Appenzellerland.
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HIKING RECOMMENDATION

BAREFOOT TRAIL

Barefoot from Jakobsbad to Gontenbad.

From Jakobsbad to Gontenbad without socks or shoes! Discover at first hand the unusual feeling of walking barefoot. Experience an incredible variety of sensations. Meadows and streams are interspersed with short stony and asphalted stretches. At the half-way point at Toobeschopf you can bathe your arms in the fountain, a practice introduced by Dr Kneipp. The route then continues through the moorland landscape of Gonten to Gontenbad. Here there is a foot washing station for tired feet – a practice also introduced by the good Dr Kneipp. Take this opportunity for some rest and relaxation! Enjoy a soothing footbath in the garden or unwind in the inn's whirlpool and steam room (bathing costume obligatory).

Places along the route

Jakobsbad – Gonten – Gontenbad

CONTACT

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MAP

SwitzerlandMobility

TYPE OF TOUR

Theme hiking

DIFFICULTY

easy

LENGTH

5.30 km

ASCENT

69 m

DESCENT

83 m

TIME

1 hour 30 minutes

STARTING POINT

Jakobsbad

END

Gontenbad

OPTIONS TO EAT ALONG THE WAY

Hotel Bad Gonten
Swiss Mountain
Café Rössli
Appenzeller Huus – Huus Bären
Appenzeller Huus – Huus Löwen
Restaurant Krone

- Talrestaurant Jakobsbad
- Restaurant Alpsteinblick

DOWNLOAD

- Barfussweg.gpx (12 KB) gpx