Bludenz Panorama Trail Run | Bludenz

MODERATE | PANORAMIC | ROUND TRIP



Tour description

Varied trail running round on forest and meadow paths via the panorama path to Montikel and further through the Rungeliner forest to Gasünd and back again.

This route starts from the starting point at the stadium and runs parallel to the Rungelin trail circuit in an easterly direction, past the old town centre and the retirement home. These approx. 1.7 km on a flat and paved surface offer the ideal conditions to get your muscles and breathing going. From here, the panoramic trail starts uphill in the direction of Montikel, which impresses with its many views of the surrounding panorama. From Montikel, follow the path along the edge of the terrain via Haldawässerle and later the forest path to Lawilskehre. This is the start of an idyllic little trail with small uphill and downhill sections that will make your trail running heart beat faster. The last few metres in altitude to Gasünd must be completed on the forest path before returning to Bludenz via a beautiful meadow path along the ridge. Away from the hustle and bustle of the town, you can enjoy pure solitude and a natural spectacle! After a long descent via the Bludenz scout centre, you finally reach St. Peter's Monastery, from where the route now heads north along a forest path and past the BMX area. The last section follows the tarmac road to the Val Blu leisure pool and on to the starting point.

Public transport

City bus line 502, 503 or 504 to stop "Val Blu/Stadion"

Timetable query online at www.vmobil.at

Parking

Public parking at the stadium

Directions

Stadium - Untersteinstraße - Herrengasse (old town) - Spitalsgasse - fire station - retirement home - Panoramaweg - Montikel - Lawilskehre - Hellwald (rest area) - Gasünd - Pfadfinderheim Bludenz - Kloster St. Peter - St.-Peter-Straße - stadium

01:50 h duration	**9,3 km** Length
879 m Highest point	**562 m** Lowest point
359 m Ascent	**359 m** Descent

Start	Bushaltestelle - Erlebnisbad VAL BLU
Finish	Bushaltestelle - Erlebnisbad VAL BLU
Tour type	Trail running
Difficulty	Moderate

Elevation profile



Condition	
Difficulty	
Result	
Landscape	

Best time of year

JAN	FEB	MAR	APR	MAY	JUN
○	○	○	✓	✓	✓

JUL	AUG	SEP	OCT	NOV	DEC
✓	✓	✓	✓	✓	○

Alpenstadt Bludenz Tourismus
www.bludenz.travel
Mühlgasse 5
A-6700 Bludenz
+43 5552 63621 790
tourismus@bludenz.at

Safety instructions

EMERGENCY CALL
140 Alpine emergencies Austria-wide
144 Alpine emergencies Vorarlberg
112 Euro-emergency call (works with any mobile phone/network)

www.alpenregion-vorarlberg.com/sicherheitstipps-wandern

Equipment

Running shoes, sun and rain protection, filled water bottle, snack (as desired) and first aid equipment. Mobile phone for emergencies.

Safety in the mountains

EN NOTRUF:

EN 140 - Alpine Notfälle österreichweit

EN 144 - Alpine Notfälle Vorarlberg

EN 112 - Euro-Notruf (funktioniert mit jedem Handy/Netz)

further information