A well-watered country

Around 1,500 lakes, 890 square kilometres of glaciers and countless rivers and streams cover the country like a dense network of arteries: Switzerland is known as the water tower of Europe. However, it is not only the fact water is available in abundant volume that characterises Switzerland, but also its excellent quality. Drinking water flows from virtually every fountain and almost all the rivers and lakes are clean enough for swimming.
Touring around Switzerland

Switzerland is a destination that merits not just a visit but a tour. Whether by road or rail – the stages of the Grand Tour and the Grand Train Tour of Switzerland lead through various regions and from sight to sight. Immerse yourself and collect pieces of the mosaic that is Switzerland everywhere you go!

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**Grand Tour of Switzerland**

By road through Switzerland:

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**Grand Train Tour of Switzerland**

By rail through Switzerland:
Go with the flow: travelling up the Aare from the city of Bern in the direction of Thun.
© Martin Mägli

For more inspiration, see:
→ MySwitzerland.com

Swisstainable is strengthening awareness of sustainability in tourism. Many of the stories in this issue also focus on environmentally responsible travel and mindful interaction between guests and their hosts.
→ MySwitzerland.com/swisstainable
Grüezi.

It’s lovely to have you joining me for a bit of a swim! And why wouldn’t you, given that Switzerland’s lakes and rivers are kept so clean (p.32) and are simply glorious for cooling yourself off in the summer (p.30). I love them so much that I actually don’t move any further south in the winter, unlike some of my relatives.

I do still fly, however. When I feel like it, I spread my wings and take a running start, flying high above the rooftops of the city (p.52), over fields (p.63) and monasteries (p.46). And...I must say, monastery life would not be for me: I change partners too often. Of course, nowadays you are usually welcomed for just a few days to find a moment of tranquillity. I’m rather more of a party animal, however. I was at a concert the other day (p.70) – they nearly threw me out because I was having such a quacking good time.

But back to my flight. I fly high into the mountains, where the air is cooler and the lakes colder (p.40). Luckily I always have my waterproof coat on. I love seeing reflections in the crystal-clear lakes and, perhaps even more so, the abundant fare nature has to offer up there (p.22). What a feast! It’s making me hungry just thinking about it.

But that’s enough about me. I hope you have a great swim. See you later in the beach bar (p.36), where I’ll tell you all about my first attempts at figure skating.

Safe travels!
Bernadette
There are many paths leading up high. Those who think about more than the destination will be surprised at the culinary variety that can be found along the way.
Light show: the view from Monte Bar over the mountain panorama in the evening.
High above the city

The nearby Monte Bar is the perfect spot for a little break away from city life. On the panoramic bike route, the views stretch out over Lugano and as far as the imposing Valais mountains.

**Take a deep breath**  
*Catch your breath at Alpe Rompiago*

The Monte Bar Bike route starts in Bidogno, not far from Lugano, making it a popular choice for an afternoon tour. From Bidogno, the idyllic mountain road winds its way up the slopes of Monte Bar, a climb that is as scenic as it is challenging. Alpe Rompiago, at 1,275 metres above sea level, is therefore just the place for a welcome breather. The 180-degree view stretches from Monte Gazzzirola over the Denti della Vecchia and the Gulf of Lugano and all the way to the hills of Malcantone and Monte San Salvatore. The farm shop has a large assortment of sausages and cheese on offer for those in need of some sustenance.

**Sleeping on cloud nine**  
*Well-being oasis Capanna Monte Bar*

After the last ascent, the larch wood cladding of the Monte Bar SAC hut peeks out on the hill: perched like an eagle’s nest, it is part of its surroundings. The hut is perfect for mountain bikers, with a storage room, charging stations for e-bikes and a repair shop. And if that’s not enough, the views reach all the way to Milan and the Monte Rosa massif of the Valais Alps.

**Divine views**  
*Indulge at Motto della Croce*

The higher you climb, the more beautiful the panorama – and this should be savoured. So, a quick stop just one turn after Alpe Rompiago is something of a must: the cross towers high at the Motto della Croce viewpoint, adding to the impressive ambience of this power spot. Sit on the swing and watch as the golden sun casts its beautiful rays over Ticino, letting body, mind and soul relax and unwind.

**Peak pleasure in the early morning**  
*A final glance from Monte Bar*

After a good night’s sleep and a hearty breakfast on the sunny terrace of the Capanna, hike up to the summit of Monte Bar and enjoy the tranquillity of the plateau with its 360-degree views. The tour then continues on, and the day picks up speed: riding from one wave to the next, the single trail leads over the Piandanazzo panoramic point and Alpe Musgatina back to the valley – a real downhill delight.

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**Discover tips in and around Lugano**

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**Difficulty**

△ △

**→ 22 km**  
△ 950 m ▼ 950 m
Home of trails

From gnarly trails in the forest and high alpine single trails to flow trails and bike parks: a huge network awaits adventurous biking fans in the six mountain biking regions of Graubünden.

**Davos Klosters**  
*The Bahnentour*

The ultimate enduro kick in the Alps: on the Davos Klosters Bahnentour – or “cable car tour”, as it is also known – biking fans are first taken up the mountain in comfort by cable car before winding their way down to descend an impressive 10,000 metres in altitude overall – never riding the same single trail twice, no less.

**Laax**  
*The sustainable trail*

The Nagens Mountain Bike Trail above Flims was constructed using only renewable hydropower and solar energy – that’s never been done before. The result is a six-kilometre-long enduro trail with views of the glacier and the Rhine Gorge.

**Disentis Sedrun**  
*The Rhine tour*

With regular ups and downs, the Oberalp Bike tour leads from Sedrun to the Oberalp Pass and then back again through little-known side valleys and hamlets. Before the final section, the bikers’ batteries are recharged in the rustic alpine hut Las Palas.

**Engadin Samnaun Val Müstair**  
*The National Park tour*

The characteristic landscape of the Swiss National Park is the backdrop for a multi-day bike tour. It leads over four passes in four days and covers almost 4,000 metres in altitude – and in a “patgfic” way, with luggage transportation included.

**Lenzerheide**  
*The Bike Kingdom Park*

One mountain, five routes: the Bike Kingdom Park in Lenzerheide is a playground for downhill fans. From the Flowline to the World Cup course, there are routes at all levels, so there’s something for everyone.

Discover the many trails in the biking region of Graubünden →
From the wild Jura to urban locales

Along the Doubs through vibrant landscapes and on into the Neuchâtel mountains to the city of the same name – this bike tour promises great variety.

A  Pearl of the Jura
The historic alleys of St-Ursanne
After a night in the truly cosy Peanut Lodge, immerse yourself in nature on the banks of the Doubs river. Wandering through the medieval town, visitors pass galleries, antique shops and gardens with ancient herb varieties.

B  Expansive wooded pastures
Watch the Freiberger horses
The rolling hills and shady forests of the Parc du Doubs are home to Freiberger horses, the last original Swiss breed of horse. The Freiberger horses here live partly wild. The local breeding farms host events that reveal the relationship between humans and horses in the cultural landscape of the Jura.

C  The watch metropolis
Visit La Chaux-de-Fonds
La Chaux-de-Fonds is the beating heart of the Swiss watch industry. The city was awarded UNESCO World Heritage status in 2009 because of its grid-like street plan and glorious history. Those interested in the work of architect Le Corbusier can gain fascinating insights at the Maison Blanche.

D  Preserved nature
In the marshes of Les Ponts-de-Martel
Via La Sagne and past Mont Racine, you reach the municipality of Les Ponts-de-Martel, famous for its raised bog. The moor gains its typical colouring between spring and autumn. Depressions in the ground, known as sinkholes, can be found along the stream of Le Grand Bied.

E  Visiting the green fairy
In the picturesque Val de Travers
The valley is a melange of cultural and scenic highlights: asphalt mines and the Creux du Van natural rock amphitheatre are as integral to the Val de Travers experience as absinthe and steam trains.

F  City life immersed in nature
On the Neuchâtel coast
Picturesque villages, blossoming vineyards, the old town of Neuchâtel and one of the most beautiful Swiss lakes – the Neuchâtel coast has joie de vivre in its blood and is a fitting last port of call along the Transjurassienne route. 🗺️

Immense yourself in the expanse of the Jura ➔
Swiss Cheese Journey

Emmentaler show dairy
Whether over the fire or in modern kettles – the show dairy in Affoltern in the Emmental demonstrates in detail how the world-renowned Emmentaler AOP cheese is made. It also offers the opportunity to make your own cheese.

Appenzeller show dairy
The famous Appenzeller® cheese is produced amidst a pristine pre-Alpine hilly landscape in the Appenzeller show dairy in Stein. Visiting this show dairy is sure to be a special treat for all the senses.

La Maison du Gruyère
Over 30,000 tonnes of legendary Le Gruyère AOP are produced each year. The modern La Maison du Gruyère show dairy at the foot of the castle hill in Gruyères demonstrates how the cheese is made.

The Swiss Cheese Passport
The Swiss Cheese Passport covers the three show dairies mentioned above plus the Milchmanufaktur (milk factory) Einsiedeln. The small red passport contains information on Swiss cheese as well as a brief profile of each of the four show dairies. Those who visit all four and have their cheese passport stamped will receive a gift worth CHF 75.
Accommodation for cycling adventures

- **Start**
  - **Neuchâtel**
    - Esplanade du Mont-Blanc park
  - **Brot-Dessous**
    - Photo spot on the Grand Tour of Switzerland looking at the Creux du Van natural rock arena from below.

- **Destination**
  - **Hôtel de l’Aigle**
    - Put your feet up under the trees in the gardens of the former horse-changing station and enjoy regional specialities.
  - **Yverdon-les-Bains**
    - Cooling off in Lake Neuchâtel is a blessing.
  - **Hôtel du Théâtre**
    - The stately patrician house not far from Lake Neuchâtel has been transformed into a charming boutique hotel.
  - **Lausanne**
    - Escaliers du Marché covered staircase in the old town.
  - **Hotel Bellerive**
    - Stay in the quiet, chic Mont d’Or district and wake up to views of Lake Geneva and the Alps.

- **Lockable bike room with direct access**
- **Overnight laundry service for sports clothing and shower facility on day of departure**
- **Generous breakfast and packed lunches on request**
- **Detailed information material and touring recommendations**
- **Arrangement with bike shop for rental, tours and repairs**

On historic roads

Route 1291 is a window to Switzerland: its seven stages lead through diverse landscapes, with palm trees and lakes, over mountains and gorges to glaciers and Alpine passes. The origins and cultures of the Lucerne–Lake Lucerne Region are explored on this tour. Stages 2 and 3 run for about 110 kilometres from Altdorf via Andermatt to Meiringen and enjoy an excellent reputation among cyclists.

- **The cradle of Switzerland**
  - The “cradle of Switzerland” adventure region has something for everyone.
- **Famous pass**
  - Sean Connery famously drove along the Furka Pass road as James Bond in “Goldfinger”.
- **A short stop off**
  - Shortly before Meiringen, it is well worth making a detour to the impressive Aare Gorge.

<table>
<thead>
<tr>
<th>Stage 2: Altdorf → Andermatt</th>
<th>Stage 3: Andermatt → Meiringen</th>
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<tr>
<td>Difficulty</td>
<td>3 triangles</td>
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Ride an e-bike from one Swiss Bike Hotel to the next

More information on Route 1291 and its stages
Hiking in Switzerland – national routes

1 Via Alpina
2 Trans Swiss Trail
3 Alpine Panorama Trail
4 ViaJacobi
5 Jura Crest Trail
6 Alpine Passes Trail
7 ViaGottardo

More information on the SwitzerlandMobility routes →
Mountains make up no less than two-thirds of Switzerland’s surface area. From lush to sparse vegetation, they form a mosaic of diverse habitats to which many animal and plant species have adapted. Above the village of Sur in the canton of Graubünden, for example, a special treasure island of biodiversity can be found on the plateau of Alp Flix. The combination of managed meadows, raised bogs and fens makes the place an ideal habitat for many species. In June 2000, an impressive 2,092 species were scientifically documented on the alp during a 24-hour campaign. The researchers also discovered several species that were previously unnamed in Switzerland, including algae, lichen, seed plants, insects and various mammals. They found no fewer than six species previously unknown to science, such as the dung mosquito *Rhoveza flixella* and the spider *Caraculodes zamoniensis*. If you want to follow in the footsteps of all these curious creatures, the best way is to hike the Parc Ela Trek. The seventh of the 17 daily stages takes you to Alp Flix. From Ospizio La Veduta, this leads over the Julier Pass, through Val d’Agnel, to Fuorcla digl Leget and Alp Ses and finally to Alp Flix.

**Home to many species**

**PARC ELA TREK ROUTE**

<table>
<thead>
<tr>
<th>Stage 7: Ospizio La Veduta → Alp Flix</th>
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<tbody>
<tr>
<td>4 h</td>
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<td>10.4 km</td>
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<td>▼ 830 m</td>
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More information on the Parc Ela Trek and its stages
High above Innertkirchen, at 1,850 metres above sea level, lies a particularly picturesque spot of Switzerland: the Engstlenalp. A place where time appears to have stood still. From the Early Middle Ages, the alp was an important trading centre for the muleteers bringing their goods over the Joch Pass to the south from Lucerne. When the Gotthard train line went into operation, the old mule track lost its significance. Since then, those seeking tranquillity have found their way here into virtually untouched nature. Guests came to stay at the Hotel Engstlenalp when it opened in 1892, and were often enticed back by the natural surroundings. This is a place not unlike a wildly romantic painting early in the morning, where the surrounding peaks cast their impressive likeness onto the smooth surface of Lake Engstlen. Its relatively mild microclimate allows Swiss stone pines to not only grow at an altitude of up to 2,000 metres above sea level, but also to become ancient. Engstlenalp is a power spot and natural oasis, home to more flowering gentians than anywhere else and a great number of chamois. In order to preserve the natural character of this special place, it was declared a nature conservation area in 1973. Hiking stage 18 of the ViaBerna is the best way to see all the alp has to offer, and Lake Engstlen will provide cool relief for aching feet once the hike has come to an end.

**STAGE 18 OF THE VIABERNA ROUTE**

<table>
<thead>
<tr>
<th>Stage 18: Hasliberg, Reuti → Engstlenalp</th>
<th>↔ 18.5 km</th>
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<tbody>
<tr>
<td>7h 55</td>
<td>2,256 m</td>
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</table>
1. Show dairy

The Engstlenalp is home to one of the most state-of-the-art alpine dairies in the canton of Bern. During a guided tour of the alpine dairy, visitors can not only sample Mutschli, Alpine and Hobelkäse (sliced cheese), but also whey and “Wiggefisch” (curd grains) directly from the “Chäschessi” cheese kettles.

2. Alpen tower

The 360-degree panoramic views from the Alpen tower above Meiringen are one of a kind. From this vantage point, you can spot more than 400 peaks in fine weather, including the Sustenhorn and Finsteraarhorn, the Brienzer Rothorn and, in the far distance, the Jura.

3. Meringue

In around 1600, the Italian confectioner Gasparini is said to have created the first airy shells made from sugar and beaten egg whites as a dessert in Meiringen. Gasparini named his sweet invention meringue, after the village where it was invented. This delicious temptation is available at Frutal’s patisserie and bakery in Meiringen.
**A culinary treasure hunt**

Savurando is the name of the Swiss parks' treasure hunt. This invites visitors to discover the nature park, local specialities and producers.

**R**oam through nature, solve puzzles and tantalise the taste buds: a “Savurando” is a great way for adventurous types to discover a Swiss park while hiking. The treasure map determines the path, and culinary rewards await along the way.

The Swiss parks – 20 of them to date – are extraordinary regions in which their inhabitants are committed to maintaining their landscapes and nature, their culture and language, and to supporting a sustainable regional economy. The regional nature parks have joined together to form a network aimed at imparting knowledge for an innovative approach to managing natural resources. This includes the Savurando – the word is a portmanteau of the Romansch “savurus”, meaning tasty, and the French word for hike, “rando”. During the excursion, visitors will not only discover the flora and fauna of the local area, but also immerse themselves in the production processes of regional specialities. By observing producers up close, a few secrets might be revealed, such as how rye becomes crispy bread or how even grape seeds can be delicious. With guests’ backpacks filled with knowledge and delicious products, it’s time to head home once the tastings are over.

This year, two more parks joined the existing six (right) inviting visitors to embark on a Savurando gourmet treasure hunt: the Jura Vaudois Nature Park and the Aargau Jura Park. For now, the culinary treasures they will be offering to delight the palate will remain a secret.

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**Gruyère Pays-d’Enhaut Regional Nature Park**

A park that maintains its original identity with two protected zones: Pierreuse and Vanil Noir.

**The sharp one**

The nature park is the cradle of a traditional Swiss cheese: Gruyère. For this reason, traders in the region were once called “cheese barons” and made the full-bodied, fruity cheese famous all over the world.

Area: 632 km²  
Population: 18,400  
Municipalities: 17  
Cantons: Bern, Fribourg, Vaud

**Chasseral Regional Park**

The Chasseral is known as the observation deck of the Swiss Jura.

**The smooth one**

Two leading lights are brought together in delicious harmony: the Tête de Moine cheese invented by monks that comes from the region is given a starring role in fondue. Then add a white wine from the Chasseral and you have a creamy and easily digestible fondue.

Area: 473 km²  
Population: 53,400  
Municipalities: 23  
Cantons: Bern, Neuchâtel

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Discover the parks on a Savurando and learn more about how these products go from raw materials to a shop shelf.
UNESCO Biosphere Entlebuch

The UNESCO Biosphere Entlebuch is considered a successful model for nature parks worldwide.

The fragrant one
The Biosphere Entlebuch is paradise for all who love herbs. The fragrant fields are lush, and all varieties can be found at the herb and wild plant market in Escholzmatt – from chocolate mint to bristly oxtongue.

Area: 394 km²
Population: 17,700
Municipalities: 7
Canton: Lucerne

Biosfera Val Müstair

Home of the St. Johann Abbey and part of Switzerland’s first high-Alpine UNESCO biosphere reserve.

The crisp one
The Val Müstair bread is the local loaf of the entire Val Müstair. As with the Bürlü bread rolls, two loaves are baked together. The sour taste of the rye is one of a kind, and there is only one baker in the valley who makes this bread: Meier-Beck.

Area: 199 km²
Population: 1,400
Municipalities: 1
Canton: Graubünden

Schaffhausen Regional Nature Park

Vast vineyards, the Randen hills and the Rhine river characterise this nature park in the northeast of Switzerland.

The hearty one
Around 65 ewes and 50 lambs are kept on the Määhfarm, nurtured with love and able to roam free. The spicy lamb sausages are produced here according to the IP-Suisse standard, making this the Swiss Merguez, so to speak.

Area: 213 km²
Population: 29,100
Municipalities: 15
Canton: Schaffhausen

Pfyn-Finges Nature Park

Rocky steppes, biotopes and one of the largest pine forests in Switzerland: all this can be found in the Pfyn-Finges Nature Park.

The seedy one
Syrah, Cornalin and Humagne rouge are not just excellent grape varieties when it comes to wine; their seeds are processed into oil and flour in the Pfyn-Finges Nature Park. This is used to bake bread, and also Florentine biscuits and croissants.

Area: 327 km²
Population: 12,600
Municipalities: 13
Canton: Valais
Wild herb paradise

The Valais is a vibrant landscape with countless flowers that also delight the palate. An excursion with Guillaume Besson in the Région Dents du Midi is a chance to learn much about the region’s plants.

He loves adventure, nature and the plants that grow there: Guillaume Besson is the Valais herbal wizard. He has great knowledge of the wild plants as well as their culinary and medicinal uses. To initiate others into the secrets of these panaceas, he offers herbal hikes in the Région Dents du Midi. The tour ends by working with the plants that have been found and sampling their delights.

A small potpourri of plants:

- The “Empress” (Peucedanum ostruthium) bears this name because it is highly valued by those of a certain vintage, as it is said to help with arthrosis for example. With its aromatic flavour, the masterwort adds a distinctive note to sauces and soups.
- With its bright pink flowers, the beautiful willowherb (Epilobium angustifolium) is often found in summer in forest clearings and at the edge of rocks. An excellent infusion reminiscent of black tea can be prepared from its fermented leaves.
- Juniper (Juniperus communis) is a universal remedy for all ailments caused by lack of heat. The dried berries can boost your mood and make you feel more awake.

This hike leads through the wonderful landscape of Morgins, sometimes up, sometimes down, over green meadows and past many herbs. Along the way, there are wonderful views of the Dents du Midi and plenty of alpine inns and sunny spots for enjoying not only the panorama, but also regional products and wild herbs.

Get to know the whole story

Herb outings

Guillaume Besson adapts each of his hikes to the weather and season.

HÉRÎ B HÎKÎ ÎN MÔRGÎNÎS
The Jura arc has an ancient culinary heritage: Jurassic cheeses. In the métairies, the mountain restaurants, their production has been nurtured and developed for centuries.

To this day, the Tête de Moine is an important cheese from the Jura: a cylindrical unpasteurised cheese that has its origins in the Bellelay Monastery. The oldest written record of cheese being made in the monastery dates back to 1192. For a long time, Tête de Moine even served as a means of payment for the monastery and was thus widespread in the region.

In 1628, the personal doctor of the Prince-Bishop of Basel, Claude Dédodat, wrote that the best Swiss cheeses came from the Franches-Montagnes. He lauded the excellent quality of the milk, which was down to the best grasses and herbs on the land. Alongside Tête de Moine, there are a number of Jura cheeses that are still made in the métairies today. Chaux-d’Abel, for example, which was originally called Petit Chaux-d’Abel. A legend surrounds its invention: in 1890, an unusually hard winter in the Jura meant that farmers could no longer bring their milk to La Chaux-de-Fonds. Since they did not want the milk to go to waste, it was used to make butter and thus led to the invention of Petit Chaux-d’Abel cheese.
This reliable quartz watch features shock and water resistance (up to 200 m) and antimagnetic protection to shield the movement from electropollution.

JOURNEY 1884
YOUR SHOCK-RESISTANT PARTNER

This reliable quartz watch features shock and water resistance (up to 200 m) and antimagnetic protection to shield the movement from electropollution.

FROM THE MAKERS OF THE ORIGINAL SWISS ARMY KNIFE™
ESTABLISHED 1884
At 2,200 hectares, Risoud Forest is the largest continuous forest in Europe. It is lush and dense, and is covered with spruce trees in particular, and even locals are advised to visit only with a map. The growing season is quite short on account of the forest being at an altitude of over 1,000 metres above sea level. Trees therefore grow very slowly, and time tends to pass at a more leisurely pace here as well.

The Risoud Forest harbours another special feature: its resonance spruce trees. Trees whose structure is such that the resonance of their wood is so clear and pure that sound takes on a new dimension. Instrument makers around the world swear by the properties of this resonance wood, including Stradivari. He is said to have sourced his wood from the Risoud Forest.

Resonance spruces are demanding in what they need from their environment: there should be no regular rainfall, and conditions should preferably be windless, so the trunks can grow thick and tall. It takes 300 years for a spruce tree to be anywhere near mature enough for processing. Over this time, it must survive storms without damage and have no insects nesting in its bark. Only rarely are such climatic conditions for this species of spruce to be found.

The Risoud Forest is a magical place. Those who visit should not only listen but also look: dozens of forest huts, which once served as shelter for loggers, are now places to come together and relax. Each hut has its own name, and some even serve fondue.

The local forests serve more than a recreational purpose and are also a valuable source of food. Tracking down and recognising these delicacies is an art in itself.

**EDIBLE FOREST**

**Selected gourmets**

**Wild garlic**

*Ailium ursinum*

This aromatic herb is ubiquitous in spring and can be used to make a delicious pesto.

**Blackberries**

*Rubus sectio Rubus*

They ripen from the end of July and can usually be found in forest clearings, just waiting to be devoured.

**Porcini mushrooms**

*Boletus*

One of the most upscale edible mushrooms, growing mostly in deciduous forests from June until well into autumn.

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The Risoud Forest in the Vallée de Joux is known for its resonance spruce trees of rare perfection. Stradivari is said to have sought the perfect tree to make his violins, cellos and guitars in this very forest.

Immerse yourself in the most beautiful forests of Switzerland

---
White sandy beaches and turquoise waters glistening in the sun – Switzerland may not be by the sea, but it is a land of water with rivers, mountain lakes and many small islands.

WATER

Across Switzerland
Beached
30

Zurich
Plastic turned into swimwear
32

Schaffhausen
A city of water
35

Basel | Zug | Aarau
Swim through the city
36

Bern
To the countryside and back
38

Across Switzerland
Magical blues and greens
40
Island life: Saffa Island on Lake Zurich near Wollishofen.
Off to the culinary island

Switzerland’s biggest island
Ufenau Island is a “floating” nature reserve that has been in the possession of Einsiedeln Abbey since the year 965. Walking past the remains that tell of the island’s long settlement history, the hustle and bustle of nearby Zurich recedes into the distance.

Stop for a bite to eat at the island’s restaurant
Nestled wonderfully amidst nature in the middle of the lake, the island restaurant Ufnau “Zu den zwei Raben” serves up freshly caught fish. Many other delicious ingredients thrive on the monastic island soil.

Camping close to nature on Lützelau
Head over to the neighbouring island of Lützelau to camp and swim in nature. Cross by boat, tent in hand.
CAMPING BÖNIGEN

After hiking in the surrounding mountains, you come back down here, to the campsite with wonderful sunny pitches and various glamping options.

Glide across the water

SUP rental directly at the campsite

Paddle across the lake in the red-gold light of evening

Infrastructure

CAMPING BUOCHS

An ideal campsite for caravans and campervans as well as lovers of paddle sports: it lies on one of Lake Lucerne’s nine canoe routes.

Along the shore in a canoe

Rental and courses at Kanuwelt Buochs kayak and canoe school

Multi-day canoe trip from campsite to campsite

Infrastructure

INSELI RHEINFELDEN

To the island by boat

Kaiseraugst

Hail Helvetians! Caesar sends his regards from Augusta Raurica. The former Roman settlement of Kaiseraugst is the largest archaeological park in Switzerland.

A varied boat trip

Enjoy delicious food on the lock ride from Basel to Rheinfelden while taking in the views over the expansive river landscape on the High Rhine. Passing through the locks at Birsfelden and Augst offers plenty of fun for young and old.

Cross-border experience on the “Inseli”

Round off the nautical adventure by relaxing in a café in the old town or going for a swim on the “Inseli” (small island) in Rheinfelden. The local recreational area is located on the national border in the middle of the Rhine.

0h35

From Kaiseraugst to Rheinfelden

The Feldschlösschen Brewery in Rheinfelden

Marino Feinkost deli, Rheinfelden

Go with the flow: on the ferry between Basel and Rheinfelden
Like almost everyone who lives in Zurich, the one item Peter Hornung always packs are: his swimming trunks. His morning dip in the Limmat inspired the trained architect to quit his job and turn to making swimwear from upcycled PET plastic instead. No reinvention – and yet somehow it was. Normally, PET plastic makes the long journey from Europe to Asia and back again for processing into the finished garment. Not so with Peter Hornung's swimwear: rather than buying the fabric on the international recycling market, he produces it himself using PET bottles that he fishes out of the Limmat river by hand. These are bottles that would otherwise be incinerated in the EWZ power plant, since the effort required to separate the waste that ends up in the rake at Oberer Letten in Zurich is too great. Having come up with the concept, Peter Hornung founded the Round Rivers label. Now, manufacturing his swimwear results in less CO₂ than burning the raw material would generate. The fact that the entire collection is manufactured within a production radius of 140 kilometres further supports the sustainability balance. Round Rivers' success story is by no means a reason to dispose of empty PET bottles in the Limmat in the future – but it should inspire a leap into the river wearing one of the colourful bathing suits.
All steps in the production of Round Rivers swimwear take place within a radius of 140 kilometres. The city of Zurich’s sights and parks along the Limmat are even closer together.
Bürkliplatz
Where the Limmat river commences at the outflow of Lake Zurich, the city panorama opens up and reveals a clear view over the lake and the Alps. This is where boats dock for boarding a lake cruise.

Barfussbar
While only open to women during the day, everyone is welcome to come and dangle their feet over the water in the evenings: the Barfussbar (“barefoot bar”) in the public riverside lido for women is a particularly romantic bar in summer.

Limmatquai
One of Zurich’s promenades leads between the old town and the Limmat river, from Central to Bellevue. Here people shop, sit in cafés and take in the culture. The latter in the Fraumünster church with its famous Chagall windows or in the current exhibition at the Helmhaus, for example.

Swiss National Museum and Platzspitz park
After visiting the Swiss National Museum, the adjacent tranquil park between the Limmat and Sihl rivers awaits. It is one of the oldest green spaces in the city and with a little luck will have one or two food trucks serving unusual culinary delights.

Flussbad Oberer Letten riverside baths
A cool place on hot days to spend time alternating between taking a dip in the river and sunbathing on the wooden pier. Anyone visiting early in the morning will have this popular place almost to themselves.

Stazione Paradiso
At the Stazione Paradiso train carriage, homemade focaccias, delicious ice cream and refreshing rhubarb spritzers are served over the counter.

Nude
The restaurant at the new Tanzhaus is an architectural gem in a class of its own. Its lively sun terraces invite you to spend some time by the Limmat.

Riverside cinema
The Badi Unterer Letten is the oldest riverside baths in Zurich. From 12 to 30 July 2023, it also transforms into the most beautiful open-air cinema in the city.

Sphères
Dive between the covers: a bookshop and café under one roof in the heart of the former industrial quarter.

Park am Wasser
The city’s newest green oasis has been delighting Zurich’s residents and guests since 2022. Its centrepieces are five “garden rooms” that are separated by hedges.

Werdinsel
On the island between the Limmat and the canal, Zurich relaxes under leafy trees, floating in the river, barbecuing, playing football and splashing in the paddling pool.

Schaffhausen
The Rhine flows gently through the northernmost outcrop of Switzerland. Before plunging into the Rhine Falls further downstream, it provides the Munot town of Schaffhausen with secluded oases and spectacular views near the riverbanks. This includes the Rhybadi (1), public river baths in the shape of a boat, which has defied the floods since it was completed in 1870. After a refreshing swim, dry off on the sun-warmed wooden decks and later stroll upstream to the Lindli Kafi (2). This idyllic pop-up café by the Lindli jetty serves its guests salads, focaccias, local beers and more from mid-June until the end of September. Hunger satisfied and batteries recharged in the sunshine, head back towards the Rhine Falls, where the Rhyality Immersive Art Hall awaits (3). This 360-degree cinema with 28 projectors and 90 speakers offers a truly immersive experience of the natural spectacle of the Rhine Falls or regional indulgence during an “à la art” menu.
Swim through the city

Life in and around the Rhine

Switzerland’s favourite summer pastime – this is how the people of Basel refer to swimming in the Rhine on a glorious summer’s day. A Wickelfisch dry bag is the perfect practical companion when going for a nice swim. From Museum Tinguely, you can float down the Rhine at your leisure for up to three kilometres. Several "buvettes", Basel’s outdoor bars, are dotted along the sun-drenched bank of the Rhine in Kleinbasel and are the perfect spot to round off the Rhine swimming adventure with a refreshing drink or cool beer.

Off to Basel →

A Wickelfisch dry bag
The waterproof fish-shaped swim bags keep clothes inside dry and double up as a practical float. They are available to buy at the Tourist Information office, Stadtcasino concert hall, Barfüsserplatz, Basel

B On the peninsula
Rheinbad Breite offers both bathing and al fresco dining. St. Alban-Rheinweg 195, Basel

Across the Rhine
The four Rhine ferries connect Grossbasel with Kleinbasel, driven purely by the current of the river itself.

Off to Basel →

A good spot to relax
Lake Zug is a wonderful place to enjoy your free time: while some watch the migratory birds as they rest, others might wander along the shore, take a seat somewhere with a view of the lake and indulge in culinary delights. They will likely spot other lovers of the water causing waves with their boats and stand-up paddle boards or by jumping from the floating platform into the lake, before the sun sets on the horizon and turns the sky a striking blood red, and time seems to stand still for a little while.

Off to Zug →

A Wickelfisch dry bag
The waterproof fish-shaped swim bags keep clothes inside dry and double up as a practical float. They are available to buy at the Tourist Information office.

C On course
In addition to rentals, Lake Zug Cruises also offers various scheduled cruises and special experiences. Bahnhofsteig, Zug

D On board
Head to Andy’s SUP Station to rent a stand-up paddle board and book a course. Chamfer Fussweg am Brüggli, Zug

E Into the water!
Strandbad Zug lido is the biggest in the city and also has one of the coolest bars. A welcome bit of info: free admission to all of Zug’s lakeside swimming spots.

Off to Zug →

Paradise along the Aare
The Aare flows below the old town of Aarau. On sunny summer days, it shimmers in various shades of green and blue, with secluded spots inviting you to see the interplay of colours in many different guises – be it during a swim, or while paddling on an SUP or forest bathing in the wooded areas along the river. A special highlight is located downstream in Biberstein. Nestled among the trees, water lilies and reeds lies the Biobadi, a biopool cleaned naturally and entirely without chemicals.

Off to Aarau →

F Forest bathing
In the Gönhard Forest, you’re invited to enjoy a special experience, though forest bathing is permitted everywhere. Schulstrasse 1, Aarau-Schönenwerd

G Surrounded by water lilies
The chemical-free pool was first opened in the year 2000, as the country’s first public biopool. Schachen 257, Biberstein

H Paddling along
Explore the river on a stand-up paddle board. Equipment is available to rent at the Rolling Rock skate & sports centre. Neumattstrasse 26, Aarau

Off to Aarau →
To the countryside and back

From Bern’s UNESCO-listed old town, ride an e-bike along the Aare river on the “Frienisberg-Fernsichtroute” themed cycling route and back to the capital over green hills with far-reaching views – simply delightful.

Lake Wohlen
From Bern, the route passes through the Bremgarten Forest to Wohlen, where the Aare is dammed over a stretch of 12 kilometres. The pop-up bar Bogen 17 near the Wohleibrücke bridge serves all manner of local food, including homemade wholegrain pasta and delicious organic ice cream. Later, rent an SUP for a spot of paddling.

Chutzenturm
Over 460 cubic metres of Douglas fir and oak were felled in the Frienisberg area and processed to build the Chutzenturm. Climb 234 steps up the 45-metre tower for magnificent views from the top.

Leutschen viewpoint
The views from the Leutschen scenic point extend over the city of Bern and to the mountains beyond. Information boards along the cycling route provide exciting insights into the region, and wooden benches invite you to take a breather.

Büsselmoos
On the way back to Bern, it is well worth making a detour to the two moorland lakes of Büsselmoos and Widi. Büsselmoos is one of the smallest nature reserves in the canton of Bern. The surrounding farm shops sell lovely fresh produce from the land.

Parliament Square water display
In the capital, the water display on the square in front of the Swiss parliament building is a refreshing sight. The 26 jets rising in fountains up to four metres high create a special atmosphere day and night.

Bern, the city of fountains
More than 100 public fountains with drinking water can be found in the old town of Bern, including 11 fountains with allegorical statues, four of which are dedicated to the cardinal virtues of justice, fortitude, temperance and prudence.

More tips for a trip to Bern

The “Frienisberg-Fernsichtroute” is 43 kilometres long and labelled as SwitzerlandMobility route 890.
STAYING BALANCED

Stand-up paddle boarding is a great back and abdominal workout with the added benefit of fresh air. A few tips to get you started:

Centred
SUP boards generally have a carrying handle in the middle, placed at the absolute centre. This marks the best spot to stand or sit for balance.

Kneel
When getting used to the board, all new paddlers should start on their knees. In this position, the body’s centre of gravity is lower, and the board is less wobbly.

Paddling, done properly
The paddle is held so that the angle of the blade points away from you. One hand goes to the top of the handle, the other to the bottom near the paddle. The arms should be kept straight.

Power from the core
When paddling, keep in mind that the power should come from the body’s core and the leg muscles, not from the arms. This way you work the whole body and ease strain on the arms.

No rush
Strength is born of calmness, and a break should be taken, if that’s what is needed: sit down and savour the moment. Tip: the motto for themed cycling routes around Bern is also “no rush”. Scenic spots with information boards and wooden benches are thus dotted along the routes for you to sit and relax.
Switzerland has a range of excellent Wellness Hotels as well as entire resorts dedicated to well-being.

MySwitzerland.com/spa

Magical blues and greens

The sky’s reflection, shoreline vegetation and the depth of the water are three of the factors responsible for the unique colour palette of mountain lakes.
Swimming in a Swiss mountain lake takes a little grit, even at the height of summer. However, there are a few temperate exceptions:

15°
**Lake Toma**
Near the Oberalp Pass lies the small, mystical Lake Toma in a basin at the foot of Piz Badus. It is considered to be the source of the Rhine.

16°
**Lake Silvaplana**
Here in the Engadin, people kite and surf for all they’re worth. Here, the wind blows, the air is warm like on a summer’s day, and only the water remains fresh all year round.

20°
**Lake Derborence**
In a side valley of wild beauty in the Valais lies Lake Derborence, formed after a rock fall in the 18th century.

21°
**Lake Oeschinen**
One of Europe’s largest mountain lakes can be found above Kandersteg. It is a popular destination for swimming, rowing and fishing.

23°
**Lake Schwarzsee**
The sulphurous waters of Lake Schwarzsee in the Fribourg Pre-Alps have been used for medicinal bathing for three centuries.

24°
**Seeli in Seelisberg**
Lake Seelisberg, often simply called Seeli, in the canton of Uri has something of a seaside feel on beautiful summer days. The crystal-clear mountain lake has a beach, a kiosk and barbecue areas.
Hundreds of castles and many old towns – Switzerland is a place with a strong historical heritage, but its riches are not only from the past. Every year, inspiring new modern buildings reach for the skies.
UNESCO World Heritage site and city landmark: St. Gallen abbey district with its baroque cathedral.
The Route of St. James is the most famous Christian pilgrimage route in Europe. It is a network of shorter and longer routes passing through every Christian country, with the three holy sites of Rome, Jerusalem and Santiago de Compostela their final destination. However, one need not go as far as that for a meditative retreat. Here are a few tips that can be helpful even on the shorter pilgrimages:

1. **Signposts**
   In Switzerland, the paths on the Route of St. James are marked with a scallop shell and the words “ViaJacobi”.

2. **Stage selection**
   Planning is made easier on jakobsweg.ch, which lists all Swiss sections of the Route of St. James, divided into individual day tours.

3. **Travel companion**
   Even if the journey is not for religious reasons, it is worth considering whether you wish to undertake this hike of personal reflection alone or as part of a group.

4. **Pack lightly**
   On average, the daily stages involve around six hours of hiking. Packing light, but for any weather, is definitely advisable.

5. **Digital detox**
   It helps when seeking inner peace if you refrain from checking e-mails, the news or the weather every spare minute. Packing paper maps is therefore advised.

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On pilgrimage

Religion need not be the only motivation for a pilgrimage. Following the Route of St. James in Switzerland clears the mind, while also allowing you to discover some of the country’s fascinating monasteries.

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Pilgrimage on the next page
KARTAUSE ITTINGEN

The former Carthusian monastery of Ittingen near Frauenfeld is slightly elevated and idyllically nestled between vineyards. Until 1848, Carthusian monks lived their monastic life here, secluded from the population. The distinctive sacred atmosphere is still palpable to this day. Today, the monastery walls house the Thurgau Art Museum, a hotel, a farm shop and a restaurant. The latter is run in keeping with the monastic tradition of self-sufficiency and serves up fresh produce from the monastery’s own cheese dairy, butcher, bakery, fish farm and wine cellar. Hops are just one of the plants growing in the resplendent gardens.

FISCHINGEN ABBEY

Pilgrims and visitors arriving at Fischingen Abbey are welcomed with a beer from its own Pilgrim brewery. This beer is made using monastery water following the recipes handed down from the brewing tradition of the early monks. It is a further element connecting the two worlds united by the monastery complex: the secular one, with a seminar hotel, carpenter’s workshop, brewery and school, and the sacred one of the Benedictine community at home within these beautiful baroque walls. Thirst quenched, head to the Idda Chapel to soothe sore feet. Those who put their feet into the sarcophagus of St. Idda of Toggenburg will be freed from foot problems.

On the Route of St. James: from Schaffhausen to Basel

Schaffhausen
Frauenfeld
Fischingen
Einsiedeln
Rapperswil
Brunnen
Beckenried
Haggenegg 1,414m above sea level
Memorial to Nicholas of Flüe (Brother Klaus)
By boat across Lake Lucerne
Excursion: open-air cable car to Stanserhorn
Closure of the Obwald folk festival in the heart of Giswil forest
Gasthof zum Hirschen Oberstammheim, Swiss Historic Hotel

35 stages/length: 10–30km/hiking time: 3–8 hours
ST. PETER’S ISLAND MONASTERY

“I consider these two months the happiest time of my life – so happy that my earthly existence feels complete,” wrote the Geneva philosopher Jean-Jacques Rousseau about his stay on St. Peter’s Island. The monastery was founded in the 11th century and inhabited by monks until the early 16th century. After that, the property fell into the hands of the Community of Bern, which soon established the first guest rooms. Today, the Klosterhotel is one of the most beautiful historic hotels in Switzerland. Purist design within monastic walls, surrounded by some of the most fertile land of the Swiss Plateau. In summer, the island’s many secluded sandy coves are perfect spots for a swim.

CITY WALLS Fribourg

The remarkably preserved walls surrounding the city and over 200 Gothic facades impart incomparable medieval charm to Fribourg. The old town is best explored on foot, with a tour along the fortifications a particularly special experience.

The hilly topography of Fribourg played a major role in the formation of the city. The steep cliffs in places and the course of the Saane river formed a natural barrier against enemy invasion. Where no natural protection existed, fortifications were built between the 13th and 15th centuries. Though some parts of the complex have disappeared in the course of time, one great bulwark, five gates and six towers, some of which are linked together by ramparts, are still well preserved and form probably the most significant piece of medieval military architecture in Switzerland.

Seven sections of the city walls, a little over two kilometres long overall, are open to the public free of charge from May to October. A tour lasting around three hours – though this can be shortened as you wish – takes visitors up on the walls, revealing magnificent views of the city and the surrounding countryside. Sections in between follow the course of the former walls at ground level around the old town. A visit to Espace 1606 offers visitors a glimpse of the city fortifications from 1606 with an impressively detailed 3D city model.

Delve even deeper into the rich history of Fribourg
Three hours’ walk south of Basel, at the very end of the steep Leimen Valley in Solothurn, lies a destination sought out by thousands of pilgrims each year for over six centuries: Mariastein Abbey, a Benedictine monastery. The heart of the complex and destination of pilgrimages is the Chapel of Grace, a shrine carved into the rock, its origins shrouded in legend.

A shepherd boy is said to have stopped for lunch with his mother in a cave, and while the mother slept, the boy slipped away and fell off a cliff. He survived only with the help of Mary, the Mother of God. To give thanks, the boy’s father built a chapel in this cave. It is first mentioned in writing in 1434. Over the centuries, the rock chapel has been transformed into an atmospheric place of worship, which can be reached via a staircase carved into the stone.

After Einsiedeln, Mariastein is probably the most famous place of pilgrimage in Switzerland today. And a draw for many that transcends ethnic and religious divisions. For example, many Hindu Tamils living in Switzerland make a pilgrimage to Mariastein, since in their faith they venerate Mary, Mother of God, as a symbol of the “maternal” and “feminine”. The Benedictine monks open the doors to guests of all faiths and invite them to join their regular daily routine with set meal times. Those who would like to spend the night near the monastery in a little more luxury can do so in the Klosterhotel Kreuz, which belongs to the monastery. The cosy terrace of the hotel’s own Post restaurant is the perfect spot for a little snack.
Interplay of old and new

There is an argument that architecture is at its most sophisticated where old meets new. This is in part because building with historical structures is more environmentally sustainable, and starting from existing frameworks often gives rise to innovative approaches. A journey through Swiss architecture that combines historic structures with contemporary demands.

New and old

A sustainable, ultra-modern extension has been cleverly added to Hotel Glocke, which dates back to 1987. Local larch wood has been used for all surfaces within the rooms, which make reference to the rich myths and legends of the Valais. The hotel in Reckingen is as committed to buying from the region, avoiding plastic and energy-saving infrastructures as it is to serving cheese from the village dairy on the breakfast buffet.

INTERESTING FACTS

Hotel Glocke is one of the Responsible Hotels of Switzerland. These hotels face up to their responsibilities and demonstrate an ecological focus, local commitment and high guest satisfaction.
New rather than old

Plateforme 10 at Lausanne railway station is the most modern museum complex ever to be built in Switzerland. Where locomotives were once serviced, the site now brings people together in its museums, restaurants, shops, cafés and bookshops, or in the creative spaces run by local designers. The architecture of the MCBA Cantonal Museum of Fine Arts, the mudac Museum of Contemporary Design and Applied Arts and the Photo Elysée Cantonal Museum of Photography are worth a visit alone, while the empty spaces between the buildings are perfect for contemplative breaks.

INTERESTING FACTS

The iconic building of the mudac and Photo Elysée is made of glass, steel and exposed concrete. Weighing over 1,100 tonnes, the concrete structure is supported by only three columns.

Old becomes new

From 1864 to 1972, the horses of the Swiss cavalry were trained here. Today, the newly renovated riding hall in Aarau is used by the Argovia Philharmonic Symphony Orchestra and the Bühne Aarau stage for concerts, theatre and dance performances. With subtle and precise alterations, an atmospheric, changeable cultural space of 2,000 square metres has been created.

INTERESTING FACTS

For the ancillary spaces such as the cloakroom and toilets, the Barão-Hutter architects drew inspiration from the Hollywood thriller “Black Swan”.

Visit the old riding hall in Aarau →
The pyramid of glass

The Square is many things. It is a place for meeting, teaching and learning. It is changeable and well thought out. It is the newest building at the University of St. Gallen and is the future.

Sou Fujimoto wants to build walls out of air. He may have come a little closer to realising his ambition with the Square at the University of St.Gallen. Here, it certainly feels like the walls do not exist. The Japanese architect designed the new learning centre for the University of St.Gallen and gave shape to the future of learning. There are no lecture halls to be found here; instead, students and lecturers meet in the open galleries to learn with and from one another. Philippe Narval, director of the new learning centre, firmly believes that subject matter should not be communicated unilaterally, but worked out together in plenary sessions. The certain lightness of the new glass structure contrasts with the university's brutalist main building.

Encounters in the atrium
Once through the main entrance, a view from the main plaza extending up all three levels is revealed. The atrium is 18.5 metres high, with the galleries on the different floors accessible via two spiral staircases. This is where the building lives up to its name, creating a public space for encounters.

Modular rooms for flexibility
Curtains and mobile room dividers can be used to create smaller units within the structure as needed. After all, the future of learning must also be understood as a process.

Terraces for more flexibility
The various glass cubes shape the building into a kind of pyramid and at the same time create many small terraces. Outdoor seminars can be held here during the summer months, while vegetables for the cafeteria are grown in the urban gardens.

Recycled building materials
While the exterior is characterised by glass and aluminium, exposed concrete and white plaster act as the supporting elements in the interior. Approximately half the concrete is a special recycled material produced by the nearby concrete works. The excavated material was also recycled and used by landscape architect Enzo Enea from Rapperswil to create mounds around the building.

Art pays homage
“Through the forest of thorns, a single path” is an artwork by Mai-Thu Perret. The 60-metre-long chain with 130 objects from brass sheet is draped over the concrete elements in the atrium and was created in the Kunstgiesserei St. Gallen foundry. It is a tribute to the knowledge centre of St. Gallen as more than just a university.
Shopping at the airport

Airport Shopping and Circle are open daily

Also on Sundays

Zurich Airport
Buildings of knowledge

1. **Dynamic library**
The Art Library of the Sitterwerk Foundation uses digitisation to its advantage: new technology allows the inventory to be continuously updated and books to be listed in a site-specific dynamic order. Also, searches can be personalised, saved and edited on the interactive work interface, the workbench. The archive is also located in the same room, so that samples and literature can be used in parallel.

2. **DNA of the city**
The Textile Museum houses one of Switzerland’s largest textile collections. Textiles and St. Gallen are closely interwoven, with the city owing much of its progress to the textile industry. At the museum, many woven materials and embroideries from every corner of the globe and photographs illustrate this piece of Swiss history. Fujimoto drew inspiration for the ceiling tiles in the Square from St. Gallen lace.

3. **Cradle of knowledge**
The Abbey Library of St. Gallen is one of the most important libraries in the world. Its 170,000 books document the evolution of European culture and the cultural contribution that the Abbey of St. Gallen made from the 8th to the 19th centuries. In 1985, the entire St. Gallen abbey district including the abbey district was declared a UNESCO World Heritage site.

More information about the city of St. Gallen →
Whether a café, museum, shop or stage: behind every project are people with visions and stories that deserve to be heard.
Fresh and climate-friendly production: potatoes grown on Lausanne land.
Vanía Nzeyimana was born in Rwanda and grew up near Basel. She has always liked Rwandan coffee. Until a few years ago, her entering the coffee business was something that would have been rather unthinkable. Yet today, Vanía sells Rwandan speciality coffee directly to roasters in Europe through her company Somaho, a Rwandan expression meaning “take a sip”. Direct, fair and sustainable. ☛
Cultivation
Vanía Nzeyimana's Kamajumba coffee is grown on the Kamajumba Peninsula in Rwanda. It takes up to five years for a coffee tree to bear fruit. Coffee cherries are picked by hand and the green kernel peeled from the fruit, elaborately processed and packed into jute bags. It is then transported by boat via Rotterdam and down the Rhine to Basel.

Roasting
From the port of Basel, the green beans travel on, to the Basel roaster Kaffeemacher, for example. Roasting is critical for the taste of the coffee. The application of heat causes a chemical reaction between the sugars and amino acids in the beans. Around 1,000 different aroma compounds develop in the process. The beans are now brown, in the guise most familiar to us.

Grinding
The roasted Kamajumba beans are delivered to cafés and shops all around, because freshly ground coffee simply tastes the best. Vanía Nzeyimana makes the comparison with a loaf of bread, which is also better when bought in one piece rather than presliced.

Brewing
How coffee is brewed depends on individual taste and preference. Whether in an espresso pot, espresso machine, French press, AeroPress or filter coffee machine: there are many ways to create a coffee you love. The following cafés have found their own winning taste formula.

Café Frühlung
The café roasts its own coffee and is a popular spot for brunch on weekends.

Avant-Gouz
A charming café-bar with freshly made sandwiches, regional snacks and aromatic coffee.

Unternehmen Mitte
The café in the heart of Basel is a coffee house, organic restaurant and coworking space all in one.

Ängel oder Aff
A bistro on Andreasplatz square, an oasis of calm in the middle of Basel's old town right next to the Marktplatz square.

9 a.m.
Unternehmen Mitte
Enjoy coffee and homemade croissants in the former bank.

10 a.m.
Gaze at art
Wander round the old town and then visit the Kunstmuseum Basel.

12 p.m.
A vibrant lunch
Recharge the batteries with some colourful sandwiches from the counter at Kuni & Gunde.

2 p.m.
Into the water
Take an after-lunch walk to the Wettstein beach and jump into the Rhine there.

4 p.m.
E-bike tour
Rent an e-bike and ride along the banks of the Rhine to the port.

7 p.m.
Indulgence on the banks
Sit on the terrace at the Roots restaurant and enjoy fine dining with a view of the Rhine.

10 p.m.
In the heart of the city
Fall into bed at the chic boutique hotel in the Volkshaus Basel after a busy day.
Indulgence in summer

First temptation
Rhubarb comes with the awakening of spring. Its sweet and sour flavour profile makes it a versatile ingredient for desserts such as tarts, for example.

April–June

Sweet summer
Zurich strawberries are not only beautiful to look at; they also taste particularly sweet when in season. Tip: a strawberry tiramisu.

May–September

From the sunshine canton
The canton of Valais is famous for its apricot harvest. Fittingly, the recipe for apricot flan also hails from Valais.

June–August

The favourite
Carrots are the most popular vegetable in Switzerland. In the Aargau carrot cake, the taste of this root vegetable really comes into its own.

June–October

An abundance of fruit
Thanks to its apple cultivation and shape reminiscent of India, the canton of Thurgau is known as “Most India” (Most = juice).

July–October

An old tradition
Farina bôna is a traditional corn flour produced in Ticino’s Otsernone Valley. It lends itself brilliantly to baking bread.

July–October
**Bellinzona**
Fresh formaggi cheese from the valleys, crunchy vegetables from the Magadino plain, Alpine cheese from the mountains, berries from the forests and crusty bread from the Maggia Valley – the Saturday market in Bellinzona will provide delights to take you through the week.

**Solothurn**
You’ll be hard pushed to find a more beautiful display of market stalls. Every Wednesday and Saturday morning, the “Märet” in Solothurn winds its way along the baroque walls with over 50 stalls.

**Fürstenau**
Schauenstein Castle becomes an enchanting land of plenty in autumn. The gourmet market on 10 September 2023 will tantalise the taste buds with delicious products and guest chefs offering a chance to sample their top-quality culinary delights.

**Neuchâtel**
Local products are available daily at the port of Neuchâtel. The colourful fishermen’s huts offer fine syrups, cocktails and drinks made from local fruit, while the tiny library has literature exclusively from Neuchâtel.

**Visp**
Every Friday evening, the locals come together at the Visper Pürumärt (farmers market) on the village square to sample Valais wines and buy fresh, regional products.
Swiss Wine Tour

Switzerland is a wine country with a long tradition, exceptional diversity and high quality. With the Swiss Wine Tour you can discover the many facets of this wine tourism destination in the heart of the Alps. This includes the varied landscapes and its diverse grape varieties. Switzerland’s winegrowers look forward to welcoming all interested visitors. swisswinetour.com

Puzzle through the vineyard

The Escape Game at the La Cave de Genève vineyard is a fun way to discover the vineyards and the Geneva countryside together with friends or colleagues. The winners will receive a bottle of wine, and everyone comes together for a drink in the middle of the vineyard at the end.

Immersed in stories of wine

A circular hike leads through the vineyards of Chamonson, the home of Valais grape variety Johannisberg. At the highest point of the wine trail, lunch is served with a view over the Rhône Valley. The outing is wonderfully rounded off with a guided wine tasting and the visit to a winery.

Dine in the wine cellar

A culinary experience awaits at Tenuta Castello di Morcote, the most spectacular wine estate in Ticino. A drink in the garden of the winery is followed by a guided tour of the wine and barrel cellar with the wine-makers. While dining with a view of the barrique barrels, seasonal creations are skilfully combined with the wines.
Magical gardens

If you want to delve into the history of recent centuries, embark on a journey through time with the most exciting witnesses of that time. There are more than 20 castles and palaces in the Aargau Solothurn Region. In addition to the historical buildings themselves, their magnificent grounds, flowerbeds, and kitchen and vegetable gardens are well worth a wander, as well as being beautiful spots to rest and relax.

Wartenfels Castle in the canton of Solothurn has particularly fine species-rich gardens. Walking along the hiking trail to the castle, a vibrant sea of flowers is the first thing to catch the eye. The botanical garden at the former Alpinum is filled with countless perennials and summer plants. The castle is decorated with roses cut from the small rose garden above the nursery. The castle courtyard exudes a Mediterranean flair with citrus plants and oleanders in the summer months. Below the castle wall lies the heart of the castle park: the baroque gardens. These include pergolas with hydrangeas and climbing roses, boxwood spheres and pyramids that have been painstakingly cut into shape and an avenue of hornbeams that was planted back in 1750.

Wildegg Castle in the canton Aargau is also famous for its gardens. In the baroque kitchen garden and pleasure garden, virtually forgotten plants and rare vegetable and berry varieties have been cultivated in cooperation with the Pro Specie Rara Foundation. The rose garden is a place of tranquillity with historic shrub and climbing roses. The garden from around 1830 makes for a particularly splendid sight in the main flowering season of June. At Lenzburg Castle, the tulips in the baroque garden are especially beautiful when in bloom. A small fountain calmly burbles away in the heart of the complex. The dreamy rose garden also affords spectacular views of the Jura chain and the Alps.

Farming à la vaudoise

Climate-friendly farms have existed in Switzerland for quite some time. Pioneers are at work in the country, proving that a sustainable concept is both possible and profitable. In the Lausanne region, numerous growers also stand out for how they are making agriculture part of the solution for a healthy future.

- Indulge in Lake Geneva’s famed perch fillets at the Brasserie de Montbenon in Lausanne
- Buy fresh produce at Lausanne’s fruit and vegetable market
- A stone’s throw from Lausanne, discover the terraced vineyards of Lavaux and sample the excellent wines there
- Admire the abundance of nature in the Parc de Milan
- Visit the farm shop of the Hess family farm

Learn more about Lausanne’s growers
Andrea Lutz, why does art inspire you?
I live for art. Here at the Kunst Museum Winterthur, I can work with it directly, touch it, see it and experience the artworks every single day. I consider this a great privilege. When I go to another museum or visit an exhibition, new perspectives on art are always revealed to me, and I discover new pieces and artists. Or, as David Hockney so wonderfully puts it: “The world is very, very beautiful if you look at it, but most people don’t look very much.”

Which worlds meet at the Kunst Museum Winterthur?
The institution unites three different museums under one name and holds a large collection from the 17th century to the present day. Artists such as Rembrandt and Caspar David Friedrich are highlights in the collection, which also includes works by Albert Anker and Ferdinand Hodler, from French Impressionism, classic modern artists such as Picasso and Mondrian and, of course, the Swiss artist Sophie Taeuber-Arp. We appeal to a very broad audience. This is down to our diverse collection, but also to our temporary exhibitions and events in which we communicate art in all kinds of different ways.

You have been at the Kunst Museum Winterthur for over ten years. What keeps you there?
I originally started as an intern when it was Museum Oskar Reinhart and was able to get to know and take over ever more areas. The museum has constantly changed and evolved, becoming a real arts centre. Despite the three buildings, it is not a huge museum and has remained manageable – but with a diverse collection, which I find exciting. Last but not least, I work with a reliable, great team. It’s nice to look forward to seeing your colleagues each morning.

And that you can ride your bike to work.

What is it about the city that you love so much to have made it your home?
Cycling is certainly a reason, but not the only one. It is a very green city with many parks, including the city park by the museum itself, where you can meet with friends or simply relax. You can also quickly get out of the city and be in the middle of nature. That is something I really value. One of my favourite spots is the weekly market in the old town, where Winterthur is especially vibrant.

Where are the museum and city brought together?
As varied as the programme is here at the museum, it is the same in the city itself. Winterthur has a great cultural offering including concerts, events such as the Music Festival Weeks, theatre, and many museums and art spaces.

Why is there so much art and culture in Winterthur?
This has a lot to do with the history of the city, where art has been collected and supported for quite some time. Artists came together here as far back as the 19th century, founding associations such as the Kunstverein.
An interplay of colour, shape and flavour

In the life of Thomas Hug, art and cuisine go hand in hand. The director of the Art genève art fair and organiser of the Geneva Biennale Sculpture Garden explains why this makes sense.

Thomas Hug, where does your passion for art and gastronomy stem from?
My passion for art began in Berlin, where I studied musicology. An interest in food, on the other hand, has been with me since childhood. We used to watch the cooking show “Bon appétit bien sûr” with star chef Joël Robuchon on TV and then make his recipes with my mother. And later I started offering dinners at the exhibitions in a gallery where I worked. I have continued this tradition at my two art events, Art genève and the Geneva Biennale Sculpture Garden. And we launched a festival where top cuisine meets art.

Please tell us more.
It started at various restaurants in Geneva, as a kind of pop-up in combination with artistic scenography. Night-fall, as the festival is called, now takes place not only in Geneva, but also in other European cities, most recently in Paris. Top chefs collaborate with artists for this event, with each restaurant working together with a gallery. This leads to top-quality creations on plates that reflect the works on display in the restaurant. A delightful opportunity to experience contemporary art and gastronomy at the same time in the same place.

Why do art and cuisine go together so well?
Both art forms build on creativity. At the highest level, they play with not only colour and shape, but also flavour. They use similar instruments and tools in their art, such as tweezers, for example. And I think there is an obvious connection between the process of cooking and performative art, in particular. Last but not least, the social aspect plays a central role in both, when the audience encounters the artist's creations in an exhibition or performance and those of the top chef in the restaurant.

Why Geneva?
Geneva has an extraordinary wealth of truly superior gastronomic and cultural activities. It is a city of sharp contrasts, between tradition and innovation and, equally, urban charm and nature. And what particularly sets Geneva apart from other cities is that it is not only home to some rather outstanding museums and works of art, but everything can also be found conveniently close together and within easy walking distance. That’s a rare luxury.

Where do you particularly like to visit on foot?
The Musée d'art et d’histoire, of course, and the Parc des Eaux-Vives, where Sculpture Garden pieces will be displayed during the Biennale. I also really like the restaurant Le Jardinier. This is a celebration of vegetable-focused, accessible yet refined cuisine at Michelin star level. Bombar, meanwhile, is not only a great restaurant, but also a very modern bar. Regional dishes are served in a down-to-earth atmosphere.
World theatre comes from Lugano. Specifically, from Daniele Finzi Pasca. His works are well known. He has created two highly successful shows for the Cirque du Soleil that are performed all over the world, and directed the closing ceremonies for the Winter Olympics in Turin and Sochi. The author, director and choreographer works for theatres and opera houses across the globe. But his home is the Compagnia Finzi Pasca and the LAC, Lugano’s new cultural centre, where many of his plays premiere.

Daniele Finzi Pasca (59) was born and raised in Lugano, where he still lives today. He began writing his own shows and plays at a young age as a clown and circus performer, founded several companies
and eventually became famous for his own theatrical technique, the Theatre of the Caress, based on playfulness and humanity. His shows and plays always emanate great poetry and move between dream and reality. Even as a boy, Daniele Finzi Pasca was fascinated by the circus, and there is no reason not to believe him when he says in an interview: “This profession is simply wonderful and fun.”

In collaboration with the LAC, the Compagnia Finzi Pasca conjured up a magical world on stage with the play “Nuda” in 2022, about twin sisters who could not be more different from one another. The piece is accompanied by fairy-tale aerial acrobatics and a powerful universe of sound. The latest piece by Finzi Pasca, “Azul”, will be staged at the LAC this year.

**SPORTY**

The actors and dancers of the Compagnia Finzi Pasca have to be fit for their performances and here’s how they get in shape:

**At the lido**

The lido on the shores of Lake Lugano is a power spot. It is perfect for sporty long-distance swimming in the pool or leisurely lazing around and splashing in the lake as well as for contemplative yoga on the sandy beach.

**On the mountain**

Monte Brè is more than just Lugano’s local mountain; it is also a great starting point for mountain bike tours or challenging running trails with a view.

**By the river**

The path along the Cassarate river is ideal for a jog that combines lake ambience with an urban atmosphere and river landscape. The Parco Ciani is a lovely place to start and finish.

**LAC Lugano Arte e Cultura**

The heart of the LAC Cultural Centre is the airy 650-square-metre entrance hall, which overlooks the Piazza Bernardino Luini, the amphitheatre, the park, the lake and the mountains. In addition to the theatre and the concert hall with 1,000 seats, it also houses the Museo d’arte della Svizzera italiana (MASI). Thanks to private collections and cooperation with famous museums, extraordinary exhibitions are realised again and again.
Lucerne is where the music plays. The city has long maintained a great affinity with the art of sound. Classical music, in particular, often dances across the rooftops and over the lake out into the wide world—or vice versa. Composers such as Richard Wagner, Sergei Rachmaninoff and Arturo Toscanini settled on Lake Lucerne for a time, seeking inspiration from the surroundings and composing parts of their oeuvres there.

Lucerne is now the Swiss stronghold for classical music, made possible by its first-class institutions such as the Lucerne Culture and Congress Centre (KKL Luzern), with more than 500 events per year, the Lucerne Symphony Orchestra, founded in
1806, and the Lucerne Festival. The latter takes place three times a year and is one of the leading international classical music festivals. But visitors from all over the world come to Lucerne not only for the harmonious meeting of assorted instruments; the Villa Rachmaninoff and the Richard Wagner Museum are also great draws, exuding the elegance of days gone by.

Lucerne has transformed the city into a huge stage on which it not only sets the pace, but becomes a single symphony, musically and visually, framed by the picturesque Lake Lucerne and the mighty mountain ranges.

**KKL Luzern**
The Lucerne Culture and Congress Centre (KKL Luzern) celebrates its 25th anniversary this year. The concert hall is famous for its acoustics and has hosted many international stars.

**Richard Wagner Museum**
The German composer spent six years in Lucerne. The museum pays homage to him and his life's work.

**Festival hotel**
The Hotel Schweizerhof is a partner of the Lucerne Festival and, in addition to hosting concerts, offers unique accommodation with its artists' suites.

**To a great age**
The violin maker Antonio Stradivari worked until the age of 93. He made over 1,000 instruments, of which around 650 still exist, including 500 violins.

**Animal help**
Each bow consists of between 150 and 170 individual hairs from stallions, with no other animal hair as well suited for this purpose. Most often, the hair from the horse's tail is used.
SWISS WRITERS’ TRAIL IN OLTEN

The remarkable town of Olten is known as the most important and most central hub of the Swiss Federal Railways. But for some time now, it has been making a name for itself for something else entirely. There’s hardly any other city in Switzerland that has produced as many writers as Olten: Alex Capus, Franz Hohler, Pedro Lenz and many more. The Swiss Writers’ Trail tells their stories, which are closely linked to their character and the area. It is quite simple: scan the QR code and listen to over 70 stories on the idyllic trail along the Aare river and in the historic old town. Those who feel they still haven’t heard enough after the walk can visit one of the many events from May to November, celebrating Franz Hohler’s 80th birthday, for example, or the 7th Book Festival in Olten in November with authors from all over the world.

BASEL AUTUMN FAIR

When the fair bell in Martinskirchplatz rings at noon on the last Saturday prior to 30 October, it means it’s that time again: the Basel Autumn Fair is beginning. This tradition of ringing in dates back to 1471, when the first fair took place. It is not only the oldest funfair in Switzerland, but also the biggest. From 28 October to 12 November 2023, seven fairgrounds will draw in the crowds with a wide variety of rides, including the 55-metre-high Ferris wheel and the 85-metre-high drop tower. Those who prefer a more leisurely atmosphere can wander over to the Petersplatz or to the “Hääfe-limäärt” market with its large selection of high-quality artistic handicrafts. And, of course, no fair visit would be complete without a “Kääsbängel”, a baguette filled with melted cheese, and a “Mässmogge”, a hazelnut praline-filled sweet.
Solothurn is the most beautiful baroque city in Switzerland, combining Italian grandeur and French charm with the down-to-earth attitude of those in German-speaking Switzerland. While the magnificent baroque and religious buildings already have a few years under their belt, the Solothurn Baroque Days are still young and lively. Though the festival is only in its third year this summer, at this point it’s hard to imagine the city without it. There’s no better place in Switzerland to travel back in time than during this one week in Solothurn. From themed tours, concerts, lectures and performances to workshops and games – guests are even invited to attend the days in baroque dress. This year’s Solothurn Baroque Days will take place from 12 to 20 August 2023. Those who would rather not travel home in the evening can spend the night in one of the historic hotels in the old town.

In Locarno, not only does the sun shine for 2,300 hours a year, but each summer around 250 hours of film are shown on what is probably the most beautiful screen in Switzerland. At the Locarno Film Festival, a giant screen is raised in the middle of the Piazza Grande, with old town houses exuding their southern charm all around and stars twinkling over the heads of film fans at night. The film festival is among the most significant in Switzerland and also one of the oldest in the world. Since 1946, the best films have been honoured in Locarno every August – with the Golden Leopard the top prize today. Directors such as Claude Chabrol, Stanley Kubrick and Spike Lee were discovered in Locarno. Alongside the open-air cinema, films are shown in 13 other cinemas across the city, with more than 300 screenings in total.

Slip into baroque dress and journey back in time in Solothurn

Follow the Golden Leopard and take a seat in front of the open-air screen in Locarno
Find the answer for a chance to win a Victorinox Swiss army knife. Take part at: MySwitzerland.com/quiz
The soul of discretion: your concierge. Armed with plenty of advice and information, your concierge can tell your every wish from your eyes.

FAMILY DESTINATION

The Family Destination seal of quality is awarded to holiday resorts and destinations that tailor their offers to the needs and wishes of children and their families.

MySwitzerland.com/family
With its own museum, restaurant and youth hostel, Burgdorf Castle is somewhere families will happily spend some time.

**Immerse yourself in medieval life**
In a workshop lasting around three hours, children can learn about knightly virtues and slip into medieval roles. The right clothing and armour are naturally a must.

**Dine like a duke**
Adults will also find much to delight them at Burgdorf Castle. The rich history of the castle is shared in the museum, while visitors can dine like dukes in the restaurant or enjoy drinks in the wonderful castle garden.

**A night at the castle**
The youth hostel is right by the museum. The rooms have modern furnishings, wonderfully combining the past with the present. The princesses and knights of yesteryear would no doubt have loved to stay here!

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**Discover Burgdorf Castle and its activities**

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**SWISS CASTLES**

In Switzerland there are hundreds of castles and palaces from various centuries, 28 of which form the Association of Swiss Castles. A small selection for a truly special castle experience:

- The Hallwyl moated castle extends over three islands.
- Prangins Castle has a huge historic vegetable garden.
- The Stockalper Palace in Brig is a powerful secular baroque building.
- Werdenberg Castle invites you to enjoy a music festival in May/June.
Anyone wishing to spend the summer near the water need not seek out the ocean. There are countless beautiful holiday resorts to be found along the Rhine. Alongside a number of winegrowing villages and vineyards, there are also various campsites where not only families will feel at home. For visitors in search of adventure, a new camping experience is being launched this year: on the bike safari, the regions of Schaffhausen and Thurgau are explored not by car or jeep, but on a bicycle, as is typical for the region. What makes this so special: the cargo e-bikes feature a fold-out sleeping space for two people, with all the necessary camping equipment also included.

### Rhine Route no. 2: Kreuzlingen → Schaffhausen

- **Distance:** 48 km
- **Elevation:** 340 m

### Treetop Walkway Neckertal

**From treetop to treetop**

Climb up high in the trees, discover woodland animals or simply listen to the sounds of the forest: find all this and more at the Treetop Walkway Neckertal in the holiday region of Toggenburg. The path winds gently for 500 metres from the forest floor into the treetops of silver firs, sycamore maples, spruce trees and the like. From the viewing platform, a clearing in the trees reveals a view over the entire Neckertal valley to the Toggenburg Churfirsten peaks and into the Appenzellerland. Those in need of a light snack will find hot and cold dishes at the self-service bistro. Below the treetop trail, a forest adventure trail, barbecue areas and a dreamy natural pond await on the forest floor.
**Family outings by train, bus and boat**

**Bergün**

**Albula Railway Museum**

*Childhood dreams come true*

The Albula Railway Museum right next to Bergün railway station takes visitors of all ages back to the days of the railroad pioneers. Tunnels, viaducts and locomotives – this is also the world of Clà Ferrovia. The children’s conductor of the Rhaetian Railway tells stories and takes visitors on a journey of discovery and adventure.

שמור על מספר גם במהלך מסע תיירות

A simulator also lets you drive the legendary Crocodile locomotive along the Albula Line yourself.

**Lucerne**

**Swiss Museum of Transport**

*An experience for visitors of all ages*

It is the most extensive museum for mobility in Europe: the Swiss Museum of Transport in Lucerne presents a collection of over 3,000 items over more than 20,000 square metres of exhibition space. Visitors can put their own driving skills to the test on the train simulator.

Admission is half price with the Swiss Travel Pass.

**Montreux**

**Chocolate Train**

*A tempting train journey*

The Chocolate Train is an experience for everyone, especially aboard the opulent 1915 Belle Époque Pullman cars. The onward journey to the chocolate factory in Broc is by bus. A chocolate tasting marks the delicious highlight of the excursion.

Feel like Willy Wonka, even without a Golden Ticket.

**Lake Lucerne → Rigi**

**Family mountain**

Adventures on the Rigi

The journey up on the cog railway is an adventure in itself. Easy hiking trails, countless barbecue areas, playgrounds, the rope park, mini-golf at Rigi Kaltbad and a glimpse inside the Alpine cheese dairy make visiting the Rigi an exciting experience for all the family.

Travel free of charge with a valid Swiss Travel Pass.

**Lucerne → Engelberg**

**Globi Express**

*Fun on the go*

All Swiss children know Globi, the blue parrot wearing a beret and a pair of red and black checked trousers. The Globi Express on the Zentralbahn railway line takes young travelers on a great adventure into Globi’s own little world.

Solve the puzzle on the trip and win a great gift.

**Lucerne, Stans and Sarnen**

**Foxtail**

*A railway chase*

The Hermes Foxtail around Lucerne takes place on foot and on the Zentralbahn railway line. On the hunt for clues, you will learn fascinating facts about railroad construction during the chase, which takes between 2.5 and 3.5 hours.

The trail can even be completed with a pushchair in tow.

The most family-friendly ticket: with the Swiss Family Card, children accompanied by at least one parent travel free of charge throughout Switzerland from the age of 6 until they turn 16. The complimentary Swiss Family Card is available with any Swiss Travel System ticket.
Discover the diversity of Switzerland in eight stages over 1,280 kilometres. The Grand Train Tour of Switzerland combines the most beautiful panoramic routes in Switzerland and takes visitors to the top sights in comfort, complete with breathtaking views.

→ MySwitzerland.com/grandtraintour

### THROUGH SWITZERLAND IN 8 STAGES

1. **2 ¾h / 131km**  
   Zurich → Lucerne → Interlaken  
   Lucerne–Interlaken Express

2. **3 ¾h / 120km**  
   Interlaken → Zweisimmen → Montreux  
   GoldenPass Express

3. **2 ½h / 148km**  
   Montreux → Visp → Zermatt  
   Matterhorn Gotthard Bahn

4. **7 ¾h / 291km**  
   Zermatt → St. Moritz  
   Glacier Express

5. **6 ¾h / 154km**  
   St. Moritz → Tirano → Lugano  
   Bernina Express

6. **5 ½h / 182km**  
   Lugano → Bellinzona → Flüelen → Lucerne  
   Gotthard Panorama Express

7. **2 ¼h / 125km**  
   Lucerne → St. Gallen  
   Voralpen-Express

8. **2 ½h / 133km**  
   St. Gallen → Schaffhausen → Zurich  
   Thurbo Seelinie
**SPA & VITALITY HOTELS**
MySwitzerland.com/spa

Sauna, medical treatment or outdoor pool: guests of the Spa & Vitality Hotels relax amidst the most beautiful Swiss nature. The perfect choice for health-conscious travellers.

Chenot Palace Weggis
Weggis

**INSPIRING MEETING HOTELS**
MySwitzerland.com/inspiration

Host meetings against a beautiful mountain panorama, in a former monastery or in the hotel’s own gardens: Inspiring Meeting Hotels help promote successful meetings with their special locations and exceptional fringe programmes.

Château Salavaux
Salavaux

**SWISS BIKE HOTELS**
MySwitzerland.com/bikehotels

Trails, bike repair shop or in-house bike hire: Swiss Bike Hotels are ready to satisfy the adrenaline cravings of even the most ambitious cyclist.

Hôtel du Théâtre
Yverdon-les-Bains

**SWISS FAMILY HOTELS & LODGINGS**
MySwitzerland.com/familyhotels

Childcare, storytelling, cinemas or adventure playgrounds: the needs of your little ones are the focus for Swiss Family Hotels & Lodgings.

Parkhotel Brenscino
Brissago

**BOUTIQUE & DESIGN HOTELS**
MySwitzerland.com/boutiquedesign

High standards, clear design vocabulary and careful selection of materials: Boutique & Design Hotels are all about inspiring architecture and furnishings.

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Zurich

**SWISS HISTORIC HOTELS**
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Whether you choose a grand hotel from the Belle Époque or a baroque inn, guests at Swiss Historic Hotels sleep within walls that are steeped in history and can enjoy the atmosphere of a bygone era.

Villa Pineta
Fusio

**TYPICALLY SWISS HOTELS**
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Regional building style, traditional decor or a menu of Swiss specialities: the Typically Swiss Hotels – from aristocratic townhouses to country inns – are sure to please any fan of Switzerland.

Hostellerie du Pas de l’Ours
Crans-Montana

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Impressive architecture, excellent service, creative restaurant concepts: wishes are fulfilled in the Luxury Hotels & Homes.

The Omnia
Zermatt
The eight accommodation brochures can be found here.

You'll find the perfect room for every taste and preference.

All hotels and accommodations at a glance: MySwitzerland.com/hotels
**The power of water**

More than half of Switzerland’s electricity comes from hydropower. On average, water flows through a turbine ten times before leaving Switzerland.

**Mineral water**

Natural mineral water is the most popular cold drink in Switzerland. The per capita consumption of mineral water is around 100 litres per year.

**Fountains**

Fountains can be found almost everywhere, spouting pure drinking water to quench thirst whenever needed. The water from most fountains in Switzerland is drinkable, and they are regularly checked by the authorities.

**Trout**

Trout are highly sensitive creatures, so used in water treatment plants as indicators of clean water.

**Waterfall**

In summer, a water volume equivalent to 3,500 bathtubs tumbles over the Rhine Falls every second.

**Source of drinking water**

40% GROUNDWATER
40% SPRING WATER
20% LAKE WATER

**Thermal waters**

Lavey-les-Bains in the canton of Vaud has the warmest thermal waters in Switzerland. The thermal waters surface from two sulphurous springs at a temperature of 62°C and 70°C.

**Water in numbers**

- 170 Each day, the Swiss need around 170 litres of water a day for drinking, cooking, washing and cleaning.
- 193 At an altitude of 193 metres above sea level, Lake Maggiore is the lowest point in Switzerland.
- 1906 The Volksbad St. Gallen, built in 1906, is the oldest surviving indoor pool in Switzerland today.
- 65,000 Switzerland has a strong network of streams and rivers, with a total length of around 65,000 kilometres, and which includes 1,500 lakes.
- 88,797 Switzerland’s drinking water pipelines are over 80,000 kilometres long in total. They would encircle the Earth twice.

**Dive in, dive down**

**Cycle by the water**

SwitzerlandMobility’s Lakes Route takes you on a trip across Switzerland from Lake Geneva to Lake Constance on two wheels. The tour is 510 kilometres long and consists of ten stages.

**Sleep by the lake**

Almost every Swiss lake has a campsite. The most beautiful include Camping Delta in Locarno, Camping Gampelen on Lake Neuchâtel and Camping Silvaplana in the Upper Engadin.

**Swimming under a full moon**

At full moon, some indoor and outdoor swimming pools in Switzerland host a full moon swim, which in many places is also accompanied by a barbecue and music.

**Advice and booking**

We’ll be happy to help you plan your perfect holiday in Switzerland.

Call us on: 00800 100 200 30
Welcome to Switzerland
Grüezi! Bonjour! Buongiorno!

Take off and enjoy – with SWISS, Switzerland already begins on board. With authentic, regional products and Swiss hospitality, the time will quite literally fly by. Once on the ground, this leaves you free to dive into the numerous rivers and lakes and discover the waters of Switzerland.

AeroSHARK
Inspired by sharks

SWISS is the world's first airline to deploy the innovative AeroSHARK technology on passenger flights. The transparent riblet film applied to the aircraft’s fuselage and engine replicates the hydrodynamic skin of a shark and lowers both inflight fuel consumption and carbon dioxide emissions.

Every little counts
More sustainable air travel

Responsible travel starts at the planning stage. SWISS allows you to make your air travel more sustainable:

Sustainable aviation fuel
When booking your flight, offset the carbon emissions by purchasing sustainable aviation fuel.

Support myclimate
Make a valuable contribution by investing in climate protection projects run by respected Swiss foundation myclimate.

Land of water

SWISS serves the exclusive SWISS Altitude 1150 mineral water on board. It flows from a rocky spring in the Sernf Valley in Glarus, which is part of UNESCO World Heritage. Excursion tip: the views of the Tschingelhörner chain from Elm are stunning, while those keen for an immersive mountain experience can visit the slate factory.

Chocolate above the clouds

The SWISS mini chocolate bars are a token of appreciation for SWISS passengers and a delicious sample of one of the things for which Switzerland is known worldwide. Start your journey of discovery to Switzerland in style.

One ticket covers everything

With SWISS Air Rail, the boarding pass automatically doubles as a train ticket, allowing passengers to enjoy a comfortable journey and flexible ticket conditions. From Zurich Airport and straight on to Lucerne, Interlaken, Bern, Geneva or another destination. Simply book a flight connection to the respective railway station.

Convenient travel with luggage

SWISS is offering a new luggage check-in and delivery service in collaboration with AirPortr: check in your luggage at your SWISS departure airport and have it delivered directly to your accommodation in Switzerland. Upon departure, it will be picked up from an address of your choice and checked in for you.