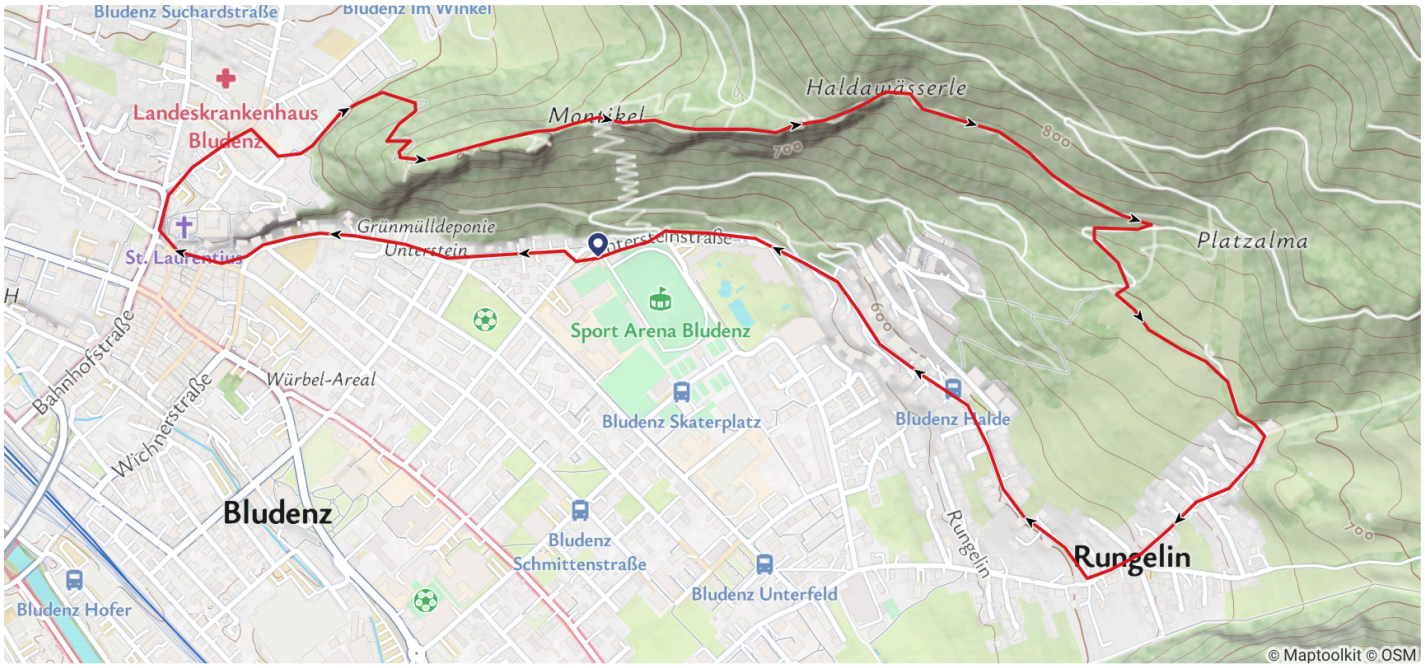
Rungeliner Trail Loop | Bludenz

MODERATE | PANORAMIC | ROUND TRIP



Tour description

Short but intense trail run with breathtaking panoramic views up to the Montikel and back via Rungelin.

From the start, the route heads west for approx. 1.7 km, past the old town centre and the retirement home. Immediately after the old people's home, the trail enters the forest and climbs up to Montikel with several viewpoints and a breathtaking panorama over Bludenz and the Klostertal. The trail continues uphill along the edge of the terrain in an easterly direction. Continuous concentration is required on the branching paths to avoid stumbling. After around 1.4 km, you reach the Haldawässerle, the highest point of the tour at approx. 790 metres. From here, the route continues downhill on forest paths to the houses in Rungelin. Once you have reached the valley floor, the last kilometre is along the Haldenweg back 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 - Mutterstraße - Spitalgasse - fire station - social centre/Laurentiuspark - forest path - Montikel with viewpoints - forest path - Haldawässerle (highest point) - Rungelin - Haldenweg - Val Blu leisure pool - stadium

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

01:05 h duration	**5,27 km** Length
787 m Highest point	**562 m** Lowest point
225 m Ascent	**225 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**
✓	✓	✓	✓	✓	

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Equipment

Running shoes, sun and rain protection, filled water bottle, snack (as desired) and first aid kit.
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