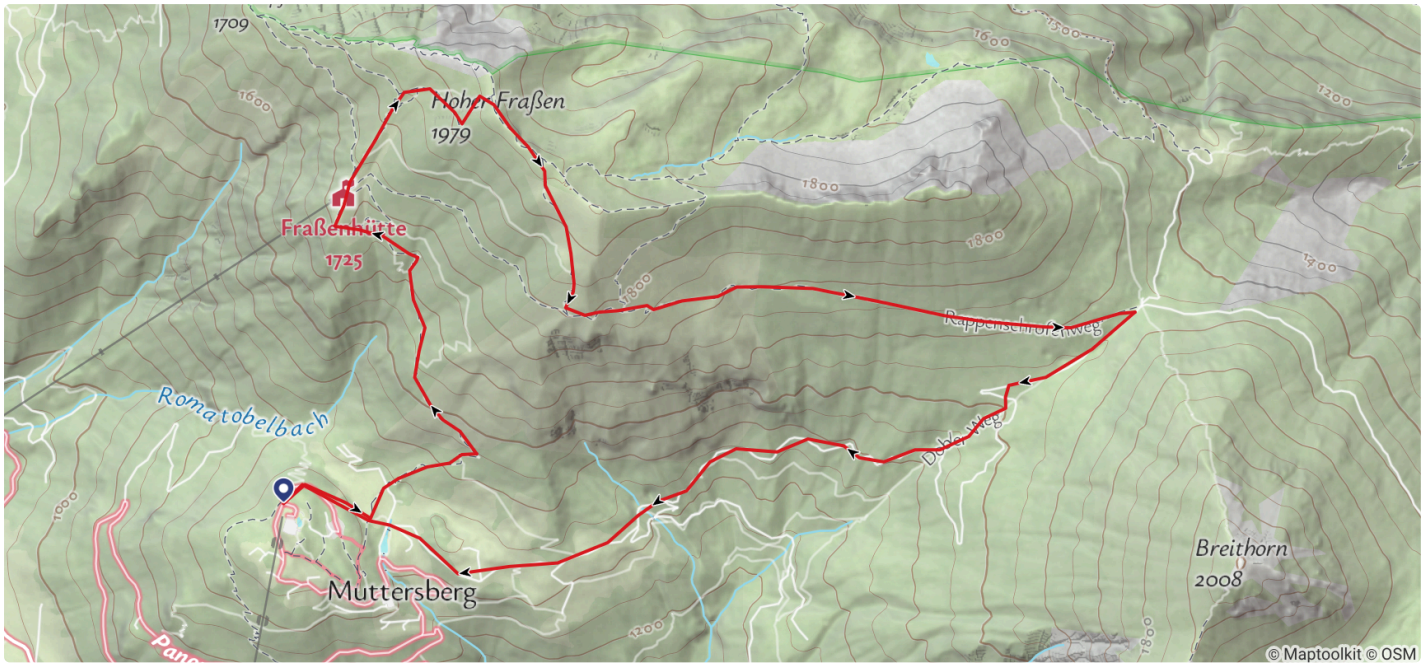
Hoher Frassen 1,979 m | Bludenz-Nüziders

MODERATE | REFRESHMENTS | PANORAMIC | CABLE CAR ASCENT/DESCENT | SUMMIT TOUR | ROUND TRIP



Tour description

Panoramic mountain with sensational 360° panoramic view. Surrounded by the Ill, the Lutz and the Marulbach, it forms the westernmost corner of the Lechquellen Mountains.

From the Muttersbergbahn mountain station (1,401 m) the trail leads northwards down into a valley, then over a steep slope up to the Frassen Hütte (1,725 m). Over a mountain meadow you ascend the last meters to the summit (1,979 m). The descent can be made via the same path or the slightly longer variant via the Tiefenseesattel. Here, the path from the summit is a little steeper for a short while and then leads leisurely along the hiking trail down to the Tiefenseesattel. From there, take the hiking trail and then the goods path back to the starting point, the Muttersbergbahn mountain station.

Directions

Muttersberg cable car valley station - ascent with the Muttersberg cable car - Muttersberg cable car mountain station - ascent to the Frassen Hütte - Frassen Hütte - Hoher Frassen - same way back or alternatively descent via Tiefenseesattel - hiking trail - goods trail - Muttersberg cable car mountain station - descent with the Muttersberg cable car - Muttersberg cable car valley station.

Equipment

Ankle-high mountain boots with profiled sole, sun and rain protection, snacks, filled water bottle and first aid equipment. Mobile phone for emergencies.

Public transport

City bus line 501, stop Muttersberg cable car
Timetable request online at www.vmobil.at

Parking

Paid parking at the valley station of the Muttersberg cable car

04:00 h duration	**9,2 km** Length
1979 m Highest point	**1314 m** Lowest point
721 m Ascent	**721 m** Descent

Start	Alpine guesthouse Muttersberg
Finish	Alpine guesthouse Muttersberg
Tour type	Hiking trail
Difficulty	Moderate

Elevation profile



Condition	
Difficulty	
Result	
Landscape	

Best time of year

JAN	FEB	MAR	APR	MAY	JUN
○	○	○	○	✓	✓
JUL	**AUG**	**SEP**	**OCT**	**NOV**	**DEC**
✓	✓	✓	✓	○	○

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Tips

A stop at the Frassen Hütte is well worth it!

Safety instructions

EMERGENCY CALL
140 Alpine emergencies throughout Austria
144 Alpine Emergencies Vorarlberg
112 Euro emergency call (works with any mobile phone/network)
www.alpenregion-vorarlberg.com/sicherheitstipps-wandern

Safety in the mountains

EN NOTRUF:

EN 140 - Alpine Notfälle österreichweit

EN 144 - Alpine Notfälle Vorarlberg

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

further information