

Kälbersee via ferrata

MODERATE

BERGBAHNAUF-/ABSTIEG



Tour description

A practice via ferrata in a scenic setting. The Seetalhüsli and Kälbersee are perfect spots to relax with the whole family.

Located right on the idyllic Kälbersee in the Seetal/Hochjoch hiking area, this practice via ferrata offers several routes for different skill levels. From the Seetalhüsli, you have a good view of the routes.

Beginners can ease into via ferrata climbing on routes A and B, while experienced via ferrata climbers will find routes C and D challenging. Variant D in particular requires precise footwork, as iron steps have been deliberately omitted here. This allows you to specifically improve your climbing on natural rock, with a lake view as a bonus.

Each route is approximately 120 meters long, covers about 60 meters of elevation gain, and takes roughly 30 to 45 minutes to complete, depending on the route. The approach takes about 15 minutes, and the descent about 30 minutes. The route faces north.

02:00 h duration	2,11 km Length
2306 m Highest point	2122 m Lowest point
193 m Ascent	193 m Descent

Tour type

Bergbahnauf-/abstieg

Difficulty

Moderate

Elevation profile

Condition

Technique

Difficulty

Result

Landscape

Best time of year

JAN	FEB	MÄR	APR	MAI	JUN
JUL	AUG	SEP	OKT	NOV	DEZ

Access - Directions - Descent

Access

The approach is via the Hochjoch Bahn and then along hiking trail 4, the “Seetalweg,” toward Seetalhüsli. Alternatively, you can reach Kälbersee from the Sennigrat Bahn mountain station in about 15 minutes on foot.

The starting point is the Seetalhüsli. From there, you have a good view of the various routes on the rock face near Kälbersee. The entry point is on the left side of the rock face. The beginner's route (difficulty A) starts at Seetalhüsli and heads toward the Sennigrat Bahn mountain station. The entry points for variants B, C, and D are easily accessible via the approach trail.

Directions

The Kälbersee practice via ferrata is idyllically situated among the mountain lakes at Hochjoch and is ideal for practicing via ferrata, mastering belay techniques, and better assessing your own abilities.

Depending on your experience, you can choose from several variants: The easier Route A is particularly suitable for beginners, while Variants B, C, and D become progressively more challenging. The more difficult routes require sure-footedness, strength, and precise climbing on the rock.

Descent

From the exit, follow the trail further up to the small summit. On the backside, a flat path leads down to the ski slope and back to the Wormser Hut. From there, you can walk or take the Sennigrat Bahn back to the Hochjoch Bahn mountain station.

Alternatively, you can return along Route A. Please be considerate of oncoming via ferrata climbers.

Getting to the starting point

We recommend starting at the top station of the Zamang Bahn or the Hochjoch Bahn. Please check the current **operating hours** of the mountain railways. You can reach the Sennigrat Bahn from Schruns via the Hochjoch Bahn or the Zamang Bahn.

By public transportation

With the Montafon Regional Bus and the Montafonerbahn, you can travel comfortably and flexibly throughout the valley. Trains and buses connect the towns regularly, every half hour or hourly depending on the route. You can find suitable connections **here**. Possible stops for the start and end of this tour are: Zamang Bahn or Hochjoch Bahn.

By car

Take the A14 to the Bludenz/Montafon exit. Then follow the Montafonerstraße L188 to Schruns, where the valley stations of the respective feeder railways are located.

Important Information

You climb the via ferrata at your own risk and responsibility. Please check the weather, current conditions, snow conditions, and difficulty level in advance. Realistically assess your experience, sure-footedness, ability to handle heights, and physical fitness.

Complete, standard-compliant via ferrata equipment is absolutely essential. This includes a hip belt, via ferrata set, helmet, and gloves. Equally important is appropriate footwear: sturdy, ankle-high hiking boots with good traction.

Your backpack should also include sufficient food, sun and rain protection, and a first-aid kit.

In the Montafon, you can rent high-quality via ferrata equipment at **select sports shops**. Please check in advance regarding availability, sizes, and reservation options.

Useful tips

The via ferrata is very well secured and offers short routes for the whole family.

Sicherheitstipps für Wandern in Vorarlberg

EN NOTRUF:

EN 140 - Alpine Notfälle österreichweit

EN 144 - Alpine Notfälle Vorarlberg

EN 112 - Euro-Notruf (funktioniert mit jedem Handy/Netz)

www.vorarlberg.travel/sicherheitstipps
