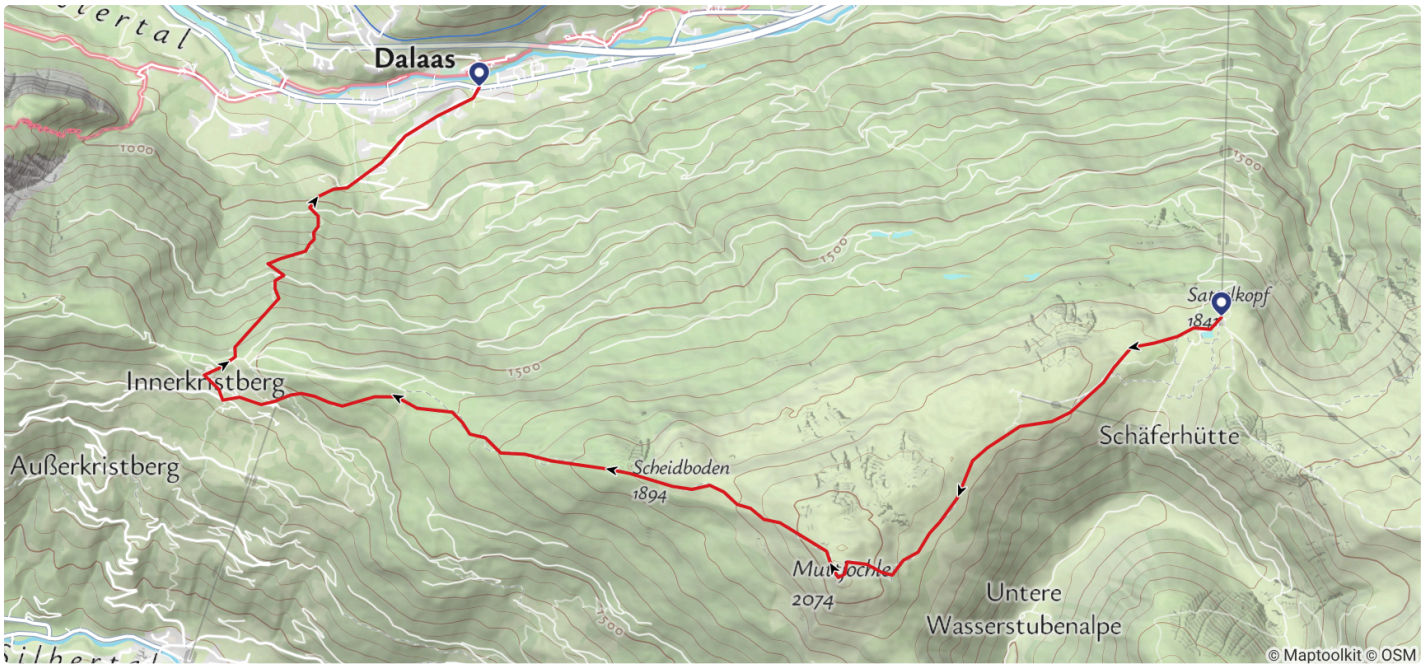
Muttjöchle - Kristberg | Dalaas

Klostertal Vorarlberg

MODERATE | REFRESHMENTS | PANORAMIC | CABLE CAR ASCENT/DESCENT | SUMMIT TOUR | FROM A TO B



Tour description

Beautiful hike past idyllic high moors and flowering mountain meadows up to Muttjöchle, on to Kristberg and back to Dalaas.

After the ascent with the Sonnenkopf cable car, hike from the mountain station past small high moors, continue across flat alpine meadows up to the summit of the Muttjöchle. The descent is via the **gebrünten Rücken**, down to Scheidboden and through the mountain forest to Kristberg. From Kristberg either via the steep forest path or the somewhat longer, but easier, goods path down to Dalaas.

You can get back to the starting point at the Sonnenkopfbahn with the bus line 720 from Dalaas, stop Kristbergsaal.

Directions

Ascent with the Sonnenkopf cable car - mountain station Sonnenkopf cable car - Muttjöchle - Kristberg - Dalaaser Gemeindewald - Dalaas - bus line 720 back to the starting point

Equipment

Good footwear, warm clothing, rain and sun protection and hiking poles are recommended. Cell phone in case of emergency.

Tips

Refreshment opportunities

- Bergrestaurant Sonnenkopf
- Knappa Stoba
- Panoramagasthof Kristberg

Public transport

Bus line 720, bus stop Göttschlig, Wald am Arlberg or Kristbergsaal, Dalaas
Timetable query online at www.vmobil.at

03:10 h duration	**10,3 km** Length
2067 m Highest point	**843 m** Lowest point
230 m Ascent	**1220 m** Descent

Start	Bergrestaurant Sonnenkopf
Finish	Bus stop - Kristbergsaal
Tour type	Mountain Hike
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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Parking

Valley station Sonnenkopf cable car

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-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