

**Appenzellerland Tourismus AI**  
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Media information – Hiking.

From hill to hill – for panoramic views and close-ups.

## **UP AND DOWN IN APPENZELL – STUNNING JOURNEYS THROUGH NATURE**

The “Säntis” takes the top spot, closely followed by the “Altmann” and “Hoher Kasten”. These mountains with melodious names lead the way. The tiny region of Appenzell sets its sights high. Hikers climb rocky giants with sporting prowess, while on the valley floor, foodies and nature lovers stroll over hill and dale, through field and forest. All roads lead to Appenzell at the foot of the Alpstein mountain range.

The images – lush green grassy hills nestled between gently rising clouds of mist that cannot resist the strong rays of the sun at dawn – are quite simply world-famous. They helped Fuchs, Gantenbein, Hautle and other well-known photographers and painters to achieve great fame. In the distance you can hear the barking of a “Bläss”, the much-loved Appenzell dog. Like many of its kind, he lives on one of the many stunning estates perched on one of the innumerable surrounding hills. In days gone by, a giant is said to have climbed over the Alpstein mountain range with a sack full of little houses on his back, and promptly tore a hole in his sack at the top of the Säntis. A little house here, a little house there – they all came tumbling out. The giant noticed how light his luggage had become and looked back. The beauty of his unintended landscape architecture persuaded him to leave it just like that – at least that is how the popular legend of the “Giant of Säntis” tells it.

### **Green waves, and fearsome giants.**

The Alpstein is perhaps “the most beautiful mountain range in the world”, as the famous geologist Albert Heim (1849-1937) put it. The mountain range, which rises up from the east of the Appenzell region and stretches to 2,502 m above sea level, is a range of fold mountains that is astounding even for non-geologists on their expedition tours. Six cable cars – Säntis, Hoher Kasten, Ebenalp, Kronberg, Staubern and Sigel – transport visitors up into the mountains to marvel at the views.

The “Hoher Kasten”, a massive limestone block, is a very popular starting point for hikers who are interested in geology and flora. At roughly 1,800 above sea level, visitors can expect to find a stunning Alpine garden. Here, budding botanists can learn that monk’s-hood is one of the most poisonous plants, or that it takes roughly 15 years for the great yellow gentian to flower after germinating from seed.

From “Hoher Kasten”, the geological hiking trail leads to “Saxerlücke” and on to “Bollenwees”. Along the way, impressive geological phenomena are vividly explained and even visible. Approximately 15 million years ago, the Appenzell region, which was then still flat, was caught up in the thrust of the African continent as it pushed northwards. Spectacular rock folds and fractures – such as the unique Sax-Schwende Fault – were created. Glacial ice, water and frost formed ridges, steep rock faces and valleys over time, as well as the “Seealpsee”, “Fählensee” and “Sämtisersee” lakes. Mountaineers refer to the area – with the “Hundstein”, “Meglisalp” and “Kreuzberge” mountains – as a climbers’ paradise. The fjord-like “Fählensee” constantly defies the old angling joke that the fish is the only animal that keeps on getting bigger even after it has died. In the past, many have pulled a real gem out of the deep blue water. For exhausted climbing enthusiasts and less successful fishermen, some nourishing “Rösti” – crisp potato cakes – await at the “Berggasthaus Bollenwees” inn.

### **Battling terrible thirst and horrendous hunger.**

The back wall of the “Äscher” inn is made of real rock. The restaurant, perched like a swallow’s nest, is located in the vicinity of the “Wildkirchli” – mountain caves which were once inhabited by bears and hermits and which are situated in the middle of the south-east face of “Ebenalp” – a place easily reached by the Wasserauen-Ebenalp cable car.

High above the hills between “Steinegg” and “Fähnernspitz” lies the rustic “Eggli” mountain inn and farm, a place that has a hard job persuading visitors to move on because of its phenomenal view and homely ambience. With an almost unbelievable collection of restaurants, you can safely leave the food provisions at home. A number of culinary delights will make many a reluctant walker want to hike long such distances, for example for a “Südwooscht” (boiled sausage) with “Chääsmageroone” and “Epfelmues” (a dish of macaroni and cheese with boiled sausage and apple sauce), and even more so when a soft bed or a cosy mattress beckon you to stay after dessert.

### **Thrills at dizzying heights.**

The Zipline-Park at the foot of the “Kronberg” also promises a great experience. Courage, skill and concentration are all required. Children from the age of six (with an accompanying adult) can charge around on 25 ziplines and 55 climbing elements.

A less sporty approach is required on the eleven “Rondom” trails. These leisurely, white-signposted circular routes allow walkers to discover village after village in a maximum tour time of 2 hours each.

### **Walking barefoot through the landscape.**

One very special valley hiking trail is the barefoot path that takes you from Jakobsbad to Contenbad. Once you have removed your shoes and socks, the unusual sensory impressions of walking barefoot will come as a genuine surprise. Meadows and streams alternate with short stony or asphalted sections. Halfway along the trail at the “Toobeschopf”, a Dr Kneipp arm bath fountain awaits. In the moorland that follows, you can wade through the mud to your heart’s content. At the end of the tour, there is a foot-washing facility and, not to mention, several restaurant terraces that will tempt you to stop for a bite to eat along the way.

### **Absorbing everything on route: making Alpine cheese.**

During the Alpine season (from the beginning of June to the end of August), you can watch over the shoulder of Alpine dairyman everyday as they produce Alpine cheese, all on ten Alps that are scattered all over the Alpstein mountain range. The equipment used – such as the “Brecher” (a wire stirring instrument with a wooden handle), the “Kessi” (an open copper vessel) and the “Werb” (a vessel for pressing and shaping the fresh cheese) – may have old-fashioned sounding names, but thanks to these tools, visitors who are interested can watch how a wheel of cheese is made from litres of the best Alpine milk – all in strict compliance with the most modern hygiene and quality requirements.

### **Arrive for free and enjoy your stay.**

If you stay for three nights or longer with the same accommodation provider in Appenzell, you can enjoy the Appenzell Holiday Card. There are over 20 free offers for guests: free travel in 15 zones on Appenzell’s railway network, free travel on the cable cars (Kronberg, Hoher Kasten and Ebenalp) and admission to museums, swimming pools and other leisure facilities. In addition, there are special offers such as free bike rental in summer, and free snowshoes for one day in winter.

If you book three nights or more, you will also get free travel to (and from) your place of residence in Switzerland by public transport (2nd class) and benefit from free luggage transport from your front door to your chosen accommodation. Nothing short of an irresistible offer!

Information about this unique offer is available from Appenzellerland Tourismus AI, [appenzell.ch/grüninsgrüne](http://appenzell.ch/grüninsgrüne)

### **Means of transport.**

Appenzeller Bahnen	<a href="http://www.appenzellerbahnen.ch">www.appenzellerbahnen.ch</a>
Postauto St. Gallen – Appenzell incl. PubliCar	<a href="http://www.postauto.ch">www.postauto.ch</a>
Hoher Kasten Drehrestaurant u. Seilbahn AG	<a href="http://www.hoherkasten.ch">www.hoherkasten.ch</a>
Luftseilbahn Jakobsbad-Kronberg AG	<a href="http://www.kronberg.ch">www.kronberg.ch</a>
Säntis-Schwebebahn AG	<a href="http://www.saentisbahn.ch">www.saentisbahn.ch</a>
Seilbahn Alp Sigel	<a href="http://www.alpsigel.ch">www.alpsigel.ch</a>
Seilbahn Frömsen-Staubern	<a href="http://www.staubern.ch">www.staubern.ch</a>

### Themed walking trail.

Barfussweg	Jakobsbad–Contenbad	1½ h
Rondom trails	taking you around every village in AI	approx. 1 h
Chlustobelweg	Weissbad–Brülisau	1 h
Geologischer Wanderweg	Hoher Kasten–Saxerlücke–Brülisau	4½ h
Hörwanderung Kronberg	Kronberg–Jakobsbad	2 h
Appenzeller Kapellenweg	Appenzell–Sammelplatz–Steinegg–Appenzell	3 ½ h
“Pfeff ond Lischt”-Weg	Steig, Appenzell–Schlatt	1½ h

Further hiking suggestions available at [appenzell.ch/wandervorschlaege](http://appenzell.ch/wandervorschlaege)

### Winter hiking.

Fun winter hiking trails with (and without) snowshoes that take you through this unique hilly landscape: [appenzell.ch/schneeschuhrouten](http://appenzell.ch/schneeschuhrouten)

All other winter offers available at [appenzell.ch/winter](http://appenzell.ch/winter)

### Appenzell app.

How long will the hike take? From now on, you can answer this question at any time. Using the “Appenzellerland Tourismus AI app”, all trail guides in Appenzell (excluding the Oberegg district) can be accessed within seconds, including the respective hiking times.

Download for Apple and Android:



### Tips and tricks.

The current state of hiking trails in Alpstein	<a href="http://appenzell.ch/wegzustand">appenzell.ch/wegzustand</a>
Route suggestions with maps and altitude profiles	<a href="http://appenzell.ch/wandervorschlaege">appenzell.ch/wandervorschlaege</a>
Trail guides for the region (excluding Oberegg district)	<a href="http://appenzell.ch/wanderzeiten">appenzell.ch/wanderzeiten</a>
Film entitled “Alpstein von Oben” (“Alpstein from above”)	<a href="http://appenzell.ch/alpsteinvonoben">appenzell.ch/alpsteinvonoben</a>
Webcams in and around Appenzell	<a href="http://appenzell.ch/webcams">appenzell.ch/webcams</a>
Information at a glance, which mountain inns and cable cars in Alpstein are open.	<a href="http://alpstein.ch">alpstein.ch</a>

### Note to editorial teams.

Up-to-date photo material can be requested from Appenzellerland Tourismus AI. Please do not hesitate to get in touch for further information:

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