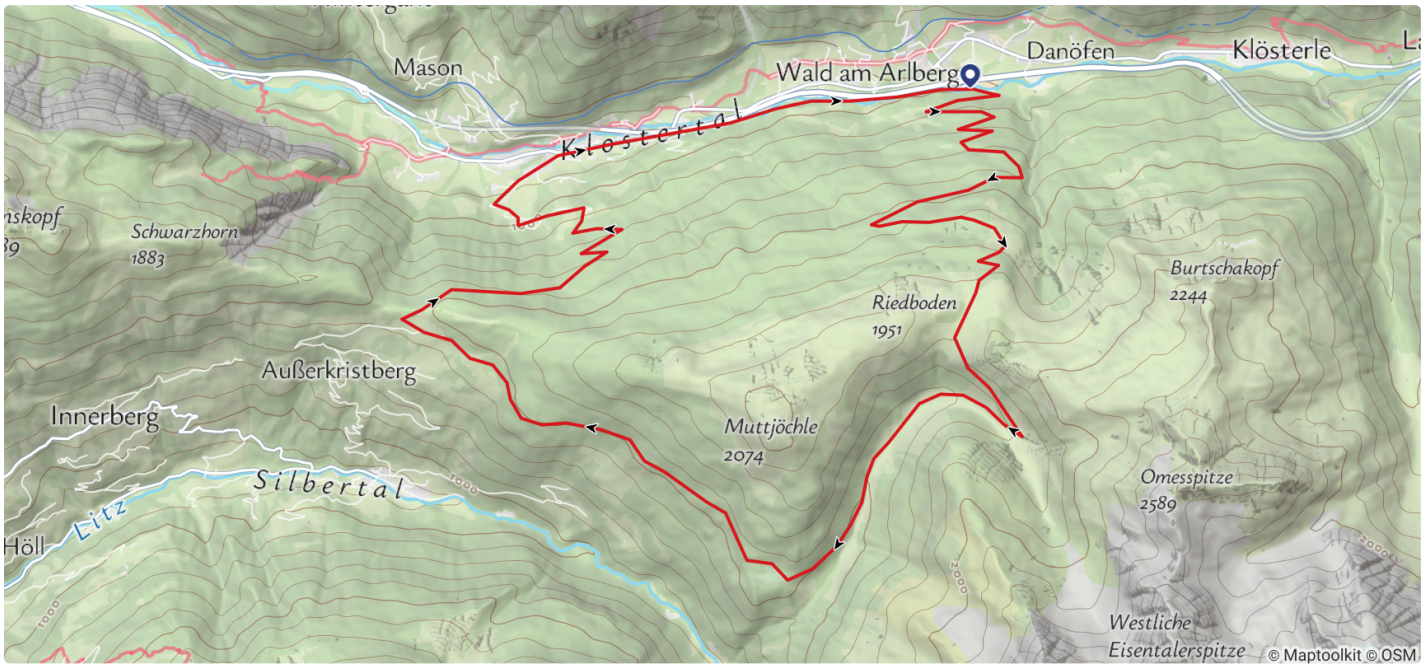
2-valley tour: Sonnenkopf - Kristberg | Dalaas-Wald am Arlberg

Klostertal Vorarlberg

HARD | REFRESHMENTS | PANORAMIC | CABLE CAR ASCENT/DESCENT | ROUND TRIP



Tour description

The Sonnenkopf-Kristberg round tour connects two valleys and is accordingly diverse. From the Klostertal you get to the Sonnenkopf, from there on to the Wasserstubental. The route continues via the "Wildried" to the sunny balcony Kristberg with its great views and from there back to the Klostertal.

The start of this circular tour is at the **Sonnenkopf** cable car in Wald am Arlberg. This is where the goods path to the Sonnenkopf begins; always stay on the main path. Once on the Sonnenkopf, you will be surprised by the fabulous "**Bärenland**" with its many attractions. Leave the area in the area of the ski lifts in a southerly direction via the steep goods path to the **Obere Wasserstubenalpe**. Continue through the Wasserstuben valley via the **Untere Wasserstubenalpe** and the Wildried in a westerly direction out to the **Kristberg**. From the Kristberg Panorama Inn to the **"St. Agatha" mountain chapel** and on to the **Kristbergsattel**. On the goods path through the Dalaas community forest, via the Poller parcel on the asphalted road to the village centre. From here first on the asphalted main road to the end of the village. From there, turn right along the shady side of the Alfenz on a goods path (cycle path), past Außerwald back to the valley station of the Sonnenkopf cable car.

Directions

Sonnenkopf cable car valley station - goods path uphill or alternatively ascent with the Sonnenkopf cable car - Sonnenkopf with Bärenland - Obere Wasserstubenalpe - Wasserstuben valley - Untere Wasserstubenalpe - Wildried - Kristberg - Kristbergsattel - Dalaaser Gemeindewald - Dalaas - road towards Wald am Arlberg - cycle path - Sonnenkopf cable car valley station

Equipment

Mountain bike, helmet, rain or sun protection, small snacks and enough water to drink. Mobile phone in case of emergency. Possibly a valid mountain railway ticket for the optional ascent with the mountain railway.

04:30 h duration	**30,2 km** Length
1841 m Highest point	**843 m** Lowest point
1136 m Ascent	**1136 m** Descent

Start	Sonnenkopf Cable Car
Finish	Sonnenkopf Cable Car
Tour type	Mountain bike
Difficulty	● Hard

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

The tour can also be done in the opposite direction. To shorten the tour a little, the Sonnenkopf cable car can also be used as a convenient ascent aid. Mountain bike transport with the Sonnenkopf cable car possible for an extra charge.

Public transport

Bus stop Wald Sonnenkopfbahn
Timetable request online at www.vmobil.at

Parking

Sonnenkopf cable car valley station

Starting Point

Sonnenkopf cable car valley station, Wald am Arlberg

Destination

Sonnenkopf cable car valley station, Wald am Arlberg

Safety instructions

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

Sicherheitstipps für Mountainbike in Vorarlberg

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

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

further information