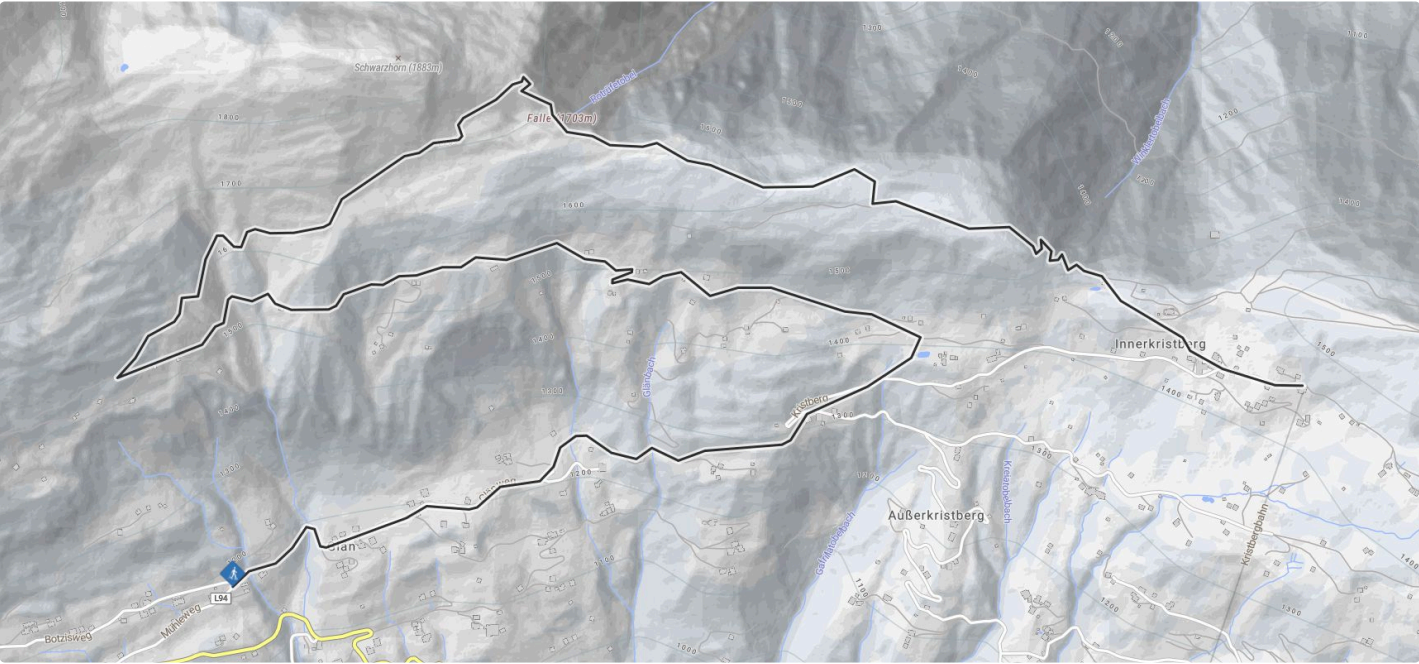


Innerberg via Falla to Kristberg

DIFFICULT

RUNDTOUR



Tour description

Innerberg Gasthaus Mühle - Glän - Totabühel - Maschleu - Fulateia - Falla - Ganzaleita - Waldschule - Bergstation Kristbergbahn

The snowshoe routes are in open terrain. Use at your own risk.

Approach

Take the A14 to the Bludenz/Montafon exit and continue on the Montafonerstraße L188 to St. Anton in Montafon. At St. Anton, turn left (directly at the train station) and follow the road to Bartholomäberg

Public transport

Just leave your car standing

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

Bus stop at the start/finish of the route: **Bartholomäberg Gasthaus Mühle / Line 640**

Timetable: www.vmobil.at

Arrival by train to Montafon

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

Timetable: www.oebb.at

Parking

Gasthaus Mühle Innerberg

Directions

From the Gasthaus Mühle in Innerberg, we walk uphill following the road on the Glänweg towards Kristberg. At Totabühel, we continue cross-country, cross the road, and thus reach the path towards Maschleu. Following the path, we reach Fulateia, where we can ascend over open terrain to Falla. Falla is a great viewpoint into the neighboring Klostertal. From here, we can descend via Ganzaläta to the Waldschule and continue back to the Bergstation of the Kristbergbahn. Alternatively, from here, you can walk back to Innerberg via the winter hiking trail.

 04:00 h duration	 9,1 km Length
 1753 m Highest point	 1176 m Lowest point
 641 m Ascent	 375 m Descent

Tour type

Snowshoeing,
Round trip

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
					✓

Equipment

Sturdy footwear for snowshoes, careful planning, study avalanche bulletin (www.vorarlberg.at/vorarlberg/sicherheit_inneres/sicherheit/landeswarnzentrale/weitereinformationen/lawinenwarndienst/ziel.htm), for avalanche emergency: avalanche transceiver, shovel, and probe (standard),

Tips

This route is marked with the green number 6 on the overview map "Aktivkarte Schnee". The map is available free of charge at the Montafon tourist offices.

Snowshoe hikes are endurance sports. Train basic conditioning in other endurance sports before the snowshoe season. The valuable strain stimuli for the heart and circulatory system require health and good self-assessment. Avoid time pressure and increase the intensity and scope of your hikes gradually. Fluids, energy, and breaks are necessary to maintain performance and concentration. Hot isotonic drinks are ideal thirst quenchers and heat providers. Muesli bars, dried fruit, and cookies satisfy small hunger on the way.

Destination

Silbertal, Bergstation Kristbergbahn

Starting Point

Innerberg, Gasthaus Mühle

Sicherheitstipps für Schneeschuhwandern in Vorarlberg

NOTRUF:

140 - Alpine Nottfälle Österreichweit

144 - Alpine Nottfälle Vorarlberg

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

Wetterbedingt kann es vorkommen, dass die Routen nicht täglich frisch gespurt werden. Je nach Schnee- und Wetterverhältnissen kann es zu Änderungen kommen.

www.vorarlberg.travel/sicherheit-am-berg-winter/