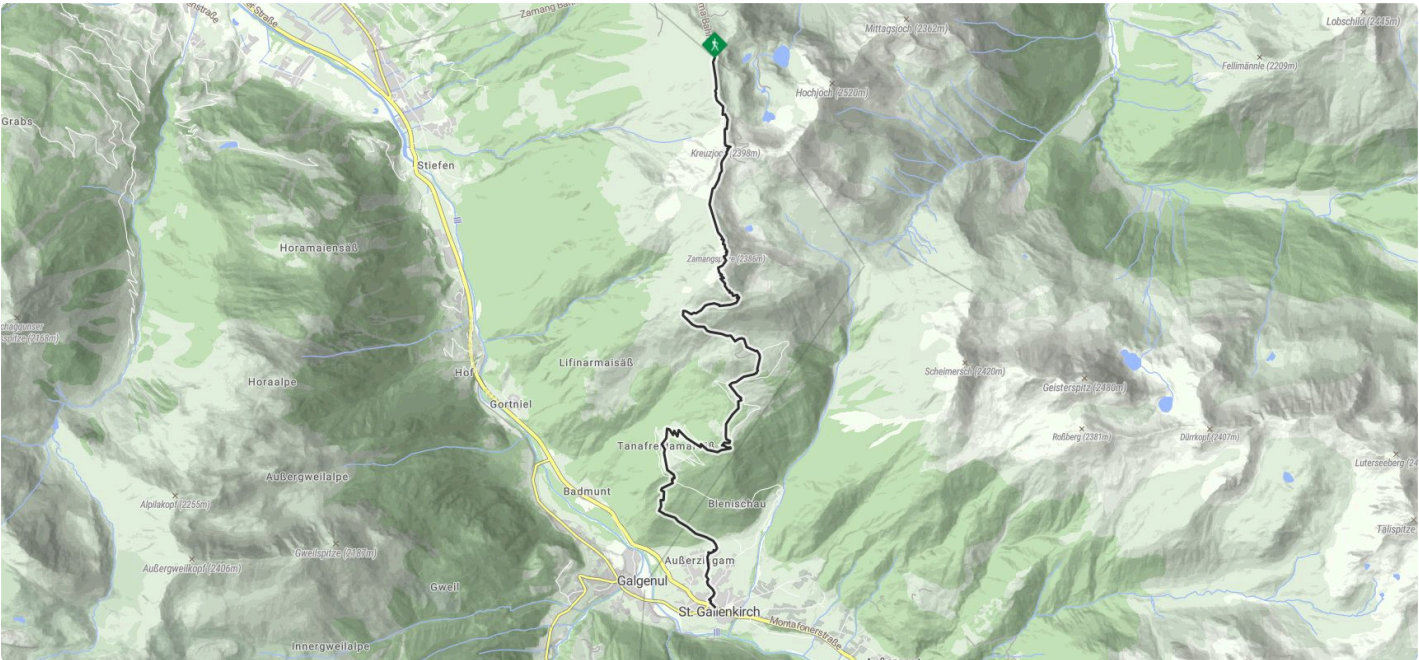


From Schruns via the Zamangspitze (2,386 m) to St. Gallenkirch

DIFFICULT BERGBAHNAUF-/ABSTIEG



Tour description

Beautiful panoramic route with two great viewing peaks
From the viewpoint, probably one of the most beautiful hikes in Montafon. From the Zamangspitze, you have a wide view into Switzerland (e.g. Tödi), to Germany, and into the Tyrolean mountains. The Montafon valley lies at your feet, the Rätikon is within reach opposite you.

Approach

Drive on the A14 to the Bludenz/Montafon exit and continue on Montafonerstraße L188 to Schruns to the Hochjochbahn.

Public transport

Just leave your car standing

The Montafonerbahn regional buses run throughout the Montafon. The main lines run every half hour from Schruns station.

Bus stop at the start/finish of the route: **Schruns Hochjoch Bahn / line 650, line 670, line 602, line 603**

Timetable: www.vmobil.at

Arrival by train to Montafon

From Bludenz station, the Montafonerbahn runs hourly (partly every half hour). There are also direct connections from Lindau (D) or Bregenz.

Timetable: www.oebb.at

Parking

Valley station Hochjoch Bahn (paid)

 03:45 h duration	 10,1 km Length
 2396 m Highest point	 877 m Lowest point
 220 m Ascent	 1610 m Descent

Tour type Hiking, Bergbahnauf-/abstieg

Difficulty ● Difficult

Elevation profile


Condition 

Technique 

Difficulty 

Result 

Landscape 

Best time of year

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

Directions

Ascent with the Hochjoch Bahn and the Sennigrat Doppel chairlift. First, you hike along a beautiful high-altitude path to the Wormser Hut and further to the Kreuzjoch (this section is marked white/blue/white and can also be bypassed). From here, you already see the Zamangspitze. Along the ridge, continue to the Zamangspitze (2,386 m). I recommend following the trail marking white/red/white. The ascent to the summit starts on the backside of the mountain. There follows a strenuous descent of over 1,500 meters in altitude. Therefore, it is advisable to rest at the Zamangalpe. Then continue over the Maisäßen of Tanafreida to the village center of St. Gallenkirch. The route can also be done in the opposite direction or shortened by using the Zamang Bahn.

Top station Sennigrat Bahn - Wormser Hut - Kreuzjoch - Zamangspitze - Zamangalpe - Tanafreida - St. Gallenkirch

Tips

When stopping at the Zamangalpe, be sure to try the Montafoner Sura Kees!

Destination

St. Gallenkirch, center

Starting Point

Schruns, center

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