

### 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.

In an emergency, a charged mobile phone can save lives.

Vorarlberg Mountain Rescue: 144  
Tyrol Mountain Rescue: 140  
Emergency App: SOS EU ALP

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 help you to keep your balance.

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

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.

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

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

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

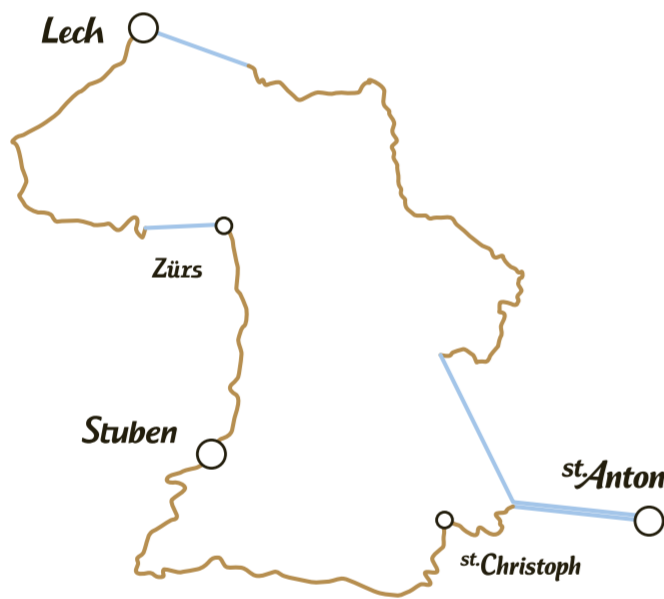
As a rule: treat nature with respect. Wildlife and grazing animals should not be disturbed. Flowers are most beautiful when they are allowed to grow in nature and not picked. Please keep the mountain environment clean and take your garbage back to the valley.



The new, sporty long-distance hiking trail connects all five Airlberg resorts of Lech, Zürs, Stuben, St. St. Christoph and 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 car. 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 variants.

## FACTS, FIGURES & INTERESTING INFORMATION

- Total distance: 52.1 km
- Net trail distance after lift use: 40.2 km
- Pure walking time: approx. 18 hrs
- Total elevation difference: 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



## LECH – ST. ANTON

### Route description

Right at the start of the tour, Rübikopf cable car provides valuable assistance in surmounting the first 900 metres in elevation, where the most challenging stage of the Arlberg Trail begins at 2,350 m above sea level. Accompanied by views of Rübispitze Peak, the route descends initially just above Lake Monzabensee into Ochsenzümpfle. At Rauhkopfscharte, you then cross the border between Vorarlberg and Tyrol. With Stuttgarter Hütte at 2,310 m in your sights and surrounded by fantastic mountain scenery of the Arlberg, you head towards your lunch break. This is followed by a descent to Erlachalpe at 1,922 m, before heading steeply uphill again through the hidden hollow to Knoppenkar. From there it is only a few metres in altitude to the mountain station of the Vallugabahn I, with fabulous views towards the first stage designation village of St. Anton am Arlberg. The 1,300 m downhill journey is covered by the Vallugabahn I and Galzigbahn cable cars. Please observe cable car operating times!

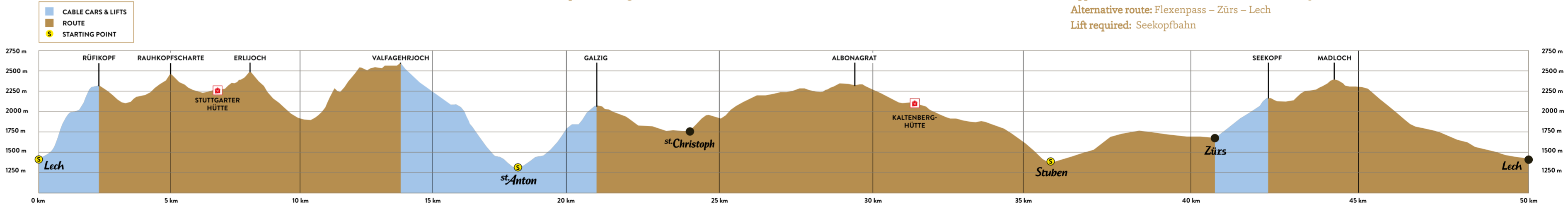
### Tour facts

Route: 12.4 km  
Walking time: ca. 6:30 hrs  
Ascent: 1,220 m  
Descent: 918 m

**Opportunities for refreshments:** Rüfikopf Panoramarestaurant, Stuttgarter Hut, Valluga Restaurant, St. Anton

**Alternative route:** Rüfikopf – Stuttgarter Hütte – Zürs – by post bus service to St. Anton

**Lifts required:** Rüfikopf Cable car, Valluga I, Galzigbahn



## 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:

Rüfikopfbahn:	08.30 – 17.30 hrs, at 30 min intervals
Galzigbahn:	08.15 – 16.30 hrs
Vallugabahn I:	08.30 – 16.10 hrs
Seekopfbahn:	TUE – SUN 09.00 – 17.00 hrs, continuous operations, MON closed

Available from ticket offices at: Galzig, Rüfikopf  
and Seekopf



## ST. ANTON - STUBEN

### Route description

This stage of the Airlberg Trail starts with a climb up the Galzig. A wide path with great views of St. Christoph am Airlberg leads leisurely towards the pass, from where the “Bergegeistweg” (Mountain Spirit Trail) begins. Behind Gasthaus Valluga, follow signs to the Kaltenberghütte (trail no. 19). From the next junction, the Bergegeistweg Trail is signposted. The trail leads initially gently uphill, before getting steeper up to a mountain ridge. With views in the direction of Pateriol and Kaltenberg, the trail continues to the Maroissee Lakes near the Albona II lift station. The path leads along a short supply road to the old Albonagrat mountain station (closed). Accompanied by fantastic views of the valley into Klostertal, the trail finally leads to the 2,089 m high Kaltenberghütte. After a stop for refreshments, the trail continues with a direct view of Flexenpass and Zürs across meadows and moorlands towards the valley. Hidden from view, the trail leads ever more steeply downhill past Lake Stubener See with a magnificent view of the second stage destination village of Stuben am Airlberg.

### Tour facts

Route: 15 km  
Walking time: ca. 6:30 hrs  
Ascent: 674 m  
Descent: 1,351 m

**Opportunities for refreshments:** Galzig Restaurant, St. Christoph, Kaltenberghütte, Stuben

**Alternative route:** St. Anton – Rosannaschlucht Gorge – Maiengweg path – Arlberg Pass - Stuben

**Lift required:** Galzigbahn cable car

## 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.



## STUBEN – LECH

### Route description

From picturesque Stuben, the gateway to the Arlberg, take the village road along a forest path past the E-Trial park in the direction of Flexental. Shortly after the Mondscheinhütte (closed), Flexenbach Stream is crossed, and the route briefly becomes steeper along the Franz Josef Trail in the direction of the Flexen Pass. During this section of the tour, you will enjoy fantastic views of Stuben at 1,407 m above sea level. Soon you will reach the great European water divide on the way to the Flexenpass. The trail descends gently towards Zürs. After briefly traversing the village, you reach the Seekopfbahn cable car on the village outskirts. This whisks you up to 2,212 metres above sea level, where at the top, you not only have a fantastic view of Lake Zürsersee, but also an excellent opportunity for refreshments at Seekopf Panorama Restaurant. After Lake Zürsersee, the trail climbs steeply up to a small and tranquil cotton grass plain. This is followed by the final uphill metres to the 2,450 m high Madlochjoch. From there, the trail follows in the tracks of the White Ring, a famous winter ski circuit, over rocks and alpine meadows with views of Lech am Arlberg and on via Gstättalpe down into the valley. Before the end of this stage, wonderful views of Lech am Arlberg, 1,450 m above sea level, are particularly inspiring.

### Tour facts

Route: 12.8 km  
Hiking time: 5 hrs  
Ascent: 667 m  
Descent: 1,144 m

**Opportunities for refreshments:** Flexenhäusl, Seekopf Panoramarestaurant, Lech

**Alternative route:** Flexenpass – Zürs – Lech

**Lift required:** Seekopfbahn

## PUBLIC BUS SERVICES

Bus routes 91 and 92 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).

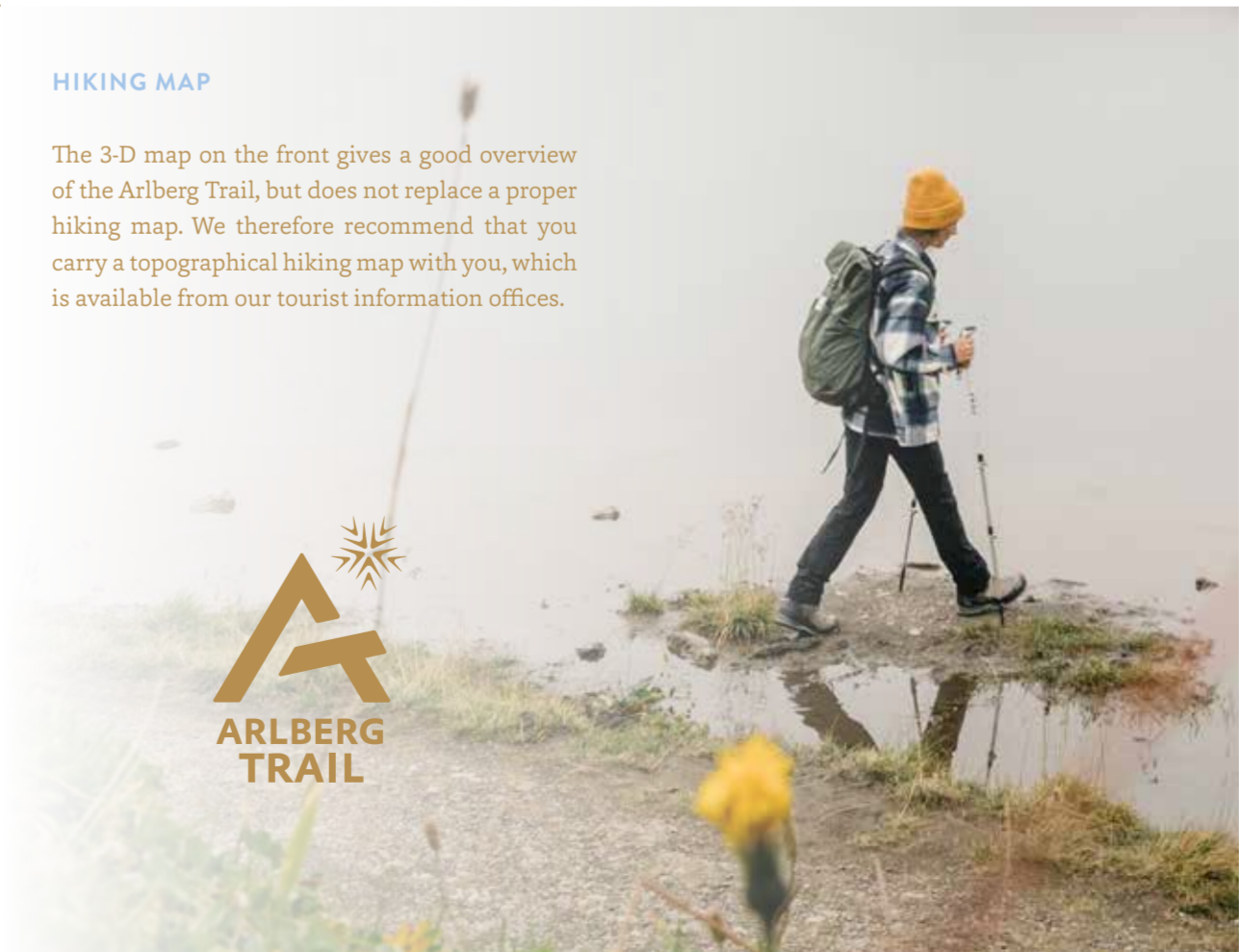
## CONTACT ON SITE

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All information can be found under [arlbergtrail.com](http://arlbergtrail.com).



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