



travel guide

bregenzerwald

SUMMER 2020

**Ideas and Addresses.
Your guide through the
Bregenzerwald.**



www.facebook.com/visitbregenzerwald



www.youtube.com/bregenzerwaldtourism



www.instagram.com/visitbregenzerwald

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

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

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

Crossings

Cross-border experiences also leave their mark on the locals – they know how to set themselves apart from outside. Yet the scarce rural areas have never been sufficient to feed the population. The locals had to get moving, cross borders, leave behind their homes and families. This took on many different forms: the nomadic existence of alpine animal husbandry (*home, mountain pasture, alp* → p. 92), or in the form of seasonal migrant work, outbound commuting or even emigration (to America in the 19th century in particular). Flexibility, ideas and self-help were essential to stave off poverty. The area was only sparsely populated for a long time: only plot names give rise to assumptions about the border between Celtic and Rhaeto-Romanic cultures. It was not until



View of the Kanisfluh near Au

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

Hard cheese and lace

It was during this time that the region developed in the form you see today. Rational, mercantile methods gained importance in agriculture, desertedness became characteristic of the Vorderwald to the Mittelwald, production of hard cheese grew to such a sustainable extent that the first dairy farm school in the

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

This culture has succeeded in maintaining its vitality. Innovation and flexibility based on the acquired continue today in initiatives such as the *werkraum* (→ p. 72) and have turned the Bregenzerwald into a model European region.



(green highlighted villages = partner municipalities of Bregenzwald Guest Card)

There is lots to discover in the Bregenzwald mountains. Rambling and hiking paths take you to the loveliest spots, and tell stories. Events are held. The Bregenzwald Guest Card is your “ticket” to these mountain experiences. The Bregenzwald Guest Card is available to all visitors who spend at least three nights in the Bregenzwald, and is included in the accommodation price.

VALIDITY

1 May to 31 October 2020

ISSUING OFFICES

Bregenzwald Tourismus, from all cable car operators (except Steffisalp-Bahn, Warth) and tourist offices in the partner municipalities.

Includes the following

PUBLIC BUSES

Free travel on the **rural bus Bregenzwald** bus lines to Bregenz and Dornbirn (except city buses) to Lech (except blue hiking buses – Spullersee /Formarinsee), with Bus 98 from Hittisau to Balderschwang and with the **rural bus Großes Walsertal** to Thüringen.

CABLE CARS

More information (→ p. 5)

SWIMMING POOLS

More information (→ p. 6)

You are also entitled to numerous reductions from our partners.


1 Andelsbuch cable cars **Opening times:**1st May – 11 October: daily

17 – 18 October

in the event of good hiking weather

Operating times:

9 a.m. – noon and 1 – 4.45 p.m.; No lunch break on Sat, Sun and public holidays during July and August

Hiking tip: Niedere (→ p. 10) No carriage of mountain bikes

T +43 (0)5512 2540

www.bergbahnen-andelsbuch.at

2 Bezaun cable car **Opening times:**through to 1st November;

7 – 8, 14 – 15 November



Operating times:

every half hour between 9 a.m. and 5 p.m.;

26 October – 15 November: 9 a.m. – 4.30 p.m. at 20 and 50 min. past the hour, without a break if required

Culinary tip: culinary hike

(→ p. 96)

 Carriage of mountain bikes as far as Sonderdach middle station, € 2 per bike barrier-free access to the cable car and to the mountain restaurant

T +43 (0)5514 2254

www.seilbahn-bezaun.at

3 Mellau cable car **Opening times:**



30 May – 7 June: Saturday, Sunday and public holidays;

11 June – 18 October: daily;

24 – 26 October

Operating times:

Monday – Friday 9 a.m. – noon and 1 p.m. – 5 p.m.; Saturday, Sunday and public holidays 9 a.m. – 5 p.m.; Last ascent at 4.30 p.m.

Hiking tip: Kanisfluh (→ p. 18)**Family tip:** Children-Climbing and crossing a gorge (→ p. 61)**Culinary tip:** Culinary hike (→ p. 97) Carriage of mountain bikes as far as Mellau cable car mountain station, free of charge barrier-free access to the cable car and to the restaurant in the valley station

T +43 (0)5518 2222-0

www.damuels-mellau.at

4 Diedamskopf cable cars **Opening times:**

30 May – 11 October: daily

Operating times:

8.45 a.m. – 4.15 p.m.

Family tip: Didi's kids' adventure land (→ p. 59)**Sunset trips**




16 July – 10 September every Thursday between 6 and 10.30 p.m.

Mountain breakfast

14 July – 9 September: every Tuesday and Wednesday from 8 to 11 a.m. (first journey at 8 a.m.)

Bergwelten

Mountain Worlds exhibition at the mountain station

 Carriage of mountain bikes as far as middle station, € 4 per bike 2 parking spaces, lifts to the cable car and to the restaurant with sun terrace E-charging station at the parking lot

T +43 (0)5515 4110-0

www.diedamskopf.at

5 Damüls cable cars **Opening times:**21 – 24 May, 30 May – 1st June,

6 June – 11 October: daily;

17 – 18, 24 – 26 October

in the event of good hiking weather

Operating times:

9 a.m. – 12.35 p.m. and 1.30 – 4.30 p.m.;

continuous operation on Saturday, Sunday and public holidays

Hiking tip: around the Walser settlement (→ p. 16)

🚲 Carriage of mountain bikes as far as Uga-Express mountain station, see tariff notice for price

T +43 (0)5510 600

www.damuels-mellau.at

6 Steffisalp-Express

Opening times:

27 June – 11 October: daily in the event of good hiking weather

Operating times:

9 a.m. – 12.30 p.m. and 1.30 – 5 p.m.

Climbing tip: Karhorn via ferrata (→ p. 47)

Culture tip: “uf m Tannberg” alpine museum (→ p. 89)

Culinary tip: culinary hike (→ p. 97)

🚲 No carriage of mountain bikes

T +43 (0)5583 3601-0

www.warth-schroecken.at

7 Sonntag cable cars

Opening times:

30 – 31 May,

1st June – 18 October: daily;

24 – 31 October

Operating times:

8.45 a.m. – noon and 1 p.m. – 5.30 p.m.

Hiking tip: Stein sound room – the artistically designed path to the echo wall.

Family tip: barbecue with clay oven and children’s play area

Climbing tip: Wandfluh via ferrata

🚲 Carriage of mountain bikes as far as mountain station, € 4 per bike

T +43 (0)5554 5281

www.sonntagstein.at

8 Faschina cable cars

Opening times:

30 – 31 May, 1st June, 6 – 7, 11 – 14 June;

20 June – 13 September: daily;

19 – 20, 26 – 27, Sept., 3 – 4 Oct.

in the event of good hiking weather

Operating times:

9 a.m. – noon and 1 – 4 p.m.

Hiking tip: Faschina floral and hiking nature trail, Flower tours every Tuesday and Saturday, 9.30 (meeting point at valley station)

Family tip: “Der KLEINE Naturdetektiv” children’s nature detective trail with Monika Klocker every Saturday at 9.30 a.m.

🚲 Carriage of mountain bikes in both sections, free of charge

T +43 (0)5510 705

www.seilbahnen-faschina.at

Swimming pools

The swimming pools are open between late May and early September, depending on the weather.

9 Hittisau family swimming pool

9.30 a.m. – 7.30 p.m.

10 Egg swimming pool

9 a.m. – 7.30 p.m.

11 Schwarzenberg swimming pool

9 a.m. – 7 p.m.

12 Bezau swimming pool

9 a.m. – 7.30 p.m.

13 Mellau swimming pool

9 a.m. – 7 p.m.

14 Au swimming pool

9.30 a.m. – 7.30 p.m.

15 Schopperrau forest pool

9.30 a.m. – 7 p.m.

INFORMATION

Bregenserwald Tourismus

T +43 (0)5512 2365

www.bregenserwald.at

HIKING

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



Hikers on Sattellegg alp in Au

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

Hiking paths on the Internet
www.bregenzerwald.at/tourenkarte

Culinary hikes → p. 96
Walking tours of the moor → p. 109

TIPPS: HIKING MAP & RECOMMENDED READING

Bregenzerwald hiking map incl. 50 hiking tips

All hiking routes and important information to do with cable cars, huts and alpine inns are enclosed in the hiking map. The hiking map is available from Bregenzerwald Tourismus, in tourist offices and in hotels.

Wanderbuch Bregenzerwald

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

Hiking deals

You can book selected hiking deals directly from Bregenzerwald Tourismus. For more information, see the Bregenzerwald Travel Magazine and www.bregenzerwald.at/en

Signposting of the hiking paths

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



Walking or rambling paths:
Easy



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



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



The right equipment for the mountain

For your safety

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

Action in the event of an emergency

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



Respect your boundaries

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

FLYER „MITEINANDER AUF VORARLBERGS ALPEN“

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



Niedere with a view of the Mittelwald

Andelsbuch-Bezau – float like a butterfly

Bregenzerwald hiking map: **Tour 28**

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



STARTING POINT

Bezau-Baumgarten cable car mountain station

DESTINATION

Bezau-Baumgarten cable car mountain station

ITINERARY

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

CHANCES TO STOP OFF FOR A DRINK/FOOD

Baumgarten panorama restaurant, Niedere mountain inn

INFORMATION

This hike can also be started with the mountain lifts from Andelsbuch.

Difference in altitude: 170 m

Trail category: white-red-white

Total hiking time: 1 ½ hours

Opening times:

Seilbahn Bezau:

T +43 (0)5514 2254

Bergbahnen Andelsbuch:

T +43 (0)5512 2540



View from Sulzberg into the Bregenzerwald

Sulzberg – protected by St Lawrence

Bregenzerwald hiking map: **Tour 1**

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

STARTING POINT

Sulzberg centre of town

DESTINATION

Sulzberg centre of town

ITINERARY

Sulzberg centre of town (1,013 m) – Hochsträß (1,025 m) – Sulzberg forest path

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Hochsträßstüble ramblers' café, inns in Sulzberg



Difference in altitude: 20 m

Trail category: yellow-white

Total hiking time: 1 ½ hours



Out and about on the Hochhäderich

Hittisau – along the Nagelfluh rock face on Hochhäderich

Bregenzerwald hiking map: **Tour 3**

Hochhäderich offers a magnificent view to the north as far as the Allgäu and, to the south, to the Bregenzerwald. You pass large rock faces made up of Nagelfluh rock which are very distinct here. In 2008, 15 towns and villages in the border area of Allgäu and Vorderwald established the “Nagelfluhkette National Park” which covers an area of around 400 km².

STARTING POINT

Hittisau-Reute

DESTINATION

Hittisau-Reute

ITINERARY

Hochhäderich (via Streichbrunnentalpe and Lochalpe) –
Leckenholzalpen – Reute

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Hochhäderich mountain inn



Difference in altitude: 735 m

Trail category: white-red-white

Total hiking time: approx. 3 ¼ hours

INFORMATION

www.naturpark-nagelfluhkette.at



Above Schwarzenberg

Schwarzenberg – Legend Trail to the Ilga spring

Bregenzerwald hiking map: **Tour 24**

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

STARTING POINT

Schwarzenberg village centre

DESTINATION

Schwarzenberg village centre

ITINERARY

Schwarzenberg village centre – Unterkaltberg – Ilga Chapel (Ilga spring) – Haldenstüble – Gmeind – Oberkaltberg – Schwarzenberg village centre

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Restaurants in Schwarzenberg, Haldenstüble inn (upon request)



Difference in altitude: 320 m

Trail category: yellow-white

Total hiking time: 2 hours



Mountain pasture settlement, Schönenbach

Bezau – from the loveliest mountain pasture to the alp

Bregenzerwald hiking map: **Tour 30**

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

STARTING POINT

car park Schönenbach

DESTINATION

car park Schönenbach

ITINERARY

car park Schönenbach – Schönenbachvorsäß (1,020 m) – Unterspitzalpe – Almisguntenalpe – Stoggertenalpe (1,500 m) – Osterguntenalpe – direction Kretzbodenalpe to Hänslervorsäß – car park

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Jagdgesthaus Egender and alps (during the alp season from mid/late June through to mid-September)



Difference in altitude: 500 m

Trail category: white-red-white

Total hiking time: 3 ½ hours



Lecknersee in Lecknertal

Hittisau – the village with most alps

Bregenzerwald hiking map: **Tour 4**

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



STARTING POINT

car park Lecknertal

DESTINATION

car park Lecknertal

ITINERARY

car park Lecknertal (980 m) – Juliansplattealpe – Schwarzenberger Plattealpe – Plattentischalpe – Rohnehöhe (1,639 m) – Rohnealpe – Glockenplattealpe – car park

CHANCES TO STOP OFF

FOR A DRINK/FOOD

alps (during the alp season from mid/late June through to mid-September)

Difference in altitude: 660 m

Trail category: white-blue-white

Total hiking time: 4 hours



Damüls circular tour

Damüls – around the Wals settlement

Bregenzerwald hiking map: **Tour 43**

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



STARTING POINT

Damüls-mountain station
Uga-Express

DESTINATION

Damüls centre or valley station
Uga Express

ITINERARY

mountain station Uga-Express
(1,800 m) – Ugaalpe – Hochblanken
(2,068 m) – Ragazer Blanken (2,051 m) –
Sünser Joch – Oberdamülsalpe –
Damüls (1,430 m)

CHANCES TO STOP OFF

FOR A DRINK/FOOD

mountain inn Elsenalpstube,
mountain inn Ugaalpe, Summer
alpine dairy farms (during the
alp season from early July to late
September), inns in Damüls

Difference in altitude: 430 m (up),
860 m (down)

Trail category: white-red-white

Total hiking time: 4 hours

Opening times of the cable cars

T +43 (0)5510 600



Mountain pasture settlement near Schetteregg

Egg – Falzalpen circuit walk

Bregenzerwald hiking map: **Tour 22**

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



STARTING POINT

car park Schetteregg

DESTINATION

car park Schetteregg

ITINERARY

Schetteregg (1,066 m) – Eggatsberg – Hammeratsberg – Alp Untere Falz – Alp Obere Falz (1,217 m) – Brongen Alp – Schetteregg

CHANCES TO STOP OFF FOR A DRINK/FOOD

Alp Untere Falz, Alp Obere Falz, Brongen Alp (during the alp season from mid/end June to mid-September), Gasthof Jokler, Gasthof Schetteregger Hof

Difference in altitude: 276 m

Trail category: yellow-white

Total hiking time: approx. 2 hours



Ibex on the Kanisfluh

Mellau – in the land of the ibex

Bregenzerwald hiking map: **Tour 32**

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



STARTING POINT

Mellaubahn mountain station

DESTINATION

Mellaubahn mountain station

ITINERARY

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

CHANCES TO STOP OFF FOR

A DRINK/FOOD

Wurzachalpe, Kanisalpe (during the alp season from mid/late June through to mid-September), inns at the mountain station

Difference in altitude: 680 m

Trail category: white-red-white

Total hiking time: 3 ¾ hours

Opening times of the cable cars

T +43 (0)5518 2222-0



Zitterklapfen

Au – climbing up to the Zitterklapfen

Bregenzerwald hiking map: **Tour 37**

The Zitterklapfen is one of the most beautiful mountain peaks in the Bregenzerwald, with an impressive panorama. At the end of the idyllic Dürrenbachtal, the rocky massif arises. The first section takes you along a windy agricultural path in the forest up as far as the Annalperau alpe. It is here that the mountain hiking path commences. The final section in the rock to the peak demands that climbers be sure-footed and not afraid of heights.

STARTING POINT

Au-tourist office

DESTINATION

Au-tourist office

ITINERARY

Au-Argenau (tourist office 810 m) – Bodenvorsäß – Annalperau alpe – Zitterklapfen (2,403 m) – return to Au via the same way

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Inns in Au, Bergkristall hut (at Bodenvorsäß)



Difference in altitude: 1,600 m

Trail category: white-blue-white

Total hiking time: 9 ¼ hours



Körbersee and Braunarlspitze

Schröcken – up to the highest point

Bregenzerwald hiking map: **Tour 46**

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



STARTING POINT

Schröcken-centre of town

DESTINATION

Schröcken-centre of town

ITINERARY

Schröcken-centre of town
(1,250 m) – Fellealpe – Fürggele –
Braunarlspitze (2,649 m) –
Butzensee – Jägersteig – Schröcken

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Schröcken

Difference in altitude: 1,500 m

Trail category: white-blue-white

Total hiking time: approx. 8 hours



Wooden huts in the Auer Ried

Au – delicate plants and wooden huts

Bregenzerwald hiking map: **Tour 35**

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



STARTING POINT

Au parish church

DESTINATION

Au parish church

ITINERARY

Au-Jaghausen (parish church, 791 m) – Auer Ried (1,050 m) nature trail (via Argenbachtal) – Jaghausen parish church

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Au

Literary hike

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

Difference in altitude: 300 m

Trail category: white-red-white

Total hiking time: 2 ½ hours

A detailed brochure is available at the tourist office.



Kommabrücke in Hittisau

Hittisau – across bridges, through the gorge

Bregenzerwald hiking map: **Tour 6**

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

STARTING POINT

Hittisau-centre of town

DESTINATION

Hittisau-centre of town

ITINERARY

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

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Inns on the square, swimming pool kiosk (in the summer, good weather only)



Difference in altitude: 80 m

Trail category: yellow-white

Total hiking time: 2 ¼ hours

Detailed directions are available from the tourist office.



Calc-tufa area in Lingenau

Lingenau – when water turns to stones

Bregenzerwald hiking map: **Tour 8**

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

STARTING POINT

Lingenau swimming pool car park

DESTINATION

Lingenau swimming pool car park

ITINERARY

Lingenau swimming pool car park (680 m) – calc-tufa nature trail (610 m) – Rain – St. Anna chapel – car park swimming pool

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Lingenau



Difference in altitude: 70 m

Trail category: white-red-white

Total hiking time: 1 ½ hours

Detailed directions are available from the tourist office. The wooden bridges can be slippery when wet.



Rest area – Tobelweg Sibratsgfäll

Tobelweg in Sibratsgfäll

The Tobelweg follows firm gravel paths and soft forest soil mostly along small watercourses to the Subersach's floodplain. The interactive stations – Quellwasser (Spring Water), Balance, Tagträume (Daydreams), Waldmeister (Woodruff), Ausblick (View), Einblick (insight) and Baumklang (Tree Sound) – help visitors become aware again of their own original senses. The senses are sharpened in a playful style and a very intense perception of intact nature is created.

STARTING POINT

Sibratsgfäll-centre of town

DESTINATION

Sibratsgfäll-centre of town

ITINERARY

Centre of town – towards the tennis court – Krähenbergbrücke – centre of town

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Sibratsgfäll



Difference in altitude: 98 m

Trail category: white-red-white

Total hiking time: approx. 1 hour

Detailed directions are available from the tourist office.



Kalbelesee lake with view of the Biberkopf

Warth-Schröcken – on the trail of the Walsers

Bregenzerwald hiking map: **Tour 48**

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



STARTING POINT

Schröcken parish church

DESTINATION

Warth

ITINERARY

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

CHANCES TO STOP OFF FOR A DRINK/FOOD

Hotel Körbersee, inns in Schröcken and Warth

INFORMATION

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

Difference in altitude: 590 m (up), 350 m (down)

Trail category: yellow-white

Total hiking time: 4 hours

Detailed documentation in the form of a book is available from the tourist offices in Lech, Schröcken and Warth. www.tannberg.info



Hay landscape in Au

Au-Schoppernau – “Alpgang”

Bregenzerwald hiking map: **Tour 36**

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



STARTING POINT

Au/Rehmen church

DESTINATION

Au/Rehmen church

ITINERARY

Long tour:

Au/Rehmen church – Berbigen mountain pasture – Upper Sattelalpe – Liegstein – Alpe Sattellegg – Wika – Holand – Au/Rehmen church

Short tour:

Au/Rehmen church – Berbigen mountain pasture – Wika – Au/Rehmen church

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Au, Alpe Sattellegg (from mid-June to early September)

Difference in altitude:

approx. 765 m long tour,
(650 m without Liegstein),
approx. 355 m short tour

Trail category: white-red-white

Total hiking time:

long tour approx. 4 $\frac{3}{4}$ hours,
(approx. 1 hour less without Liegstein),
short tour approx. 2 hours.



The “not quite perpendicular” station – Georunde Rindberg in Sibratsgfäll

Sibratsgfäll – Georunde Rindberg

Bregenzerwald hiking map: **Tour 15**

The tour brings you closer to the power of Mother Nature, letting you experience it for yourself: in May 1999, the mountainsides in the plot moved inexorably. The major incident left behind deep scars. On the landscape as well as on the spirit of the village. The stations of the Georunde Rindberg trace the happenings, communicate interesting information and provide insights into the way the inhabitants of Sibratsgfäll dealt with the situation.



STARTING POINT

Felber's leaning house

DESTINATION

Alpenrose inn

ITINERARY

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

Riesalpen Geological Circuit:

Torrent and Avalanche Control – Steter Tropfen (Constant Dripping) – Bader Schuttstrom (Debris Flow) – Kapelle zum heiligen Wendelin (St. Wendelin's Chapel) – Berggrast Wildries (Wildries Mountain Rest)

CHANCES TO STOP OFF FOR A DRINK/FOOD

Alpenrose inn-Rindberg,
Berggrast Wildries

Difference in altitude: 250 m

Trail category: separate signposting

Total hiking time: approx. 2 ½ hours

INFORMATION

www.bewegtenatur.at



Goßarweg ("Goatherd's path") in Bizau

Bizau – Goßarweg ("Goatherd's path")

Bregenzerwald hiking map: **Tour 31**

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



STARTING POINT

Bizau village centre (village hall)

DESTINATION

Bizau village centre (village hall)

ITINERARY

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

CHANCES TO STOP OFF FOR

A DRINK/FOOD

inns in Bizau

REST AND PLAY

Benches and play stations along the Goßarweg, playground on the Oberberg

Difference in altitude: approx. 320 m

Trail category: white-red-white

Total hiking time: approx. 2 ½ hours

A detailed brochure is available from the tourist office in Bizau.



Rotenberg wood

Lingenau – Rotenberg wood thematic trail

Bregenzerwald hiking map: **Tour 9**

Rotenberg wood is the property of 170 owners – one of the smallest structured forests in Austria. The thematic trail comprises 20 stations, a forest room, an upland moor, and a natural arena of Nagelfluh. Forest path, root path, woodland path, mud pits and stone steps follow one another.

STARTING POINT

Lingenau village square

DESTINATION

Lingenau village square

ITINERARY

20 stations with forest room, Nagelfluh arena and Bruggmoos as the highlights

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Lingenau



Difference in altitude: 270 m

Trail category: yellow-white

Total hiking time: approx. 2 hours.

A detailed brochure is available from the tourist office in Lingenau.



A place to rest in Langenegg

Langenegg – energy hike

Bregenzerwald hiking map: **Tour 11**

The various “energy portal paths” make energy comprehensible, and hands-on. The hike starts at the village hall. Through the red portals, it takes visitors to the sundial, and through the Wind and Water Portal with its energy works. At the Hotel Krone, the trail crosses the country road and continues to the Mythical Portal. Continue along the forest trail to the Tranquility Portal with its barefoot spiral made from natural materials. Via Leiten, you return to the village centre where, if you take a detour, you arrive at the Portal am Kapf (lovely vantage point).

STARTING POINT

Langenegg village centre

DESTINATION

Langenegg village centre

ITINERARY

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

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Langenegg



Difference in altitude: 130 m

Trail category: white-red-white

Total hiking time: 1 ½ hour



In the Langen nature reserve

Langen – past the downy birch groves on the Feßlerberg

The last downy birch grove that is at least sporadically cut for brushwood that still remains within the northern Vorarlberg region's entire molasse zone is to be found on the Feßlerberg. Groves where downy beeches grow are extensively used tree-lined pastures or sparsely wooded pastures from which the birch is taken to make brooms.

The destination of this hike is the Hirschberg, which is situated at an altitude of 1,095 metres in a designated nature reserve.

STARTING POINT

Langen village centre

DESTINATION

Langen village centre

ITINERARY

village centre (658 m) – Geserberg via Bergerweg – Ahornach – Hirschberg (1,095 m) – Feßlerberg – village centre

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Gasthaus Adler, Hirschberghütte (only open when the alpine farms are in operation)



Difference in altitude: 437 m

Trail category: white-red-white

Total hiking time: 2 $\frac{3}{4}$ hours



Musical stations at the Brüggelekopf

Alberschwende – Musikwanderweg am Brüggelekopf

The Brüggelekopf is Alberschwende's local mountain. The summit presents a magnificent view across the Rhine Valley, Lake Constance and the mountain world of the Bregenzerwald. The Musikwanderweg is a musical hiking trail along which 10 musically structured stations have been installed. Songs that are traditional to the Bregenzerwald – sung and played by Alberschwende choirs and music societies – blend with nature to provide a joyful and harmonious ambience.



STARTING POINT

Alberschwende village square

DESTINATION

Alberschwende village square

ROUTENFÜHRUNG

village square via Greban and Moltach – Brüggelekopf – Lorenapass – village square

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Alpengasthof Brüggele, Jausenstation Berchtoldshöhe

Kunst am Berg

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

Difference in altitude: 460 m (from village square), 190 m (from Brüggelekopf)

Trail category: white-red-white

Total hiking time: approx. 1.5 hours (music hiking trail), approx. 4 hours (hike from the village square)

Information

www.musikwanderweg.at

A detailed brochure is available from the tourist office.



Dörnlesee in Lingenau

Between the village square and the swimming pool: wellness in Lingenau

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

STARTING & FINISHING POINT

Lingenau village square (car park)
Variant: Vitalhotel Quellengarten (car park)

ITINERARY

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

BARRIER-FREE REFRESHMENTS & WC

Hotel Löwen, Gasthaus Traube, Vitalhotel Quellengarten

SWIMMING POOL

Vitalhotel Quellengarten, Lingenau

T +43 (0)5513 6461-0

www.bregenznerwaldhotels.at



Distance: 3 km

Condition of the path: pavements and roads with little difference in height, all tarmacked



At the foot of the Kanisfluh

At the foot of the Kanisfluh – from Mellau to Schnepfau

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

STARTING & FINISHING POINT

Mellau cable cars, car park

ITINERARY

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

BARRIER-FREE REFRESHMENTS

M1 bistro, Mellau cable cars valley station

BARRIER-FREE WC

Mellau cable cars valley station, Schnepfau village hall (on workdays)

BARRIER-FREE CABLE CARS

(→ p. 5)



Distance: 10.4 km

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



Out and about with the nature park ranger

Nagelfluhkette Nature Park is located where the Alps start, Lake Constance is close by and the landscape is characterized by special rock formations.

A magnificent cultural landscape, awarded the much-coveted designation “nature park”, developed on the interface between Bregenzerwald and Allgäu over the course of several centuries. It covers 15 local authorities, including 8 from Lower Bregenzerwald, the first cross-border park to cover Austria and Germany. Alpine meadows with 290 different species of plant, valuable upland moors, forests of white firs and ravine forests and an alp density unmatched anywhere else in Austria are characteristics of the nature park. A connecting element is the impressive Nagelfluh range, which crosses the nature park from the west to the east. Large height differences, geological variation, sustainable Alpine pasture farming – all of this means that a large number of different habitats are created over a comparatively small area. The nature park is therefore home to the

shy black grouse, imposing golden eagle and rare apollo butterfly and is the habitat for the most varied of orchids and gentians.

In summer, the easy to be reached mountains and hiking paths of the nature park invite you to undertake pleasurable hiking tours in the varied landscape. Both locals and guests are invited to take part in the guided themed hikes.

Out and about with the ranger Tours:

24 April, 2 p.m. – 5 p.m.: on the trail of the secrets of alpine cheese

6 May, 10 a.m. – 1.30 p.m.: golden eagles and rocks

19 June, 10 a.m. – 1 p.m.: the moor and its special characteristics

8 July, 9.30 a.m. – 12.30 p.m.: in the habitat of the Apollo butterfly

11 September, 2 p.m. – 5 p.m.: the forest in times of climate change

Meeting points: will be provided on registration

Price per person: free of charge

INFORMATION & REGISTRATION
www.nagelfluhkette.info



Out and about with dogs

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

COMMUNITIES

Dogs must be kept on a leash in the entire area: Au, Bezau, Bizau, Damüls, Langenegg, Langen (Fighting dogs), Riefensberg, Schoppernau, Sibratsgfäll

Dogs must be kept on a leash in certain areas: Egg, Hittisau, Schröcken, Schwarzenberg

Dogs do not need to be kept on a leash: Alberschwende, Andelsbuch, Doren, Lingenau, Krumbach, Langen, Mellau, Reuthe, Schnepfau, Sulzberg, Warth

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

PUBLIC BUSES

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

CABLE CARS (→ p. 5)

Dogs are welcome: Bergbahnen Andelsbuch, Mellaubahn, Seilbahnen Damüls, Seilbahnen Faschina, Seilbahnen Sonntag, Steffisalp-Express Warth

Dogs – only wearing a muzzle and on a leash: Seilbahn Bezau, Diedamskopf

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

www.sichere-almen.at

TIP: VETERINARY SURGEON

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

ACTIVE SUMMER

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



TIP: POCKET-SIZE CYCLING PATH FLYER

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

Schoppernau – Egg cycle path

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

Total distance (one way):
approx. 30 km

Achtal footpath and cycle path Egg – Doren

The track of the Bregenzerwald railway between Egg and Doren is being revived. A footpath and cycle path is opening up the lovely natural landscape of the Bregenzerach. It is with a great deal of consideration that the buildings of the former “Wälderbahn” were renovated, the track repaired and safety features installed.

Total distance (one way):
approx. 10 km

Rohrmoostal cycle path

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

Total distance (one way): 13 km

Krumbach cycle path

From the direction of Langenegg, the cycle path commences from the Glatz plot, and takes you across Salgenreute, Au and Halden into the centre of the village. From here, you can continue to Hittisau or Riefensberg.

Total distance (one way): 5 km



Mountain bike tour in Au-Schoppernau

There is a broad spectrum of cycling tours available, from easy to highly challenging. Cyclists can choose from a total of around 460 km of posted routes. The top 20 tours take visitors through selected beautiful landscapes, to alpine settlements and the High Alps, where the delicious Bregenzerwald alpine and mountain cheese is made. They're a great way of combining tours to summits as well as steep ascents and rapid descents with culinary delights.

Cycling technique training, Mountain bike, e-bike and racing bike tours

Bike School Bregenzerwald

Johannes Larch
 M +43 (0)660 1429645
www.die-bike-schule.at
 MTB & E-BIKE Tourguiding,
 Cycling proficiency courses
 Tipp: ION Ladies Bike Weekend
 (14 – 17 May)

“bike guide bregenzerwald”

Georg Felder, Karlheinz Kaufmann,
 Veronika Kaufmann, Werner Geiger
www.bikeguide-bregenzerwald.at

Aktiv Zentrum Bregenzerwald

Lutz Schmelzinger
 M +43 (0)676 7837878
www.aktiv-zentrum.at

Alpenschule Widderstein

Christian Fritz
 M +43 (0)660 2149207
www.alpenschulewidderstein.com

Warth-Schröcken

Mathias Fritz
 M +43 (0)664 5127357
www.alpenschule-warth.com

Wendelin Küzler

e-bike tours, Langen
 T +43 (0)680 1222174
www.e-bikeguide-wendelin.at

Bike- and e-bike-rentals**Sport Fuchs, Au**

www.sportfuchs.com

T +43 (0)5515 2315

Sport Madlener, Damüls

www.sport-madlener.at

T+43 (0)5510 391

MB Motors, Egg

(e-bike-rental only)

www.mbmotors.at

T +43 (0)5512 26318

Sport Rössle, Faschina

www.roessle.info

T +43 (0)5510 303

**Intersport Spettel, Hittisau
and Alberschwende**

www.spettel.at

T +43 (0)5513 6341

T +43 (0)5579 4241

Sport Gotthard, Hittisau

www.sport-gotthard.com

T +43 (0)5513 2260

GBike (Günther Berkmann), Krumbach

www.gbike.at

M +43 (0)664 8400607

Sport Broger, Mellau

www.sportbroger.at

T +43 (0)5518 2240

Sport Natter,**Mellaubahn valley-station**

www.sportnatter.com

T +43 (0)5518 2262

Bregenzerwald bicycle bus

4 June – 4 October 2020

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

INFORMATION

Landbus Bregenzerwald

T +43 (0)5512 26000

TIP: MOUNTAIN BIKE MAP & PACKAGE DEALS**Mountain bike map with 20 top tours**

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

Mountain bike package deals on offer: www.bregenzerwald.at

Mountainbike tours on the Internet:

www.bregenzerwald.at/mountainbikerouten

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



Mountain bike professional

Staying with experts

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

Racing bike specialists

Hotel Bären in Mellau

www.baerenmellau.at

Hotel Gämsle in Schoppernau

www.gaemsle.at

Mountain bike specialists

Hotel Rössle in Au

www.roessle-au.at

Hotel Adler in Au

www.adler-au.at

Hotel Hubertus in Mellau

www.hotel-hubertus.at

Au-Schoppernau cycling track

Three lines have been installed at the cycling track with the 'Blue', 'Red' and 'Pink' levels of difficulty. This means that there are realistic simulated single trails in the S0, S1 and S2 versions. Pump track, north-shore elements, see-saw and small drops may also be encountered there. Suitable for cross-country, all-mountain and trail bikes.

Au-Schoppernau Tourismus

T +43 (0)5515 2288

www.au-schoppernau.at



Racer tour close to Schnepfau

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

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

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

Racer tours on the Internet: www.bregenzerwald.at/rennradrouten

Highlander Cycling Marathon

9 August 2020 (187 km and 4,040 metres' difference in altitude)
www.highlander-radmarathon.at

Cycling Marathon Tannheim valley

5 July 2020 (220 km and 3,500 metres' difference in altitude)
www.rad-marathon.at



Running trails for hobby runners and professional athletes

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

Runners will find a range of pathways of different lengths and levels of difficulty in the Bregenzerwald.

Andelsbuch, Bezau and Lingenau have marked running paths. Runners can choose between three easy, one moderately difficult and one difficult circular path in Andelsbuch. There are six running paths in Bezau and seven in Lingenau.

Trail running courses:

Guided trail running and route planning for various tours with the trail running guides Andrea and Norbert Rauch.

Appointments:

M +43 (0)664 2749023

www.bewegungscoaching.at

The regional walking and cycle path, the 18.1 km long Achtalweg, connects Bezau, Andelsbuch and Lingenau.

Runners can thus not only make use of this lovely pathway – they can also explore the network of running paths in the three towns. Good regional bus connections make it easy to get there and back.

Running paths online:

www.bregenzerwald.at/laufen

RUNNING EVENTS

6th Bizau trail run

(30.5 km, 1,660 m elevation gain)

Adventure trail run

(7.6 km, 340 m elevation gain)

Ultra trail run

(50 km, 2,900 elevation gain)

2 May 2020 www.svbizau.at

10th Sparkasse Wälderlauf

The run, approx. 12.7 km in length, takes runners through Bezau-Reuthe-Bizau

20 June 2020

www.waelderlauf.at



Karhorn via ferrata

The Bregenzerwald outdoor specialists offer playful and adventurous activities pertaining to the topic of mountain and water.

*Rafting, canoeing, canyoning
Bungee jumping – 106 metres*

HIGH 5 Events
T +43 (0)5513 4140
www.outdoor.at

*Canyoning, climbing and mountain
tours, climbing courses,
Widderstein alpine school,
Mountain and ski guide, canyoning
guide Christian Fritz*
M +43 (0)660 2149207
www.alpinschulewidderstein.com

*Via ferrata, (family) canyoning,
Climbing camp, mountain tours*
Mountain and ski guide Mathias Fritz
M +43 (0)664 5127357
www.alpinschule-warth.com

Canyoning and adventure programmes
**Holzschopf.com – Outdoor and more
Jürgen Strolz**
M +43 (0)664 3801540
www.holzschopf.com

*Canyoning: Individual and group tours,
Courses, rental equipment; guided hikes
and mountain tours*
Alpine-Passion, Jürgen Riegger
M +43 (0)664 9400515
www.alpine-passion.at

*Rafting, Canoe tour, fun kayaking,
Aqua rope park, Guided cave tours in
the Schneckenlochhöhle, 3-D archery*
**Aktiv-Zentrum Bregenzerwald
Lutz Schmelzinger**
M +43 (0)676 7837878
www.aktiv-zentrum.at

*Adventure park, Flying Fox Park Safari,
mountain and canyoning tours, clim-
bing, family and group programmes*
Schröcken alpine school, Josef Staggl
M +43 (0)664 2525200
www.alpinschule-schroecken.at

*Canyoning, via ferratas, hut hikes,
crossing the Kanisfluh*
**Mountain and ski guide, canyoning
guide Thomas Dietrich**
M +43 (0)664 4683999
www.der-gipfel.at

*Hiking, climbing, via ferrata, mountain
climbing with Moses*
**Mountain and ski guide
Markus Moosbrugger**
M +43 (0)664 3429465
www.mitmoses.at

*Canyoning, Climbing, mountain hikes
and river hikes*
Franko Rietzler
M +43 (0)680 2257927
www.frankorietzler.at

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

Climbing and rope courses

Damüls forest rope course and

Flying Fox slide

Six rope courses of various degrees of difficulty are located at heights between 2 and 13 m. There is a special Bambini course for kids aged between 3 and 5. You are secured before you cross the individual courses. Highlight: 200 metres long Flying Fox zip wire

INFORMATION & OPENING TIMES

Bernd Burtscher/Christoph Schäfer
M +43 (0)664 4147137
www.das-seil.at

Schröcken adventure park

A climbing experience above water, in the forest, on a rock face (for families, children from the age of six), 42 rope courses, 3 Flying Fox zip lines, Climbing at a height of 3–15 m

Flying Fox Park Safari Schröcken

6 Flying Fox lines in natural surroundings, flying 20-90 metres above wild gorges.

Date: Tue, Fri and Sat at 5 p.m.

Duration: approx. 2 hours

Price per person: € 18 incl. safety equipment

INFORMATION & REGISTRATION

Alpinschule Schröcken
Josef Staggl
M +43 (0)664 25 25 200 or
M +43 (0)664 75 75 500
www.alpinschule-schroecken.at
www.abenteuerpark.net

Aqua rope course Andelsbuch

Rope course above the water: abseiling, climbing rock, 9 Flying Fox slides, via ferratas combined with rope course elements.

Starting point: Bersbuch 349, bus stop/roundabout, Andelsbuch

INFORMATION & OPENING TIMES

Aktiv-Zentrum Bregenzerwald
Lutz Schmelzinger
M +43 (0)676 7837878
www.aktiv-zentrum.at

Au-Schnepfau climbing garden

Degree of difficulty: 3 – 8

Charming schrattenkalk ledge with several routes

Schwarzenberg climbing area

Length/height: approx. 30 m

Degree of difficulty: 3+ to 7 (in

addition on the left edge of the climbing site, next to the old Achbrücke bridge, there is a short practice climbing route at difficulty level C-D), route maps, equipment rental at Sport Fink, T +43 (0)5512 2918

Widaschrofa via ferratas, Mellau-Schnepfau "Wälder" via ferrata

Length/height: start at 760 m / TOP at 850 m

Degree of difficulty: D

Walking time: approx. 1.5 hours

Difference in altitude: 100 m

Start: Schnepfau car park (eastern edge of the village), walking time to the start, approx. 10 minutes

"Abendrot" via ferrata, Mellau-Schnepfau

Length/height: start at 760 m / TOP at 850 m

Degree of difficulty: E

Walking time: approx. 1.5 hours

Difference in altitude: 100 m

Start: Schnepfau car park (eastern edge of the village), walking time to the start, approx. 10 minutes

Schrofenwies climbing garden in Warth**Length/height:** 20 m**Degree of difficulty:** 4 – 9+

31 secured routes, Via ferrata to practice, children under supervision of a skilled adult, barbeque station, topo available at the Warth-Schröcken tourist office

Start: the car park Schrofenwies Lechleiten

Klettergarten Bürstegg (climbing garden) between Lech and Warth**Length/height:** 20 m**Degree of difficulty:** 3a – 7+

29 secured routes, topos available at the Warth-Schröcken and Lech-Zürs tourist offices

Start: 300 m adjacent to “Bürstegg” service road on Hauptstraße in the direction of Warth, left by the automobile bridge, approx. 15 min. through the woods (elev. gain: 200 m)

Mindelheim via ferrata in Warth**Degree of difficulty:** medium

Walking time: approx. 2 ½ hours to the start – from Warth-Lechleiten

Difference in altitude: approx. 200 m

Karhorn Warth via ferrata, East and west ridge**Length/height:** 1,200 m

Degree of difficulty: medium to difficult (B to D)

Walking time: 2 – 4 hours

Difference in altitude: 250 m

Start: ascent with the Steffisalp cable car (walking time to the start, approx. 45 min)

Seven summits tour

7 border mountains, approx. 50 kilometres and 4,500 metres elevation gain on a single day.

Date: 12 September 2020
www.7berge.at

Indoor climbing**Climbing wall in Egg**

500 m² of climbing area, 12-metre-high lead-climbing area, 20 lines and around 45 routes at various difficulty levels that range from 4a to 8a (F), two automatic belay devices (Toppas), Boulder cave with campus board and system wall.

OPENING TIMES

Evenings from Mondays to Fridays, Sun from 2 p.m. (closed in August)

INFORMATION & ONLINE-TICKETS

Alpenverein Egg

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

K1 climbing hall, Dornbirn

2,000 m² indoor climbing area, 400 m² boulder area, 600 m² outdoor climbing area, climbing courses, taster courses, competitions, events

INFORMATION

www.k1-dornbirn.at

Climbing tours & climbing courses**Climbing with Moses**

Safe rock climbing, multi-pitch climbing, alpine climbing, via ferrata courses.

Mountain and ski guide

Markus Moosbrugger

M +43 (0)664 3429465

www.mitmoses.at

Alpinschule Warth

Ridge tours on mountain peaks at levels of difficulty ranging from 3 to 4, multi-pitch climbing tours, climbing courses for families, beginners and advanced climbers

Mountain and ski guide Mathias Fritz

M +43 (0)664 5127357

www.alpinschule-warth.com

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

Riefensberg 3-D archery range

Go back to the days of Robin Hood, be at one with the bow and arrow.

Place: close to the border, old Gschliefstraße to Riefensberg

Rental equipment: upon request

Opening hours: April – October

Parcours fee: € 10 for adults, € 5 for children

INFORMATION & RESERVATION

Ingrid Fink-Nöckler

M +43 (0)664 5323102

www.kreativbewegen.at

Summer Biathlon in Sulzberg & Egg

The biathlon taster provides visitors with an initial insight into this complex sport. During the summer, shooting on the small-calibre laser facility in Sulzberg (50-metre shooting distance) or at air-pressure targets (10-metre shooting distance) in Egg is combined with runs and hikes.

Duration: 60 minutes (extension possible)

Prices: € 180 for 1 – 4 persons, each additional person € 20

Minimum number of participants: 4

Dates: upon request

INFORMATION & RESERVATION

Ingrid Fink-Nöckler

M +43 (0)664 5323102

www.kreativbewegen.at

Doren 3-D archery range

Archery in the wild landscape of the Dorener Gschlief.

Rental: Adler inn

Opening hours: open daily between 9 a.m. and 7 p.m. from early April through to the onset of winter.

Please reserve.

INFORMATION & RESERVATION

Otto Nöckl, T +43 (0)5516 2014

Günter Schmuck, T +43 (0)5516 2114

www.bogenparcours-doren.at

Archery Andelsbuch

Hunt using a bow and arrow on a 3-D course. Incl. instruction, accompanying guide, rental of archery equipment.

Date: to be arranged

Place: Starting point: Bersbuch 349, bus stop/roundabout, Andelsbuch

INFORMATION & RESERVATION

Aktiv-Zentrum Bregenzerwald

Lutz Schmelzinger

M +43 (0)676 7837878

www.aktiv-zentrum.at

“Höhi” 3D archery course in Warth

Vorarlberg's highest archery course.

Opening times: Daily from 8.00 a.m. to 7.00 p.m. until mid-October, weather permitting.

Equipment rental: Directly on location from archery manager Andreas

Archery courses: For beginners and advanced learners at any time on request.

INFORMATION, PRICES & RESERVATION

Andreas Strolz

M +43 (0)664 4504189



Paragliding on the Diedamskopf mountain

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

Ever since paragliding started, Bregenzerwald flying school has been training pilots in the perfect terrain for it. The high-altitude sites in Andelsbuch, Bezau and on Diedamskopf present a multitude of opportunities, launching sites in practically any direction, a fantastic view of Bregenzerwald, its mountains, and the region of Lake Constance.

SERVICES

Training, further training, sale, consultancy, checks

Tandem flight : 15 minutes with the Bregenzerwald Guest Card: € 120

Tandem flight:

15 minutes: € 130

Thermal soaring flight :

30 minutes: € 160

Super thermal soaring flight:

from 30 minutes: € 190

Action tandem flight:

€ 170

Taster course: from € 130

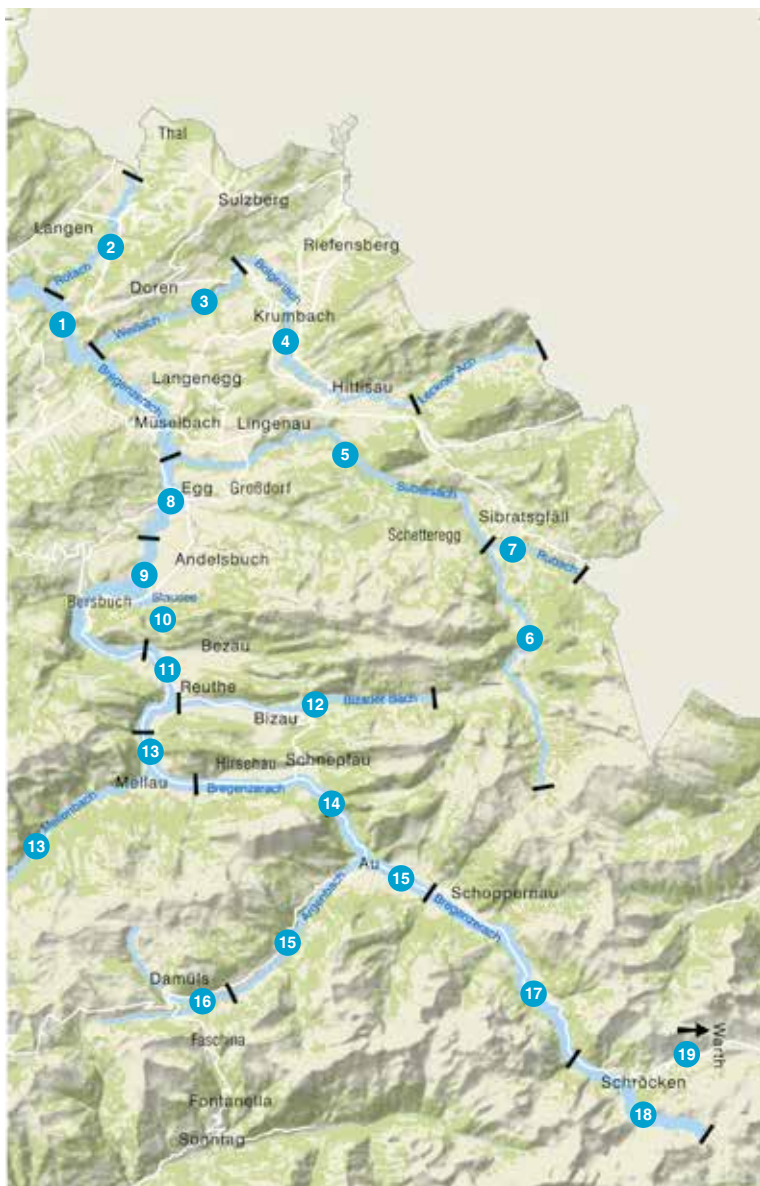
INFORMATION

Flugschule Bregenzerwald

T +43 (0)5514 3177

M +43 (0)664 5127765 (tandem flight reservation)

www.gleitschirmschule.at



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

TIP: PACKAGE & INFORMATION

Fly-fishing package deal: www.bregenzwald.at

Fishing club Bregenzwald: www.fv-bregenzwald.at

Flyfishing Elmenreich: www.flyfish-bregenzwald.at

Fishing Association for the State of Vorarlberg: www.fischereiverband-vbg.at

Fishing grounds	Season	Information/Ticket Sales
1 BREGENZERACH FROM KENNELBACH TO LINGENAU	1.5. – 31.8.	Fishing club Bregenz, village halls Alberschwende, Doren, Egg Krumbach, Langenegg, Hittisau, Lingenau, Riefensberg *
2 FISHING ROTACH	1.6. – 31.8.	Village hall Doren, T +43 (0)5516 2018
3 WEISSACH 1	1.5. – 31.8.	Fishing club Bregenz, village hall Doren, T +43 (0)5516 2018
4 BOLGENACH 2 (WITH RESERVOIR)	1.4. – 30.9.	Village hall Hittisau, T +43 (0)5513 6209-214
5 SUBERSACH 1	1.5. – 30.9.	Fishing club Bregenzerwald, village halls Egg, Lingenau, Hittisau, Sibratsgfäll, Bezau *
6 SUBERSACH 2	1.5. – 30.9.	Fishing club Bregenzerwald, village halls Egg, Lingenau, Hittisau, Sibratsgfäll, Bezau *
7 RUBACH IN SIBRATSGFÄLL	1.6. – 15.9.	Village hall Sibratsgfäll, T +43 (0)5513 2112
8 BREGENZERACH IN EGG	1.5. – 31.8.	Fishing club Bregenzerwald, , Village hall Egg, T +43 (0)5512 2216-12 *
9 BREGENZERACH FROM ANDELSBUCH TO BEZAU	1.5. – 30.9.	Fishing club Bregenzerwald Tourist office Bezau and Käsehaus Andelsbuch *
10 BEZEGG STAUSEE ANDELSBUCH	1.6. – 31.10.	Tourist office Andelsbuch, T +43 (0)5512 2565
11 BREGENZERACH IN BEZAU/REUTHE	1.5. – 30.9.	Fishing club Bregenzerwald, Tourist office Bezau T +43 (0)5514 2295 *
12 BIZAUER BACH	1.5. – 30.9.	Fishing club Bregenzerwald Tourist office Bezau and Bizau, T +43 (0)5514 2129 *
13 BREGENZERACH IN MELLAU AND MELLENBACH	1.5. – 30.9.	Tourist office Mellau, Hotel Engel, Gasthof Adler, Fishing club Mellau, M +43 (0)664 3935112 *
14 BREGENZERACH IN SCHNEPFAU	1.4. – 30.9.	Fishing club Bregenzerwald, Tourist office Bezau, Village hall Schnepfau, T +43 (0)5518 2114
15 BREGENZERACH/ARGENBACH IN AU	1.5. – 13.9.	Fishing club Au, fish pond Au, Hotel Krone in Au, Tourismusbüro Au, T +43 (0)5515 2288
16 KRUMBACH WITH BREGETZBACH AND ARGENBACH IN DAMÜLS	16.6. – 30.9.	Village hall Damüls, T +43 (0)5510 6210 Hotel Adler, Damüls, T +43 (0)5510 6220
17 BREGENZERACH IN SCHOPPERNAU	1.5. – 30.9.	Tourist office Schopponau, T +43 (0)5515 2495
18 BREGENZERACH IN SCHRÖCKEN	1.6. – 30.9.	Tourist office Schröcken, T +43 (0)5519 2670
19 SEEBACHSEE – DORFSEE WARTH	1.6. – 30.9.	Tourist office Warth, T +43 (0)5583 3515

Licences for the fishing grounds **1, 5, 6, 8, 9, 11, 12, 13, 14** are also available at Flyfishing Elmenreich in Egg: M +43 (0)664 4146482, www.flyfish-bregenzerwald.at



Bregenzerwald Golf Park in Riefensberg-Sulzberg

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

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

Discount green fee

The “Unlimited golfing fun” green fee entitles the holder to a discount of up to 30%, and applies to two 18-hole courses: the Bregenzerwald

Golf Park in Riefensberg and the Oberstaufer-Steibis Golf Club. Guests of the founder and partner hotels of the two golf complexes enjoy a reduced green fee. Guests of the Vorarlberg founder and partner hotels also benefit from discounted green fees at the five other golf courses in Vorarlberg.

Bregenzerwald Golfing School

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

INFORMATION

Golfpark Bregenzerwald and
Golfschule Bregenzerwald
T +43 (0)5513 8400-0
www.golf-bregenzerwald.com

FAMILY TIPS

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



Herb garden in Holdamoos, close to Au-Schoppernau

Au-Schoppernau – in the fragrant herb garden

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

STARTING POINT

Au-tourist office

DESTINATION

Au-tourist office

ITINERARY

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

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Au

REST & PLAY

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

INFORMATION

An all-terrain buggy is recommended, since some of the hiking path is a forest road.



Difference in altitude: 90 m

Trail category: yellow-white

Total hiking time: 2 ½ hours

Detailed directions are available from the tourist office.



Adventure playground next to Almhotel Hochhäderich

Hittisau-Riefensberg – circular ramble on Hochhäderich

This gentle ramble takes you along a wide, secure path right through the Kojental nature reserve, a natural upland moor. The alpine adventure path offers some variety: water-drawing, barefoot trail, footbridge across the upland moor, information plaque on the “Smugglers’ Trail”. From the Alpstüble Moos, you can take a 3-minute detour to the “Stony Gate” natural monument.

STARTING POINT

Car park at Almhotel Hochhäderich

DESTINATION

Car park at Almhotel Hochhäderich

ITINERARY

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

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Moosstüble Riefensberg, Almhotel Hochhäderich

REST & PLAY

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

INFORMATION

An all-terrain buggy is recommended, since the hiking path is a forest road.

Difference in altitude: 40 m

Trail category: white-red-white

Total hiking time: 2 hours

Detailed directions are available from Almhotel Hochhäderich.





Playing at the Mellenbach

Mellau – along the Mellenbach into the nature reserve

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



STARTING POINT

Mellau-centre of town (Fire station)

DESTINATION

Mellau-centre of town (Fire station)

ITINERARY

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

CHANCES TO STOP OFF

FOR A DRINK/FOOD

inns in Mellau

REST & PLAY

Children's playground at the new kindergarten, swimming pool, bathing in the Mellenbach, chapel in Vorsäß Dös

INFORMATION

An all-terrain buggy is recommended, since most of the hiking path is a forest road.

Difference in altitude: 142 m

Trail category: yellow-white

Total hiking time: 2 hours



Körbersee in Schröcken

Warth-Schröcken – from lake to lake

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

STARTING POINT

Schröcken-Hochtannbergpass

DESTINATION

Schröcken centre of town

ITINERARY

Hochtannbergpass (1,675 m) – Kalbelesee – Körbersee (1,670 m) – Batzenalpe – Schröcken centre of town (1,250 m)

CHANCES TO STOP OFF

FOR A DRINK/FOOD

Hotel Körbersee, Batzenalpe (during the alp season from mid/late June to mid September), inns in Schröcken

REST & PLAY

Short trip in a rowing boat on the Körbersee, brooks, Batzenalpe

INFORMATION

An all-terrain buggy is recommended, since the hiking path is a forest road.



Difference in altitude: 450 m

Trail category: yellow-white

Total hiking time: 2 hours

Opening times Alpmuseum

T +43 (0)5519 2670

Variety and playful enjoyment are on offer in the form of the supervised programmes held in several villages. There is a great deal of interesting information out there to learn and discover.

Andelsbuch:

3-D archery for children

Following professional training and armed with plenty of information about archery, the children set off on the thrilling pursuit (for children from the age of 10, approx. 2 hours)

Meeting point: Bersbuch 349, bus stop/roundabout, Andelsbuch

Date: May until October, upon request

Price: family price (3 people) € 135, € 25 for each additional person

Includes bow, arm protector, arrows and use of the 3-D archery range

INFORMATION & REGISTRATION

Aktiv-Zentrum Bregenzwald
Lutz Schmelzinger

M +43 (0)676 7837878

www.aktiv-zentrum.at

Au-Schoppernau:

Hut magic and magic herbs

The children listen to stories about the very old mountain pasture hut and, in the herb garden, find out which herbs (medicinal plants) can soothe a bee sting, which can make you strong as an ox, and which ones are delicious on bread. Then you cross the fun wobbly bridge to the mysterious hazelnut spot.

Meeting point: church in Au-Rehmen

Date: 15 July to 2nd September every Wednesday at 9.30 a.m.

Duration: approx. 2 ½ hours

Price per child: included in the Bregenzwald Guest Card

INFORMATION & REGISTRATION

Au-Schoppernau Tourismus

T +43 (0)5515 2288

www.au-schoppernau.at

Au-Schoppernau:

Farm experience

On the Moosbrugger family's farm children can watch how the farmer milks and feeds his cows. They can try out the fresh, "cow-temperature" milk straight away.

Meeting point: tourist office Au

Date: 7 July to 25 August every Tuesday at 6.30 p.m.

Duration: approx. 1 ½ hours

Price per child: included in the Bregenzwald Guest Card

INFORMATION

Au-Schoppernau Tourismus

T +43 (0)5515 2288

www.au-schoppernau.at

Au-Schoppernau:

Rock climbing for children

Josef teaches children their first climbing moves, how to tie several knots, how to abseil down the rock face and how to climb the via ferrata secured. (2 hours, Minimum age: 6)

Meeting point: at the car park of Schröcken-Unterboden adventure park

Date: 6 July to 31 August, every Monday at 5 p.m.

Price: € 12 for guest children from Au-Schoppernau. € 20 for children from other places. Included: rented climbing equipment.

Equipment required: climbing boots or trainers with treaded sole, full water bottle, snack

INFORMATION & REGISTRATION

Schröcken adventure park and alpine school

M +43 (0)664 7575500 or

M +43 (0)664 2525200

www.au-schoppernau.at

Au-Schoppernau:**Didi's children's adventure land**

The mountain station of the Diedamskopf cable car boasts a supervised children's adventure land with a surface area of 300 m². Tip: Children's adventure programme every Wednesday

Opening times: 10 a.m. to 3.30 p.m. every Sat, Sun and on bank holidays; daily from 4 July to 13 September when the cable car is operating, for children between 3 and 8 years of age. There is a parent-child area for children up to 3 years of age.

INFORMATION

Bergbahnen Diedamskopf
T +43 (0)5515 4110-0
www.diedamskopf.at

Bezau & Bizau:**Adventure afternoon with llamas**

Watching llamas, helping feed them, stroking them and simply enjoying the company of these exotic animals.

Date: every Tuesday

Meeting point: 4 p.m. on the pasture opposite the Hofkäserei Werner Feurstein farm cheese dairy (entrance to Bizau)

Price per person: free of charge

INFORMATION & REGISTRATION

Bezau Tourismus
T +43 (0)5514 2295
www.bezau-bregenzwald.com

Damüls:**Themed child's trail with bunny quiz**

An interesting and educational trail on different subjects goes from the fire station to the Damüls sports center and play area. After solving the bunny quiz, children receive a fantastic surprise at the tourism office.

INFORMATION

Damüls Faschina Tourismus
T +43 (0)5510 620
www.damuels.at

Damüls:**Tip for rainy days – indoor playground**

Climbing and fun elements, toddler's area, climbing wall, table football and table hockey

Entrance: free and open to all families

Place: Top floor of the Alpenrose multi-use building, Damüls

INFORMATION

Damüls Tourismus
T +43 (0)5510 620
www.damuels.at

Doren:**StandWOrtWeg reading trail**

The StandWOrtWeg plays with perspectives, shows visitors how to observe more closely and asks to try their hand at tricky puzzles. A pleasant round trip that starts behind the municipal office and that takes visitors down shady forest paths over a hill that presents magnificent views. Games, puzzles and philosophical questions await explorers of all ages along the way. The right perspective has to be found to solve the questions in the associated puzzle folder – a rather effective means for some of life's other challenges too.

For children from six years of age

Walking time: about 2 ½ hours

Altitude difference: 200 metres

INFORMATION & PUZZLE FOLDER

Doren Tourismus
T +43 (0)5516 2018

Egg:**Alp experience on Brongen alp**

The Meusburger family provides participants with insights into alpine cheese production, the animals and daily routine on the alp.

Place: Egg, Schetteregg

Meeting point: Brongen alp

Date: every Wednesday in July and August between 10.30 and approx. 11.30 a.m.

Price per person: € 4, children free

INFORMATION & REGISTRATION

The Meusburger family

M +43 (0)664 6304073

Egg:**Painting with acrylics for children**

Artist Sonja Meusburger invites children to join her on an exciting journey of colour.

Three children minimum – six maximum (aged from six to nine years)

Location: 'So... farbenfroh' Studio, Loco 10, 6863 Egg

Date: (selected days in July / August) from 1.30 p.m. to 4.30 p.m.

Prices per child: € 20 incl. snack, Material costs: € 8

INFORMATION & REGISTRATION

until 12 midday the previous day
Egg Tourismus, T +43 (0)512 2426

Bänkle-Wasserweg Achtal path

Four stations with benches that are to be found along the Bregenzerache, between Doren and Langenegg (1.5 km), invite visitors to take some time out and to be inspired by the rushing sounds of the Bregenzerache.

Starting point: Doren, Bozenau railway station

INFORMATION

Doren Tourismus

T +43 (0)516 2018

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

KUNO stands for an adventurous kid's programme in the middle of the Bregenzerwald. KUNO is music, theatre, dance, art, film and literature. The events take place in Egg.

Advance booking: tickets are available from the KUNO advance booking partners: Bregenzerwald Tourismus Egg, Tourismusbüro Hittisau and Au, Jöslar Andelsbuch, Witus Beza, Der Kleine Sagmeister Bregenz, Buchräume Ananas in Dornbirn and online.

INFORMATION & TICKETS

www.kunokinderkultur.at

Hittisau:**Grinding Nagelfluh conglomerate rock**

Nagelfluh 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.

Meeting point: Ritter-von-Bergmann hall

Date: July and August, Fridays between 2 and 4 p.m.

Minimum number of participants: 4 children

Price per child: € 8 including material

INFORMATION & RESERVATION

until 5 p.m. the day before

Hittisau Tourismus

T +43 (0)513 6209-250

www.hittisau.at

Langenegg:**Leseweg**

Three Word Location stations have been set up along the Leseweg reading trail. Word Locations are filled book-cases that invite hikers to stop and

browse in quiet places. There are no significant gradients along the trail so that they may also be accessed with prams.

Walking time: 1 hour

Altitude difference: 67 m

INFORMATION

Langenegg Tourismus
www.langenegg.at

Langenegg:

Lausbubenweg

The many opportunities to play along this route are in invitation to enjoy an adventurous hike. In addition to the water wheels at the Energieportal (Energy Portal) by the brook, children may enjoy balancing on wooden blocks, throwing pine cones at targets or on the barefoot spiral in the Energieportal Ruhe (Energy Portal Silence). Balancing on the rope and slack line demands full concentration.

Walking time: 1 hour

Altitude difference: 140 m

INFORMATION

Langenegg Tourismus
www.langenegg.at

Lingenau:

Children's Puzzle Walk

On a walk through the forest and meadows, children must answer 20 different questions and find hidden treasures. Those who complete the walk can select an icecream. Children must be accompanied by an adult.

Meeting point: Gasthof Adler

Date: From May, every Thursday, 10.30 a.m.

Price per person: € 3

INFORMATION & REGISTRATION

by the previous evening
Hotel Pension Adler Lingenau
T +43 (0)5513 6367

Lingenau:

Natur.Museum

The "Open Air Museum" on Dörnlestraße (directly behind the church) in Lingenau uses the islands in the road to present the habitats that are to be found at the Nagelfluhkette Nature Park.

INFORMATION & BROCHURE

Lingenau Tourismus
T +43 (0)5513 6321

Mellau:

Children-Climbing and crossing a gorge

Hiking guide Hans shows children how to cross a gorge and how to climb safely. For children from 5 years of age (approx. 3 ½ hours)

Meeting point: Mellaubahn cable car valley station, (in bad weather: municipal office)

Date: 13 July to 7 September, every Monday at 1 p.m.

On bad-weather days: climbing in the mountain rescue hall

Price per child: € 3

INFORMATION & REGISTRATION

by 10 a.m. on Monday
Mellau Tourismus
T +43 (0)5518 2203
www.mellau.com

Sulzberg – Border Guards' Path

Easy forest and meadow walk for the whole family. Following the "Smugglers' Mate", children can explore nature for themselves in a playful way.

Duration: approx. 2 hours

Starting point: Sulzberg village centre

INFORMATION & BROCHURE

Sulzberg Tourismus
T +43 (0)5516 221310
www.sulzberg-bregenzerwald.com

Bezau, Mellau, Bizau, Reuthe & Schnepfau:

Wet weather tip: Children's Rally

Exciting puzzles and challenges await the children in each village.

A separate brochure (available in the tourist information offices) describes the route and the challenges.

A reward is offered for solving the problems.

INFORMATION & BROCHURE

Mellau Tourismus

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

Sulzberg:

Orienteering and treasure hunt

Children can obtain a treasure map in the tourist information office. The treasure hunt starts at the Fitness Trail. From here, the path runs to 13 checkpoints, where a letter of the one-word solution is revealed. Once the puzzle has been solved, a personal treasure is awarded in the tourist information office.

Meeting point and maps:

Sulzberg tourist information office

Dates: May to October

Price per person: € 15 (€ 12 for holders of the Vorarlberg Family Pass and visitors with a Sulzberg Guest Card)

INFORMATION & REGISTRATION

Sulzberg Tourismus

T +43 (0)5516 2213-10

www.sulzberg-bregenzerwald.com

Warth-Schröcken:

Mini and Teenie Canyoning

An adventure programme for the whole family. Start the tour by jumping into the water!

Mini canyoning tour (from the age of eight)

Mini canyoning tour (from the age of 12)

Meeting point: Restaurant Holzschopf, Schröcken

Duration: approx. 2 hours

Date: every Tuesday and Thursday (July and August)

Price per person "Kids": € 29

Price per person "Teens": € 39 including use of the equipment (canyoning suit, helmet and belt)

INFORMATION & REGISTRATION

the day before: Jürgen Strolz

M +43 (0)664 3801540

www.holzschopf.com

Further outdoor ideas for families

Cable cars & swimming pools → p. 5

Cycling → p. 38

Climbing parks &

climbing courses → p. 46

Archery → p. 48

Wälderbähnle → p. 85

Workshops for children at the

Frauenmuseum → p. 86

Au-Schoppernau:**Riding on Haflinger horses**

Walking, trotting and cantering on the lunge line.

INFORMATION & REGISTRATION

Fam. Maria & Viktor Zündel

T +43 (0)5515 2162

www.schrannenhof.com

Damüls:

Trip in a horse-drawn carriage

Meeting point: 1.30 p.m. at the Uga valley station in Damüls

Date: end of June to the middle of September, every Monday

Price per person: € 4, no charge for children

INFORMATION

Damüls Faschina Tourismus

T +43 (0)5510 620

www.damuels.at

Doren:**Febs' pony riding lessons at the Biserhof**

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

INFORMATION & REGISTRATION

Susanne Biser

T +43 (0)5516 2827

www.reitpaedagogik-biserhof.at

Egg:**Pferdehof Hammerer**

For beginners, from the less experienced to advanced riders

INFORMATION & REGISTRATION

Kasia Hammerer

M +43 (0)664 3913324

Sulzberg:**Pony riding**

Once you have become acquainted with and groomed the ponies, we go to the riding ground. The children are led on various ponies and may also "lead" a pony themselves.

INFORMATION & REGISTRATION

Barbara Baldauf

M +43 (0)664 6327820

Dealing with horses – boost your self-confidence

Horses as partners offer people valuable leisure opportunities, "sporty movement", support development and help promote body feel.

INFORMATION & REGISTRATION

Natalie Bregenzer

M +43 (0)664 5456457

www.nati-westernreiten.at

Horse-and-carriage rides pulled by Fresian horses

Date: March to October, daily following booking, in dry weather only

INFORMATION & REGISTRATION

Silke Blank, M +43 (0)664 4411380

Horse-drawn carriage ride

Date: March to October advance booking required

Price per trip: € 50 (max. 4 adults)

INFORMATION & REGISTRATION

Bernhard Baldauf

M +43 (0)664 6327820

Warth:**Riding Irish tinker mares**

„FEBS“ with children from three to 10 years of age, in groups of three to four children: imagination, movement, play.

INFORMATION & REGISTRATION

Isolde Strolz, M +43 (0)664 4374027

www.wallis-warth.at

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

Vorarlberg

inatura – nature show in Dornbirn

With Science Centre: touch, crawl in, try out, play and experiment.

INFORMATION

T +43 (0)5572 23235-0
www.inatura.at

Spielfabrik – indoor playground in Dornbirn

Indoor playground over an area of 2,000 m² for playing, romping around, climbing, racing and jumping about.

INFORMATION

T +43 (0)5572 408840
www.spielfabrik.at

Boat trip on Lake Constance, Bregenz

Sightseeing tours and scheduled trips to numerous destinations on Lake Constance.

INFORMATION

T +43 (0)5574 42868
www.bodenseeschiffahrt.at

Schattenburg in Feldkirch

The medieval castle depicts life during the age of chivalry.

INFORMATION

T +43 (0)5522 304-3510
www.schattenburg.at

Switzerland

Conny-Land amusement park in Lipperswil (Switzerland)

Dolphinaria with sea lions and dolphins, petting zoo, pirate ship.

INFORMATION

T +41 (0)52 7627272
www.connyland.ch

Germany

Lake dwelling museum in Unteruhldingen (Germany)

The reproduced village on stilts depicts daily life during the Stone Age and the Bronze Age.

INFORMATION

T +49 (0)7556 92890-0
www.pfahlbauten.de

Ravensburg theme park in Meckenbeuren (Germany)

The world's biggest playroom!

INFORMATION

T +49 (0)7542 400-0
www.spieleland.com

Legoland in Günzburg (Germany)

Built from 57 million Lego bricks.

INFORMATION

T +49 (0)180 5700 75701
www.legoland.de

Zeppelin Museum in Friedrichshafen (Germany)

The history and technology of airships.

INFORMATION

T +49 (0)7541 3801-0
www.zeppelin-museum.de

Skywalk Allgäu – tree-top path in Scheidegg (D)

A 540-metre path through the canopy of trees, wobbly bridge and tube slide; adventure playground, barefoot path, barrier-free nature trail

INFORMATION

T +49 (0)8381 8961800
www.skywalk-allgaeu.de

ARCHITECTURE

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



Exciting melding of the old with the new

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

This phenomenon is comparatively new. Whilst it is true that Vorarlberg's baroque master builders are a fixed feature in specialist literature whenever the Vorarlberg school of architecture or architects are mentioned, they mean the generation born since 1950 which has been influencing the architecture here for about the past 30 years. Without counting the handful of pioneers that preceded them, this amounts to over 60 people: considering the 390,000 inhabitants, this is an amazing number. Such a ratio is only possible in a region where architecture is appreciated, where one in four houses is designed by architects.

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

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



Islen holiday home in Mellau

Landscape and wooden buildings

Located somewhat off the beaten track, the Bregenzerwald was part of this development, although in a way of its own. In contrast to the densely populated, industrial and commercial Rhine Valley with its mainly suburban structure, landscape, nature and rural craftsmanship culture is of great importance in the Bregenzerwald. Outside of the Bregenzerwald, groups of houses and farms dominate, whereas inside the Bregenzerwald it is the single-ridge house outside of the Bregenzerwald it is households which commission the building, whereas inside the Bregenzerwald it is the young craftsmen. The Bregenzerwälder have a greater affinity for craftsmanship in general (*werkraum* → p. 72): for example, it is in the carpentry trade that the Kaufmann family of architects has its roots. While, following the initial years, the formal experiment is in demand outside, the tendency towards stringency and sobriety increases inside. Rural pragmatism and the discipline of construction with timber, which is now state-of-the-art, appears to be more effective here.

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

It is hard to list remarkable buildings, since many of them are private residential buildings which are not accessible. However, a walk through Hittisau or Schwarzenberg for example, can satisfy your curiosity. The village of Bizau is particularly suitable for such a walk: it boasts residential buildings from all epochs, estates, buildings for industrial, educational and local authority purposes, as well as inns: together, they form an ensemble which was awarded the ArGeAlp prize.

“Umgang Bregenzerwald” → p. 68



Hamlets in Schwarzenberg

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

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

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



Umgang Bregenzerwald

This is what the “Umgang Bregenzerwald” has in store for you: easy walks of different lengths between 1.5 and 4 hours. They lead through the villages of Au, Schoppernau, Mellau, Bizau, Bezau-Reuthe, Andelsbuch, Schwarzenberg, Egg, Lingenau, Langenegg, Hittisau and Krumbach. On the way, you will come across waist-high columns. Stop in front of them and look inside, where you will see drawings of buildings or objects with short questions. You will find

the answers in the folders for the various “Umgang” paths. Or you’ll discover them for yourself – by talking to the locals, for example. As you continue, you may wonder what makes this particular “Umgang” path special and distinguishes it from the others. Will you work it out? And your own image of the Bregenzerwald as a suburb of the future will start to form.



Information boards along the trails of the "Umgang Bregenzerwald" tour



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 village tours – themed walks focusing on architecture and the trades

From may to october: every tuesday and friday at 9.30 a.m. in different villages

Registration the day before by 5 p.m. in the tourist office

INFORMATION & DATES

www.bregenzerwald.at





Bränden bus stop, Sou Fujimoto, Japan

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

Krumbach is well-known for its scenic beauty (→ p. 109) and a lively pub culture. In recent years, the village has made a name of itself with its multi-award-winning architecture. Most recently with the bus:stop krumbach project: in cooperation with the Architekturzentrum Wien and the Vorarlberg Architektur Institut, seven architectural firms from Russia, Spain, Belgium, Norway, Japan, China and Chile were invited to design seven bus stops. In close cooperation with local craftsmen and regional partner architects, seven bus stops were built in 2014 – as a tribute to the use of traditional materials, skilled manufacturing techniques and the landscape. And to that which

continues to characterise the region: the interplay of man and nature, of tradition and the modern age, of craftsmanship and building culture.

Bränden bus stop

Sou Fujimoto, Japan

Unterkrumbach Süd bus stop

Architekten de Vylder Vinck Taillieu, Belgium

Unterkrumbach Nord bus stop

Ensamble Studio, Spain

Zwing bus stop

Smiljan Radic, Chile

Oberkrumbach bus stop

Alexander Brodsky, Russia

Kressbad bus stop

RintalaEggertsson Architects, Norway

Glatzegg bus stop

Wang Shu, Ly Wenyu, China

Architecture prizes for BUS:STOP:

State Prize for Architecture 2014, Vienna

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

INFORMATION

www.krumbach.at



Werkraumhaus in Andelsbuch

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

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

A house dedicated to craftsmanship

The building designed by Peter Zumthor, the internationally renowned Swiss architect with an

outstanding affiliation with craftsmanship, was opened in 2013. His visionary design for the Werkraumhaus is based on two basic ideas: on the one hand, the building serves as a meeting place. On the other hand, it is a large showcase for the culture of craftsmanship in the Bregenzerwald. This idea finds expression in a protruding roof made from wood and a façade made from glass. There is no distinction between inside and outside – the landscape flows through the building. Changing presentations of products manufactured at the member companies' workshops as well as exhibitions focusing specifically on the trades and building culture are staged in winter and spring during the Werkraumschau. Throughout the year, developers, architects and those interested in building and living environments can see and learn personally about the range of services offered by the craftspeople networked in the Werkraum. An open and flexible hall of 700 m² offers room for exhibitions, events, a shop and a restaurant.

Bregenzerwald Werkraum

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

Qualities of craftsmanship

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

in New York.

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

Werkraum Bregenzerwald

OPENING TIMES

Tue – Sat 10 a.m. – 6 p.m. closed on Sundays, Mondays and public holidays.

ADMISSION

€ 7.50 standard, € 5 concessions

INFORMATION & GUIDED TOURS

T +43 (0)5512 26386

www.werkraum.at



Devich's wooden shoes

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

Werkraum craftsmanship (→ page 72)

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

Werkraum Bregenzerwald, Andelsbuch
www.werkraum.at

Wooden shoes

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

Devich Holzschuherzeugung, Hittisau
www.holzschuhe.at

Toboggans

Anton Bereuter makes leisure and sport toboggans from local wood. Anton Bereuter, Alberschwende
www.handwerkholz.at

Local ash wood is cut down in the winter months when the moon is right and air-dried for two years – and then used to make sports or family toboggans.

Gebrüder Johler, Alberschwende
www.johler-rodel.at

Jewellery

In her smithy, Christina Fetz-Eberle designs and makes jewellery from stainless steel and stones.

Glanzstück Schmuckwerkstatt, Hittisau
www.glanzstueck.at

Working in clay

The KreativWerkstatt is a pottery workshop where the clay works are completed by raku firing.

It's possible to knead, shape, mill and fire ideas in clay here.

Information, workshops & exhibition
 Petra Raid, Langenegg
www.raid-petra.at



Leisure toboggan, Anton Bereuter Handwerkholz, Alberschwende

Bregenzerwald toys

Based right in the centre of the Bregenzerwald, this company specialises in working with wood and makes crane trucks, doll's houses, gaming tables and even dentist's chairs from locally available beechwood.

All the wooden toys are made by hand and are aesthetically pleasing and free from toxins. The products are now being manufactured in „sheltered workshops“ by people with special needs.

Online shop: www.holzspielzeug-und-mehr.at

Shop: Bahnhof 148, 6870 Bezau

Lamps

Bregenzerwald designer Anna Claudia Strolz creates lighting systems and also makes some of the lampshades herself at her studio in Bregenz.

Some of the designs are produced in cooperation with Bregenzerwald tradespeople.

Shop & Studio, Bregenz
www.strolzleuchten.at

Textiles

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

Martha Niederacher, Krumbach
www.textil-werkstatt.at

Pfiffiges

Working with his family, nature fans and creative partners from the neighbourhood, Roland Bär manufactures products that are sustainable, nature-aware and durable: Agricultural products (cheese, spirits, liqueurs, meat) as well as products by the trades (wooden toys, lamps, small items of furniture, decorative items).

Online Shop: www.pfiffiges.at

Farm shop: Kalchern 65, 6866 Andelsbuch



Holiday Destination Austria – give feedback and win!

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

The prizes up for grabs are holiday vouchers for individual holiday experiences in Austria. Be it in a family-run hotel or in a tastefully furnished holiday apartment, it's up to you what type of holiday you want to enjoy next in Austria. All the prizes and more details may be found at the beginning of the survey.

We wish you lots of luck!
Your team from Bregenzerwald Tourismus

See here for the survey: tmona.at/l7u2



T - M O N A
Tourismus-Monitor Austria

CULTURAL PROGRAMME

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



Musicians on their way to the Schubertiade concert

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

20 – 28 June and

22 August – 30 August 2020

The programme boasts around 40 events: chamber concerts, song recital evenings, piano concerts, and a Master course. Every year, world famous artists and ensembles make a guest appearance in the Angelika Kauffmann Hall, which affords a view of the meadows and mountains. Special Schubertiade buses run to Schwarzenberg from many places in the Bregenzerwald and will also return guests to their points of departure after the concerts.

INFORMATION & TICKET SALE

Schubertiade GmbH
T +43 (0)5576 72091
www.schubertiade.at

Bregenzerwald Tourismus has compiled attractive deals for visitors to the Schubertiade (hotel + 3 tickets per person).

INFORMATION & ARRANGEMENTS & ROOM RESERVATIONS

Bregenzerwald Tourismus GmbH
Gerbe 1135, 6863 Egg
T +43 (0)5512 2365
F +43 (0)5512 3010
www.bregenzerwald.at/en



Performance on the lake

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

22 July – 23 August 2020

In 2020, the Bregenz Festival will be presenting Giuseppe Verdi's "Rigoletto" on the world's largest lake stage: Opera in three acts (1851) Libretto by Francesco Maria Piave after Victor Hugo's Le Roi s'amuse (1832). In Italian with German super-titles

Première 23 July 2020 – 9.15 p.m.

INFORMATION & TICKET SALE

Bregenz Festspiele
T +43 (0)5574 407-6
www.bregenzerfestspiele.com

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

INFORMATION & ARRANGEMENTS & ROOM RESERVATIONS

Bregenzerwald Tourismus GmbH
Gerbe 1135, 6863 Egg
T +43 (0)5512 2365
F +43 (0)5512 3010
www.bregenzerwald.at/en



Festival of classical music in Krumbach

A small Bregenzerwald village is transformed into a big stage during the Klassik Krumbach event. The exceptional musicians and siblings Alex Ladstätter and Natalia Sagmeister will be inviting you to a young and fun festival – without the conventions usually associated with classical music, with music that inspires and touches. They'll be creating unforgettable moments with friends from all over the world.

13 – 16 August 2020

It's possible to experience young top international musicians in Krumbach who thrill audiences with their passion and joy of performing. The Classical Music Festival will be revealing a few surprises for the 2020 summer break. The artists sometimes burst out of the classical framework with playful ease to focus on improvisation and crossover. They become creative where the village, its moorland or even the architecture inspire them. Visitors will be able to hear wonderful music with incredible virtuosity: on the village square, in the parish hall, in the church, in the fields and meadows.

INFORMATION & TICKET SALES

Municipality of Krumbach

T +43 (0)5513 8157

www.klassik-krumbach.at



FAQ – Potential for a great time

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

31 August – 6 September 2020

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

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

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

INFORMATION & TICKET SALES

Bregenzerwald Tourismus

T +43 (0)5512 2365

www.bregenzerwald.at/en

www.faq-bregenzerwald.com



Bezau Beatz – music away from the mainstream

Bezau Beatz Festival

6 – 8 August 2020

sheds of the Bezau “Wälderbähnlé”

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

INFORMATION & TICKET SALES

Bezau Tourismus

T +43 (0)5514 2295

www.bezaubeatz.at

Damüls: Walser people in the

Bregenzerwald

July – August

The motto of the musical summer series in the mountain village is “from classical to rock”.

All events are free of charge and start at 8.30 p.m.

INFORMATION & DATES

Damüls Faschina Tourismus

T +43 (0)5510 620

www.damuels.at

750 Jahre Schwarzenberg: A municipality celebrates its anniversary!

Schwarzenberg has taken the occasion of its anniversary to look forward by drawing on its long history to reveal new opportunities and paths into the future. The intention is for the planned celebrations to leave a mark – both in the memories of the participants and guests but also by enabling the village community to sustain itself into the future.

Highlights

Summer party under the open sky
Presentations about the history of Schwarzenberg and exciting contemporary positions

INFORMATION & PROGRAMME

Schwarzenberg Tourismus

T +43 (0)5512 3570

www.schwarzenberg750.at



Andelsbuch railway station, events location

Bahnhof Andelsbuch cultural society

The 'bahnhof', the converted Andelsbuch K&K railway station of the redundant Wälderbahn, is a place where culture regularly stops off. More than 50 events are staged here every year: concerts, song recitals, lectures, discussions, story times and exhibitions that attract not only locals to the 'bahnhof' but also audiences from Switzerland, Germany and Liechtenstein. It is the objective of those running the 'bahnhof' to bring global culture to Bregenzerwald and to show through the medium of the station which culture thrives in these parts.

INFORMATION

Kulturverein Bahnhof
www.bahnhof.cc

GaumenKino at the Jöslar

Interested cineastes may settle down in cinema seats, chairs, bar stools and any other opportunity that presents itself to enjoy the top-notch cinematic food that is presented by Hans Bach Lichtspiele. The screenings are accompanied by three fine courses and, of course, drinks.

Dates: every first Sunday of the month (summer break during July and August)

INFORMATION & RESERVIERUNG

by the Friday before
T +43 (0)5512 2312 oder
kontakt@joeslar.at
www.joeslar.at

Sulzberg-Thal: ThalsaalKultur

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

INFORMATION

www.thalsaalkultur.at

:alpenarte – experiencing classical music in a new way

Schwarzenberg

Intergenerational concerts and direct contacts as well as encounters with the young, international and highly talented musicians. The communication of music and the exciting presentation of concerts. Repertoire off the beaten track.

Dates: 20 March and 8 – 11 October

INFORMATION & TICKET SALES

T +43 (0)5512 2917-80

www.alpenarte.eu

Bregenzerwald Regional Brass Band Festival in Lingenau:

For one weekend the whole village is characterized by brass music and encounters. The highlights include Frühschoppen (morning drinks) on Sunday and the parade with a variety of musical and traditional costume groups.

Date: 9 – 12 July 2020

INFORMATION

Musikverein Lingenau

www.fest2020.at

Village evenings: music & culinary delights

Kultur-Käs-Klatsch in Alberschwende

16 July – 27 August 2020

Thursdays from 7 p.m.

on the village square

www.alberschwende.at

Summ'r Hock in Andelsbuch

17 July – 28 August 2020

Fridays on the school square
from 7 p.m.

www.andelsbuch.at

Andelsbuch: Power station in the Art Nouveau style

The Andelsbuch power plant, which was opened in 1908, was one of the largest and most modern power plants in the Austro-Hungarian Monarchy. And it has to this day retained its unmistakable character although it has been renovated, rebuilt and expanded over the decades.

Date: 25 June to 27 August, every Thursday at 10 a.m.

Programme: sightseeing and guided tour

Price: free

INFORMATION

Andelsbuch Tourismus

T +43(0)5512 2565

www.andelsbuch.at

Au-Schoppernau – Guided tour of the church in the evening including organ music

Visitors listen to anecdotes and historical details about the churches in Au and Schoppernau and the works of the Bregenzerwald's baroque master builders – the Au Guild of Craftsmen brought great fame to Au. Established in 1657 the guild developed into the “Bregenzerwälder Barockbaumeisterschule” (Bregenzerwald School of Baroque Master Builders) which left its mark on baroque construction in South Germany, Switzerland and Alsace for over a century. Included in the tour is a performance of organ music from various periods.

Admission is free of charge.

Dates: 3 July to 21 August, every Friday at 8.30 p.m.

Alternatively in the parish churches of Au and Schoppernau

INFORMATION

Au-Schoppernau Tourismus

www.au-schoppernau.at

The “Wälderbähnle”

The “Wälderbähnle” is a carefully maintained nostalgic railway, pulled by historical diesel or steam engines, which runs between Bezau and Schwarzenberg Stations.

Journey time: return trip:
approx. 1 hour

Opening times:

9 May – 4 October: Sat, Sun
15 July – 9 September: Wed, Sat, Sun
See the website and notice at the train station for special trips.

Operating times:

Sat, Sun: departure in Bezau at
10.45 a.m., 1.45 and 3.45 p.m.
Wed: departure in Bezau at 9.45 a.m.,
11.15 a.m., 1.45 and 3.45 p.m.

BARRIER-FREE

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

INFORMATION & REGISTRATION

Bregenzerwaldbahn
M +43 (0)664 4662330
www.waelderbaehhle.at

Lingenau – hiking and listening to stories

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

INFORMATION

Lingenau Tourismus
T +43 (0)5513 6321
www.lingenau-erzaehlt.at

Schoppernau – KulturTour

How did a farmer’s son from Schoppernau become one of the Vorarlberg region’s most influential writers? Equipped with a map, a rucksack and an app, visitors may see important turning points in the life of the writer, social reformer and farmer from Schoppernau. His own way for which he fought hard, his yearning for books and writing, dramatic events and his deep love for Nanni Moosbrugger, his soul mate.

Issuing point: Schoppernau
Tourist Office, open Mon – Fri
8 a.m. – noon, 1.30 – 5.30 p.m.,
Sat 8 a.m. – noon

INFORMATION

Tourismusbüro Schoppernau
T +43 (0)5515 2495
www.au-schoppernau.at



Women's Museum in Hittisau

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

The Women's Museum in Hittisau

Hittisau Women's Museum is the first and only museum dedicated to women in Austria. Hittisau Women's Museum presents changing exhibitions which examine topics from the fields of history, art, architecture, social history, ethnology, craftsmanship, etc. from a female point of view. Attention is paid to switching between or combining regional and international points of view. To accompany the exhibitions, the Women's Museum offers an extensive supporting programme of individually organised special guided tours, talks, workshops, concerts, readings and film showings.

OPENING TIMES

Wed 2 p.m. to 5 p.m.

Fri – Sun 10 a.m. to 5 p.m.

GUIDED TOURS FOR THE PUBLIC

Mon 6 p.m. and upon request

INFORMATION, GUIDE BOOKING AND WORKSHOPS FOR CHILDREN:

T +43 (0)5513 6209-231

M +43 (0)664 88431964

fuehrungen@frauenmuseum.at

www.frauenmuseum.at

Exhibition; GEBURTSKULTUR. Of giving birth and being born

30 May 2020 to 21 April 2021

The "Geburtskultur" ("Birth Culture") exhibition illustrates the historical and cultural-historical knowledge about the process of giving birth and being born. Exhibits from the past are combined with contemporary narratives, basic knowledge is vividly conveyed, modern developments are reflected. Romanticisations and mystifications are illuminated. Contemporary art positions delve deeper into the subject.

Workshops for children

Appointment by arrangement,

bookable from four children

Price per child: € 5

INFORMATION & BOOKING

M +43 (0)664 9721312



Raphael Morghen after Angelika Kauffmann: Portrait of Princess Bariatinskaya with Her Family, 1793/94 (detail)

Angelika Kauffmann Museum Schwarzenberg

To Italy – Angelika Kauffmann and the Grand Tour

2 May to 31 October 2020

Angelika Kauffmann travelled a lot during her life to study the old masters in Milan, Parma, Bologna, Florence, Venice and Naples. She later spent time working in London and Rome. Her wealthy patrons were also well-travelled as it was common practice during the 18th century to embark on extensive educational trips, so-called “Grand Tours”. Italy with its ancient sites, picturesque landscapes and famous art treasures was the destination. This early boom in tourism turned into a generous source of commissions for artists who lived in Rome. Portraits, landscape paintings and architectural drawings were popular souvenirs – and also awakened a yearning for the south among those who had remained at home. The exhibition illuminates the phenomenon of the “Grand Tour” by presenting original works by the artist and her contemporaries and reveals how they are linked to the present as well as to the early days of tourism in Schwarzenberg.

Heimatomuseum 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. A regional exhibition – “Wem gehört das Bödele? Eine Kulturlandschaft verstehen” (“Who owns the Bödele? Understanding a cultural landscape”) – is being shown at the same time.

OPENING TIMES

2nd May until 31 October 2020

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

GUIDED TOURS

Tuesday, 3.30 p.m., Sunday, 10.30 a.m.

INFORMATION

Schwarzenberg Tourismus

T +43 (0)5512 3570

www.schwarzenberg.at

www.angelika-kauffmann.com

Alberschwende local history museum

Bregenzerwald style of home furnishings: "From flax to linen"

OPENING TIMES & TOURS

upon request

INFORMATION

Alberschwende Tourismus

T +43 (0)5579 4233

Mesmer's barn in Alberschwende

"Ausstellung von A/ nach B": This exhibition focuses on the first sumpter routes across the Lorena pass and the subsequent expansion of road links, the growing traffic and increasing motorisation.

The "A/ nach T" exhibition deals with the heyday of inns during the 20th century.

OPENING TIMES & TOURS

upon request

INFORMATION

Alberschwende Tourismus

T +43 (0)5579 4233

Bezau local history museum

A typical residential building, maintained in its original style. It holds national costumes, offers insight into the style of home furnishing in days gone by, and displays a valuable collection of sacral art.

OPENING TIMES WITH GUIDED TOURS

October to June: Tue 2 p.m., July to September: Tue, Thur and Fri 2 p.m. – 4 p.m. For further guided tours (including of groups), please register at: M +43 (0)677 62318655

INFORMATION

Bezau Tourismus, T +43 (0)5514 2295

Kulisse Pfarrhof in Damüls

Vorarlberg FIS Skimuseum Damüls

OPENING TIMES

11 June – 9 Oct., Tue and Fri 3 to 6 p.m.

Groups upon request

INFORMATION

Damüls Faschina Tourismus

T +43 (0)5510 620

www.damuels.at

Egg Museum

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

OPENING TIMES

Fri – Sun 3 to 5 p.m.

INFORMATION

M +43 (0)664 1124341

www.eggmuseum.at

Hittisau alpine dairy farm museum

Historical alpine dairy kitchen with cheese-making and milk processing equipment, cheese tasting.

OPENING TIMES

Wednesday 10 a.m. with guided tour (Must be booked in advance until Tuesday 12 p.m.)

Minimum number of participants: 4 people

INFORMATION

Hittisau Tourismus

T +43 (0)5513 6209-250

Images of 19th century life in Hittisau

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

OPENING TIMES

upon request

INFORMATION

Roman Dorner M +43 (0)664 4309125

Konrad Schwarz M +43 (0)664 4232175



Juppenwerkstatt Riefensberg

Juppenwerkstatt Riefensberg

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

OPENING TIMES

May to October

Tue 10 a.m. to 12 p.m., Fri 10 a.m. to 12 p.m. and 2 to 4 p.m., guided tours following prior appointment

INFORMATION

Riefensberg Tourismus

T +43 (0)5513 8356

www.juppenwerkstatt.at

Angelika-Kauffmann Museum in Schwarzenberg

19th century style of furnishing in the Bregenzerwald, Angelika Kauffmann exhibition in the new wing (→ p. 87).

Franz Michael Felder Museum in Schoppennau

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

OPENING TIMES

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

INFORMATION

Schoppennau Tourismus

T +43 (0)5515 2495

“uf m Tannberg” alpine museum in Schröcken

“Mountain farmers’ old trade”
exhibition

OPENING TIMES

Mid-June until September, every
Tue, Thu and Sun from 1 to 4 p.m.
Guided tours for groups available
upon request

INFORMATION

Warth-Schröcken Tourismus

T +43 (0)5519 2670

www.alpmuseum.at



Kunsthaus Bregenz

Kunsthaus Bregenz

From both an architectural and programmatic point of view, the Kunsthaus Bregenz (KUB) is one of the most outstanding exhibition centres for contemporary art in the whole of Europe. The KUB features changing exhibitions on its programme every year.

www.kunsthaus-bregenz.at

OPENING TIMES

Tue to Sun 10 a.m. to 6 p.m.,
Thu 10 a.m. to 8 p.m.,
Closed on Mondays

Vorarlberg Museum

The vorarlberg museum is concerned in an entertaining manner with the history and the present of the region. Guided tours, talks with scientists, storytelling cafés and an array of further events are also on offer.

www.vorarlbergmuseum.at

OPENING TIMES

Tue to Sun 10 a.m. to 6 p.m.,
Thu 10 a.m. to 8 p.m.,
Closed on Mondays
July and August:
Mon to Sun 10 a.m. to 7 p.m.,
Thu 10 a.m. to 8 p.m.,

More Cultural Outings in Vorarlberg

Bregenz: Festival House with its lakeside stage, old town

Dornbirn: inatura, Rolls Royce Museum

Rankweil: basilica worth a visit

Feldkirch: medieval old town, Schattenburg

Großes Walsertal biosphere park: parish in St. Gerold

Cultural trips across the borders

Germany: island town Lindau, Zeppelin Museum Friedrichshafen, medieval wine town Meersburg, Mainau flower island, Birnau monastery, historical council town Constance, Reichenau island (UNESCO World Cultural Heritage), Farmhouse museum (Allgäu-Oberschwaben Wolfegg)

Switzerland: monastery and library St. Gallen (UNESCO World Cultural Heritage), Einsiedeln monastery

Principality of Liechtenstein: Vaduz, art museum

TIP: "OUTINGS" MAP

Map of "Outings in and around the Bregenzerwald" is available from Bregenzerwald Tourismus and the tourist information offices.

DINING OUT

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



Alpine dairy in Schnepfau

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

The Bregenzerwald is an Austrian gourmet region. These days, the word “gourmet” is used all too frequently in advertising: however, the expression “gourmet region” has a specific meaning: it is a registered brand by the Austrian Ministry for Food and the AMA (Agrarmarkt Austria), wishing to remind consumers of regional specialities. The basic prerequisites are that the ingredients come from the region, that production is regional, and that the products are firmly rooted in regional gastronomy. In the Bregenzerwald, this means alpine cheese. Every year, approximately 3,000 tons of alpine cheese are produced in the valley’s 15 dairies. Every year, 200 tons of alpine cheese are handmade by the 70 or more dairy alps every summer. The special thing about this cheese is the silo-

free milk it is produced from, since only 2% of EU dairy farmers produce in this way, i.e. their cows never eat silo fodder – instead, between May and October, they only eat grass and herbs. During the winter, they only eat the air-dried hay from valley meadows. In the so-called three-stage farming method, following their winter in the barn, the animals graze on the mountain pastures located at medium height (around 900 m) during the spring and the autumn, and on the high mountain pasture during the summer. The mountain pastures are run as a collective, since the farmers only have an average of 12 cows in the barn.

The three-stage farming method (inscribed in the Austrian national UNESCO List of Intangible Cultural Heritage in the spring of 2011) in particular gives the alpine cheese the special flavour which means it can easily contend with the well-known European full-fat cheeses. It has been like this for a long time: back at the start of the 19th century, the inhabitants of the Bregenzerwald sold over 30,000 kg of cheese to the monarchy and abroad. In 1877, Karl

von Seyffertitz wrote: “Everywhere – including in the cheerful Vorderwald, in Hittisau and Lingenau, you will meet a unique people in strange national dress in wood-panelled parlours with floors scrubbed white, with shiny door handles – the men busy looking after a dairy breed of cow and overseeing the production of a popular, world-famous fine cheese, the women busy with elaborate whitework embroidery.” However, it wasn’t the producers back then who made all the money – it was the sellers. The Schnepfau local Josef Ambros Moosbrugger, for example, made so much profit from selling cheese that he could afford a city palace in Milan. No doubt he dined differently to the people back home, where cooking over an open fire resulted above all in simple pan-fried dishes such as the “Riebel” and the “Schwozermuas”. Up on the alp, flour, salt, butter, quark and cheese were the main ingredients. The recipe for “Schwozermus” – named for the woodcutters from Schwaz – was: “Water, flour, salt, dripping – and that’s it!” The lack of bread on the alp gave rise to the “Käsknöpfle”, to “Sig”, known only in the Bregenzerwald and which is caramelised lactose, since they wanted to make a further product from the whey. The passage of this modest alp fare to the current first-class restaurants in the Bregenzerwald – which now use over 50 regional types of cheese – went through a series of changes which demanded quality rather than quantity. These include the 1997 EU Protection of Origin of alpine and mountain cheeses, the establishment of the “KäseStrasse Bregenzerwald” in 1998 as a network of farmers, alpine dairies, craftsmen, publicans

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

Käsestrasse & tasting

The **KäseStrasse Bregenzerwald** is an association of farmers and alps, alpine dairy farmers and cheesemakers, cheesemongers and restaurants, museums and cable car operators, members of the tourism industry and partners from the worlds of trade and commerce. The over 160 partners which make up the KäseStrasse network are joined together in the objective of maintaining and preserving taste and regional culture.

Programme: “Bregenzerwald Käsekeller in Lingenau”

A look through the glass wall into the Käsekeller (cheese cellar) where around 32,000 alpine and mountain cheese wheels mature, information pertaining to cheese culture in the Bregenzerwald, the maturing and storage of alpine cheese, showing of the KäseStrasse film, tasting of the diverse types of cheese and other specialities

INFORMATION & REGISTRATION

KäseStrasse Bregenzerwald
T +43 (0)5513 42870-41
www.kaesestrasse.at

Sennerei Andelsbuch

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

Käsehaus Andelsbuch

The Bregenzerwälder Käsehaus (cheese house) in Andelsbuch sells up to 60 different types of hard, cut, fresh and soft cheeses made from cow's, goat's and ewe's milk. It's also home to a restaurant and cheese is made on location at 4 p.m. every Sunday.

Hof 144, 6866 Andelsbuch
 T +43 (0)5512 26346
 www.kaesehaus.com
 Mon – Sat 9 a.m. – 6 p.m.
 Sundays and bank holidays
 10 a.m. – 6 p.m.

Alpenkäse, Au

Argenau 354, 6883 Au
 T +43 (0)5515 2310
 www.alpenkaese.at
 Mon – Sat 8 – 12 a.m.

Rehmer Sennhaus, Sennhuslädele, Au

Rehmen 88, 6883 Au
 T +43 (0)5515 2959
 www.feinkost-kaese.com
 Mon – Sat 8.30 – 11 a.m.

Alpenkäse Bregenzerwald**Sennerei Bezau**

Ach 586, 6870 Bezau
 T +43 (0)5514 30020
 www.alpenkaese.at
 Mon – Fri 8 – 12 a.m. and 2 – 6 p.m.
 Sat 8 – 12 a.m.

Sennhaus Bezau Oberdorf

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

Alma Bergsennerei Huban, Doren

Huban 139, 6933 Doren
 T +43 (0)5516 2001
 www.sennerei-huban.at
 Mon – Thur 8 – 12 a.m.
 Mon, Wed, Thur 4 – 6 p.m.
 Fri 8 – 12 a.m. and 3 – 6 p.m.
 Sat 8 – 12 a.m.

Sennerei Hittisau

Platz 190, 6952 Hittisau
 T +43 (0)5513 2786
 www.sennerei-hittisau.at
 Mon – Sat 8 – 12 a.m.,
 Thur and Fri 2.30 – 6 p.m.
 Sat 2 – 5 p.m.

Hofsennerei Läßer family, Langen

Hub 99, 6932 Langen bei Bregenz
 T +43 (0)5575 4503
 www.kaes.at
 Fri 8.30 – 12 a.m. and 2 – 6 p.m.
 Sat 8.30 – 12 a.m.

Weekly market in Bezau

Every Friday from the beginning of June to the end of October, 9 a.m. to noon. What makes this market unique is the regional producers and traders who run it.

www.bezau-bregenzerwald.com

Schwarzenberg market with cheese awards

Saturday, 19 September 2020, 8 a.m. – 6 p.m.

Market through the listed center of Schwarzenberg, Program for children, cheese awards at the Angelika-Kauffmann Hall. www.schwarzenberg.at

KäseStrasse Bregenzerwald – HERBST.GENUSS.ZEIT

(AUTUMN.PLEASURE.TIME) A variety of events and culinary delights at the highest level, 12 September - 4 October 2020, www.kaesestrasse.at

Dorfsennerei Langenegg

Berkmann 116, 6941 Langenegg
 T +43 (0)5513 6190
 www.kaeserei.com
 Mon – Fri 8.30 – 11.30 a.m. and 3 – 6 p.m., Sat 8 – 12 a.m.

Sennerei Lingenau

Hof 28, 6951 Lingenau
 T +43 (0)5513 6420
 www.sennerei-lingenau.at
 Mon – Fri 8 – 12 a.m. and 4.30 – 6 p.m.
 Sat 8 – 12 a.m.

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

Zeihenbühl 423, 6951 Lingenau
 T +43 (0)5513 42870-43
 www.kaesestrasse.at
 1st April – 31 Oct.: Mon – Fri 10 a.m. – 6 p.m., Sat 9 a.m. – 5 p.m.
 1st Nov. – 31 March: Tue – Fri 10 a.m. – 5 p.m., Sat 10 a.m. – 4 p.m.

Dorfsennerei Sibratsgfall

Dorf 132, 6952 Sibratsgfall
 T +43 (0)5513 2442
 www.sennerei-sibra.at
 Summer: Mon – Fri 9 – 11 a.m. and 6.30 – 7.30 p.m.,
 Sat 8 – 11 a.m. and 6.30 – 7.30 p.m.
 Winter: Mon – Fri 9 – 11 a.m. and 6 – 7 p.m.,
 Sat 8 – 11 a.m. and 6 – 7 p.m.
 Sundays and bank holidays: only in the evening

Alma Bergsennerei Schnepfau

Kirchdorf 123, 6882 Schnepfau
 T +43 (0)5518 2820
 24-hour cheese vending machine

Bergkäserei Schopperrau

Unterdorf 248, 6886 Schopperrau
 T +43 (0)5515 30151
 www.bergkaeserei.at
 Mon – Fri 8.30 – 11.30 a.m., 3 – 6 p.m.
 Sat 8.30 – 11.30 a.m., 3 – 5 p.m.
 Only in the mornings during the low season in summer.

Das Käsehaus der Sulzberger Käse-rebellen

Dorf 8, 6934 Sulzberg
 T +43 (0)5516 21351
 www.kaesehaus-rebellen.com

Mon – Sat 9 – 12 a.m. and 1 – 6 p.m.
 Sundays and bank holidays: 1 – 6 p.m.

„Birglar“ Sennerei Warth

Hausnummer 73, 6767 Warth,
 T +43 (0)5583 3598
 www.waeldermetzge.at
 Winter season daily: 9 a.m. – 7.30 p.m.
 Rest of the year daily: 9 a.m. – 6 p.m.

Metzler dairy farm Egg

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

Farm visit

for individual visitor and groups

Whey-based cosmetic products

Cosmetics, refreshing drinks, bath additives

Milk the goats and cows

with brunch/cheese buffet and whey drinks

Alpine dairy school

Making cheese

INFORMATION & BOOKING**FOR ALL PROGRAMMES**

Metzler Käse – Molke GmbH

T +43 (0)5512 3044

www.molkeprodukte.com



Step by step from course to course

Step by step from course to course. The hikers are walking through the cultural landscape that typifies the Bregenzerwald: gently rolling alpine meadows, steep slopes, rocky walls and impressive views. They stop for breakfast, lunch and dessert in selected inns that particularly value regional and seasonal products. There are five impressive walking routes to choose from.

Bezau hike

Magnificent views and a typical mountain pasture settlement

8 June to 6 October 2020, every day except Monday and Tuesday

Walking time: approx. 3½ h

This hike starts with a comfortable ride on the Bezau cable car to the Baumgarten mountain station. Hikers can then fortify themselves with a mountain breakfast in the Panorama Restaurant with its large sun terrace.

From there, the hike continues to the mountain pasture settlement of Schönenbach. In the Bregenzerwald, mountain pasture settlements are called “Vorsäß”, describing the middle level of alpine farming. Delicious “Käsknöpfle” (cheese spätzle) is served in the Jagdgasthaus Egender. Finally, the hikers will enjoy a dessert in the Café-Restaurant Katrina in Bezau.

Lingenau-Hittisau hike

Water hiking path and the Rotenberg

1 May to 31 October 2020, every day except Monday, Tuesday and Wednesday

Walking time: approx. 4½ h

This hike starts with a relaxed breakfast in the Hotel-Gasthof Adler in the centre of the village of Lingenau. From there you hike down to Gschwendtobel and along the Subersach to Hittisau. From the center there is a one-hour circular route through the impressive Engenlochschlucht gorge. After lunch at landhotel Hirschen you walk via Rotenberg back to the centre of Lingenau, where a delicious dessert awaits them in the Hotel-Gasthof Adler.

Schwarzenberg hike**A picturesque village and wide views**

1 May to 31 October 2020,
every day except Monday, Tuesday and
Wednesday

Walking time: approx. 4½ h

This hike starts with a comfortable bus ride from Schwarzenberg up the Bödele. Here we find the Berghof Fetz mountain inn, where the hikers can fortify themselves with a mountain breakfast before the next stage. From the Bödele pass, the hike continues with magnificent views of the Bregenzerwald on to Kaltenbrunnen, where the hikers can enjoy lunch in the Gasthof Alpenrose. From there, they will continue to the centre of the village of Schwarzenberg, where a delicious dessert awaits the hikers in the Café Angelikahöhe.

Mellau hike**Flowering alpine pastures and the striking Kanisfluh**

11 June to 18 October 2020

Daily except Tuesday

Walking time: approx. 5 hours

The hike begins quite comfortably with a cable car trip right to the centre of the Mellau alpine region. The Bergrestaurant Simma where breakfast is served in the garden or in the friendly lounge is located to the right of the mountain station. The hike then leads across the Kanisalpe along a narrow path to the summit of the Kanisfluh. Hikers may enjoy lunch at the Edelweiß – Kraftplatz am Oberle. A delicious dessert awaits at Hotel Bären – Café Deli back in the valley.

Warth-Schröcken hike**High alps and Körbersee**

26 June to 4 October 2020, every day
except Wednesday

Walking time approx. 4¾ h

You can prepare for the coming efforts at the breakfast buffet at Ski- & Wanderhotel Jägeralpe in Warth. After breakfast the hike leads via the Old Salt Road to the “Steffisalp Express” valley station at Warth. The chairlift takes you to the mountain station at 1,870 m. From the mountain station you hike through the picturesque meadows to the wonderfully located Berghotel Körbersee, located on the idyllic mountain lake of the same name. The hikers can then enjoy beautiful views of the mountain landscape as they walk down to the Hotel Tannberg in Schröcken, where they will round off the hike with a delicious dessert.

SERVICES INCLUDED

- Description of the rambling route, including excerpt of the map
- Vouchers for a mountain breakfast, the main course and a sweet conclusion
- Tickets for the cable cars and buses

PRICE PER PERSON

€ 47 to € 64* (depending on the ramble)

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

INFORMATION & BOOKING

Bregenzerwald Tourismus
T +43 (0)5512 2365
www.bregenzerwald.at

Enjoy the culinary diversity of the Bregenzerwald. Our listing makes it as easy as possible for you. What do you fancy? A destination for the day or a restaurant for the evening? The categories and symbols will help you choose. We have explained some of the particular specialities in italics.

Legend

- ☀️ **Open-air restaurant/terrace:** The option to eat outside in good weather.
- ★ **Haute cuisine:** Sophisticated dining in smart surroundings, elegantly presented and served.
- 👶 **Child-friendly:** Children's menu, play area or petting zoo – children are looked after here.
- 🌍 **International cuisine:** Mediterranean, Far Eastern or Latin American – there's plenty of variety here.
- 👥 **Bregenzerwald "KäseStrasse":** Partner operations in the Regional Association for the Maintenance and Promotion of the Bregenzerwald Cheese Culture.

HOTEL RESTAURANTS

A guest amongst families: Those who value cosy conviviality and a hospitable atmosphere will enjoy the multi-course half-board set meals in many hotels. These offer the perfect opportunity to get to know many traditional hotels in a new way – including coffee and cakes in the day or on a detour to the hotel bar.. Um eine Voranmeldung wird gebeten.

Hotel Krone, AU

☀️☀️👥 5-course gourmet set meals |
Day off: Sun, Mon, Tue | T +43 (0)5515 2201-0

Hotel Tannahof, AU

☀️☀️ Day off: Tue | T +43 (0)5515 2210

Hotel Sonne, BEZAU

☀️👶👥 Austrian specialities |
T +43 (0)5514 2262

Hotel Post, BEZAU

☀️☀️👥 T +43 (0)5514 2207

Boutique Hotel die Mittagspitze, DAMÜLS

☀️👶 T +43 (0)5510 211

Hotel Alpenstern, DAMÜLS

☀️☀️👥 T +43 (0)5510 513

Hotel Damülser Hof, DAMÜLS

☀️☀️ T +43 (0)5510 210

Hotel Gasthof Adler, DAMÜLS

☀️☀️ T +43 (0)5510 220

Hotel Gasthof Walisgaden, DAMÜLS

T +43 (0)5510 214

Hotel Hohes Licht, DAMÜLS

☀️👶 5-course menu if pre-ordered |
T +43 (0)5510 201

Hotel Kanisfluh, MELLAU

☀️ Products from own livestock and farming |
T +43 (0)5518 2256



Hotel Hubertus, MELLAU

☀️ T +43 (0)5518 2306

Hotel Kreuz, MELLAU

☀️ T +43 (0)5518 2208

Gesundhotel Bad Reuthe, REUTHE

☀️ All-day cake buffet | T +43 (0)5514 2265

Almhotel Hochhäderich, RIEFENSBERG

☀️👶👥 T +43 (0)5513 8254

Hotel Edelweiß, SCHOPPERNAU

☀️ Locally caught game | T +43 (0)5515 2496

Sporthotel Krone, SCHOPPERNAU

☀️👥 Fondue if ordered in advance |
T +43 (0)5515 2116

Wellnesshotel Linde, SULZBERG

☀️ Healthy dishes | T +43 (0)5516 2015

Boutique Hotel Lechtaler Hof, WARTH

☀️☀️ T +43 (0)5583 2677

Gasthof Tirolerhof, WARTH

☀️ Regional cuisine, steaks | Day off: Wed |
M +43 (0)664 2564142

Hotel Walserstube, WARTH

☀️ T +43 (0)5583 3557

Sporthotel Steffisalp, WARTH

☀️☀️ T +43 (0)5583 3699

RESTAURANTS

Long live diversity: In the à-la-carte restaurants of many hotels and in the more sophisticated or cosmopolitan establishments, innovative cuisine is combined with regional products and international influences. Renowned chefs and authentically ethnic concepts mean that variety on the plate is guaranteed.



Pizzeria La Montanara, ANDELSBUCH
 🌐 Home-made ice cream | T +43 (0)5512 6138

Hotel Rest. Das Schiff in den Bergen, AU
 🌟🌞🌙 T +43 (0)5515 2229

Alpenhotel Post „Wälderstube“, AU
 🌟🌞 Locally caught game | T +43 (0)5515 4103

Hotel Adler, AU
 🌟🌞🌙🌙 Innovative evening meals |
 Day off: Tue | T +43 (0)5515 2264

Hotel Gasthaus Hubertus, AU
 🌟 Home-made strudel | Day off: Wed |
 T +43 (0)5515 2342

Hotel Gams „Goldstück“, BEZAU
 🌟 T +43 (0)5514 2220

Hotel Gretina, BEZAU
 🌟 Local dishes, breakfast buffet |
 Day off: Tue, Wed | M +43 (0)664 88197434

Café-Restaurant Katrina, BEZAU
 🌟 Day off: Mon | T +43 (0)5514 2285

Biohotel Schwanen, BIZAU
 🌟 wild women and tough guys, awarding-winning (two toques) cuisine based on the principles developed by Hildegard von Bingen |
 Day off: Tue, Wed | T +43 (0)5514 2133

Berghotel Madlener, DAMÜLS
 🌟 T +43 (0)5510 221

Hotel Restaurant Alpenblume, DAMÜLS
 🌟🌞🌙🌙 T +43 (0)5510 265

Hotel Walliserstube, DAMÜLS
 🌟🌞🌙🌐 T +43 (0)5510 236

Pizzeria da Ingo, DAMÜLS
 🌐 T +43 (0)5510 505

Pizzeria La Montagna, DOREN
 🌐 Day off: Mon, Tue | M +43 (0)681 10686216

China Restaurant Yinbin, EGG
 🌐 Day off: Wed | T +43 (0)5512 2324

Schettereggerhof, EGG
 🌟🌞🌙 Day off: Wed | T +43 (0)5512 3220

Adler Großdorf, EGG
 🌟 Sunday inn | Day off: Mon – Sat |
 M +43 (0)650 4563437

Asia Restaurant Hyotan, EGG
 🌐 Teppanyaki grill, sushi | T +43 (0)5512 26457

Pizzeria Ampuls, EGG
 🌐🌞 T +43 (0)5512 20433

China Restaurant, HITTISAU
 🌐🌞 Day off: Mon | T +43 (0)5513 41851

Gasthof Krone, HITTISAU
 🌟🌞🌙🌙 Innovative Vorarlberg cuisine |
 Day off: Wed, Thur | T +43 (0)5513 6201

Landhotel Hirschen, HITTISAU
 🌟🌞 In-house patisserie, Regional food |
 Day off: Tue, Wed until 2.30 p.m. |
 T +43 (0)5513 2320

Romantikhotel „Das Schiff“, HITTISAU
 🌟🌞🌙🌙 Gourmet-Restaurant
 „Wälder Stube 1840“ | Day off: Sun, Mon
 🌟🌞🌙🌙 „Ladenwirtschaft ERNELE“ |
 Day off: Sun, Mon, Tue |
 T +43 (0)5513 6220

Gasthaus Adler, KRUMBACH
 🌟🌞 Meat and vegetables from our own farm | Day off: Wed, Thur |
 T +43 (0)5513 81560

Schulhus Restaurant, KRUMBACH
 🌟🌞 Inventive regional cuisine |
 Day off: Mon, Tue | T +43 (0)5513 8389

Seminarhotel Krone, LANGENEGG
 🌟🌞🌙🌙 Day off: Mon, Tue | T +43 (0)5513 6178

Hotel Gasthof Wälderhof, LINGENAU
 🌟🌞🌙 Day off: Mon, Tue |
 T +43 (0)5513 62440

Pizzeria Sandro, MELLAU
 🌐🌞🌙 Day off: Mon | T +43 (0)5518 2416

**Sonne Lifestyle Resort –
 Gasthaus zur Sonne**, MELLAU
 🌟🌞🌙🌙 Bregenzerwald late lunch |
 Day off: Mon, Tue, Sun | T +43 (0)5518 20100

Golfpark Restaurant, RIEFENSBERG
 🌟 T +43 (0)5513 8400

Hirschen Wohlfühlhotel, SCHOPPERNAU
 🌟🌞🌙🌙 Chef's table | Day off: Mon, Tue |
 T +43 (0)5515 21150

Tresoli, SCHOPPERNAU
 🌐🌞 Day off: Tue (low season) |
 T +43 (0)5515 2577

Hotel Gasthof Adler, SCHOPPERNAU
 🌟🌞🌙🌙 T +43 (0)5515 2106

Gasthof Alte Mühle, SCHWARZENBERG
 🌟🌞 Game specialities | Day off: Mon, Tue |
 T +43 (0)5512 3780

Hotel Gasthof Hirschen, SCHWARZENBERG
 🌟🌞🌙 Day off: Tue, Wed (end of June to mid
 Sept. continuously) | T +43 (0)5512 2944

Restaurant Gasthof Adler, SCHWARZENBERG☀️🌞 *plain food* | Day off: Mon, Tue |

T +43 (0)5512 2966

Pizzeria Panorama, SCHWARZENBERG

🌞☀️ T +43 (0)5512 2990

Bödele Alpenhotel, SCHWARZENBERG-BÖDELE☀️ *Vegan meals* | Day off: Sat |

M +43 (0)660 4447777

Adler Sulzberg Pizze & Pasta, SULZBERG

🌐☀️ Day off: Wed, Thur | T +43 (0)5516 2296

Hotel Jägeralpe „Jägerstube“, WARTH☀️🌞 *Raclette and fondue on request, regional cuisine* | T +43 (0)5583 4250**Warther Hof „Hochtannberg“**, WARTH

☀️ Day off: Mo–Wed | T +43 (0)5583 3504

INNS

The traditional foundation of Bregenzerwald hospitality. Cosy (wooden) parlours, typical regional dishes, reasonable prices and personal contact with the hosts are the main features to enjoy when you stop here. Conveniently, they are also open in the afternoon, offering a limited menu or coffee and cakes.

Gasthof Wälderstüble, ALBERSCHWENDE

☀️ Day off: Wed, Thur from 4 p.m. |

T +43 (0)5579 4791

Wirtshaus zur Taube, ALBERSCHWENDE☀️🌐 *Traditional creative cuisine* |

Day off: Wed, Thur | T +43 (0)5579 4202

Gasthof Löwen, ANDELSBUCH

☀️🌞 Day off: Wed, Thur until 5 p.m. |

T +43 (0)5512 2287

Gasthaus Ziegler, ANDELSBUCH*Lunch served from 11.30 a.m. - 2 p.m.* |

Day off: Wed, Thur until 5 p.m. |

T +43 (0)5512 2287

Erlebnis-Gasthof Ur-Alp, AU☀️🌐🌞 *regional cuisine (all-day)* |

Day off: Mon | T +43 (0)5515 25192

Sägerstuben, AU☀️ *Bregenzerwald Cordon Bleu* | Day off: Wed |

T +43 (0)5515 2949

Gasthof Engel, BEZAU*Offal* | Day off: Sun evening, Mon |

T +43 (0)5514 2203

Gasthof Hirschen, BEZAU

☀️🌞 Day off: Wed, Thur until 4 p.m. |

T +43 (0)5514 2382

Gasthof Taube, BIZAU

☀️🌐 Day off: Tue | T +43 (0)5514 2124

Gasthaus Glöckle, DAMÜLS

T +43 (0)5510 380

Gasthaus Zimba, DAMÜLS

☀️ T +43 (0)5510 379

Gasthof Jägerstüble, DAMÜLS

☀️ T +43 (0)5510 373

Gasthof Adler, DOREN☀️🌐 *Meat and vegetables from our own farm* | Day off: Mon, Tue | T +43 (0)5516 2014**Gasthaus Löwen – Kässtadl**, EGG*A wide range of cheese specialities* |

Day off: Tue, Thur | T +43 (0)5512 2207

**Gasthaus Traube-Brennar**, EGG

☀️ Day off: Tue from 1.30 p.m., Wed |

T +43 (0)5512 2265

Gasthof Falken, EGG

☀️ Day off: Mon, Tue afternoon |

T +43 (0)5512 2211

Gasthaus Gams „Tonele“, EGG☀️ *Käsknöpfele (cheese spätzle)* | Day off: Thur, Sun from 6 p.m. | T +43 (0)5512 2327**Gasthof Goldener Adler**, HITTISAU

☀️🌐 Day off: Mon | M +43 (0)664 1003293

Gasthof Ochsen, HITTISAU

☀️ Day off: Tue, Wed | T +43 (0)5513 6237

Gasthaus Brauerei, KRUMBACH

☀️ Day off: Tue, Wed during the day |

T +43 (0)5513 8158

Gasthof Kressbad, KRUMBACH

Day off: Wed | T +43 (0)5513 8115

Gasthof Löwen, KRUMBACH*Meals on request* | Day off: Wed |

T +43 (0)5513 8335

Gasthof Post, KRUMBACH

Day off: Tue, Wed, Thur | T +43 (0)5513 8256

Krumbacher Stuba, KRUMBACH

☀️🌐🌞 Day off: Mon | T +43 (0)5513 8724

Gasthaus Adler, LANGEN B. BREGENZ

☀️ T +43 (0)5575 4436

Gasthaus Stollen, LANGEN B. BREGENZ

☀️ Day off: Mon, Tue | T +43 (0)5575 4615

Gasthaus Hirschen, LANGENEgg☀️ *Special pizza and burger menu* |

Day off: Tue, Wed | T +43 (0)5513 6194

Gasthof zum Löwen, LINGENAU☀️🌐 *plain food* | Day off: Wed |

T +43 (0)5513 63600

Gasthof Pension Adler, LINGENAU☀️🌐🌞 *Schnitzel specialities* |

Day off: Mon, Tue | T +43 (0)5513 6367

Gasthof Traube, LINGENAU

☀️ M +43 (0)664 2146898

Dorfghasthof Adler, MELLAU

☀️☎️ T +43 (0)5518 2260

Nazes Hus, MELLAU☀️☎️ *A little gem of a listed building |*Day off Summer: Mon, Tue ; Winter: Thur |
M +43 (0)650 4627929**Gasthaus Goldener Adler**, RIEFENSBERG

T +43 (0)5513 8398

Gasthof-Pension Hochlitten, RIEFENSBERG

☀️ Day off: Tue | T +43 (0)5513 8363

Wirtshus Bartle, RIEFENSBERG☎️ *Home-made cakes and sweets |* Day off:
Mon, Thur | M +43 (0)681 81330581**Gasthof Schrannehof**, SCHOPPERNAU☀️☎️☎️ *farm products, homemade cakes and
gateaux |* Day off: Wed, Thur |

T +43 (0)5515 2162

Wälderstube, SCHOPPERNAU

☀️ Day off: Thur | T +43 (0)5515 2444

Wirtshaus zum Gämsle, SCHOPPERNAU☀️ *Home-made cakes and Strudel |*Day off Summer: Tue, Wed; Winter: Wed |
T +43 (0)5515 30062**Gasthaus Bauernstube**, SCHRÖCKEN

T +43 (0)5519 30303

Holzschopf, SCHRÖCKEN☀️☎️☎️ *hearty food, Spare ribs |*Day off Summer: Mon, Tue ; Winter: Tue |
T +43 (0)5519 340**Hotel Gasthof Tannberg**, SCHRÖCKEN☀️ *wild game specialties from own hunting
grounds |* T +43 (0)5519 268**Gasthof zur Buche**, SCHWARZENBERG☀️ Day off: Sun, bank holidays |
T +43 (0)5512 2972**Mesnerstüble**, SCHWARZENBERG

☀️ Day off: Tue, Wed | T +43 (0)5512 2002

Berghof Fetz, SCHWARZENBERG-BÖDELE

☀️☎️☎️ T +43 (0)5572 77400

Gasthof Hotel Ifenblick, SIBRATSGFÄLL

☀️ Day off: Mon | T +43 (0)5513 6432

Katharinahof, SIBRATSGFÄLL

T +43 (0)5513 2213

Der Hirschen, SIBRATSGFÄLL

☀️☎️ Day off: Mon, Tue | T +43 (0)5513 2111

Alpenblick, SULZBERG☀️☎️ *In-house cake and bread bakery |*Day off: Thur; Nov–June: Wed, Thur |
T +43 (0)5516 2217**Gasthof Ochsen**, SULZBERG☀️☎️☎️ *Homemade cakes*, Day off: Mon, Tue |
T +43 (0)5516 2114**Hochsträßstüble**, SULZBERG

☀️ Day off: Mon | T +43 (0)5516 2863

Gasthaus zur Taube, SULZBERG-THAL

☀️ Day off: Mon | T +43 (0)5575 4405

Krone Thal, SULZBERG-THAL

☀️ Day off: Mon, Tue | T +43 (0)5575 20030

MOUNTAIN INNS

Far from the villages, in hiking or skiing areas, mountain inns are popular destinations for the entire family. Sometimes in (remote) mountain locations, occasionally accessible by cable car or car, they provide not only good home cooking but also wonderful panoramic views.

Alpengasthof Brüggele, ALBERSCHWENDE☀️☎️☎️ *mountain breakfast upon request,
Kaiserschmarren (sliced pancake) |*
Day off: Tue; Wed (from mid July to mid Sept.
continuous operation | T +43 (0)5579 4391**Alpengasthaus Edelweiß**, AU☀️☎️☎️ Day off: Tue (Oct.–June) |
M +43 (0)664 4324840**Berggasthof Niedere**, ANDELSBUCH☎️☎️ *Mountain breakfast on request |*
open when cable car is operating |
M +43 (0)664 4429447**Bergkristall-Hütte**, AU

☀️ Day off: Mon | M +43 (0)664 1808482

Panoramarestaurant Baumgarten, BEZAU☀️ *Mountain breakfast |* open when cable car
is operating | T +43 (0)5514 2254-7**Jagdgasthaus Egender**, BEZAU☀️☎️☎️ *Käsknöpfele (cheese spätzle), locally
caught game |* Day off: Mon |
M +43 (0)664 2440447**Sunnegg Hütte**, DAMÜLS

Tray bakes | M +43 (0)676 7837858

Berggasthof Eisenalpstube, DAMÜLS☀️☎️☎️ *Wine cellar, Mountain breakfast |*
T +43 (0)5510 297**Berggasthof Uga Alp**, DAMÜLS☀️☎️☎️ *Italian cuisine |* Day off: Tue |
T +43 (0)5510 318**Gasthof Alpenrose – Kaltenbrunnen**, EGG☀️☎️☎️☎️ *Homemade cakes |* Day off: Tue, Wed |
T +43 (0)5512 2433**Alpengasthof Höfle**, HITTISAU

☎️☎️☎️ Day off: Mon | M +43 (0)664 4956022

Berggasthaus Hochhäderich, HITTISAU☎️☎️☎️ *Mountain breakfast on request |*
Day off: Wed | M +43 (0)664 9222410

Burgl Hütte, HITTISAU

150-year-old mountain hut | Day off: Tue, Wed |
T +49 (0)8328 92492666

Jausenstation Neuschwand, HITTISAU

☀️ Trout pond | M +43 (0)664 1615074

Hirschberg Hütte, LANGEN B. BREGENZ

open during alp-season | T +43 (0)664 4869760

Alphof Roßstelle, MELLAU

☀️ Day off: Mon | T +43 (0)5518 2310

Bergrestaurant Simma, MELLAU

☀️ Mountain breakfast | Day off: Tue |

T +43 (0)5518 2761

Alpe Moos, RIEFENSBERG

☀️ Home-made cakes | Day off: Wed |

M +43 (0)664 2814917

Einkehrstube „Zum Bergfrieden“, RIEFENSBERG

Day off: Wed | M +43 (0)664 1371613

Berghaus Kanisfluh, SCHNEPFAU

☀️ Large ice cream sundaes | Day off: Mon,

Tue; June–Aug.: Mon | T +43 (0)5518 2108

Neuhornbachhaus, SCHOPPERNAU

☀️ M +43 (0)664 5367595

Panoramarestaurant Diedamskopf,

SCHOPPERNAU

☀️ ☕ ☞ Regional food | open when cable car

is operating | T +43 (0)5515 4110-351

Berggasthof Auenfelder Hütte, SCHRÖCKEN

☀️ Dumpling specialties | Day off: Wed |

M +43 (0)664 4111251

Biberacher Hütte, SCHRÖCKEN

☀️ open from June to Oct. | T +43 (0)5519 257

Berghotel Körbersee, SCHRÖCKEN

☀️ ☕ open from June – Oct., Dec. – April |

T +43 (0)5519 265

Gasthof Berchtoldshöhe, SCHWARZENBERG

☀️ T +43 (0)5575 4676

Gasthof Frohe Aussicht, SCHWARZENBERG

☀️ Day off: Tue | T +43 (0)5512 2783

Bregenzer Hütte, SCHWARZENBERG-BÖDELE

Day off: Fri (May–Nov.) | M +43 (0)664 4000864

Dornbirner Hütte, SCHWARZENBERG-BÖDELE

M +43 (0)664 5467227

Hochälpele Hütte, SCHWARZENBERG-BÖDELE

Day off: Tue (May–Oct.) | M +43 (0)664 3890302

Lustenauer Hütte, SCHWARZENBERG-BÖDELE

Day off: Mon (May–Oct.) | T +43 (0)5512 4913

Meierei Oberlose, SCHWARZENBERG-BÖDELE

☞ Day off: Tue (May–Oct.) |

M +43 (0)676 7032225

Bergrast Wildries, SIBRATSGFÄLL

☀️ ☕ Day off: Wed (May–Oct.) |

M +43 (0)664 9989608

Stuiners Einkehr, SULZBERG

☀️ Local wine tavern, farm shop | open from

Easter to October; Fri–Sun: 4 p.m.–21 p.m. |

T +43 (0)5516 2818

Hochalphütte, WARTH

☀️ ☕ Mountain breakfast in summer, regional

cuisine | open June – Oct.; Dec. – April |

T +43 (0)5583 4250

Punschhütte, WARTH

☀️ T +43 (0)5583 3557

Widderstein Hütte, WARTH

☀️ open June – Oct. |

M +43 (0)664 3912524

CAFÉS/BISTROS/BARS

Enjoying a break in between is important too. Tasty snacks with a little glass of wine, cake with cappuccino, a light lunch or a quick bite to eat while travelling – the choice of delicious things to eat is huge and varied.

**Cäsars Café**, ALBERSCHWENDE

☀️ A wide range of ice creams |

Day off: Mon | T +43 (0)5579 20003

Tannerberg Stüble, ALBERSCHWENDE

☀️ Day off: Mon | M +43 (0)664 4647006

Café Konditorei Künz, ANDELSBUCH & EGG

☀️ ☕ ☞ Day off: Sun | T +43 (0)5512 2295

Gastgarten Tanna, ANDELSBUCH

☀️ ☕ Only open in good, warm weather |

M (0)664 7815421

Jöslar Lokal – Laden – Kino, ANDELSBUCH

☀️ Breakfast, "Warm Souls" (open rolls au

gratin), Salads | Day off: Sun, Mon |

T +43 (0)5512 2312

Liss Bar, ANDELSBUCH

Day off: Mon | T +43 (0)5512 26160

Wälderstüble, ANDELSBUCH

Meat and sausage specialties | Day off: Sun |

T +43 (0)5512 26065

Werkraum Wirtschaft, ANDELSBUCH

Set lunch, meeting place for craftspeople |

Day off: Sun, Mon | M +43 (0)699 18205059

Bregenzerwälder Käsehaus, ANDELSBUCH

☞ "Schaukäsen" event cuisine at the exhibi-

tion cheese dairy" | T +43 (0)5512 26346

Mooserstüble, ANDELSBUCH

☀️ open when cable car is operating |

T +43 (0)5512 4855

Bergbrennerei & Stube Löwen, AU

☀️☕🍷 *Guided tours of the distillery, special-ity cakes* | Day off: Mon, Tue | T +43 (0)5515 25964

Fischteich, AU

☀️ *Catch and eat your own trout* | T +43 (0)5515 30052

Bäckerei Kleber, BEZAU

Day off: Sun | T +43 (0)5514 23842

Café Konditorei Natter, BEZAU

☀️ *Large selection of cakes and gateaux, including takeaway* | Day off: Mon, Tue | T +43 (0)5514 2222

Sutterlüty Gusto Restaurant, BEZAU

Self-service | Day off: Sun | T +43 (0)5514 4130

Bäckerei Kleber, BIZAU

Day off: Sun | T +43 (0)5514 2579

„ediths“ Deko & Café, BIZAU

☀️ *Breakfast with a view of the Kanisfluh* | Day off: Sun | T +43 (0)5514 2928

Jausenstation Tüble, BIZAU

☀️ open from May–Oct.; Fri–Sun | T +43 (0)5514 2253

In's 137, DAMÜLS

M +43 (0)664 75021169

Kiosk Uga, DAMÜLS

open when cable car is operating | T +43 (0)5510 211-0

Café-Restaurant Rose, DOREN

☀️☕ *Motto brunch every 1st Sunday in the month* | Day off: Fri, Sat | T +43 (0)5516 2054

Café Ochsen, EGG

☀️ M +43 (0)664 4349011

Sophie Döner, EGG

🏠 *Home-made bread* | M +43 (0)699 14078527

Sutterlüty Gusto Restaurant, EGG

Self-service | Day off: Sun | T +43 (0)5512 2466

Vernissage Bar, EGG

Bar in the vaulted cellar | Day off: Sun, Mon | M +43 (0)664 4520045

Café Trude, EGG

☀️ *Homemade cakes, soft ice cream* | Day off: Mon | T +43 (0)5512 2291

Naturpark Metzgerei, Hittisau, HITTISAU

☀️ *Cold cuts and other meat products from the Nagelfluhkette Nature Park* | Day off: Sun, Mon | T +43 (0)664 3550750

Konditorei-Café Alber, HITTISAU

☀️ *In-house patisserie, snacks* | Day off: Sun | T +43 (0)5513 30044

Café Stollwerk, KRUMBACH

Day off: Mon | T +43 (0)5513 30102

Heurigen Toni's Kuhstall, LANGEN B. BREGENZ

☀️ T +43 (0)5575 20048

Stübó Bar, LINGENAU

Bar in the vaulted cellar | Day off: Sun–Wed | M +43 (0)664 1030492

Café Deli, MELLAU

☀️ *regional breakfast, special coffees* | T +43 (0)5518 2207

Metzgerstüble – Bar & Bistro, MELLAU

Day off: Wed | M +43 (0)664 4118337

's Bärle – Bar & Bistro, MELLAU

☀️ Day off: Tue | M +43 (0)664 3204399

M1, MELLAU

Burger specialties | open when cable car is operating | T +43 (0)5518 20095

Café Lässer, SCHNEPFAU

Day off: Thur | T +43 (0)5518 4114

Ski Inn Diedamskopf, SCHOPPERNAU

Snack, cosy Après Ski | T +43 (0)5515 4110-118

Café-Restaurant Gräsälperstube,

SCHOPPERNAU

☀️ Day off: Tue | T +43 (0)5515 25348

Vinothek FranzMichl, SCHOPPERNAU

Wine lounge, open wines, snacks | Day off: Mon, Thur, Sun |

M +43 (0)664 3801536

Bäckerei Fetz, SCHWARZENBERG

Day off: Sun | T +43 (0)5512 2955

Café Angelikahöhe, SCHWARZENBERG

☀️ *Cakes and gateaux* | Day off: Mon | M +43 (0)664 4170664

Haldenstüble, SCHWARZENBERG

☀️ Day off: Tue, Wed | M +43 (0)664 1236264

Kiosk im Schwimmbad, SCHWARZENBERG

☀️☕ open when swimming pool is open | T +43 (0)5512 4389

Konditorei-Café Alber, SULZBERG

☀️ *In-house patisserie, snacks* | Day off: Sun | T +43 (0)5516 2116

Altes Sennhus, WARTH

☀️ *250-year-old farmhouse* | T +43 (0)5583 2677

Dorfcafé, WARTH

T +43 (0)5583 3615

Wälder Metzge, WARTH

☀️ *Guided tours of the dairy* | T +43 (0)5583 3598

Learning to cook the home-made way “Frau Kaufmann” teaches her students to cook a four-course meal according to old recipes, either sticking to the original or applying contemporary changes. Everybody participates in each course, either cooking or observing. The individual dishes are eaten as soon as they are ready, served with a suitable wine.

INFORMATION

Karin Kaufmann, M +43 (0)676 4954144, www.frau Kaufmann.at

SUMMER ALPINE DAIRY FARMS

Probably the most delicious way of experiencing the rural production cycle of many milk, cheese and meat specialities at close quarters. The alpine pastures, which are farmed from May/June to September/October, serve delicious snacks and are the high point of many a hike or excursion.

**Alpe Vordere Niedere**, ANDELSBUCH

☎ M +43 (0)664 4429447

Mitteldiedamsalpe, AUAlpine cheese, goats' cheese, cakes |
M +43 (0)664 7994806**Oberealpe**, AU

M +43 (0)664 6585487

Säckelalpe, AU

M +43 (0)664 3207249

Satteleggälpe, AU

Milk, cheese, bacon | T +43 (0)5515 2920

Mittelargenalpe, AU

M +43 (0)664 4302296

Alpe Greußing-Wildmoos, BEZAUSnack platters, Segen (whey soup) |
M +43 (0)664 9780388**Alpe Leugehr**, BEZAU

Cheese, milk, butter | M +43 (0)664 1617305

Alpe Stongen, BEZAUCheese, bacon, eggs, butter |
M +43 (0)664 1978880**Alpe Wildmoos**, BEZAU☎ Cheese, butter, "sig", schnapps |
M +43 (0)664 5818400**Alpe Ostergunten**, BIZAU

M +43 (0)664 5318584

Alpe Pfützentäl, BIZAU

M +43 (0)664 5367481

Alpe Sattelegg, BIZAU

☎ M +43 (0)664 1349318

Alpe Stoggertenn, BIZAU

M +43 (0)664 1838092

Alpe Unterhirschberg, BIZAU

Snack platters | M +43 (0)664 3427814

Alpe Wölflergunten, BIZAUGoats' milk products |
M +43 (0)664 5457249**Alpe Elsen**, DAMÜLS

M +43 (0)664 5013413

Alpe Oberdamüls, DAMÜLS

☎ M +43 (0)664 1008335

Alpe Portla, DAMÜLS

M +43 (0)650 9889692

Alpe Ragaz, DAMÜLS

M +43 (0)664 9250379

Alpe Uga, DAMÜLS

M +43 (0)664 5367398

Alpe Unterdamüls, DAMÜLS

M +43 (0)664 73552399

Alpe Brongen, EGGDelicious alpine products, home-made
cakes | M +43 (0)664 6304073**Alpe Obere Falz**, EGG☎ Alpine cheese production |
M +43 (0)664 3744794**Alpe Untere Falz**, EGGMilk and cheese products |
M +43 (0)664 1367720**Alpe Glockenplatte**, HITTISAU

☎ M +43 (0)664 5559681

Alpe Hochleckach, HITTISAU☎ Käsknöpfle (cheese spätzle) if ordered in
advance | M +43 (0)664 7823346**Alpe Juliansplatte**, HITTISAU

M +43 (0)664 40510793

Alpe Hintersuttis, MELLAU

M +43 (0)664 3235989

Alpe Kanis, MELLAU

T +43 (0)5512 3748

Alpe Obere, MELLAU

M +43 (0)664 1355951

Alpe Wildgunten, MELLAU

M +43 (0)664 1142415

Alpe Wurzach, MELLAU

Alpine farm breakfast | M +43 (0)664 3938582

Althornbachalpe, SCHOPPERNAUAlpine cheese, alpine pork |
M +43 (0)664 8654998**Hinterüntschenalpe**, SCHOPPERNAU

Hay milk, yoghurt | M +43 (0)664 1349316

Vorderüntschenalpe, SCHOPPERNAU

Milk, cheese | M +43 (0)664 4309407

Unterdiedamsalpe, SCHOPPERNAUMountain cheese, goats' cheese, quark |
M +43 (0)664 4411792**Alpe Felle**, SCHRÖCKEN

☎ M +43 (0)664 3207160

Alpe Batzen, SCHRÖCKENNear the "uf'm Tannberg" alpine museum |
T +43 (0)5515 30149

WELL-BEING

Who doesn't occasionally long for a retreat, for a leisurely pace, for stimuli which pamper the body and soul? The Bregenzerwald is such a retreat. With a great selection of specialised hotels and range of services for your very own well-being.



Wellness with a view

Curative or preventative: if you want to lend your health a helping hand, you are in the right place! Some hotels also offer wellness days for visitors who are not guests of their establishments. Prior reservations are required for all these programmes.

Hotel Krone Au****

Modern wooden architecture, Wellness area, Sky spa with a lovely panorama. Bathing lake with spacious garden and relaxation complex. Indoor pool, wellness treatments. Au, T +43 (0)515 2201-0
www.krone-au.at

Hotel Adler Au****

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

DAY SPA

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

Price per person: € 45

Hotel am Holand****

Wellness area with saunas, large relaxation area, infrared loungers, open fireplace, heated infinity outdoor pool with view of the impressive Kanisfluh as well as a Kneipp basin and a plunge pool. Au, T +43 (0)515 2932
www.amholand.at

Hotel GAMS zu zweit **S**

“Paaradies” (Paradise for Couples) SPA with heated outdoor pool, new whirlpool and resting rooms, including tea and snack bar, Steam baths and saunas, underground cool pool. Bezau, T +43 (0)514 2220
www.hotel-gams.at

Hotel Post Bezau

by Susanne Kaufmann **S**

A place of beauty, relaxation and holistic well-being. Bezau, T +43 (0)514 22070
www.hotelpostbezau.com

Discovery Day Spa

Breakfast, holistic use of the wellness area, participation in the activity and sports programme, back massage, Alkaline Detox Signature Treatment.

Price per person: € 172

Hotel Schwanen****

The only certified organic hotel in the Bregenzerwald – detox, fasting and wellbeing programmes.
 Bizau, T +43 (0)5514 2133
www.schwanen.at

Damülser Hof** Wellness & Spa**

Family-run establishment in a picturesque location at an altitude of 1,500 m, wellness area (1,500 m²) with swimming pool, saunas, fitness room, sunbathing lawn with meditation corner. A "Realm of the Senses" for massages, beauty packs and baths.
 NEW: meditation room
 Damüls, T +43 (0)5510 210
www.damuelsershof.at

Hotel St. Hubertus

Spa area (massages, cosmetic treatments), wellness complex with 9-metre indoor whirlpool, 3-metre outdoor whirlpool, swimming pool (28°C all year round), bar and open fireplace. Egg-Grossdorf,
 T +43 (0)5512 2785, www.sthubertus.at

Romantik Hotel Das Schiff****

ENJOYMENT THE METZLER WAY:
 Light-flooded relaxation areas, out-

Susanne Kaufmann Spa Cosmetics

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

Honey skin care products

WERBINA range of body care products with honey produced from own colonies of bees.
 Available in the shop in Alberschwende and the online shop:
www.gsiberger.at

door pool heated all year round, modern nature spa, saunas and steam baths.
 Hittisau, T +43 (0)5513 6220-0
www.schiff-hittisau.com

Landhotel Hirschen***

Nature experience days, intuitive painting, days of spiritual magic, Moon week, base and therapeutic fasting according to Dr Buchinger, Sound therapy, herbal tea hour, own herb garden.
 Hittisau, T +43 (0)5513 2320
www.landhotel-hirschen.at

Wellness day

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

Price per person: € 130 – 150

Sonne Lifestyle Resort**S**

Modern-yet-cosy Superior and penthouse rooms, 1,500 m² of Spa area
 Mellau, T +43 (0)5518 20100-0
www.sonnemellau.com

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

The perfect feel-good day

8 a.m. – 4 p.m., breakfast buffet, bathrobe, slippers and bath towels, voucher € 80 applicable to all spa treatments, Wälder Late Lunch, Tea & Juice Corner, **Price per person:** € 149

Hotel Die Wälderin

Hotel directly at the Mellaubahn cable car's valley station. Spacious sauna and bathing world, children's areas and garden pool that's heated all year round.
 Mellau, T +43 (0)5518 20102
www.diewaelderin.at

Gesundhotel Bad Reuthe****

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

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

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

Relax day

1 mud pack with freshly cut natural mud or herbal bath, 1 all-over body massage, 1 facial exfoliant and mask, including day ticket to the thermal bath and sauna and wellness world, fitness room.

Price per person: € 130

Almhotel Hochhäderich ****

700 m² [AlmSpa], panorama indoor swimming pool, sauna landscape with various heat treatments, relaxation oases, hiking and yoga weekends, family experience week, wellness week, supervised children's world.

Riefensberg-Hochhäderich
T +43 (0)5513 8254-0
www.alm-hotel.at

Hirschen Wohlfühlhotel**S**

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

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

Breakfast & Wellness

8 a.m. – 5 p.m., feel-good breakfast (8 a.m. – 10 a.m.), feel-good bag with bathrobe, bathing shoes and towel, relaxing in the outdoor whirlpool and new wellness area, dive into the panorama adventure pool, € 10 voucher for SPA treatments, voucher for an alcohol-free cocktail

Price per person: € 75

Wellnesshotel Linde****

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

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

Wellness day

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

Price per person: € 87

Sporthotel Steffisalp****

Right next to the Steffisalp-Express.

Warth, T +43 (0)5583 3699
www.steffisalp.at

Wellness day at SteffisSpa

Use of vitality pool and sauna complex (incl. bathrobe and sauna towels)

Price per person: € 25

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Schwarzenberg: SUMMER YOGA

It's possible for participants (beginners and advanced) to start the morning full of mindfulness with yoga at the Schwarzenberg swimming pool. To be followed by a leap into the cool water. Claudia Jochum-Breuß is a qualified, approved 500h+ Yoga Alliance teacher and Svastha yoga therapist.

Dates: 1/8/15/22/29 July; 5/12/19

August from 8 to 9 a.m.

Place: Schwarzenberg swimming pool. If weather is bad: upper foyer of the Angelika Kauffmann Hall

Price per person: € 12

INFORMATION & WEATHER

TELEPHONE

Claudia Jochum-Breuß

T +43 (0)664 5396099

www.erlebe-yoga.com



Moor room (Moorraum) in Krumbach

The moor is a habitat that can be explored in various locations – sometimes even barefoot.

Bizau – where water tickles your toes

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

INFORMATION & BROCHURE

Bizau Tourismus, T +43 (0)5514 2129
www.bizau-bregenzwald.com

Krumbach – Vital energy in the moor

How do moors contribute to climate protection? What plants and animals are found there? How do we obtain vital energy there? The moor guides bring knowledge and exciting stories to your journey between the centre of the village and the Rossband nature reserve.

Secret tip: Moor hike between 6 and 8 a.m. in the morning

DAWN & MOOR BREAKFAST

Starts every Saturday, 6 a.m.
6 June: Restaurant Schulhus
4 July: Krumbacher Stuba
1st August: Gasthof Adler

5 September: Krumbacher Stuba

Information & registration: with the relevant Moorwirt inn

GUIDED WALKING TOURS OF THE MOOR

Dates: 4 June – 24 September:
every Thursday, 9.30 a.m

Duration: 2 hours

Price per person: € 8, children under 14: free of charge

Information & booking:

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

Langen – Witmoos European nature reserve

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

INFORMATION

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

Riefensberg – barefoot course

On the barefoot and fitness trail, 22 stations train your coordination, endurance, strength, mobility and reaction.

INFORMATION

Riefensberg Tourismus
T +43 (0)5513 8356,
www.riefensberg.at

Sibratsgfäll – Moorbad

Surrounded by Mother Nature on all sides, a paddling basin, two mud baths and a natural-water swimming pool await. (Early June to late September)

INFORMATION

Sibratsgfäll Tourismus
T +43 (0)5513 2112-13, www.sibra.at

Sulzberg – Moorbad Oberköhler (mudbath)

A belt of moorland with rare flora runs for several kilometres across the entire mountain ridge at an altitude of 1,000 metres to the north of the village of Sulzberg. This complex of habitats is the place where healing moor water rises in Oberköhler to fill an artificial swimming pond and a surrounding shallow water habitat zone. This idyllic setting on the edge of the forest is not only the ideal place to enjoy a swim but also to take Kneipp cures (treading water) and to play, enjoy a barbecue (public barbecue area) and spend a little time. The swimming area is between 0.5 and two metres deep and is therefore also suitable for children. The facility also includes a changing area with WC and parking spaces.

Opening times: June to the end of September

INFORMATION

Sulzberg Tourismus
T +43 (0)5516 221310
www.sulzberg-bregenzerwald.com

Sulzberg – moor hike & Bodybalance using smoveys

Hike on the Sulzberg moor with a bodybalance program using smoveys: Training coordination, strengthening the core, arm, shoulder muscles, relaxation tips.

Date: On request

Duration: 2 hours

Price per person: € 25 incl. rental smoveys, prices for groups upon request

Minimum number: 4 people

INFORMATION & REGISTRATION

Ingrid Fink-Nöckler
M +43 (0)664 5323102
www.kreativbewegen.at

Au-Schoppernau**Natural soap-making workshop**

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

Meeting point: Karin Beer, Schoppernau, Halde 395

Date: 7 July – 25 August every Tuesday at 7.30 p.m.

Duration: approx. 2½ hours

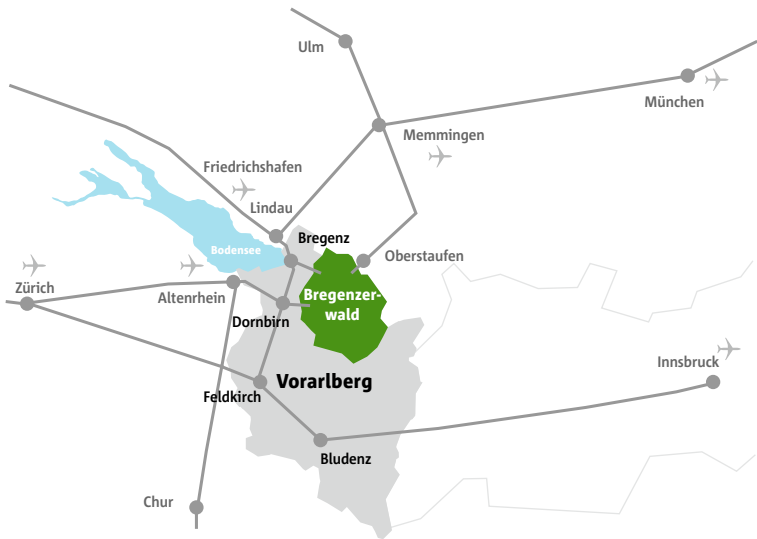
Price per person: € 45 including materials and manuscript with recipes.

INFORMATION AND REGISTRATION

by telephone until 6 p.m. the day before

Karin Beer

M +43 (0)664 4155330



Arriving by plane

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

Arriving by train and long-distance coach

From Austria: www.oebb.at
 From Germany: www.bahn.de,
www.autozug.de
 From Switzerland: www.sbb.ch
 By long-distance coach:
www.flixbus.at

Public buses in the region

The Bregenzwald has an excellent public bus service. Timetables, fares and information: www.vmobil.at
 Use of the Bregenzwald rural bus is included for holders of the Bregenzwald Guest Card (→ p. 4)

Taxis in the region

Taxi Mani Bezau, M +43 (0)664 2110500
Taxi Fchtig Bezau, T +43 (0)5514 2311
Taxi Veli Andelsbuch, M+43 (0)664 5233477
Taxi Meusburger Lingenau, T +43 (0)5513 6225
Hagspiel Touristik Hittisau, T +43 (0)5513 6335
Felder Reisen Mellau, T +43 (0)5518 2257
Ritter Tours Schröcken, T +43 (0)5519 211
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reisemagazin

bregenzerwald

The Reisemagazin Bregenzerwald (travel magazine) contains around 60 pages of stories and reports about the people and their culture in this region. The writers, some of whom work from Vorarlberg while others work internationally from further afield, offer insights into what life in the Bregenzerwald is all about and what is both pleasurable and enjoyable. Available from Bregenzerwald Tourismus and other tourist offices in the Bregenzerwald. Read online at www.bregenzerwald.at



Damülser Mittagsspitze is 2,095 metres high and was once called “Trista”. From its summit, the Damülser Mittagsspitze, one of the Bregenzerwald’s mountain icons, presents far-reaching views across the Bregenzerwald and the Große Walsertal valley – all the way to the Arlberg. The Uga Express, a four-seater chairlift, takes visitors to the nearby mountain station at 1,830 metres.



reisemagazin

bregenzerwald

Hannah Greber
Für eine Grünwanderung

Sommer 2020
Bergknoten: Damülser Mittagsspitze
Moosritzbühne im Bregenzerwald
Grünwanderung: Winterstraße
im Draufboarisch
Alp: Samen und Singen
Sternspecker
Handwerk's Top: Galtür
Kriseler und Gemüse im Galtür
Vegetarische Küche



Writer Hannah Greber and her friends hike along the ridge on the Winterstauden mountain. The four women on the trip discover that there's more to the ridge than initially meets the eye. The hike along the ridge enables them to enjoy completely new personal and common experiences.



Johannes Larch comes from South Tirol. He particularly appreciates the numerous signposted mountain bike routes in the Bregenzerwald. They take him through beautiful landscapes, to alpine settlements, High Alps and to summits. There's also a wide range of available services and special hotels.



Anton Sutterlüty comes from the Bregenzerwald, but lives in Vienna. He runs his own cheese cellar there right in the city centre. He provides the content, i.e. the cheese wheels, himself when he produces his dairy products on an alpine pasture in his original homeland during the summer. He talks about how that works and how it fits in with Vienna.



Observatory, small, but with the finest of the Bregenzerwald's architecture. Paul Baumgartner fulfilled his dream and now invites enthusiastic "stargazers" to his "Sternenstadel" ("Barn of Stars") in Krumbach to show them a starry sky that is not affected by light pollution.



Werner Bentele has built a multifunctional building with showroom with the help of the regional trades for his distillery and bee-keeping activities in Alberschwende. The local silver fir – but also spruce, glass and concrete – characterise this structure, which has been realised in line with the traditions of Vorarlberg architecture.



Sonja Schwarzzhans had no use for herbs and she hated gardening when she was a child. But now the former teacher has turned herbalist. She cultivates her products in Hittisau and sells them through 15 different shops across Vorarlberg and the Allgäu.

Bregenzerwald Tourismus

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

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