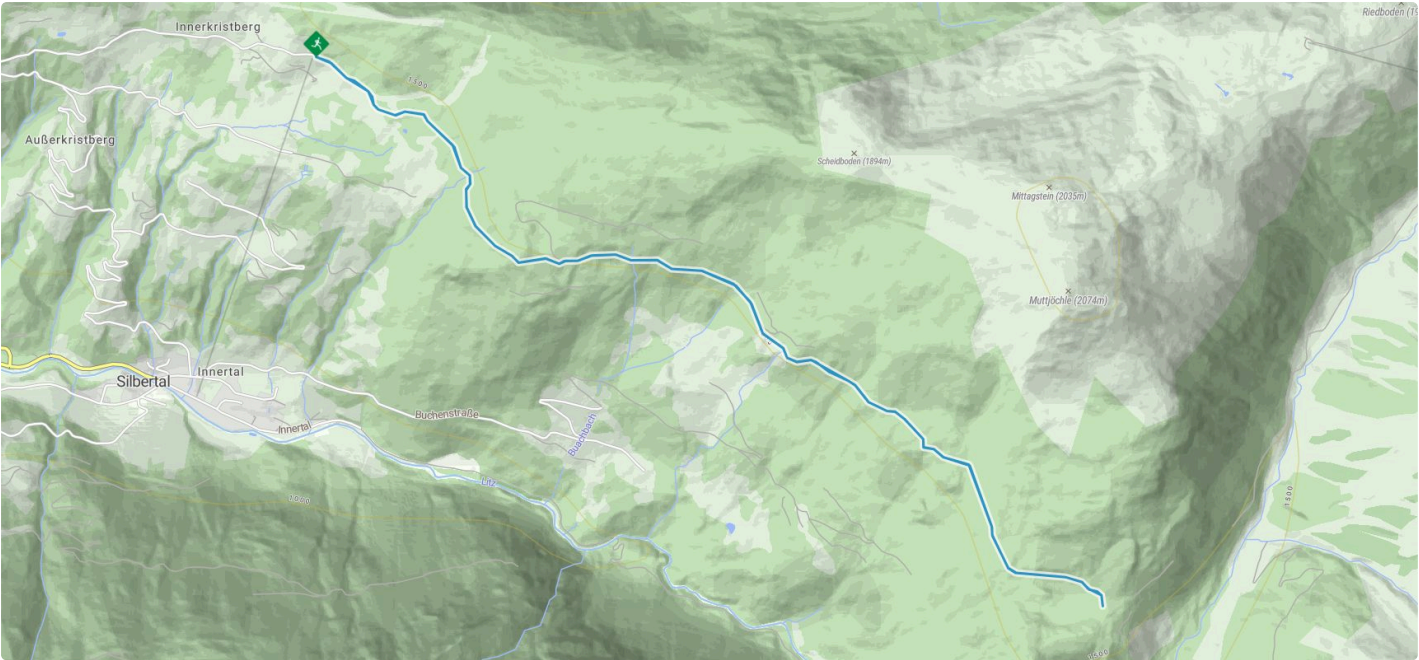


Wildried high route

EASY

BERGBAHNAUF/-ABSTIEG



Tour description

Kristbergbahn mountain station - Kneipp facility Siebenbrünnele - Hochmoor Wildried - return by the same route

Easy, optimal altitude training route. Relatively flat, continuous ascent and a slight downhill on return. Relaxed route.

01:17 h duration	9,0 km Length
1567 m Highest point	1444 m Lowest point
174 m Ascent	174 m Descent

Approach

Coming from Bludenz, take the Bludenz/Montafon motorway exit and follow the L188 into Montafon to Schruns. Then continue via Silbertalerstraße to Silbertal. www.google.at/maps

Public transport

Just leave your car parked

The regional buses of Montafonerbahn operate throughout the Montafon. The main lines run hourly from Schruns station.

From **Schruns station** you can reach Silbertal with **bus line 680**. The **stop** is: "**Kristbergbahn**"

For the return journey

With bus line 680 you can return from Silbertal to Schruns station.

[mbs bus timetables](#)

Arrival by train

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

[mbs train timetable](#)

Parking

Parking is available at Kristbergbahn. (free of charge in winter)

Tour type

Trail running | Running, Bergbahnauf/-abstieg

Difficulty

Easy

Elevation profile

Condition

Technique

Difficulty

Result

Landscape

Best time of year

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

Directions

The starting point is the Kristbergbahn mountain station (signpost running routes) and leads gently uphill on a wide path towards the valley. Great views open up again and again. The distinctive mountain peak of the Lobspitze is your constant companion along the route. Through forest sections you reach the Kneipp facility "Siebenbrünnele." Here 7 mountain springs come together. Those who don't find the water too cold can do a Kneipp round while enjoying the magnificent panorama. The route continues straight ahead and you then reach the Hochmoor Wildried. You return to the starting point, the Kristbergbahn mountain station, by the same path.

Safety instructions

EMERGENCY CALL: 144

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

www.vorarlberg.travel/security-tips

Destination

Silbertal, Kristbergbahn mountain station

Starting Point

Silbertal, Kristbergbahn mountain station