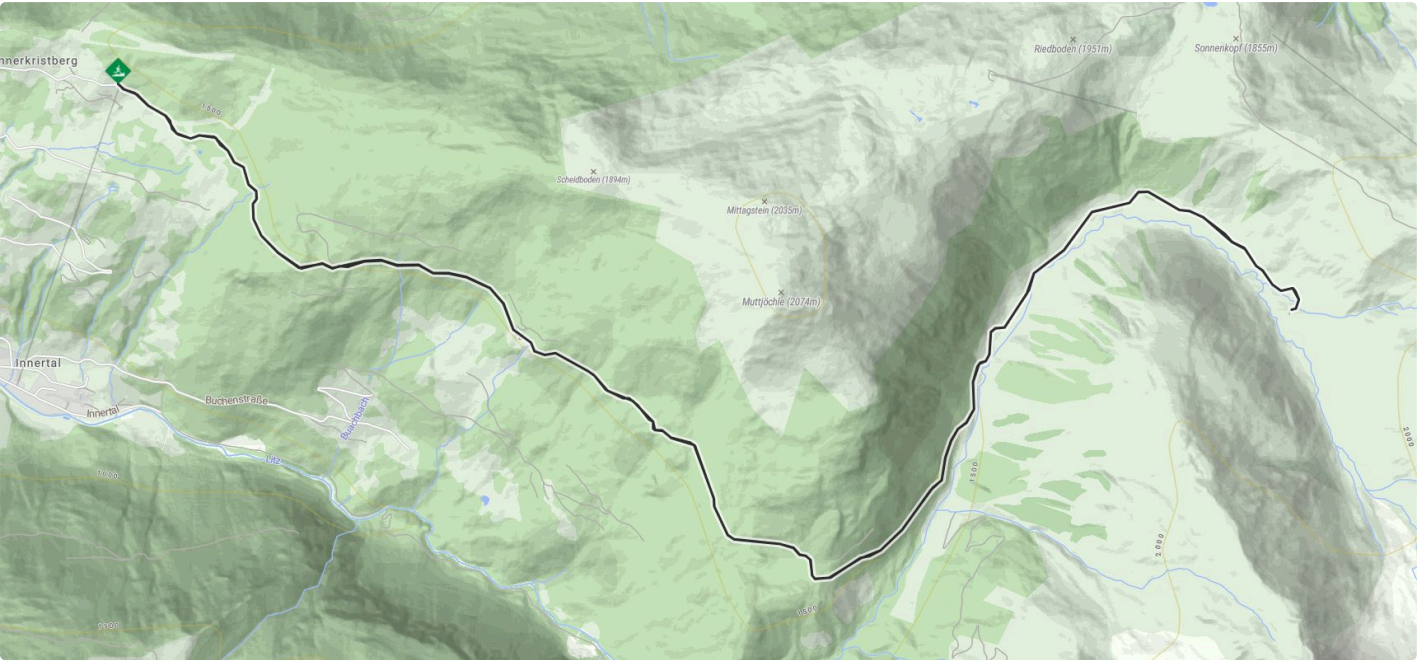


Kristberg - Upper Wasserstuben Alpe

DIFFICULT

EINKEHRMÖGLICHKEIT

BERGBAHNAUF-/ABSTIEG



Tour description

Kristberg - Innerkristberg - Wildried - Hunting lodge - Lower Wasserstubenalpe - Wasserstubental - Upper Wasserstubenalpe - same way back to Kristberg

Approach

www.maps.google.com

Public transport

www.vmobil.at

Parking

Valley station Kristbergbahn Silbertal - fee required

Directions

The start is located at the Kristberg mountain station. From there, a wide hiking path gently ascends to the viewpoint Wildried. After a short downhill section, the crossing to the hunting lodge and Lower Wasserstubenalpe begins. Then the river (Burtschabach) accompanies the runners through the beautiful Wasserstubental. The goal is the Upper Wasserstubenalpe. Alpine products (Sura Kees, and more) can be consumed there. This is also the turning point. The running route leads back the same way to the Kristberg mountain station.

Safety instructions

EMERGENCY CALL: 144
European emergency number: 112 (works with any mobile/ network)

www.vorarlberg.travel/sicherheitstipps

Equipment

Running shoes with good grip

 03:00 h duration	 16,5 km Length
 1731 m Highest point	 1451 m Lowest point
 858 m Ascent	 853 m Descent

Tour typeTrail running | Running, Bergbahnauf-/abstieg, 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
☒	☒	☒	☐	☐	☐

Tips

If you have never participated in a mountainous run before, you should definitely not overestimate yourself. Always run at your own pace, no matter how many other runners you pass. It is not speed that counts, but finishing the run.

On the route, there is a Kneipp facility ("Sieba Brünna"). On the return trip, you can give your body a real refreshment.

Destination

Silbertal, Kristbergbahn mountain station

Starting Point

Silbertal, Kristbergbahn mountain station
