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Media Information – Hiking and Rambling.

From hill to hill – for long shots and close-ups.

UP AND DOWN IN THE APPENZELLERLAND – SCENERY ON THE MOVE

The throne is indisputably occupied by the Säntis, flanked by Altmann and Hoher Kasten. These resounding names point the way. Little Appenzellerland has high hopes! Top-fit climbers crawl like spiders up rocky giants. In the valleys, ramblers and nature-lovers make their way through meadows carpeted with wild flowers, through fields and woodland. All trails lead to the Appenzellerland.

Pictures of these deep green grassy hills clad in soft morning mists pierced by shafts of sunlight are familiar all over the world. They have brought fame to Fuchs, Gantenbein, Hautle and other well-known photographers and painters. Standing among them now, you can hear the distant barking of the «Bläss», the world-famous Appenzell cattle dog. Like many of his race, he lives in an impressive-looking farmhouse, enthroned on top of one of the many hills. Once upon a time, a giant with a sack full of houses on his back was crossing the Alpstein when the sharp tip of the Säntis ripped a hole in his sack. The houses tumbled out, one here, one there, scattered over the hillsides. The giant noticed his burden had grown lighter and looked back. The prettiness of his involuntary rural landscaping persuaded him to leave the houses where they were.

Green waves, awe-inspiring giants.

The Alpstein is perhaps the «most beautiful mountain range in the world» according to the famous geologist Albert Heim (1849-1937). Towering out of the eastern region of the Appenzellerland up to a height of 2502 metres above sea level, the Alpstein massif is a range of folded mountains that

amazes even non-experts when they find themselves in its midst. Six cable cars – Säntis, Hoher Kasten, Ebenalp, Kronberg, Staubern and Sigel – transport people who enjoy spectacular views into the mountains. The Hohe Kasten, a mighty block of limestone, is a highly popular starting point for walkers with an interest in geology, flora and fauna. At an altitude of about 1800 metres above sea level there is a beautiful Alpine garden. Budding phytologists can learn that the blue monkshood is one of the most deadly poisonous plants, how to distinguish between scabious and field scabious, or that the yellow gentian takes 15 years from germination to flower. A hiking trail from the Hoher Kasten leads to the Saxerlücke, with imposing geological phenomena to be seen on the way. Around 15 million years ago, the flat area that is now the Appenzellerland was caught by the thrusting forces of the African continental plate as it pushed northwards causing spectacular folds and breaks in the rock such as the extraordinary Sax-Schwende break. With time glacier ice, water and frost formed ridges, steep rockfaces and valleys with lakes like Seealpsee, Fählensee and Sämtisersee. Climbers have voted the region a climber's paradise, blessed with the Hundstein, Meglisalp und Kreuzberge rockfaces. The Fählensee is a living contradiction of the saying that the fish is the only animal to continue growing after it's dead! Many an angler has pulled a fine specimen of wild trout from its deep blue waters. For exhausted alpinists and unsuccessful anglers, a delicious dish of rösti is waiting in the Bollenwees mountain inn.

Unexpected ports of call.

Living rock forms the rear wall of the Äscher inn and the menu is carved in wood. This inn, like its neighbour the «Wildkirchli» – a church in a cave that was formerly inhabited by bears and hermits (but not at the same time) – appears to be suspended in the middle of the south-east face of the Ebenalpstock, which is easily reached by the aerial cableway Wasserauen-Ebenalp.

High above the hills between Steinegg and Fähnernspitz is the quaint mountain inn Eggli, with its own farm, where the phenomenal view and the cosy atmosphere make it hard for visitors to tear themselves away. There are more than 600 inns spread over the 26 parishes and districts that make up the Appenzellerland, which means that at the end of every hour of walking there is a snug little place with a cheerful welcome awaiting you. Several culinary pearls help people not used to exercise to climb the steep paths, for example for a «Südwooscht» (sausage) with «Chääsmageroone» and «Epfelmues» (cheese macaroni with apple purée).

The mountain speaks.

In the audio-tour on the Kronberg entitled «Weiter Himmel – enges Tal» (big sky – narrow valley) the mountain speaks to the hikers. There are two different routes available, both brought to life by a

first-person narrator telling exciting tales. Witches, poachers, hermits, saints, cowherds, religious beliefs and local superstitions, all illustrate the relationship between the Appenzellers and nature. The stories, told as legends and ballads, all take place on or near the Kronberg. The MP3 player needed to play the tales can be hired at the valley station of the Kronberg cable car. Alternatively, armchair travellers can enjoy the audiobook at home instead of braving raw nature.

A treetops adventure also awaits you in the new Rope Park on the Kronberg, where you can literally hang out among pines and firs. Courage, dexterity and concentration are the order of the day 8 metres above the ground in the forest. With an accompanying adult, children aged 8 and over can enjoy themselves on a number of trails with six to eight stations each.

A certain athleticism is also required for the new Motorikpark near Kronberg, the first of its kind in Switzerland. Specific muscles can be trained there in an enjoyable way.

Barefoot through the landscape.

The Barfussweg (barefoot path) from Jakobsbad to Contenbad is a special valley hiking path. Almost as soon as you take off your shoes and socks the unusual sensations of walking barefoot will surprise you. Meadows and streams alternate with short stony or tarmacked sections. Half way round at Toobeschopf an arm bath spring in line with Dr. Kneipp's teachings awaits you. You can wade through the mud to your heart's content in the subsequent moor landscape. There you will find a facility to wash your feet – also following Dr. Kneipp.

Watch while you are out and about: making Alpine cheese.

On the Alps of Grosshütten and Rainhütten you can look over the shoulder of the Alpine dairymen while they make their Alpine cheeses every day during the season on the Alp (beginning of June to end of August). Some still use old equipment such as the «Brecher» (stirring instrument made of wire with a wooden handle), «Kessi» (open container made of copper) and «Werb» (container to press and shape the cream cheese), however complying with the latest hygiene and quality requirements so that anyone who is interested can see how a wheel of cheese is made.

Over 20 free offers as of 3 overnight stays inclusive.

Anyone spending three nights or more in the same accommodation in Appenzell can benefit from the Appenzeller Holiday Card. For example there are over 20 free offers for visitors: free travel in 15 zones on the Appenzell railways, free travel on the cable cars (Kronberg, Hoher Kasten and Ebenalp) as well as entry to museums, swimming pools and other leisure facilities. In addition, there are special offers such as free bicycle hire in the summer and free snow shoe hire in the winter.

Public Transport.

Appenzeller Bahnen	www.appenzellerbahnen.ch
Postauto St.Gallen – Appenzell incl. PubliCar	www.postauto.ch
Hoher Kasten Drehrestaurant u. Seilbahn AG	www.hoherkasten.ch
Luftseilbahn Jakobsbad–Kronberg AG	www.kronberg.ch
Säntis-Schwebebahn AG	www.saentisbahn.ch
Luftseilbahn Wasserauen–Ebenalp AG	www.ebenalp.ch
Seilbahn Frümsen–Staubern	www.staubern.ch
Seilbahn Alp Sigel	www.alpsigel.ch

Hiking, rambling, theme paths:

Barfussweg	Jakobsbad – Gontenbad	1½ h
Chlustobelweg	Weissbad – Brülisau	1 h
Geologischer Wanderweg	Hoher Kasten – Saxerlücke – Brülisau	4½ h
Hörwanderung Kronberg	Kronberg – Jakobsbad	2 h
Kapellen-Rundwanderwege	Nördlich und südlich von Appenzell	je 4-5 h
«Pfeff ond Lischt»-Weg	Steig, Appenzell – Schlatt	1½ h

Other hiking suggestions at appenzell.ch.

Tips and tricks.

The latest daily condition of hiking paths in the Alpstein	appenzell.ch/wegzustand
Tour suggestions with maps and profiles of climbs	appenzell.ch/tourenvorschlaege
«The Alpstein from above» films	appenzell.ch/alpsteinvonoben
Webcams in and around Appenzell	appenzell.ch/webcams
Information at a glance, which mountain restaurants and cable cars are open in the Alpstein.	alpstein.ch

Note to editors.

Current image materials can be ordered from Appenzellerland Tourismus AI. Please contact us if you require further information:

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