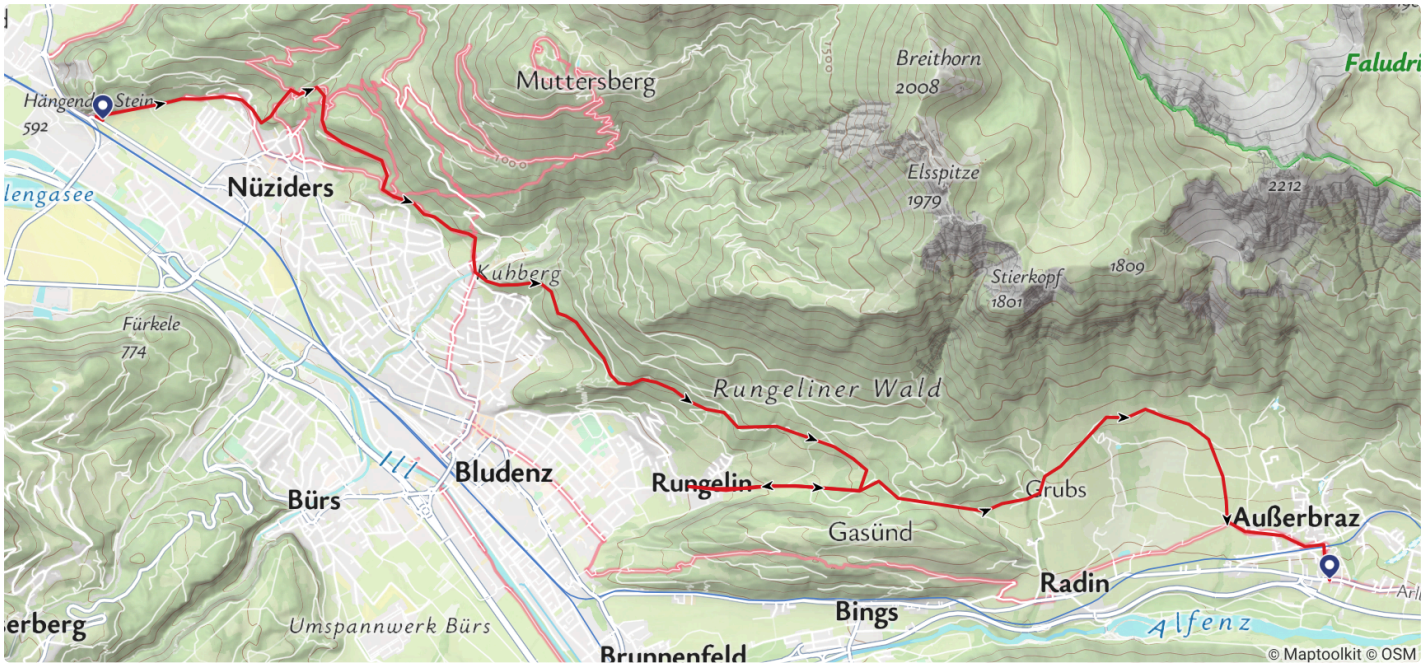
Sunna-Weg | Nüziders-Bludenz-Außerbraz

EASY | REFRESHMENTS | PANORAMIC | CULTURAL / HISTORICAL



Tour description

Since summer 2019, a cultural and historical themed trail, the "Sunna Trail", has been delighting visitors along the municipalities of Nüziders, Bludenz and Braz.

The "Sunna Trail" takes its name from its location on the sunny side of the valley and its course through the Sonnenberg municipality of Nüziders. Nüziders was once the ancestral seat of the **county of Sonnenberg**. On this hiking trail close to the town, there are **25 information boards** with a cultural and historical focus. They also cover landscape, natural history and geological topics. The focus is always on telling stories about people and the landscape.

Stage 1
The tour starts at the Hängender Stein parking lot in Nüziders. From here, walk along the Walgauweg in the direction of Nüziders. After approx. 15-20 minutes you will reach the first houses in the Nüziders municipal area. The path leads through the village for a short distance. At Gasthof Bad Sonnenberg, the trail branches off along a meadow and forest path towards the Sonnenberg ruins (access to the meadow and forest path: a narrow footpath branches off to the right above the parking lot). Alternatively, this section can also be tackled through the village of Nüziders and via the Schloßweg.

At the end of the Schloßweg, right by the Sonnenberg ruins, both trail options meet again in the "Kälberbünt" district. From here, the trail leads uphill along the forest road. At the next junction with signposts, follow the path towards Kreuzboden, Hinteroferst and Nüziders. From here, continue along forest roads and forest paths. On this section of the trail, you can take short breaks at rest areas with loungers - the "Grafen Känzele" viewpoint is particularly beautiful. The Grafen Känzele is not directly on the trail, but the short detour is definitely worth it - there is also information board no. 5 and a sensational view awaits you.

The trail continues along the forest path, past the Maria Brünnele and on towards Bludenz. The last section of the first stage takes you out of the forest across a meadow to the South Tyrolean settlement and on to the Daneu bridge.

Possible access and exit points
- at Gasthof Bad Sonnenberg in the direction of Nüziders municipal office
- at Schloßweg in the direction of Nüziders municipal office
- at the Kreuzboden district in the direction of Nüziders town center

Stage 2

The tour starts at the Daneu bridge in Bludenz. The forest trail starts at the moated castle along the forest nature trail towards Hinterebene. Along the way you always have the opportunity to take a short break or enjoy the sensational views of Bludenz. There is a large rest area and several viewpoints on the Hinterebene. From here, follow the forest path towards Rungelin. Above Rungelin - at Hellwald - the path branches off towards Rungelin and you reach the end point of the second stage.

Possible ascents and descents
- shortly before Hinterebene in the direction of Montikel/town center
- shortly before Hinterebene in the direction of Montikel/Freizeitbad Val Blu
- at the Ferdinand-Gassner-Höhenweg in the direction of Halde/Freizeitbad Val Blu

Stage 3
The tour starts in Rungelin or above Rungelin near Hellwald. From Hellwald, the hiking trail leads via Gastastiegele - past the Klangraststätte - to Grubs. At Grubs, cross the Grubs ravine and continue along the hiking trail to the Allmakreuz. Here you can make a short detour to Allmeintobel or take the footpath past Winkel in the direction of Reckholder and from there descend via the road to the end point at the TRAUBE BRAZ Alpen.Spa.Golf.Hotel.

Possible ascents and descents
- at Grubser Tobel in the direction of Radin

Directions

Stage 1: Hängender Stein, Nüziders - Walgauweg - Gasthof Bad Sonnenberg - Wiesen-/Waldweg - Ruine Sonnenberg - Schloßweg - Kälberbünt - Kreuzboden - Oberdaneu - Daneubrücke, Bludenz

Stage 2: Daneubrücke, Bludenz - moated castle - forest nature trail - Hinterebene - Lawils - Hellwald - Rungelin, Bludenz

Stage 3: Rungelin, Bludenz - Hellwald - Gastastiegele - Grubs - Grubser Tobel - Brazer Allmein - Allmakreuz - Winkel - Reckholder - TRAUBE BRAZ Alpen.Spa.Golf.Hotel, Außerbraz

05:35 h duration	**16,1 km** Length
865 m Highest point	**536 m** Lowest point
610 m Ascent	**460 m** Descent

Start	Climbing Garden "Hängender Stein"
Finish	Bushaltestelle - Oberdaneu
Tour type	Thematic trail
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

Ankle-high shoes with treaded soles, sun and rain protection, snack, filled water bottle and first aid kit. Cell phone for emergencies.

Tips

For those interested in history, we recommend an additional section of the trail to the excavations in Nüziders. From Gasthof Bad Sonnenberg in the direction of Außerberg/Bazis. In Bazis, continue in the direction of Nüziders town center / Bad Sonnenberg ruins (additional walking time: approx. 1 hour). The interesting Bludenz forest nature trail is also located along the second stage. At the Allmakreuz on stage 3, it is worth making a detour to the impressive Allmein waterfall. Follow the Allmein loop here (additional walking time: approx. 30 minutes).

Public transportation

Stage 1:
Access: L560 country bus, Nüziders Rämpele stop
Possible access/exit: L560 country bus, Nüziders Postamt stop
Exit: L501 city bus, Nüziders Oberdaneu or Bludenz Obdorfweg

Stage 2:
Access: L501 city bus, bus stop Nüziders Oberdaneu or Bludenz Obdorfweg
Possible ascent/descent: L503 city bus, bus stop Stadion/Freizeitbad Val Blu
Exit: L503 city bus, bus stop Rungelin

Stage 3:
Access: L503 city bus, Rungelin bus stop
Possible ascent/descent: L720 country bus, Bings Radin bus stop
Exit: L720 country bus, Außerbraz Traube Braz bus stop

Check the timetable online at www.vmobil.at

Parking

Stage 1: Parking lot at the Hängenden Stein in Nüziders or parking lot at the Muttersberg cable car in Bludenz

Stage 2: Parking lot at the Muttersberg cable car in Bludenz or various parking lots in Bludenz

Stage 3: Various parking lots in Bludenz or parking lot at the TRAUBE BRAZ Alpen.Spa.Golf.Hotel, Außerbraz

Guest Card

We are staying in different accommodations. How do we get a guest card?
Please contact the Bludenz Tourist Office (tourismus@bludenz.at) or Alpenregion Bludenz Tourism (info@alpenregion.at). To issue the guest card, we need the booking confirmations for all accommodations.

Safety instructions

EMERGENCY CALL
140 Alpine emergencies Austria-wide
144 Alpine emergencies Vorarlberg
112 Euro emergency call (works with any cell phone/network)
www.alpenregion-vorarlberg.com/sicherheitstipps-wandern

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