



# bregenzerwald

**Media Information**

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**Summer 2020**

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## Information & Service

The contents of this compilation were collected in December 2019 and any changes made known to us have been integrated since then. The contents are based on our own research and information provided by the partners.

### Press text online

You can download the entire text online at [www.bregenzerwald.at/en/media](http://www.bregenzerwald.at/en/media) .

### Photos online

You can find a selection of matching photos – to be used in a touristic context and only in conjunction with a report about the Bregenzerwald – at [www.bregenzerwald.at/en/media](http://www.bregenzerwald.at/en/media) . If you require more extensive photo material, we will gladly send you the photos you request.

### Bregenzerwald Tourismus - Social Media



[www.instagram.com/visitbregenzerwald](https://www.instagram.com/visitbregenzerwald) | #visitbregenzerwald | @visitbregenzerwald



[www.facebook.com/visitbregenzerwald](https://www.facebook.com/visitbregenzerwald)



[www.youtube.com/bregenzerwaldtourism](https://www.youtube.com/bregenzerwaldtourism)

### Available brochures

- The **Bregenzerwald Travel Magazine** appears twice a year – once in the summer and once in the winter – with around 60 pages of edited stories and reports. Regional and international authors report on people in and from the Bregenzerwald and about those things which give them pleasure and joy. Only printed in German.  
The 'Reisemagazin Bregenzerwald' is available online at [www.bregenzerwald.at/en](http://www.bregenzerwald.at/en) . The website is also home to some of the magazine stories in English.
- The **Bregenzerwald Travel Guide** is published at the same time as the Travel Magazine every six months (winter and summer). The summer edition contains useful information about hiking and other leisure activities, from cultural institutions and events through to architecture and craftsmanship, right through to wellness offers.

### Research trips

Would you like to see the Bregenzerwald for yourself? Please feel free to contact Mag. Cornelia Kriegner.

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## Bregenzerwald, Vorarlberg

**The Bregenzerwald is located in the most westerly part of Austria, in the state of Vorarlberg. Close to Lake Constance, a neighbour of Germany, Switzerland and the Principality of Liechtenstein.**

The Bregenzerwald is ideal for those who appreciate cultivated hospitality, manageable variety, imaginative architecture and cuisine to spend their holidays. It's the place where enjoyable exercise in changing natural landscapes may be combined with other activities that are inspiring and a treat to engage in.

### **Creative enthusiasm**

A good 32,000 people live in 23 villages in the Bregenzerwald. The residents of the Bregenzerwald have always paid special attention to how they shape the area in which they live. The villages look remarkably attractive. They stand out for their exciting combinations of old and new (wooden) architecture. Agriculture and alpine farming play a major role, both in terms of the economy and in how the landscape has been developed. The three-stage management of the pastures (valley – seasonally settled alpine pastures (the 'Vorsäß') - high alps) constitutes an important factor in the preservation and management of the cultivated landscape. This special type of cultivation – practised for centuries – has been placed on the UNESCO list of intangible cultural heritage in Austria. The innovative tradesmen who have come together to form the Werkraum Bregenzerwald are widely known. The association was recently included in the 'UNESCO Register of Good Safeguarding Practices for Intangible Cultural Heritage'.

**TIP** The 12 'Umgang Bregenzerwald' routes, all of which are village tours (more about them on Page 8) provide insights into the Bregenzerwald residents' skill in how they shape their surroundings and the special aspects associated with the cultivated landscapes.

The successful, courageous blend of tradition and modernity is clearly presented by the **architecture and craftsmanship**. Both disciplines are closely interwoven, and are a symbol of that which the locals of the Bregenzerwald are experts in: appreciation of art, of beauty, the creation of pleasure, both sophisticated and practical. This interplay is both visible and perceptible in many places:

- In the accommodation: many of the hotels, guest houses, holiday apartments and farms combine the old with the new, or have been newly and very sensitively built in recent years. The new, light-flooded wellness refuges with a view of nature are particularly charming.
- The cooking in the multi-award winning restaurants and inns uses regional products which enjoy a creative interpretation. The Bregenzerwald locals are true masters in the art of cheese production, especially of 'alpine- and mountain cheese'. The KäseStrasse Bregenzerwald, with its multitude of informative and pleasurable stations, is dedicated to cheese culture.
- The classical and the modern merge in the cultural programme, with the surrounding countryside playing its part. The highlight every year is the Schubertiade Schwarzenberg in the Angelika Kauffmann Hall, which affords a view of the surrounding meadows and forests. The Werkraumhaus in Andelsbuch sees itself as a showcase for innovative craftsmanship and design in the Bregenzerwald. FAQ Bregenzerwald, the festival with a forum character, displays potentials for having a good time.

Visitors can explore the cultural landscapes by way of the many hiking paths and theme paths that tell stories about the region. Signage has been put up for a good 460 km of **mountain bike**

**routes.** A map with detailed descriptions of the 20 top routes for mountain bikers – from beginners and advanced to professionals – is available from Bregenzerwald Tourismus. There are also several outdoor activity operators who can guide adventurers and nature-lovers along very special paths.

Attractive programmes offer visitors a taste of Bregenzerwald life and culture, some of them are highly **family-oriented**; those continue throughout the entire summer in most municipalities.

The **Bregenzerwald Guest Card** is your ‘ticket’ to these mountain experiences. It is your unlimited ticket to take the cable car to the top as often as you like, is valid for environmentally-friendly rides on the public buses, and is your permit to refreshing, relaxing times in the outdoor swimming pools. The Bregenzerwald Guest Card is given to all visitors who spend three or more nights in one of the 24 partner villages from 29 May to 31 October 2020. It’s included in the price for overnight accommodation.

### **Get in the mood and take a piece home with you:**

What’s it to be: culinary delights, skin care or a piece of craftsmanship? Presents to take back to your loved ones which are typical of the Bregenzerwald are:

- The delicious alpine- and mountain cheese which is produced in small alpine dairies and on alps. The Käsehaus in Andelsbuch is open seven days a week. The cheese is also available in the alpine dairies, in farm shops and in the Käsekeller in Lingenau
- Delicious treats and care products made from sheep’s milk – from yoghurt to cheese, through to hand cream – from the Gmeiner family sheep’s milk farm in Bizau
- Mixed spices, home-made produce, beautiful and practical things for your kitchen and table from Frau Kaufmann in Egg
- A wide selection of honey specialities, fine spirits, chocolates and skin care products from Bentele Genuss in Alberschwende
- Spirits produced from mountain herbs, made by Löwen Bergbrennerei in Au-Rehmen. The shop and the café in the Gasthof zum Löwen in Au-Rehmen, a listed building. Guided tours of the building and the distillery take place on Thursdays and Fridays at 4.00 p.m.
- Fine-quality brandies, spirits and liqueurs from the Maan fine brandy producers in Alberschwende
- Fruit, root and herbal spirits as well as such other distillates as gin by ‘brenn.’ from Bizau.
- produced herb salt made by well-informed women out of 14 hand-picked herbs and medicinal plants from the nature experience in Holdamoos (available from the Sennhaus Au-Rehmen)
- Spices with herbs, herb vinegars and herbal teas, made with herbs from Soni Kräuter’s own garden in Hittisau
- High-quality vegetable oils including linseed oil and sesame oil as well as rarities such as tomato seed oil and chilli seed oil from the Ölmanufaktur Krumbach
- Pieces of furniture and textiles from the Werkraum craftspeople from the Bregenzerwald Practical and decorative objects are available in the Werkraumhaus in Andelsbuch, such as felt swings for toddlers, wooden chopping boards, coasters made from felt, etc.
- Pepper mills made of local wood, designed and produced by carpenter Bernhard Domig from Langenegg, available from the Werkraumhaus in Andelsbuch
- Such handmade products from the Bregenzerwald as cheese, schnapps, practical and decorative wooden items as well as toys by Roland Bär from Andelsbuch
- Mattresses, slatted frames and bed linen made of natural materials, made by Andrea Hager/WOLENA from Schoppernau
- Wooden clogs and cowskin boots by shoemaker Devich from Hittisau
- Classic wooden sledge named ‘Ländle-Rodel’ by the Bereuter family from Alberschwende

- Whey cosmetics by Family Metzler from Egg in the Bregenzerwald
- Pampering treatment from the range of cosmetics and skin care products by Susanne Kaufmann (Hotel Post Bezau by Susanne Kaufmann) – the ingredients are organically farmed or come from wild harvesting

## **Contemporary tradition.**

**Those in the know acknowledge the Bregenzerwald's position as a prime region for modern architecture and innovative craftsmanship. Exhibitions and 12 'Design Trails' make the dialogue with one's living environment both visible and perceptible.**

### **The Werkraumhaus: a house dedicated to craftsmanship**

In 2013, the Werkraumhaus opened in Andelsbuch, a town known for its traditional craftsmanship. Its architect is Peter Zumthor, from Switzerland – an internationally renowned architect with close ties to craftsmanship. He met and came to appreciate the Bregenzerwald craftsmen in the Werkraum during the construction of the Kunsthaus Bregenz. Since then, many craftsmen from the Bregenzerwald have been working for the maestro from Switzerland. Peter Zumthor's design for the Werkraumhaus is founded on two basic ideas: on the one hand, the building serves as a meeting place. On the other hand, it is a major showcase for the culture of craftsmanship and design 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. The Werkraumhaus displays pieces by craftspeople who are members of the Werkraum, and holds changing special exhibitions. In December 2016, the Werkraum Bregenzerwald became one of three destinations in Austria to be included in the 'UNESCO Register of Good Safeguarding Practices of Intangible Cultural Heritage'. / [www.werkraum.at](http://www.werkraum.at)

### **Craftsmanship and the Bregenzerwald Werkraum**

The close, productive interplay between architecture and craftsmanship enjoys a long tradition in the Bregenzerwald. Many of the architects come from families of craftsmen, or are themselves trained craftsmen. This has a stimulating effect on the cooperation. Joiners, carpenters, smiths, stove fitters and painters are not simply the 'skivvies' – they are specialised partners in the development of the best solution. Parallel to the new architecture, an independent, design-orientated craftsmanship scene has developed in the Bregenzerwald, whose works are popular both at home and abroad.

Around 100 of the most innovative craftsmen – from joiners to textile designers – have joined forces in the Werkraum Bregenzerwald. As a platform, the Werkraum organises exhibitions, competitions and lectures, and is dedicated to research. / [www.werkraum.at](http://www.werkraum.at)

### **Archiv der Formen**

Werkraum Bregenzerwald stages the Handwerk + Form exhibition, combined with a design competition, every three years. The next Handwerk + Form will be taking place in 2021. The Online-Archiv der Formen (Online Archive of Forms) presents all the award-winning work pieces shown at the exhibitions to date that were produced by Bregenzerwald craftsmen in collaboration with designers. / [www.archivderformen.at](http://www.archivderformen.at)

### **Contemporary architecture**

Glass and wood are the building materials favoured by contemporary architects. Wood has always been used as a building material in the Bregenzerwald, since it grows in abundance in the forests. And so architects and craftsmen in the Bregenzerwald have acquired exceptional skills in dealing with wood. Then as now, they go to great lengths to ensure that the wood is cut at the right sign, and to leave it to dry out slowly in order to then process it in accordance with its true nature. The sun and the rain give the façades their colour over the years. The natural wooden appearance and soft wax bestow furniture with its very own character.

The new buildings are plain, occasionally even bordering on the provocative, with an amazing wealth of spatial and functional qualities. The high demands made on the aesthetics go hand-in-

hand with those made on energy efficiency and sustainability. Renewable energy is used on a wide scale for heating and hot water: solar cells and photovoltaic equipment are visible on many houses. Geothermal heat and wood are also used for these purposes. The ecologically valuable and practical building materials as well as the conscious use of energy have a pleasant effect on the indoor climate, for example.

Since the new buildings are based on old building traditions, an exciting dialogue emerges. Private houses and hotels alike built according to modern construction principles abound in all towns.

### **TIP 'Bregenzerwald Umgang' –12 village walks**

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 'Bregenzerwald Umgang' walks communicate the villages' typical visual style through the ages. They can be discovered in the landscape, on houses, public buildings and commercial buildings as well as on everyday objects. Each of the 'Umgang Bregenzerwald' walks takes you between 1.5 and 4 hours. On each walk, around 10 information columns draw attention to a building, to the special features of the cultural landscape, to artisanal or ecological details, to facets of artistic, culinary or touristic works. Details of the objects are described in an accompanying folder. Furthermore, a book on the subject containing the background histories to the way of life in the Bregenzerwald is available. The information media are available from any one of the tourist information offices and from Bregenzerwald Tourismus.

Guided tours on the 'Design Trails' are held at 9.30 a.m. on Tuesdays and Fridays in German between May and October. Each trip focuses on a different village. Please see [www.bregenzerwald.at/en](http://www.bregenzerwald.at/en) for the details and the precise itineraries.

### **TIP Bus:Stop in Krumbach**

Since May 2014, seven new bus stops are adorning the area around Krumbach. At the invitation of the association Kultur Krumbach, renowned architects have redesigned the seven bus stops. The artists involved were: Alexander Brodsky (Russia), Rintala Eggertsson Architects (Norway), Architecten de Vylder Vinck Taillieu (Belgium), Ensemble Studio Antón García-Abril (Spain), Smiljan Radic (Chile), Sou Fujimoto (Japan) and Wang Shu (China). Each and every firm of architects had a Vorarlberg partner from the field of architecture/craftsmanship at its side to offer support and advice. The entire project was financed by private sponsors, and the architects' payment is a holiday in the Bregenzerwald. / [www.krumbach.at](http://www.krumbach.at)

### **Architecture in Sulzberg**

There are several architectural treasures to be found in Sulzberg and the part of the village known as Thal in northern Bregenzerwald: from the Empire-style church, designed by Alois Negrelli, planner of the Suez Canal, to the installation '1740 lchs' (1740 l's), made up of locks of hair, that adorns the village hall. Two circuit paths lead to 21 selected buildings and works of art, most of which were designed by prestigious architects. The brochure 'Wege zur Baukultur' (Paths to Architecture) relates interesting stories about the structures and artworks along the paths: about the time in which the objects were created, what aspects were particularly important to the people for whom they were built and their architects, how historic structures can be sensitively preserved while new ones are created. / [www.sulzberg.at](http://www.sulzberg.at)



## NEW Georunde Rindberg

This trail makes the power of nature visible and tangible at its eleven stations: the circular route leads to the Parzelle Rindberg, where clear evidence is to be seen of the shifting of the mountain slopes that occurred a few years ago. One example is the 'leaning Felber's building' on the trail. The former holiday home slipped 18 metres downhill during the landslide but didn't suffer any significant damage. The property that constitutes a succinct expression of the forces of nature is open to visitors and is home to the 'Gewaltige Natur' ('Mighty Nature') exhibition that focuses on the Nagelfluhkette Nature Park. The landslide is also the subject of artistically designed installations for which the designers were awarded the Austrian State Prize for Design in 2017. The route was extended in autumn 2019 by three more stations. One is the carefully renovated and stabilised Wendelinkapelle (chapel). The landslide pushed it around 40 metres down the valley. It's open to visitors again now and its leaning position bears witness to the event. Hikers are able to sit on sloping chairs in front of the little church and take in the magnificent view. / [www.bewegtenatur.at](http://www.bewegtenatur.at)

## Sacred buildings

Churches and chapels also offer interesting perspectives on history and culture.

- The **church in Damüls**, for example, is a jewel in terms of cultural history. Particularly impressive are the wall frescoes (15th cent.) of this alpine church, which depict a biblia pauperum, or pauper's bible.
- Originally Gothic, in the 18th century the **church in Au** was renovated in baroque style and enlarged. Au is interesting from the standpoint of architectural history because an important guild of baroque master builders developed there from around 1650. Some of the most famous churches and chapels in the area around Lake Constance were built by members of that guild. There was not enough money to build a structure as ostentatious as those in the town where the guild was born, though. Only one descendant of the famous master-builder Moosbrugger family contributed to the church in Au's baroque ornamentation. It was Wendelin Moosbrugger who created the altarpiece 'The Good Shepherd'. Extensive renovation was done on the church in 2008.
- The pictures of the apostles in the **church in Schwarzenberg** are impressive pieces: they were painted in 1757 by Angelika Kauffmann, then only 16 years old, a 'star' in her own time and now considered to have been one of the great female painters of the classicism.
- The face of Sir Winston Churchill surprises those looking up at the ceiling fresco of the **church in Hittisau**: in 1941 the painter Waldemar Kolmsberger immortalized the then prime minister of the United Kingdom in the procession of the damned.
- The parish **church in Lingenau** was awarded the Pilgram Prize in 2012 for its imaginative renovation. A 280-year-old olive tree is a new element to the church interior. A small watercourse rises from its roots, symbolising the River Jordan. The new altar is made up from 12 stone blocks from the region.
- **The Alp Niedere chapel** above Andelsbuch has quite a modern look. The clean-lined wooden structure was designed by the famous Vorarlberg architects Cukrowicz Nachbauer. In 2009 the chapel was honoured with the Client's Award of Österreichische Zentralvereinigung der Architekten, Austria's national association of architects.
- **Salgenreute chapel in Krumbach** opened in 2016. The stone and wooden building with pointed roof and shingle façade was designed by Bernardo Bader, an architect from Vorarlberg. For this, he won the 'Chicago Athenaeum – The International Architecture Award 2017'.
- Architects Innauer Matt won the '2A Europe Architecture Award 2017' for the **Wirmboden chapel** in Schnepfau, which is made of wood and concrete.

## Lived sustainability.

**The careful use of available resources enjoys high standing in Vorarlberg and the Bregenzerwald. In many places, biomass power stations provide hot water and warm interiors.**

### Renewable energy

Hydropower is the most important source of energy in Vorarlberg. The Vorarlberger Kraftwerke AG (VKW) and the Illwerke operate numerous hydroelectric power stations with various outputs. 5 of which are on the river Bregenzerache in Bregenzerwald. The power station in Andelsbuch is of architectural interest and can be visited in guided tours. Erected in 1908, the art nouveau structure was one of the largest and most technologically advanced power stations in the Austro-Hungarian monarchy.

Many producers from the whole of Vorarlberg supply electricity produced from renewable energy to the Ökostrom GmbH, a subsidiary of VKW. In addition to hydropower, biomass and the sun are used as energy sources. Biomass power stations heat rooms and the water of many of the 23 villages. The hotels are also connected to the network. These biomass heating plants generate energy from wood which is produced as wood processing waste, as it were, in the Bregenzerwald. Energy-saving measures and a further extension of hydroelectric power aim to ensure that Vorarlberg is energy autonomous by 2050.

### For the good of sustainability

The municipal biomass heating plants are also complemented by many privately run biomass heating plants such as those operated by the Gesundheitshotel Bad Reuthe, Hotel Warther Hof in Warth, Almhotel Hochhäderich in Riefensberg and Hotel Am Holand in Au. The Gesundheitshotel Bad Reuthe, for instance, needed 200,000 litres of heating oil per year until it installed its own heating plant. That's now been completely replaced by biomass.

The village of **Damüls** is indicative of how committed the people in the Bregenzerwald are to the modern way of heat generation. Around 95% of all private dwellings and hotel establishments in the catchment area of the biomass power station heat using biomass. **Au-Schoppernau** offers guided tours of the local biomass power plant as part of its weekly programme.

### Charging stations for electric cars

The number of charging stations for electric cars is growing constantly. They can be found at tourist offices, hotels and the valley station of the Diedamskopfbahn cable car in Schoppernau and the one in Bezau.

### Saving and protecting

The northern section of Bregenzerwald, known locally as 'Vorderwald', is one of Austria's climate and energy model regions. The eight communities have joined up to establish the '**Energy region of the Vorderwald**', and are dedicated to a future-compliant climate and energy policy. Their topics include energy efficiency, the promotion and the use of renewable sources of energy, the promotion of energy-conscious operations and environmentally friendly mobility.

Six communities are **e5 communities**: Doren, Langenegg, Krumbach, Hittisau, Sulzberg and Egg. They are particularly engaged in energy efficiency and climate protection, with Langenegg taking on the role as trailblazer. The community has already received several awards for its activities. Langenegg visualises its commitment in the form of an artistically designed 'Energy Trail' and 'Energy Portals'.

## Inspiring culture.

Art and culture have always been highly respected in the Bregenzerwald. The most important festival is the Schubertiade, which is held in the picturesque village of Schwarzenberg. All kinds of concerts are held at special venues in the valley and on the mountain. The FAQ Bregenzerwald festival extends a warm welcome to engage in discussions, attend concerts and enjoy culinary meetings. The Werkraumhaus in Andelsbuch sees itself as a showcase for innovative craftsmanship. Several museums deal with topics from the past and the present.

### 750 years of Schwarzenberg

The village of Schwarzenberg will be commemorating its 750th anniversary with presentations, exhibitions, concerts and festivals throughout the year. Artistic co-creators include the object artist and performer Tone Fink from Schwarzenberg and the musician, author and folk-music researcher Evelyn Fink-Mennel, who has made Schwarzenberg her home. One of the highlights will be the summer festival that's going to take place on 3 and 4 July. The entire village is going to start preparing on 29 June by setting up the 'Dorftafel' ('Village Table'), namely tables and chairs that will be extending from the village's upper well to its lower one. /

[www.schwarzenberg750.at](http://www.schwarzenberg750.at)

### Schwarzenberg Schubertiade

The most celebrated series of events in the Bregenzerwald's cultural calendar is the internationally renowned Schubertiade Schwarzenberg. In its unique way, the rural atmosphere in the Bregenzerwald harmonises with the music of Schubert and his contemporaries. This year's Schubertiade Schwarzenberg will be hosting around 40 events between 22 to 30 August 2020, including chamber concerts, song recital evenings and piano concerts. This year, once again, excellent soloists and ensembles are scheduled to perform in the Angelika Kauffmann Hall, the windows of which offer a fantastic view over the meadows and mountains of Bregenzerwald. /

[www.schubertiade.at](http://www.schubertiade.at)

**Individual:** Bregenzerwald Tourism offers package deals for guests of the Schubertiade. They include accommodation and three concert tickets of your choice, per person. / [www.bregenzerwald.at](http://www.bregenzerwald.at)

### From the Bregenzerwald to the Bregenz Festival

How about combining a stay in the countryside with a spot of urban culture? No sooner said than done in the Bregenzerwald!

The Bregenz Festival will be presenting the opera 'Rigoletto' by Giuseppe Verdi on the floating stage in 2020 (22 July to 23 August). The programme also includes other operas, orchestral concerts and the 'Music and Poetry' chamber-music cycle.

**Custom-made:** Bregenzerwald Tourismus, in cooperation with various hotels, has arranged packages for visitors who wish to attend the Bregenz Festival. They include one to three nights' accommodation with half board, the festival ticket and transport to and from Bregenz. /

[www.bregenzerwald.at/en/offers-2/](http://www.bregenzerwald.at/en/offers-2/)

### FAQ Bregenzerwald – potentials for a good time

FAQ Bregenzerwald is a series of events to be held for the fifth time between 1 and 6 September 2020. The forum with a festival character brings up issues pertaining to current topics. The agenda includes lectures and discussions in unusual places, concerts held at breath-taking locations, hikes, readings and extra-special culinary experiences. / [www.faq-bregenzerwald.com](http://www.faq-bregenzerwald.com)

**:alpenarte – Klassik neu erleben**

The young :alpenarte festival provides a stage for young, highly talented musicians from across the world. The organisers are hoping that this music festival in Schwarzenberg will encourage dialogue between artists and audiences. Concerts, workshops, music education and dialogues will be on the programme from 8 to 11 October 2020. / [www.alpenarte.at](http://www.alpenarte.at)

### **Klassik Krumbach**

A festival for all, not just classical music fans, will be organised from 13 to 16 August 2020 in Krumbach by Alex Ladstätter and Natalia Sagmeister, who specialise in chamber music and modern music. Music can be enjoyed at different locations. Musicians from home and abroad will be performing on the village square, in the church, around houses and farms, in the fields and meadows. / [www.klassik-krumbach.at](http://www.klassik-krumbach.at)

### **Evening guided tour of the church with organ music**

Thanks to the Au trade guild, which gave rise to the Bregenzerwald School of Baroque Master Builders, Au was well-known far and wide during the 17th century. Master builders and craftsmen from Au and Schoppernau left their mark on baroque architecture in Southern Germany, Switzerland and in Alsace over a period of hundred years.

Visitors can find out more about this time and details of the art history of the churches in Au and Schoppernau by taking a guided tour of the churches accompanied by music. They are held at 8.30 p.m. every Friday between 3 July and 21 August 2020, alternately in the parish church of Au and in the parish church of Schoppernau. Participation is free of charge. / [www.au-schoppernau.at](http://www.au-schoppernau.at)

### **‘Walser im Wald’ summer music**

For the eighth time, Damüls will present the summer music series ‘Walser im Wald’ (‘Walsers in the Woods’). The motto of the musical summer series in the mountain village is ,from classical to rock’.The concerts will be held in the evening, and entry is free. / [www.damuels.at](http://www.damuels.at)

### **Bahnhof in Andelsbuch**

Andelsbuch railway station was built over a century ago. It is one of the last remaining historical railway buildings of the former Bregenzerwald railway.

In recent years, the building has been carefully renovated and extended. Under the motto of ‘arrivals, stays and meetings’, the Bahnhof cultural society hosts events such as concerts, readings and exhibitions all year round. / [www.bahnhof.cc](http://www.bahnhof.cc)

### **Werkraumhaus in Andelsbuch**

The Werkraumhaus is the venue for changing presentations of products from the workshops of the member companies as well as themed exhibitions focusing on the culture of the craftsmen’s trades and architecture. The Werkraumhaus is also the place to find out more about the craftsmen’s trades in the Bregenzerwald region. Contacts can be established with the member companies on request. Regional hand-crafted products and relevant technical literature are available from the shop. / [www.werkraum.at](http://www.werkraum.at)

### **Angelika-Kauffmann Museum**

The Angelika-Kauffmann Museum in Schwarzenberg, bearer of the Austrian Museums’ Seal of Quality, is a historical building dating back from the 16<sup>th</sup> century featuring modern exhibition rooms. Its exhibitions are devoted to presenting the various perspectives of the work of the famous classicist painter Angelika Kauffmann, who had close family ties with Schwarzenberg. ‘The best from the Municipality of Schwarzenberg’s Art Collection’ will be on display in 2020 – with oil paintings, prints, etchings and drawings by and after Angelika Kauffmann. The Heimatmuseum Schwarzenberg (Local History Museum), which is housed in the same building,

will be documenting the culture of living and everyday life during the 19th century from May to 31 October 2020, will be presenting the exhibition, 'Who owns the Bödele? Understanding a cultural landscape.' / [www.angelika-kauffmann.com](http://www.angelika-kauffmann.com)

### **Frauenmuseum Hittisau**

The Women's Museum Hittisau, the only women's museum in Austria, illustrates the creative works and the lifestyle of women in changing exhibitions.

The Frauenmuseum Hittisau, which won the Austrian Museum Prize in 2017, is a fine example of modern wooden architecture by the architectural duo that is [cukrowicz.nachbaur](http://cukrowicz.nachbaur). It's the only museum in Austria that is dedicated to women and that makes the cultural work of women visible. The museum stages changing exhibitions that take cultural-historical and contemporary art as well as social and political topics as their themes. A team of women from Hittisau intensively explore the subject matter presented at the exhibitions and convey it in a direct and authentic style.

'Geburtskultur: Vom Gebären und Geborenwerden' ('Birth culture: Of giving birth and being born') is the motto of the exhibition that will be taking place from 27 June to April 2021.

Exhibits, narratives and art positions will be illustrating historical and contemporary aspects of the process of giving birth and being born. / [www.frauenmuseum.at](http://www.frauenmuseum.at)

### **Juppenwerkstatt Riefensberg**

Visitors to the Juppenwerkstatt Riefensberg can find out how the elegant national costume worn by the ladies of the Bregenzerwald is made. A very special technique is used to make up to 500 pleats in the black dress, for example. The building – an old farmhouse with a glass façade covering three storeys – is also worth a visit for its architectural value. The Juppenwerkstatt is open between May and October. / [www.juppenwerkstatt.at](http://www.juppenwerkstatt.at)

### **Franz Michael Felder Museum in Schoppernau**

Franz Michael Felder (1839 – 1869) 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. / [www.au-schoppernau.at](http://www.au-schoppernau.at)

### **Vorarlberger FIS Skimuseum**

The 'Pfarrhof', the former parish courtyard in Damüls, houses a small museum which focuses on local history and winter sports. It is now an official FIS skiing museum. From 11 June to 9 October 2020, the museum will show an exhibition about the history of ski racing. The Pfarrhof is open on Tuesdays and Fridays, from 3 to 6 p.m. / [www.damuels.at](http://www.damuels.at)

### **The 'Wälderbähnle'**

The 'Wälderbähnle' is a carefully maintained nostalgic railway which runs between train station Schwarzenberg and Bezau. The train, pulled by historical diesel or steam engines, runs on weekends between 9 May and 4 October 2020, also on Wednesdays between mid-July and the beginning of September. / [www.waelderbaehnl.at](http://www.waelderbaehnl.at)

### **Other museums**

- The **Heimatmuseum Alberschwende** (Local History Museum) comprises two locations and examines the rural way of life and how homes in the Bregenzerwald looked during the 18<sup>th</sup> and 19<sup>th</sup> centuries. One of the main topics focuses on the processes employed to produce 'linen from flax'. The 'Mesmers Stall' satellite venue, located next to the church, emerged from an extensive agricultural collection. That's where the 'From A to B' exhibition that revolves around the first road link across the Lorena Pass to the Bregenzerwald, is housed.

Exhibits from the 'agricultural past' are on show here at this former farm building of the Mesnerpfründe.

- The centrally located **Alpsennereimuseum Hittisau** contains a historic, fully furnished alpine dairy farm kitchen. Around 80 exhibits show how cheese is made and milk is processed. The alpine dairy farm museum is only open for guided tours.
- **Hittisauer Lebensbilder** from the 19th century: the exhibition in the basement of the Ritter von Bergmann hall shows the lives and work of five unusual personalities from the 19th century who lived in Hittisau.
- The **Egg Museum**, next to the church, is the oldest valley community museum in Vorarlberg. It was founded in 1904 and re-opened in 1988. As well as a permanent exhibition, which covers the history of the Bregenzerwald folk costume, the Egg Museum association shows two special exhibitions every year, with an extensive programme of events.
- **Heimatmuseum Schwarzenberg** (Museum of Local History) The former residential section of the more than 450-year-old Bregenzerwald house has become home to the Heimatmuseum (Local History Museum), which documents the culture of living and everyday life during the 19th century. 'Who owns the Bödele? Understanding a cultural landscape' to 31 October 2020.
- **Heimatmuseum Bezau**: This museum in a typical Bregenzerwald farmhouse from the 18th century offers a good insight into living conditions in the region, which is still dominated by wooden architecture today.
- The **Alpmuseum 'uf m Tannberg'** in the former alpine dairy hut in Batzen, 1,570 meters above sea level near Warth-Schröcken, gives an impression of what life in the Alps used to be like, and shows the cultural history of the Walsers.

## Typical tastings.

**The Bregenzerwald is widely known for its excellent alpine- and mountain cheese. Milk from hayfed cows forms the basis for this cheese. It is supplied by the farmers who still maintain the tradition of alpine transhumance. Regional delicacies, frequently imaginatively pepped up, can be enjoyed in the many excellent eateries and restaurants or during a hike with a culinary theme.**

### **With nature. For the good of nature.**

Agriculture in the Bregenzerwald forms the backbone for the maintenance and the upkeep of the cultivated landscape. The basis of this – and what makes it special – is the three-layer cultivation of the fields, which has been practiced for centuries. Once the snow has melted, the cattle graze on the valley pastures. Then they go up to the mountain pasture, a kind of half-way station, then up to the high mountain pastures in mid-summer, and back down to the barn in stages. The advantage of this ‘nomadism’ is, in addition to maintaining the cultivated landscape, the optimum use of the fields.

Moreover, the alpine pastures, with their many herbs, offer the healthiest possible diets for dairy cows. This makes for particularly delicious, aromatic milk – the perfect base for the tasty Bregenzerwald alpine cheese. Safeguarding the future of closely-structured farming – a farmer has an average of 29 cows – is important for many branches in the Bregenzerwald.

Hence, cooperation between the farming community, tourism and commerce is accordingly close. Initiatives such as the KäseStrasse Bregenzerwald make a valuable contribution towards this. There is a great awareness of using high-quality foods made on the farms. Equally great is the range of products: from excellent cheeses to delicious yoghurts, meat and bacon specialities, through to schnapps, and cosmetics made from whey and mare’s milk. In the spring of 2011 the three-layer cultivation method in Bregenzerwald was inscribed in the Austrian national UNESCO List of Intangible Cultural Heritage.

### **Cheese specialities**

The **Bregenzerwald alpine cheese** – a tasty hard cheese whose flavour intensifies the longer it matures – is the showpiece of all the cheeses. The cheese is produced in 15 village dairies and, in the summer months, on around 70 alpine pastures. Only silage-free milk (‘Heumilch’) is used in the dairies, a rare commodity within the EU, since only around three percent of the milk produced here is silo-free. The local specialities include unpasteurised-milk Emmenthal, camemberts, small cheeses made from cow’s, sheep’s and goat’s milk, as well as Bachensteiner, a fine red, semi-soft cheese.

Practically unknown outside of Vorarlberg is the so-called ‘Alpzieger’ made from whey, which owes its typical green colour to over 40 different herbs. A particular rarity is the ‘Gsig’ or ‘Sig’, whose brown colour means that it is also extolled as Bregenzerwald chocolate. It is caramelised lactose you can eat neat or which can be used to pep up desserts.

**TIP:** Many of the Alpine huts can be reached via hiking trails, and in some cases along mountain bike routes. Some of the Alpine huts also offer hospitality, with Alpine breakfasts and samples of their milk and cheese products.

### **Culinary Hikes**

Step by step, from course to course: this is the motto under which Bregenzerwald Tourismus is offering a variety of culinary hikes that are available to book as day packages. All hikes take participants through selected beautiful landscapes and include breakfast, lunch and dessert with regional specialities. The dishes are served in three mountain inns or restaurants. The rambles

involve between 3 ½ and 5 hours of walking. The packages, which include the lift ride up the mountain, start at €47 per person/ €64. Holders of the Bregenzerwald Guest Card are entitled to discounts. / [www.bregenzerwald.at/en/culinary-hikes-in-the-bregenzerwald/](http://www.bregenzerwald.at/en/culinary-hikes-in-the-bregenzerwald/)

**Custom-made: Familiarisation days Bregenzerwald**– the practical and attractive package deal for all those wishing to acquaint themselves with the merits of the Bregenzerwald in three or four days. The package deal includes three or four nights' accommodation (Thursday to Sunday or Sunday to Thursday), a culinary day-long hike and the Bregenzerwald Guest Card for unlimited travel on the buses and cable cars. Book the package deal from Sunday to Thursday and stay for four nights but only pay for three! The package deal is available between 7 June and 18 October 2020, and costs from €270 per person in a double room with half board. / [www.bregenzerwald.at/en/offers/](http://www.bregenzerwald.at/en/offers/)

### **The Bregenzerwald KäseStrasse (Cheese Route)**

The KäseStrasse isn't a street or a road in the usual sense: it is a union of experts from various disciplines. Throughout the whole year, the members – including alpine dairies, cheese restaurants, and farms selling their produce directly from the farm – organise events, invite people to tasting sessions, and initiate the uninitiated into the secrets of cheese production. In addition to restaurants and alpine dairies, stations along the KäseStrasse include: the modern cheese cellar in Lingenau, where several thousand blocks of alpine cheese are left to mature, the cheese house in Andelsbuch, open seven days a week selling the entire range of cheeses and delicacies from the Bregenzerwald, the alpine dairy school in Egg, where visitors can learn to make their own cream cheese in a short course. A lot of Bregenzerwald restaurants are members of the KäseStrasse and, hence, authorised 'cheese restaurants' with an appropriate menu on offer. Most cheese restaurants serve up their delicacies in the setting of typical Bregenzerwald buildings – in cosy rooms with a view of wooden-shingle façades.

At Family Metzler's farm in Egg there is a large display pen with cows and goats. At the cheese-making school next door, visitors can learn to make their own cream cheese in a short course. Family Metzler also uses whey to create personal care and cosmetic products. Highlights of the season are the 'Alpabtrieb', when the herdsmen drive their cattle down from their mountain pastures, and the cheese market in Schwarzenberg in mid September. / [www.kaesestrasse.at](http://www.kaesestrasse.at)

### **Herbst.Genuss.Zeit**

The GenussRegionen Bregenzerwald, Kleinwalsertal, Klostertal and Biosphärenpark Großes Walsertal will be staging the Genusswochen (Culinary Weeks) from 12 September to 4 October 2020. The programme includes tastings, special menus and other culinary events. / [www.kaesestrasse.at](http://www.kaesestrasse.at)

### **Award-winning restaurants**

The following restaurants and guesthouses have received awards from Gault Millau:

- In Au: Hotel Krone in Au
- In Bizau: Biohotel Schwanen, which focuses on food prepared to Hildegard von Bingen
- In Hittisau: Hotel Gasthof Krone and Romantikhotel Das Schiff
- In Krumbach: Restaurant s'Schulhus and Gasthof Adler
- In Langenegg: Hotel Krone
- In Lingenau: Hotel Wälderhof
- In Schwarzenberg: Hotel Gasthof Hirschen, Restaurant Gasthof Adler and Gasthaus Alte Mühle



### **TIP Every Friday: the market in Bezau**

‘Unique, unparalleled’ – that is the way the organisers describe this market, held on Bezau village square once a week, every Friday morning, between early June and late October. The range is ‘unique’. Bakers, alpine dairy farmers, butchers, gardeners and florists from the region offer their wares on market stalls especially designed by craftspeople from the Bregenzerwald. The high-quality products have been freshly harvested, prepared especially for the market or are only available on Fridays. On sale are fruit and vegetables, meat and sausages, a special market bread, vinegars, oils, jams, herbs and flowers. Seasonal topics add a bit of spice to market life. / [www.bezau-bregenzerwald.com](http://www.bezau-bregenzerwald.com)

### **Moor restaurateurs, Krumbach**

Since the village of Krumbach opened up its moors with a hiking path, three moor restaurants have been dedicating their establishments to the serving of culinary delights from the moors. Plants, berries and herbs from the moors pep up food – and even drinks! The three Krumbach moor restaurants extend an invitation to join them for a dawn walk across the moors followed by a moor breakfast in the summer months (6 June, 4 July, 1 August, 5 September 2020). Leave at 6 and have breakfast at 8. / [www.krumbach.at](http://www.krumbach.at)

### **Sonntagsgasthaus (The Sunday restaurant)**

The Adler in Großdorf is only open on Sundays. Fans of cooking – amateur cooks and professional chefs from near and far – prepare their favourite dishes and serve up a three-course meal. Home-made bread and cake made according to the best-kept family recipes are par for the course at the Adler. Selected specialities from Italy – the second home of host Irma Renner – are also on the menu. / [www.adler-grossdorf.at](http://www.adler-grossdorf.at)

### **Frau Kaufmann cooks and sells delicious specialities**

Regional and seasonal specialities prepared according to old recipes with contemporary tweaks are the subject of a series of cooking classes offered by Karin Kaufmann. Ms Kaufmann has transformed the lovingly renovated traditional Gasthaus Engel in Egg into a cookery school. Multiple classes are available in any given month. Ms Kaufmann offers selected delicacies and treats from her own kitchen as well as kitchen utensils that she worked with Bregenzerwald craftsmen to design. There is also an online shop accessible from her website. / [www.fraukaufmann.at](http://www.fraukaufmann.at)

## Attractive routes.

Do you like to go up high, or do you prefer a leisurely walk along panorama routes? Hikers can explore the Bregenzerwald from different perspectives, by the way, is also an extremely pleasant way to spend some time. Some hiking paths have stories to tell, about alpine transhumance, geological features, historical events and the people who lived there. The Bregenzerwald Guest Card, which is included in the price for overnight accommodation, is your 'admission ticket' to all mountain experiences. The card is issued to all guests who stay three or more nights in one of the 24 participating municipalities.

### Lovely rambling

Rambling is experiencing a renaissance, in all age groups. Rambling at a leisurely or a fast pace stimulates body and soul. The quiet of the mountains, Mother Nature's play of colours and forms, the magnificent views – all these offer a welcome change to the hectic, loud pace of daily life for an increasing number of people. The Bregenzerwald has the best possible conditions for ramblers: 1.500 kilometres of uniformly sign-posted rambling paths and a selected range of thematic paths which relate the stories of the countryside and what makes it so special. Guided rambles are available for those wishing to explore the area in the company of an expert guide. The local programme on offer includes herb rambles, summit tours, rambles to alpine dairy farms, and trips to watch the sun set or rise.

**TIP:** The hiking map includes around 50 suggested hikes – from leisurely to challenging. The hiking map is available from Bregenzerwald Tourismus, from numerous establishments and from the local tourist information offices. Digital maps and detailed descriptions of the hiking paths are available at <https://sommertouren.bregenzerwald.at/en/tours/>.

### Mountain experiences with the Bregenzerwald Guest Card

Cable cars and chair lifts go to several of the mountain summits. The view is reward enough for taking such a trip. The atmospheric events held on the mountains are also attractive: from the mountain breakfast through to trips to watch the sun set, concerts of all type through to meetings amongst musicians. The **Bregenzerwald Guest Card** is your 'ticket' to these mountain experiences. It is your unlimited ticket to take the cable car to the top as often as you like, is valid for environmentally-friendly rides on the public buses, and is your permit to refreshing, relaxing times in the outdoor swimming pools. The Bregenzerwald Guest Card is given to all visitors who spend three or more nights in one of the 24 partner villages from 29 May to 31 October 2019. It's included in the price for overnight accommodation.

**Custom-made: Long-distance hiking package** – Accompanied only by a daypack, exploration-minded souls can hike for two to four days along a selection of lovely paths through Bregenzerwald while their baggage is transported in comfort from one hotel to the next. Three tours are available: The Architecture Path, The Bregenzerache Path and The Cheese Path. The paths take you through medium altitudes and hikers in average form will have no problem. The three-day long-distance hiking package starts from €464 per person in a double-room with half board. / [www.bregenzerwald.at/en/offers/](http://www.bregenzerwald.at/en/offers/)

**Custom-made: Mountain trekking & peak climbing** – Hike from one mountain hut to the next, enjoying the magnificent views. This package, designed for experienced mountain hikers, includes two nights' accommodation in mountain huts with breakfast or half board as well as a precise description of the route. Daily walking times range from four and a half to six hours. The package is available with advance booking from early/mid-June and end September, and starts at €66 per person with breakfast (walkers sleep on mattresses in dormitory) or €102 with half board. / [www.bregenzerwald.at/en/offers/](http://www.bregenzerwald.at/en/offers/)

### Guided summit tours

Daring to try something new and climbing the highest peaks in the Bregenzerwald in the company of an expert: Au-Schoppernau and Warth-Schröcken are inviting guests with mountain experience and who enjoy hiking to do just that. A different 2000-metre peak is the destination every Friday. The tours take in the 2,649-metre-high Braunarlspitze – which is the highest mountain in the Bregenzerwald – among others that also include the Biberkopf, the Widderstein and the Rote Wand. Guests staying overnight in Au-Schoppernau or Warth-Schröcken may take part free of charge. The tours cost €45 for all others.

### On the trail of alpine culture

Unusual natural features, history or art: Bregenzerwald is also well known for its informative theme-based trails.

- **‘Goßarweg’ Bizau:** the keeping and farming of goats was a major part of daily culture in Bizau for hundreds of years. The hike is a reminder of this cultural asset – ‘Goßar’ being goat in the local dialect. It 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 provide attractions for children. There are several options for joining/leaving the hike along the ‘Goatherd’s path’ via existing hiking paths and back into the village. / [www.bizau-bregenzerwald.at](http://www.bizau-bregenzerwald.at)
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- The **Rotenberg Forest Path** in Lingenau, which has 20 stations, including a Waldzimmer (forest room), an alpine moor and a natural arena made of nagelfluh (gompholite), points out the importance and special features of the forest. It takes approximately 2 hours to complete the small circuit, 3 ½ for the larger one. / [www.lingenau.at](http://www.lingenau.at)
- In Au-Schoppernau the **Alpgang Trail** offers 2 or 6 hours of glimpses into Bregenzerwald alpine cultivation, which has been based on a three-layer system for centuries. In the early summer, the alpine herdsman and their cows move from the valley up to the ‘Vorsäß’ or mountain pasture, continuing up to the high mountain pasture later in summer and then returning to the valley in the autumn. / [www.au-schoppernau.at](http://www.au-schoppernau.at)
- Ramblers in Warth-Schröcken set out on the **trail of the Walsers**. In the 14th century, Walser people from the Western Swiss canton of Wallis settled around Tannberg mountain. Traces of their presence can still be found here today – and heard in the local dialect. A brochure available in the tourist offices presents the objects along the path that reveal the story of the Walsers. / [www.tannberg.info](http://www.tannberg.info)
- In Langenegg, a municipality intensively engaged in activities relating to the issue of energy, the **Energy Trail** allows walkers to learn about and experience energy. / [www.langenegg.at](http://www.langenegg.at)
- In Hittisau, the **Wasserwanderweg**, the water hiking trail, follows the Bolgenach river, and in about two hours of mostly flat walking takes ramblers through a delightful forest and river landscape. Information is offered on panels along the way. / [www.hittisau.at](http://www.hittisau.at)
- At a total of eleven stations the **Georunde Rindberg in Sibratsgfäll** brings you that bit closer to the force of Mother Nature, letting you experience it for yourself. The tour takes you to the Rindberg plot where, a few years ago, mountainsides moved and left behind deep scars. For instance, you can see ‘Felber’s leaning house’ on the walk. During the landslide, the former holiday home slipped 18 metres downwards towards the valley without suffering any real damage. The property, which you can visit, summarises the forces of nature, and presents the Nagelfluhkette nature reserve in its exhibition ‘Gewaltige Natur’ (The Force of Mother Nature). / [www.bewegtenatur.at](http://www.bewegtenatur.at)
- The **Tobelweg** in Sibratsgfäll leads through sparse alluvial forests along the Subersach and streams. Interactive stations with such names as Quellwasser (Spring Water), Balance,

Tagträume (Daydreams) or Baumklang (Tree Sound) stimulate the senses along this route. The hike takes around an hour to complete. / [www.sibra-bregenzerwald.com](http://www.sibra-bregenzerwald.com)

### **Hiking to sunrise and sunset**

Early risers may climb two mountains in the company of expert guides. The early morning trip leaves from Au-Schopperrau for the striking Kanisfluh (Tuesdays to 13 October). Guests staying in Au-Schopperrau may take part at no extra cost, the charge for others is €25.

The hikes to see the sunrise on the Wartherhorn or the sunset on the Höferspitze start in Warth from the middle of July to the beginning of October. The destinations are switched weekly.

Guests staying in Warth and Schröcken may join the hikes free of charge. It costs €30 for guests staying elsewhere. The morning hike may be combined with a mountain breakfast.

A 'morning awakening in the mountains' may be enjoyed in Bezau to 8 December 2020. The morning hike takes in the picturesque mountains at the Schönenbach alpine settlement, participation costs €5 per person. / [www.bregenzerwald.at](http://www.bregenzerwald.at)

### **Naturpark Nagelfluhkette**

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. This cross-border nature park extends through 15 municipalities, eight of which are in the lower Bregenzerwald, alpine meadows with 290 species of plants, precious high-altitude moors, silver-fir woods and forests in gorges and many alpine pastures. The imposing Nagelfluhkette, which runs from west to east through the nature park, constitutes the connecting link. Nagelfluh is what conglomerate is called here.

Numerous hiking trails lead through the habitats of black grouse, golden eagles, the rare Apollo butterfly and many other animals and plants. The circular hiking trail on the Hochhäderich near Hittisau, for example, impresses with wonderful views into the Allgäu and across the Bregenzerwald and also leads to large Nagelfluh rock faces. It takes around 3.5 hours to walk across several alpine pastures from Hittisau-Reute. Berggasthof Hochhäderich is a great place to stop off for a bite to eat.

Guided hikes take place once a month to September. Nature park rangers provide insights into the special aspects of fauna and flora. Taking part in the hike is free of charge. / [www.nagelfluhkette.info](http://www.nagelfluhkette.info)

## Cycling trips of exploration.

**Out and about on your mountain bike, road or e-bike? Cyclists can choose from any amount of attractive routes. The trips take you through selected lovely landscapes and on the trail of the Bregenzerwald way of life. The Bike Schule Bregenzerwald and other professionals offer guided cycle tours and technique training.**

Several hotels specialise in accommodating mountain bikers and racers. They offer expert tips and suitable facilities for man and his machine. The **Hotel Bären in Mellau** ([www.baerenmellau.at/en](http://www.baerenmellau.at/en)), and the **Gämsle in Schoppernau** ([www.gaemsle.at](http://www.gaemsle.at)) are a specialists for roadbikers. The **Hotel Adler in Au** is a specialist for leisure and e-bike tours ([www.adler-au.at](http://www.adler-au.at)), the **Hotel Rössle in Au** is a specialist for mountain bike tours ([www.roessle-au.at](http://www.roessle-au.at)) and the **Hotel Hubertus in Mellau** is also a certified mountain bike hotel ([www.hotel-hubertus.at](http://www.hotel-hubertus.at)).

### Cycling in the mountains

One thing that is extraordinary about Bregenzerwald is the broad spectrum of cycling tours available, from comfortably easy to highly challenging. Cyclists can choose from a total of around 460 km of posted routes. The 20 top tours reveal aspects of the life and culture of the region: through a selection of lovely landscapes, to the mountain and high mountain pastures, to summits offering fabulous views. Several outdoor specialists hold guided mountain bike tours and riding technique training sessions. Please contact Bregenzerwald Tourismus or see the free 'Bregenzerwald Travel Guide' for details.

**Die Bike Schule Bregenzerwald:** The professionals from the Bike Schule Bregenzerwald take several mountain bike tours per day. Individuals and groups are welcome. The school also offers regular technique training, bike camps and events.

The bike school is also a Liteville test and ride centre, and rents out this make of bike for rides. The specialised mountain bike guides can also be booked for individual tours and training. / [www.die-bike-schule.at](http://www.die-bike-schule.at)

**Bike course:** mountain bikers can work on and improve their technique on special courses in Au-Schoppernau. The courses feature North Shore elements, pump track, bendy sections, etc. / [www.au-schoppernau.at](http://www.au-schoppernau.at)

**Custom-made: Bregenzerwald mountain biking** – mountain biking hosts offer packages with 3 or 7 nights' accommodation with half board and 1-3 guided mountain bike tours. Included are fees for the hotel in question and the Bregenzerwald Guest Card for explorations using the mountain cable cars and public buses, along with free admission to outdoor swimming pools. The packages start from €280 for 3 nights' accommodation and from €635 for 7-night stays. / [www.bregenzerwald.at/en/offers](http://www.bregenzerwald.at/en/offers)

### Roadbike tours

The Bregenzerwald has routes with various degrees of difficulty for roadbikers. Au-Schoppernau and Mellau are the perfect bases for these tours. From here, road racers have alpine passes such as the Hochtannbergpass, the Flexenpass, the Faschinajoch, the Furkajoch, the Bödele and the Riedbergpass at their disposal. Thirteen mapped-out racer tours, from the leisurely, medium-difficult to difficult, take the racers across the mountains, past meadows, through forests and the 23 pretty villages which make up the region. Cross-border circular tours into Appenzellerland, Allgäu, Lechtal and Paznauntal extend the radius of action. / [www.bregenzerwald.at/touren](http://www.bregenzerwald.at/touren)

### **Cycling in the valleys**

Most of the villages in the Bregenzerwald are located on expansive valley floors, making them ideal terrain for journeys of discovery by bicycle. The cycle paths are located on quiet side streets and on specially marked cycle tracks.

The latest cycling path was opened in summer 2014. The 10-km path goes from Egg to Doren, and follows the tracks of the former Bregenzerwald railway. The walking and cycle path with minimal ascents reveals the wonderful and charming nature and landscape of the Bregenzerache.

The particularly scenic cycle path (30 km) between Schoppernau and Egg follows the Bregenzerache and its floodplain forests. Another tip: the Rohrmoostal cycle path in Sibratsgfall, 26 km in length. On a road free of cars, it takes you through the impressive nature reserve, with a view of striking mountains such as the Gottesackerwände.

### **TIP: The Bregenzerwald Bicycle Bus**

The R1 Bicycle Bus with its own bicycle trailer is the perfect choice for all those who would like to combine their cycle tour through the Bregenzerwald with public transport or would like to travel by public transport from a little further afield to the area. It runs from Thursdays to Sundays between 4 June and 4 October 2020, starting from Bregenz railway station and terminating in the village square in Warth. The No. 43 bus from Au to Damüls and the No. 29 bus (only the routes from and to Oberstaufen) operate with rear racks for five bicycles. / [www.landbusbregenzerwald.at](http://www.landbusbregenzerwald.at)

### **Bicycle and e-bike rental**

Several hotels offer guests e-bikes for rent, as do shops in Alberschwende, Au, Damüls, Egg (just e-bikes), Hittisau and Mellau. The number of places offering this service is increasing.

## Moving experiences in nature.

Enjoy the outdoors, with running, golfing, fly fishing, rafting and canyoning adventures, the exhilaration of the Flying Fox high wire and paragliding. The Bregenzerwald inspires you to get out and about with so many different activities, and offers a wide range of options to try out something new, accompanied by seasoned experts.

### Golf in and around Golfpark Bregenzerwald

The 18-hole Golfpark Bregenzerwald in Riefensberg-Sulzberg is situated in the hilly north of the Bregenzerwald near the border to Germany. It cooperates with the Oberstaufen-Steibis 18-hole golf course in the neighbouring Allgäu region so that golfers may enjoy an even greater variety. They arrange joint special offers for green fees and work with participating golf hotels. It's possible to book courses through Golfschule Bregenzerwald (golf school). Course materials range from tips about the swing and strategies of the game to mental training. Golf-course permits issued by Golfpark Bregenzerwald are also recognised in Germany and Switzerland. Guests staying at the Golf Partner Hotels may also benefit from green-fee discounts on five other golf courses in Vorarlberg. **Romantikhôtel Das Schiff in Hittisau** ([www.schiff-hittisau.com](http://www.schiff-hittisau.com)) and **Hotel Gasthof Krone in Hittisau** ([www.krone-hittisau.at](http://www.krone-hittisau.at)) and **Wellnesshotel Linde in Sulzberg** ([www.wellnesshotellinde.at](http://www.wellnesshotellinde.at)) are the specialists for golf in the Bregenzerwald. / [www.golf-bregenzerwald.com](http://www.golf-bregenzerwald.com)

### Fly-fishing

Anglers can try their hand at the art of fly-fishing in selected lovely river landscapes and at sustainably farmed fishing grounds. Establishments focusing totally on the daily rhythm of anglers guarantee all-round service befitting of them.

**Custom-made:** Package deals comprising three or seven nights' accommodation in a hotel with half-board, including a half-day introductory lesson, fishing permits for the loveliest fishing grounds on the Bregenzerache and Subersach, and the Bregenzerwald Guest Card. A fly-fishing course can also be booked as an optional extra. Available until 30 September 2020, from €491 per person / [www.bregenzerwald.at/en/offers-2/](http://www.bregenzerwald.at/en/offers-2/)

### Outdoor adventure

The Bregenzerwald outdoor specialists offer both games and adventure. They accompany you as expert guides on your tours in the countryside. On offer are canyoning and rafting tours, canoe and (fun) kayak tours on the Bregenzerache, guided cave hikes in the Schneckenlochhöhle, mountain bike tours, bungee-jumping, adventure days for children, climbing for children, guided via ferrata tours, guided mountain tours and much more. / [www.bregenzerwald.at](http://www.bregenzerwald.at)

### White water swimming in Lech

The Lech river, which has its source near Lech am Arlberg and flows into the Danube 264 kilometres later, has formed a gorge about six kilometres long between Lech and Warth, which is barely visible from above. In this section, swimming enthusiasts can let themselves be carried along by the white water. Guided and accompanied swimming trips are offered every Thursday by the Alpenschule Widderstein. / [www.alpenschulewiderstein.at](http://www.alpenschulewiderstein.at)

### Climbing gardens and via ferrata

- **Schwarzenberg climbing area** (degrees of difficulty 3+ to 7) is always open, and free of charge.
- **Au-Schnepfau climbing garden** offers several routes in the degrees of difficulty 3 to 8.
- The **'Widaschrofa'** area between Mellau and Schnepfau has two attractive via ferrata on offer. On both the Wälder via ferrata (degree of difficulty D) and the Abendrot via ferrata

(degree of difficulty E), climbers have to overcome 100 metres' difference in altitude. Climbing times are around 1.5 hours.

- **Schrofenwies climbing garden** in Warth offers climbers the chance to practice on up to 31 routes (degrees of difficulty 4 to 9+).
- **Bürstegg climbing garden** located between Lech and Warth comprises 29 secured routes (degrees of difficulty 3a to 7+).
- There are also two popular routes close to Warth: the **Mindelheimer via ferrata** (degree of difficulty medium, about 2.5 hours to the entrance) and **Karhorn via ferrata** (east and west ridge, 1,200 metres in length, degree of difficulty medium to difficult, walking time 2 to 4 hours).

### **NEW: Climbing forest in Egg**

The Alpenverein Egg has built a new space for climbing called the 'Kletterwald' ('Climbing Forest'). It's home to a climbing area of around 500 square metres with a lead height of 12 metres. There are 20 lines and around 45 routes that range in difficulty from 4a to 8a (F) to choose from. There are also two automatic belay devices, a boulder cave with campus board and a system wall. Courses are always on offer. / [www.alpenverein.at/vorarlbergbezirk-egg/](http://www.alpenverein.at/vorarlbergbezirk-egg/)

### **A bird's eye view**

Seen from above, the world looks completely different. The best conditions abound in the Bregenzerwald for anyone wishing to engage in this exciting experience. The thermal currents around the Nedere close to Andelsbuch/Bezau and the Diedamskopf close to Au-Schoppert are considered particularly agreeable. The flying areas in the Bregenzerwald are amongst the best in the whole of Europe. Tandem flights are available. / [www.gleitschirmschule.at](http://www.gleitschirmschule.at)

### **Geocaching on the Tannberg**

Treasure hunters both young and old can find so-called caches on three new routes on the Tannberg between Warth-Schröcken and Lech am Arlberg. Between eight and ten caches can be found along the routes, which are between four and nine kilometres in length.

Tours that tell a story are available to fans of GPS devices and geocaching apps (at a charge): the more physical 'Pfarrer Müller und das weiße Gold' ('Father Müller and the White Gold') tour in Warth, the cultural 'Walserdorf und Naturjuwelen' ('Walserdorf and Natural Jewels') tour in Schröcken and the 'Gipf's das' nature tour of the gypsum holes in Lech. / [www.warth-schroecken.com](http://www.warth-schroecken.com)

### **Summer biathlon in Sulzberg and Egg**

Biathlon is also a great activity for summer. That's because it's also possible to combine it with running or hiking instead of cross-country skiing. Supervised programmes provide insights into this complex sport. The participants practice shooting either at the small-calibre laser facility in Sulzberg (50-metre shooting distance) or with air rifles (10-metre shooting distance) in Egg. The price for the approximately one-hour taster session is €180 for one to four participants. / [www.kreativbewegen.at](http://www.kreativbewegen.at)

### **Running trails in Andelsbuch, Bezau and Lingenau**

Runners can find an array of trails of different lengths and degrees of difficulty in the Bregenzerwald. The villages Andelsbuch, Bezau and Lingenau have marked running trails. In Andelsbuch, there are three routes on offer: easy, medium difficulty and advanced. There are six routes in Bezau, and seven in Lingenau. Andelsbuch, Bezau and Lingenau are connected via the regional hike and cycle path, the Achtalweg, which is 18.1 km in length. Runners can not only use this lovely path – they can also check out the network of running trails offered by the



villages. A good regional bus service makes it easy to get backwards and forwards. / [www.bregenzerwald.at](http://www.bregenzerwald.at)

**TIP:** Trail running guides Andrea and Norbert Rauch from Bizau offer trail-running courses as well as accompanied trail running and route-planning tips. / [www.bewegungskoaching.at](http://www.bewegungskoaching.at)

#### **Take part of simply watch**

- The organisers don't want the #bizautrail 2.0 that will be taking place on 18 October 2020 to simply be about clocking up endless kilometres and altitude metres and they certainly don't want it to be an elitist event for a few exceptional athletes. The organisers want the #bizautrail 2.0 event to be all about experiencing nature and the mountains first. / [www.svbizau.at](http://www.svbizau.at)
- As suggested by its name, participants in the **'Seven Summits Tour'** have to overcome seven summits, 50 km and a difference in altitude of around 4,500 m and will be held on 12 September 2020. The proceeds of the long-distance hike go to an international aid organisation. / [www.7berge.at](http://www.7berge.at)

## Entertaining family programmes.

There is so much for families to do and discover here, from hiking from hut to hut, visiting farms and alps, to sports and creative activities. Family-friendly services are offered by a number of accommodation options, from hotels to holiday farms.

### Friendly stays

Many an establishment offers a family-friendly ambience and services – from childcare through to the right furnishings and fittings – hotels and B & Bs as well as farm-holiday establishments. The specialist hotels include the Almhotel Hochhäderich ([www.alm-hotel.at](http://www.alm-hotel.at)) above Hittisau and Riefensberg, the Hotel Gasthof Adler in Lingenau ([www.adler-lingenau.com](http://www.adler-lingenau.com)), the Schetteregger Hof ([www.schettereggerhof.at](http://www.schettereggerhof.at)) in Egg-Schetteregg, the hotel 'Die Sonnigen' ([www.diesonnigen.at](http://www.diesonnigen.at)) in Bezau, the Alpenhotel Post ([www.alpenhotel-post.com](http://www.alpenhotel-post.com)) in Au and the Jägeralpe Ski –& Wanderhotel ([www.jaegeralpe.at](http://www.jaegeralpe.at)) in Warth.

### Hiking from one mountain hut to the next

Spending the night at a mountain hut far from the nearest village has a particular charm. The simple, easy-going atmosphere can be entrancing.

**Custom-made: Family hikes from one mountain hut to the next** – The hiking package, which is on offer for two separate routes, includes two nights' accommodation in two different mountain huts and an exact description of the route. Each day's hike leads through fairly even terrain and walking times vary from about 1 ¾ to 4 ¼ hours, leaving enough time for playing in nature or a refreshment break or two. The price per person is €76 (walkers sleep on mattresses in dormitory) with breakfast; from €105 with half board. The package can be booked with accommodation in rooms upon request. / [www.bregenzerwald.at/en/offers](http://www.bregenzerwald.at/en/offers)

**Custom-made: Family pleasures and exciting experiences** – Seven nights' accommodation and a varied family programme are included in the package available from 1 July to 31 August 2020. In addition to accommodation, the package includes a choice among several programme components: from milking cows to climbing, from playing with a horse to a trip on the Flying Fox. Prices vary depending on components selected. / [www.bregenzerwald.at/en/offers](http://www.bregenzerwald.at/en/offers)

### The world on a farm

Around 10% of the population in the Bregenzerwald live from and with farming, either in a full-time capacity or as a sideline. Hence, there are accordingly many opportunities for spending your 'holidays on the farm'. Living in rhythm with nature, with people and products from the region, is a varied adventure and valuable experience, especially for kids.

### Alp experience on Brongen alp

Every Wednesday morning in July and August, the Meusburger family from the alp offers insights into the production of alpine cheese, the animal kingdom and daily routine on the alp. From the car park in Egg-Schetteregg, you can walk to Brongen alp in about 25 minutes. Participation costs €4 per person. / The Meusburger family, T +43 (0)664 6304073.

### Riding and playing with ponies in Sulzberg

Ponies are available for children to ride and acquaint themselves with at Barbara Baldauf's farm in Sulzberg. The Baldauf family also organises excursions on horse-drawn carriages. Natalie Bregenzer offers courses that teach participants how to become more confident in working with horses ([www.nati-westernreiten.at](http://www.nati-westernreiten.at)). The Blank family arranges carriage rides with their team of Friesian horses. / [www.sulzberg-bregenzerwald.com](http://www.sulzberg-bregenzerwald.com)

### **Conquering steep faces**

Climbing trains coordination, and is enjoying increasing popularity.

- The Aqua high-rope garden enjoys a spectacular position above the Bregenzerach in Andelsbuch ([www.aktiv-zentrum.at](http://www.aktiv-zentrum.at)).
- Climbing and abseiling – including above the Bregenzerach – are offered in Schröcken adventure park. It goes without saying that a helmet and safe climbing equipment are provided, enabling kids from 6 years of age to have fun too ([www.abenteuerpark.net](http://www.abenteuerpark.net)).
- In the high-rope garden in Damüls, at a height of between 2 and 13 metres, ropes are stretched out and various obstacles erected: the idea is to overcome them. The course is suitable for all age groups, from beginners through to experts. It also has a 200-metre long Flying Fox zip wire ([www.das-seil.at](http://www.das-seil.at)).

### **Canyoning for kids and teenagers**

Equipped with a wet suit, helmet and climbing rope, set off for an exciting tour of the canyon. After your jump into the water, enjoy sliding and climbing, and abseiling on the waterfall. The programme, which is held every Tuesday and Thursday in July and August, is aimed at the whole family, and kids from the age of seven can participate. Participation costs €29 for children and €39 for teenagers and adults. / [www.holzschopf.com](http://www.holzschopf.com)

### **3-D archery for children**

Following professional instruction in archery, the participants set off on an exciting hunt on the 3-D range in Andelsbuch-Bersbuch. The programme, which takes around 2 hours, is aimed at adults and children from the age of 10, and is held between May and October upon request. Including equipment hire, participation costs €135 per family (of three) and €25 for each additional person. / [www.aktiv-zentrum.at](http://www.aktiv-zentrum.at)

### **Children's adventure summer**

During the summer months, the **Au-Schoppernau tourist information** office organises a programme of events for the family just about every day. 'Hut magic and magic herbs' takes you to the herb garden, for instance. On the cattle pasture, kids find out more about cows and milking. Abseiling, barbequing, climbing and felt-work are also on offer.

A **supervised children's adventure land** is located in the mountain station of the Diedamskopf cable car. Didi's children's adventure land is open between 10 a.m. and 3.30 p.m. on Saturdays, Sundays and bank holidays between 29 June and 6 October. Children between the ages of three and eight are supervised for free. There is a separate area especially for parents with kids up to three years of age. / [www.au-schoppernau.at](http://www.au-schoppernau.at) // [www.diedamskopf.at](http://www.diedamskopf.at)

### **Kids' rally in the village**

The Kids' Rally that takes participants through Bezau, Mellau, Bizau, Reuthe and Schnepfau is great fun particularly on rainy days. The puzzle brochure is available at the respective tourist office. The rally is all about solving exciting puzzles and tasks for a small reward at the end. / [www.mellau.at](http://www.mellau.at)

### **Kuno Kinderkultur**

KUNO organises adventurous kids' programmes on specific dates. The events range from trips to the cinema and workshops for making things to concerts, theatre performances and readings. It all takes place in Egg. / [www.kunokinderkultur.at](http://www.kunokinderkultur.at)

**Grinding Nagelfluh conglomerate rock**

Nagelfluh conglomerate rock is a real gem. However, it takes a lot of effort for the 'Lord's concrete' to become a true treasure. Under the direction of an expert, children create a genuine amulet out of nagelfluh conglomerate rock. Price per child: €8 including material and supervision. / [www.hittisau.at](http://www.hittisau.at)

**Tip for rainy days – indoor playground**

Climbing and fun elements, toddler's area, climbing wall, table football and table hockey. Free entrance and open to all families. It's located at the top floor of the Alpenrose multi-use building in Damüls. The play room is not supervised. / [www.damuels.at](http://www.damuels.at)

## Relaxing wellness tips.

Take a rest and tank up on fresh energy. There are a number of specialist hotels offering relaxation for the body, mind and soul. With their harmonious, usually modern architecture, they offer an inspiring atmosphere. Medicinal products are also created in the Bregenzerwald, usually from local herbs, natural essences, honey and whey. The latter process can be seen by visiting the new building owned by the Metzler family in Egg.

### The health experts

Four Bregenzerwald hotels specialise in classic spa and health programmes. In the **Gesundhotel Bad Reuthe**, in addition to other remedies, freshly-cut mud is used ([www.badreuthe.at](http://www.badreuthe.at)). The modern wellness area is also open to external guests.

Fastings offers the **Pension Engel in Hittisau** ([www.fastenkur.at](http://www.fastenkur.at)). A 25-metre swimming pool, a garden pool, a sauna complex and a gym – also open to external guests – is available at **Vitalhotel Quellgarten in Lingenau** ([www.quellgarten.at](http://www.quellgarten.at)).

### Wellness with a view

Several of the Bregenzerwald wellness hotels have built new spas in recent years, in the style of modern Vorarlberg architecture. Made from wood, with lots of glass and the best view nature has to offer. / [www.bregenzerwald.at](http://www.bregenzerwald.at)

### Summer yoga at the outdoor swimming pool in Schwarzenberg

Yoga enthusiasts meet to practice on the meadow at the swimming pool in Schwarzenberg at certain times of the year in July and August. It's a great idea to take a refreshing swim after a yoga session under the supervision of yoga instructor Claudia Jochum-Breuß. The foyer at the Angelika Kauffmann Hall becomes the practice venue when the weather decides not to play along. Participation costs €12 per person and lesson. The sessions are open to both beginners and advanced practitioners. / [www.erlebe-yoga.com](http://www.erlebe-yoga.com)

### **NEW:** Yoga at Hotel Bären in Mellau

Yoga classes take place several times a week at Hotel Bären in Mellau. Yoga retreats are also organised at certain times of the year. The retreats are supervised by a variety of yoga teachers. The different dates are dedicated to varying styles of yoga. / [www.baerenmellau.at/de/studiob-yoga](http://www.baerenmellau.at/de/studiob-yoga)

### **NEW: Experiencing nature – herbs, the woods and nutrition**

Herbalist Katharina Moosbrugger from Hotel Berghof Fetz, human energetics specialist Lilo Amman-Schwarz and nutritional trainer Eva Gowick share experiences in nature at the Bödele above Schwarzenberg to improve well-being. The programmes take place to September. Katharina Moosbrugger takes visitors on hikes through the Fohramoos nature reserve to discover herbs every Thursday at 10.00 a.m. The participants are shown how to distinguish between herbs and are able to collect some of them for the snack that's always prepared jointly at the end of the day. 'Leichtfüßig ins Wochenende' - 'Light-footed into the weekend' – is the name of the programme that includes meditation and mindfulness exercises, which takes place every Friday at 4.00 p.m. A 'power breakfast with hike to the Lustenauer Hütte' also takes place on Saturdays. Herbal walks with dogs are also planned. Taking part in the hikes costs €25 per person, in the power breakfast with hike costs €70 per person. / [www.naturerfahren.at](http://www.naturerfahren.at)

## Natural cosmetics

Natural remedies and cosmetics enjoy a long tradition in the Alps, including in the Bregenzerwald. High-quality cosmetics are made from various raw materials in three workshops. Family Metzler, the innovative farmers from Egg, have rediscovered an old natural remedy in the form of **whey**. Whey is a by-product of cheese-making, is free of fat and protein, and contains numerous nutrients and vitamins. The Metzler family produces fine personal hygiene products and powder to be made into drinks from whey ([www.molkeprodukte.com](http://www.molkeprodukte.com)).

**Susanne Kaufmann** has developed her own line of cosmetics. Her products are defined by clear visuals and essential aromas drawn from nature in Bregenzerwald. They are available for purchase at her online shop and in the Bregenzerwald. / [www.susannekaufmann.com](http://www.susannekaufmann.com)

The **Bentele** family offer WERBINA care products made from honey from their own hives. Honey nourishes the skin, making it supple and beautiful, and helps it stay fresh. The products are available online, in shops throughout Vorarlberg and in the Bentele Genuss shop in Alberschwende. / [www.gsiberger.at](http://www.gsiberger.at)

## TIP How whey cosmetics are made

As of spring 2017, in addition to the exhibition barn where cows and goats live, visitors to the estate of the Metzler family in Egg will be able to experience live the production of whey cosmetics in the new building with visitors' gallery. From the open-plan gallery, you get to hear, see and smell how whey, medicinal plants and high-quality essences are turned into cosmetics and skin care products. You are also granted insights into the special recycling system used by the Metzler family: a thermal solar system with large gravel storage system underneath the floor slab of the new building produces energy. From grass as animal feed, to silage-free milk through to cheese and whey for producing cosmetics, everything is processed in one place in a transparent manner, presented, offered as samples, and sold. / [www.molkeprodukte.com](http://www.molkeprodukte.com)

## Feeling nature

- Walking barefoot is good for your feet and the entire body, and is enjoyable to boot. A playful **barefoot trail** takes you through the moss and through the river Ulvenbach close to Bizau. Wooden beams divide the trail into sections. By taking these balancing beams, you have dry feet when you reach the other side. Benches invite you to tarry a while on the peninsulas of the river meanders. / [www.bizau-bregenzerwald.com](http://www.bizau-bregenzerwald.com)
- A **barefoot and fitness course** is in Riefensberg too. If you do the exercises at the 22 stations of the course, you train your five motor skills, i.e. coordination, stamina, strength, mobility and speed. / [www.riefensberg.at](http://www.riefensberg.at)
- You can explore the **moor habitat** in Krumbach. Paths lead to Moorsitze (moor seats) and to the 'moor-room' observation platform, designed by architects. Moorland innkeepers arrange Moor Weeks; guided tours are held regularly. / [www.krumbach.at](http://www.krumbach.at)
- Mud baths may be enjoyed at the **Naturmoorbad** (Natural Mud Bath) in Sibratsgfall, which is idyllically situated in the forest. Two wood-lined pools are available for bathing. There's also a paddling pool and a natural water pool for swimming. / [www.sibra-bregenzerwald.com](http://www.sibra-bregenzerwald.com)
- Swimming and Kneipp cures in moor water are also possible at the **Moorbad Oberköhler** (Oberköhler Moor Baths) near Sulzberg. A moor belt runs through the 1,000-metre-high ridge. This biotope complex is the source of the healing moor water which springs up from the Oberköhler plot and fills a shallow water biotope zone as well as an artificial swimming pond that is between 0.5 and two metres deep. It's possible to swim, take Kneipp cures, play and barbecue at the public barbecue area at this beautifully situated location. Changing rooms, WC and parking spaces are also available. / [www.sulzberg-bregenzerwald.com](http://www.sulzberg-bregenzerwald.com)
- **Moor hiking and fitness training** may be combined in the company of Ingrid Fink-Nöckler. Her two-hour Bodybalance programme takes participants out and about with Smoveys (=

hand-held medium-sized weighted rings that are used for exercises). Corresponding exercises improve coordination and strength and help participants wind down. Participation costs €25 per person, including loaned Smoveys / [www.kreativbewegen.at](http://www.kreativbewegen.at)

- The **'Witmoos'**, a Natura 2000 protected area, is located near Langen. Its special feature is the Spirkenhochmoor, a mountain-pine peat bog. 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. Many rare and sometimes endangered plants thrive on the Witmoos and the adjacent moss meadows. / [www.langen.at](http://www.langen.at)

**APP TIP:** Where is the next chemist's? Which medical practices are open, and where is there a physiotherapist close by? The answers to these questions are available from the free 'Wälderdoc' app, which can be downloaded from [www.waelderdoc.at](http://www.waelderdoc.at).

## Barrier-free explorations.

**Bregenzerwald can be explored by wheel chair users as well. Several hotels and excursion destinations are accessible to persons with disabilities.**

### Rambling on wheels

- **Wellness in Lingenau:** The 3-km long route leads from the village square – always on pavements and roadways with minimal elevation changes – to Vitalhotel Quellengarten. Hotel Löwen, Gasthaus Traube and Vitalhotel Quellengarten, which also has an accessible indoor pool, are excellent options for a barrier-free break.
- **At the foot of Kanisfluh:** Kanisfluh is a particularly impressive massif that has steep rock cliffs in the north and a curving, grassy southern face. The route is fully paved and almost level. Ramblers must manage small vertical rises/drops only at stream crossings. The ramble begins at the parking lot for the cable car in Mellau and finishes in the village of Schnepfau. The one-way route is 5.2 km long; the return trip is 10.4 km. Food and drink are served at the barrier-free M1 and Hotel Die Wälderin next to the Bergbahnen Mellau (cable-car stop). The Schnepfau village hall has a wheel chair accessible WC that can be used on working days.

### Up the mountain by cable car

Two mountains are fully accessible by cable car:

- Diedamskopf by Au-Schoppernau is one of the loveliest mountains in all of Bregenzerwald when it comes to scenic views. A trip to the summit is always worthwhile. Two parking spots for persons with disabilities are available right next to the valley station. The entrances and exits of the valley and mountain cable-car stations, with its wide, eight-seat cars, can be comfortably reached by lift. The restaurant at the mountain station and the sun terrace there can also be reached by lift; WCs are accessible. / [www.diedamskopf.at](http://www.diedamskopf.at)
- A modern cable car runs from Bezau to Sonderdach and Baumgarten mountain station, where there is a panorama restaurant with a terrace. All access points to the cable car and the restaurant are barrier free. / [www.seilbahn-bezau.at](http://www.seilbahn-bezau.at)
- The Mellau cable car, which seats 10, takes you from Mellau to the mountain in a matter of minutes. All entrances to the cable car and the restaurant in the valley station are barrier-free. / [www.damuels-mellau.at](http://www.damuels-mellau.at)

### Travelling with the 'Wälderbähnle'

The 'Wälderbähnle' is a nostalgic narrow-gauge railway with steam and diesel engines that travels between Bezau and Schwarzenberg station. The 'Bähnle' is barrier-free. Every train has a carriage with a lift ramp. / [www.waelderbaehnle.at](http://www.waelderbaehnle.at)



## Overview of Bregenzerwald

General information	
<b>Location</b>	North-easterly part of the state of Vorarlberg, between Lake Constance and Arlberg
<b>Size</b>	550 km <sup>2</sup> , 23 villages, 32,000 inhabitants
<b>Accommodation</b>	16,000 beds, from the 4-star hotel through to the farm 6 campsites (Au, Bezau, Lingenau, Riefensberg, Egg-Schetteregg, Sibratsgfäll)
Summer and year-round activities	
<b>Hiking/rambling</b>	Over 1,500 km of sign-posted hiking and rambling paths Thematical trails Summer cable cars (Andelsbuch, Bezau, Mellau, Au-Schopperrau, Damüls, Warth) 10 Alpine schools and providers of active sports Climbing gardens, climbing paths, high rope courses
<b>E-bike, Cycling &amp; mountain biking</b>	50 km of cycling paths, 460 km of sign-posted mountain bike trails Bike school and bike guides E-bike offers
<b>Golf</b>	18-hole golf course (Golf Park Bregenzerwald in Riefensberg)
<b>Tennis</b>	Tennis courts in numerous villages 1 indoor tennis courts and tennis school (Bezau)
<b>Various types of sports</b>	1 flying and paragliding school Bowling alleys Fly-fishing Running trails
<b>Indoor and outdoor swimming pools Sauna/fitness</b>	7 outdoor pools (Hittisau, Egg, Schwarzenberg, Bezau, Mellau, Au, Schopperrau) 3 public swimming pools and wellness centres (Gesundhotel Bad Reuthe, Vitalhotel Quellengarten Lingenau, Wellnesshotel Linde Sulzberg)
Culture and culinary arts	
<b>Festivals</b>	Schubertiade Schwarzenberg, Bregenz Festival, Bezau Beatz, FAQ Bregenzerwald, Klassik Krumbach, Alpenarte
<b>Museums and exhibitions</b>	The Women's Museum Hittisau, Angelika-Kauffmann Museum in Schwarzenberg, Franz Michael Felder Museum in Schopperrau, Juppenwerkstatt Riefensberg, Werkraumhaus in Andelsbuch, Vorarlberger FIS Skimuseum in Damüls, Local history museums (Alberschwende, Bezau, Egg/Heimatarchiv, Hittisau/Alpine Dairy Museum, Schröcken/Alpine Museum 'uf m Tannberg')
<b>Architecture &amp; crafts</b>	There are noteworthy structures in all municipalities. Werkraumhaus in Andelsbuch, BUS:Stop in Krumbach
<b>Eating and drinking</b>	Culinary Hikes Bregenzerwald KäseStrasse Bregenzerwald (Bregenzerwald Cheese Route) Moorwirte Krumbach (moorland innkeepers of Krumbach) Eleven restaurants have been awarded Gault-Millau toques