HIKING RECOMMENDATION

FROM THE RHEINTAL UP TO THE ALPS

Hiking tip to the Frümsen-Staubern cable car.

This route starts in the heart of the St. Gallen Rhine Valley, in Frümsen, right by the valley station of the Staubern mountain cable car. The valley station's outside is shaped like a nut. The route starts with a sweeping curve, first on a country road and later on a mountain path that continuously ascends. In the process, more than 1200 metres of altitude have to be climbed. Around two-thirds of the mountain hike, which is pleasantly shaded, leads through forested terrain. After about 2½ hours you will reach the Vorderalp, after which the trees thin out more and more. Despite the tempting views down towards the Rhine Valley, you need to concentrate again on the last stretch to the Staubernfirst, as the terrain is very precarious. Staubernfirst is not far from the mountain inn. The delicious Appenzeller and Rheintaler specialities, the view and the comfortable descent with the world's very first eco-friendly, energy-independent mountain cable car compensate for the efforts made on the ascent.

Places along the route

Frümsen – Chobel – Vorderalp – Staubernfirst – Staubern

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MAP

SwitzerlandMobility

TYPE OF TOUR

Hiking in the mountain

DIFFICULTY

moderate, T 3 according to SAC hiking scale

LENGTH

7.62 km

ASCENT

1260 m

DESCENT

12 m

TIME

3 hours 45 minutes

STARTING POINT

Frümsen

END

Staubern

OPTIONS TO EAT ALONG THE WAY

Berggasthaus Staubern

DOWNLOAD

- Vom_Rheintal_hoch_zur_Staubern.gpx (78 KB) gpx

REMARKS

Tip: Despite the daring and exhausting ascent, we recommend doing the tour upwards for the sake of your knees.