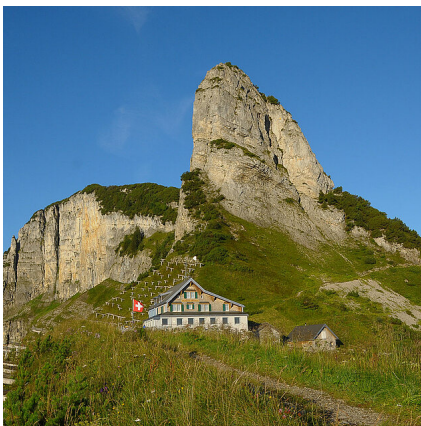




# HIKING RECOMMENDATION

## 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

## CONTACT

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## MAP

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[SwitzerlandMobility](#)

## TYPE OF TOUR

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Hiking in the mountain

## DIFFICULTY

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moderate

## LENGTH

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7.62 km

## ASCENT

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1260 m

## DESCENT

---

12 m

## TIME

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3 hours 45 minutes

## STARTING POINT

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Frümsen

## END

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Staubern

## REMARKS

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

## OPTIONS TO EAT ALONG THE WAY

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[Berggasthaus Staubern](#)

DOWNLOAD

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- [Vom\\_Rheintal\\_hoch\\_zur\\_Staubern.gpx \(78 KB\)](#)  
gpx