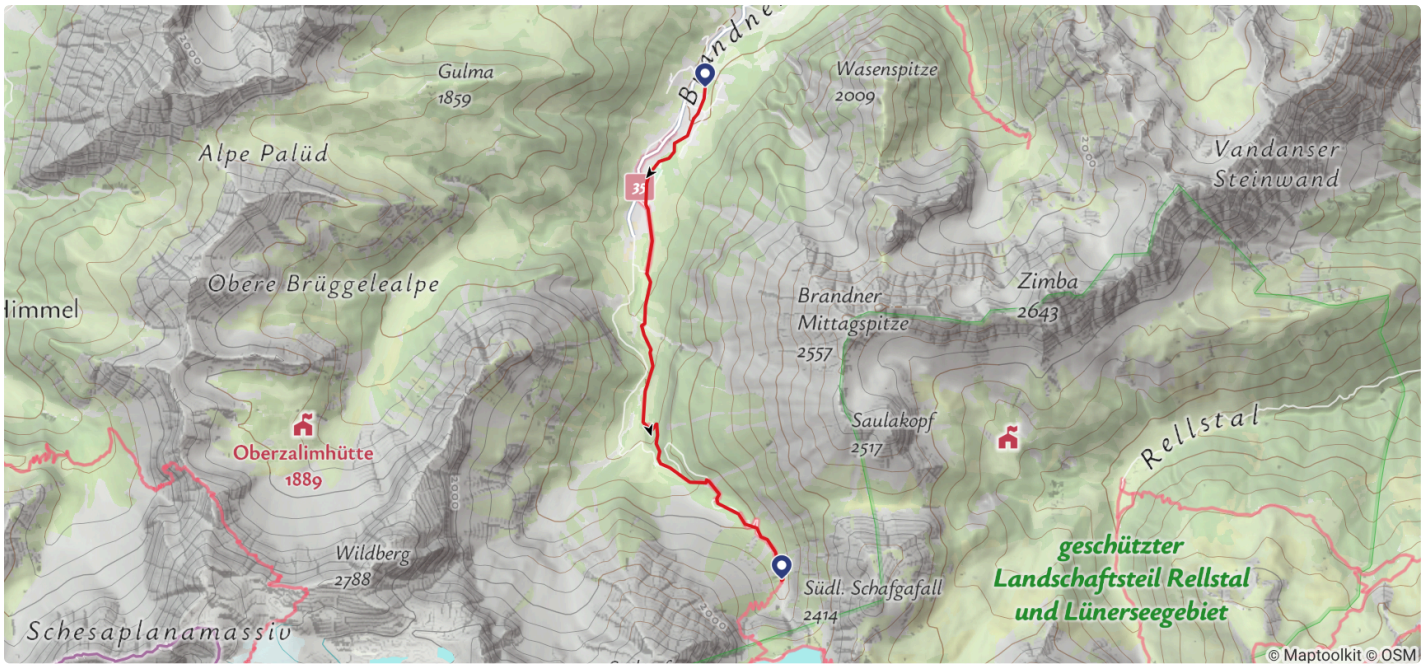
Trail run through the Seetal | Brand

MODERATE | FROM A TO B



Tour description

This mountain run offers everything a trail runner's heart desires - varied trails across meadows, through forests, over stones and rocks.

From the starting point at the Alvierbad, this running route mostly leads along the right-hand side of the Alvierbach stream to the Brügga district, where the route crosses the Alvier and continues along the road into the valley. In the Innertal, the road turns into a forest path and this leads up towards Kesselfall. Past the Kesselfall, the trail continues uphill across meadows and through forests to the valley station of the Lünersee cable car. From here, take the bus line 580 (timetable information at www.vmobil.at) back to the starting point.

Public transport

Bus line 580, bus stop "Brand Gemeindezentrum" or for the return journey bus stop "Brand Lünerseebahn"

Timetable enquiry online at www.vmobil.at

Parking

At the parking lot of the Alvierbad

Directions

Trail run starting point at the Alvierbad - footpath into the valley - cross the Alvier in the Brügga district - road into the valley - forest path towards Kesselfall - footpath uphill - Lünersee valley station - take the bus line 580 back to the town centre

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

01:20 h duration	**6,26 km** Length
1568 m Highest point	**985 m** Lowest point
588 m Ascent	**0 m** Descent

Start	"Alvierbad" Nature Pond
Finish	Parkplatz Lünerseebahn Talstation
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 you wish) and first aid equipment. 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