

# Active Club Montafon

... that's how inclusive "active" can be!



## MODUL 1: ACTIVE PROGRAMME FOR ADULTS

May 30th until October 30th 2011

Age	from 14 years
Costs	€ 20,- (nordic walking € 5,-) for Active Club guests free of charge
Catering	catering not included
Registration	required on previous day till 6 pm on <a href="http://www.montafon.at/aktivclub">www.montafon.at/aktivclub</a> or at the tourist office, since limited number of participants
Duration	half day programme (2 hours)

**Nordic walking**  
meeting point: 10 am Aktivpark Montafon  
**Basic climbing basic course**  
meeting point: 2 pm Family Fun Club Gargellen

**Tennis trial course**  
meeting point: 10 am Aktivpark Montafon  
**Training Europa Treppe, stairs 4000 (25.06.-02.10.)**  
meeting point: 2 pm Vermuntbahn Partenen

**E-Bike-archery tour**  
meeting point: 10 am Sport Harry St. Gallenkirch or 10.30 am Aktivpark Montafon  
**Nordic walking**  
meeting point: 2 pm Sport Harry St. Gallenkirch

**E-Bike adventure tour**  
meeting point: 10 am Aktivpark Montafon or 10.30 am Sport Harry St. Gallenkirch  
**Via ferrata, waterfall adrenaline day**  
meeting point: 2 pm Family Fun Club Gargellen

**E-Bike-Energy tour**  
meeting point: 10 am Sport Harry St. Gallenkirch or 10.30 am Aktivpark Montafon  
**Tennis trial course**  
meeting point: 2 pm tennis courts Gargellen

**Basic climbing course & Fun Forest**  
meeting point: 10 am Family Fun Club Gargellen

## MODUL 2: CHILDREN ANIMATION „PLAYING-GROUP“

June 19th until September 11th 2011

Age	from 6 - 12 years
Costs	per day € 18,-   per week € 75,- for Active Club guests free of charge
Catering	lunch and drinks included
Registration	required on previous day till 6 pm on <a href="http://www.montafon.at/aktivclub">www.montafon.at/aktivclub</a> or at the tourist office, since limited number of participants
Duration	full day programme from 10 am till 5 pm

**Game-playing day**  
meeting point: Family Fun Club Gargellen  
**Witches and pirates day**  
meeting point: Aktivpark Montafon

**Indians day**  
meeting point: Family Fun Club Gargellen  
**Water day**  
meeting point: Aktivpark Montafon

**Fun Forest**  
meeting point: Family Fun Club Gargellen  
**Creativity day**  
meeting point: Aktivpark Montafon

**Treasure hunting & llama visit**  
meeting point: Family Fun Club Gargellen  
**Pony day**  
meeting point: Aktivpark Montafon

**Fun Forest**  
meeting point: Family Fun Club Gargellen  
**Explorer day**  
meeting point: Aktivpark Montafon

## MODUL 3: CHILDREN ANIMATION „SPORTS-GROUP“

June 19th until September 11th 2011

Age	from 8 - 12 years
Costs	per day € 18,-   per week € 75,- for Active Club guests free of charge
Catering	lunch and drinks included
Registration	required on previous day till 6 pm on <a href="http://www.montafon.at/aktivclub">www.montafon.at/aktivclub</a> or at the tourist office, since limited number of participants
Duration	full day programme from 10 am till 5 pm

**Swimming Day**  
meeting point: Aktivpark Montafon  
Fun and action at the Alpenbad Montafon

**Llama day**  
meeting point: Aktivpark Montafon  
Across country through the alps of Montafon to Kristberg

**Technical Mountainbike training**  
meeting point: Aktivpark Montafon  
Mountainbike training and a short trip

**Action day and orienteering hike**  
meeting point: Aktivpark Montafon  
ball games and orienteering hike at the Tschagguns floodplain forest

**Fun Forest**  
meeting point: Family Fun Club Gargellen  
Courage, balance and skillfulness are required in the high ropes course Fun Forest with a flying fox

## MODUL 4: CHILDREN ANIMATION „CLIMBING-GROUP“

June 19th until September 11th 2011

Age	from 8 - 14 years
Costs	per day € 18,-   per week € 75,- for Active Club guests free of charge
Catering	lunch and drinks included
Registration	required on previous day till 6 pm on <a href="http://www.montafon.at/aktivclub">www.montafon.at/aktivclub</a> or at the tourist office, since limited number of participants
Duration	full day programme from 10 am till 5 pm

**Basic climbing course & game playing day**  
meeting point: Family Fun Club Gargellen  
Playfully learning the basics of climbing in the highest village in the Montafon

**Via ferrata and climbing park in Gargellen**  
meeting point: Family Fun Club Gargellen  
Enjoy the pleasure of climbing in the alpine scenery of Gargellen

**Forest rope park Golm**  
meeting point: Aktivpark Montafon  
With fun and action we easily climb the forest rope park at Latschau

**Via ferrata at the Röbibach gully & archery**  
meeting point: Family Fun Club Gargellen  
Ascending a via ferrata in terrific natural surroundings with subsequent archery

**Forest rope park Golm**  
meeting point: Aktivpark Montafon  
With fun and action we easily climb the forest rope park at Latschau

**Basic climbing course & Fun Forest**  
meeting point: Family Fun Club  
Acquiring the basics of climbing and testing them right away in the high ropes course Fun Forest

MON  
TUE  
WED  
THU  
FRI  
SAT  
SUN

- explanatory notes
- arrival at least 15 minutes before the programme starts
  - equipment, entrances and the cableway ticket are always included
  - club card must be shown always
  - modifications due to the weather conditions are possible

- arrival at least 15 minutes before the programme starts
- modifications due to the weather conditions are possible
- equipment, entrances and the cableway ticket are always included
- club card must be shown
- please choose clothes which are suitable for the weather conditions, closed shoes are necessary for the pony-day and the fun forest

- arrival at least 15 minutes before the programme starts
- modifications due to the weather conditions are possible
- equipment, entrances and the cableway ticket are always included
- club card must be shown
- Suitable clothing recommended
- please choose clothes which are suitable for the weather conditions, closed shoes are necessary

- arrival at least 15 minutes before the programme starts
- modifications due to the weather conditions are possible
- equipment, entrances and the cableway ticket are always included
- club card must be shown
- Suitable clothing recommended
- sturdy shoes, at least 1,30 meter bodyheight necessary

## MOD. 5: CHILDREN ANIMATION „AUTUMN-PROGRAMME“

October 2nd until October 30th 2011

Age	from 6 - 12 years
Costs	per day € 18,-   per week € 75,- for Active Club guests free of charge
Catering	lunch and drinks included
Registration	required on previous day till 6 pm on <a href="http://www.montafon.at/aktivclub">www.montafon.at/aktivclub</a> or at the tourist office, since limited number of participants
Duration	full day programme from 10 am till 5 pm

**Forest rope park Golm**  
meeting point: Aktivpark Montafon  
With fun and action we easily climb the forest rope park at Latschau

**Mountainbike Tour**  
meeting point: Sport Harry St. Gallenkirch  
Hints and advice on the right technique of mountain biking as well as a small tour in the mountains

**Llama day**  
meeting point: Aktivpark Montafon  
Across country through the alps of Montafon to Kristberg

**Treasure hunting and playing day**  
meeting point: Family Fun Club Gargellen  
Different plays and the search for a secret treasure are on the agenda

**Aktivpark day**  
meeting point: Aktivpark Montafon  
Ice skating, inline skating or action at the adventure forest

**Climbing basic course & Fun Forest**  
meeting point: Family Fun Club  
Acquiring the basics of climbing and testing them right away in the high ropes course Fun Forest

## MODUL 6: GUIDED MOUNTAINBIKE TOURS

May 1st until October 30th 2011

Age	from 16 years
Costs	half day tour: € 25,-; full day tour € 35,- including bike hire for Active Club guests free of charge
Catering	catering not included
Registration	required on previous day till 6 pm on <a href="http://www.montafon.at/aktivclub">www.montafon.at/aktivclub</a> or at the tourist office, since limited number of participants
Duration	half day tours (4 hours) or full day tours (6-8 hours)

**Cappuccino-Tour (half day and full day)**  
Silbertal - Kristberg  
MP: 9.30 am Sport Harry St. Gallenkirch or 10 am Aktivpark Montafon  
32,5 km | 1.895 HM

**3-Valleys-Tour (full day)**  
Bludenz - Alpe Rona  
MP: 9.30 am Sport Harry Gallenkirch or 10 am Aktivpark Montafon  
70 km | 1.600 HM

**Alpine-huts-Tour (full day)**  
Heilbronnerhütte - Valschiavell  
MP: 9.30 am Aktivpark Montafon oder 10 am Sport Harry St. Gallenkirch  
67 km | 1.765 HM

**Singletrails-Tour (half day and full day)**  
Bartholomäberg - Itonskopf  
MP: 9.30 am Sport Harry St. Gallenkirch or 10 am Aktivpark Montafon  
40 km | 1.200 HM

**Maisäb-Tour (half day and full day)**  
Grabs - Golm (A tour along the small spring residences of the farmers)  
MP: 9.30 am Sport Harry St. Gallenkirch or 10 am Aktivpark Montafon  
30 km | 1.307 HM

**Silvretta-Bike-Safari-Tour (full day)\***  
Partenen - Bielerhöhe  
MP: 9.30 am Aktivpark Montafon or 10 am Tourismusbüro St. Gallenkirch  
70 km | 1.330 HM

**Panorama-Tour (full day)**  
Dalaas - Sonnenkopf  
Meeting point: 10 am Aktivpark Montafon  
59 km | 1.255 HM

## Welcome to the Club!

Real active recovery for adults and children. This is the devise of the Active Club Montafon, which offers unique Active Programme and special services.

Each third guest is a "club guest" – AND YOU TOO!

Your guest card is your club card and permits you to participate in the six programme modules of the Active Programme. Additionally you get free entrance and benefits to some recreational facilities and even more perks.

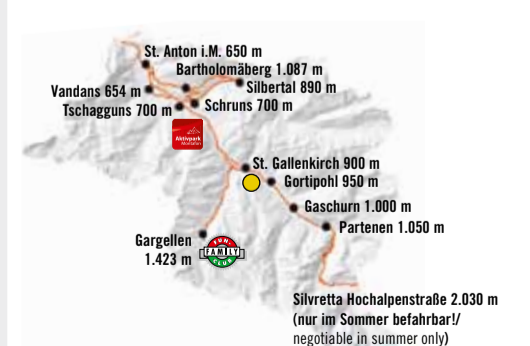
Registration required on previous day till 6 pm

[www.montafon.at/aktivclub](http://www.montafon.at/aktivclub)



The Active Club Montafon is a joint product of Schruns-Tschagguns Tourism Corporation (Telephone: +43 (0)5556 72166) and Hochmontafon Tourism Corporation (Telephone: +43 (0)5558 8201) with approx. 400 member accommodations in the whole valley. Only professionally trained and experienced staff is conducting the programmes.

## STARTING POINTS FOR THE ACTIVE PROGRAMME



Der Aktivpark Montafon befindet sich in Schruns-Tschagguns an der L188

Der Family Fun Club befindet sich im Zentrum von Gargellen

Sport Harry befindet sich im Zentrum von St. Gallenkirch an der L188

- explanatory notes
- arrival at least 15 minutes before the programme starts
  - modifications due to the weather conditions are possible
  - equipment, entrances and the cableway ticket are always included
  - club card must be shown
  - fun forest and Forest Rope Course sturdy shoes, at least 1,30 meter body height necessary

- arrival at least 15 minutes before the programme starts, helmets are required (helmet-rent is included), Club card must be shown,
- there are two levels for each tour (easy + advanced), kilometres and height statements for day tours stated
- on holidays the meeting point is only at the Aktivpark Montafon
- \* driveway for the Bike-Safari tour from 25th June to 2nd October 2011 with the Vermuntbahn. Otherwise going up to the Bielerhöhe (ca. 1000 HM) by bike
- equipment, entrances and the cableway ticket are always included

## BIKE RENTAL

Active Club guests get 50 % off on bike hire, for guided tours free of charge; guests with guest card get 10 % off; reductions are not combinable

**Opening hours Bikebasis Montafon**  
1. Mai – 11. September 2011, täglich /daily 9.00 – 18.00 Uhr im Aktivpark Montafon, Tel. +43 (0)664 8106308 oder +43 (0)5556 7216640  
12. September – Ende Oktober 2011, täglich /daily 8.00 – 17.00 Uhr im Tourismusbüro Schruns, Tel. +43 (0)5556 721660

**Opening hours Bike rental Sport Harry**  
1. Mai – 31. Oktober 2011, MO – FR 8.30 – 12.00 & 14.00 – 18.00 Uhr,  
SA 8.30 – 17.00 Uhr, Tel. +43 (0)5557 6644