



# HIKING RECOMMENDATION

## MOUNTAIN HIKE INTO THE HEART OF THE ALPSTEIN

Hiking tip up to the Berggasthaus Bollenwees (mountain inn).



The small cable car takes you from Pfannenstiel to Alp Sigel. From the ridge of Alp Sigel, you will have a magnificent view over nearly the entire canton and all the way to Lake Constance. A narrow gravel road leads to the alp buildings of the alp cooperative, including an inviting alp tavern. Walk downhill along the beautiful alpine path and through short stretches of forest past the Chüeboden alp. Once you reach the bottom of the valley, head into the expansive valley basin to the Rheintaler Sämtis alp (with an alpine cheese dairy). From there, it is a short, easy climb through the Stiefelwald forest to the welcoming Berggasthaus Bollenwees (mountain inn), which is idyllically situated on the fjord-like Fählensee lake. After stopping for a bite to eat, walk gently downhill on the gravel road to Lake Sämtis. A short counter-ascent follows before you descend through the Brüeltobel to the Pfannenstiel and then to Brülisau. If you want to avoid the steep Brüeltobel, we recommend the alternative route via Rainhütten and the Berggasthaus Ruhesitz (mountain inn) to Brülisau.

### Places along the route

Pfannenstil (Brülisau) – Alp Sigel (cable car) – Chüeboden – Rheintaler Sämtis – Bollenwees – Plattenbödeli – Pfannenstiel (Brülisau)

## CONTACT

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## MAP

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[SwitzerlandMobility](#)

## TYPE OF TOUR

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Hiking in the mountain

## DIFFICULTY

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moderate

## LENGTH

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11.26 km

## ASCENT

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357 m

## DESCENT

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1011 m

## TIME

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3 hours 30 minutes

## STARTING POINT

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Pfannenstil (Brülisau)

## END

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Brülisau

## OPTIONS TO EAT ALONG THE WAY

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[Berggasthaus Bollenwees](#)  
[Berggasthaus Plattenbödeli](#)  
DOWNLOAD

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- [Bergtour ins Herz des Alpsteins \(92 KB\) gpx](#)