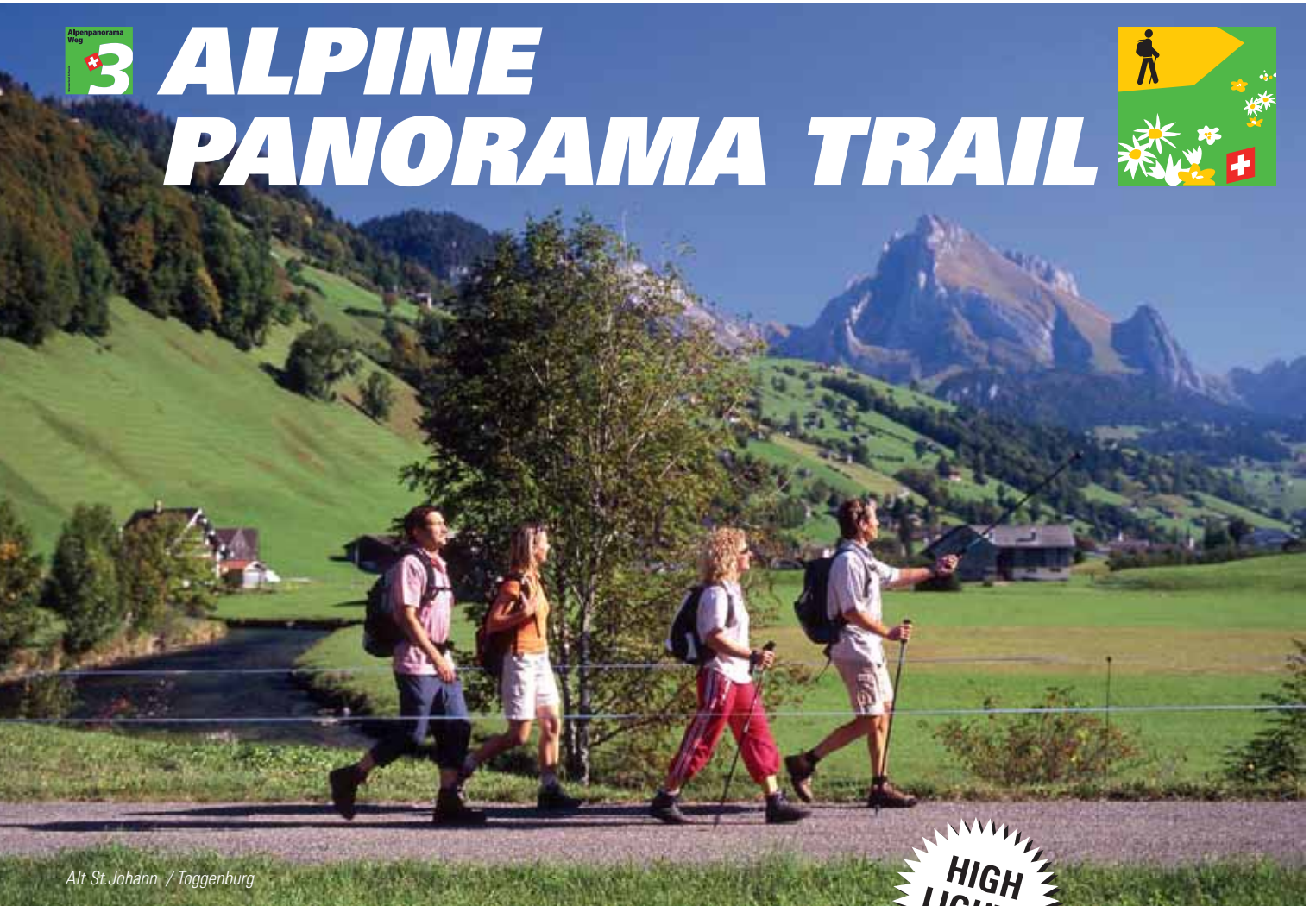


ALPINE PANORAMA TRAIL



Alt St. Johann / Toggenburg

HIGH LIGHTS



★ **APPENZEL**

A HARMONIOUS MIX OF NATURE, CULTURE AND ARCHITECTURE

★ **URNÄSCH**

HOME OF THE APPENZEL MUSIC

★ **NAPF TO LÜDERE**

NOT FOR THE FAINT-HEARTED!

★ **LA BRECCIA**

ALPINE PARADISE

★ **LES PLÉIADES**

DAFFODILS IN SPRING

★ **LAVAUX**

UNESCO WORLD HERITAGE



Take a break

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

We recommend:

Amden

Hotel Arvenbüel (***)

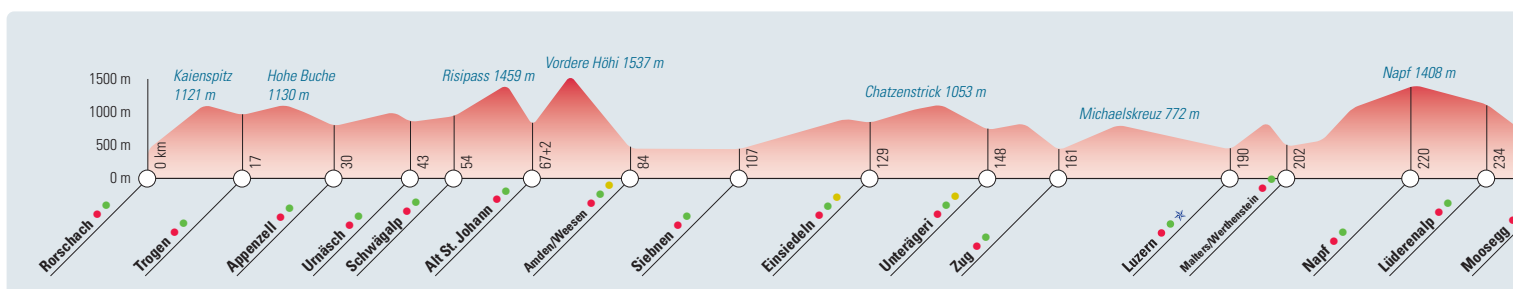
Schwarzsee

Hostellerie am Schwarzsee (****)

CHARACTER

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: Appenzel, 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 winegrowing culture.

ELEVATION PROFILE AND ROUTE STAGES



TEIL 1: APENZELLERLAND

RORSCHACH - HEIDEN - TROGEN

Hiking time 4:50

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

TROGEN - APPENZEL

Hiking time 3:50

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.

APPENZEL - URNÄSCH

Hiking time 4:30

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

Hiking time 3:50

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

SCHWÄGALP - ALT ST. JOHANN

Hiking time 5:15. Whether the local place names «Dreckloch» (muddy hole) and «Dunkelboden» (dark ground) reflect the landscape is up to you to decide!

ALT ST. JOHANN - AMDEN / WEESEN

Hiking time 5:15

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

Hiking time 6:25

Three cantons, two lakes and a large valley

– the Linthebene – are the ingredients for this flat walk from East to central Switzerland.

SIEBNEN - EINSIEDELN

Hiking time 7:10

The route leads past the St. Meinradskapelle chapel and birthplace of Paracelsus to the famous monastery village of Einsiedeln.

EINSIEDELN - UNTERÄGERI

Hiking time 5:50

The Rothenturm mountain moorland is a protected area and one of the most beautiful and significant moorland areas in Europe.

UNTERÄGERI - ZUG

Hiking time 3:35

After descending down from the Zugerberg, if you not enjoy a slice of traditional cherry pie in the charming old town of Zug.

ZUG - LUCERNE

Hiking time 8:00

This stage offers plenty of views of the lakes and mountains. Couples come from far and wide to marry at the Michaelskreuz chapel.

PART 3: EMMENTAL

LUCERNE - MALTERS / WERTHENSTEIN

Hiking time 4:55

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

WERTHENSTEIN - NAPP

Hiking time 5:30

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

NAPP - LÜDERNALP

Hiking time 5:45

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

LÜDERNALP - MOOSEGG

Hiking time 5:15

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

MOOSEGG - MÜNSINGEN

Hiking time 5:00

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

MÜNSINGEN - RÜEGGISBERG

Hiking time 6:05

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

RÜEGGISBERG - GUGGISBERG

Hiking time 5:40

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

PART 4: GREYERZERLAND

GUGGISBERG - SCHWARZSEE

Hiking time 4:45

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

Hiking time 4:40

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

CHARMEY - GRUYÈRES

Hiking time 2:30

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

GRUYÈRES - LES PACCOTS

Hiking time 5:10

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

LES PACCOTS - VEVEY

Hiking time 5:00

Les Pléiades is reached via lush pastures and scented forests. The descent to Blonay and Vevey is easiest by rack railway.

VEVEY - LAUSANNE

Hiking time 4:55

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 5: LAKE GENEVA

LAUSANNE - MORGES

Hiking time 3:05

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

MORGES - AUBONNE

Hiking time 5:00

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

AUBONNE - COINSINS

Hiking time 6:35

A morning of beautiful views through the vineyards and wine-growing villages – and an afternoon of shade walking along the Serine stream.

COINSINS - CHAVANNES-DE-BOGIS

Hiking time 3:00

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 6:45

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

SEASON 2009

15.04. - 15.10.2009 (Daily Service)

RATES 2008 (in CHF / Euro, per Person, incl. VAT.)

OPTIONS	START AND FINISH	DAYS / NIGHTS	HIKING DAYS	OVERNIGHTS	BASIC RATES HOTEL	BASIC RATES BUDGET
A	Teil 1: Appenzellerland Rorschach - Weesen	6 / 5	6	Trogen - Appenzell - Urnäsch - Schwägälp - Alt St.Johann	CHF 785 / € 503	CHF 550 / € 352
B	Teil 2: Central Switzerland Weesen - Luzern	5 / 4	5	Siebenen - Einsiedeln - Unterägeri - Zug	CHF 647 / € 415	CHF 459 / € 294
C	Teil 3: Emmental Luzern - Guggisberg	7 / 6	7	Werthenstein - Napf - Lüderalp - Moosegg - Münsingen - Rüeggisberg	CHF 953 / € 610	CHF 670 / € 430
D	Teil 4: Greyerzlerland Guggisberg - Lausanne	6 / 5	6	Schwarzsee - Charmey - Gruyères - Les Paccots - Vevey	CHF 785 / € 503	CHF 550 / € 352
E	Teil 5: Lake Geneva Lausanne - Genf	5 / 4	5	Morges - Aubonne - Coinsins - Chavannes-de-Bogis	CHF 647 / € 415	CHF 459 / € 294

* Included in the price: supplements / reductions see page 5. All other options see SwissTrails à la Carte, pages 48 / 49. Additional night possible at start and end destination and all stage destinations / Top Class: top class hotel (usually *****) at selected stage destinations (see Elevation Profile)

