



TRANS SWISS TRAIL



HIGH LIGHTS



- ★ **JURA**
AJOIE, DOUBS, FREIBERGE
- ★ **SUMMERLIFE**
IN THE THREE-LAKES-LAND
- ★ **BERN**
TAKE A STROLL
- ★ **PANORAMIC VIEWS**
FROM LÜDERENALP
- ★ **KEMMERIBODEN**
TASTE OF THE GOOD OLD DAYS
- ★ **THE SWISS WAY**
BY LAKE LUCERNE
- ★ **THE GOTTHARD**
PIONEERING STRUCTURE FOR CROSSING THE ALPS
- ★ **TICINO**
WITH SOUTHERN BREEZES



Take a break

Why not spend a rest day and stay for 2 nights at the same place?

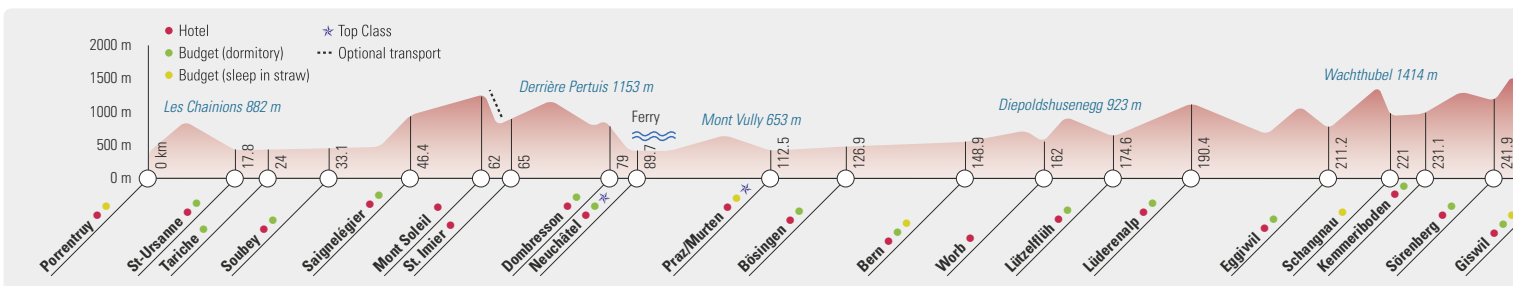
We recommend:

- Murten**
Hotel Murtenhof & Krone (***)
- Flüelen**
Hostellerie Sternen (***)
- Göschenen**
Hotel Weisses Rössli (***)
- Serpiano**
Hotel Serpiano (***)

CHARACTER

The Trans Swiss Trail crosses through Switzerland from the far West in the Ajoie to the deep South and the lake of Lugano. It offers magnificent views of Switzerland's varied landscapes: Jura, the three lakes region, the Mittelland, the Emmental, Lake Lucerne, Reusstal, the Gotthardpass and Ticino. The walking options do not present any particular challenges in terms of topography and route properties and are therefore ideally suited to leisure walkers.

ELEVATION PROFILE AND ROUTE STAGES



PART 1: JURA**PORRENTROY - ST-URSANNE**

Hiking time: 4:50. The route runs through the gentle rolling hills of the Ajoie, characterised by their agricultural activities.

ST-URSANNE - SAIGNELÉGIER

Hiking time: 8:20

The Doubs Valley is a hikers' paradise. Abandoned waterwheels and sawmills are reminiscent of the lively industry which once thrived in this now practically deserted area.

SwissTrailsTip: Postal bus from St-Ursanne to Soubey. This shortens your hike from 8:20 to 4:25.

SAIGNELÉGIER - MONT SOLEIL

Hiking time: 4:20. The Trans Swiss Trail passes through the meadow landscapes scattered with pine trees which give Freibergen the sense of being a large nature park.

MONT SOLEIL - DOMBRESSON

Hiking time: 4:10. From Vallon de Saint-Imier, the trail climbs up again: views of the Chasseral and 3 lakes region.

DOMBRESSON - NEUCHÂTEL

Hiking time: 3:50

The route follows a gentle climb from Val de Ruz and leads along the flank of the Chautmont towards the Mittelland.

PART 2: 3 LAKES LAND**NEUCHÂTEL - PRAZ / MURTEN**

Hiking time: Cudrefin - Murten 4:40

Cross the Neuenburgersee by boat. The La Sauge information centre invites visitors to explore and observe the fauna and flora of this wetland area.

PRAZ / MURTEN - BÖSINGEN

Hiking time: 3:35 A trail over rolling hills with a magnificent view.

BÖSINGEN - BERN

Hiking time: 5:30. From the historic «Schte-

tli» Laupen, follow the route along the Sense river and through the Könizbergwald woods into the capital of Bern.

PART 3: EMMENTAL**BERN - WORB - LÜTZELFLÜH**

Hiking time: Worb - Lützelflüh 5:05

By train from the city and on foot over the gentle hills with beautiful views into the distance, on to the village of Lützelflüh.

SwissTrailsTip: By train from Bern to Worb.

LÜTZELFLÜH - LÜDERENALP

Hiking time: 4:10

The hike up to the «Lüderenalp» takes you over one of the most beautiful mountain peaks with breath-taking panoramic views.

LÜDERENALP - EGGIWIL

Hiking time: 5:30. The Bernese Alps are right in front of you and you can see the Jura on the other side through the mist.

EGGIWIL - KEMMERIBODEN

Hiking time to Schangnau: 3:10, to Kemmeriboden 5:30. Kemmeribodenbad has a history of therapeutic spas – but a dip in the Emme is also refreshing!

SwissTrailsTip: Postal bus from Schangnau to Kemmeriboden.

KEMMERIBODEN - SÖRENBERG

Hiking time: 3:00

The Salwideli moor is one of the most beautiful high moorland areas of Switzerland.

SÖRENBERG - GLAUBENBIELEN - GISWIL

Hiking time: 4:35. The gentle climb through the Alpine meadows to the Glaubensbielenpass (1611m) leads through an area of Alpine woods and meadows.

PART 4: LAKE OF LUCERNE**GISWIL - FLÜELI-RANFT**

Hiking time: 2:45. The route runs along the

Lake of Sarnen to Sachseln and Flüeli-Ranft, a heavily visited pilgrimage site.

FLÜELI-RANFT - STANS

Hiking time: 4:35. The Stanserhorn peak is the focal point of this stretch: your route will take you around the mountain, taking in some magnificent views.

STANS - BECKENRIED

Hiking time: 3:00

The green-blue lake shimmers between the mountains with the towns of Vitznau and Gersau at the foot of the Rigi peak.

BECKENRIED - SEELISBERG

Hiking time: 3:30. Magnificent panoramic views of Lake Lucerne.

SEELISBERG - ATTINGHAUSEN

Hiking time: 5:10. This stage is not short on architectural treasures, including the castles of Seedorf and Beroldingen.

PART 5: GOTTHARD PASS**ATINGHAUSEN - AMSTEG / BRISTEN**

Hiking time: 3:20

Mule tracks, the Gotthardbahn railway, motorways, the NEAT tunnel... structures which demonstrate the surge of movement to the South which has occurred.

AMSTEG / BRISTEN - GÖSCHENEN

Hiking time: 5:55. From Amsteg, the route begins to climb up to the Gotthardpass via the suspension bridge over the Fellitobel and the famous church of Wassen.

GÖSCHENEN - GOTTHARDPASS

Hiking time: 5:55.

On the way to the pass, the route crosses the formidable Schöllenen gorge and the legendary Devil's bridge.

GOTTHARDPASS - AIROLO

Hiking time: 2:40. The Gotthard Europe's moated castle. The Rhine, Rhone, Reuss and Ticino all originate here.

PART 5: TICINO**STRADA ALTA I, AIROLO-OSCO**

Hiking time: 5:55. In times gone by, this farmers' route would have been used to negotiate the wild gorges of the Leventina Valley.

STRADA ALTA II, OSO - ANZONICO

Hiking time: Osco - Anzonico 4:05

The traditional houses, churches and chapels are picturesque and the pretty «Pro Bell» cave at the heart of the Kastanienwald woods is certainly worth a visit.

STRADA ALTA III ANZONICO - POLLEGGIO - (ISONE)

Hiking time: 4:50. These villages hark back to times gone by! Transfer by rail / bus from Polleggio to Isonne (not included)

ISONE - GOLA DI LAGO - TESSERETE

Hiking time: 4:05

Hike up-hill over Alpine pasture to the Gola di Lago pass. Beautiful views over the «Denti della Vecchia» (Luganese Dolomites).

(TESSERETE - LUGANO)**- SAN SALVATORE - MORCOTE - (BRUSINO / SERPIANO)**

Hiking time: Lugano / Paradiso - Morcote 5:00. Highlights are the Monte San Salvatore, the picturesque village of Carona and the former fishing village of Morcote. Transfer by boat to Brusino and cablecar (closed Mon/Tues) to Serpiano.

SwissTrailsTip: Funicolare from Lugano-Paradiso to San Salvatore.

SERPIANO - MONTE SAN GIORGIO - MENDRISIO

Hiking time: 3:30

The mountain health spa of Serpiano is worth a visit on its own for a relaxing night's sleep at a beautiful well-being hotel.

SEASON 2010

Porrentruy - Airolo: 01.05. - 15.10.2010
Airolo - Mendrisio: 01.04. - 15.10.2010 (daily service)

RATES 2010 (in CHF / Euro, per Person, incl. VAT.)

OPTIONS	START AND FINISH	DAYS / NIGHTS	HIKING DAYS	OVERNIGHTS	BASIC RATES HOTEL	BASIC RATES BUDGET
A Jura	Porrentruy - Neuchâtel	5 / 4	5	St-Ursanne - Saignelégier - Mont Soleil - Dombresson	CHF 647 / € 431	CHF 459 / € 306
B 3 Lakes Land	Neuchâtel - Bern	3 / 2	3	Praz / Murten - Bösinggen	CHF 356 / € 237	CHF 262 / € 174
C Emmental	Bern - Giswil	6 / 5	6	Lützelflüh - Lüderenalp - Eggwil - Kemmeriboden - Sörenberg	CHF 785 / € 523	CHF 550 / € 366
D Lake of Lucerne	Giswil - Flüelen	5 / 4	5	Flüeli / Ranft - Stans - Beckenried - Seelisberg	CHF 647 / € 431	CHF 459 / € 306
E Gotthard Pass	Flüelen - Airolo	4 / 3	4	Amsteg / Bristen - Göschenen - Gotthard / Hospiz	CHF 509 / € 339	CHF 367 / € 244
F Ticino	Airolo - Mendrisio	6 / 5	6	Osco - Anzonico - Isonne - Tesserete - Brusino / Serpiano	CHF 785 / € 523	CHF 550 / € 366

* Included in the price: Accommodation / breakfast, luggage transport, guide book / documentation, Helpline

Additional nights possible at start and end destination and all stage destinations / Top Class: top class hotel (usually *****) at selected stage destinations (see elevation profile)

