










Fräkmüntegg E-Bike Tour



Nidwalden Tourismus



Tour Dates:

 medium Difficulty	 28,4 km Distance	 3 h 30 min Duration	 969 m Altitude
 974 m Altitude descending	 1403 m Highest Point	 435 m Lowest Point	

Recommended Seasons:

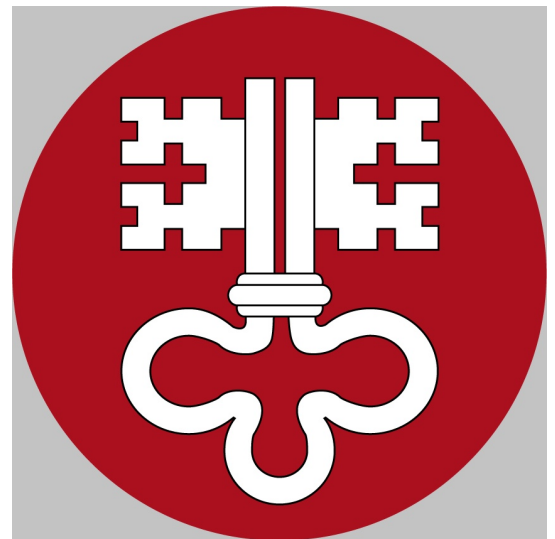
JAN	FEB	MRZ	APR	MAI	JUN
JUL	AUG	SEP	OKT	NOV	DEZ

Hergiswil - Fräkmüntegg - Mühlemäss - Hohwald - Kriens - Horw - Hergiswil

The Fräkmüntegg enjoyment tour is full of views and offers several places to stop for refreshments along the way. From Lake Lucerne to the "Fräki" you can comfortably ascend 1000 meters in altitude with the e-bike and then enjoy a leisurely descent.

Startpoint:

Hergiswil train station



Ratings:

★★★★★ Panorama

★★★★☆☆ Kondition

Address:

6052 Hergiswil

Author:

Nidwalden Tourismus

Destinationpoint:

Hergiswil train station

Directions:

We leave Hergiswil train station and turn right into Mühlestrasse and then left into Renggstrasse. The road winds up until Lägebrugg and past the valley station of the Alpgschwänd cable car. From here a 4 km nature trail leads up to the highest point of the tour, Fräkmüntegg, and then goes down to Mühlemäss. On an asphalt road we descend to Kriens, passing the valley station of the Kriens-Fräkmüntegg cable car. On the onward journey we pass numerous neighbourhoods and football grounds. In Horw, the path runs partly parallel to the motorway towards Hergiswil. The last section of the tour is on the signalised cycle routes No. 3 and 9. We enjoy the view of Lake Lucerne and the surrounding mountains. On the Seestrasse we turn right at the "Glasi Pub" into Bahnhofstrasse and are back at Hergiswil train station.

Safety Guidelines:

Tragen Sie die richtige Schutzausrüstung, schätzen Sie Ihr Können richtig ein, gewähren Sie Wandernden den Vortritt, bleiben Sie auf dem Trail und schliessen Sie Weidezäune.

Orientieren Sie sich am Mountainbike Verhaltenskodex – so bleiben Sie auf Ihrem Mountainbike gern gesehen.

Equipent:

Eine gute Ausrüstung inkl. Regen- und Wämeschutz, Reparatur- und Ersthilfe-Set sind auf einer MTB-Tour immer dabei. Helmtragen ist selbstverständlich und für die Dämmerung ist ein Licht erforderlich. E-Bikes brauchen ein Tagfahrlicht auf allen öffentlichen Verkehrsflächen.

Tip:

The tour is rideable in both directions. If you want to simplify the tour technically, go up via Kriens and down again. The section on the Hergiswil side is in the upper part on gravel and relatively steep. The section on the Kriens side is mostly asphalted.

Culinary tip in the vicinity:

Alpwirtschaft Unterlauelen, Hergiswil

On the farm of the Keiser family, you can spend the night in the hay or in the unique Hüttli. Fine specialities of Swiss cuisine are served in the Alpwirtschaft. The food on offer is always based on the utilisation of a whole animal.

unterlauelen.ch

Organisation:

Nidwalden Tourismus
<http://www.nidwalden.com/>



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Getting There:

Route planner to Hergiswil

Parking:

Parking in Hergiswil (german)

Public Transit:

Hergiswil train station. Timetable

Literature:

Die Broschüre «Velotouren in Ob- und Nidwalden» ist bei Nidwalden Tourismus erhältlich.

Additional Information:

For tourist information:

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Cycling routes

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