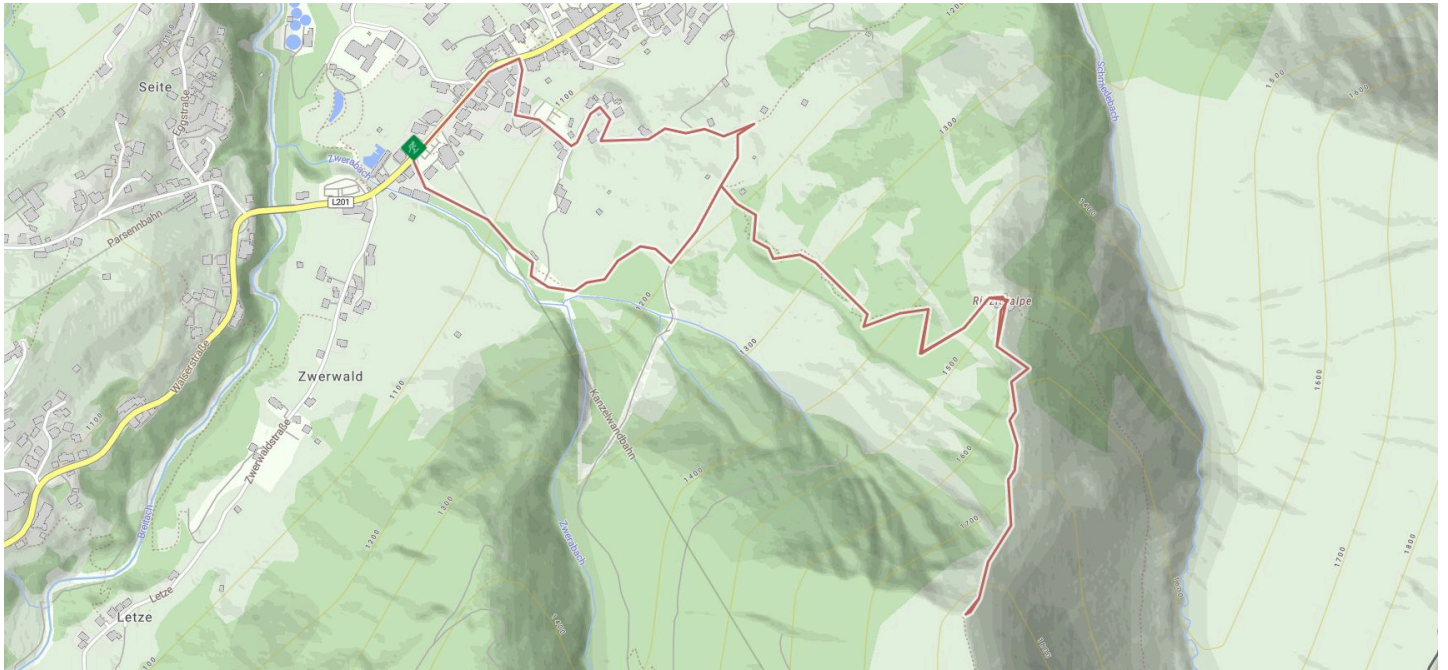


MEDIUM

TRAILRUNNING



## TOUR DESCRIPTION

The Gehrenspitze Trail starts at the Kanzelwandbahn valley station and leads directly under the lift on a steep, shaded path next to the Kesslerlift onto the Riezler Höhenweg. Follow this downstream to the NaturErlebnisplatz at Schwand. From here, keeping to the right, follow a steep, rooty single trail past the Riezler Alp towards the Gehrenspitze. The trail is quite steep; in just 3 kilometers, there are 800 meters of elevation gain. Upon reaching the ridge, the forest clears, offering a beautiful view over the Kleinwalsertal and the neighboring Allgäu. After a short break at the summit bench of the Gehrenspitze, the downhill follows on the already familiar trail.

## ROUTE DESCRIPTION

Let's start at Almhof Rupp. The tarred road quickly turns into a gravel road that goes steeply upwards. At the mountain station of the Kessler lift, follow the narrow path through the meadow to the Wassertretbecken Schwand. Turn right before the treading basin and follow the path upwards. About a root path, it is now briskly up. After about 20-25 minutes you reach the Riezler Alp. Here follow the path to the right to Gehrenspitze. Descend over the same way or continue towards Kanzelwandbahn and over Speichersee and gun barrel back to the Riezler Alp and from there to Riezlern to the casino and easy run out to the starting point.

## RECOMMENDED EQUIPMENT

EMERGENCY CALL:

144 Alpine emergencies Vorarlberg

112 European emergency number (works with any mobile phone/network)

Weather-appropriate trail running equipment including provisions.

## FURTHER INFO & LINKS

### Tips

On warm days, make a stop at the NaturErlebnisplatz at the end of the trail run and cool your feet in the natural Kneipp area.

### Further links

How do you consciously experience nature?

Nature is so much more than the backdrop for unforgettable mountain experiences. It is a habitat for animals and plants. It provides drinking water and supplies us with high quality food. Not only does it provide valuable raw materials such as wood, it also protects against avalanches and mudslides and regulates the climate. It is up to us to support nature in everything that it does for us. One thing is certain, together we can achieve more:

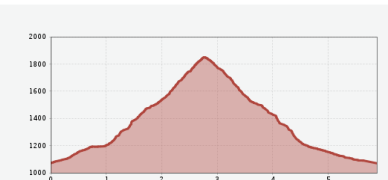
**Smart in NATURE**

↔ Distance  
**5.88 KM**

🕒 Duration  
**1:15 H**

⚡ Altitude meters  
**804 M**

⚡ Highest point  
**1858 M**



### Condition



### Best season

JAN FEB MAR APR MAI **JUN**  
**JUL** **AUG** **SEP** **OCT** NOV DEC

**Sart:** Riezlern

**Goal:** Riezlern

## CONSCIOUS together EXPERIENCE foresight

### Smart in NATURE

Take a deep breath and recharge your batteries, be outside and feel free. When we enjoy nature, we are guests in the living room of shy animals and rare plants. If you behave smart, they will be happy to share their living space with you in the future too.

#### Stay on paths and marked routes

If you follow the marked paths and routes, you are sure to come to new favorite places. In this way you also respect protected areas, because many animals and plants need special protection. Especially in winter, any disturbance unnecessarily costs the wild animals the strength they need to survive.

#### Avoiding twilight times

Standing on a mountain at sunrise is a special experience. The morning and evening hours are also the time when most wild animals are in search of food. If they are disturbed, they get stressed. If it cannot be avoided, please stay on the marked path, do not use a bright headlamp and enjoy the silence.

#### Stay clean & take rubbish with you

It goes without saying: You take rubbish with you again, on the mountain and in the valley. Please also organic waste, because it is composted much more slowly at altitude. You can dispose of the rubbish properly at home or in your accommodation - please remember that there are no rubbish bins in public spaces in Kleinwalsertal.

#### On the natural toilet

If you are looking for a quiet place, please be at least 50 m away from water. Bury excrement or cover it with a large stone. Use fallen leaves or recycled toilet paper and put the paper back in the trash bag.

### On tour with a dog

Are you always in control of your four-legged partner, even if he gets his nose for marmots, deer or other wild animals? You are both on the safe side on a leash. Keep dogs on a short leash near grazing cattle. If an attack by a grazing animal is foreseeable: leash off immediately. There are numerous dog stations in the valley for the disposal of dog bags. The farmers and alpine farmers thank you because manure in meadows and fields contaminates the feed and makes grazing cattle sick.

## CONSCIOUS to each other

### Consideration for other athletes and those looking for relaxation

Everyone loves to enjoy a special piece of earth for themselves. But most of the time we are not traveling alone. No problem, because there is enough space. Allow time, open the way in an accommodating manner, provide support when someone needs help and always give a smile. So nothing stands in the way of friendly cooperation and relaxed enjoyment of nature.

### Appreciating the preservation of the cultural landscape

Alpine landscapes are touching with their contrast: Imposing peaks and natural forests alternate with gentle valleys, well-tended meadows and pastures. In the Kleinwalsertal too, this delightful landscape at three altitudes is no coincidence, but the result of an interplay of natural and cultural landscapes. Behind this is the work of farmers, alpine and forestry as well as hunters. With their work, they ensure that the attractiveness of the recreation and leisure area and the diversity of species are preserved. We already say thank you if we stay on the marked trails and enjoy regional products.

## EXPERIENCE farsighted

### Safe on tour - for you and others

Whether on a ski or snowshoe tour in winter or on a mountain tour in summer, anyone who is out and about in alpine terrain has to be well prepared. This includes careful information and tour planning as well as the right equipment. Correctly assessing alpine dangers requires a lot of knowledge and experience. Why not learn from professionals and go on tour with one of the experienced guides?

Nature Experience Map, scale 1:12,000. Available (for a fee) at the tourist information office in Walserhaus.

Unlimited hiking in the Kleinwalsertal. Hiking and route map with guidebook and panorama, scale 1:25,000. Available (for a fee) at the tourist information office in Walserhaus.

Alpine Club Map Bavarian Alps, Kleinwalsertal BY2, scale 1:25,000

Morning **-2 °C**  
**MOUNTAIN**  
**-1 °C**  
**VALLEY**



Noon **0 °C**  
**MOUNTAIN**  
**6 °C**  
**VALLEY**



Evening **-3 °C**  
**MOUNTAIN**  
**0 °C**  
**VALLEY**

