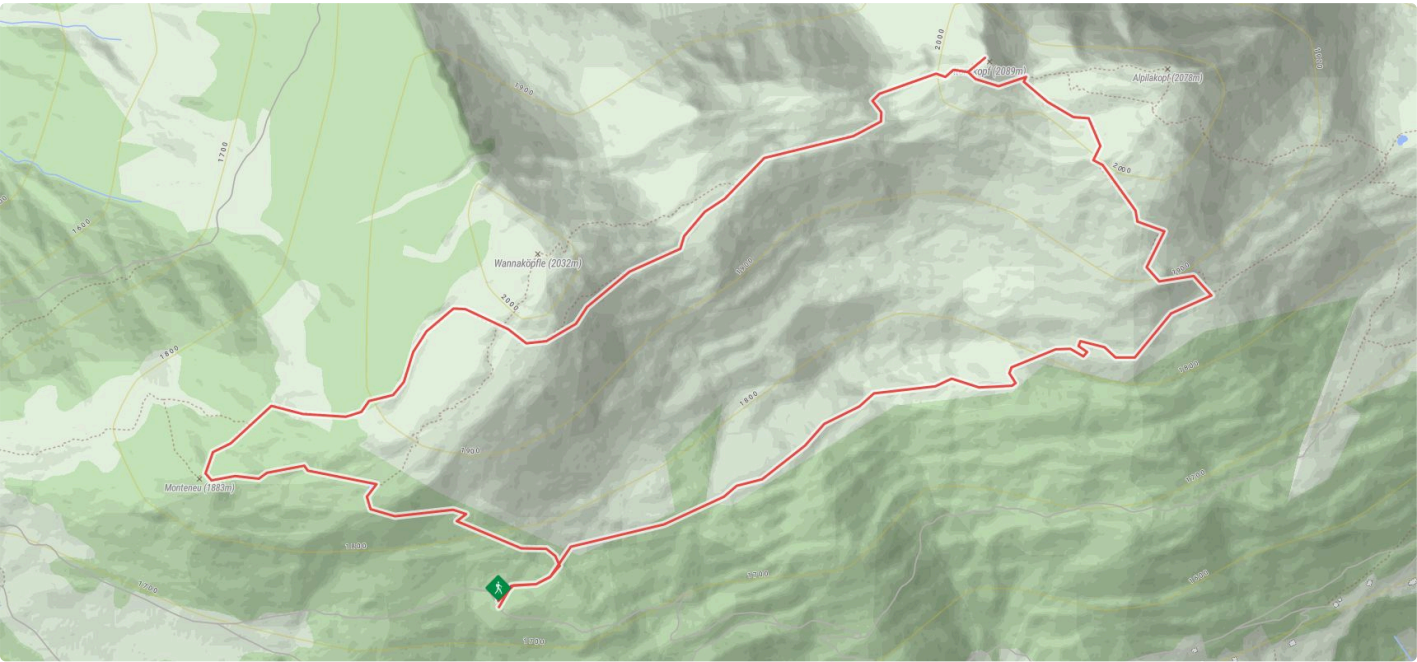


(e-)MTB and hike: circular hike via Monteneu to the Itonskopf

Moderate Rundtour



Tour description

For this hike, you first need to ride your (e-)MTB to the starting point. Then this beautiful hike will lead you to the scenic summit of the Itonskopf.

You start with your (e-)MTB from the Baroque church Bartholomäberg and ride on the Almein circuit to the starting point of the hike. From there, you change from bike to hiking boots and continue hiking up to the Itonskopf.

The last section up to the Itonskopf requires surefootedness. However, a steel cable provides extra security here. At the summit, you will be rewarded with a breathtaking 360-degree panorama. In every direction, you can discover scenic highlights.

Parking

You can park directly at the hiking parking lot by the Bartholomäberg Church or ride up directly from the valley with your (e-)MTB.

Equipment

Sturdy hiking boots (ankle-high with a good tread sole)

Backpack with provisions (especially enough water)

Sun and rain protection (weather-appropriate clothing)

Tips

Make sure to wear good footwear so you have a secure grip on the way to the summit.

Destination

Bartholomäberg, Baroque church

02:15 h duration	5,93 km Length
2083 m Highest point	1740 m Lowest point
385 m Ascent	386 m Descent

Tour type

Bike & Hike, Hiking, Round trip

Difficulty

Moderate

Elevation profile

Condition

Technique

Difficulty

Result

Landscape

Best time of year

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

Starting Point

Bartholomäberg, Baroque church

Sicherheitstipps für Wandern in Vorarlberg

EN NOTRUF:

EN 140 - Alpine Notfälle österreichweit

EN 144 - Alpine Notfälle Vorarlberg

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

www.vorarlberg.travel/sicherheitstipps
