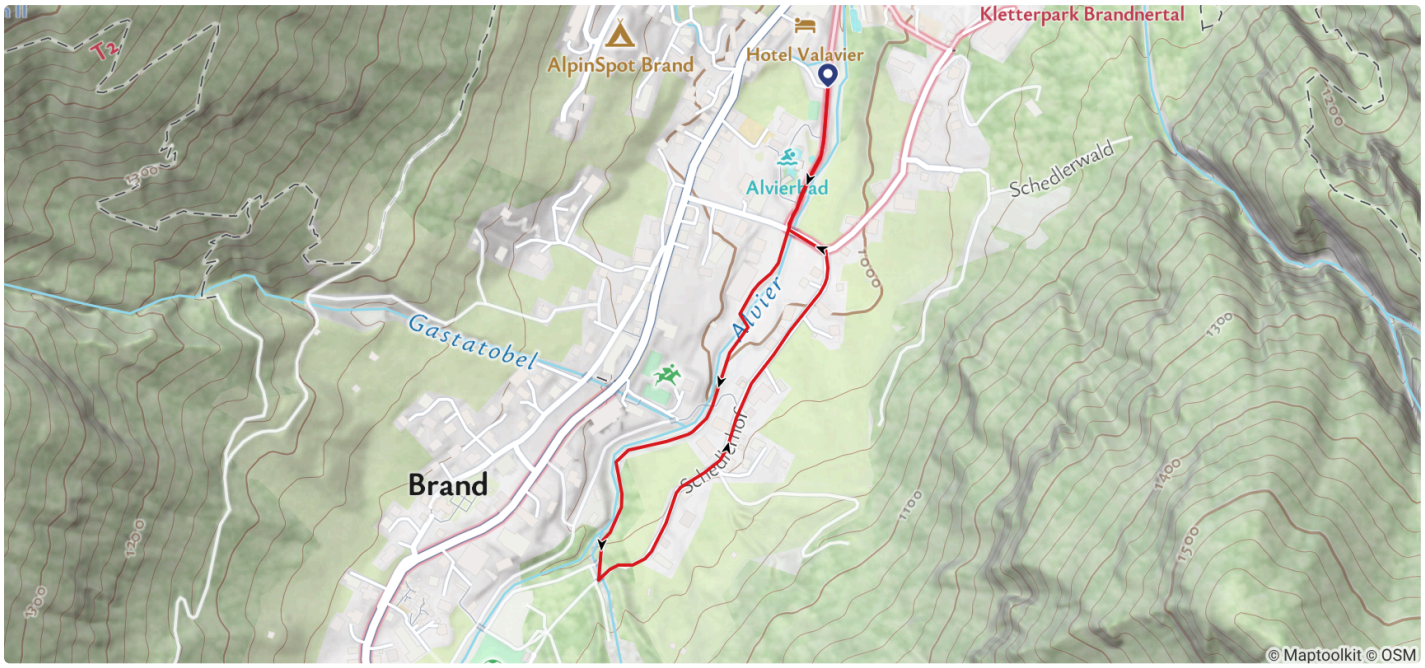
# Alvier Sprint 1 | Brand

EASY | ROUND TRIP




## Tour description

**Whether in a fast or easy walking pace - on this short route along the river "Alvier" everyone finds his individual pace.**

This short trail run leads a short distance on the right side of the Alvier into the valley. At the first opportunity to cross the stream, the tour leads further into the valley on the left side of the stream. Once you reach a ravine, this tour leads back to the starting point on the road.

## Public transport

Bus line 580, bus stop "Brand Gemeindezentrum"

Timetable enquiry online at www.vmobil.at

## Parking

At the parking lot of the Alvierbad

## Directions

Trailrun starting point at the Alvierbad - footpath into the valley - crossing of the Alvier - footpath into the valley - Tobel - road out of the valley - trailrun starting point at the Alvierbad

## Equipment

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

## Tips

If this tour is too short for you, you can do the Alvier Sprint 2! See tour description: Alvier Sprint 2 | Brand

## Starting Point

Trailrun starting point at the Alvierbad

| | |
|---|---|
| **00:15 h** duration | **1,70 km** Length |
| **1029 m** Highest point | **985 m** Lowest point |
| **45 m** Ascent | **45 m** Descent |

| | |
|---|---|
| **Start** | "Alvierbad" Nature Pond |
| **Finish** | "Alvierbad" Nature Pond |
| **Tour type** | Trail running |
| **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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## Destination

Trailrun starting point at the Alvierbad

## 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

## 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