8 stages of the E-Grand Tour

1. Rhine Falls → Zurich → Appenzell
2. Swiss Tectonic Arena Sardona → Appenzell → St. Moritz
3. Rhine Gorge → St. Moritz → Lugano
4. Gotthard Pass → Lugano → Zermatt
5. Terraced vineyards of Lavaux → Zermatt → Lausanne
6. Jura Vaudois Nature Park → Lausanne → Neuchâtel
7. Gruyères Castle → Neuchâtel → Bern
8. Emmental show dairy → Bern → Zurich
The relaxing way to travel without luggage:
Swiss Federal Railways will transport your luggage from station to station or even from door to door.
sbb.ch/luggage

Testing for peace of mind:
flyender performs rapid RT-PCR tests at Zurich Airport for carefree travel.
flyenderdiagnostics.com

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  - Nights in the mountains
    - 6

- **Saas-Almagell**
  - Mornings at the world’s end
    - 8

- **Radons**
  - Simply patgific!
    - 10

- **Lugano**
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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

Cycling through the Lavaux wine-growing region by Lake Geneva.
© Lorenz Richard
On my return to Switzerland, I could hardly believe my eyes: so many rivers and lakes – a real paradise for us beavers. And I wasn’t surprised to hear from our friends, the marmots (p.8), that they also like it here at higher altitudes.

On mild summer evenings, there’s nothing I like better than splashing about in the river. Occasionally I spot people pedalling away like mad, presumably because they’re getting close to their destination: the next big city (p.28). I’m not such a fan of big cities myself, but as a master builder in my own right, I find the historic buildings quite fascinating (p.32). And, even though my home is my castle, I sometimes get the urge to travel and I pay a visit to my friends in Ticino (p.18) or in Western Switzerland (p.24). My attempts to chase down the passing boats there (p.20) always come to nothing, however – I guess a bit more exercise wouldn’t hurt, after all (p.54).

Who knows? Maybe I’ll see you on my next swim. If I do, I’ll tell you more about the local landscapes and the creatures that live there (p.48). Did you know that one third of Switzerland is covered by forest? Besides the water, that’s another good reason why I chose to make my home in Switzerland.

Safe travels!
Bruno
Staying up in the mountains until day meets night and the two then part ways again the next morning will allow you to recognise the energy to be found here.
The longer your stay, the more you’ll see: starry skies above the Aletsch Glacier.
FOLLOWING THE SUN

Epic sunrises
From the Fiescheralp, the cable car departs for the Eggishorn viewing point. There, the 20-kilometre-long Aletsch Glacier is bathed in the rosy light of the summer dawn.

Power spots
The family-friendly circular trail starts from the Eggishorn. If you pause along the way, you’ll feel the positive energy from the earth radiating at the power spots.

Terrace with 360-degree panoramic views
Treat yourself to a break on the sun terrace of the Horli-Hitta, soak up some sun and feast on a Valais platter.

A night under the stars
The evening spectacle can be viewed from the comfort of the Cube Aletsch container with hot tub: the last rays of sun light up the surrounding mountain ranges and the Aletsch Glacier, and set the scene for the starlight parade.

Hiking tip: Eggishorn circular trail

<table>
<thead>
<tr>
<th>Duration</th>
<th>Distance</th>
<th>Elevation Gain</th>
<th>From → To</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.20h</td>
<td>24m</td>
<td>2,874m</td>
<td>Eggishorn → Eggishorn</td>
</tr>
</tbody>
</table>

Dive deeper into the Aletsch Arena →

Hiking tip: Gastlosen tour

<table>
<thead>
<tr>
<th>Duration</th>
<th>Distance</th>
<th>Elevation Gain</th>
<th>From → To</th>
</tr>
</thead>
<tbody>
<tr>
<td>4h</td>
<td>760m</td>
<td>1,921m</td>
<td>Jaun → Chalet du Soldat → Musersbergli</td>
</tr>
</tbody>
</table>

The Gastlosen range by evening light

Hiking tip in the Lauterbrunnen Valley

| | | |
|-----------------|-----------------|
| 3.5h | 370m | 1,955m |
| 9.5km | Sulwald → Lobhornhütte → Grütschalp |

Breakfast with freshly baked bread from the hut’s own wood-fired oven

The rustic Lobhornhütte is located on a high plateau above the Lauterbrunnen Valley. It scores top marks for the unique view of the nearby ice giants of the Bernese Alps and for its authentic Nepalese chai.
Albert-Heim-Hütte SAC
2,542m a.s.l.

In the shadow of the Galenstock, the recently renovated and extended Albert Heim Hut perches on a prominent rocky outcrop above the Furka Pass. The short ascent also makes this a popular hiking destination, even for families.

Hiking tip: Andermatt holiday region

- ☺ 2.5h ▲▼ 435m ▼ 2,542m
- ⇔ 6.8km Tiefenbach ⇔ Albert-Heim-Hütte
- ☺ A Friday feast on selected dates

Berghaus Diavolezza
2,988m a.s.l.

When the last of the sun’s rays bathe the white peaks of the Bernina massif in a soft red glow, it is quiet around and about the mountain inn. Overnight guests then have the magic of the majestic mountains all to themselves, no matter whether they’re in a 16-person loft or in a double room.

Hiking tip in the Diavolezza

- ☺ 1.5h ▲▼ 240m ▼ 3,206m
- ⇔ 3.9km Diavolezza ⇔ Munt Pers
- ☺ View of the glacier-studded mountain range

Capanna Monte Bar SAC
1,602m a.s.l.

A fantastic view of the Denti della Vecchia, the sea of lights of Lugano and the lake of the same name – the Capanna Monte Bar is both an inn and a lookout point. The modern building, which towers over the Val Colla, has rooms with two, four and six beds.

Hiking tip: Val Colla

- ☺ 5h ▲▼ 1,000m ▼ 1,814m
- ⇔ 3.9km Corticiasca → Cap. Monte Bar → Corticiasca
- ☺ Goat’s cheese from Alpe Rompiago
It is the mornings that are most memorable. When the stillness of the night clings to the rock faces and the morning sun paints its colours on the Mischabel mountain chain. In these morning hours, the Almagellerap in the Saas Valley seems very far away. In reality, it can be reached in just over an hour from Furggstalden above Saas-Almagell via the adventure trail.

However, such details are of no interest to anyone up here at 2,200 metres above sea level. Since 1910, when the mountain hotel was built in the midst of steep cliffs and mountains, mountaineers have found a tiny world of their own on the alp, far away from everyday life. Urs Anthamatten, a retired teacher who shows his guests great hospitality, has also been part of this world for many years.

The alp can only be reached on foot – via numerous ladders and steps, as well as two suspension bridges. A helicopter flies up from the valley in the event of emergencies and to bring supplies; otherwise, nothing can be heard except the whistling of the marmots. But if you listen closely, you will hear one or two stories from the wind, the mountain or Anthamatten. Among them, the tale of the marmots, which in the Saas Valley belong to the local communities and not to the state. The reason for this is that in the past, the marmots were not only shot to regulate the population, but primarily for their meat and fat. That is why the people of Saas have defended their rights over the centuries, so that to this day only hunters who live in the Saas Valley are permitted to shoot marmots.

Marmot meat is not served by Anthamatten. The story goes that his godfather, who used to run the hotel, would go for walks with the little animals in the morning hours. Urs Anthamatten prefers to sit around the table with his team and guests in a convivial atmosphere in the evenings, enjoying the last light as it sweeps over the mountains before night falls.
On the adventure trail

Furggstalden → Almagelleralp

1.3 h  2.8km
479m  2,194m

4,545m a.s.l.
is the height of the Dom, making it the highest mountain which is located entirely within Switzerland’s borders.

The name Mischabel could be derived from “Mistgabel” (meaning pitchfork), with the Täschhorn, Lenzspitze and Dom forming the three prongs of the fork.

Well-secured passages between the rocks and two 50-metre-long suspension bridges.

The canon of Sion, Joseph Anton Berchtold, ventured to the Mischabel massif in 1833 to carry out surveying work and gave the middle peak the name Dom.

Find out more about the adventure trail →
In Graubünden, a region of harsh mountain ranges, idyllic alps and crystal-clear lakes, patgific is a way of life for the easy-going locals.

Open the shutters in the mornings to breathe in the cool mountain air, feel the sun’s warming rays on the tip of your nose and listen to the soft babbling of the stream. Close your eyes and savour the moment. After all, the day is still young and nature is in no hurry. There’s a word for this in Graubünden: patgific. Like hygge in Denmark or savoir-vivre in France, the Romansch expression describes a feeling of comfort and a positive attitude. In the natural surroundings of Graubünden there are also many instances where relaxed moments prevail over the hustle and bustle, allowing you to appreciate the simple things in life. For example in Radons above Savognin. Here you can smell the scent of the Swiss stone pine and hear the echo of the mountains.
Just relax

Doing nothing isn’t the only way for the body to unwind – taking exercise in the great outdoors can help too. The hike from Somtgant middle station towards Radons is leisurely enough to produce that patgific feeling.

Breathe

You’ll feel like you’re in an eagle’s nest as you look out over the valley and the mountains of the Surses from the Crap Farreras viewpoint. A barbecue area, table and benches – what more could you need for a pleasant picnic on the summit?

Take your time

Stop and take it all in at your own pace, even if time is pressing; with the summit book that can be found by the flagpole on Crap Farreras. Don’t forget to make your own entry too!

Enjoy

The scent of the Swiss stone pines not only pervades the natural surroundings, but also the rooms of the Berghuus Radons: after a meal in the pine-panelled dining room, be sure to try the homemade schnapps made from stone pine cones.

Still not enough patgific for you?

More experiences

Hiking in Ruinaulta

Along the Rhine Gorge, there are plenty of pleasant spots to enjoy a barbecue and dip your feet in the water.

Railway trip across the Landwasser Viaduct

The viaduct is 142 metres long and 65 metres high, and leads directly into a tunnel in the rock face.

Wildlife watching

Hear red deer call and marmots whistle, and watch the bearded vultures circle in the Swiss National Park.

All 12 experiences for that patgific feeling:
graubuenden-erleben.ch/patgific
Take off in Lugano:
on board the funicular
to Monte Brè.

Escape from the city
to the mountains

Lugano, Lugano. Casual, with a Mediterranean flair. The biggest city in Ticino, southern Switzerland. Pretty villages nestled on the subtropical lake shore, piazzas, markets. Vitamin D – Lugano has plenty of trump cards up its sleeve. One of them even makes this southern Swiss city feel like a mountain village: its location between the two main peaks of Monte San Salvatore and Monte Brè.

The funicular on Monte San Salvatore has been carrying day trippers and sun worshippers up to the top of Lugano’s landmark peak – also known as Switzerland’s Sugar Loaf – at 30-minute intervals since 1890. It all happens so fast that you get the feeling of being beamed into another world: after travelling just 12 minutes from Lugano, your eyes will be spoiled with a 360-degree view of the lake, the city and the almost surreal Alpine panorama – a total of 16 glaciers can be admired from the terrace. The funicular route is not electrified and is a unique feat of engineering: the two cars are connected solely by a 1,650-metre-long cable with a diameter of 33 millimetres, which drives the funicular.

The funicular service to the top of Monte Brè was inaugurated in 1908. That’s when the idea of offering the people of Lugano a high-altitude retreat and a place to cool off on the local mountain – known as the sunniest mountain in Switzerland – during the hot season was first conceived. It all happens at lightning speed: the train covers the 1,599-metre-long route in less than ten minutes. Hikes, mountain bike tours or insider tips for southern style cooking: encounter an abundance of adventure and contrasting city/mountain experiences in the Lugano Pre-Alps. After all, aren’t we all looking for increasingly striking contrasts these days?

It is a short walk of around 20 minutes from the upper station to the village centre of Brè, where the streets are decorated with artistic flourishes and sculptures.
Breakfast
Graubünden
mountain cheese
Semi-hard cheese
Region: Graubünden
Maturing time: 6–9 months

Afternoon snack
Sbrinz AOP
Extra-hard cheese
Region: Central Switzerland
Maturing time: 18–36 months

Mid-morning snack
Emmentaler AOP
Hard cheese
Region: Canton of Bern / Swiss Plateau
Maturing time: at least 4 months

Lunch
Tête de Moine AOP
Semi-hard cheese
Region: Jura
Maturing time: at least 3 months

Supper
Raclette du Valais AOP
Semi-hard cheese
Region: Valais
Maturing time: at least 3 months

It’s always cheese time!
**Mystery Tour**

The “Drei Weieren” (Three Ponds) are an iconic part of the St. Gallen cityscape, as well as the best vantage point for viewing the valley floor. They are also extremely popular because the Mühleggbahn railway makes it so easy to get there. The development of the railway provides contemporary evidence of technical progress: When it opened in 1893 it still ran on the weight of water, but by 1950 it had moved over to electrically powered cogwheels. It has been a funicular railway since 1975 and has been faithfully serving its passengers ever since, whisking them away to the St. Georgen district after work, before school or for an aperitif. For those who enjoy running, we recommend the way back to the city via the 350-metre-long Mülenen Gorge, an idyllic footpath surrounded by nature along the Steinach and packed with relics of St. Gallen’s history: Gallus is said to have stumbled over the famous stone at the end of the valley, which prompted him to found his hermitage here.

**Green Mountain**

Legend has it that the noble massif between Lake Lucerne, Lake Zug and Lake Lauerz owes its majestic name to the monk Albrecht von Bonstetten from Einsiedeln. He is said to have called the Rigi “Regina montium”, Latin for “Queen of the Mountains”, around 1497. The pioneering work, at least, is undeniably real. The Vitznau-Rigi Kulm cog railway was opened in 1871 as the first mountain railway in Europe, and four years later it was connected to Arth-Goldau. The line was electrified in 1907 – as the world’s first standard-gauge cog railway. When it comes to sustainability, the Rigi Railway has pushed the envelope here too: the braking energy on the descent is fed back into the railway’s own grid by its new trains and is used to power trains travelling uphill. Whether you choose to travel in one of the ultra-modern and resource-saving cars with panoramic lowering windows or prefer the nostalgia of historic carriages – a ride on the “Queen of the Mountains” leaves you plenty of choice.
Switzerland is Europe's water reservoir. With a total length of 61,000 kilometres, the 1,500 lakes and rivers here offer plenty of scope for adventures in, on or by the water.
What an achievement: a mixture of relief and pride after the last jump while canyoning in Ticino.
A paradise for adrenaline junkies

The Riviera Valley in Ticino is characterised by thundering water, turquoise river basins and impressive rock formations. Hidden gorges and untamed nature provide the perfect setting for adventurous canyoneers.

Suit up
Your heart will start to race before the first of the sun’s rays have even reached the gorge. With a helmet on your head, non-slip shoes on your feet, neoprene and a climbing harness on your body, your canyoning adventure in the Riviera Valley can begin.

Warm up
A short hike to the top of the Boggéra Gorge will warm you up and feed your sense of anticipation.

Abseil
Canyoning is out of the question without a rope. That’s why rope skills need to be learned. Newbies get to practise abseiling on an easy descent. If you stick to the rules and follow the tips from your experienced guide, you can enjoy an adrenaline rush in a safe atmosphere.

Slide
Head down, close your eyes and push through! These naturally formed slides require a little effort to negotiate, but at the same time leave you wanting more.

Jump
Leaping five or more metres into an abyss takes some nerve. But anyone brave enough to try can be quite proud of themselves after having done it. And for anyone who is afraid of jumping, you can choose to abseil at any time.

Safety first
High-risk and outdoor sports are subject to licensing obligations in Switzerland. This means that canyoneers can seek out providers who guarantee safety and quality standards according to ISO standards.

…and relax
After the adrenaline rush, treat your body to some R&R and spend the night at the Ostello Cresciano.
Jump styles

- **Ripper**
- **Brauni**
- **Yogi Cannonball**
- **Chair**

Water splash height:
- < 2m
- < 4m
- > 4m

Easy  Medium  Hard
Full steam ahead!

What floats, weighs about the same as a blue whale and will be 110 years old this year? Answer: the “Neuchâtel”, the last steamer in the Jura & Three-Lakes region. Hair blowing in the wind, rhythmic hissing in your ears and gentle puffs of steam mixing with the sunlight against the blue of the sky and the lake. The fact that this 46-metre-long paddle steamer still transports up to 300 people over the waters of Lake Biel, Lake Neuchâtel and Lake Murten from Wednesday to Sunday in the summer months is quite extraordinary. In the meantime, you could enjoy the fresh lake air over a plate of crispy fish on board the “Neuchâtel” as it lies at anchor in Neuchâtel’s harbour.

The last Belle Époque semi-saloon steamer in Switzerland was built in 1912 by Escher Wyss AG in Zurich. Since the “Neuchâtel” has a folding funnel, removable fans, and a saloon built particularly deep into the hull, it can sail under all the bridges on the Zihl and Broye canals. From 1913, it operated daily between Neuchâtel and Biel – but just one year later this timetable came to an abrupt halt, and the route was reduced to warm Sundays. Regular service resumed from 1961, then the steamer was taken out of service again in 1965 due to reduced demand, and mothballed in 1969 after boiler damage: the “Neuchâtel” never had it easy.

From then on it spent its days in the harbour at Neuchâtel as a restaurant ship, until 1999 when it was bought by the newly founded Tripavor association. The association pursued the enthusiastic goal of putting the vessel back into service. However, because the original engines of the “Neuchâtel” had been scrapped during its conversion to a restaurant, replacements had to be found. Luckily, the steamer has a number of foreign cousins: the preserved engine of the “Ludwig Fessler” paddle steamer, which still operates on Bavaria’s Lake Chiemsee, offered a feasible replacement. Thanks to generous donations, cantonal support and a subsidy from the Federal Office of Culture, it was possible to bring the steamer back to life 15 years later after a total renovation and to include it in the timetable. It is now back on the water: pure nostalgia.
Three Lakes trip
The “Neuchâtel” steam ship operates on all three Jura lakes, and the entire trip takes 3½ hours. Covering an area of almost 217 square kilometres, Lake Neuchâtel is the largest lake entirely within Switzerland.

Kingfishers on the canal
The Birdlife Nature Centre is located in La Sauge, directly on the Broye Canal between Lake Neuchâtel and Lake Murten. 200 bird species can be observed here, including the kingfisher, which can otherwise only be spotted from a hide since it is very sensitive to human intruders.

Regional wine
Only wines produced on the shores of Lake Neuchâtel, Lake Biel and Lake Murten are served on board the “Neuchâtel”. Neuchâtel wines account for around two thirds of total production in the region.

Length
The “Neuchâtel” lake steamer measures 46m from stem to stern. For comparison: the “La Suisse” paddle steamer, at 78m in length, is the largest in Switzerland.

Funnel
The funnel can be folded down so that the boat does not get caught on any of the bridges along the canals.

Speed
The steamer can reach 23km/h at 56 rpm. For comparison: the hummingbird manages up to 200 wing beats per minute and thus achieves a speed of 95km/h.

Passengers
The boat was built to carry 550 people. Modern safety regulations mean that today only 300 people are allowed on board.

Your own little spot on the beach
Altogether, there are 34 beaches in the Jura & Three-Lakes region, many of them with sand. A small selection:
① Known as criques, the small bays around Cheseaux-Noréaz are tiny oases of calm.
② The Jeunes-Rives pebble beach is located in beautiful parkland right next to the harbour at Neuchâtel.
③ At the end of the Zihl canal you'll find the 100-metre-long La Tène beach, which is ideal for families.
Summer in the city & beachside bars

Neuchâtel
Bars in the trendy harbour district

The city has a thousand-year-old history, its buildings are made of yellow limestone, and the pedestrian zone is the largest in Switzerland: the streets of Neuchâtel with its castle, collegiate church and the Musée d’Art et d’Histoire radiate plenty of charm. However, it is in the summer months that the harbour really exudes a holiday mood par excellence. The little, colourfully painted wooden cabins are transformed into quaint harbour bars. Pull up the shutters, open up the parasol and let the days never end. With a bit of luck the sunset will be accompanied by the sounds of live music.

Basel
Buvette culture in the city

You could almost say Basel is a seaside town. The Rhine eventually flows into the sea, after all. Incidentally, the area from Rotterdam to the Mittlere Brücke is considered international waters. There is no denying that it feels just like you’re by the sea here in summer. You can stroll through the old town or along the riverbank, from fountain to fountain or from buvette to buvette (buvettes are small, lovingly designed open-air restaurants). You can order what you want at the counter, take a seat, and let your mind and taste buds enjoy a trip to the seaside.

Geneva
The island in the city

There is an island in the Rhone just opposite Place Bel-Air. It is quite small, not particularly green and can be reached via a bridge. It is also the perfect place to make new friendships in summer. Before Julius Caesar destroyed the bridge, the island was the only checkpoint on Europe’s north-south axis. Today, there are plenty of cultural treasures to be discovered here. The centre of the island is the Brasserie des Halles de l’Île in the former slaughterhouse. As well as restaurants, you’ll also find the Halle Nord art exhibition space and the Papiers Gras gallery here.

Let’s go to Neuchâtel ➔

Let’s go to Basel ➔

Let’s go to Geneva ➔
Daydreams by the water’s edge

A busy international centre, Geneva is also a place packed full of adventure and surprises for all ages.

A  Winning by a nose
Morning on the causeway of the Jet d’Eau

As you stand on the Jetée des Eaux-Vives in Geneva, the wind blows a fine spray of water onto your face while you fix your gaze skywards. The Jet d’Eau shoots an impressive 140 metres into the air at 200 kilometres per hour. That represents 500 litres of water per second, the equivalent of a good three bathtubs, flying into the air with a great deal of noise before landing on the lake’s surface again or getting blown away by the wind.

Quai Gustave-Ador

B  On course for conquest
Set sail by pedalo

Pirates take to the seas in tall ships, ready to attack other vessels and steal their treasure. The peaceful pirates of Lake Geneva travel by pedalo, their only aim to conquer the lake. But it can sometimes happen that they find some kind of treasure in the depths when they dive from the slide into the lake.

Les Corsaires, Quai Gustave-Ador 33

C  Sand-filled dreams
Beach fun at Eaux-Vives

Build sandcastles, rub your hands in the sand until they glitter, and watch as your feet slowly sink into the sand wave-after-wave. Eaux-Vives beach has that genuine seaside atmosphere...

Quai Gustave-Ador

D  When your stomach starts to rumble
Lunch in a lakeside restaurant

A day by the water is a hungry and thirsty affair, but fortunately the Restaurant de la Plage is not far away. One of the jetties on the lake has been taken over by the restaurant crew. Whether you decide to sit inside behind the windows or outside on the terrace – the regional dishes are all prepared locally and taste great. And if even the short walk to the restaurant is too much, Vélos de la Plage are right on the beach and are ready to deliver fresh drinks and small snacks to you.

Quai Gustave-Ador 75

E  That Caribbean feeling
An afternoon on Genève Plage

The raffia parasols and clear water are reminiscent of the Caribbean. There is a spacious park just behind Genève Plage, where the numerous trees ensure there is plenty of shade available, even if the parasols are all taken.

Quai de Cologny 5, Cologny

F  Heading for the horizon
Sunset boat trip

Evening is approaching and the “Savoie” Belle Époque steamer is about to depart – off on its next adventure!

Quai Gustave-Ador

Discover
Geneva from the water →
City to city and house to house – the journeys shown on the following pages not only take you to urban settings, but also link the cities with a bicycle route.

Map of cycle route p. 67.

With the SwitzerlandMobility app, all routes are available when you need them:

switzerlandmobility.ch

Switzerland. №05
Life on two wheels: The Spreuer Bridge in Lucerne can be explored by bike as well as on foot.
The fourth stage of the Mittelland Route is a kaleidoscope of Swiss diversity: in the picturesque old town of Aarau, bridges, natural paradises and extensive landscapes await, merging into the elegant Baroque city of Solothurn.

**HIGHLIGHTS**

1. **Aarau**
   - City Museum Aarau
   - Bally Park
   - Aarburg Bridge

2. **Solothurn**
   - J Weissenstein

With tyres pumped up and a full drinking bottle to hand, we start out in Aarau's late-Gothic old town district, which earned it the title of “The City of Beautiful Gables”. A visit to Aarau Castle, which houses the city museum, is practically essential before leaving town. St. Gallen native Josef Felix Müller cut 134 human figures out of wood and then had them cast in concrete for the façade of the new building.

The River Aare then winds alongside the route. The Jura range is always clearly visible, and the further you cycle, the more dominant it becomes. At a fork in the river you'll find Bally Park, which shoe magnate Carl Franz Bally established as an “industrial landscape”, with a relaxation area in the English style. The bridge in Aarburg is a further milestone. With its dynamic arch form, today, the former cable suspension bridge is part of a collection of interesting designs by Swiss engineer Robert Maillart.

The journey continues through Aarwangen and Wangen an der Aare. The covered wooden bridge in Wangen is a real gem, and the second-longest surviving wooden bridge in Switzerland. The chequered flag is getting closer, waving to us from the Swiss baroque city par excellence: Solothurn. Finally, a cable car ride up the J Weissenstein takes you to the heart of the Jura mountains.

---

**Let’s go to the Aargau-Solothurn region**

La Couronne: the Swiss Historic Hotel in the middle of the old town of Solothurn with plenty of charm and memorable design.
Restaurant
Here in the panorama restaurant Viva in Rüeggisberg, the exquisite in-house Black Angus beef is matched only by the view.

Farm
For a snack between meals, check out Pfandersmatt Farm in Burgistein: the farm shop sells a range of fruits, salamis and dried fruits.

Accommodation
For six generations, the Aebischer family has been pampering its guests with seasonal cuisine and warm-hearted service at the Löwen inn in Riffenmatt.

Legend
- Gantrisch Legends Route
- Starting points
- Barbecue area
- E-bike charging station
A world of magical forests, deep gorges and panoramic hills opens up not far from the federal capital of Bern: the Legends Route in Gantrisch Nature Park not only leads you through wonderful landscapes, but also tells the history of the region.

Switzerland is a treasure trove of myths and legends. If you want to know more than just the story of William Tell, take a bike ride through Gantrisch Nature Park: picturesque landscapes and fascinating historical tales combine here on the Legends Route and accompany you through the region. Legendary country inns, village and farm shops invite you to get to know the people and customs of the Bern-Thun-Fribourg triangle.

The tour begins in Burgistein and leads you through the region in a clockwise direction. The scenarios at the six different locations allow you to delve deep into the local cultural history: for example, you might spy the headless monk sitting on a bench among the monastery ruins in Rüeggisberg, or read the story of the former lord of the castle in Rüeggisberg Castle gardens, while at the church in Rüschegg you can listen to voices telling the story of the peddler in Bernese dialect.

Natural disasters, crop failures, famines and social hierarchies have shaped the character of this region over the centuries. In desperation, people have constantly turned to higher powers for answers and solace, which explains the abundance of legends in the area. The route is lined with numerous picnic and barbecue areas as well as overnight accommodation options, so that the legend-filled journey through Gantrisch Nature Park can be enjoyed at your own pace.
The bastion of the Zähringen dynasty is proud of its past, but thanks to some fresh new ideas it is looking to the future with a great deal of drive and innovative spirit.

Virtual time machine
The Café Le Point Commun invigorates you for the “Frÿburg 1606” city tour, when you can immerse yourself in earlier times. Download the Fribourg Tourisme AR app or borrow a tablet from the tourist information office.

Art in motion
No visit would be complete without paying homage to the famous artist Jean Tinguely. Espace is a tribute to the creativity of Tinguely and his second wife, Niki de Saint Phalle.

Backstroke
Opened in 1923, “La Motta” was the first public swimming pool in Switzerland that was not built on a river or lake. The walls, red bricks and numbered light blue changing rooms are a reminder of a bygone era. In the pool, you can easily swim on your back whilst admiring the cathedral.

Innovative district
The former Cardinal site has been renamed the Bluefactory. Here, innovative ideas for the future are researched and tried out. “Les Menteurs” promotes local food producers, so fresh pasta from Pastabate is served and the coffee comes from roasters Pouponne & Loulette.

Let’s go to Fribourg
Le Sauvage: the walls of this Fribourg hotel are made from molasse, the local stone of the area around the River Saane.
THUN

In an effort to expand the city, raised promenades were built on the Obere Hauptgasse. These days you could easily spend a whole day here.

Shopping trip
Little shops crammed with jewellery, fashion and home accessories are spread out on the left and right on all levels of the Obere Hauptgasse. If you take your time you’ll find plenty of real gems.

Traditional crafts
Dating back to 1818, the church steps connect the Obere Hauptgasse with the Schlossberg. The steep steps are well worth climbing, and not just to admire the skill of the masons and engineers: from up top, you’ll have a good view of the river that meanders through the city and the lake that gently nestles against the mountains.

A trip to Mexico
A modern Mexican breeze is blowing through the stylish rooms of “Parada 30”, where Thun’s first shoe emporium used to sell its wares.

Poetry in a cocktail glass
The Atelier cocktail bar is also known as the home of liquid poetry, enticing you to linger for longer than you reasonably should.

Crazy nights
A pleasant bar upstairs and a beautiful vaulted cellar downstairs, perfect for films and concerts. “Mundwerk” is the ideal setting for a great night out.

Let’s go to Thun

The Lab: this Thun bike hotel is a place where innovative ideas are experimented with.
Lucerne is the pearl of Central Switzerland on the shores of Lake Lucerne. A mixture of urban sophistication, idyllic beauty, culture and history makes the city an ideal destination for a short break. This bucket list will ensure that nothing gets forgotten.

“Beer as fresh as the water on Mount Pilatus” – that’s the claim of the historic Rathaus Brewery on the River Reuss. Reason enough to order a freshly tapped beer to go with the chicken speciality, “Rathaus-Güggeli”. Rathausbrauerei

Lucerne’s lakeside bathing spot casts the city of lights in its most flattering shades. The historic baths are an institution and an ideal place to bathe, linger a while and enjoy yourself. Seebad Lucerne

The Culture and Convention Centre is the focus point for Lucerne’s cultural community. One programme highlight follows after another, and the whole project is framed by the building by star architect Jean Nouvel. KKL

Glacial formations that are over 20,000 years old can be found in the Glacier Garden, taking you right back to the ice age. The famous Lucerne Lion Monument is just a stone’s throw away. Glacier Garden

The Hauser family has been running the proud Hotel Schweizerhof on Lake Lucerne for over 150 years. Enjoying a prime location, the hotel can also promise you a soft, comfortable bed in which to rest your weary bones. Hotel Schweizerhof

Let’s go to Lucerne

Continental Park: the Lucerne bike hotel combining a fresh design and Italian cuisine.
The name of this route speaks for itself. Its seven stages guide you through the cradle of Switzerland. The origins and culture of Central Switzerland are explored along refreshing lakes, scenic pass roads and valleys steeped in history.

**STAGES**

1. Lucerne → Altdorf
2. Altdorf → Andermatt
3. Andermatt → Meiringen
4. Meiringen → Sörenberg
5. Sörenberg → Entlebuch
6. Entlebuch → Sursee
7. Sursee → Lucerne

1. The first stage, skirting Lake Lucerne, offers a view of the Pilatus and Rigi peaks. We take a boat ride from Brunnen to Flüelen, and our first historical milestone awaits in Altdorf: the William Tell Monument.

2. Here, the wild River Reuss plunges into the Schöllenenen Gorge. It is tamed by the legendary Devil’s Bridge at the entrance to the Urseren Valley.

3. The winding road of the Furka Pass and the view of the imposing Rhone Glacier on this stage will long remain in your memory.

4. Crossing the Brünig Pass, we descend to Lake Lungern. With the Sarneraatal Valley at our backs, the Glaubenbielen Pass road takes us to a pioneering nature park of international importance.

5. On this stage, the UNESCO Biosphere Entlebuch reveals many natural treasures with its moorland and karst areas.

6. The Entlebuch energy trail takes us over the hilly Napfberg landscape to the old town of Willisau. A couple of Willisauer Ringli cookies make our progress to Lake Sempach that bit easier.

7. Heidegg Castle with its picturesque rose garden and neighbouring winery await us before the final sprint to Lucerne’s old town.

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**EUROTREK** It is very easy to book this and other outdoor activities: eurotrek.ch
Shop.
Experience.
Enjoy.

Also open on Sundays.

Zurich Airport
TAKE A BREAK IN
ZUG

The lake has a calming effect on the soul, and the colourful rows of houses in the old town reflect the holiday atmosphere.

The view from the hammock
If it weren't for the mountains at the other end of the lake, after a nap in your hammock you might think you were waking up somewhere much further south. Margaritas and burgers are served at Zug’s lido and, above all, life and the art of doing nothing at all are celebrated.

Winding streets
Right behind the aviary, where many exotic feathered friends can be admired, the streets of the old town begin to entwine themselves around the colourful houses. In addition to small boutiques, there are also fine wines to be found here in the Felsenkeller.

Life on the waves
To discover the city from the water, you can rent a board at Andy’s SUP or jump into the water at the Männerbadi. Then it’s off to the Badi Bar for some Gemüsetätschli (veggie patties).

Garden oasis
Whether in the stylish interior or outside among green plants, socialising with friends or strangers is at the top of the menu in the Secret Garden. Mezze sharing plates are served here.

Let’s go to Zug
TCS Camping Zug: the camping site right by Lake Zug.

→ 136 km
Zug
Herzroute (Heart Route) no. 99
Stages 8 and 9

Rapperswil
Herzroute (Heart Route) no. 99
Stages 10 and 11

Herisau
Obstgarten-Route (Orchard Route) no. 75
Parts of stage 1

→ St. Gallen

Einsiedeln Abbey
Rothenthurm high moor

TCS Camping Zug: the camping site right by Lake Zug.
ST. GALLEN

It is known as “The City in the Green Ring”, as it is surrounded by hills and forests. Even if you’re travelling with your family, it is easy to find relaxation in this oasis.

Old town →

1. Freudenberg
(40 minutes’ walk)
3,667 steps
2.2km

2. Peter and Paul Wildlife Park
(45 minutes’ walk)
5,500 steps
3.3km

3. Natural History Museum
(38 minutes’ walk)
5,000 steps
3km

The Mülenen Gorge behind the monastery in St. Gallen stretches up to St. Georgen. Tall elm trees line the neighbourhood street. If you want to do things the easy way, take the Mühlengraben railway (p. 15). Secluded meadows and barbecue areas await at the top of the Freudenberg. The view of the city, Alpstein and Lake Constance is a constant companion on the way to Notkersegg monastery. From there, the Appenzell train will take you back to the city centre in comfort. If you decide to take the plunge in the Dreilinden family pool, you can start your return journey from there.

Chamois, ibex, marmots, wild boar, lynx and wild cats all live in species-appropriate enclosures in the Peter and Paul Wildlife Park in Rotmonten. The view of Thurgau and Vorarlberg from the restaurant of the same name provides a wonderful backdrop for lunch. On the way back you can stop off at Dähler’s farm shop to buy cakes for dessert or meat and vegetables to cook at home.

On the eastern outskirts of the city is the new Natural History Museum of St. Gallen, where biodiversity is brought to life. Interactive exhibitions, nature trails and a young people’s laboratory provide plenty of scope for playful learning. And if you haven’t had enough yet, you can visit the botanical garden next door with its 8,000 different plant species. Back in the park of the Natural History Museum, a choice of warm and cold dishes await you in a lush green setting.

Let’s go to St. Gallen

Einstein: the rooms of the hotel in St. Gallen are finished with high-class materials such as marble, cherry wood and St. Gallen fabrics.

→ 75 km
St. Gallen
Obstgarten-Route (Orchard Route) no. 75
Parts of stage 1

Arbon
Rhine Route no. 2
Stages 5 and 6

Arbon Castle

Locomotiva

Napoleonic Museum

Stein am Rhein
ROMANTIC TOUR

Secluded lakes, idyllic winegrowing areas, historic towns: on a three-day bike tour with bike caravan.

1. Stein am Rhein
This little medieval town is the ideal starting point for discovering the region of Thurgau and Schaffhauserland by bike. The bike caravan, which can be rented here, promises a romantic trip.

2. Schaffhauserland Route
From Stein am Rhein, we head in the direction of Klettgau, with its small winegrowing villages and enchanting vineyards. Arrive early to sample the wines from the various wineries and enjoy your favourite for the evening in the heart of the wine region.

3. Thurgau Route
On the way from Stein am Rhein to the Seebachl Valley, there are many refreshing ways to cool down, such as in Nussbaumersee Lake. The day comes to an end at the Rappenhof in Buch near Frauenfeld or at the Kartause Ittingen Monastery Hotel. The tour reaches a conclusion with a visit to Herdern and Freudenfels Castle.

SCHAFFHAUSEN

Although relatively small, this town on the Rhine is packed with cultural highlights. There is a thriving local arts scene with several great tiny theatres.

1. Pre-show dining
The Haberhaus is one of Switzerland’s small theatres, all of which are curated with a lot of love. For dinner before the performance, it is best to sit down in the pub right above the theatre cellar and try all the small dishes on offer.

2. Something for everyone
There’s so much going on at the Museum zu Allerheiligen: archaeology, history, art and natural history are all brought together under one roof. In addition, the wonderful cloister is the largest of its kind in Switzerland.

3. Drinks with jazz
You’ll feel right at home in the Neustadt Bar. Every Saturday the air is filled with jazzy sounds from the live band on stage.

4. Art in a box
Six boxes, dotted between the train station, the Güterhof restaurant and the Rhine embankment, will stop you in your tracks and inspire you to engage with art.

Let’s go with the Velovan bike caravan

Let’s go to Schaffhausen

Hotel zum Rüden: 18th-century Schaffhausen guild house turned into a hotel.


→ 20km Stein am Rhein
Rhine Route no. 2
Part of stage 6

→ 69km Schaffhausen
Rhine Route no. 2
Part of stage 7

→ 64km Zurich
Mittelland Route no. 5
Part of stage 3

→ Rheinsfelden
Glatt Route no. 29
Part of stage 1

→ Diessenhofen
Rhine Falls
Part of stage 1
TAKE A BREAK IN

ZURICH

The city is a veritable treasure trove of public art. A whistle-stop tour of the former industrial district of Zurich West.

Industrial history
Placed in front of the entrance to the Schiffbau, the ship's propeller is a reminder of the time when ships were still being built here. These days, the industrial building is used for theatre, concerts and as a restaurant.

Screw loose
The five sculptures on Escher-Wyss-Platz are reminiscent of attachments for cordless screwdrivers. They were created by Los Carpinteros as an homage to the district’s industrial past.

Mural
“Melody” sets sail with her paper boat from the wall on Limmatstrasse to Escher-Wyss-Platz. The mural is by Zurich-based artist Redl.

Concrete art
“The No Problem Sculpture” on Turbinenstrasse is the work of Not Vital. The additions to the concrete block correspond exactly to the height of the Renaissance Zurich Tower Hotel.

PACKING LIST FOR A TRIP TO THE CITY

MAMMUT SEON 2L HS RAIN JACKET

- Dancing in the rain
  The slightly longer back and well-concealed zip keeps everything dry, even your smartphone.

- Conquering the night
  A beautiful rear can also endear, its reflections ensuring visibility even in the dark.

MAMMUT XERON 15 WAXED RUCKSACK

- Comfortably shouldered
  The anatomically shaped shoulder straps have soft padding so that trips to the city can go on for longer than planned.

- A place for everything
  The interior of the rucksack has plenty of compartments to keep things like your wallet safe yet within easy reach.

VICTORINOX SWISS ARMY KNIFE

- For every eventuality
  125 years ago, the young cutler and inventor Karl Elsener created the Original Officer’s and Sports Knife. Today, the little red Swiss army knife is an indispensable part in every pocket.
The relationship between humans and animals has changed, developed and strengthened over thousands of years. Animals provide us with food, but have also become our companions and helpers.
A magnet for outings on horseback: Franches-Montagnes in the Jura (p. 47).
Pruning
Shoots are pruned to control wine production. The less a vine bears, the better the size and quality of the grapes.

Debudding
Unwanted and poorly thriving buds and shoots are removed. This also ensures higher quality of the grapes.

Harvesting
The grapes are harvested. The ideal time to do this is when the optimum balance between sugar and acidity is achieved.

Thinning
In order to guarantee high quality, the amount of fruit on the vine is reduced. This increases the accumulation of sugar in the remaining grapes.

The craft of viticulture
Grapevines are delicate plants. They demand care and attention at all times of the year. The geographical characteristics of Switzerland – steeply sloping terrain with little space for vineyards – often make mechanical cultivation of vineyards impossible. That is why the most important tools for local winegrowers are still their hands. Original Swiss wines are created using traditional methods that testify to the sensitivity of the people who tend the vines and tell their story.

swisswine.ch
Fresh produce
There are more than 10,000 farm shops in Switzerland. So, to get an impression of the diversity of local agriculture, visit a farm shop near you.

A fresh perspective
Whether for mule trekking through deep forests, educational trails in wild landscapes or horseback rides – farms can be the place where many adventures begin and end.

Sleeping options
Whether you choose to sleep in the hay, in a simple teepee or in a luxurious tree house, the choices available on farms is overwhelming. But one thing’s for sure: a good night’s sleep is guaranteed.

Helping out
There are so many jobs to do on the farm. Some people like working in the herb garden, while others enjoy helping out in the stable or looking after the farmer’s dog.

Helping out
Shopping in the farm shop
Graubünden
Mule trekking
Jura & Three-Lakes
Helping out in the herb garden
Bern
Sleeping in a treehouse
Vaud

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.
In the Biosfera Val Müstair nature reserve, 80% of farmers work organically. Included in their number is the Lamprecht family. The two farms – Pütschai Josom and Craistas – are run as a multi-generational project. Rico and Vreni Lamprecht rented the farm in 2003, before buying it six years later and starting a gentle restoration. Since then, they have been happy to welcome not only their own children and grandchildren, who are also at home here, but also guests looking to learn more about the Val Müstair ecosystem.

A farm with something for everyone

**SUSTAINABLE FARMING**

A  Taking the goats for a walk
The goats on Pütschai farm need exercise from time to time, and are happy to accompany guests of all ages through Val Müstair, crossing hill and dale while doing so.

B  Feeding rabbits
Rabbits can be suspicious of strangers at first. A lot of patience and a few carrots can help, after which they will hop onto your lap in no time.

C  Happy cows
Limousin cows are easily recognisable thanks to their rich brown colour. They certainly love being tickled by farmer Rico.

D  Frieda's piglets
Mama Frieda and her piglets are not just clever, but also very trusting. They just love being petted and fed.
Expand your horizons and let life take flight: with an ingenious and sustainable design for effortless travel.

SPECTRA 3.0
LET INNOVATION TAKE YOU FURTHER

Expand your horizons and let life take flight: with an ingenious and sustainable design for effortless travel.

FROM THE MAKERS OF THE ORIGINAL SWISS ARMY KNIFE™
ESTABLISHED 1884
Mix flour, a little sugar and a pinch of salt in a bowl. Whisk the egg yolks, add the milk and mix. Sift in the flour, add cinnamon, and stir everything into a smooth batter using the whisk until bubbles form. Cover the batter and leave to stand for 30 minutes.

Beat the egg whites together with the salt until stiff. Add the remaining sugar and continue beating until the egg whites are shiny. Carefully fold into the batter.

Warm up a little butter in the pan. Lower the heat and add the batter, then cook for approx. 3 minutes until the underside comes away and is golden brown, then turn over carefully. Add a little more butter and cook for another 2 minutes. Shred with two wooden spoons, dust with icing sugar and serve with plum compote.
Although not explicitly, writer Friedrich Dürrenmatt played with the idea of being away with the birds – both literally and metaphorically. In reality he owned two: Shakespeare, a cockatiel, was the first addition to the family, and then cockatoo Lulu came along. According to Dürrenmatt’s second wife Charlotte Ker, Lulu was in love with “Fritz” Dürrenmatt and thought he was a giant cockatoo, so she would give Charlotte the evil eye.
9 a.m.
“A window to the Jura”
From the winegrowing village of Ligerz, the small Vinifuni funicular takes visitors up through vibrant golden vineyards to Prêles, high above Lake Biel.

9:30 a.m.
In the footsteps of Dürrenmatt
Cockatoo Lulu guides you along the five-kilometre trail with 13 interactive stations that not only follow the life of the Swiss author, but also take you across wide fields, through verdant forests and idyllic vineyards and back to Lake Biel.

11:30 a.m.
Picnic in the woods
Along the way, there will be time for a short break in the forest, where there are plenty of secluded spots that would be ideal for a picnic.

2 p.m.
In focus
There are some great opportunities for taking snapshots along the way: not only are the writer’s glasses to be found on the Dürrenmatt bench, but cockatoo Lulu is also ready to strike a pose.

3 p.m.
Journey onward by boat
Now that you have gathered a rucksack full of memories, the boat tour from Lake Biel to Lake Neuchâtel invites you to ponder and relax.

4 p.m.
The final chapter
The writer’s paintings and drawings are on display at the Dürrenmatt Centre in Neuchâtel, where the writer lived and died.

He would have celebrated his 100th birthday last year. A literary virtuoso and compulsory reading for schoolchildren, Friedrich Dürrenmatt was an exceptional talent who was celebrated beyond national borders. Even as a child, he knew that he would be an artist one day. Born and raised in the rural town of Konolfingen in the Canton of Bern, the dramatist remains one of Switzerland’s best-known figures to this day. His black humour and clever words shaped the image of Switzerland as far afield as China or Japan, for example.

Despite the international fame of his provocative, socially critical and political works, he always remained deeply connected to his roots. “I’m not a small town writer. However, it was the village that made me, and so I’m still a slow-tongued villager, not a city dweller, least of all a big city dweller, even if I couldn’t survive in a village anymore,” Dürrenmatt once said. In his now famous works such as “The Visit” or “The Physicists”, he always packed broadly based psychological journeys into a microcosm: he placed major themes about war and the moral, ethical and existential questions facing humanity against the backdrop of the grotesque petty bourgeoisie. His sharp-tongued and uncomfortable words repeatedly caused uproar and controversy, most recently with his speech entitled “Switzerland – a prison” at the presentation of the Gottlieb Duttweiler Prize in 1990.

Dürrenmatt’s influence remains strong to this day: his timeless words and thoughts, such as the title quote “What concerns everyone can only be resolved by everyone” from “The Physicists”, is reinterpreted and given a new spin by each generation. These are words for which Dürrenmatt has been honoured several times, with awards such as the Schiller Prize and the Georg Büchner Prize, and even an asteroid named after him. And – although far less well-known than his written works – his more than 1,700 paintings will remain for posterity. Most of them are on display in his former home, now the Dürrenmatt Centre, near Neuchâtel, where he also died in 1990. One thing is certain: Dürrenmatt will live on in people’s minds all over the world for hundreds of years to come. ❋
The best things come in threes

With its lake, old town and natural amenities, the area around Lausanne is one enormous playground for sporty types. But those who prefer a more relaxed pace will also find plenty to enjoy here.

A CITY ON THE MOVE

In 1915, there was nothing yet to indicate that Lausanne would become the hub of the Olympic movement. The city has the determination of a French baron to thank for being able to come so far in this respect. Pierre de Coubertin, founder of the International Olympic Committee (IOC), was smitten with Lausanne and its surroundings. When World War I broke out, de Coubertin went looking for neutral territory where he could establish the IOC, eventually choosing Lausanne.

These days, the sporting spirit of the Olympics pervades the old town, crossing the Sauvabelin hills down to Lake Geneva, and has become part of the local identity. A tribute to de Coubertin’s vision, today’s city is not just a cradle of sporting endeavour, but also a venue for competitions and training of all kinds. For the triathlon, for example, which was included in the competition programme for the Olympic Games held in the year 2000. The region is the perfect place to train for multidisciplinary events – consisting of swimming, cycling and running – without having to travel long distances.

It almost feels like the sea

In summer, Lake Geneva resembles a Mediterranean Riviera – perfect for a morning swim.

From Bellerive-Plage along the shoreline

Running in the OLD TOWN

Uphill and down

Along the lake shore and up the steps to the Olympic Museum: round off your run with a final sprint to the historic centre.

2.5km from Ouchy – Esplanade de la Cathédrale

A bike ride in NATURE

Cycling through the vineyards

On the cycle tour through Lavaux, the views of the lake and the Alps from among the local vineyards are absolutely unforgettable. In addition, the tours take you through historic winegrowing villages such as Epesses and Riex, where wine lovers can stop to sample the fine wines.

30km from Lutry–Corsier
A true oasis
The path along the lake from Ouchy is like a huge oasis of calm, with three parks, the rose garden and the lake. You can take a boat ride from Pully back to Ouchy, saving you a long swim.

4,000 steps from Ouchy to Pully

How about drinks in the park?
Exhilarated by the hustle and bustle in the trendy Flon district, you can raise a glass to toast the treasures you have bought amidst the greenery of the neighbouring park at Brasserie de Montbenon.

1,500 steps from the Flon district to the brasserie

So many shades of green
A beech forest, plantations, the botanical garden and, of course, the view – Milan Park on Montriond hill is a place for peace and quiet. Take the opportunity to lie down in the meadow and simply watch the flowers grow.

1,000 steps from the lookout point to the botanical garden

THE GREEN CITY

If Lausanne were a person, its feet would probably be the lake and its head a treetop. That’s because, in addition to the many hills, steep streets and steps that add to the charm of Lausanne’s old town, the city also has another side. It is a place with plenty of green areas that provide a home to wildlife and a welcome retreat for its human inhabitants. Lausanne has 350 hectares of parks and gardens, making it one of the greenest cities in the world. Even in the town centre, on the southern edge of the Flon district, there is a tiny forest.

As if the city wasn’t already green enough, there are various projects promoting greater biodiversity in urban areas. One major project, for example, envisages adding plants to the city’s many flat roofs. In summer in particular, such green areas help cool the urban climate through evaporation. In addition, animals and plants are supported, as is the thermal insulation of the relevant buildings. If all flat roofs in Lausanne had plants added to them, around one million square metres of green space could be created. Significant numbers of bees are already buzzing from blossom to blossom at the Beaulieu Congress Centre.

The Lausanne Jardins show, which takes place every five years over the summer, also introduces more of a green feel to the concrete jungle. Since 1997, artists and landscape architects have been taking a playful and artistic approach to showing how nature and functional urban spaces can complement one another. For example, the city has preserved the mural depicting the girl watering the plants growing out of the walls. The various works of art can be discovered in different locations in Lausanne, with two of them on Avenue du Leman.
The soul of discretion – your concierge. Armed with plenty of advice and information, your concierge can tell your every wish from your eyes.

Which accommodation 1 – 8 option is the right one for you? You’ll find the answer on the next page. →
Switzerland Tourism and Transhelvetica have produced eight accommodation brochures describing accommodation options to suit every taste and mood. Find the accommodation to suit you!

Need a holiday?

1. TYPICALLY SWISS HOTELS
2. BOUTIQUE & DESIGN HOTELS
3. SWISS FAMILY HOTELS & LODGINGS
4. INSPIRING MEETING HOTELS
5. SWISS HISTORIC HOTELS
6. SPA & VITALITY HOTELS
7. SWISS BIKE HOTELS
8. SNOW SPORTS HOTELS

We have sorted through 600 selected accommodation options by interests. Are you ready to start planning your next break?

Yes
No

Are you planning your next workshop or a team event?

Yes
No

You need some inspiration! You'll find plenty on p. 62 or at MySwitzerland.com/hotels

Yes
No

Are you a nature lover and would you ideally prefer to spend the whole day outdoors?

Yes
No

Are you a spa lover?

Yes
No

Do you find the thought of warm water and the intense scent of wood calming?

Yes
No

Are you at your most comfortable indoors?

Yes
No

Are design, art and style important to you?

Yes
No

Neither? Then you must have one of those families that is always rewriting the rules.

Yes
No

Do you need a healthy dose of rustic Swiss charm in order to relax?

Yes
No

Got it! Are you a historian at heart who is looking to take a trip through time?

Yes
No

Take a deep breath. We'll get it right soon. Start again at the beginning and take your time.

No
Yes

Are you sure you need a holiday?

Yes
No

Gotcha! Winter is your favourite season and you want to go straight from your bed to the fresh snow of the slopes?

Yes
No

All booklets at a glance:
MySwitzerland.com/brochures
A source of happiness

The Romans had already recognised the healing properties of Leukerbad’s hot springs. Since then, many people have visited the thermal spa resort, finding a place that touches both body and soul: Leukerbad is tucked away in a Valais side valley and is the place where enriching trips to the Gemmi Pass and Torrent hiking areas begin and end, opening up the idyllic Daubensee lake and the challenging Daubenhorn via ferrata. 65 thermal springs supply 300 wellness treatments, and can give you space to develop your thoughts in the lush surroundings among the mighty Alps. Leukerbad makes spa culture accessible to anyone seeking meaning and relaxation.

FOREST BATHING IN LEUKERBAD

A source of happiness

Countless studies attest to the health benefits of forests. The Japanese even have a special term to describe the pleasant atmosphere that can be enjoyed among the trees. “Shinrin-yoku” means “taking in the atmosphere of the forest”. If you need to take some time out in tranquil surroundings and want to learn more about forest bathing, you’ll find the right inspiration in the booklet on Spa & Vitality Hotels.

These residential retreats offer deep relaxation for body and soul with their individual treatments and personal care, often surrounded by nature. As a Wellness Destination, Leukerbad has it all. The aroma from Swiss stone pine in the nearby Pfynwald is like nowhere else on earth.

Forest bathing:

Pfynwald

Wellness Destinations offer a combination of extraordinary baths, well-balanced health concepts and active relaxation.

→ MySwitzerland.com/spa

A frequent sight Swiss stone pine

The Leukerbad thermal baths are nestled in a fabulous alpine panorama. As you lounge in the thermal baths, you can let your gaze wander over the precipitous rock formations and dense forests – all the way to the peak of the Daubenhorn and the Gemmi Pass.

Forest bathing: Pfynwald

FOREST BATHING

The Summer Card gives guests access to the two mountain railways that take them to the local mountains, as well as to several thermal spas.
Sauna, medical treatment or outdoor pool: guests of the Spa & Vitality Hotels will enjoy the facilities at these superior wellness hotels in some of Switzerland’s most unique natural settings. The perfect choice for health-conscious travellers.

**Hotel Saratz**
Pontresina

**The Alpina Gstaad**
Gstaad

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

Host meetings against a beautiful mountain panorama, in a former monastery or in a luxurious high-tech tent: Inspiring Meeting Hotels help promote successful meetings with their unusual locations and their exceptional support programmes.

**Rigi Kulm Hotel**
Rigi

**Hotel Vitznauerhof**
Vitznau

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

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

**Ameron Swiss Mountain Hotel Davos**
Davos

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

Crèches, storytelling, children’s spas, cinemas or adventure playgrounds: the needs of your little ones are the focus Swiss Family Hotels & Lodgings.

**Campofelice Camping Village Tenero-Contra**

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

With high creative standards, a distinct design and carefully chosen materials – Boutique & Design Hotels are renowned for their inspiring architecture and layout.

**Hotel Villa Honegg**
Ennetbürgen

**Whitepod Eco Luxury Hotel Les Giettes**

**SWISS HISTORIC HOTELS**
MySwitzerland.com/historic

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.

**Hotel Waldhaus Sils**
Sils i.E.

**TYPICALLY SWISS HOTELS**
MySwitzerland.com/typically

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

**Berghaus Niesen Kulm**
Niesen

**Hostellerie Le Petit Manoir**
Morges
Hotels

Eight accommodation brochures
← You’ll find the perfect room for every taste and preference.

All booklets at a glance:
→ MySwitzerland.com/brochures
If you’re interested in sustainable travel, you’ll choose public transport. It could hardly be easier here, as Switzerland has the densest public transport network in the world. There are also some special modes of transport that take things one step further in terms of sustainability, setting standards for the future.

Stans → Stanserhorn

Stanserhorn cable car

Nostalgia and a world first

The trip to the Stanserhorn combines past and present. Passengers travel as far as the middle station in traditional wooden cars, just like they did almost 130 years ago. When you change cars, it’s like entering a new dimension: the CabriO cable car lets passengers ride not only inside the gondola, but also up top on an open upper deck. The view is inspiring, particularly with a headwind: 100 kilometres of Alpine ranges, 10 Swiss lakes, and the Stanserhorn, where a stroll and a choice of culinary delights awaits.

- The CabriO cable car is powered by solar energy and was awarded the Solar Prize in 2015.

Lake Biel

“MobiCat”

Weightless and efficient

The MobiCat electric cruiser is a prime example of public transport for the 21st century: this solar-powered vessel generates its own electricity, and the excess energy is fed into the Biel power grid. The catamaran glides smoothly over the water, which has a calming effect.


Lake Lugano

The Ceresio electric motor cruiser

A pioneer of electrification

This “vecchia signora” knows how to move with the times: already 90 years old, the MNE Ceresio 1931 was the first steamer to switch over to an electric engine in 2021. It now glides over the waters of Ticino and is a pioneer in many respects: it is not only the first fast-charging cruiser powered purely by electricity and free of emissions, but also the first to be used as a daily passenger ferry.

- The Green Line is the first all-electric line in the city of Lugano.

Swiss Travel Pass

With a single ticket, travellers can explore the whole of Switzerland by train, bus and boat over 3, 4, 6, 8 or 15 days. The pass also offers free admission to over 480 museums and exhibitions.

An example based on a 4-day pass:

1. **Zurich → Lucerne**
   Highlights abound in Lucerne. After a long and leisurely stroll, a visit to the art museum and a boat trip on Lake Lucerne are next on the agenda.

2. **Lucerne → Rigi**
   Continue on for an audience with the Queen of the Mountains: a day full of fresh mountain air, regional cuisine and idyllic alpine beauty awaits you on the Rigi. In addition to the Rigi, travel to the Stoos and the Stanserhorn is also included in the Swiss Travel Pass.

3. **Rigi → Lugano**
   The last stage takes you to Lugano, the Swiss city with an Italian soul. Reserving a seat on the Gotthard Panorama Express makes travelling to Ticino a real pleasure.

Visit Grand Train Tour of Switzerland at GrandTrainTour.com

- 1,280 kilometres
- Trains run all year round
- UNESCO World Heritage sites

Start your journey with Swiss Travel Pass at MySwitzerland.com/swisstravelpass
The Grand Tour of Switzerland is the first road trip that can easily be tackled in an electric vehicle. There are charging stations along the entire route, guaranteeing a relaxing and eco-friendly drive.

The Grand Tour app makes the Grand Tour of Switzerland easy to follow: → MySwitzerland.com/e-grandtourapp

Well-connected hotels
If you explore Switzerland by electric car, you will have to recharge the batteries every now and then. The MySwitzerland.com/e-grandtour website or the Grand Tour app contain details of all charging stations.

Swiss Bike Hotels
Parkhotel Marigna, Sils i. E.

Spa & Vitality Hotels
Bad Horn Hotel & Spa, Horn

Boutique & Design Hotels
B2 Boutique Hotel & Spa, Zurich

Swiss Historic Hotels
La Couronne Hotel & Restaurant, Solothurn

Inspiring Meeting Hotels
Schloss Hünigen, Konolfingen

Typically Swiss Hotels
Romantik Hotel Mont-Blanc au Lac, Morges

Swiss Family Hotels 
& Lodgings
Parkhotel Brenscino Brissago

Swiss Tectonic Arena Sardona, your best bet is to try in the early morning or late afternoon.

400m deep, 13km long is the Rhine Gorge, Switzerland’s very own Grand Canyon.

The cobbled Tremola road on the southern flank of the Gotthard Pass is considered the longest architectural monument in Switzerland.

The holes in cheeses such as Emmental are formed during the maturing process as a result of hay particles, which used to get into the milk more often back when milking was still done by hand with the milk pail.
Airtrain
Passengers travelling from Basel, Lugano and Geneva can reach Zurich Airport with the airtrain service. Cooperation between SWISS and SBB means that good connections are guaranteed for many flights. The train ticket is included in the price of SWISS flights.

swiss.com/airtrain

Swiss Travel Pass
Public transport is highly reliable and will take passengers to even the most remote valley – quickly, in comfort and right on time. The Swiss Travel Pass offers international visitors unlimited travel using the Swiss public transport network practically around the clock.

swiss.com/special-offers/travel-pass

SUSTAINABILITY IN FIGURES

3%
That’s how much global air travel contributes to global CO₂ emissions.

-50%
The aim of the aviation industry is to cut CO₂ emissions by half by 2030.

8 billion
SWISS has invested CHF 8 billion in modern, fuel-efficient aircraft over the past decade.

25
The number of Airbus 32Xneo aircraft SWISS plans to acquire by 2026. This type uses up to 20% less fuel than its predecessors.

80%
That’s how much can be saved in CO₂ emissions with SAF (sustainable aviation fuel) compared to fossil fuels.

Every little counts
Carbon-neutral air travel
Travel brings people together, transcends cultural boundaries and intensifies business relationships. Air travel is an essential component here too. Thanks to SWISS Compensaid offerings, customers today can already travel in a way that is carbon-neutral.

A family with two children travels to Mallorca for a holiday by the sea.

The family decides to fly with SWISS, which offers attractive direct flights.

In order to compensate for the carbon emissions for its flights, the family pays an extra CHF 20 as an investment in a Myclimate environmental project.

In doing so, the family is making a contribution to reducing its own carbon footprint and is committed to preserving the habitat of mountain gorillas in Rwanda.

A student wants to visit her friend in Stockholm.

She chooses SWISS, which operates one of the most modern and fuel-efficient aircraft fleets.

She purchases synthetic sustainable aviation fuel for CHF 160, enabling her to fly with a zero carbon footprint.

As well as reducing her own CO₂ footprint, she is also helping to promote the use of synthetic fuels in the aviation industry.

The SWISS mini chocolate bars are a token of our regard for passengers of SWISS and a delicious sample of one of the things for which Switzerland is known worldwide.

On the road

Unlimited travel