


**» Stages R51 to R57**
**Tour overview : R51 Oberstdorf » Mindelheimerhütte to R57 Gafadurahütte » Säcka**
**Walking time : 35h45      Distance : 127.576 km      ↗6285 m      ↘5658 m**
**Day 1 Oberstdorf » Mindelheimerhütte - R51**

Difficulty 	Walking time 7h00	Distance 21.8 km	↗1624 m	↘497 m	
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**Altimetric diagram**

**Detailed description**

From the southern end of the village of Oberstdorf, start off along the Birgsau/Einödsbach arterial road on a comfortable hiking path passing the St. Loretto chapel and heading into the Stillachtal valley. After crossing the Stillachbrücke bridge, the trail leads to the West of the river past the famous Heini Klopfer ski jump in Oberstdorf to Faistenoy. This is where the valley station of the Fellhornbahn railway is situated. By the banks of the Stillach river, continue until reaching the little village of Birgsau. It is served regularly by an RVA bus connection (3h 20min). The narrow bridge in Birgsau is the starting point for the steep climb to the Guggensee lake. Begin by climbing up across the meadows and later through the wood. Already at an altitude of 1,400m, leave the wood behind you and follow the track after a short, somewhat flatter stretch further uphill over alpine meadows until coming to the little, crystal-clear mountain lake (approx. 2h 30min from Birgsau). The route becomes less steep and continues to the overgrown Taufersbergalpe meadowland and from there – keeping to the right – through the wide Roßgund cirque. Below the jagged ridge of the Schafalpenköpfe summits, you will reach the Mindelheimer Hut without any great changes in altitude (approx. 2h 30min).


*(Christina Schwann, OeAV)*

**Natural and cultural heritage**

The Heini Klopfer ski jump, also called the “leaning tower of Oberstdorf”, is one of the most architecturally astonishing constructions in the Stillachtal valley. A ski jump was already built in 1949 on the initiative of the unforgettable jump trio Sepp Weiler, Heini Klopfer and Toni Brutscher. It was altered on the occasion of the 1st ski jump world championships in 1973 by Sepp Noichl. For the world elite of ski jumpers, it has since become a firm component of their competitions and also one of the four jumps on the "Four jumps tour". The longest jump distance in Oberstdorf was achieved by Norwegian Roar Ljoekelsoey with 223m in the ski jumping in 2004. The jump can be visited all year round. The Loretto chapel on Lorettostraße road is worth seeing and is situated along the trail to the Birgsau area. The pilgrimage and wedding church refers to the St. Loreto place of pilgrimage near Ancona, as both experienced the same vision of the Virgin Mary. A large picture in the church shows the pilgrims from the Lechtal valley walking over the Mädelejoch pass to Oberstdorf (corresponds to the Via Alpina Yellow Trail).

*(Christina Schwann, OeAV)*

**Day 2 Mindelheimerhütte » Schröcken - R52**

Difficulty 	Walking time 4h30	Distance 18.7 km	↗383 m	↘1085 m	
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**Altimetric diagram**




### Detailed description

From the Mindelheimer Hut, head at a leisurely pace up and down along the eastern side of the Liechelkopf and the Geißhorn to the Koblat, a mountain ridge between the Kleinwalsertal valley and the Tannberg mountain close to the German-Austrian border. Walk over this high ridge to reach the Gemstel pass at 1,971m and the Widderstein Hut right at the foot of the massive Widderstein (2,009m, Mindelheimer Hut – Widderstein Hut 3h 30min). At the refuge, follow the signs down to Hochkrumbach at the Hochtannberg Pass (1,676m), where you will reach the road close to the top of the pass. Follow it only for a short while until the turnoff of a walking path, which leads to the West of the Kalbeesee lake towards the mountain. After just a 20-minute climb, you will reach a pass at which the charming hollow of the Körbersee can be seen in front. (Hochkrumbach – Körbersee 1h 15min). On the western banks of the lake, walk further along a footpath over a low crest into the Hochtal valley of the Auenfeld meadowland, where you will come onto a roadway. Now walk for a while along the young Bregenzerach river to the Batzenalpe (1,560m) and further downward to Schröcken (1,269m, Körbersee – Schröcken 1h 15min).

*From Schröcken, follow the Hochtann mountain road for a short while before coming to a merchant trail that leads to the Batzenalpe mountain and the lovely Körbersee lake.*




*(Christina Schwann, OeAV)*

### Natural and cultural heritage

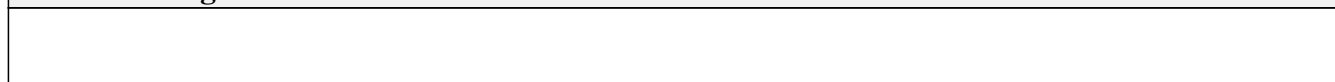
The 1,972m high mountain trail over the Gemstel pass to Hochtannberg was a much frequented connection with the Kleinwalsertal valley even in the Middle Ages. The trail over the Koblat ridge repeatedly offers views into this northernmost and most secluded Walser locality. Hochkrumbach – formerly called Krumbach – is the smallest but most central town in the Walser Tannberg region. Krumbach was first mentioned as a settlement zone in 1453. The settlement of the pass hollow at between 1,600 and 1,700m in altitude took place at a time when the slopes were to a large extent covered in forest. However, the high demand for wood in this permanent settlement amid the snow led to progressive deforestation, and thus the situation had become difficult due to wood shortages even by the 18th century. In one particularly severe winter, the firewood stocks ran low very early and it is recorded that the town priest even burned the church pews so as not to freeze to death. In about 1856, the number of people living there had fallen to 20 and even the priest had left the hostile town. In 1885, the mountain community was finally entirely abandoned. It was only in the middle of the 20th century that new life was breathed back into the place. Today, Hochtannberg can offer an extensive and highly varied skiing area and has firmly established itself as a popular holiday and excursion destination. The Hochtannberg pass represents the continental watershed between the Rhine and Donau regions. The landscape offers contrast with varying rock types and a very charming variation in forms of terrain. For while the sheer rock faces of the limestone and main dolomite Widderstein, Braunarlspitze and Juppenspitze peaks – to name but a few – tower up steeply into the heavens, troughs and green grassy slopes occur in the areas of the more easily weathered marl. The Körbersee and Kalbeesee lakes are deemed to be the most photogenic enrichments of the landscape, as is the little Simmel peak with the St. Jakob chapel in Hochkrumbach. However, this area is also treasured by botanists due to its diverse plant world with the most varied and sometimes still vast alpine biotopes highly deserving protection. The Schröcken locality was already populated in the 14th century. By the 17th century, the population had grown to over 200 people, one third of whom lived in extreme conditions between 1,500 and 1,700m in altitude. These mountains have long since been abandoned. Today, the community of Schröcken is a popular winter holiday destination, which was made possible above all by the extension of the access road, safe for travel in winter.

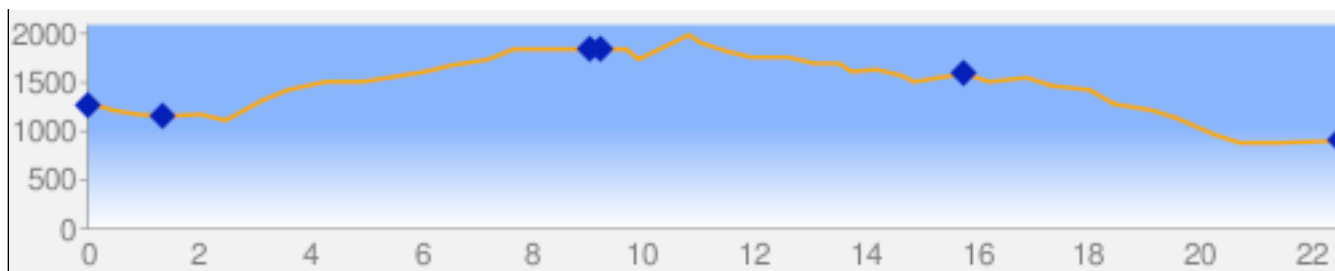
*(Christina Schwann, OeAV)*

### Day 3 Schröcken » Buchboden - R53

Difficulty 	Walking time 6h05	Distance 22.5 km	 1066 m	 1437 m	
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### Altimetric diagram





### Detailed description

From the central signpost in Schröcken, the route first of all heads to the roadbridge over the Schröckbach river, before which it turns left onto a footpath and leads into the dingle of the Bregenzerach river. From there, continue mainly following the historical “Saumweg” (mule track) at a leisurely pace along the Bregenzerach river to the so-called Landstegbrücke bridge. This marks the end of the leisurely descent through the valley. From the Landsteg bridge, walk along a little alpine road, which is rather steep in parts, to the Schadona pass and the Biberacher Hut (1,846m), where you come to the head of the Große Walsertal valley after a three-hour hike from Schröcken. The next destination is the little village of Buchboden, 3h away. The trail leads on a gentle decline from the Schadona pass to a fork in the road at which you must keep to the right. Head uphill again for a short while and then walk over the panoramic alpine pastures to the Alpe Oberüberlut (1,585m). Continue along a roadway to the lower Überluta mountain (1,360m). Here you have the choice of staying on the roadway or taking the historic (shorter but also steeper) alpine trail into the valley. People usually prefer to take the road downhill and the footpath uphill. The two trails meet at Buchboden (910m), the uppermost mountain farming settlement in the Große Walsertal valley.

(Christina Schwann, OeAV)

### Natural and cultural heritage

This stage at the doors to the Mercantour National Park between the Ubaye and Tinée valleys leaves the military epics behind and enters into the heart of an exceptional natural heritage.

Walk along the Ubayette valley, where a torrential stream carried everything away in 1957 and the valley was annihilated at the end of the Second World War, and you will come across the Méane house (from the Provençal word “méane” for environment), heir to this part of history with its modern Ste Marie Madeleine chapel restored in 1960. The Larche pass, the lowest road pass between France and Italy, can be seen to the East.

A little later, the trail into the central zone of the Park (created in 1979) by the little glacial Lauzanier valley (from the patois *las lauzas niéra* = the black slates). It has already been listed as a nature reserve since 1938, and was granted very early recognition for its floral wealth (nicknamed “the sea” for its carpets of blue thistle) and exceptional wildlife diversity.

The valley stretches out between marshland and siliceous rock, terrain that is favoured by ibexes and chamois, a promised land for botanists (ever since the exceptional congress organised in 1833 on the Lauzanier flora) and an area dedicated to pastoralism since the post-war period. The trail climbs up to the source of the stream, the Lauzanier lake, close to which a chapel puts up some painful resistance and is nevertheless the site of an annual pilgrimage.




Numerous lakes are scattered along the route, over which stands by the Enchastraye peak (from the patois *enchastre* = sheep enclosure) overlooking the intense pastoral activities of the valleys, to the *Cavale* pass, the name of which is taken from the term for donkey track in patois and which offers access to the Alpes-Maritimes administrative department. Further downhill the trail reaches the Haute-Tinée valley in the hollow of which nestles the abandoned hamlet of Bousiéyas.

The Fourches camp, an early XXth century relic and an example of the defensive architecture during the last world war, imposes its few impressive ruins on the heights of the hamlet at the foot of the mountain by the same name. The ruins of a small fort, a lookout point for the camp below, are located here.

Today, Bousiéyas has only one gîte whose access road is frequently cut off by avalanches. But the church, built in 1718 for the Count of Dalmas, who gave his name to the community (Saint Dalmas), is still standing and the patronal feast every 28 July breathes new life into the place.

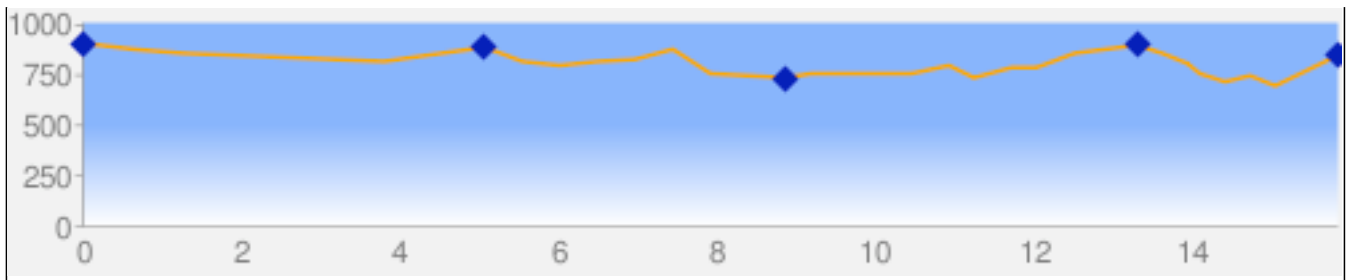
(Sara Zeidler, Gilles Chappaz, *Grande Traversée des Alpes*)

### Day 4 Buchboden » St. Gerold - R54

Difficulty		Walking time 3h50	Distance 15.8 km	 321 m	 473 m	
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### Altimetric diagram





### Detailed description

The course taken by Via Alpina throughout the entire route out of the Buchboden valley is identical to that of the regional Walserweg (Walser trail). In Buchboden, it takes the shortest route to the Lutz, a river that flows through the Große Walsertal valley. The route alternates between roads and footpaths but starts off constantly in the vicinity of the Talbach stream. Below the hanging village of Sonntag (888m), it changes over to the southern side of the valley, but then crosses the roadbridge in the Parzelle Garsella farmland (735m) back to the sunny side again (Buchboden – Garsella 2h). From Garsella, the trail leads on a comfortably undulating route alternating between mountain meadows and wooded ravine to the little village of Blons (903m, Garsella – Blons 1h 30min). From there, head rather steeply downward into the bleak Rūfitobel ravine. Once on the other side, climb up approx. 100m again through the ravine forest and across mountain meadows to the provostry of St. Gerold (approx. 1h from Blons).




*(Christina Schwann, OeAV)*

### Natural and cultural heritage

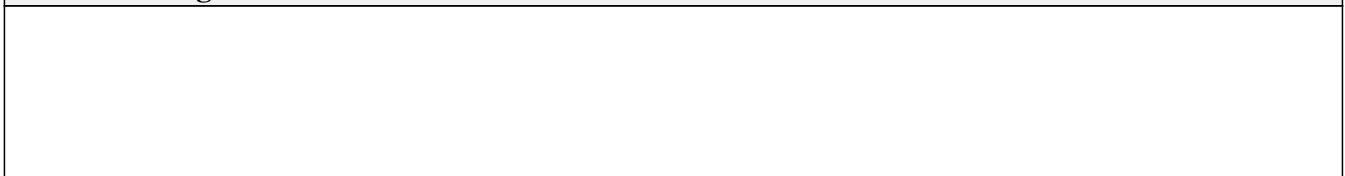
The Große Walsertal valley only gradually became accessible thanks to roadways as of the 1870s. Until then, the settlements could virtually only be reached on mule tracks and footpaths. Thüringerberg was always the main gateway to the valley. It is where the trails coming from Schnifis, Bludesch and Thüringen joined. From Thüringerberg, the most important mule track led approximately in the area of today's main road to Buchboden. The erosion process caused by the Lutz, the main river in the Große Walsertal valley, had settled in such a way between two waves of different rock formations that on the northern side of the valley, the advantages of less steep and more fertile flysch slopes are coupled with more sunshine, while the steeper and less fertile terrain is mainly situated on the shady side, with the exception of Raggal. People only gradually realised in the course of the modern times that the cultivation of high-altitude areas, which in itself is desirable, also has its drawbacks. Walser cattle farming required greater pastureland areas, while the construction method using wood needed more lumber and the long winters could only be tolerated with sufficient firewood. This meant that more and more land was deforested, thus considerably increasing the risk of avalanches. Since the late Middle Ages, the number of avalanches reported has been increasing continually. By far the worst occurred in January of the year 1954, when out of the 70 to 80 avalanches counted in the Große Walsertal valley, around 30 penetrated settled areas. The alarming result was 80 deaths (out of 164 people buried) and enormous damage caused to farmsteads, public buildings, cable cars and wiring. 1954 in general became a turning point in the development of the Große Walsertal valley. From then on, support programmes were organised by bodies outside the area, the aim of which was to secure the community there by means of better traffic connections, economic structural improvements, avalanche barriers and afforestation. By respecting the limits – also in terms of tourist development – people in the Große Walsertal have become aware that in this instance less can be more, if it means that even greater value is attributed to the proximity to nature and quality of life. The valley inhabitants have thus developed a development model with a markedly ecological slant. This concept was also accompanied by the chance to adopt the profile of an alpine biosphere park in the sense of the UNESCO "Man and the Biosphere" programme. The fundamental idea is to create a worldwide network of model regions for a sustainable economy and way of life. Across the world there are already more than 400 biosphere parks in 94 countries, including famous areas such as the Rocky Mountains, the Olympia in Greece or the Serengeti. The Große Walsertal has also been one of them since 9 November 2000.

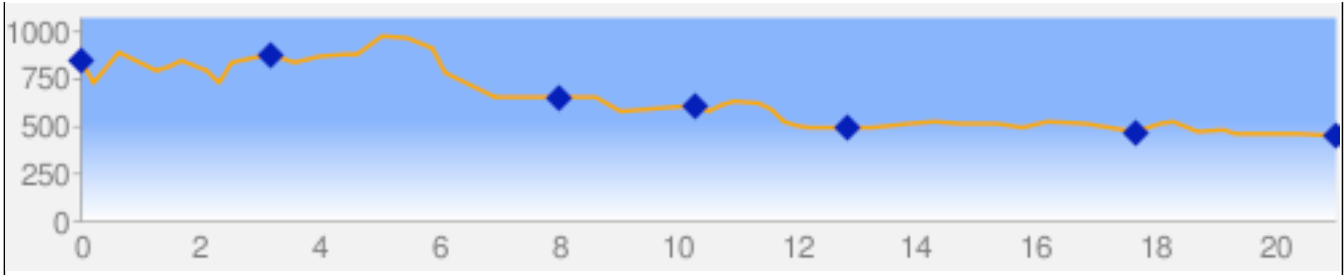
*(Christina Schwann, OeAV)*

### Day 5 St. Gerold » Feldkirch - R55

Difficulty 	Walking time 4h50	Distance 21 km	 582 m	 850 m	
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### Altimetric diagram





### Detailed description

At the provostry of St. Gerold (848m), the signs point in the direction of the woodland's edge, where a footpath takes you down through the wood to the Klostertobel ravine. From the ravine, head uphill again. You will reach a road that must be followed until reaching a group of houses, from which another footpath leads through a woodland ravine to the valley road. From there, an almost 20-minute walk along the road is still unavoidable to get to the village of Thüringerberg (877m) (St. Gerold – Thüringerberg in a total of 1h 15min). In Thüringerberg, a municipal road branches off between the parish church and the road bridge to the Parzelle Außerberg farmland. Take this road until reaching a wayside shrine where the trail continues straight ahead following the course of the historical trail. You will come to the Parzelle Hagen farmland (840m) at a little meadowland terrace, after which a short woodland path leads to the Gschading-Güttele woodland meadow. The route now follows a road until reaching the crossroads at the Plattenhof farmstead (785m), from where it takes a quarter of an hour to reach the centre of the Walgau village of Schnifis (657m) (Thüringerberg – Schnifis 1h 30min). A few steps past the church in Schnifis and the trail turns to the left onto the former district road, which must be followed until reaching a sign pointing to a turnoff along a footpath to the left. The trail leads along the outskirts of the wood and finally through meadows into the little village of Röns (610m; Schnifis – Röns 30min). Pass the parish church of Röns and follow the route along a road through a woodland hollow and afterwards through mountain forest down the valley to Satteins (Röns – Satteins 1h). From the signpost in the village centre at Satteins parish church (495m), keep heading in the direction of Schildried. From the northern edge of the village, walk upward through meadowland for a short while and in woodland until reaching the road that leads through the hollow of the Schwarze See lake to Rankweil. After crossing the road, you will come to an idyllic meadowland track to the Kristhof farmstead, after which a municipal road takes you to the hamlet of Schildried (469m; 1h from Satteins). A little flat road brings you closer to the Ill river and you will come to the point at which this major river of the Walgau region is bridged by the motorway and the railway line. This also brings you past a covered wooden bridge that used to be a road connection for Göfis – Frastanz. Now, after long stretches of walking in the mountains, Via Alpina once again reaches a main valley floor. It carries on for a while along a road beside the banks of the Ill until reaching a railway underpass. Here, take an agricultural road for a few minutes up to the houses at the Parzelle Stein farmland (488m; 30min from Schildried). From there, it is not even half an hour to the town of Feldkirch. To get there, we used the access to a forest path. In the Illschlucht ravine, walk for a few minutes following the course of the former road and railway road to the eastern end of the town and enter the old town at the foot of Schattenburg Castle (458 m).

*(Christina Schwann, OeAV)*

### Natural and cultural heritage

The lower half of the slopes on the Walgau valley's sunny side, made of flysch rock and carpeted in green as far as the Walserkamm ridge, often has distinctive scarps. These terraces are reminiscent of the Ice-Age melted ice streams on the edge of the Illgletscher glacier. The Ried hollow below Röns and the sloping terraces of Röns and Schnifis along the route are the remains of such a river bed of melted ice. On the subsoil sealed by ground moraines, there are numerous damp biotopes. The hills between Feldkirch and Satteins were already populated in prehistoric times (e.g. in the Bronze Age on the Vatlära hill). For the early settlers, the easily accessible nearby area around the primeval trail from Rankweil through the hollow of the Schwarze See (Black Lake) to Satteins was of particular interest. Excavations have come up with traces of Roman settlements, for example on the so-called Heidenburg (pagan castle) between Göfis and the Schwarze See lake and a Roman villa near Satteins. Göfis is mentioned in a Raetian property inventory of 842 by the name of Segavio, and Satteins as Sataginis. In the Middle Ages, castles were also built here of which only modest ruins can still be seen today. Close to Schildried lie the remains of a castle of the Knights of Sigbert just 10 minutes off the route and above Satteins, the walls of a castle of the Knights of Schwarzenhorn can be seen. Both castles were destroyed in the first half of the 15th century. This section of the Via Alpina route touches several times on historical transportation routes. In the Illschlucht ravine, it follows the railway road for a while, which was built in 1872 and closed in 1992 after the construction of a tunnel. Just before the ascent to Stein, it changes onto the federal road closed in 1980 while on the ravine road built in 1537 with its bridge over the Ill. In the Schildried area, the considerably wider Ill riverbed was already crossed at a ford as early as Roman times. A short distance downstream, a bridge was erected in the Middle Ages at a narrow point in the river. It was, however, repeatedly destroyed in times of flooding. The covered wooden bridge that is still there today was built in 1921. Today's traffic crosses the Ill river beside it on the iron railway bridge and on the high concrete pillars of the motorway bridge. The memorable battle of Frastanz took place on the other side of the Ill on 20 April 1499, in which the



10,000 strong army of Emperor Maximilian was defeated by the army of the Swiss Confederation, which was almost the same size. When it became obvious that the Emperor's would be defeated, many fleeing soldiers tried to escape from the battlefield over the Ill bridge from Frastanz to Göfis, which at the time was the only bridge. Legend tells of a farmer by the name of Bertsch, a Walser from the Frastanz mountain and his seven sons who lost their lives in the heroic defence of this bridge.

(Christina Schwann, OeAV)

### Day 6 Feldkirch » Gafadurahütte - R56

Difficulty 	Walking time 5h15	Distance 15.33 km	 1361 m	 370 m	
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#### Altimetric diagram



#### Detailed description

From Feldkirch, Via Alpina leads across a footbridge over the Ill, past the federal state conservatory (formerly the "Stella Matutina" Jesuit College) to the Letzehof farmstead, from where the trail heads down through hanging villages in the direction of Amerlügen. From this little mountain village, which belongs to the commune of Frastanz (Feldkirch – Amerlügen 1h 45min), walk for approx. another 40min steeply upward through the wood to the Friends of Nature Feldkircher Hut (1,204m), a few minutes later reaching the panoramic hanging terrace of the Vorderälpele (also called the Amerlugaalpe, 1,281m). From here, cast your eyes over the Walgau region into the Große Walsertal valley and northwards through the Rheintal valley to Lake Constance. This is where the route meets the Zentralalpenweg (Central Alpine Way) 02 and leads with very slight changes in altitude to the Sarojaalpe (1,474m; 1h from the Feldkircher Hut). For those who would prefer to stay in close proximity to the Drei Schwestern (Three Sisters), it is better to opt for the Gafadura Hut, which can be reached from the Sarojaalpe via the wooded Sarojasattel pass in half an hour. Otherwise, climb from the turnoff at the Sarojasattel pass directly to the Drei Schwestern in 1h 45min.




(Christina Schwann, OeAV)

#### Natural and cultural heritage

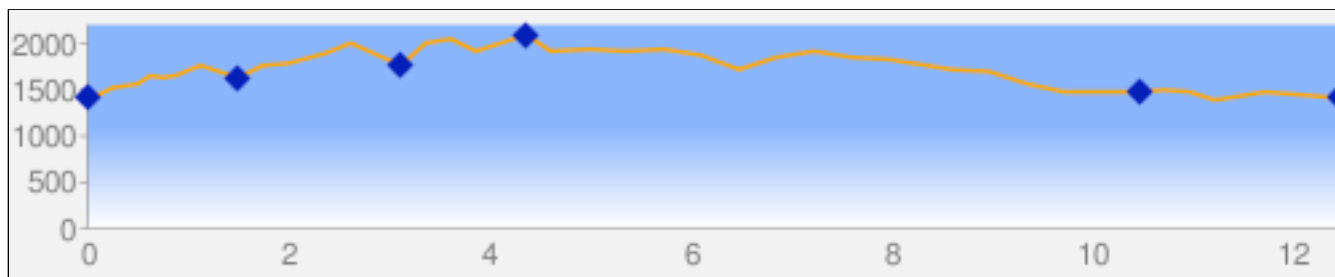
From Letze - Maria Grün - Fellengatter and Amerlügen, the route runs along the crossing from Walgau and the Rhine valley or, historically, in the border area of the former Sonnenberg and Feldkirch dominions, thus leaving Feldkirch territory behind at the Letzehof farmstead. If you are informed, it is possible to see a great many special features here at every step of the way. You could for instance pass the Letzehof farmstead without noticing that it is a haven of Tibetan culture. The "Tashi Rabten" Buddhist monastery has hidden behind the façade of this everyday country house since 1981, and behind it in the glade there is even a peace stupa. The hollow road (Duxgasse) leading uphill from the Letze area is still preserved virtually in its original form as part of the medieval main road from Feldkirch to Bludenz, which was extended in 1537 after the construction of the first bridge into the Illschlucht ravine of the Felsenau river. Together with the Reichenfeld park, the provincial conservatory (Landeskonservatorium) building formed the core area of the formerly world-renowned "Stella Matutina", a Jesuit grammar school that existed from 1856 to 1978. The hilltop shaped like cupolas in the Ice Age by the Rhine and Ill glaciers with a lovely marshland biotope near Maria Grün was until into the 16th century the main point of access from the southern Rhine valley into the Walgau region. In times of war – the last time in 1799 against attacking French troops – this was defended by setting up a "Letze", i.e. an entrenchment wall.

(Christina Schwann, OeAV)

### Day 7 Gafadurahütte » Süicka - R57

Difficulty 	Walking time 4h15	Distance 12.446 km	 948 m	 946 m	
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#### Altimetric diagram



### Detailed description

The starting point for the stage is the Gafadura Hut. Prince Johann II built it to be a hunting lodge. In 1968, the Liechtenstein Alpine Club was able to purchase the hunting lodge and its inventory and it was then converted over time into a modern mountain hut. The hike starts with a short climb to the Saroyasattel pass where the national border between Liechtenstein and Austria is crossed. Via Alpina runs around the Three Sisters to the Garsella-Alp. For mountaineers who are sure of foot and do not suffer from vertigo, it is also possible to take the hiking route over the Three Sisters. The Three Sisters track is well secured with ropes and ladders. But back to the Garsella-Alp, where the climb over verdant alpine pastures to the Garsellikopf peak begins. The Garsellikopf peak and the rest of the route offer a fantastic view into the Rheintal valley. Villages of both Liechtenstein and Switzerland lie at the feet of the hiker, divided by the Rhine. A marvellous insight into the alpine world of Liechtenstein, Switzerland and Austria is also gained here. The Saminatal valley with the Garselli/Zigerberg forest reserve lies to the east, where the aim is to preserve the woodland ecosystem, species diversity and gene pools. The development of the forest reserve is left to the course of nature, and is not exploited in any way. The Gafleisattel pass marks the start of the Fürstensteig track, which was opened in 1898. This bold and wonderfully structured track is well secured with ropes, although you do need to be free of vertigo. Those who are not should opt for the Helawang – Bargella mountain trail and then come back onto the original route once above Gaflei. A well built alpine trail above Gaflei, accompanied by magnificent alpine flora, leads via Silum to Sücka, the stage destination. The entire route is well signposted and marked in red-white-red as a mountain trail.

(Ewald Oehry, AWNL)

### Natural and cultural heritage

Alp Gafadura with the Alpine Club Hut belongs to the Liechtenstein community of Planken, where the Valsers settled in around 1300 on a sunny terrace over the Rheintal valley. But the name “Gafadura” bears witness to earlier land clearance in Roman times. The Swiss marched to battle in Frastanz via the Saroya-Sattel pass during the Swabian war on 20 April 1499. This crossing was also fought over in 1799 in the French war. The legend of the “Three Sisters”: three proud, hardhearted girls were gathering berries on the Holy Day of our Lady. They came across a beautiful woman who asked them for some fruit for her poor sick child. “Those who want berries must gather them themselves, beggar!”, was the pert reply. The Holy Virgin then appeared as if surrounded by celestial light and said: “You have defiled my holy day, you have denied my request, you have stones for hearts. And as stones shall you stand here for all eternity”. The Three-Sisters-Trail leads from the Saroya-Sattel pass via the Garsella Alp of Frastanz to the most striking rock formations of the Three Sisters and on to the Garsellikopf peak and Kuhgrat ridge, the highest point (2,123m above sea level). This panoramic track was built in 1897 by the German and Austrian Alpine Club. Engineer Carl Schädler of the Gaflei alpine spa house took responsibility for the sections from the Kuhgrat ridge to the Gafleisattel pass. In 1898, the most daring section of the route, 1,000m high over the Rheintal valley was constructed by Prince Johann the Good. The Fürstensteig trail crosses the eroding dolomite rocks of the gypsum mountain faces of the alpine peak. Seen from a distance, the steep rocks of the Three Sisters chain appear to be bare and bleak, but the attentive hiker will notice a burgeoning plant life of algae, moss and lichen on rocky walls, blue-green round-leaved saxifrage and common moonwort, snow willow and alpine roses, auricula and field gentian, Italian bellflowers and orchids, to name but a few species. On Alp Bargella, a moraine area, the main dolomite of the Three Sisters chain is left behind. On the side of the Saminatal valley lies a huge erratic block with the inscription: “Centre of Liechtenstein. Bargälla 1,721m. World Mathematical Year 2000.” The beautifully situated village of Silum was populated 700 years ago by Valser immigrants. Today, it is the location of “Maiensäss” traditional farmhouses and an idyllic holiday destination, occupied and farmed between 1934 and 1938 by the “alpine brotherhood” religious community. On the side of the Rheintal valley, the Partnach grey-black shale and dense limestone layers can be seen along the trail. Near the Saminatal valley, a view over the impressive alpine world of Liechtenstein with the Rätikon can be enjoyed and soon the southward route reaches the stage destination, Sücka spa house below the Old Tunnel.

(Johann Oehry / Ewald Oehry, AWNL)

### Bibliography

Links	Maps	Guidebooks
<ul style="list-style-type: none"> <li>- <a href="http://www.tourismus.li">http://www.tourismus.li</a></li> <li>- <a href="http://www.alpenverein.li">http://www.alpenverein.li</a></li> </ul>	<ul style="list-style-type: none"> <li>- WK 351 Lechtaler Alpen - Allgäuer Alpen ~ Freytag &amp; Berndt (1:50.000)</li> </ul>	<ul style="list-style-type: none"> <li>- Titel, Autor ~ Verlag (ISBN ISBN)</li> </ul>

<p><a href="http://www.triesenberg.li">http://www.triesenberg.li</a></p>	<ul style="list-style-type: none"> <li>- <i>Allgäuer Alpen</i> ~ Topographische Karte (1:50.000)</li> <li>- <i>Nr. 3, Allgäuer Alpen, Kleinwalsertal</i> ~ Kompass (1:50.000)</li> <li>- <i>Nr. 2/1 Allgäuer - Lechtaler Alpen, West</i> ~ Oesterreichischer Alpenverein (1:25.000)</li> <li>- <i>Ök 50 113</i> ~ Bundesamt f. Eich- u. Vermessungswesen (1:50.000)</li> <li>- <i>Wanderschönes Feldkirch</i> ~ Amt der Stadt Feldkirch (1:25.000)</li> <li>- <i>Wandern in Vorarlberg - Walgau-Sonnenseite</i> ~ Amt der Vorarlberger Landesregierung (1:40.000)</li> <li>- <i>Wanderkarte Biosphärenpark Großes Walsertal</i> ~ Tourismusvereine u. Gem. des Großen Walsertales (1:40.000)</li> <li>- <i>WK 364 Bregenzerwald</i> ~ Freytag&amp;Berndt (1:50.000)</li> <li>- <i>ÖK 50 113</i> ~ Bundesamt f. Eich- u. Vermessungswesen (1:50.000)</li> <li>- <i>ÖK 50 112, 113, 142</i> ~ Bundesamt für Eich- und Vermessungswesen (1:50.000)</li> <li>- <i>Nr. 33 Arlberg - Nördl. Verwallgruppe; Nr. 2, Bregenzer Wald, Westallgäu</i> ~ Kompass (1:50.000)</li> <li>- <i>ÖK 50 141, 142</i> ~ Bundesamt für Eich- und Vermessungswesen (1:50.000)</li> <li>- <i>Nr. 2 Bregenzerwald, Westallgäu</i> ~ Kompass (1:50.000)</li> <li>- <i>ÖK 50 141</i> ~ Bundesamt für Eich- und Vermessungswesen ()</li> <li>- <i>WK 371 Bludenz, Klostertal, Brandnertal, Montafon</i> ~ Freytag&amp;Berndt (1:50.000)</li> <li>- <i>Nr. 21 Feldkirch - Vaduz</i> ~ Kompass (1:50.000)</li> <li>- <i>ÖK 50 140, 141, 1223</i> ~ Bundesamt für Eich- und Vermessungswesen (1:50.000)</li> <li>- <i>Wanderkarte Liechtenstein</i> ~ Regierung FL / Liechtenstein Tourismus (1:25'000)</li> <li>- <i>LK 238 Montafon</i> ~ Bundesamt für Landestopographie, 3084 Wabern (1:50'000)</li> <li>- <i>WK 371</i> ~ Freytag&amp;Berndt (1:50'000)</li> </ul>	<ul style="list-style-type: none"> <li>- <i>Großes Walsertal</i> ~ Rother (ISBN )</li> <li>- <i>Der Große Walserweg</i> ~ Geocenter Medienservice Stuttgart (ISBN 3-930187-00-0)</li> <li>- <i>Österreichischer Weitwanderweg 02</i> "Zentralalpenweg", <i>Sekt. Weitwanderer</i> ~ Sekt. Weitwanderer (ISBN )</li> <li>- <i>Liechtenstein: Rundwanderungen, Bergtouren, Steige, Höhenwege, Skitouren</i> ~ Eigenverlag des Liechtensteiner Alpenvereines (ISBN )</li> <li>- <i>Liechtenstein - Wanderungen für Familien und Geniesser</i> ~ Liechtenstein Tourismus (ISBN )</li> <li>- <i>Liechtenstein - Tourenguide</i> ~ Wanderwelten (ISBN )</li> <li>- <i>Die 100 schönsten Halbtagswanderungen im Fürstentum Liechtenstein und Umgebung</i> ~ Selbstverlag des Liechtensteiner Alpenvereines (ISBN )</li> </ul>
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