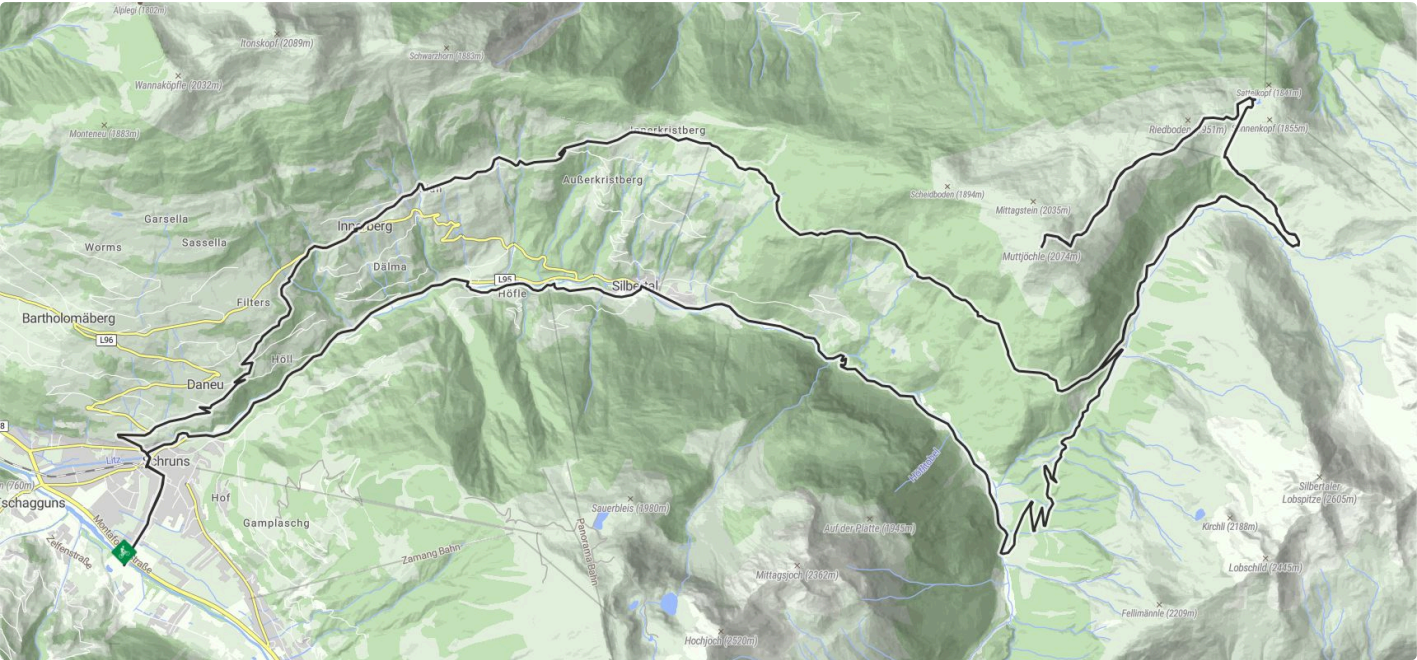


Bike and Hike Muttjöchle

DIFFICULT

EINKEHRMÖGLICHKEIT



Tour description

Beautiful views in and out of the Montafon natural landscapes, from the untouched wild stream to the fantastic panoramic view at the summit of Muttjöchle (2,074 m).

The Bike & Hike route leads from Schruns via Silbertal to Sonnenkopf, where the hike to the scenic summit Muttjöchle starts. There are also numerous places to stop along one of the most popular Bike & Hike routes in Montafon.

The given time includes walking time.

Public transport

Just leave your car behind.

From Schruns train station you can quickly reach the starting point with your bike

[vmobil - timetables](#)

Arrival by train

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

[vmobil - timetables](#)

07:00 h duration	45,9 km Length
2073 m Highest point	674 m Lowest point
1470 m Ascent	1470 m Descent

Tour type

(E-)Mountainbiken, Bike & Hike, Refreshment stops

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

From Aktivpark Montafon follow the signpost on the road into Silbertal. At the end of the village Silbertal (near the rock parking lot) the path leads upstream on the left side of the wild stream to Gasthof Fellimännle.

After a few minutes the path splits, where you turn left. The gravel path now leads past Gasthof Hasahüsli and further into the Wasserstuben valley. Past the lower and upper Wasserstuben alpine pastures to the mountain station of the Sonnenkopf cable car.

Here you leave your e-mountain bike and continue on foot. Follow the hiking trail signs to the summit of Muttjöchle, which you reach after about 1 hour.

The return route is the same up to the lower Wasserstuben alpine pasture. Shortly after the Wasserstuben alpine pasture follow the signpost towards Kristberg. At Kristberg continue towards Bartholomäberg-Kristberg. At the church in Innerberg turn right on the main road towards Bartholomäberg. After a few meters, the bike path turns left into the forest (direction Hölle) – signpost to Schruns. Afterwards, you can turn right towards Bärger Straße (main road – easier way) or take the steeper path with some single trail sections back to Schruns.

Bike: Aktivpark Montafon – Silbertal – Wasserstubental – Sonnenkopf

Hike: Sonnenkopf – Muttjöchle – Sonnenkopf

Bike: Sonnenkopf – Kristberg – Bartholomäberg/Innerberg – Bartholomäberg/Hölle – Schruns

Equipment

Spare battery, charger, bike helmet, day bike backpack (approx. 20 liters) with rain cover, comfortable sports shoes, possibly bike shoes, weather-appropriate and durable clothing in layers, possibly cycling jersey, possibly cycling gloves, tire pump, bike tools, sun and rain protection, provisions and drinking water, water bottle and suitable holder, first aid kit, pocket knife, mobile phone, possibly mobile phone holder for the handlebar, possibly headlamp and reflectors, maps as well as telescopic hiking poles if hiking.

Tips

The Montafoner Sura Kees (cheese specialty of Montafon) can be tasted at the upper Wasserstubenalpe.

Destination

Aktivpark Montafon Schruns

Starting Point

Aktivpark Montafon Schruns

Sicherheitstipps für Mountainbike in Vorarlberg

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

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

www.vorarlberg.travel/sicherheitstipps