



Mineral water trails

RUNÀ

NATURAL MINERAL SPRING

NAME

The name Runà stems from the Latin *rovina*, which means *landslide* or *rock fall*.

TYPE OF SPRING

Naturally carbonated mineral water with calcium, hydrogen carbonate and iron

MAIN COMPONENTS

Sodium Na ⁺	170 mg/l
Calcium Ca ²⁺	805 mg/l
Magnesium Mg ²⁺	47 mg/l
Iron Fe ²⁺	10 mg/l
Chloride Cl ⁻	174 mg/l
Hydrogen carbonate HCO ₃ ⁻	2540 mg/l
Sulphate SO ₄ ²⁻	283 mg/l

PARTICULARITIES

The water of the Runà spring primarily contains lots of calcium, but it is not tapped.

The source of the Runà spring was originally located at the upper end of the tufa. After the construction of the farmhouse, which is located just above, the water reappeared in its cellar. When the connection between the Sent road and the bypass street was built, the water no longer resurfaced. After some time, however, the spring again gushed out of the ground at a new location, where it still emerges today. However, the amount of fill is much higher than before. For this reason the tufa is now growing at a much faster rate and has already reached an impressive size.

«Open the clouded gaze to reveal the thousand springs around the thirsty one in the desert!»

Johann Wolfgang von Goethe (1749 – 1832)