

Summer & Outdoors

Where holidays are inspiring

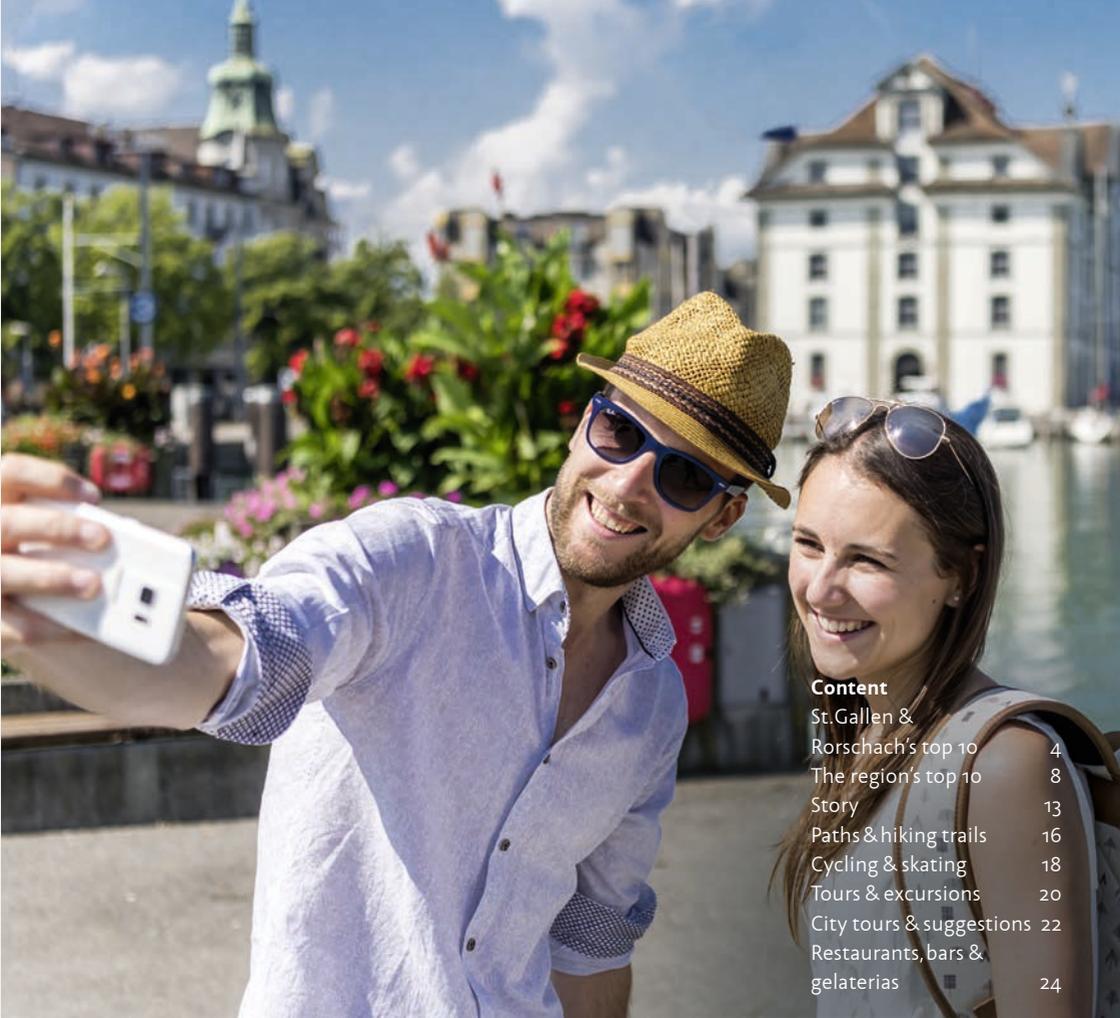
Switzerland.
get natural.




St. Gallen Bodensee
explore enjoy learn
www.st.gallen-bodensee.ch



→ Map in the final section of the brochure



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The most beautiful side of summer

When visitors and locals bask in the sun at Klosterplatz, gather around the wooden tables in the Old Town, and leap from the bathhouse into the refreshing water, you know that the most beautiful time of the year has arrived in the St.Gallen-Lake Constance region.

→ Find out more on the following pages

St.Gallen & Rorschach's top 10

Why not enjoy in the sun at a wooden bathhouse on piers in the water, enjoy a picnic surrounded by three ponds, or eat an ice cream on a red square? These places make the summer in the St.Gallen-Lake Constance region unforgettable.



1 Welcome to the red carpet!

Welcome to Switzerland's largest outdoor living room! The idea for the art project to create a "**City-lounge**" by covering public squares and streets in this district in red carpet originated from the renowned Swiss artist Pipilotti Rist and architect Carlos Martinez. Rist won the international City-People-Light Award in 2008 for her glowing moons.

Website st.gallen-bodensee.ch/stadtounge



2 Bask in the sun surrounded by three ponds

The "**Drei Weieren**" (Three Ponds) is St.Gallen's recreation area. Today, there are actually four artificial ponds located south of the Old Town on the slopes of the Freudenberg. In summer they are a popular excursion destination for swimming, sunbathing and picnics. Visitors can enjoy a wonderful view of the city – a UNESCO World Cultural Heritage site – and see all the way to Lake Constance.

Website st.gallen-bodensee.ch/weieren

3 Time out from the hustle and bustle

The city's park are an oasis of calm amidst hectic urban life. St.Gallen is home to the **Stadtspark**, between the Kunstmuseum and the Historische & Völkerkundemuseum, **Untere Brühlpark** near the Tonhalle, **Grabenpärkli** and its artistic Signer fountain, and **St.Leonhard-Park**. Stroll along the shore of Lake Constance in the **Seepark**. Pretty benches are inviting places to enjoy an ice cream or a snack.

Website st.gallen-bodensee.ch/en



4 A treat for the senses

Whether you prefer admiring the beautiful flowers or simply relaxing, an excursion to the **St.Gallen Botanical Garden** is worthwhile at any time of year – but especially in summer. This is when locals come here to stroll around or to read. The Botanical Garden, with its 8,000 different plant varieties, is not only a place of knowledge and learning, but also a treat for the senses.

Website st.gallen-bodensee.ch/en/finder-adventure-sgbt



5 Wild animals and panoramic views

Ibex, chamois, lynx, wild cats, deer, marmots and wild boar; **Wildpark Peter und Paul** on the panoramic hilltop of St.Gallen-Rotmonten, is home to all the Swiss native species. Worth a visit not just to see the animals; it offers views of Lake Constance, the Alpstein massif and, on a clear day, you can see as far as southern Germany and Vorarlberg. "Peter und Paul" is open all year round, entry is free.

Website wildpark-peterundpaul.ch





6 Bathing like in the olden days

The **Badhütte Rorschach** lakeside bathhouse, which was built in 1924, is the only remaining structure of its kind on the Swiss shore of Lake Constance. The wooden bathhouse is mounted on piers in the lake and can only be accessed via a bridge located on the shore. It is not only a tourist attraction, but also an important meeting point for the locals. In summer, the bathhouse is open every day from 8 am to 8 pm.

Website rorschach.ch/tourismus/badhuette



7 Church with panoramic views

St. Laurenzen Church is the second most important church in the city after the cathedral. The present building dates back to the 15th century, but it was altered extensively between 1850 and 1854 and is now a neo-Gothic basilica. The tower gives visitors a breathtaking view of the city and the UNESCO World Cultural Heritage site.

Website st.gallen-bodensee.ch/laurenzen



8 From tree to tree

Swing from treetop to treetop at dizzying heights at **Gründlenmoos rope park** in the city's west end. Hang, climb, balance – experienced and inexperienced climbers can swing their way through the park's seven courses of varying degrees of difficulty. And even fall a few times, too. The rope park is open from April to October.

Website gruendenmoos.ch/seilpark

9 Immerse yourself in the new bathing world

Whether you want to go bowling with friends, play mini golf with your family or relax in the spa with your partner, **Säntispark** in the St.Gallen town of Abtwil is the perfect place to spend a cloudy summer's day. The highlight of the recreational centre is the new water park with eight slides and a mountain and subterranean world – where both water and adrenaline flow in equal measure.

Website saentispark.ch



10 A boat cruise around Lake Constance

"You can see beautiful things when you take a boat ride on the lake": The words of this Swiss children's song are fitting; there are endless beautiful places of interest around Lake Constance. The best way to see them is by boat. From April to October, the scheduled boats operated by the **Swiss Lake Constance Navigation Company** travel between Rorschach and Romanshorn to the most popular excursion locations.

Website sbsag.ch



Explore our interactive online brochure



You can find more relevant information, tips, pictures, and videos in German, English, French, and Italian in our online version.

st.gallen-bodensee.ch/reader



The region's top 10

Barbecue with breathtaking views. Explore a crystal cave, pile dwellings, and a nature reserve. Or do you prefer hiking, swimming and relaxing? During the summer, the region offers all kinds of outdoor activities – here is a selection.



11 A picturesque village and impressive mountain view

With its rural traditions and quaint cobbled lanes, **Appenzell**, at the foot of the Alpstein mountains, is ideal for a leisurely shopping trip. The Appenzell region has three lakes, six aerial cableways, countless guesthouses, and the most dense network of hiking trails in Switzerland. Particularly worth a visit are the Hoher Kasten, the Kronberg or the Säntis – the highest mountain in the Alpstein massif.

Website appenzell.ch/en



12 Tigers, zebras, and a circus

The perfect place for explorers, animal lovers and the entire family lies in Gossau, not far from the city of St. Gallen. Walter Zoo is home to more than 500 animals including chimpanzees and snakes, as well as crocodiles and keas, Siberian tigers and donkeys. During the summer months, regular circus performances are held in a big top at **Walter Zoo**.

Website walterzoo.ch

13 Discover the lake region

There is a lot to explore around Lake Constance – whether on the German or the Swiss shore, whether on foot or by bike, boat, train, bus or with inline skates. Sights such as the Napoleon Museum in Salenstein, the pile dwellings in Unteruhldingen, and the Zeppelin Museum in Friedrichshafen, which owns the world's largest collection of historical and technological Zeppelin artefacts, are just some of what you will find.

Website bodensee.eu/en



14 Beautiful views of five regions

This is where the region shows off its greatest splendour – at least, when the weather is fine. The **Fünf-länderblick** (five-region viewing point) offers a fantastic panorama, and as the name suggests, you can see five regions from this spot: Vorarlberg, Bavaria, Baden, Württemberg, and Switzerland, of course. After a PostBus ride from St.Gallen, the Fünf-länderblick is easy to reach either by bike or on foot.

Website st.gallen-bodensee.ch/fuenflaenderblick



15 Out and about in the nature reserve

The **Eselschwanz** and **Bannriet nature reserves** in St.Gallen's Rhine Valley are excursion destinations for nature lovers who enjoy peace and calm. "Eselschwanz" is a nature reserve and amphibian breeding site of national importance, where specific habitats are maintained for amphibians and insects. "Bannriet" is a peatditch area with information centre, observation huts, and lookout tower.

Website st.gallen-bodensee.ch/naturschutzgebiete





16 A cave full of crystals

Stalactites, shiny crystals, and a small lake help create the magical atmosphere in the crystal cave that attracts thousands of visitors every year to **Kobelwald**, a hamlet near Oberriet in the St.Gallen Rhine Valley. The crystal cave is one of Switzerland's most beautiful tourist caves and is open from Easter to October.

Website kristalloehle.ch



17 Bobsleighbing down the Appenzell hills

Buckle up – it's a steep downhill ride on the **Kronberg** bobsleigh run. Visitors can ride down the run either two at a time or alone on a bobsleigh, taking curve after curve through the idyllic rolling Appenzell landscape. If you prefer less speed, there are other activities to enjoy on the Kronberg mountain, such as the rope park, fitness trail, or playground.

Website kronberg.ch/en



18 Postcard-perfect Alpine landscape on Chäserrugg

The Toggenburg region is located an hour from St.Gallen and offers a postcard-perfect Alpine landscape. An ideal spot for hiking and biking, swimming and paragliding. The **Chäserrugg** area is particularly beautiful. On the mountain of the same name, you will find the architecturally outstanding summit restaurant, an aerial cableway and numerous hiking trails.

Website toggenburg.org/en

19 Barbecuing with a view of the valley

Summertime is BBQ time. In the St.Gallen-Lake Constance region there are many pleasant **BBQ pits**. One of the prettiest is in Walzenhausen, canton of Appenzell Ausserrhoden; the "Steigbüchel" offers a unique view of the St.Gallen Rhine Valley. It is easy to access on foot from Walzenhausen, and there is wood available to use. Grab your sausages and matches, walk up to the BBQ pit, and enjoy!

Website schweizerfamilie.ch/wanderungen-ausfluege



© Michael Weber

20 View of the Bernese Alps

Why not visit the landmark of the small town of Wil and a unique wooden structure? The **Wiler lookout tower** lets you see all the way to the Bernese and Austrian Alps. When hunger sets in, you can roast sausages in one of the two nearby barbecue pits. Also worth visiting in Wil are the ponds and the picturesque Old Town with the Hof zu Wil, which is a historical monument of national importance.

Website wiler-turm.ch





At home on Lake Constance

On the water there is not a single day like the other says Daniel Giesen. And he should know. The 28-year old captain works all year round on Lake Constance, cruising between Switzerland, Germany and Austria. He reveals which journey he finds the most lovely and explains why he would never trade Lake Constance for the sea.

Not a cloud in the sky. The turquoise water glistens in the sunshine. Birds chirp, flowers nod in the breeze. The air smells of freshly-mown grass, of summertime. The mountain peaks visible in the far distance are still covered in snow. Daniel Giesen's workplace could hardly be more idyllic. He works at Lake Constance – or on Lake Constance, to be more precise. The native Austrian is a captain with the Swiss Lake Constance Navigation Company. Although he is only 28 years old, he already has many years' experience being in charge of boats. Giesen is a "lad of the lakes"; the water his element.

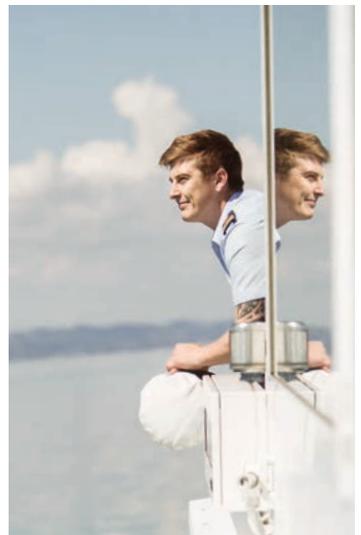
Enchanted bays, picturesque towns

Having grown up in the Austrian state of Vorarlberg, on the Swiss border, Daniel Giesen completed a carpentry apprenticeship after leaving school. "A lovely profession" is how he describes it. At noon on this particular day, the captain is sitting on a lakeside bench in front of the Swiss Lake Constance Navigation Company dockyard in Romanshorn. Wearing a short-sleeved t-shirt, his upper arms are tattooed and his eyes are a piercing blue. "After finishing my carpentry apprenticeship, I wanted to do something else," he explains. The lake was

calling to him. When Giesen signed up with a cargo shipping company, he trained to become a boatmaster in Austria and spent three years travelling around on the multi-ton shingle cargo ships. At the age of 21, he first took on the role of captain as he stood alone behind the wheel on the bridge. "It was sensational."

"Nothing can be compared to Lake Constance and its region."

In 2012, Giesen applied to work for the Swiss Lake Constance Navigation Company, where he passed through the different stages of the captain training course once again. He first worked as a deckhand, then as a sailor, an engineer and a cashier. He has been a captain since 2013. His duties as captain also include working in the dockyard. During the



winter months, the boats are spruced up, repaired and maintained. Once the weather starts to get warmer, Giesen swaps the workshop for the water. "I really like the variety in my job." And for him, nothing compares to Lake Constance. "Lakes like this have such strength. I'm fascinated every single day by nature and its power," he says. "When there's a storm, it feels as though I'm at the wheel of a toy boat. But we've learned how to handle such situations, of course, and we've never been in any real danger." Then there are days when the water is as smooth as glass, when there's not a breath of wind and the sun is reflected in the water. What he loves most, though, are the colours; sometimes Lake Constance looks dark green, sometimes blue, and sometimes turquoise. "There's nothing quite like it." Giesen also finds the region around Lake Constance unique. "There's so much to experience and see here. Enchanted bays along the shore, picturesque towns, historical bathhouses – and all of this with a magnificent Alpine panorama."

Close to nature

The captain's favourite route is the one on the Old Rhine, which is actually a river journey. It leads upstream to the small harbour town of Rorschach and on to the mouth of the Old Rhine in Rheineck, through the heart of a wild, enchanting nature reserve, where many protected animal species live. "Throughout the entire journey, the ship is only ten metres or so from the shore," explains the captain. "This means the passengers are very close to both the animal world and to nature." From the captain's bridge, he has a splendid view of the land and the water himself. He has seen deer swimming before on this route, as well as beavers and foxes, a wide variety of different birds, and pairs of swans. "I would really recommend this journey to every-

"I would really recommend a journey on the Old Rhine to everyone who loves nature and wants to experience something truly extraordinary in the Lake Constance region."

one who loves nature and wants to experience something truly extraordinary in the Lake Constance region." Just like the lake, this route changes from one day to the next. "You can travel along this route several times, and it will never become boring."

"The only thing you would see all day is water"

When he's not at work, Daniel Giesen spends his free time on the water, too. In the summer, he enjoys windsurfing and kitesurfing on Lake Constance. The 28-year-old has also travelled further abroad, including to Cambodia, Vietnam, Laos, Mauritius, Reunion, England and Ireland. He doesn't see the appeal in swapping the lake for the ocean, however, and living as a ship's captain on the high seas. "The only thing you would see all day is water. That's not for me." Daniel Giesen plans on staying here for a while longer yet. On his wonderful Lake Constance, which is sometimes dark green, sometimes blue, sometimes turquoise, with its view of the Alps, and where no two days are the same.

Paths & hiking trails

In the St.Gallen-Lake Constance region, there are actually 18 bridges to walk along, you can enjoy a stroll through picturesque vineyards or visit all the planets in our solar system along the planet path.

st.gallen-bodensee.ch/en/adventure/activities/hiking



Hiking trails with a view

Good weather is a must on these hiking trails, as both lead to the Drei Weieren (Three Ponds) area, where hikers are treated to an enchanting view of the city. The panoramic trail starts at the St.Gallen-Haggen railway station and leads along meadows and forests to the Freudenberg. The industrial- and nature-themed trail starts on the other side, near the Schwarzer Bären restaurant. Boards provide information about the coastline, where St.Gallen stood 20 million years ago, and about the "Drei Weieren" area, which evolved from being a water reservoir into a local recreation area.



Planet Trail

This trail is a journey of discovery through our solar system. The size of the planets and the distances between them are all to scale. It starts with the sun at the St.Gallen Botanical Garden, and the final destination is Pluto in Obersteinach. On the way there are not just planets to discover, but also many different places and animals, such as the Schloss Watt country estate or the Scottish Galloway cows and ostriches at the ostrich farm in Mörschwil.

St.Gallen Brückenweg bridge trail

St.Gallen is one of Switzerland's cities with the most bridges. It is no wonder that a special themed hiking trail was created. The Bridge Trail is an 8.2-kilometre-long hiking trail that starts at the St.Gallen-Haggen railway station and leads across 18 wooden and concrete bridges, viaducts, and hanging bridges through the lush landscape of the Sitter and Wattbach river nature reserve. A board provides information about the year of construction and the design of each bridge.



Goldach waterway

This themed trail starts with a refreshing arm and foot bath at the "Kneipp" fountain in Untereggen. It then leads along field paths to the Rantelwald forest and further along the river to Lake Constance. On route the walkers learn a lot about the water and its inhabitants – some of which they will even be able to observe, such as the vertebrates at the fish ladder in Goldach. The highlight for children is the adventure playground with a barbecue pit near the Kellen sports facility in Tübach.



Rheintaler Höhenweg

The "High Route" through the Rhine Valley consists of six daily stages and leads from Lake Constance through the orchards and vineyards to Sargans. It offers a scenic view of the valley plain and the surrounding Alpine landscape. The hike through the upland moors of the Alvier region can be combined with a visit to an Alpine cheese dairy located next to the trail. Those who wish can also visit the fortresses and castles along the route.



Cycling & skating

On two or eight wheels: With Lake Constance, the Rhine flat trails, Eastern Switzerland has all you need for the perfect active holiday.

st.gallen-bodensee.ch/bike
st.gallen-bodensee.ch/inline-skating



Lake Constance Cycle Path

The international Lake Constance Cycle Path is one of Europe's most beautiful cycle paths, with its gorgeous landscape and the many cultural highlights along the route. It starts in the German city of Constance, where the path runs along the shoreline in some parts, and also through orchards and historic city centres, nature reserve oases, and over an island into Austria, then on to Switzerland, and back again into Germany.



Heart Route

Delightful paths, places of historical interest, and magnificent views are what await you on the Heart Route – a cycle tour through Switzerland from Lausanne to Rorschach. However, the last part of the journey is particularly beautiful. The climb to St. Anton offers an impressive view of the St. Gallen Rhine Valley and the Vorarlberg Alps. It then continues past the high-altitude resort of Walzenhausen, through the small town of Rheineck on Lake Constance, and on to its final destination – the historical harbour town of Rorschach.

Orchard Route

This cycle route requires endurance – or an electric bike, as it involves a number of uphill sections. It begins in Arbon on Lake Constance, then takes you past fields and forests to Wittenbach and on to the UNESCO World Cultural Heritage site of St.Gallen. From here the trail heads towards Herisau, where you ascend the rolling foothills of Säntis. The destination of the second and final stage is Nesslau, with stops in Schwellbrunn and Hemberg.



Rhine Skate

The "Rhine Skate" is the most popular skating path in Switzerland and that really means something. It runs 125 kilometres along the Rhine dam waterway and Lake Constance, from Landquart to Kreuzlingen. Most of the path is closed to vehicles, making it perfect for family excursions. Thanks to the many stops on the nearby regional train routes and the good connections, the tour can be easily shortened.



Lake Constance Skate

Keep in shape with a never-ending view of the lake on this classic inline skating route. The Lake Constance Skate Route takes you from Rorschach to Kreuzlingen, travelling past beaches, lakeside restaurants, nature reserves, and idyllic places of interest. On a clear day, you can even see the Alpstein and Säntis mountain ranges between Rorschach and Romanshorn. The route is suitable for pushchairs.



Tours & excursions

Smart visitors not only travel around the Lake Constance region by train, but also by rack railway and boat. Here are the most beautiful sightseeing tours in the summer months – and why it can be worth seeing them by car, too.

st.gallen-bodensee.ch/tours



Tours through Eastern Switzerland

We also recommend visiting the St.Gallen-Lake Constance region by car. The “Grand Tour of Switzerland” has been launched – and takes you through Eastern Switzerland from Europe’s largest waterfall, through the small medieval towns of Schaffhausen and Stein am Rhein, and on to St.Gallen. Many of the interesting routes can also be completed by car, such as the “Textilland Explorer Tour”.

Website st.gallen-bodensee.ch/en/region-touring/touring



Panoramic journey with the Heiden railway

This tour begins in the small harbour town of Rorschach, from where visitors are taken by rack railway through the rolling Appenzell landscape to the Biedermeier village of Heiden. When the weather is good, the observation carriage offers a view of Lake Constance. Visitors are then spoiled for choice as they can choose to go on foot or take the bus to Rheineck in the valley below. From there, the train or boat takes the day trippers back to Rorschach.

A day trip to Appenzell

You round a corner and are astounded by another stunning Alpine panorama. The train ride from St.Gallen to Appenzell offers such wonderful views that passengers are reluctant to leave the train when they arrive in Appenzell. However, it is worthwhile paying a visit – even just to see the traditional timber-framed houses in this small, picturesque village. The return journey to St.Gallen takes you via Herisau. This route is just as beautiful as it winds down through the Appenzell hinterland and into the valley.



By train to the stone palaces

St.Gallen is the starting point for this tour, which takes you by train to the small harbour town of Rorschach. It then continues via rack railway into the Appenzell region to Heiden, and from there by PostBus to Trogen, where seven stone palaces around Landsgemeindeplatz are waiting to be discovered. They were built originally by the Zellweger family, who were textile merchants. The journey back to St.Gallen with the Appenzeller Railway is the final leg of this day trip.



From harbour town to harbour town

In the summer months, a boat travels several times a day from Rorschach to Lindau and back. The tour takes a good two hours. Those who stay on board, however, will miss out, as the harbour in Lindau is one of the most picturesque on Lake Constance. Enjoy a coffee, browse around the shops, experience the hustle and bustle in the harbour, or simply gaze at the surrounding mountains.



City tours & suggestions

Discover 111 Oriels, hidden treasures, historical washing places, and a textile heritage in St.Gallen and the region on foot with our city tours, by boat, or on the Oldtimer PostBus.



City and themed tours in St.Gallen

The hidden corners, lively narrow lanes, and quaint houses provide the perfect setting for a city or themed tour of the UNESCO World Cultural Heritage site of St.Gallen. Those who take the tour will discover why there are 111 oriels here, learn the secret to the unique taste of the local beer, and visit the largest outdoor lounge in Switzerland.

Website st.gallen-bodensee.ch/guided-tours



City and themed tour in Rorschach

Old factory buildings, historical bathhouse, splendid mansions, and secluded courtyards – those who take the city tour around Rorschach will enjoy all of this and more. You can also take the themed art tour “Kunst am See” from the Kornhaus to the Forum Würth. The meeting point is at the Tourist Information at Hauptstrasse 56, beside Rorschach’s harbour.

Website rorschach.ch/tourismus

Textilland Classic Tour

Visitors and locals alike can discover the region's rich textile history on the "Textilland Classic Tour". Beginning in St.Gallen at the Tourist Information, it takes you to the Textile Museum, on the Oldtimer PostBus to Arbon and the Saurer Museum, and by boat to Rorschach and the Forum Würth, before returning to St.Gallen.



Website textilland.ch/classic-tour

Detective trail and food trail

These trails turn the city into a playground. On the Detective Trail, follow the badger's tracks. Solve puzzles and crack codes in order to find the next hidden message. The Food Trail also takes you on a scavenger hunt – focused entirely on eating. The trail is designed for gourmets, with six St.Gallen specialities waiting to be devoured.



Website st.gallen-bodensee.ch/foodtrail
st.gallen-bodensee.ch/detekktivtrail

Holiday Pass of Lake Constance/ Euregio Lake Constance Pass

Gain admission to 160 excursion destinations in four countries with one ticket. With the Holiday Pass of Lake Constance, visitors can discover the most beautiful places of interest around Lake Constance for free or at a discounted price. And to keep your travel costs down, you can also purchase the Euregio Lake Constance Pass, which is valid on more than 4000 kilometres of bus, rail and ferry routes.



Website bodensee.eu/en

Restaurants, bars & gelaterias

There is nothing nicer than sitting outside in the summer, drinking a cold beer or sipping a cocktail, eating an ice cream or enjoying a tasty meal. There are several restaurants ideal for day trips, but only a few that offer a view of the mountains, lake or city.



21 Excursion restaurants with a view of the city

The "Drei Weieren" is St.Gallen's local recreation area, and appeals to swimmers and gourmets alike. The Dreilinden, Scheitlinsbüchel and Falkenburg restaurants will satisfy your hunger with their regional and seasonal dishes – high up over the city offering a view of the UNESCO World Cultural Heritage site.

Websites restaurant-dreilinden.ch, scheidlinsbuechel.ch, falkenburgsg.ch



22 Lake views with lush surroundings

An impressive view of Lake Constance, a large garden for relaxing, and a diverse menu: Restaurant Guggeien Höchst is an ideal excursion destination in the summer. It is perfect for families as there is a large playground on the edge of the forest to keep younger ones amused.

Website guggeien.ch

23 Eating in the wildlife park

The Wildpark Peter und Paul wildlife park lies on a hill, north-east of the city centre. It is home to deer, wild boar, lynx, ibex and marmots. At the edge of the park you will find the restaurant of the same name offering outstanding cuisine, plenty of outdoor seating, and an expansive view of Lake Constance.

Website peterundpaul-sg.ch



24 Bars in the Bermuda Triangle

The north-end of St. Gallen's Old Town is where the city comes to life at night. Here in the so-called "Bermuda Triangle", there are more than 20 small and large bars. Whether you like alternative, modern, traditional, rock or chill-out music, and want to dance, drink, chat or party, each of these bars is worth paying a visit. On mild summer evenings, the party moves outside into the narrow alleyways.

Website bermuda3eck.ch



25 Organic ice cream in the bar district

Summer time is ice cream time. The Eiscafé Gekko ice cream café is located in the north-end of the Old Town, in the heart of the bar district. This gelateria is famous for its home-made ice cream varieties using natural ingredients only. Eiscafé Gekko also offers vegan ice cream and two or three very special creations.

Website eiscafe-gekko.ch





26 Italianità in the harbour town

Café La Vela in the small harbour town of Rorschach is the best place to savour authentic Italian speciality coffees. Cannoli, stuffed code d'aragosta and sfogliatelle are all made at the establishment's own pasticceria. Next door, the Gelateria Bongusto offers ice cream specialities from Rimini. A visit to both places is like taking a quick trip to Italy – but with a view of the lake rather than the sea.

Website lavela.ch/bongusto.me



27 Beach vibes on the shores of the lake

Cold drinks, BBQs, snacks, sun loungers, and chill-out music: The lakefront Tiki beach bar in Goldach is open every day in the summer, weather permitting. It is a popular meeting point for locals from all over Eastern Switzerland, which is not surprising, as no other place that is not by the sea could feel more like the beach than this.

Website tikistrandbar.ch



28 Chic and stylish

The stylish Al Porto Lounge with its palm trees and lake view by the harbour in Staad is the ideal spot to enjoy an aperitif or cocktail. The bar also has a restaurant serving Italian delicacies, and events are held here regularly, as well.

Website alportolounge.ch

29 Spacious terrace, fresh fish

Fresh fish from Lake Constance, seafood, meat specialities, special seasonal dishes, a waterfront location and a spacious terrace are what you can expect at Restaurant Rheinspitz in Altenrhein. The Markthalle is also located nearby – the only building in Switzerland designed by the world-renowned artist Friedensreich Hundertwasser.

Website rheinspitz.ch



30 Hearty fare and heavenly views

Prepare to be left speechless by the view. Those who visit Steiniger Tisch – a popular excursion restaurant – can enjoy a view of the mountains and lake as well as a splendid panorama of the surrounding vineyards. It is worth visiting the Steiniger Tisch not only for the view, but also from a culinary perspective if you appreciate hearty, home-style cooking.

Website steinigertisch.ch



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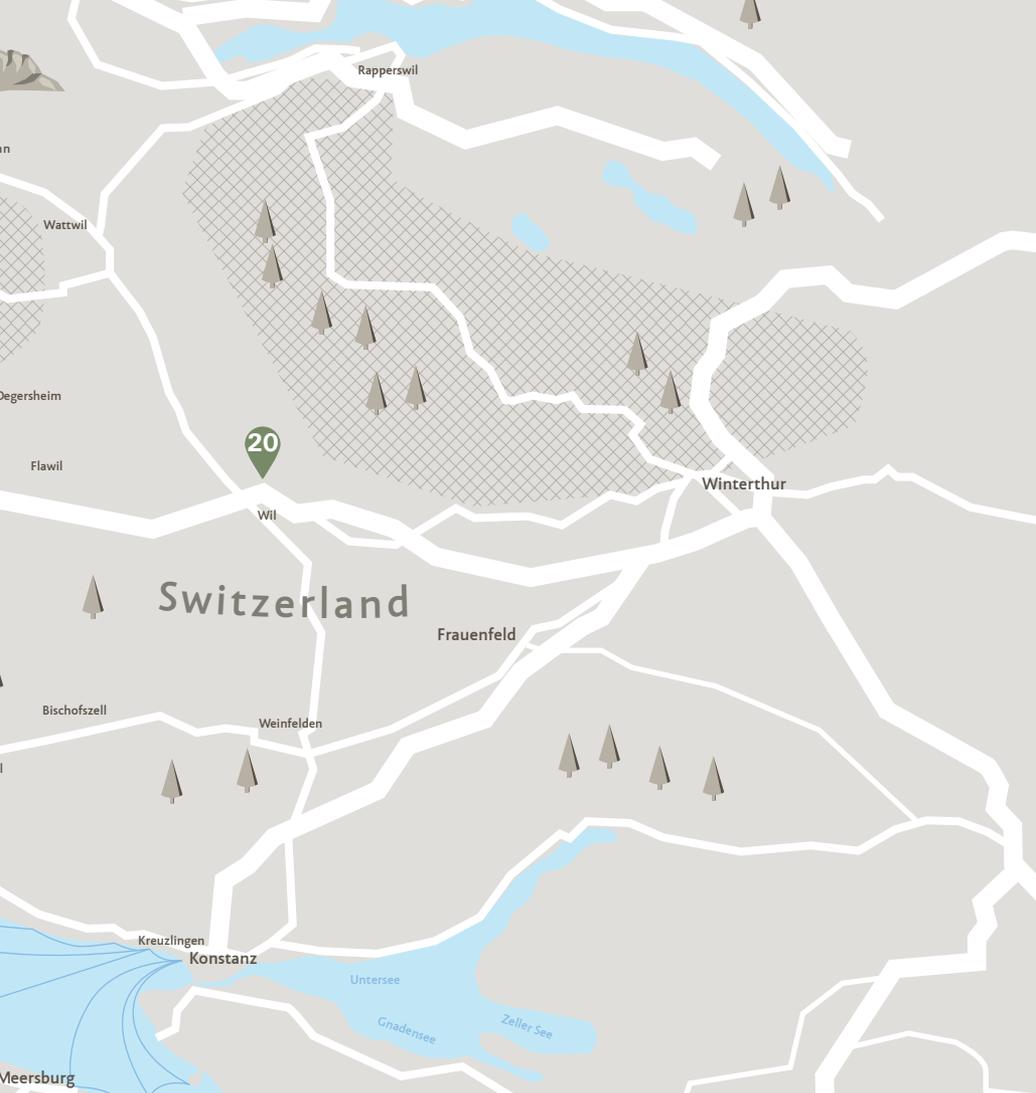
Additional tips

| | | |
|---|---|--------------------|
| 1 Restaurant Focaccia | Metzgergasse 22, 9000 St.Gallen | Tel. 071 220 16 15 |
| 2 Bar Don Pedro | Schmiedgasse 19, 9000 St.Gallen | Tel. 071 223 18 49 |
| 3 Restaurant Windegg | Windegg, 9404 Rorschacherberg | Tel. 071 855 30 41 |
| 4 Öskis Fischbeiz (famous for its crispy fish) | Seestrasse 10, 9323 Steinach | Tel. 071 446 19 77 |
| 5 Weinstein Castle | Weinsteingasse 219, 9437 Marbach | Tel. 071 777 11 07 |
| 6 Restaurant Waldegg | Waldeggstrasse 977, 9053 Teufen | Tel. 071 333 12 30 |
| 7 Weekly market in St.Gallen | every Wednesday and Saturday, near the Vadian monument at Marktplatz | |
| 8 Weekly market in Rorschach | every Tuesday and Saturday, at Marktplatz | |
| 9 Flea market in St.Gallen | on the first (at Gallusplatz) and last Saturday (St.Mangen district) of every month | |



- 3 Seepark Rorschach lakeside park
- 6 Rorschach lakeside bathhouse
- 10 Lake Constance Navigation Company
- 11 Appenzell village
- 12 Walter Zoo

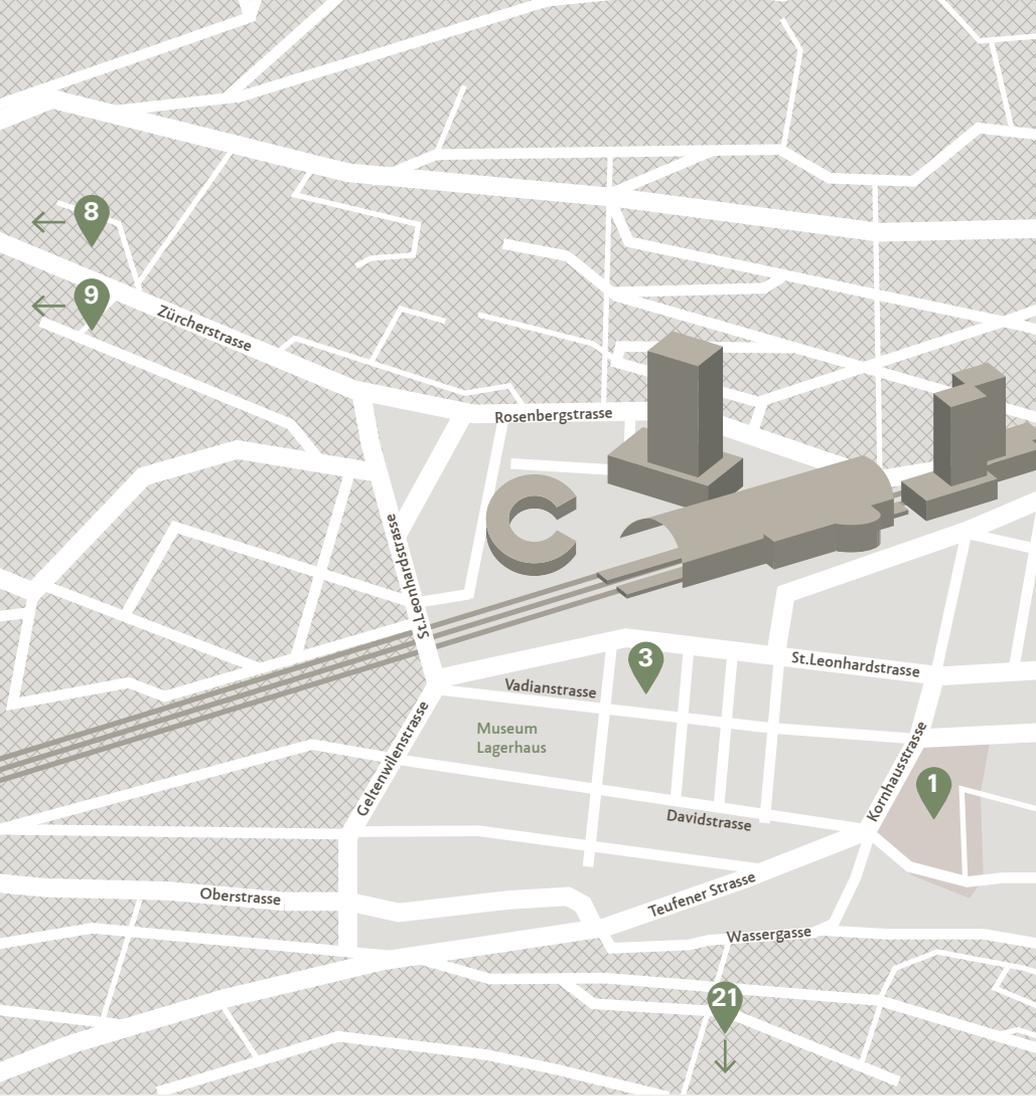
- 13 Lake Constance Discovery Region
- 14 Fünfländerblick (five-regions viewing point)
- 15 Eselschwanz & Bannriet nature reserves
- 16 Kobelwald crystal cave
- 17 Kronberg bobsleigh run



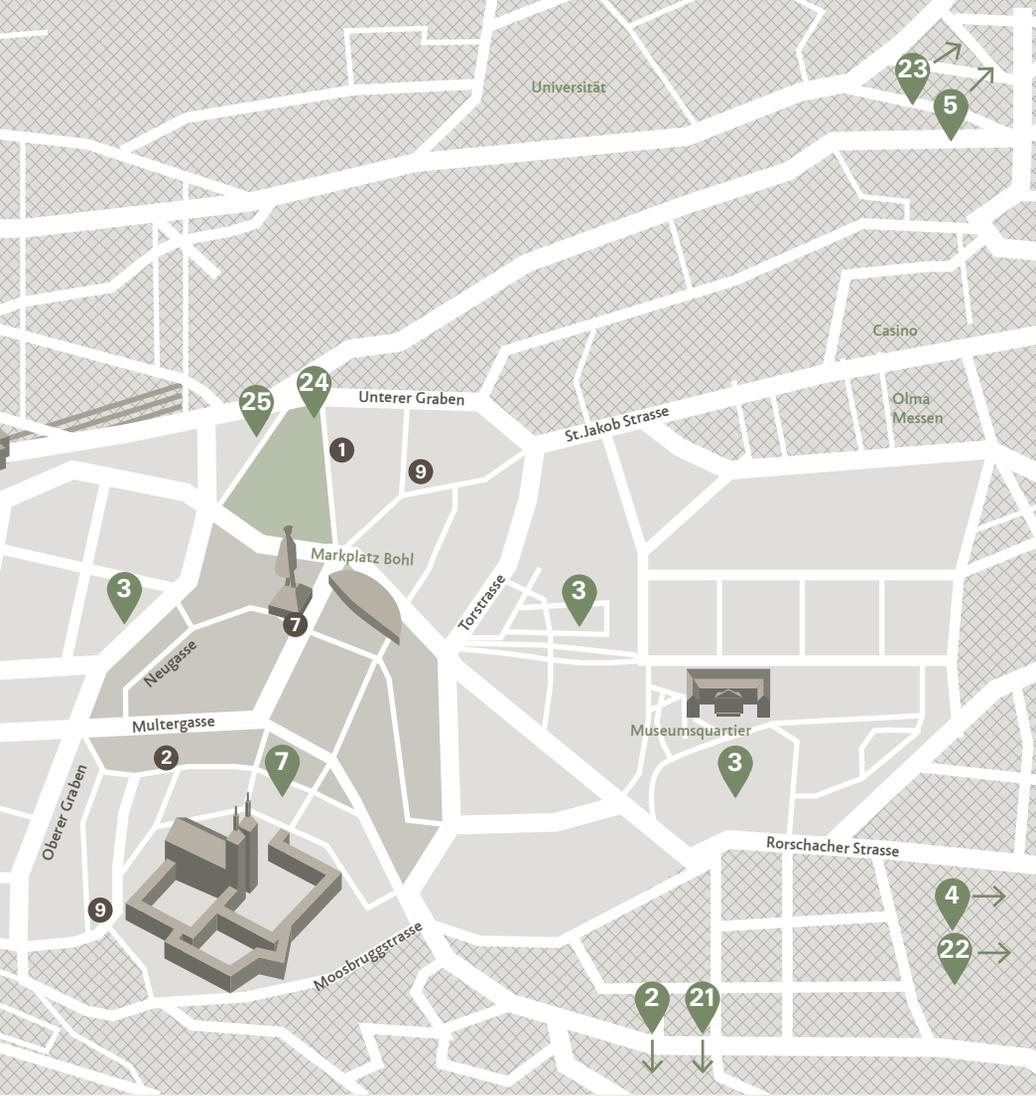
- 18 Chäserrugg
- 19 Barbecue pits in the region
- 20 Wiler lookout tower
- 26 Café La Vela / Gelateria Bongusto
- 27 Tiki beach bar
- 28 Al Porto Lounge

- 29 Restaurant Rheinspitz
- 30 Restaurant Steiniger Tisch
- 3 Restaurant Windegg
- 4 Öskis Fischbeiz
- 5 Weinstein Castle
- 6 Restaurant Waldegg
- 8 Weekly market in Rorschach

Map of the city →



- | | | | |
|---|---|---|---------------------------------|
| 1 | Citylounge | 4 | Botanical Garden |
| 2 | Drei Weieren (Dreilinden) | 5 | Peter und Paul wildlife park |
| 3 | Parks: Stadtpark, Unterer Brühlpark, Grabenpärkli, St. Leonhard-Park | 7 | St. Laurenzen Church |
| | | 8 | Gründenmoos rope park |
| | | 9 | Säntispark |



21 Restaurants Dreilinden, Scheitlinbüchel and Falkenburg

22 Restaurant Guggeien Höchst

23 Restaurant Peter und Paul

24 Bermuda Triangle

25 Eiscafé Gekko ice cream café

1 Restaurant Focacceria

2 Bar Don Pedro

7 Weekly market in St.Gallen

9 Flea market in St.Gallen at Gallusplatz

9 Flea market in St.Gallen, St.Mangen district

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