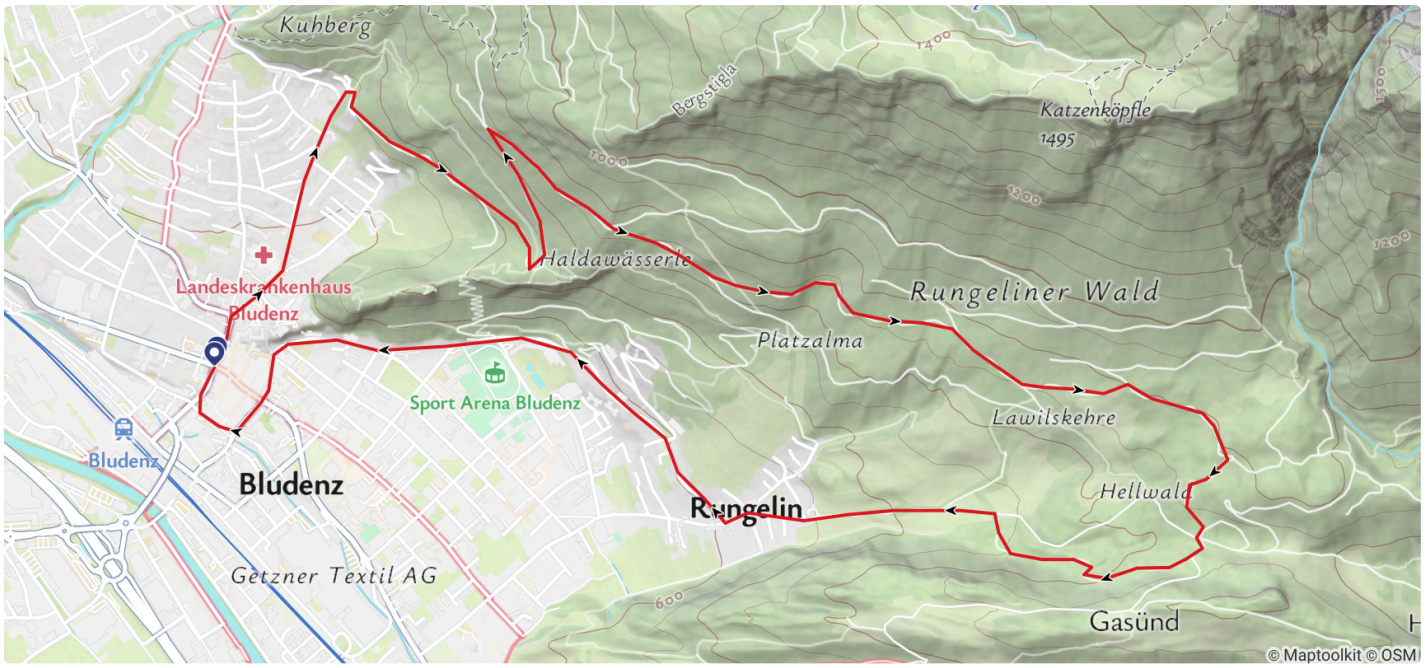
Rungelin Tour | Bludenz

MODERATE | REFRESHMENTS | PANORAMIC | ROUND TRIP



Tour description

Short panoramic mountain bike tour above Bludenz with sensational views of the region.

This short panoramic loop can easily be completed in the evening after other activities. It offers wonderful views of the Rätikon and far into the Montafon. At the Montikel, several rest areas tempt you to linger.

From the post office, head uphill towards Spital, choosing the right-hand road here. Keep to the right at the fork - uphill through the beech forest to the rest area at Montikel. Take a short detour to the lookout point at the cliff edge - then continue steeply uphill to the left - after about 600 m turn right (east) along the slope. From Rungeliner Berg it goes rather flat and partly downhill. From Platzalma again uphill. At Lawils turn left - briefly very steep, then more comfortable. From the highest point downhill through the forest towards Rungelin. After the church of Rungelin turn right and over the slag heap, past the Val Blu leisure pool, back to the starting point. Tour can of course also be driven in the opposite direction!

Public transport

Various lines to Bludenz train station

Timetable query online at www.vmobil.at

Parking

Public parking in Bludenz

Directions

Post office - right road - hospital - turn towards Montikel - Montikel - Rungelin mountain - Lawils - Rungelin - Halde - leisure pool Val Blu - post office

Safety instructions

EMERGENCY CALL140 Alpine emergencies throughout Austria
144 Alpine Emergencies Vorarlberg
112 Euro emergency call (works with any mobile phone/network)

www.alpenregion.at/sicherheitstipps-mountainbike

01:45 h duration	**9,8 km** Length
904 m Highest point	**559 m** Lowest point
439 m Ascent	**439 m** Descent

Start	Parkplatz Rathaus
Finish	Parkplatz Rathaus
Tour type	Mountain bike
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
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Equipment

Complete mountain bike equipment, helmet, rain and sun protection, filled water bottle. Cell phone in case of emergency.

Sicherheitstipps für Mountainbike in Vorarlberg

NOTRUF:

140 Alpine Notfälle österreichweit

144 Alpine Notfälle Vorarlberg

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

further information