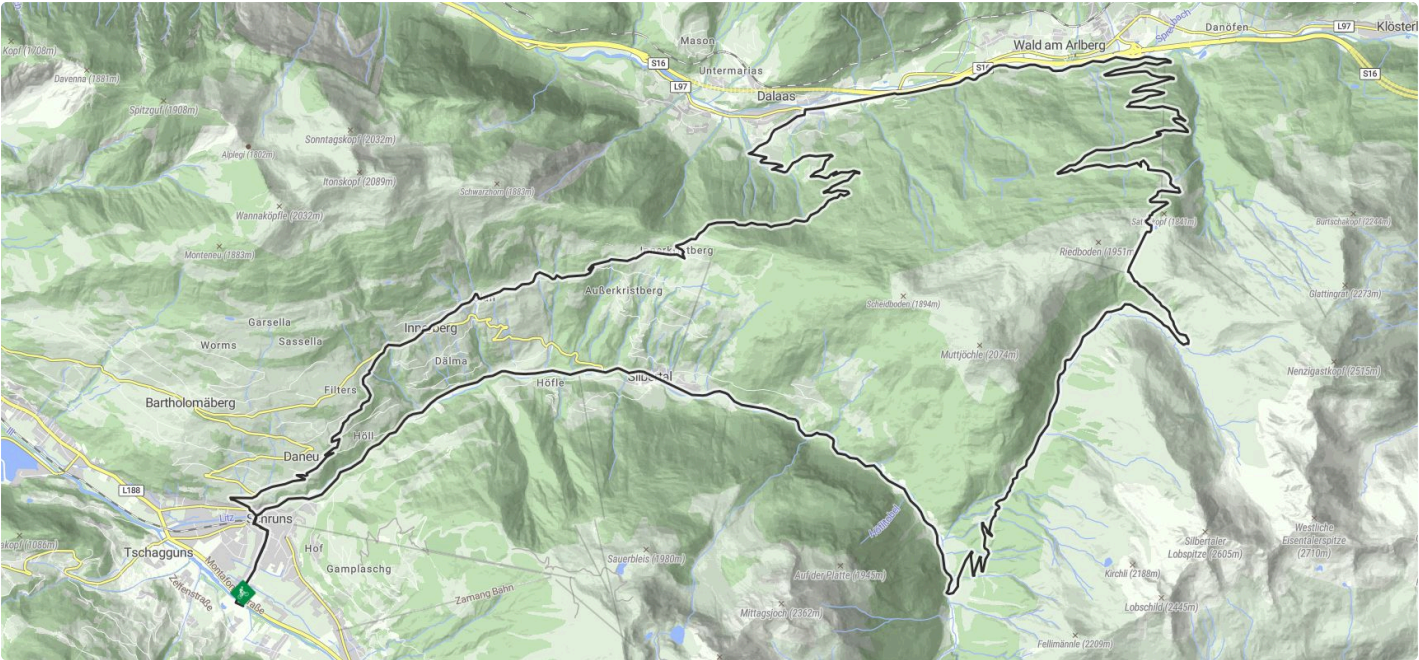


Kristbergsattel Tour

DIFFICULT

EINKEHRMÖGLICHKEIT

RUNDTOUR



Tour description

Aktivpark Montafon - Silbertal - Alpengasthaus Fellmännle - Berggasthaus Hasahüsli - Wasserstubental - Upper Wasserstubenalpe - Sonnenkopf - Dalaas - Kristbergsattel - Kristberg - Gasthaus Mühle Innerberg (Bartholomäberg) - Loch - Aktivpark Montafon

Where is your personal limit? On this route, you will get the answer. From Schruns-Tschagguns, you ride to Silbertal and further along beautiful forest paths, passing the lower and upper Wasserstubenalpe to the Sonnenkopf. Enjoy the magnificent view of the surrounding mountain world before descending into the Klostertal. Along the Alfenz stream, you briefly recover from the altitude gained. From Dalaas, the route - following the historic footsteps of Pope John XXIII on the way to the Council of Constance - leads over a challenging ascent to the Kristbergsattel. From there, enjoy a relaxed descent over Innerberg, Loch back to Schruns.

Approach

Take the A14 to the Bludenz/Montafon exit and continue on Montafonerstraße L188 to Schruns. Federal road L188 leads you directly to Aktivpark Montafon, which is on the right side of the road.

Public transport

Just leave your car standing.

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

Bus stop at the start/finish of the route: **Schruns Sports Ground/Aktivpark / Line 2a, Line 2b**

Timetable: www.vmobil.at

Arrival by train to Montafon

From Bludenz station, the Montafonerbahn runs hourly (partially half-hourly). There are also direct connections from Lindau (D) and Bregenz.

Timetable: www.oebb.at

Parking

There are numerous parking spaces at Aktivpark Montafon.

	06:30 h duration		48,8 km Length
	1841 m Highest point		674 m Lowest point
	1872 m Ascent		1872 m Descent

Tour type

(E-)Mountainbiken, Refreshment stops, 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
☒	☒	☒	☐	☐	☐

Directions

Where is your personal limit? On this route, you will find the answer. Starting from Aktivpark Montafon in Schruns-Tschagguns, you head to Silbertal and continue along beautiful forest paths, passing the lower and upper Wasserstubenalpe to the Sonnenkopf. Enjoy the magnificent view of the surrounding mountain world before descending into the Klostertal. Along the Alfenz river, you can briefly recover from the altitude gained. From Dalaas, the route leads – following the historic footsteps of Pope John XXIII on the way to the Council of Constance – over a challenging ascent to the Kristbergsattel. From there, enjoy a relaxed descent through Innerberg back to Schruns.

Equipment

roadworthy (E-)Mountain bike with lots of suspension travel, bicycle helmet, optionally enduro or full-face helmet, optionally elbow and knee protectors, optionally back and shin protector, day bike backpack (approx. 20 liters) with rain cover, mountain bike shoes with ankle protection, weather-appropriate and durable clothing in a multi-layer principle (e.g., functional shirt, cycling jersey, bib shorts, arm warmers and leg warmers), shatterproof cycling glasses, full-finger gloves, air pump, bicycle tools, sun and rain protection, provisions and drinking water, water bottle and suitable holder, first aid kit, pocket knife, mobile phone, optionally mobile phone holder for the handlebar, optionally headlamp and reflectors, map material

Tips

If the route becomes too long, the loop to Dalaas can be omitted, and you can go directly at the Wildried junction over Kristberg to Bartholomäberg.

Free Aktivkarte for (E-)Mountain biking available at all Montafon tourist information offices.

Destination

Aktivpark Montafon Schruns-Tschagguns

Starting Point

Aktivpark Montafon Schruns-Tschagguns

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