Stadium Circuit | Bludenz

EASY | ROUND TRIP



Tour description

Short and approx. 1 km long running circuit around the area of the Sport Arena and the Bundesgymnasium Bludenz as a beginner or interval circuit.

Due to the distance of almost exactly 1 km and the few changes of direction, this short running circuit is ideal as a training session for interval runs or, by repeating it several times, offers beginners a suitable increase. From the starting point at the stadium, the route is completed in a clockwise direction, passing the Val Blu leisure pool on the left at the beginning. Passing the tennis courts, you turn into Unterfeldstraße and run round the grounds of the Bundesgymnasium. From the last change of direction, it is exactly 150 metres to the starting point at the stadium. There are only two zebra crossings to cross on this loop and you can run entirely on the pavement.

Public transport

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

Timetable information online at www.vmobil.at

Parking

Public parking at the stadium

Directions

Stadium - Stadionstraße - Val Blu leisure pool - Schmittenstraße - Unterfeldstraße - Jellerstraße - 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

00:10 h duration	**0,97 km** Length
564 m Highest point	**562 m** Lowest point
1 m Ascent	**1 m** Descent

Start	Bushaltestelle - Erlebnisbad VAL BLU
Finish	Bushaltestelle - Erlebnisbad VAL BLU
Tour type	Jogging
Difficulty	Easy

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 in case of emergency.

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