and building culture

The guided village tours offer participants the opportunity to discover more about the facets of village development, architecture and regional craftsmanship. From may to october: every tuesday and friday at 9.30 a.m. in different villages. Registration the day before by 5 p.m. in the tourist office

The tour takes around two hours. Participation is free of charge.

TIP: "UMGANG" TRAILS AT WWW.BREGENZERWALD.AT

Twelve circular trails – walks focusing on architecture and craftsmanship

Werkraum Haus in Andelsbuch

The culture of building and living is everywhere you look in the Bregenzerwald. The locals have been appreciating the artisan production methods employed in small and medium-sized enterprises since way back when.

Nowhere else in Europe will you find such a comparable density of workshops. Work performed in the Werkraum has an international presence, and the innovative craftspeople are in demand both at home and abroad. The **Handwerk + Form** competition, held for over 25 years now, shows the public how experts from all areas of design cooperate with craftspeople from the Bregenzerwald in order to develop useful objects which do justice to their material and shape. The Werkraum Bregenzerwald has been running the Bregenzerwald Werkraum Schule in conjunction with the Bezauer Wirtschaftsschulen business colleges since 2016 – a pioneering example of how to train people in the skills required for the trades.

A house dedicated to craftsmanship

The building designed by Peter Zumthor, the internationally renowned swiss architect with an outstanding affiliation with craftsmanship, was opened in 2013. His visionary design for the Werkraum Haus is based on two basic ideas: on the one hand, the building serves as a meeting place. On the other hand, it is a large showcase for the culture of craftsmanship in the Bregenzerwald. This idea finds expression in a protruding roof made from wood and a façade made from glass. There is no distinction between inside and outside – the landscape flows through the building. Throughout the year, developers, architects and those interested in building and living environments can see and learn personally about the range of services offered by the craftspeople networked in the Werkraum Bregenzerwald. An open and flexible hall of 700 m² offers room for exhibitions, events, a shop and a restaurant, called “Werkraum Küche” (restaurant).

Bregenzerwald Werkraum
Since its establishment in 1999, the Bregenzerwald Werkraum, organised as an association, has been providing a platform for innovative craftsmanship in the Bregenzerwald. It currently comprises about 100 innovative firms, mainly involved in wood processing, such as joiners and carpenters, but there is also a handful of locksmiths, stonemasons, bricklayers, plumbers, electricians, lighting producers, painters, upholsterers, tailors and cobblers, through to food trade.

Qualities of craftsmanship
Work on site, consideration of special cases, direct commissioning, closeness to customers and flexibility are quality standards of this craftsmanship; specialised skills and a creative instinct are par for the course, acquired in a highly developed culture of craftsmanship, naturally handed down from generation to generation. This store of knowledge and skills is maintained and continually extended: raw materials – such as the silver fir – are cultivated to their most exquisite form, small batches in the field of furniture construction open up new markets, the pre-production of construction elements, e.g. in the field of modular construction made of wood, is making progress. The latest manufacturing technologies such as CAM and CNC have been introduced; the finish of coatings, for instance, has been expanded – craftsmanship meets engineering. Hence, it comes as no surprise that you can find kitchens from Hittisau in Athens, that the furnishings of a hall of residence in Massachusetts come from Schwarzenberg or that a living unit from Reuthe was visible on the roof of the MoMA in New York.

Public relations work, advertising, marketing – the Werkraum Bregenzerwald uses those advantages which industry has over trade. Yet without a huge budget: instead, it has capital typical to craftsmen – brains and skills, a network, links. Further, the Werkraum is omnipresent for the interested public in the specialist press and is managed “as a landscape of knowledge”. Yet that is not all: the Werkraum Bregenzerwald has always been involved at local level, such as in training, in schools, in specific construction projects, in dealing with historical building stock. It is a contribution towards the structural change of the region, and an example of social competence.

Werkraum Bregenzerwald
OPENING TIMES
Tue – Fri 10 a.m. – 6 p.m.
Sat 10 a.m. – 4 p.m.
closed on Sundays, Mondays and public holidays.
INFORMATION & GUIDED TOURS
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 *(→ p. 78)*
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, pepper mills, stools and much more. Books on crafts and architecture are also available.
Werkraum Bregenzerwald, Andelsbuch
www.werkraum.at

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

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

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

TIP: SHOPPING AT WWW.BREGENZERWALD.AT

Retail addresses and more information about the subject

"Werk Schönes" – wooden objects
This family of products includes small, beautiful, practical and playful objects as well as award-winning pieces crafted at the Holzwerkstatt Faißt (Wood Workshop) in Hittisau.
Onlineshop: www.holz-werkstatt.com
Studio space:
Holzwerkstatt Markus Faißt
Nussbaum 361, 6952 Hittisau

Working in clay
The KreativWerkstatt is a pottery workshop where the clay works are completed by raku firing.
It's possible to knead, shape, mill and fire ideas in clay here.
Information, workshops & exhibition
Petra Raid, Langenegg
www.raid-petra.at

Bregenzerwald toys
Based right in the centre of the Bregenzerwald, this company specialises in working with wood and makes crane trucks, doll's houses, gaming tables and even dentist's chairs manufactured in „sheltered workshops" by people with special needs.
Onlineshop: www.holzspielzeug-und-mehr.at
Shop: Bahnhof 148, 6870 Bezau

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

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

Pfiffiges
Roland Bär and his family as well as creative partners manufacture sustainable products: cheese, spirits, liqueurs, meat as well as wooden toys, lamps and small items of furniture.
Onlineshop: www.pfiffiges.at
Farm shop: Kalchern 65,
6866 Andelsbuch

Bregenzerwälder Handwerksausstellung (Crafts and Trades Exhibition)
4 – 8 September 2024
At Dornbirn's Autumn Fair
The Bregenzerwald crafts- and tradespeople and their partners will be welcoming visitors to the Bregenzerwald Handwerksausstellung. The Bregenzerwald will be taking part in the Dornbirn Autumn Fair in 2024. Businesses, crafts and trades associations and institutions will be making the Bregenzerwald visible, tangible and enjoyable with a focus on the crafts and trades, business and living space over an area of more than 3,000 square metres.
TICKET SALES
tickets.messedornbirn.at
INFORMATION
www.handwerksaussstellung.at
850/860/870 BAHNHOF / CITY BUS 201/205/210
MESSEQUARTIER

Bränden bus stop, Sou Fujimoto, Japan

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 (→ *p. 72*) 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

CULTURAL PROGRAMME

Traditional, classic, modern. Music, theatre exhibitions – for a rural region, the calendar of events is surprisingly non-provincial. The venues are atmospheric and pleasantly personal. And the natural world all around always has its own part to play too.

Musicians on their way to the Schubertiade concert

The Schubertiade Schwarzenberg is considered the most important Schubert festival in the world. The music of Schubert and his contemporaries harmonises with the rural atmosphere in this choice, lovely village – for an atmospheric effect.

15 – 23 June and
24 August – 1 September 2024
The programme boasts around 40 events: Song recitals and piano concerts are the main focus. Every year, world famous artists and ensembles make a guest appearance in the Angelika Kauffmann Hall, which affords a view of the meadows and mountains.
A wide variety of artists will be showing their treasures in small but fine exhibition rooms in the town centre during the Schubertiade. Extended opened hours for restaurants and cafés.

INFORMATION & TICKET SALE
Schubertiade GmbH
T +43 (0)5576 72091
www.schubertiade.at

Bregenzerwald Tourismus has compiled attractive deals for visitors to the Schubertiade (hotel + 3 tickets per person).
INFORMATION & ARRANGEMENTS & ROOM RESERVATIONS
Bregenzerwald Tourismus GmbH
Gerbe 1135, 6863 Egg
T +43 (0)5512 2365
www.bregenzerwald.at/en

Schubertiade Bus
Special Schubertiade buses run to Schwarzenberg from many places in the Bregenzerwald and will also return guests to their points of departure after the concerts.
Information & timetables:
www.bregenzerwald.at

Bregenzer Festspiele

Visit the Bregenz Festival, and stay in the Bregenzerwald: this is easily combined, since it is a mere half to one-hour drive from the Bregenzerwald to Bregenz.

17 July – 18 August 2024

The world's largest lake stage at the Bregenz Festival will be presenting "Der Freischütz" by Carl Maria von Weber: romantic opera in three acts (1821), libretto by Friedrich Kind, in German with German surtitles.
„Der Freischütz" is one of the most popular operas in the German-speaking world today and is to be performed on the Lake Stage for the first time.
Taking part: director and stage designer Philipp Stölzl and conductor in residence Enrique Mazzola.

INFORMATION & TICKET SALE
Bregenzer Festspiele
T +43 (0)5574 407-6
www.bregenzerfestspiele.com

Details are available from the programme you can order from Bregenzerwald Tourismus. Bregenzerwald Tourismus has compiled attractive package deals for prospective visitors.

INFORMATION & ARRANGEMENTS & ROOM RESERVATIONS
Bregenzerwald Tourismus GmbH
Gerbe 1135, 6863 Egg
T +43 (0)5512 2365
www.bregenzerwald.at/en

Festspielbus Bregenzerwald (Festival Bus)
Arrival and departure for visitors to the Bregenz Festival.
Information & timetable:
www.bregenzerwald.at

FAQ Bregenzerwald – potentials for a good tim

FAQ Bregenzerwald is a forum with a festival feel that also boasts culinary delights – it offers lectures and discussions at unusual locations, concerts in breath-taking places and extra-special culinary experiences.

12 – 15 September 2024
Those who visit FAQ Bregenzerwald are sure to have a great time. Choose from programme items that invite visitors to lean back, enjoy and be amazed, and others that provide the opportunity to share, understand and join in discussions.

FAQ Bregenzerwald will be looking at "frequently asked questions". Some of them have been with us for decades, but the answers are constantly changing. Other questions consider the future, and then there are more that are bang up-to-date. What all the questions have in common is their relevance for society, their effect on everyone – directly or indirectly, personally or professionally.

At FAQ Bregenzerwald, tradition, craft and business play a major role, but so do design, nature and cuisine. It develops and presents contexts showing how changes in one area can positively or negatively affect other areas.

INFORMATION & TICKET SALES
Bregenzerwald Tourismus
T +43 (0)5512 2365
www.bregenzerwald.at/en
www.faq-bregenzerwald.com

Bezau Beatz – music away from the mainstream

Bezau Beatz Festival
8 – 11 August 2024
sheds of the Bezau "Wälderbähnle"
The musical director Alfred Vogel has already attracted a long list of international artists. Also this year he will once again be bringing musicians from the world of jazz, singer/song-writers, artists from world music and non-mainstream pop to Bezau. Alongside the evening concerts, the legendary DJ „Wälderbähnle" Railway Trip and a varied supporting programme are also on offer.

INFORMATION & TICKET SALES
Bezau Tourismus
T +43 (0)5514 2295
www.bezaubeatz.at
www.bezau-bregenzerwald.com
830/840/850 BUSBAHNHOF

Damüls – Walser people in the Bregenzerwald / July – August
The motto of the musical summer series in the mountain village is "from classical to rock".
All events take place at Kulisse Pfarrhof Damüls, are free of charge.
INFORMATION & DATES
Damüls Faschina Tourismus
T +43 (0)5510 620
www.damuels.at
850 AU – GEMEINDEAMT
851 KIRCHDORF

Damüls & Mellau – Silent Cinema Open Air Kino
The multilingual event cinema is touring Austria. A unique and entertaining open air film night.
Dates: 3 August 2024 (alternative date: 10 August), Dorfplatz Mellau (Village Square)
833/840/850 ZENTRUM
17 August 2024 (alternative date: 24 August), Ugaalpe Damüls
850 AU – GEMEINDEAMT
851 UGA-LIFT
www.silentcinema.at

Andelsbuch railway station, events location

bahnhof andelsbuch cultural society
The converted train station, a structure that dates back to the Austro-Hungarian Empire, now hosts more than 40 cultural events every year. The programme includes concerts and recitals, presentations and 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 at the Jöslar
Interested cineastes may settle down in cinema seats, chairs, bar stools and any other opportunity that presents itself to enjoy the top-notch cinematic food that is presented by Hans Bach Lichtspiele. The screenings are accompanied by three fine courses and, of course, drinks.
Dates: every first Sunday of the month (summer break during July and August)

INFORMATION & RESERVATION
by the Friday before
T +43 (0)5512 2312 or
kontakt@joeslar.at
www.joeslar.at
840/850 GEMEINDEAMT

Sulzberg-Thal – ThalsaalKultur
The Thalsaal is considered to be one of the region's most beautiful dance halls. Built in 1928 based on the design of historic dance halls, it was reopened in 2007 after a complete restoration and modernisation.
Cultural programme: concerts, stand-up comedy, theatre and more

INFORMATION
www.thalsaalkultur.at
820/823/822 DORFPLATZ

:alpenarte – Schwarzenberg
This festival of classical music creates opportunities for encounters and personal exchanges with young and up-and-coming musicians. It is a space with a family-like atmosphere and becomes an all-round experience for its audience.
Date: 10 to 13 October 2024
PROGRAMME & TICKET SALES
M +43 (0)664 4176632
www.alpenarte.at
830/870 DORFPLATZ

Klassik Krumbach
It's possible to experience young top international musicians in Krumbach who thrill audiences with their passion and joy of performing. The artists sometimes burst out of the classical framework with playful ease. They become creative where the village, its moorland or even the architecture inspire them. Visitors will be able to hear wonderful music with incredible virtuosity: on the village square, in the parish hall, in the church.
Date: 5 – 7 July 2024
PROGRAMME & TICKET SALES
Municipality of Krumbach
T +43 (0)5513 8157
www.klassik-krumbach.at
820/890 DORF

Klang & Raum (Sound and Space) #4 Riefensberg, bewahren und erneuern (Riefensberg, Saving and Renewing) – 5 May 2024 Juppenwerkstatt Riefensberg
Now in its third year, the 'Klang & Raum' ('Sound and Space') ensemble and collective enters unusual locations with historical instruments and explores the familiar and not-so familiar from the world of 17th and 18th century chamber music. Exciting and unique talks with Marie Rose Steurer-Lang take place in the middle of the concerts. She's an art historian and currently deputy director at the Juppenwerkstatt Riefensberg.
PROGRAMM & INFORMATION
www.klangundraum.at
890 DORF

Festspiele Bregenzerwald (Bregenzerwald Festival)
International and regional performers from the fields of music, dance, theatre, shadow play, conducting cooking and much more come together here to collaborate on a cross-disciplinary basis. The works that are premièred here draw on topics that are explored in intergenerational writing and theatre workshops, regional architecture, the Bregenzerwald's trades and crafts and Vorarlberg's poetry.
Elena Bechter (Opera Singer) and Viatcheslav Kushkov (Choreographer) are the two minds behind this festival.
Date: 18 to 28 July 2024
INFORMATION & RESERVATION
www.festspiele-bregenzerwald.at

Sibratsgfäll – What is he building in there?
Circular walks take visitors to experience Ronja Svaneborg's artistic involvement with and on existing hay shacks. The visual artist has entered into dialogue with three selected hay shacks and created photographic works for the façades.
A folder is available at the Sibratsgfäll tourist office.
INFORMATION
www.sibra-bregenzerwald.com
860 DORFPLATZ

Wälderbähnle – nostalgic railway

The "Wälderbähnle"
The "Wälderbähnle" is a carefully maintained nostalgic railway, pulled by historical diesel or steam engines, which runs between Bezau and Schwarzenberg Stations.
Journey time: return trip: approx. 1 hour
Opening times:
18 May – 12 October: Sat, Sun
17 July – 11 September: Wed, Sat, Sun
See the website and notice at the train station for special trips.
Operating times:
Sat, Sun: departure in Bezau at 10.45 a.m., 1.45 and 3.45 p.m.
Wed: departure in Bezau at 9.30 a.m., 11.30 a.m., 1.45 and 3.45 p.m.

BARRIER-FREE
Carriage with hoist lift for barrier-free entry for wheelchair users; disabled toilet facilities at Bezau station.

INFORMATION & REGISTRATION
Bregenzerwaldbahn
M +43 (0)664 4662330
www.waelderbaehnle.at

TRAIN STATION SCHWARZENBERG-BERSBUCH
830/840/850/870 KREISVERKEHR

TRAIN STATION BEZAU
830/840/850 BUSBAHNHOF

Andelsbuch – Maria Erika Lyrikweg (Lyric Trail)
The Maria Erika Lyrikweg invites visitors to pause, to "take a deep breath" and helps uplift the soul. Poems by "old masters" that have been fired in clay have been laid out on millennia-old Bregenzerach stones along the 200-metre-long forest path. Contemporary poets have been given their say with verses on felt sheets in a show that changes annually.
Start: Access via Egg, parking at the football pitch or tennis court – from there a two-minute walk (starts opposite the volleyball court).
Walking time: 10 minutes
The Lyrikweg is located within the marked Engelgaß-Runde running trail in Andelsbuch and can be extended if desired to a round trip of around one hour.

INFORMATION
Andelsbuch Tourismus
T +43 (0)5512 2565
www.lyrikweg.at

840/850 PFISTER (AROUND 20 MINUTES' WALK)

Lingenau: culture of storytelling

Lingenau – hiking and listening to stories

Storytellers used to be part of daily village life. This storytelling culture is revived with "Lingenau erzählt". Personal, true stories touch people, awaken memories, show commonalities, allow visitors to smile, laugh, discover and understand.
That is why in addition to storytelling evenings in Lingenau inns there are also so called "storytelling benches": Benches on walking and hiking trails that tell stories.

INFORMATION
Lingenau Tourismus
T +43 (0)5513 6321
www.lingenau-erzählt.at
820/860/890 DORFPLATZ

Alberschwende: Kultur-Käs-Klatsch

Village evening with music and culinary delights
18 July – 15 August 2024
Thursdays from 7 p.m.in the courtyard of the elementary school next to the Hermann Gmeiner Hall
www.alberschwende.at
840/830/850/860 KIRCHPLATZ

Schoppernau – KulturTour

How did a farmer's son from Schoppernau become one of the Vorarlberg region's most influential writers? 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.
Issuing point: Schoppernau Tourist Office, open Mon – Fri 8 a.m. – noon, 1.30 – 5.30 p.m., Sat 8 a.m. – noon

INFORMATION
Au-Schoppernau Tourismus
T +43 (0)5515 2495
www.au-schoppernau.at
840/850 GEMEINDEAMT

FMH Women's Museum in Hittisau

FMH Frauenmuseum (Women's Museum) Hittisau
The only museum to be dedicated to women in Austria is simultaneously the only museum of its kind in the world that is located in a rural region of the Bregenzerwald. Changing exhibitions are dedicated to women-specific subjects that range from cultural, social and art to architectural history. The museum has won many awards, including the Österreichischer Museumspreis (Austrian Museum Award) and a Special Commendation in the European Museum of the Year Award 2020. The Frauenmuseum Hittisau (Hittisau Women's Museum) was awarded the Austrian Umweltzeichen (Ecolabel) in 2023.

BLITZBLANK! Vom Putzen – innen, außen, überall (SPICK AND SPAN! About cleaning – inside, outside, everywhere)
Until Oktober 2024
Cleaning is a cultural skill, hard work, a ritual, a social requirement. Cleaning is often an unpopular and time-consuming task that's still predominantly the domain of women*. Who does the cleaning when, how, why and with what? What is dirt? What view of the world do we associate with it? Is cleaning restricted to the household? And what about the role models and role attributions that revolve around cleaning and cleanliness, economy and ecology, sustainability and migration, religion and spirituality? And art?
An exhibition for the whole family at two locations: FMH Frauenmuseum Hittisau and Lech Museum

OPENING TIMES
Tue – Sun 10 a.m. – 5 p.m.
GUIDED TOURS FOR THE PUBLIC
Mon 6 p.m., Thursday 9.30 p.m. and upon request
INFORMATION & GUIDED TOURS
T +43 (0)5513 20537
www.frauenmuseum.at
820/860 GEMEINDEHAUS

Angelika Kauffmann Museum

Angelika Kauffmann Museum Schwarzenberg

Exemplary. Angelika Kauffmann copied

Copy or original? This question often arises in the study of older art and cannot always be answered with certainty, which is also the case with Angelika Kauffmann (1741 to 1807). Not a few of her paintings are known to exist in several different versions. Copying was for centuries an essential aspect of training in the arts – and, unlike today, by no means viewed negatively. In Vorarlberg, for example, Johann Jakob Fink (1821 to 1846), who was born in Schwarzenberg, and Johann Kaspar Rick (1808 to 1888), who came from Dornbirn, studied Kauffmann's works. The artist herself also copied a lot during her years of study in Italy. Kauffmann explored the Old Masters' methods of composition and painting and reproduced paintings by Correggio, Raphael, Titian, Guido Reni and Guercino for travellers on the Grand Tour from Britain.

The exhibition brings important original paintings by Angelika Kauffmann together with high-quality copies of her works from later periods, which were produced as studies, as commissions or in homage to the famous predecessor.

Heimatmuseum (Museum of Local History) – how people used to be at home

The Heimatmuseum (Local History Museum), which documents the living and everyday culture of the 19th century, has found a home in the former residential part of the more than 450-year-old Bregenzerwälderhaus.

OPENING TIMES

1 May – 3 November 2024

Tue – Sun 10 a.m. – 5 p.m.

GUIDED TOURS FOR THE PUBLIC

Tuesday, 3.30 p.m

Sunday, 10.30 a.m.

INFORMATION

Schwarzenberg Tourismus

T +43 (0)5512 3570

www.schwarzenberg.at

www.angelika-kauffmann.com

830/870 DORFPLATZ (WALK)

Mesmer's barn in Alberschwende
The "Wäldar ka nüd jedar sin" exhibition – "not everyone can be a native of the Bregenzerwald" – deals with the question of whether Alberschwende belongs to the Bregenzerwald or not. It presents historical maps and allows visitors to find the answer … at least in a territorial sense.

OPENING TIMES & TOURS
upon request

INFORMATION
Alberschwende Tourismus
T +43 (0)5579 4233
830/840/850/860 KIRCHPLATZ

Museum of Baroque Master Builders in Au
What connects such important Baroque buildings as the pilgrimage church in Birnau (D), the abbey church of Ebersmünster (F/Alsace), the churches of the monasteries of St. Gallen (CH) and Einsiedeln (CH) with the village of Au in the Bregenzerwald? These structures – and around 800 others – were planned and built by master builders and craftsmen from Au and the Bregenzerwald. The Barockbaumeister Museum in the carefully renovated "Kurathus" ("Curate's Residence") directs attention to the founding history of the "Au Guild" and the work of the Baroque master builders.

INFORMATION, OPENING HOURS & GUIDED TOURS
Au-Schoppernau Tourismus
T +43 (0)5515 2288
www.barockbaumeister.at
840/850 LUGEN (WALK)

Bezau museum
Bezau Museum focuses on life in Bregenzerwald homes with farmhouse kitchens, parlours and halls as well as on customs, religious art, traditional dress from the Bregenzerwald region and artistic embroidery and handicrafts. An important part of the annual programme is an exploration of the Bregenzerwald region's crafts and trades. This is when – in cooperation with the Werkraum Haus in Andelsbuch – work pieces by apprentices, journeymen and master craftsmen are put on show. The outstanding achievements of the baroque master builder families of Thumb and Beer, whose members were born and lived in Bezau, are on display on the top floor. The museum tour is accessible for the disabled.

OPENING TIMES & GUIDED TOURS
Mon 13 – 17, Thurs 15 – 19, Fri, Sat, Sun 13 – 17 p.m
guided tours on inquiry

INFORMATION
Museum Bezau
www.heimatmuseum-bezau.at
830/840/850 BUSBAHNHOF (WALK)

Vorarlberg FIS Skimuseum Damüls
in the Kulisse Pfarrhof

OPENING TIMES
7 June – 4 October: Tue and Fri 2 – 5 p.m., Groups upon request

INFORMATION
Damüls Faschina Tourismus
T +43 (0)5510 620
www.damuels.at
850 AU – GEMEINDEAMT
851 KIRCHDORF

Egg Museum
Oldest museum in the valley area (founded in 1904). Special exhibitions with a regional theme.

OPENING TIMES
April to the end of October:
Fri – Sun 3 – 5 p.m.

INFORMATION
M +43 (0)664 1124341
www.eggmuseum.at
820/830/840/850 ZENTRUM

Images of 19th century life in Hittisau
Portrayal of the life and work of five personalities from Hittisau at around 1800. Collection of photos from day-to-day life in Hittisau (family trees, old photos, wedding photos, memorial photos, genealogical registers and histories of houses).

OPENING TIMES
upon request

INFORMATION
Roman Dorner M +43 (0)664 4309125
Konrad Schwarz M +43 (0)664 4232175
820/860 GEMEINDEHAUS

Juppenwerkstatt Riefensberg
Visitors to the Juppenwerkstatt Riefensberg can find out how the highly complicated national costume worn by the ladies of the Bregenzerwald is made by coming along to the Juppenwerkstatt. A very special technique is used to make up to 500 pleats in the black dress, for example. The making of the Bregenzerwald traditional dress for women and its wearing was included in the National Register of Intangible Cultural Heritage in 2021. The building – former outbuildings of the Krone inn, adorned with a new glass façade, and extending over three storeys – is also worth visiting for its architectural value.

OPENING TIMES
May – October
Tue 10 a.m. – 12 p.m., Fri 10 a.m. – 12 p.m. and 2 – 4 p.m.,
Public guided tours every Saturday and every first Sunday of the month at 10 a.m., no advance reservations required. Other guided tours on inquiry.

INFORMATION & GUIDED TOURS
Riefensberg Tourismus
T +43 (0)5513 8356
www.juppenwerkstatt.at
820/890/891 DORF

Franz Michael Felder Museum in Schoppernau
Franz Michael Felder was a farmer, writer and social reformer and is one of the most historically significant personalities from the Bregenzerwald. The exhibition is an exploration of his life and works.

OPENING TIMES
Mo 4 – 6 p.m., Thur 9 – 11 a.m.,
Fri 5 – 7 p.m., Sun 9.30 – 11.30 a.m.
groups: reservation required

INFORMATION
Schoppernau Tourismus
T +43 (0)5515 2495
840/850 GEMEINDEAMT

"uf m Tannberg" alpine museum in Schröcken
"Mountain farmers' old trade" exhibition

OPENING TIMES
see website

INFORMATION
Warth-Schröcken Tourismus
T +43 (0)5519 2670
www.alpmuseum.at
852 GEMEINDEAMT (HIKE)

Kulturraum-Stuba and Gado-Lädele (cultural space and shop)
Place of encounter in house No. 5 with exhibition and regional products.

OPENING TIMES
see website

INFORMATION
Warth-Schröcken Tourismus
T +43 (0)5583 3515
www.warth-schroecken.com
852 DORFPLATZ

Kunsthaus Bregenz

Kunsthaus Bregenz
From both an architectural and programmatic point of view, the Kunsthaus Bregenz (KUB) is one of the most outstanding exhibition centres for contemporary art in the whole of Europe.
www.kunsthaus-bregenz.at
OPENING TIMES
Tue – Sun 10 a.m. – 6 p.m., Thu 10 a.m. – 8 p.m., Closed on Mondays
820/830/840 BAHNHOF (WALK)

Vorarlberg Museum
The vorarlberg museum is concerned in an entertaining manner with the history and the present of the region.
Exhibition: „Hiller: The photographic memory of the Bregenzerwald“
Fotostudio Hiller documented life in the Bregenzerwald region and changes in the valley for more than seven decades.
www.vorarlbergmuseum.at
OPENING TIMES
Tue – Sun 10 a.m. – 6 p.m., Thu 10 a.m. – 8 p.m., Closed on Mondays
1 July – 31 August: Mon 10 a.m. – 6 p.m.
820/830/840 BAHNHOF (WALK)

More Cultural Outings in Vorarlberg
Bregenz: Festival House with its lakeside stage, old town
Dornbirn: inatura, Rolls Royce Museum
Rankweil: basilica worth a visit
Feldkirch: medieval old town, Schattenburg
Großes Walsertal biosphere park: parish in St. Gerold

Cultural trips across the borders
Germany: island town Lindau, Zeppelin Museum Friedrichshafen, medieval wine town Meersburg, Mainau flower island, Birnau monastery, historical council town Constance, Reichenau island (UNESCO World Cultural Heritage), Farmhouse museum (Wolfegg)
Switzerland: monastery and library St. Gallen (UNESCO World Cultural Heritage), Einsiedeln monastery
Principality of Liechtenstein: Vaduz, art museum

TIP: “OUTINGS” MAP
Map of „Outings in and around the Bregenzerwald“ is available from Bregenzerwald Tourismus and the tourist information offices.

DINING OUT

The Bregenzerwald locals are masters in the art of cheese and cheese culture. 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 also skilfully master the art of cooking.

Cosy guest lounge at Hotel Tannahof in Au

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 Käsknöpfle (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

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 Biohotel 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 'Gasthof Adler', '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.

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. 106),* 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. 109).* 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

Culinary Cycling in the Bregenzerwald

Step by step from dish to dish. Take your (e)-mountain bike through the Bregenzerwald's impressive cultivated landscape and enjoy a regional breakfast, lunch and dessert in different mountain inns and restaurants.

Mellau – Andelsbuch – Schnepfegg – Mellau: On the trail of Bregenzerwald's architecture
4 May – 27 October 2024
daily except Mon and Tues
Cycling route: 36.1 km
Altitude metres: 458 m
Cycling time: around 3 hours
Total duration: around 7 hours (including breaks)
Starting with breakfast in Mellau, the trip will proceed to Andelsbuch and then across the more physically demanding stretch across the Bezegg to Bezau. The cycle trip will then continue through Bizau to Schnepfegg for lunch and back to Mellau for dessert.
Price per person: € 55

Lingenau – Schetteregg – Sibratsgfäll – Lingenau: Alpine settlements and Nagelfluhkette Nature Park
1 June – 20 October 2024
(exept 7 – 24 July)
Sat and Sun (Thur and Fri upon request)
Cycling route: 34 km
Altitude metres: 838 m
Cycling time: around 4 hours
Total duration: around 8 hours
This physical (e)-mountain bike tour leads from breakfast in Lingenau to lunch in Sibratsgfäll in the Nagelfluhkette Nature Park. It then returns through a typical forest with continuous cover to Lingenau for dessert.
Price per person: € 53

SERVICES INCLUDED

- Brochure with description of the cycling route, including detail map and architectural highlights
- Vouchers for breakfast, lunch and dessert
- Digital discovery space with precise routes, GPS track download and additional information about architecture and craftsmanship in the Bregenzerwald

TIP: CULINARY CYCLING AT WWW.BREGENZERWALD.AT

Information about the culinary cycling tours

Culinary hiking in the Bregenzerwald

Hiking from dish to dish. Four culinary hikes take in the unique cultivated landscape of the Bregenzerwald and include mountain breakfast, lunch and dessert with regional specialities at a variety of mountain inns and restaurants as well as tickets for buses and cable cars. An all-round enjoyable experience.

Mellau – Kanisfluh
Across alpine pastures to the striking summit
14 June – 27 October 2024
Daily except Tue
Hiking distance: 12.9 km
Ascent: 806 m
Descent: 823 m
Walking time: around 5 hours
Total duration: around 8 ½ hours
Price per Person: € 70*

The mountain breakfast above Mellau will be followed by a hike to the Holenke – the highest panoramic peak on the Kanisfluh. The hike will continue to the alpine inn on the Öberle where lunch will be served and then downhill to Mellau for dessert.

Warth – Körbersee
Through the Auenfeld to the natural gem at the Tannberg
28 June – 5 October 2024
Daily except Mon, Tue & Wed
Hiking distance: 16.1 km
Ascent: 614 m
Descent: 976 m
Walking time: around 5 ½ hours
Total duration: around 8 ½ hours
Price per Person: € 72*

After breakfast at the Café & Bistro Wolfegg the Steffisalp chairlift will take hikers to the start at 1,884 metres above sea level. The next stop will be for lunch at the idyllic Körbersee lake. The hike with views of the impressive mountains leads to dessert at an alpine hut and then back to Warth.

Damüls – Höhenrunde
In impressive mountain scenery
17 June – 17 September 2024
(except 5 – 20 July)
Hiking distance: 11.1 km
Ascent: 361 m
Descent: 815 m
Walking time: around 4 hours
Total duration: around 7 hours
Price per Person: € 52*

The regional breakfast will be followed with magnificent views of the mountain world to be enjoyed on the way to the Hochblanken and to the Alpe Ragaz. A snack will be served for lunch on the alp, the dessert in Damüls.

Schwarzenberg – Brüggelekopf
From the picturesque village to views of Lake Constance
3 May – 29 October 2024 (except 24 – 30 June and 2 – 8 September)
Fri – Sun in May, June and October
Thur – Sun in July, August and September
Hiking distance: 13.7 km
Ascent: 365 m
Descent: 819 m
Walking time: around 4 hours
Total duration: around 7 ½ hours
Price per Person: € 56*

The bus will take hikers from the listed village square in Schwarzenberg to breakfast at the Bödele. Beautiful views of Lake Constance and the Bregenzerwald will unfold on the return route across the Brüggelekopf to the village.

SERVICES INCLUDED

- Brochure with description of the hiking route, including detail map
- Vouchers for breakfast, main course and sweet finale
- Tickets for the cable cars and buses
- Digital discovery space with GPS track download and inspiring stories about the hiking trail

* Discount for holders of the Season Ticket Bregenzerwald, 3Valley annual season ticket and Guest Card Bregenzerwald & Großes Walsertal

TIP
Culinary hikes are also available in winter

ALL STARTING POINTS ARE EASY TO GET TO BY BUS, WHICH IS ALSO ENVIRONMENTALLY FRIENDLY.

TIP: CULINARY HIKES AT WWW.BREGENZERWALD.AT

Information about the culinary hikes

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 or more 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 few cows in the barn.

The three-stage farming method (inscribed in the Austrian national UNESCO List of Intangible Cultural Heritage in the spring of 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 whitework 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 "Käsknöpfle", 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 50 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 and the inclusion of Bregenzerwald mountain cheese into the "Ark of taste" by Slow Food 2008. 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.

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: "Genusswelt" ("World of enjoyment") in the Bregenzerwald Cheese Cellar in Lingenau

A look through the glass wall into the Käsekeller (cheese cellar) where around 50,800 alpine and mountain cheese wheels mature, 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

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

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

Reifelager „Gut gereift!"
Moos 383, 6866 Andelsbuch
www.gutgereift.at
Fri 4 – 7 p.m.
840/850 GEMEINDEAMT (WALK)

Alpenkäse, Au
Argenau 354, 6883 Au
T +43 (0)5515 2310
www.alpenkaese.at
Mon – Sat 8 – 12 a.m.
Mon, Wed, 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 6.15 – 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, Egg
Klebern 13, 6863 Egg
T +43 (0)5512 26008
www.alpenkaese.at
Mon – Fri 8 – 12 a.m.
Tue, Wed, Fri 2 – 6 p.m.
Sat 8 – 12 a.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

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

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 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: Mon – Fri 10 a.m. – 5 p.m., Sat 10 a.m. – 4 p.m.
860 GRÜNER BAUM

Dorfsennerei Sibratsgfäll
Dorf 132, 6952 Sibratsgfäll
T +43 (0)5513 2442
www.sennerei-sibra.at
Mon, Wed, Fri 7.30 – 11.30 a.m. and 5 – 7 p.m.
Tue and Sat 7.30 – 11.30 a.m.
Cheese vending machine – 24 hours
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.
During the low season only open in the mornings.
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.kaesereisojer.at/altes-sennhaus
Opening hours: see website
852 DORFPLATZ

Market in Bezau

Weekly market in Bezau

Every Friday from June to October, 9 a.m. to noon. What makes this market unique is the regional producers and traders who run it.
www.bezau-bregenzerwald.com
830/840/850 DORFPLATZ

Weekly market in Egg

From 28 March to 27 June and 5 September to 31 October 2024, every Thursday from 3 to 6 p.m.: regional products, fresh draught Egger beer and delights from the KochhandwerkerStand – also to take away.
www.einkauf-genuss.at
820/830/840/850/890 ZENTRUM

Schwarzenberg market with cheese awards

14 September 2024: Market through the listed center of Schwarzenberg, Program for children, 31st Vorarlberg Cheese Award at the Angelika Kauffmann Hall.
www.schwarzenberg.at
830/870 DORFPLATZ

Damüls delicacy tour

15 June 2024: Fancy visiting beautiful places in the hiking area and enjoying culinary specialities? Damüls and Faschina innkeepers offer their guests this special experience. www.damuels.at
850 AU – GEMEINDEAMT
851 KIRCHDORF

Damüls Street Food Festival

14 September 2024 (alternative date: 21 September): culinary delights in a street-food style, tasty cocktails, great-tasting beer and much more.
www.damuels.at
850 AU – GEMEINDEAMT
851 KIRCHDORF

KäseStrasse Bregenzerwald – HERBST.GENUSS.ZEIT

September & October 2024 (AUTUMN.PLEASURE.TIME) A variety of events and culinary delights at the highest level.
www.kaesestrasse.at
www.herbstgenusszeit.at

Metzler Käse – Molke

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

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:

T - MONA
Tourismus-Monitor Austria

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 am Holand

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 they're 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 gives visitors the option to treat themselves 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. *(→ p. 113)*

Hotel Adler Au****
Family-friendly hotel, 700 m² of wellness area with spectacular 18-metre infinity pool, panoramic saunas, Special massage and cosmetic offers.
DAY SPA
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
850 GEMEINDEAMT

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
Day spa programmes
Specially coordinated treatments in the Susanne KaufmannTM SPA, including all-day use of the entire wellness area.
Also available to book: breakfast, detox lunch and evening menu as well as participation in the daily activity program (yoga, qigong, meditation, detox or juice lab and much more)
Price per person: from € 188
830/840/850 BUSBAHNHOF

Landhotel Hirschen***
Nature experience days, intuitive painting, days of spiritual magic, 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
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: € 240
820/860 GEMEINDEHAUS

Sonne Lifestyle Resort**S**
From July 2024: modernised rooms and suites, 2,000 square metres of wellness area with massage beds, various saunas, steam baths, swimming pool and a garden pool; beauty and relaxation treatments
Mellau, T +43 (0)5518 20100-0
www.sonnemellau.com
Spa day offers for external guests aged 16 and over and prices – see website
830/840/850 ZENTRUM

TIP: WELLNESS AT WWW.BREGENZERWALD.AT

Special health and wellness addresses, stories and inspiring ideas

Gesundhotel Bad Reuthe**S**
Treatments for health and well-being, e.g. with freshly cut natural mud. Beautiful spa bathhouse with a large sauna and wellness world, three indoor pools and year-round heated garden pool (open to the public).
Tip: phone reservations in advance recommended
Reuthe, T +43 (0)5514 2265-0
www.badreuthe.at
Relax day
1 pomegranate bath in the soft-pack lounger, 1 back massage, 1 facial peeling and mask, including daily admission to thermal bath and sauna wellness world, fitness room.
Price per person: from € 214 (Subject to change)
833 MOORBAD

Hirschen Wohlfühlhotel**S**
Informal establishment, adventure swimming pool with panoramic view of the countryside.
Schoppernau, T +43 (0)5515 21150
www.hirschen.at
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
850 OBERDORF

Wellnesshotel Linde**
Wellness and golf hotel with Sunset Spa, panoramic wellness pool and outdoor whirlpool (open to the public).
Tip: phone reservations in advance recommended
Sulzberg, T +43 (0)5516 2025
www.wellnesshotellinde.at
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 € 133 (Subject to change)
820/823 SCHÖNENBÜHL

Susanne Kaufmann Spa Cosmetics
A clear look and essences from Bregenzerwald nature determine the products. Available in the Hotel Post and in the online shop.
www.susannekaufmann.com

Honey skin care products
WERBINA range of body care products with honey produced from own colonies of bees. Available in the shop in Alberschwende and 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

Yoga at the Schwarzenberg open-air swimming pool

Yoga promotes flexibility, enhances attentiveness, develops an activating and relaxing effect.

Yoga is the perfect complement for people who enjoy exercise, such as hiking, climbing and skiing. 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 practitioners to their classes and individual lessons. Styles taught range from classical yoga to hot yoga, hormone yoga for women and yoga for children.

In the green

Sun salutations on the meadow? Asanas with mountain views? Breathing exercises in the fresh air? Those who've tried it know how pleasant it feels to practice yoga outdoors. The good air is invigorating, the green of nature delights the senses and there's plenty of space for everyone. Several yoga instructors provide opportunities to practise yoga under the open sky in the Bregenzerwald. Yoga is practised on meadows, at open-air swimming pools, in gardens and also at special times of the day, including at sunrise and sunset.

On the mat

It's best to contact the respective instructors in the event of any questions or special requests. It's 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

Moorbad Oberköhler in Sulzberg

Andelsbuch – Kneipp water-treading facility

The Kneipp water-treading facility is to be found at the Brühlbach just a little way down from the football pitch. Ice-cold spring water awakens the spirits, stimulates the circulation, activates and strengthens the immune system and has a balancing effect on breathing, the heartbeat, blood pressure, the metabolism and temperature as well as the digestive, nervous and hormone systems.

INFORMATION

Andelsbuch Tourismus
T +43 (0)5512 2565
www.andelsbuch.at
840/850 HEIMGARTEN (WALK)

Bizau – where water tickles your toes

The Ulvenbach flows in the wide valley plane, close to the centre of Bizau. It is here that visitors can walk barefoot over a stretch about 1 km in length, take in the natural sights and sounds of the stream, and admire rare plants.

INFORMATION & BROCHURE

Bizau Tourismus
T +43 (0)5514 2129
www.bizau-bregenzerwald.com
833 GEMEINDEAMT (WALK)

Au-Schoppernau – Natural soap-making workshop

Soap boiling, an ancient craft: 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. (for guests from the age of 14)

Meeting point: Karin Beer, Schoppernau, Halde 395
Date: 2 July – 27 August every Tuesday at 7.30 p.m.
Duration: approx. 2 ½ hours
Price per person: € 58 including ½ kg of soap and manuscript with recipes.

INFORMATION & REGISTRATION

until 6 p.m. the day before
Karin Beer
M +43 (0)664 4155330
karin@mittenimgruenen.at
850 DIEDAMSKOPFBAHN (WALK)

Langenegg – Kneipp trail
Langenegg – Kneipp trail
This themed trail describes the effects of the five pillars as defined by Sebastian Kneipp. The topics of medicinal herbs, nutrition, water, joie de vivre and exercise are presented along with the opportunity to experience their positive effects.
Walking time: 1 hour
Difference in altitude: 73 m
INFORMATION
Langenegg Tourismus
www.langenegg.at
820/890 ZENTRUM

Riefensberg – barefoot course
On the barefoot and fitness trail, 22 stations train your coordination, endurance, strength, mobility and reaction.
INFORMATION
Riefensberg Tourismus
T +43 (0)5513 8356,
www.riefensberg.at
890/891 DORF (WALK)

Sibratsgfäll – Moorbad
Surrounded by Mother Nature on all sides, a paddling basin, two mud baths and a natural-water open-air swimming pool await. (Early June to late September)
INFORMATION
Sibratsgfäll Tourismus
T +43 (0)5513 2112-13
www.sibra-bregenzerwald.com
860 WALDRAST (WALK)

Sulzberg – Moorbad Oberköhler (mudbath)
A belt of moorland with rare flora runs for several kilometres across the entire mountain ridge at an altitude of 1,000 metres to the north of the village of Sulzberg. This complex of habitats is the place where healing moor water rises in Oberköhler to fill an artificial swimming pond and a surrounding shallow water habitat zone. This idyllic setting on the edge of the forest is not only the ideal place to enjoy a swim but also to take Kneipp cures (treading water) and to play, enjoy a barbecue (public barbecue area) and spend a little time. The swimming area is between 0.5 and two metres deep and is therefore also suitable for children. The facility also includes a changing area with WC and parking spaces.
Opening times: June to the end of September
INFORMATION
Sulzberg Tourismus
T +43 (0)5516 221310
www.sulzberg-bregenzerwald.com
823/824 DORFPLATZ (WALK)

Warth-Schröcken – mindfulness, resilience and happiness
Breathing and mental well-being programme with mental well-being coach and energiser Rebecca Manser and with breathing and relaxation coach and mindfulness trainer Carmen Drexel. Participants can learn how to improve their capacity for resilience and how it can be applied in life.
The programme will be adapted depending on the weather and will take place indoors and/or outdoors: forest bathing, talks about resilience and happiness, stress-relief meditation and imaginary journey.
INFORMATION & REGISTRATION
Warth-Schröcken Tourismus
T+43 (0)5583 3515
www.warth-schroecken.com

reisemagazin

bregenzerwald

The Reisemagazin Bregenzerwald (travel magazine) contains stories and reports about the people and their culture in this region. The writers, some of whom work from Vorarlberg while others work internationally from further afield, offer insights into what life in the Bregenzerwald is all about and what is both pleasurable and enjoyable. Available from Bregenzerwald Tourismus and other tourist offices in the Bregenzerwald. Read online at www.bregenzerwald.at/en

Monika Albrecht built up her stamina as a child working on an alpine pasture in the Bregenzerwald and that now benefits her on her trips on racing and mountain bikes. She likes the region for its routes – whether she's riding a racing or mountain bike. And she's happy to share her experience with others.

Helmut Düringer, mountain guide and photographer, now loves to be out and about in the mountains, even though he didn't appreciate them much as a child. Now, however, the Bregenzerwald's landscape is more important than anything to him. On mountain excursions, he shares good reasons for using public transport to get to and from the hiking trips.

The Alpe Niedere mountain restaurant is managed by the Feuerstein-Wohlgenannt family, which also herds the cattle on the alpine pastures. Eggs are brought up from the valley by couriers from the Vorarlberger Lebenshilfe – a living support charity; the landlady Jasmin Wohlgenannt came up with that idea.

The Baldauf family's tree house is located in a group of trees near their paddock. It's a place where guests are able to experience their very own way of living in nature. An experience in the treetops high above the hustle and bustle of everyday life with a sweeping view across the countryside.

Beer becomes a cult. You need a shrewd brewery manager to hire the right master brewer for that to happen. And that's what actually did happen at the small Egg brewery in the Bregenzerwald, which now offers beer specialities that are enjoyed not only by local connoisseurs.

One man, one knife. Jogi is a musician, electrician and plumber and is passionate about meat. He works with local businesses to create delicacies from their produce. His motto is to get on with it and avoid as many food miles as he can.

bregenzerwald
podcast

Wald und Welt

An acoustic journey through the Bregenzerwald. We're providing a glimpse behind the scenes, looking beyond our own boundaries and deeper into the Bregenzerwald.

Available at bregenzerwald.at/podcast and wherever podcasts are available. (in German only).

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Photographs:

Agostinelli Ines – Frauenmuseum Hittisau (p. 92)

Ammann Agnes (p. 24)

Berchtold Ludwig – Au-Schoppernau Tourismus (p. 50)

Bereuter Adolf (p. 31, 43, 62, 74, 75, 88, 98, 104, 115, 116)

Böhringer Friedrich (p. 15, 25)

Bregenzer Festspiele – moodley (p. 85)

Ehm Ian (p. 20, 38, 86, 90)

Fink Johannes (p. 12, 13, 19, 52, 53, 68, 99, 110, 112)

Fink Johannes – Aktivzentrum Bregenzerwald (p. 41)

Fröhlich Nora (p. 8, 32)

Gmeiner Markus – Vorarlberg Tourismus (p. 2)

Hämmerle Lukas – Bezau Tourismus (p. 87)

Hirschbühl Marion – Angelika Kauffmann Museum (p. 93)

Huber Martin C. – Mellau Tourismus (p. 18)

Kaiser Alex (p. 9, 23, 26, 27, 51, 63, 70, 71, 102)

Kaiser Alex – Mellau Tourismus (p. 35, 101)

Kriegner Cornelia (p. 17, 21, 67)

Kummer Dominic (Cover)

Lerho Nadine (p. 22, 28, 29, 30)

Lingg Christoph (p. 69, 84)

Matt Björn – Super BfG (p. 80)

Meusburger Michael (p. 10, 16)

Mühlbacher Rupert (p. 78)

Namberger Michael (p. 10, 44, 65)

Ostenrijk TV (p. 14)

Rhomberg Matthias – Vorarlberg Tourismus (p. 48)

Schlachter Benjamin – Mellau Tourismus (p. 39)

Schmelzinger – Aktivzentrum Bregenzerwald. (p. 45)

Schnabel Albrecht Imanuel – Vorarlberg Tourismus (p. 82)

Schörkl Tanja – Lingenau Tourismus (p. 91)

Stiphout Sebastian – Warth-Schröcken Tourismus (p. 42)

Sutterlüty Emanuel (p. 11, 76)

Sutterlüty Emanuel – Gemeinde Sulzberg (p. 59, 72)

Vogel Martin – Vorarlberg Tourismus (p. 66)

Waldner Brigitte – Metzler Naturhautnah (p. 109)

Weissengruber Matthias – Kunsthaus Bregenz (p. 96)

Zünd Theresa – Bezau Tourismus (p. 108)

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#visitbregenzerwald #bregenzerwald

Bregenzerwald Tourismus
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