



TRANS SWISS TRAIL



*High
Flights*

★ **JURA**
AJOIE, DOUBS, FREIBERGE

★ **SUMMERLIFE**
IN THE THREE-LAKES-LAND

★ **BERN**

★ **PANORAMIC VIEWS**
FROM LÜDERENALP

★ **KEMMERIBODEN**
TASTE OF THE GOOD OLD DAYS

★ **THE SWISS WAY BY LAKE LUCERNE**

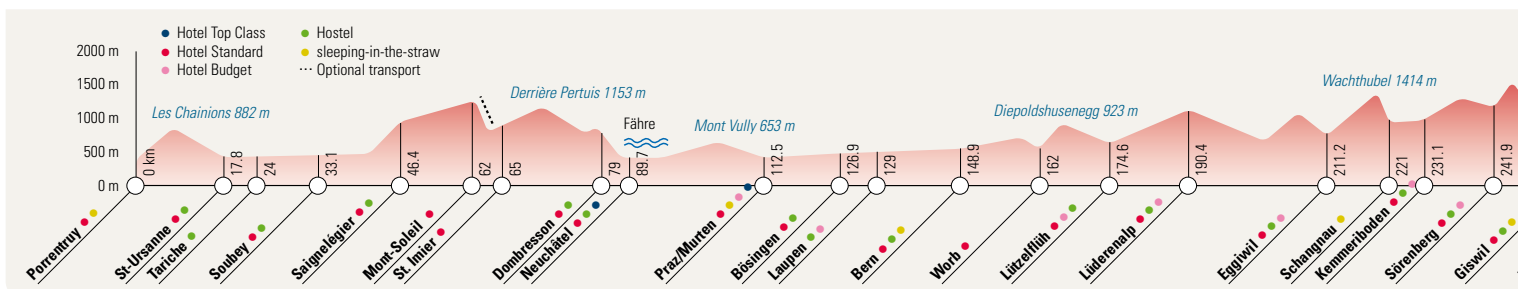
★ **THE GOTTHARD**
PIONEERING STRUCTURE FOR CROSSING THE ALPS

★ **TICINO**
WITH SOUTHERN BREEZES

MAP



ELEVATION PROFILE AND ROUTE STAGES



OVERVIEW

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.

PART 1: JURA

PORRENTRUUY - ST-URSANNE 4:50

The route runs through the gentle rolling hills of the Ajoie, Characterised by their agricultural activities.

ST- URSANNE - SAIGNELÉGIER 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.

SAIGNELÉGIER - MONT-SOLEIL 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 4:10

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

DOMBRESSON - NEUCHÂTEL 3:50

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

PART 2: 3 LAKES LAND

NEUCHÂTEL - PRAZ / MURTEN 4:40

PRAZ / MURTEN - BÖSINGEN 3:35

BÖSINGEN - BERN 5:30

PART 3: EMMENTAL

BERN - 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.

LÜTZELFLÜH - LÜDERENALP 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 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 5:30

Kemmeribodenbad has a history of therapeutic spas, a dip in the Emme is also refreshing! **SwissTrailsTip:** Postal bus from Schangnau to Kemmeriboden.

KEMMERIBODEN - SÖRENBERG 3:00

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

SÖRENBERG - GLAUBENBIELEN

- GISWIL 4:35

The gentle climb to the Glaubenbielenpass leads through an area of Alpine woods and meadows.

PART 4: LAKE OF LUCERNE

GISWIL - FLÜELI-RANFT 2:45

The route runs along the Lake of Sarnen to Sachseln and Flüeli-Ranft, a heavily visited pilgrimage site.

FLÜELI-RANFT - STANS 4:35

The Stanserhorn peak is the focal point of this stretch: your route will take you around the mountain – with some magnificent views.

STANS - BECKENRIED 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 3:30

Great panoramic views of Lake Lucerne.

SEELISBERG - ATTINGHAUSEN 5:10

This stage is not short on architectural treasures, including the castles of Seedorf and Beroldingen.

PART 5: GOTTHARD PASS

ATINGHAUSEN - AMSTEG / BRISTEN

3:20. Mule tracks, the Gotthard railway, motorways, the NEAT tunnel... structures which demonstrate the surge of movement to the South which has occurred.

AMSTEG / BRISTEN - GÖSCHENEN 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 5:55

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

GOTTHARDPASS - AIROLO 2:40

The Gotthard Europe's moated castle. The Rhine, Rhone, Reuss and Ticino all originate here.

PART 6: TICINO

STRADA ALTA I, AIROLO-OSCO 5:55

STRADA ALTA II, OSO - ANZONICO 4:05

STRADA ALTA III ANZONICO - POLLEGGIO - (ISONE) 4:50

ISONE - GOLA DI LAGO - TESSERETE

4:05. Hike up-hill over Alpine pasture to the Gola di Lago pass. Beautiful views over the «Denti della Vecchia» (Luganese Dolomites).

TESSERETE - SERPIANO 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 to Serpiano.

SERPIANO - MONTE SAN GIORGIO

- MENDRISIO 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 2012

Porrentruy - Airolo: 01.05. - 15.10.2012

Airolo - Mendrisio: 01.04. - 15.10.2012

(daily service)

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

Part	Category	Start / Overnights / Finish	Days / N.	Rate
Jura	B Standard Hotel	Porrentruy ^{B)} - St-Ursanne - Saignelégier - Mont Soleil - Dombresson - Neuchâtel ^{B)}	5/4	647.–
	C Budget Hotel	Porrentruy ^{B)} - Tariche - Soubey - Saignelégier - Mont Soleil - Dombresson - Neuchâtel ^{B)}	6/5	674.–
	D Hostel	Porrentruy ^{E)} - Tariche - Saignelégier - Mont Soleil - Dombresson - Neuchâtel ^{B)}	5/4	459.–
Lakes Land	B Standard Hotel	Neuchâtel ^{B)} - Praz/Murten - Bösinggen - Bern ^{B)}	3/2	356.–
	C Budget Hotels	Neuchâtel ^{B)} - Murten - Laupen - Bern ^{D/B)}	3/2	311.–
Emmental	B Standard Hotel	Bern ^{D/B/A)} - Lützelflüh - Lüderenalp - Eggwil - Kemmeriboden - Sörenberg - Giswil ^{C)}	6/5	785.–
	C Hostel	Bern ^{D)} - Lützelflüh - Lüderenalp - Langnau - Eggwil - Kemmeriboden - Sörenberg - Giswil ^{B)}	7/6	670.–
Lake of Lucerne	B Standard Hotel	Giswil ^{B)} - Flüeli-Ranft - Stans - Beckenried - Seelisberg - Attinghausen ^{B)}	5/4	647.–
Gotthard	B Standard Hotel	Attinghausen ^{B)} - Bristen - Göschenen - Gotthard-Hospiz - Airolo ^{B)}	4/3	509.–
	D Hostel	Attinghausen ^{B)} - Göschenen - Hospental - Gotthard-Hospiz - Airolo ^{B)}	4/3	367.–
Ticino	B Standard Hotel	Airolo ^{B)} - Osco - Anzonico - Isonne - Tesserete - Brusino/Serpiano - Mendrisio ^{B)}	6/5	785.–
	D Hostel	Airolo ^{B)} - Osco - Anzonico - Bellinzona - Isonne - Lugano - Brusino/Serpiano ^{B)}	6/5	550.–

Rates include: accomodation, breakfast, luggage transfer, travel documents, helpline. **Additional night:** E) sleep-in-straw: 35.–, D) Hostel: 45.–, B) Standard: 90.–, A) Top Class: 135.–

