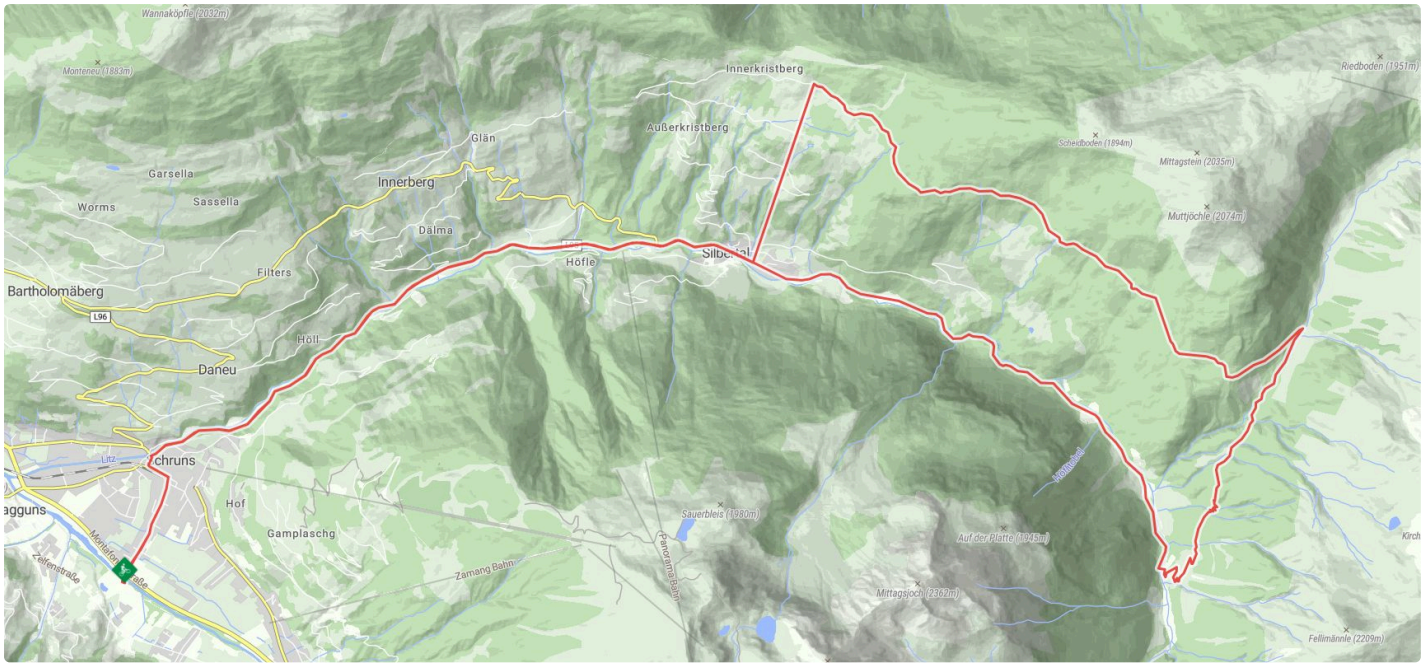
Bergknappen Tour Kristberg

MODERATE | LIFT ASCENT/DESCENT | REFRESHMENT STOPS | FAMILY-FRIENDLY | LOOP TRAIL



Tour description

On this route, you move along historical yet also scenically outstanding paths. The enchanting view from Kristberg to the breathtaking idyll in Silbertal makes this route unforgettable for you.

From the Aktivpark in Schruns-Tschagguns, you go past the Schruns station along the rushing Litz river to Silbertal. Once there, you ascend with your mountain bike on the Kristberg cable car to the Kristberg pleasure mountain at 1,444 meters above sea level. Here you will be offered a dreamy panorama of the surrounding mountain world. Athletic riders can also manage the 555 meters of elevation on the road. From Kristberg, it goes gently uphill to the Siebenbrünnele and further to Wildried, which is the highest raised bog in Europe. In this special natural complex, you will still find highly endangered plants that are hardly surpassed in their beauty and uniqueness. Then it goes down into the Wasserstubental. At the end of this valley, there are two places to stop for refreshments (Berggasthaus Hasahüsli and Alpengasthaus Fellimännle), before returning on a gravel road - past the roaring Teufelsbach waterfall - back to Silbertal and further to Schruns.

Approach

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

Public transport

Just leave your car at home.

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

From there, you can easily reach the starting point of the route (or you can take the train directly to Silbertal).

Timetable: www.vmobil.at

Arrival by train to Montafon

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

Timetable: www.oebb.at

03:30 h duration	**27,9 km** Length in km
1567 m Highest point	**671 m** Lowest point
937 m gain Ascent	**937 m gain** Descent

Start	Aktivpark Montafon
Finish	Aktivpark Montafon
Route type	(E-)Mountainbiken
Difficulty	Moderate

Elevation profile



Stamina	
Skill	
Difficulty	
Adventure	
Scenery	

Best months

JAN	FEB	MAR	APR	MAY	JUN
				✓	✓

JUL	AUG	SEP	OCT	NOV	DEC
✓	✓	✓	✓	✓	

Golm Silvretta Lünersee Tourismus GmbH
www.golm.at
Seilbahnstraße 1
A-6773 Vandans
+43 5556 701 83167
info@gsl-tourismus.at

Parking

At the Aktivpark Montafon in Schruns-Tschagguns

Directions

Your route starts at the Aktivpark Montafon in Schruns-Tschagguns. From here, you follow the road to Silbertal. Then you continue with the Kristberg cable car up to 1,444 meters above sea level. Athletic riders can also manage the 555 meters of elevation on the road. From the upper station of the Kristberg cable car, you follow the wide, comfortably rideable gravel path to the right, to the Wildried viewpoint and the Wildried raised bog. From there, it goes downhill back to Schruns.

Equipment

Spare battery, charger, bike helmet, day cycling backpack (approx. 20 liters) with rain cover, comfortable sports shoes, possibly cycling shoes, weather-appropriate and durable clothing in layers, possibly cycling jersey, possibly cycling gloves, air pump, bike tools, sun and rain protection, provisions and drinking water, water bottle and suitable holder, first aid kit, pocket knife, mobile phone, possibly mobile phone holder for the handlebar, possibly headlamp and reflectors, map material

Active card (e-)mountain biking

Tips

At the "Siebenbrünnele" is probably the coldest Kneipp facility in Montafon.

The Wildried viewpoint is an excellent spot for a break. From here you have a fabulous view into the Silbertal, which you will ride through afterwards.

Directly after the Wildried viewpoint, you will find the eponymous Wildried raised bog. In every season, the Wildried presents its beauty and invites you to a short enjoy break.

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)

further information