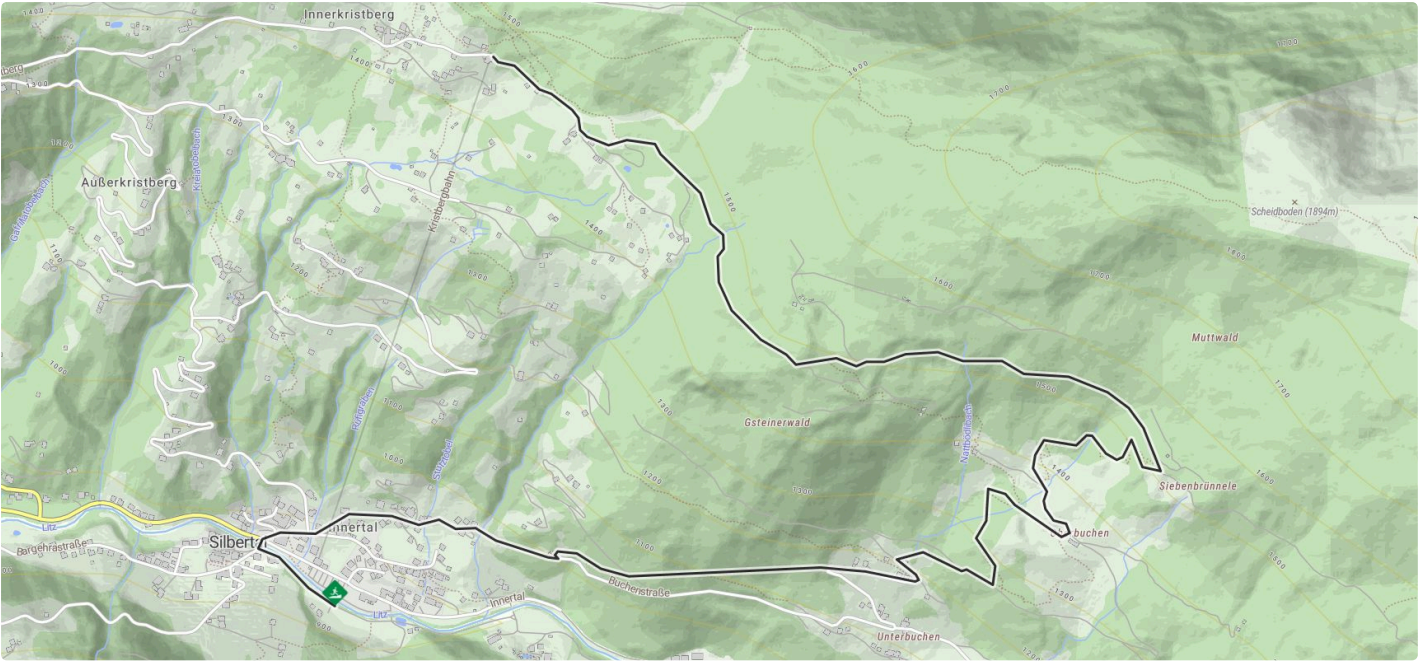


Silbertal-Kristberg trail

DIFFICULT

EINKEHRMÖGLICHKEIT

BERGBAHNAUF-/ABSTIEG



Tour description

Sports field - center - Buchenstr  e - Alpe Oberbuchen - Kneipp facility Siebenbr  nnele - Kristbergbahn mountain station

Demanding mountain run with a steady incline in the first two thirds, then descending slightly towards the mountain station. Very idyllic, mostly through forests. Return trip possible with the Kristbergbahn.

From early June to early September, a stop at the **Alpe Oberbuchen** is definitely possible. Wonderful panorama and the traditional delicacy, "Sura Kees", can be enjoyed here.

Approach

Coming from Bludenz, take the Bludenz/Montafon motorway exit and follow the L188 into the Montafon until Schruns. Then continue via Silbertalerstra  e to Silbertal. <http://www.google.at/maps>

Public transport

Just leave your car parked

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

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

For the return journey

You can take bus line 680 back from Silbertal to Schruns station.

Bus schedules mbs

Arrival by train

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

Train schedule mbs

Parking

Parking is available at the Kristbergbahn. (free in winter)

 01:33 h duration	 6,49 km Length
 1529 m Highest point	 872 m Lowest point
 656 m Ascent	 96 m Descent

Tour type

Trail running | Running, Bergbahnauf-/abstieg, Refreshment stops

Difficulty

Difficult

Elevation profile



Condition

Technique

Difficulty

Result

Landscape

Best time of year

JAN	FEB	M��R	APR	MAI	JUN
☐	☐	☐	☐	☒	☒
JUL	AUG	SEP	OKT	NOV	DEZ
☒	☒	☒	☒	☐	☐

Directions

The trail starts at the sports field in Silbertal and follows the Litz downstream to the centre. At the church bridge, turn right, cross the Litz bridge, and shortly afterwards turn into Buchenstraße. Pass directly by Hotel Hirschen. Stay on Buchenstraße and follow it towards Buchen/Alpe Oberbuchen. Once there, choose the path further up towards the Kneipp facility Siebenbrünnele. It goes more or less over sunny sections and somewhat steeply upwards. Once at the top, you have reached the highest point of the trail and deserve more than just a break. The Kneipp facility Siebenbrünnele invites you to take a breather. If the water isn't too cold, you can also take a round of Kneipp therapy. Then the path continues comfortably to the left through forest sections and a gently descending wide path until you reach the mountain station of the Kristbergbahn.

Safety instructions

EMERGENCY CALL: 144

Europe-wide emergency number 112 (works with any mobile/ network)

www.vorarlberg.travel/sicherheitstipps

Destination

Silbertal, Kristbergbahn mountain station

Starting Point

Silbertal, Kristbergbahn parking lot
