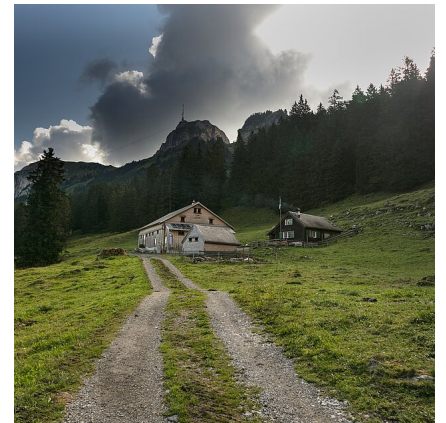
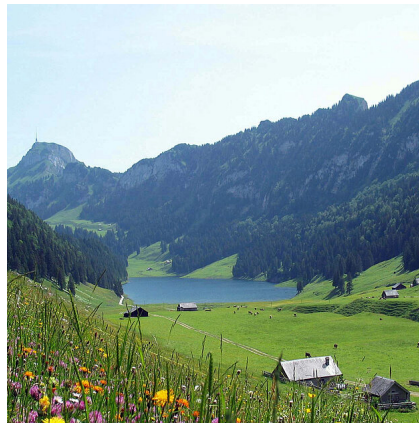


# HIKING RECOMMENDATION

## SÄMTISERSEE LAKE AND A HIKE THROUGH THE ALPS

An easy half-day tour that takes you into the middle of the lovely Alpstein region and past welcoming mountain inns where you can spend the other half of the day in good care.



From Brülisau you hike along the road to Pfannenstiel. Accompanied by the murmur of the Brüelbach Stream, you will reach the Berggasthaus Plattenbödli (mountain inn) via the partly steep mountain path. To the south, beautifully situated in a forest clearing, is the Maria Heimsuchung Chapel, where mountain masses are held throughout the summer. The trail continues slightly downhill to the blue-green Sämtisersee Lake. The mountain lake with its pleasant water temperature is perfect for swimming, barbecuing and relaxing. Continue along the lake shore until the mountain trail at the end of the lake rises slightly and you reach Alp Lawannen. Past the various alpine pastures of Alp Soll - with an alpine cheese dairy - the mountain trail finally leads to the Berggasthaus Ruhesitz (mountain inn). Enjoy the magnificent view of the Alpstein and, in windy weather, far out into the countryside. The easy descent leads across the pastures of the Rossberg past farmhouses that are inhabited all year round all the way down to Brülisau. Alternatively, you can enjoy the 3-kilometre stretch from the Ruhesitz to Brülisau with plenty of zest on a rented scooter.

### Places along the route

Brülisau – Plattenbödli – Sämtisersee – Alp Soll – Ruhesitz – Brülisau

## CONTACT

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## MAP

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[Switzerland](#)[Mobility](#)

## TYPE OF TOUR

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Hiking in the mountain

## DIFFICULTY

---

easy, T 2 according to SAC hiking scale

## LENGTH

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9.77 km

## ASCENT

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542 m

## DESCENT

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542 m

## TIME

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3 hours 30 minutes

## STARTING POINT

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Brülisau

## END

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Brülisau

## REMARKS

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**Tip:** Spare yourself the last couple of metres by taking a scooter down from the Berggasthaus Ruhesitz (mountain inn) to Brülisau.

## OPTIONS TO EAT ALONG THE WAY

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[Rössli Brülisau](#)  
[Berggasthaus Ruhesitz](#)  
[Berggasthaus Plattenbödeli](#)  
DOWNLOAD

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- [Saemtisersee\\_mit\\_Alpwanderung.gpx \(64 KB\) gpx](#)