

# ARLBERG TRAIL

THE MOUNTAINS ARE CALLING



ARLBERGTRAIL.COM



## IMPORTANT TIPS FOR THE ARLBERG TRAIL CHALLENGE

**High alpine trails**  
The Arlberg Trail leads continuously through high alpine terrain. Please always check the weather forecast and choose alternative routes in case of unfavourable weather conditions.

**Charged mobile phone**  
In an emergency, a charged mobile phone can save lives.  
Vorarlberg Mountain Rescue: 144  
Tyrol Mountain Rescue: 140  
Emergency App: SOS EU ALP

**Residual snow fields**  
The Arlberg is known for its abundance of snow. Especially on north-facing slopes, in gullies and hollows, old snow deposits can be expected until well into summer. Hiking poles will help you keep your balance.

**Open trails**  
Please inform yourself about which hiking trails are open before setting out on your hike. Trail closures are in place for a reason and must be observed.

**Cable car opening hours**  
Please note the operating hours of the respective cable cars. Especially on the stage between Lech and St. Anton, the cable cars provide important assistance. We always recommend taking the first cable car ride.

**Sturdy footwear**  
Ankle high, sturdy hiking boots, or very solid mountain boots are recommended in the high alpine terrain, which provide the best grip in stony terrain.

**Luggage transport**  
Make it easier on yourself. Take advantage of the luggage transport service and carry only the essentials, including rain gear, for the hike.

**Food and drink**  
Make sure you have enough food and drink with you for the journey.

**Respect for nature**  
As a rule: treat nature with respect. Wildlife and grazing animals should not be disturbed. Flowers are most beautiful when they are left to grow in nature and not picked. Please keep the mountain environment clean and take your garbage back to the valley.



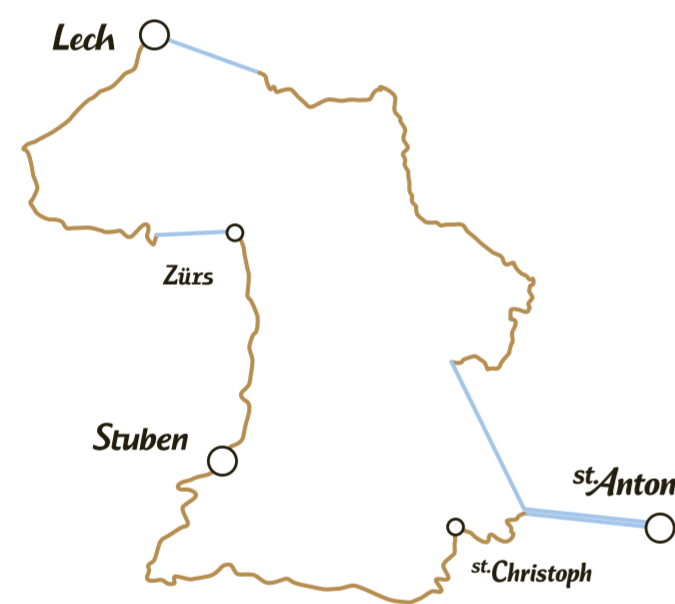
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## ARLBERG TRAIL – THE MOUNTAINS ARE CALLING

### 5 villages - 3 stages – 3 days

The new, sporty long-distance hiking trail connects all five Arlberg resorts of Lech, Zürs, Stuben, St. Christoph and St. Anton. A total of 40 km of hiking trails are to be surmounted over three stages on this tour amidst spectacular alpine scenery, with convenient cable car assistance. The well signposted circular hiking trail comprises a total length of 50 kilometres, almost a fifth of which is covered by cable cars. In total, it takes around 18 hours to hike the route, which encompasses 6,038 metres in elevation difference by foot. Ideally, you start from St. Anton, Lech or Stuben in a clockwise direction, so that the routes and cable car rides coordinate perfectly. Those who do not want to walk the entire route can try individual stages or easier variations.



## FACTS, FIGURES & INTERESTING INFORMATION

- Total distance: 52.1 km
- Net trail distance after lift use: 42 km
- Pure hiking time: approx. 18 hrs
- Altitude meters without lifts: 2590 m (Ascent)
- Altitude meters without lifts: 6.030 (Ascent and descent)
- Altitude meters including lifts: 9.550 m
- 5 cable car rides
- Highest point: 2,647 m (Valluga I mountain station)
- Lowest point: 1,304 m (St. Anton am Arlberg)
- Most challenging stage: Lech – St. Anton
- Difficulty: moderately difficult mountain trail
- Overnight stays in St. Anton, Stuben and Lech
- Accessible: July, August & September

## ST. ANTON - STUBEN

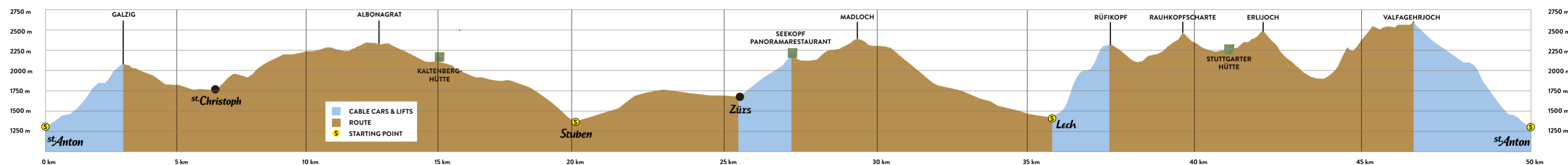
### Route description

This stage of the Arlberg Trail starts with a ride up to the Galzig. From the Galzig, a beautiful, not too difficult hiking trail runs alongside the Maiensee lake to St. Christoph am Arlberg. Cross the mountain pass road and continue towards the highest part of the pass. Behind the Gasthof Valluga follow the signs to the Kaltenberg Hut (trail no. 19). At the Albona lakes, the turn-off towards the Berggeistweg is written on the hiking signs. At first it is a leisurely walk, later steeply upwards. With a view towards Patteriol and Kaltenberg, you hike to the Maroi lake near the Albona II lift station. On a short goods path, the trail leads past the Albonagrastube (not open in summer) to the old Albonagrast mountain station. With a fantastic view of the valley into the Klosters, the trail leads to the 2.089 m high Kaltenberghütte. After a snack, the trail continues with a direct view of the Flexenpass and Zürs across meadows and moors towards the valley. Hidden between spruces and mountain pines, the trail leads ever more steeply downhill past the Stubener lake with a wonderful view of Stuben am Arlberg. Shortly before entering the village, you have the opportunity to rest your tired feet at the beautiful Kneipp facility and refreshment area.

### Tour facts

Route: 15,7 km (without cable car)      Highest point: 2.367 m (Maroi pass)  
 Hiking time: approx. 6:30 hrs (hiking time only)      Lowest point: 1,304 m (St. Anton)  
 Ascent: 702 m (without cable car)  
 Descent: 1,381 m (without cable car)

**Opportunities for refreshments:** Galzig Restaurant, St. Christoph, Kaltenberghütte, Stuben  
**Alternative route:** St. Anton – Rosannaschlucht Gorge – Maiengweg – Arlberg Pass - Stuben  
**Lift required:** Galzig cable car



## STUBEN – LECH

### Route description

From picturesque Stuben, the gateway to the Arlberg, head through the village street. At the end of the village, cross the pass road, first over a flat meadow slope west of the Flexenbach and E-Trial Park and then continue along a wide, steep forest road towards Flexental. Shortly after the Mondscheinhütte (not open in summer), cross the Flexenbach. It briefly gets steeper on the Franz-Jose-Weg towards the Flexenpass. You will soon reach the European watershed as you continue along the trail next to the Flexen Pass. The trail descends slightly towards Zürs. After crossing the village for a short while, you reach the Seekopfbahn cable car at the end of the village. It takes you up to 2.212 meters. Here, at the top, you not only have a fantastic view of the Zürsersee, but also an excellent opportunity for refreshments at the Seekopf Panorama Restaurant. On the western shore of the Zürsersee, shortly after crossing the stream, the trail climbs steeply until you reach a small, very quiet wool grass plain. This is followed by the final meters of altitude up to the 2.450 m high Madloch pass. From there, the trail follows the tracks of the White Ring, famous in winter, over rocks and alpine meadows with views of Lech am Arlberg via the Gstälpe down into the valley.

### Tour facts

Route: 13 km (without cable car)      Highest point: 2.436 m (Madloch pass)  
 Hiking time: approx. 5 hrs (hiking time only)      Lowest point: 1,450 m (Lech)  
 Ascent: 667 m (without cable car)  
 Descent: 1,144 m (without cable car)

**Opportunities for refreshments:** Flexenhäusl, Seekopf Panoramarestaurant, Lech  
**Alternative route:** Flexenpass – Zürs – Lech  
**Lift required:** Seekopfbahn

## LECH – ST. ANTON

### Route description

Right at the beginning of the tour, the Rükopf cable car makes up 900 valuable meters in altitude. At an altitude of 2.350 m, the most challenging stage of the Arlberg Trail begins. With a view towards the Rükfispitze, the trail first descends slightly above the Monzabonsee into the Ochsenkümpel. At the Rauhkopf pass, you cross the border between Vorarlberg and Tyrol. You can already see the Stuttgarter Hütte at 2.310 m. Through the fantastic mountain scenery of the Arlberg, you head towards a quick lunch break. After a short ascent to the Erl pass at 2.430 m, a steep descent to the Erlalpe at 1.922 m follows. From there, crossing the stream, the trail heads south again steeply uphill through rocky terrain interspersed with mountain pines past a small, hidden but beautiful mountain lake (Knoppligsee) before heading steeply uphill again through the very stony „Verborgenes Kar“ to the Knoppenkar. Reach this place, it is approx. 30 minutes to the mountain station of the Vallugabahn I, with a great view towards the stage town of St. Anton am Arlberg. The 1.300 m downhill is covered by the Valluga cable car I and the Galzig cable car.

**Be sure to observe the operating times of the cable cars and start the Lech - St. Anton stage with the first possible ascent of the Rükopf cable car at 8.30 a.m.!**

### Tour facts

Route: 13,3 km (without cable car)      Highest point: 2.647 m (Valluga cable car I)  
 Hiking time: approx. 6:30 hrs (hiking time only)      Lowest point: 1,304 m (St. Anton)  
 Ascent: 1,220 m (without cable car)  
 Descent: 918 m (without cable car)

**Opportunities for refreshments:** Rükopf Panoramarestaurant, Stuttgarter Hütte, Valluga Restaurant, St. Anton  
**Alternative route:** Rükopf – Stuttgarter Hütte – Zürs – by post bus service to St. Anton  
**Lifts required:** Rükopf cable car, Valluga cable car I, Galzig cable car

## ARLBERG TRAIL TICKET

The Arlberg Trail Ticket is valid for all cable cars required for the Arlberg Trail for four consecutive days. Please note the operating hours of the respective cable cars:

Rükopf cable car: 08.30 – 17.30 hrs, at 30 min intervals  
 Galzig cable car: 08.15 – 16.30 hrs  
 Valluga cable car I: 08.30 – 16.10 hrs  
 Seekopf cable car: TUE – SUN 09.00 – 17.00 hrs, continuous operations, MON closed

Available at ticket offices: Galzig, Rükopf and Seekopf



## ACCOMMODATION INFO & LUGGAGE TRANSPORT

### „Book comfortably and start hiking“

With our official partner and booking center „ASI Reisen“ you can easily book different variations of the Arlberg Trail.

- Hotel reservation
- Luggage transport
- Detailed trip notes
- Service hotline

All information and booking options can be found at [www.arlbergtrail.com](http://www.arlbergtrail.com)

## HIKING MAP

The 3-D map on the front gives a good overview of the Arlberg Trail, but does not replace a proper hiking map. We therefore recommend that you carry a topographical hiking map with you, which is available from our tourist information offices.



## PUBLIC BUS SERVICES

Bus routes 750 and 760 connect the Arlberg resorts with each other. Current timetables are listed under [www.vmobil.at](http://www.vmobil.at) or [www.vvt.at](http://www.vvt.at).

## CONTACT ON SITE

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All information can be found on our website: [arlbergtrail.com](http://arlbergtrail.com).

