



ALPINE PANORAMA TRAIL



MAP



★ APPENZEL

MIX OF NATURE, CULTURE AND ARCHITECTURE

★ URNÄSCH

HOME OF THE APPENZEL MUSIC

★ NAF TO LÜDERE

NOT FOR THE FAINT-HEARTED!

★ LA BRECCA

ALPINE PARADISE

★ LES PLÉIADES

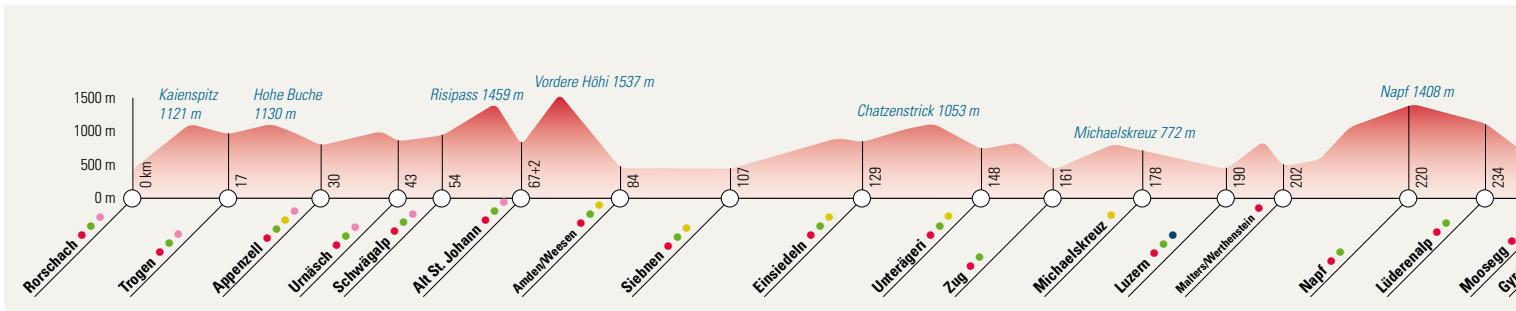
DAFFODILS IN SPRING

★ LAVAUX

UNESCO WORLD HERITAGE



ELEVATION PROFILE AND ROUTE STAGES



OVERVIEW

The Alpine Panorama route passes through some Switzerland's most attractive areas at the foothills of the Alps on its way from Lake Constance to Lake Geneva: Appenzell, Toggenburg, Zugerland, Lucerne, Napfgebiet, Emmental, Greyerzerland, Lavaux and Côte d'Or are all home to milk and cheese, folklore, cherry pie, gold panning and a wine-growing culture.

PART 1: APPENZELL

RORSCHACH - HEIDEN - TROGEN 6:00

The panorama route runs from Lake Constance to Trogen – with the imposing rock massif of Mt. Säntis in front of you.

TROGEN - APPENZELL 4:15

The Pestalozzi International Children's Village has carried the name of Trogen out into the world. Walking along pleasant elevated hiking tracks, the route takes you to the canton's capital town of Appenzell.

APPENZELL - URNÄSCH 3:45

On the way to Gonten and Jakobsbad you can safely take your boots off and experience the soothing feeling of walking barefoot on the soft meadowland paths.

URNÄSCH - SCHWÄGALP 3:55

Today the route mostly follows the waters of the Urnäsch. From the destination point of Schwägälpe (1352m), you can take a cable car up the Säntis (2502m) for some magnificent views.

SCHWÄGALP - STEIN - ALT ST. JOHANN

5:15. Whether the local place named «Dreckloch» and «Dunkelboden» reflect the landscape is up to you to decide!

ALT ST. JOHANN - AMDEN / WEESEN

6:20. A beautiful panoramic stretch which reaches the highest point of the day at Vorder Höhi (1537m). From Amden, descend down to Weesen.

PART 2: CENTRAL SWITZERLAND

AMDEN / WEESEN - SIEBNEN 6:50

SIEBNEN - EINSIEDELN 7:10

EINSIEDELN - UNTERÄGERI 5:50

UNTERÄGERI - ZUG 3:35

ZUG - LUCERNE 8:00

PART 3: EMMENTAL

LUCERNE - MALTERS 5:50

Once you have crossed the forested Sonnenberg, it's time to enter the pure wilderness of Renggloch.

WERTHENSTEIN - NAFP 7:50

The Baroque church in Werthenstein is well worth a visit. In Menzberg, you can enjoy the beautiful views of the Napfgebiet and Bernese Alps.

NAFP - LÜDERNALP 4:15

This fantastic ridge walk from Napf to Lüderalp requires care and a steady foot.

LÜDERNALP - MOOSEGG 5:15

This gentle mountain ridge walk takes you towards through woodlands and meadows to the Greater Emme valley.

MOOSEGG - MÜNSINGEN 5:00

The villages become larger and the hills smaller until they disappear completely in the Aare valley.

MÜNSINGEN - RÜEGGISBERG 6:05

Panoramic Alpine views can be enjoyed again on the Belpberg mountain.

RÜEGGISBERG - GUGGISBERG 5:40

The legendary Guggershörnli peak can be seen from far and wide.

PART 4: GREYERZERLAND

GUGGISBERG - SCHWARZSEE 5:05

In Switzerland, the Guggisberg has an almost legendary reputation due to a popular folksong named «S Vreneli ab em Guggisberg» (Little Verena from Guggisberg).

SCHWARZSEE - CHARMEY 6:50

The Schwarzsee lake is a jewel of the Greyerzerland area. The route leads through the unique natural landscapes of the Breccaschlund gorge.

CHARMEY - GRUYÈRES 3:20

The medieval village of Gruyères welcomes visitors from afar. It is one of the most visited sites in Switzerland.

GRUYÈRES - LES PACCOTS 5:40

The OVERVIEWistic Moléson can be reached by mountain railway or by climbing – the Alpine Panorama trail recommends the intermediate station of Plan Francey.

LES PACCOTS - VEVEY 6:15

Les Pléiades is reached via lush pastures

and scented forests.

SwissTrailsTip: The descent to Blonay and Vevey is easiest by rack railway.

VEVEY - LAUSANNE 5:00

The climate in Lavaux (a world heritage site since 2007) is milder than anywhere else in Switzerland. The wines produced here have made the name famous worldwide.

PART 6: LAKE GENEVA

LAUSANNE - MORGES 3:05

Time to enjoy a drink at a lake-side café or take a refreshing dip in the lake.

MORGES - AUBONNE 5:10

Walk to the mediaeval town of Aubonne along the banks of the lake, through fields and meadows and past castles and villas.

AUBONNE - COINSINS 6:35

A morning of beautiful views through the vineyards and wine-growing villages.

COINSINS - CHAVANNES-DE-BOGIS 3:15

The backland areas between Lake Geneva and Jura with their dreamy villages, old castles, babbling brooks and bright oak forests.

CHAVANNES-DE-BOGIS - GENEVA

Hiking time: 6:35

Pure nature along the mountain streams of Versoix and a well-deserved break on the outskirts of Geneva!

SEASON 2012

15.04. - 15.10.2012 (daily service)

RATES (in CHF, per Person, incl. VAT.)

Part	Category	Start / Overnights / Finish	Days / N.	Rate
Appenzellerland	B Standard Hotel	Rorschach ^{B)} - Trogen - Appenzell - Urnäsch - Schwägälpe - Alt St.Johann - Amden/Weesen ^{B)}	6/5	785.–
	C Budget Hotel	Rorschach ^{B)} - Trogen - Appenzell - Urnäsch - Schwägälpe - Alt St.Johann - Amden/Weesen ^{B)}	6/5	674.–
	D Hostel	Urnäsch ^{D/B)} - Schwägälpe - Alt St.Johann - Weesen - Siebnen/Jona - Einsiedeln ^{E/B)}	5/4	459.–
Central Switzerland	B Standard Hotel	Weesen/Ziegelbrücke ^{B)} - Siebnen - Einsiedeln - Unterägeri - Zug ^{B)}	4/3	509.–
	E sleep-in-straw	Alt St.Johann ^{D)} - Weesen - Siebnen/Bollingen - Einsiedeln/Egg - Oberägeri - Michaelskreuz - Luzern ^{D)}	6/5	484.–
Emmental	B Standard Hotel	Luzern ^{B/A)} - Werthenstein - Napf - Lüderenalp - Moosegg - Münsingen - Rüeggisberg ^{C)}	6/5	785.–
	D Hostel	Luzern ^{D)} - Werthenstein - Napf - Lüderenalp - Moosegg - Gysenstein - Rüeggisberg ^{C)}	6/5	550.–
Greyerzerland	B Standard Hotel	Guggisberg ^{B)} - Schwarzsee - Charmey - Gruyères - Les Paccots - Montreux - Lausanne ^{B)}	6/5	785.–
Lake Geneva	B Standard Hotel	Vevey ^{B)} - Lausanne - Morges - Aubonne - Duillier/Nyon - Chavannes-de-Bogis - Genève ^{D/B)}	6/5	785.–

Rates include: accomodation, breakfast, luggage transfer, travel documents, helpline.

Additional night: E) sleep-in-straw: 35.–, D) Hostel: 45.–, C) Budget Hotel: 75.–, B) Standard: 90.–, A) Top Class: 135.–

