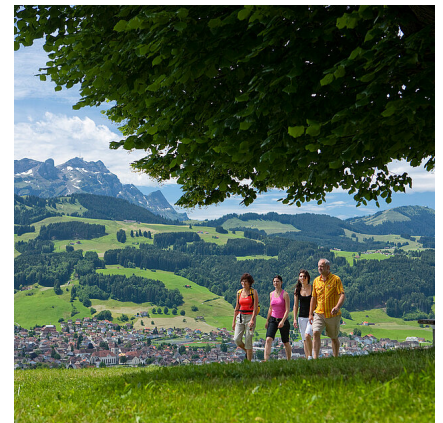




HIKING RECOMMENDATION

ALPENPANORAMA WEG, STAGE 2 TROGEN APPENZELL

The Alpenpanoramaweg (Alpine Panorama Trail) from Lake Constance to Lac Léman promises plenty of views of the Alpine peaks, but also of the Mittelland (Central Plateau) and the Jura. The route leads through the traditional cultural landscapes of the Pre-Alps, where milk and cheese still dominate today.



The Alpine Panorama Trail offers - as the name promises - plenty of views of the peaks of the Alps but also the Mittelland (Central Plateau) and the Jura. The trail leads from Rorschach near Lake Constance through the Appenzellerland, Toggenburg, Central Switzerland, Emmental, Schwarzenburgerland and Gruyère to the Lac Léman Riviera and ends in the metropolis of Geneva.

Most of the route runs through the agricultural foothills of the Alps, where dairy farming is traditionally practised. Cows in the pastures, and cheese dishes in the mountain inns are two omnipresent companions on the Alpine Panorama Trail. Only at Lac Léman (Lavaux, La Côte) does wine culture dominate.

Another peculiarity of the Pre-Alps is the scattered settlements that date back to the individual land seizures of the Allemanni in the early Middle Ages. The scattered "Heimetli" in the Appenzell region and the individual farms on the ridges and harrows of the Napf region are wonderful examples of the traditional cultivated landscape of the Swiss Pre-Alps.

Stage 2 Trogen - Appenzell

From Trogen (AR) over two gentle hills with magnificent views of the Säntis, the city of St.Gallen, Lake Constance and the rolling Appenzellerland into the wide valley basin of Appenzell with its richly decorated village houses.

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MAP

[SwitzerlandMobility](#)

TYPE OF TOUR

Hiking in the valley

DIFFICULTY

easy

LENGTH

13.00 km

ASCENT

600 m

TIME

4 hours 15 minutes

STARTING POINT

Trogen

END

Appenzell

REMARKS

The route can be completed in both directions.

Hiking time Appenzell - Trogen: 4 h 25 min

[More information on the different stages.](#)

OPTIONS TO EAT ALONG THE WAY

[Gass 17](#)
[Edelweiss Pizzeria & Restaurant](#)
[Hotel Hecht](#)

Sowie weitere Gasthäuser in Appenzell, Bühler, Gais und Trogen.

As well as further inns in Appenzell, Bühler, Gais and Trogen.

DOWNLOAD

- [Alpenpanoramaweg_Etappe_2.gpx \(96 KB\) gpx](#)