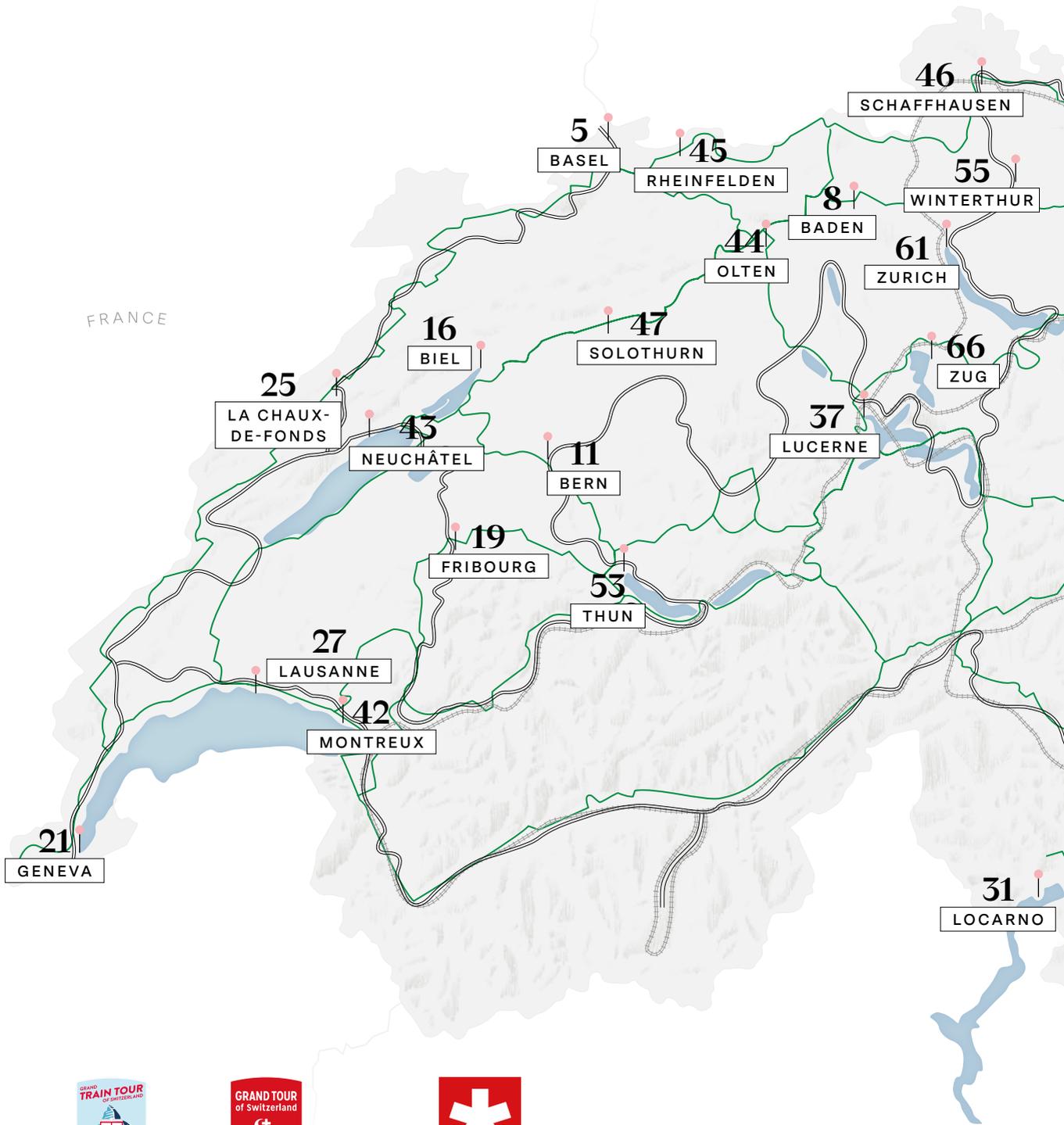


SWITZERLAND.

CITIES

10,000
STEPS





Grand Train Tour



Grand Tour of Switzerland



Switzerland Mobility

Switzerland – a cycling paradise

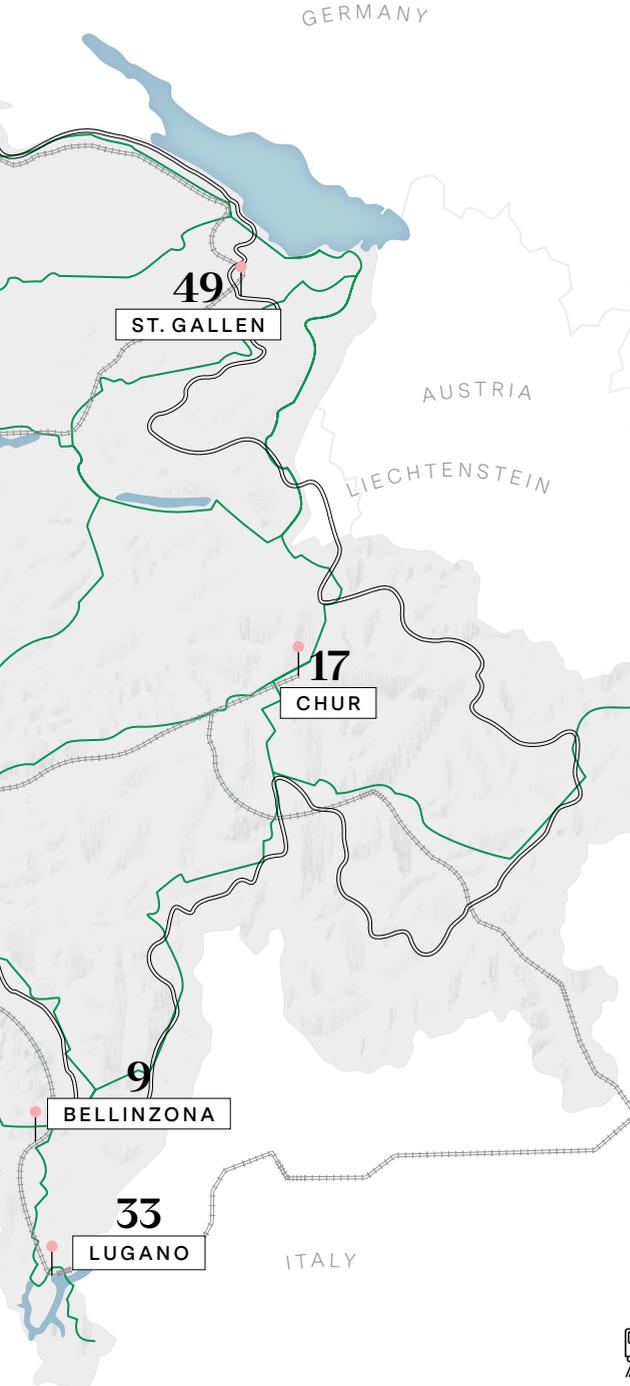


10,000 STEPS

CITY WALKS

Staying active is important for our physical health and helps us find inspiration for new ideas. This is especially true in Swiss cities, as they spoil guests with a variety of urban experiences as well as their charming proximity to nature. In this magazine, curious explorers can discover city walks that lead to sustainable products, culinary surprises, diverse cultural highlights and works of architecture.

Cover photograph: Carouge, Geneva, by photographer Gauvin Lapetoule



Start at the railway station: The city discovery tours always start at the railway station. This means that those arriving by train can start their adventure right away and without any hassle.



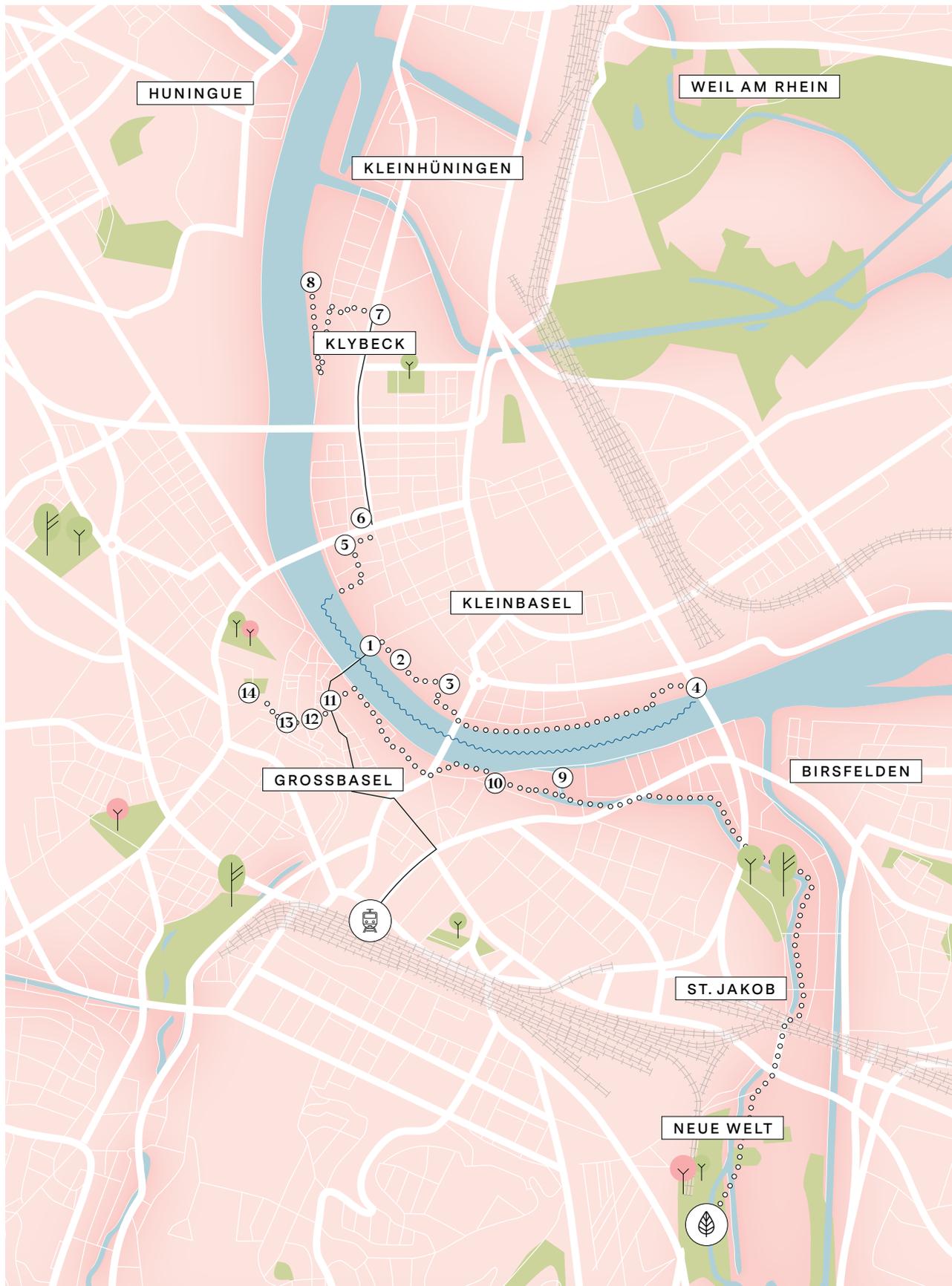
Switzerland – a cycling paradise: Those looking to get even more of a sweat on can travel by bike from city to city.



Hotels: If you're tired from walking, there's a surprising accommodation option in every city where you can recharge and refuel for the next excursions.



[MySwitzerland.com](https://www.myswitzerland.com)



HUNINGUE

WEIL AM RHEIN

KLEINHÜNINGEN

8

7

KLYBECK

6

5

KLEINBASEL

1

2

3

BIRSFELDEN

14

13

12

11

GROSSBASEL

10

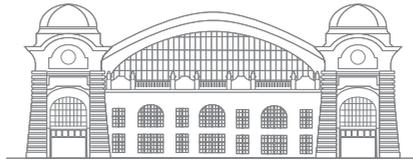
9

ST. JAKOB



NEUE WELT





BASEL

The neo-baroque façade of Europe's largest border railway station was built around 1905.

The relationship between the city of Basel and the Rhine is an intimate love affair that is intensely nurtured by locals, particularly in summer. Looking down from one of the bridges crossing the river onto the flowing water, the waterproof swim bags carried by the dozens of Rhine swimmers look like colourful Smarties. On the banks of the Rhine, people barbecue, laugh and jog. But the Rhine serves another purpose still, dividing Grossbasel and Kleinbasel, two districts of the city that could not be more different. Districts that have co-existed in playful rivalry with one another for centuries.



Silo Hostel: Stay at a boutique hostel housed in a former grain warehouse and dine among plants at the soulfood restaurant.



Basel → Rheinfelden
Rhine Route no.2
Stage 9

22km


A digital walk



WALK

KLEINBASEL

Nibbling on sweets, strolling along the Kleinbasel banks of the Rhine, daring to change perspectives, marvelling at the cityscape while swimming and visiting Basel's creative meeting places.

① ○ ○ ○ ⑧

WALK

GROSSBASEL

Meandering through gardens in full bloom and over cobblestone streets in the old town, filling your bags with local products and haggling at Basel Bazaar.

⑨ ○ ○ ○ ⑭



5,600
steps

WALK

THROUGH LIVELY KLEINBASEL

Start: Basel SBB railway station

In the concourse, marvel at the huge painting “Vierwaldstättersee” (Lake Lucerne) by Ernst Hodler.

1 Ahoi Ahoi

Take the tram to Rheingasse, where you can shop for trendy clothes and accessories.

2 Eiscafé Acéro

Just a few steps away, treat yourself to a homemade ice cream and enjoy it while sitting on a bench by the Rhine.

3 Bäckerei Kult

Further upriver, after the Münster ferry, turn left onto Riehentorstrasse and indulge in yet another sweet temptation: you can find the city’s most delicious baked goods here.

4 Swimming in the Rhine

Return to the Rhine and walk along Schaffhauserweg to Solitude Park. Enjoy a refreshing drink at Buvette Schöpfli and get yourself an original Basel “Wickelfisch”, a waterproof swim bag that keeps your clothes and valuables dry, at the Tinguely Museum shop. Because this is where it begins – the most beautiful Basel adventure: swimming in the Rhine.

5 “Didi Offensiv”

Leave the Rhine feeling refreshed in front of the Johanniterbrücke and enjoy a cold beverage in Basel’s football-themed bar on Erasmusplatz.

6 Baiushki

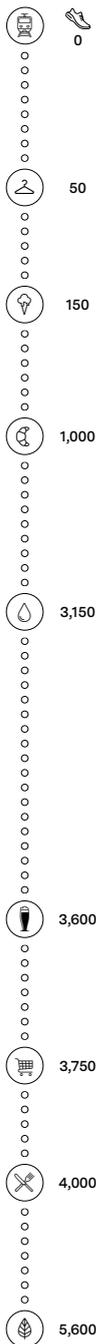
Stop by and buy some wonderful jewellery inspired by nature on Feldbergstrasse.

7 “Aktienmühle”

Board the tram at the Feldbergstrasse tram stop and alight again at Wiesenplatz to enjoy a delicious meal in the courtyard of the Turbinenhaus.

8 Holzpark Klybeck

Pay a visit to Holderstrasse and zigzag along to the Rhine. On your way, stop by the cheerful Tiki bar, then discover the vibrant mix of bars, sauna and hair salon.



Street signs

What’s behind the name?

While strolling through Basel, it’s worth taking a look at the street signs. There is always something to learn and smile about. Because the signs provide an explanation of the street name and its origin. On Stapfelberg, for example, you will learn that Stapfeln means “stairs” in Basel dialect, or that Florastrasse was named after the Roman goddess of flowers and youth.



A city walk covering
11,400
steps

Start: Baden railway station

This is where the legendary "Spanischbrötlibahn" once pulled in, and is reminiscent of times when half of Switzerland made a pilgrimage to Baden for a pastry.

1 Villa Paul

West of the tracks at the Merker-Areal, visitors can stock up on sustainable consumer goods.

2 VapVap

Head on over to the old town, where fresh produce is steamed to ensure all the vitamins are preserved.

3 Plattform

Walk over the cobblestones of Mittlere Gasse to Karin Schmidt's store, where she showcases small labels.

4 Tüfels-Chäller

Take the bus from Baden, Lindenplatz, to Fislisbach and hike the Aargauer Trail to Baden, through a forest paradise for both animals and plants.

5 Nani Manu

After Tüfels-Chäller, pass by Kirchplatz and head into Obere Halde to the design manufactory.

6 "Frau Meise"

The most charming café in town is then just a few steps away.

7 Triebguet Frischluftbar

Cross the wooden bridge to Kanalstrasse – a hot tip for cool drinks.

8 Museum Langmatt Park

Stroll along the Limmat and through the Kurpark to listen to the audio tour on biodiversity in the museum park.



0



700



1,500



1,900



2,150



8,650



8,800



9,100

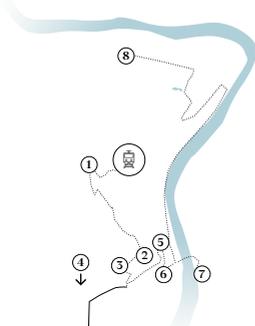
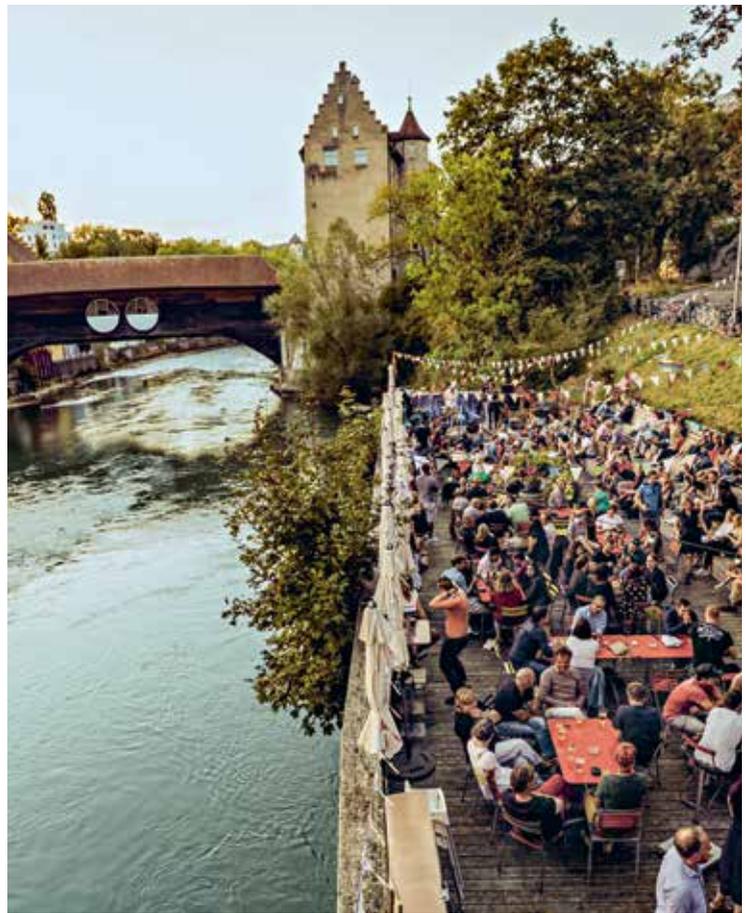


11,400



BADEN

Cities in Asia have oxygen bars. But Baden has something even better: a fresh air bar! No bottled oxygen here, just a glass of homemade iced tea and refreshing summer breezes on the banks of the Limmat.




A digital walk



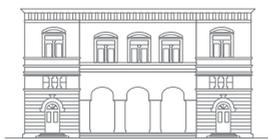
★★★

Atrium Hotel Blume: This art nouveau hotel with its covered courtyard invites you to a comprehensive spa experience in the historic spa district.



Baden → Zurich
Goldküste-Limmat no.66
Stage 2

28km



BELLINZONA

This is how writer Andrea Fazioli described his home town with its hidden wonders: “Quiet and somewhat dignified, she resembles a middle-aged lady about whom it is whispered that she was quite wild in her youth.”



A city walk covering
12,429
steps



Start: Bellinzona railway station

The largest railway station in Ticino is also home to the international TILO (Ticino Lombardia) suburban railway.



1 Mercato del Sabato

Visit the traditional Saturday market on Viale della Stazione, a kind of mini-Champs-Élysées. Be sure to get here early while there is still warm bread and fresh cheese available.



2 Villa dei Cedri

Take your fragrant provisions to the young art museum, which gleams with regional art and a magnificent park.



3 Prada

After enjoying some art for the mind, it's time to do something for your body with some physical activity: head up to the enchanted village in the forest, which has sat empty for 300 years for unknown reasons.



4 Castello di Sasso Corbaro

After searching for clues, it's down to the highest UNESCO castle with the best views.



5 “Cantinin dal Gatt”

Back to the old town, where the rustic trattoria offers fresh dishes made from regional “Bellinzonese” products.



6 Teatro Sociale

End the day with a little culture. The 19th-century building is inspired by the architecture of the great Italian houses and therefore reminiscent of the world-famous Scala in Milan.



7 Bar 700

For the young at heart, there will be a nightcap after the performance



Hotel La Tureta: This stylish boutique hotel in a restored stone palace from the 17th century is located in the Giubiasco district.

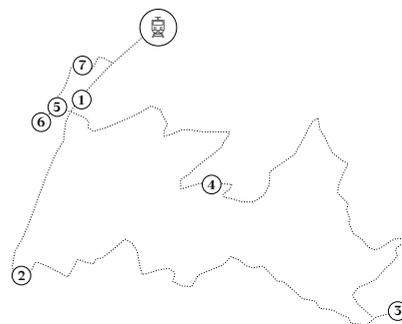


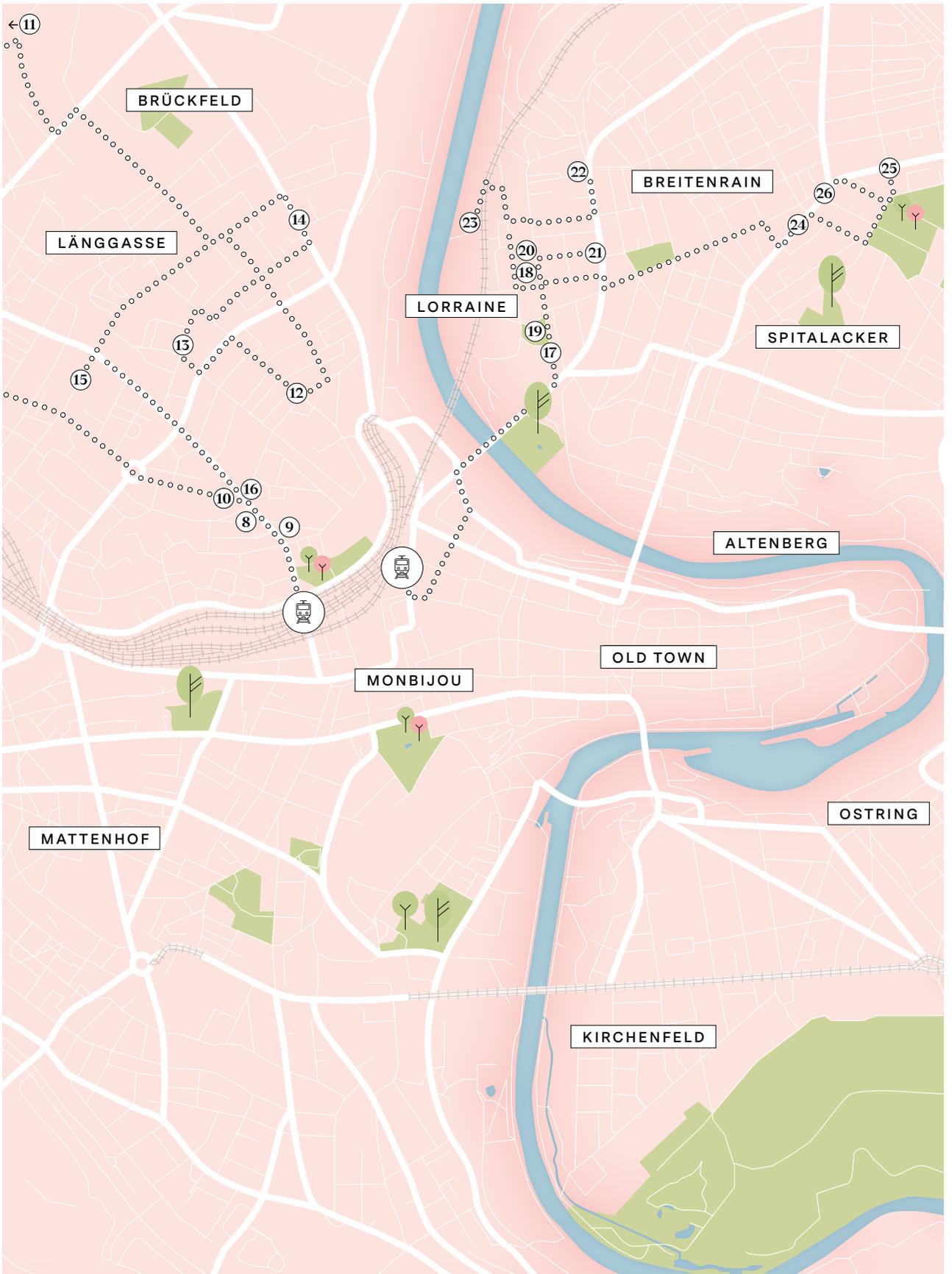
Bellinzona → Locarno
Percorso Valle Maggia no.31
Stage 1

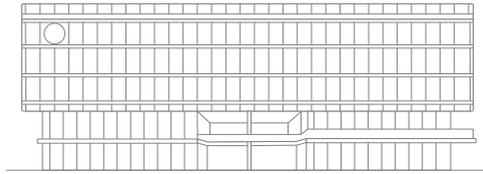
22km



A digital
walk





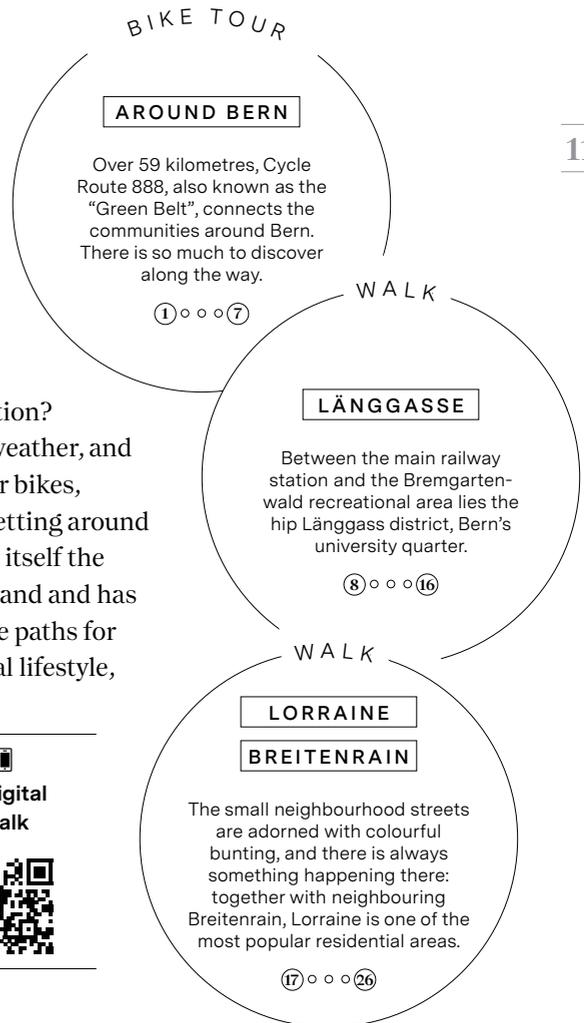


BERN

Where the railway station stands today, there used to be a prison, the first in Switzerland to be put into operation in 1615.

The Bernese people's favourite means of transportation? Definitely the bike! In all seasons and all kinds of weather, and even in the dead of night, they are out and about on their bikes, cycling from one neighbourhood to the next. To make getting around even more comfortable and safe, the city of Bern has set itself the goal of becoming the most bike-friendly city in Switzerland and has been investing heavily in expanding the network of cycle paths for several years now. So if you want to get a feel for the local lifestyle, the best way to discover the city is on two wheels.

 ★★★★	The Bristol: Since 2018, the four-star hotel steeped in tradition has had a hip, new look.	 A digital walk
	Bern → Biel Aare Route no.8 Stage 4	<div style="font-size: 2em; font-weight: bold; text-align: center;">47km</div> 





Bike tour over

38

kilometres

Start: Bern railway station

We're starting off at Switzerland's second-largest railway station. This is also where the bike rental station is located.

1 "Tibits"

Before hitting the pedals, you need a little refreshment. The vegetarian buffet is just the place to go.

2 Green Belt

The choice is yours: hop on your bike and ride through the city to Ittigen or board the RBS train. Then for everyone it's time to put your helmet on, and off you go on the Green Belt, the discovery route around Bern. Today, we are exploring the stretch between Ittigen and Köniz.

3 Farm shops

As you are cycling through the small villages, it's worth looking out for farm shops. Who knows what regional treasures you might find?

4 Wohlensee

After having covered a little more than half of the route, it's time to cool off in Lake Wohlensee. The narrow, long lake is a reservoir of the Aare and is particularly popular with rowers, but is also ideal for swimming and splashing around.

5 "Bogen 17"

After your swim, the blue container kiosk by the Wohlei Bridge offers some tasty refreshments. Aside from coffee, homemade iced tea, beer and organic wine, the menu also includes chips, fresh salads, ice cream and delicious light snacks.

6 Bike return

Back at the railway station, it's now time to say goodbye to your bike since we're continuing on to Marzili on foot.

7 Dampfzentrale restaurant

Let the evening fade away while sitting by the River Aare, with a delicious meal in front of you.



0



150



8km



18km



26km



26km



38km



2,000

BIKE TOUR AROUND THE CITY OF BERN



WALK THROUGH LÄNGGASSE



A city walk covering
11,799
steps



“Vegetable Mule” & Co

Good ideas for Bern's sustainable future

Breaking a sweat for more sustainable food production: this is a pretty good description of the concept behind the Vegetable Mule's production fitness room. Here, there are no weights to be lifted, but there are converted endurance machines such as a rowing machine or a cross trainer. Exercising on this equipment, you can grind corn kernels and durum wheat or press oil from rapeseed, sunflower seeds or walnuts using your own muscle power. You can take some of the goods you have produced away with you once your session has been ended; the remainder will be offered at select sales outlets. Organic farmer Thomas Wieland is behind the concept of the “Vegetable Mule”. He grows fruit and vegetables on his farm in Thörishaus, which he sells at the weekly market in Bern, among other places. Staying true to his principles, he cycles

from the country back to the city, no matter what the weather. Wieland was able to set up his production fitness room in the premises of the Oekonomische Gemeinnützige Gesellschaft Bern, or OGG for short. While the OGG itself is probably only known to a few, two of its “offspring” are well known to those who care about sustainability: the Äss-Bar and Gmüesgarte projects. Thanks to Äss-Bar, tons of bread, sandwiches, and other baked goods are saved from being wasted each year. But that was not enough for the four founders; they also wanted to counteract the food waste resulting from fruit and vegetables that do not conform to the “norm”. So they set up the Gmüesgarte in the cellar pub right next to the Äss-Bar, creating a small oasis of sustainability in the old town at Marktgasse 19.



Start: Bern railway station
Leave the railway station via the “Welle” and you'll find yourself at the start of the Länggasse district in no time.



8 Bakery Bakery
After just a few steps, you'll come across this vegan bakery, which tempts visitors with cinnamon rolls, delicious sandwiches and even “ham” croissants.



9 Falkenplatz
Cross the road once and enjoy the treats you just bought in this small green oasis.



10 A production fitness room
Now it's time to get moving: while exercising in the fitness room of the “Vegetable Mule”, you will grind old bread or corn kernels.



11 Bremgartenwald forest
Pass Bühlplatz and continue on to the end of Länggasse and into Bremgartenwald. After a sip of water from the glass fountain, you'll be able to continue your walk feeling refreshed.



12 Brasserie Haller
Now that you're back from the forest, it's time to enjoy a delicious lunch prepared from regional and seasonal ingredients.



13 The New New
This second-hand shop in the heart of the neighbourhood only features a curated selection of items.



14 Apfelgold
There are delicious cakes on offer just a stone's throw away. In case all the tables are occupied, the team can recommend the nicest benches in the neighbourhood.



15 “Provisorium 46”
A walk through Neufeldstrasse leads directly to this inclusive meeting place with a restaurant and sun terrace.



16 Café Bar Parterre
Enjoy the last drink of the day in the dim light of a chandelier.



6,401
steps

WALK

THROUGH LORRAINE & BREITENRAIN

Start: Bern railway station

The path to Lorraine leads past the Reitschule cultural centre and over the Lorraine Bridge, which offers views of Bern Minster, the Alps and the Botanical Garden.

17 Nordring Fair Fashion

Before anything else, a small detour into the world of fair fashion is on the agenda.

18 Werkstadt

Fair and sustainable is also the motto a few steps further on, but here everything revolves around physical well-being. Whether coffee, sweet and savoury snacks, lunch menus or aperitif platters: everything is sustainably made, often regional, and usually also organic. A visit is also well worthwhile because of the small shop and the old wooden floor that creaks under your feet with every step.

19 Lorraine Park

If you want to pause for a moment, take a few steps back, and you will find a small oasis of peace that is full of life there: this is where people from the neighbourhood gather to play ping-pong or boules. Lingering on the benches under the green canopy, you can watch the hustle and bustle in comfort if you'd rather not get involved yourself.

20 Lola

On we go to visit the cult place in the neighbourhood, the Lorraineladen. The organic food shop is run by a foundation dedicated to the social integration of people battling addiction.

21 Bärner Brockli and Winkel Bern

Lorraine is known for its second-hand shops. Winkel offers a selection of vintage furniture, while a colourful mix of clothes, books, kitchen utensils and furniture is available at Bärner Brockli. Here you can shop to your heart's content without a guilty conscience.

22 Restaurant Café Kairo

After browsing the second-hand shops, it's time for a bit of culture and some culinary delights. Café Kairo combines both in a wonderfully relaxed atmosphere.

23 Lorraine pool

On a summer's day in Bern, a swim in the River Aare is a must. It's not far to the water, and afterwards you can let the sun warm you up while lying in the meadow. If you are swimming in the Aare for the first time, it's recommended that you take a buoyancy aid along.

24 Rework

From Lorraine, we now head up a slight incline to Breitenrain and Rework. This is where second-hand clothes are used to make stylish new garments.

25 Restaurant Lokal

If you get hungry, the urban neighbourhood pub is not far away. Here you can enjoy delicious dishes made from seasonal ingredients.

26 "Barbière"

Not far away, a microbrew beer beckons – there's no better way to end the day.



0



1,214



1,428



1,632



1,975



2,161



2,418



3,421



5,435



6,001



6,401







A city walk covering
7,800
steps



BIEL

Start: Biel railway station

The neoclassical railway station building was built in 1923. A look into the waiting room is well worthwhile, as it has been kept unchanged.

1 "Lokal"

Sit outside by the water with a cappuccino at the Café Lokal.

2 Sustainably clothed

If you're looking for quality fashion, from extravagant to homemade, you'll be sure to find it at Edu's.

3 Fresh and organic

Stop for a crispy sandwich or a salad at the "Batavia" and take in the bustling old town.

4 Urban bike tour

The guided bike tour starts at the centrally located Place de l'Esplanade; from here, you cycle through residential areas to the new district around the Swatch Group.

5 Terrain Gurzelen

Those who prefer walking can stroll from Place de l'Esplanade through the residential districts towards Terrain Gurzelen. Here you can hand old clothes in at the "Kleiderschrank" (wardrobe) and discover a new favourite piece or just linger in the lively area.

6 Soirée under the trees

Sit under the old treetops in the park of the beautiful Villa Lindeneegg and marvel at the enchanted façades on the walk back to the railway station.



0



500



1,700



1,800



3,430



3,714



7,800

In summer, life takes place in the alleyways and is enriched by the cultural influences of both the German and French-speaking parts of Switzerland. The old town features two cultures that meet here for a colourful coexistence.



A digital walk

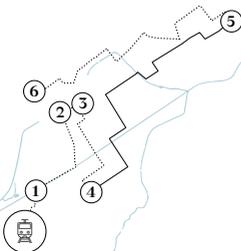


Hotel Villa Lindeneegg: Those coming to stay can get fresh air and rest in one of the eight stylish, very different rooms.



Biel → Solothurn
Aare Route no.8
Stage 5

31km





CHUR

As of recently, Chur has been luring visitors with its golfing. A people for themselves, one might think. But think again: the Alpine townsfolk have declared their place of residence a golf parkour for all – that’s how to explore a city with panache.



A city walk covering
8,086
steps



Start: Chur railway station

The railway station was built outside the city in 1858. Today it is right at the heart of the action.

1 Waffelkühr

Just a few steps, and you’ll be able to enjoy the best waffles outside of Belgium – Tip: apple trifle.

2 Views

Up to Haldenhüttli – the place for both wide-eyed romantics and city explorers.

3 Cramerei

The small shopping spree starts in Rebecca Clopath’s new shop and café, featuring both sustainable designer goods and fair foods.

4 Laki Mi

After a detour through Fontana Park, it’s on to fair things and chic clothing.

5 Street art

The polar bear has disappeared. But there are plenty of new paintings to be discovered.

6 Cross golf

Time to get moving: with cross-golfing up on the local mountain of Brambrüesch. If you haven’t had enough yet, you can golf through the old town afterwards too.

7 Punctum Apéro Bar

Down in the beautiful old town, the winner is duly celebrated with a glass of fine wine.

8 Wirtschaft zum Kornplatz

After all the steps, take off for a culinary flight: with Dirk de Jong.



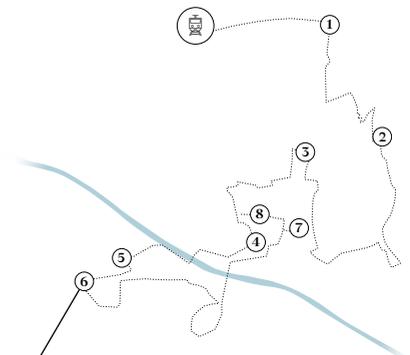
Hotel Stern: The hotel has been in the heart of Chur for 300 years, and has been a member of the Swiss Historic Hotels since 2006.



Chur → Rorschach → St. Gallen
Rhine Route no. 2, Stage 2
Kartäuser-Fürstenland-Route
no. 33, Stage 2

127km

 A digital walk



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FRIBOURG

The bastion of the Zähringen dynasty is proud of its past, but thanks to the fresh ideas of numerous students, it is looking to the future with a great deal of drive and innovative spirit. A visit to the River Saane inspires new thoughts.



Hotel Le Sauvage: The refreshing dreams you spin in these soft beds are nourished by the centuries-old history of the establishment and its warm hospitality.



Fribourg → Thun
Alpine Panorama Route no.4
Stage 6 **53km**

 A digital walk



A city walk covering
17,286
steps



Start: Fribourg railway station

In the entrance hall, a monumental mural opens up the view of the Gruyère region.

300



1 “Le Point Commun”

This coffee invigorates you for the city tour “Frÿburg 1606”. The tablet is available at the tourist information office.

1,086



2 Bottega Ethica

Along the way, it is worth taking a detour to the former WWF boutique, which sets great store by beautiful products.

1,429



3 Espace Jean Tinguely

No visit is complete without paying homage to the city’s famous son.

1,729



4 Les Marchands Merciers

These merchants offer select products from small manufactures from the region.

2,714



5 Gottéron Valley

Time for a little exercise while exploring the Gottéron Gorge and then hiking back to the old town via the Loreto Chapel.

15,571



6 Le Port de Fribourg

As a rewarding finale, enjoy some drinks and nibbles in a wonderful ambiance.

16,714



7 Fri Art

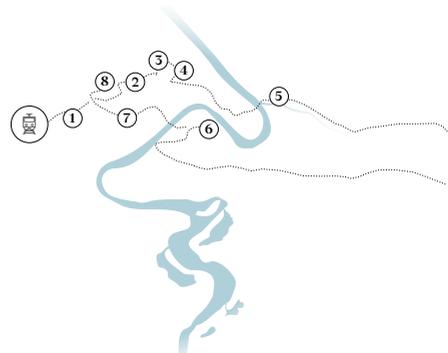
An experimental art gallery for young art.

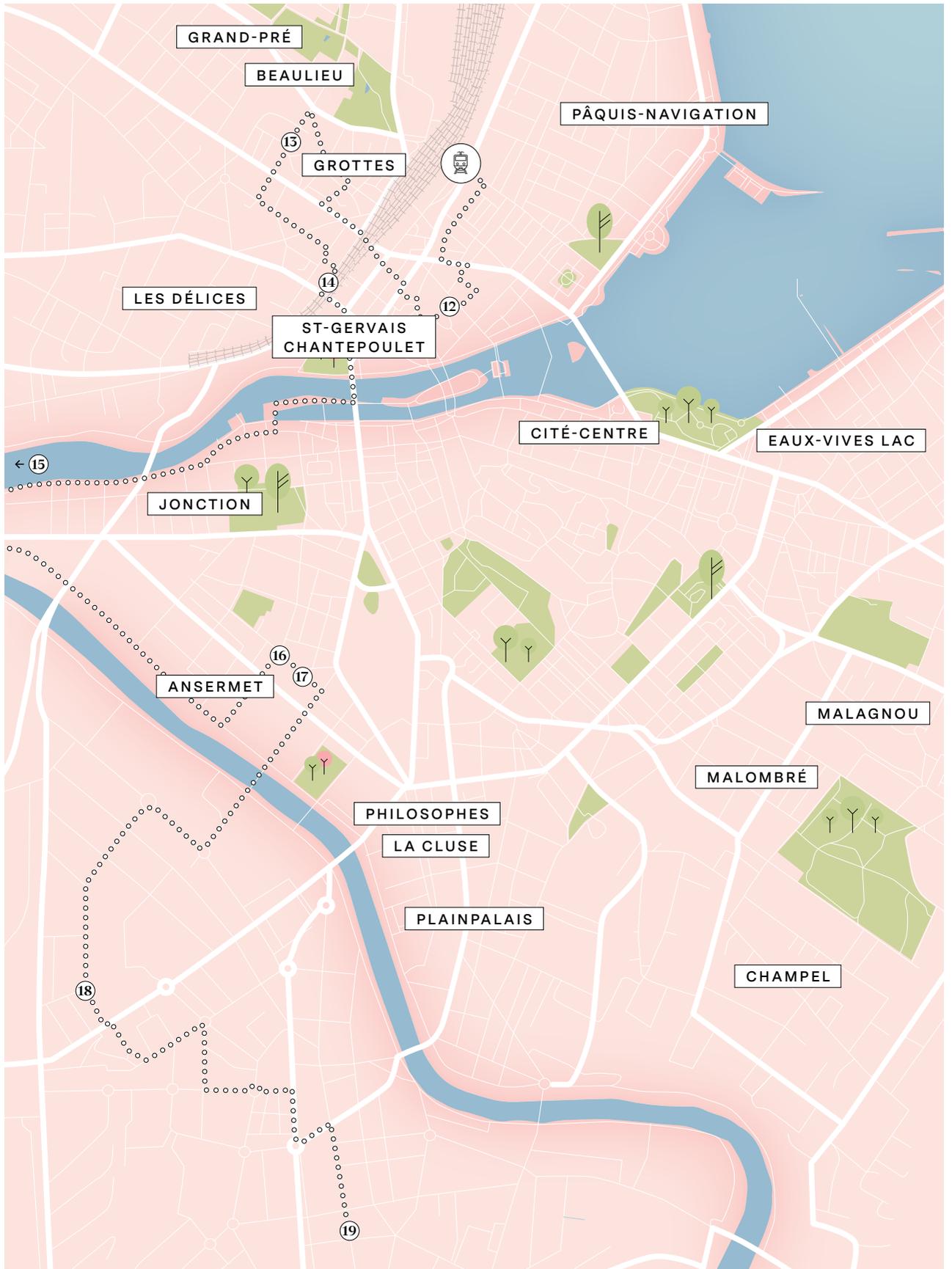
17,286



8 “Kumo” and “Les Menteurs”

After all that walking, there’s fresh ramen from “Kumo” or market-inspired cuisine from the creative chefs at “Les Menteurs” at the former Cardinal site.





GRAND-PRÉ

BEAULIEU

PÂQUIS-NAVIGATION

GROTTES

LES DÉLICES

ST-GERVAIS
CHANTEPOULET

CITÉ-CENTRE

EAUX-VIVES LAC

JONCTION

ANSERMET

MALAGNOU

PHILOSOPHES

MALOMBRÉ

LA CLUSE

PLAINPALAIS

CHAMPEL

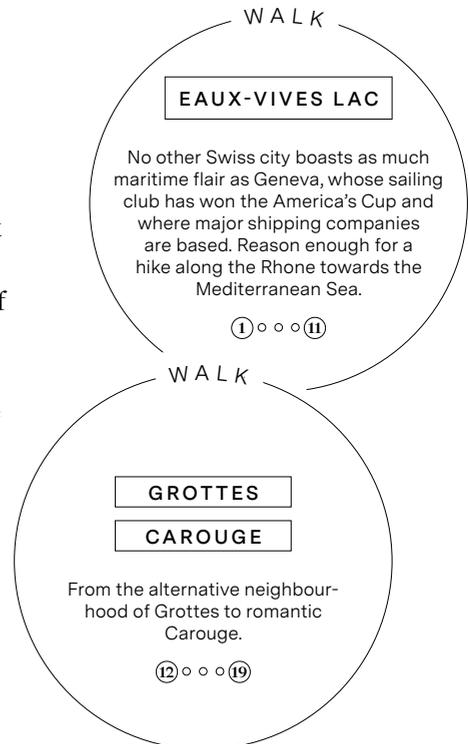


GENEVA

The railway station as it is today dates back to 1933 and bears a strong resemblance to the monumental Palace of Nations. Both buildings were designed by Geneva architect Julien Flegenhaimer.

Geneva is Switzerland's most cosmopolitan city. Only New York is home to more international organisations than those lining the shores around the lake of Geneva. This creates a colourful mix of cultures that enrich everyday life, with respect to its culinary scene, among other things. A wonderful contrast arises from the 44 other cantonal municipalities around the city. Agriculture and small-scale manufacturing plays a key role here, while the Jet d'Eau and the clock set the pace at Lake Geneva.

<p>★★★★</p>	<p>Eastwest Hotel: Located between the railway station and the lake, this stylish hotel offers a Sunday brunch service chock-full of seasonal and regional specialities – and for late risers too.</p>	<p>A digital walk</p>
	<p>Geneva → Lausanne Rhône Route no.1 Stages 6–7</p>	<p>72km</p>





27,686
steps

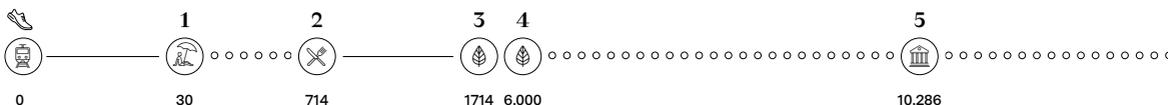
W A L K

FOLLOWING THE WATER

The Jet d'Eau

The city's landmark

The impressive water fountain in Lake Geneva originally served as a pressure relief valve for the power station's hydraulic power network built in 1885, which was used by Geneva's jewellers to power their machines. Back then, the fountain only reached a few metres high, but even then it attracted the attention of passers-by. That's why, as far back as 1891, the city decided to increase the water pressure and move the fountain to the lake basin as a tourist landmark. Today's installation dates back to 1951 and shoots 500 litres of lake water up into the air every second, at a speed of around 200 kilometres per hour.



Start: Cornavin railway station

The TGV high-speed trains from Paris and Marseille arrive at platforms 7 and 8, bringing tourists to Lake Geneva.

1 Eaux-Vives public beach

Taking tram line 6, visitors can quickly reach the new city beach, which feels a bit like Rimini. Start your day with a refreshing morning swim.

2 Restaurant de la Plage

After an invigorating swim in Lake Geneva, reward yourself with coffee and pancakes at the Buvette on the harbour quay – under the watchful eye of the squawking seagulls.

3 Jonction

Hop on tram line 2 to travel through the city as it slowly starts to come to life and to the confluence of the Arve and Rhone rivers, where our walk

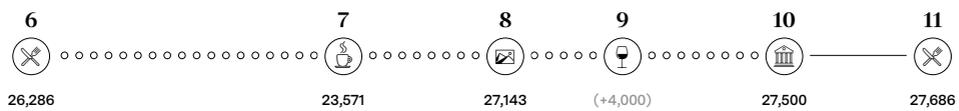
begins. It's a long way, which is why you should warm up your calves while on the tram.

4 Sentier du Rhône

After just a few metres, the urban surroundings of Geneva are left behind and you'll find yourself surrounded by green jungle. The path leads alongside the Rhone, home to countless species of birds, to the hamlet of Loëx, where a spectacular view of the modern town of Lignon is revealed.

5 Le Lignon

The longest residential building in Switzerland stretches out over a kilometre and is up to 15 storeys high. The architectural icon of Cité du Lignon, completed in 1971, was designed for 10,000 residents, which means it could pass for its own city in Switzerland.



6 Domaine de Châteauevieux

On a hill overlooking the river, there is haute cuisine for the eyes and the taste buds, which deservedly garnered two Michelin stars. If you want to keep moving, you can stock up on selected provisions for a fine picnic at the Épicerie.

7 Café du Levant

It's just a little closer to the café in pretty Aire-la-Ville, where newly interpreted local cuisine and wines from the canton are on the menu.

8 Cartigny & Avully

On the way through the Geneva countryside, you will come across pretty, well-maintained villages that offer a wonderful contrast to the international flair of the city itself.

9 Domaine Les Hutins

If you're still up for more, then treat yourself to a diversion to the Hutins Winery, who have been tinkering with their wines for five generations and are regularly acknowledged with awards.

10 Librairie Bernard Letu

Finally, it's back to the city by public transport. This treasure trove of books is the secret meeting place of the intelli-

gentsia and delivers limited editions as well as photography and art books all over the world. For example, to university libraries or to museums such as the MoMA.

11 Osteria della Bottega

After the long day you've had, a hearty dinner is in order. For example, at the wonderfully down-to-earth Osteria in the old town.



12,000
steps

WALK

FROM GROTTES ACROSS THE CITY TO CAROUGE



Start: Cornavin railway station

The reliefs on the façade were installed after Geneva was designated the seat of the League of Nations in 1919.

12 “Granola”

Start the day with the famous avocado toast.

13 The Smurfs

Then stroll through the colourful Grottes neighbourhood to the fun Smurfs buildings.

14 Foound

Shortly afterwards, you will reach this hip mix of art gallery, co-working space, café and shop.

15 Runner to Jonction

A food courier will bring your picnic right to where you want it. For example, to romantic Jonction by the water.

16 Meg

The revitalised Ethnography Museum was awarded European Museum of the Year 2017.

17 Mamco

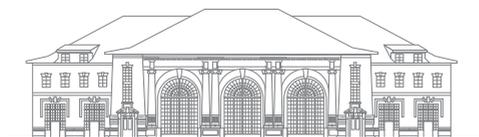
Right next door, the art museum in the former industrial building showcases exciting new art and inventive ideas.

18 Pavillon Sici

It's not just the unique architecture that makes it well worth a visit. When there is also an event beckoning, the detail becomes a must for all design lovers.

19 La Table du Croquant

The alleys of Carouge are the perfect place for romance and boast a whole host of small shops and bistros. Those who love modern market-fresh cuisine will find happiness here.



LA CHAUX-DE-FONDS

In the Neuchâtel Jura, nestled picturesquely between pastures and forests, lies the watch metropolis of La Chaux-de-Fonds. The city is immediately obvious on a map, as its streets are arranged in a chequerboard pattern.



A city walk covering
5,229
steps



Start: La Chaux-de-Fonds railway station

From the station, whose north-facing reception building is a cultural asset of regional importance, the route continues through beautiful neighbourhoods towards the outskirts of the city.



1 Maison Blanche

On the border between city and countryside towers the villa built by Le Corbusier.



2 Café Restaurant ABC

The path into the heart of the old town leads past the zoo and the Église du Sacré-Cœur. This hip café also serves up vegetarian dishes to satisfy your cravings.



3 La Demoiselle

Two streets over, you can discover unique pieces of jewellery and artwork in the studio shop of five creative types.



4 Impressions

After a short walk in the fresh air, visit the small bookshop and let yourself be enveloped by the scent of printed paper while browsing the shelves for new reading material.



5 Café du Coin

Take your newly acquired book and head straight to this trendy café. Enjoy a cup of coffee and leaf through your own reading material or help yourself to the large selection of newspapers and magazines there.



6 International Museum of Horology

A wristwatch indicates the passage of time. 4,000 extraordinary exhibits do just that in the watch museum.



Grand Hôtel Les Endroits: The luxurious hotel impresses with a large wellness area and first-class cuisine.

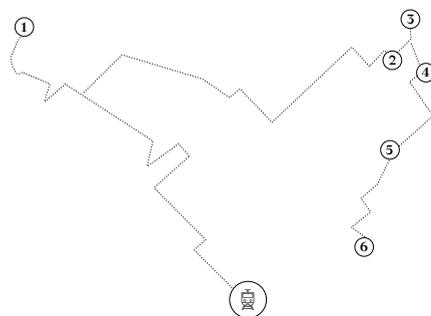


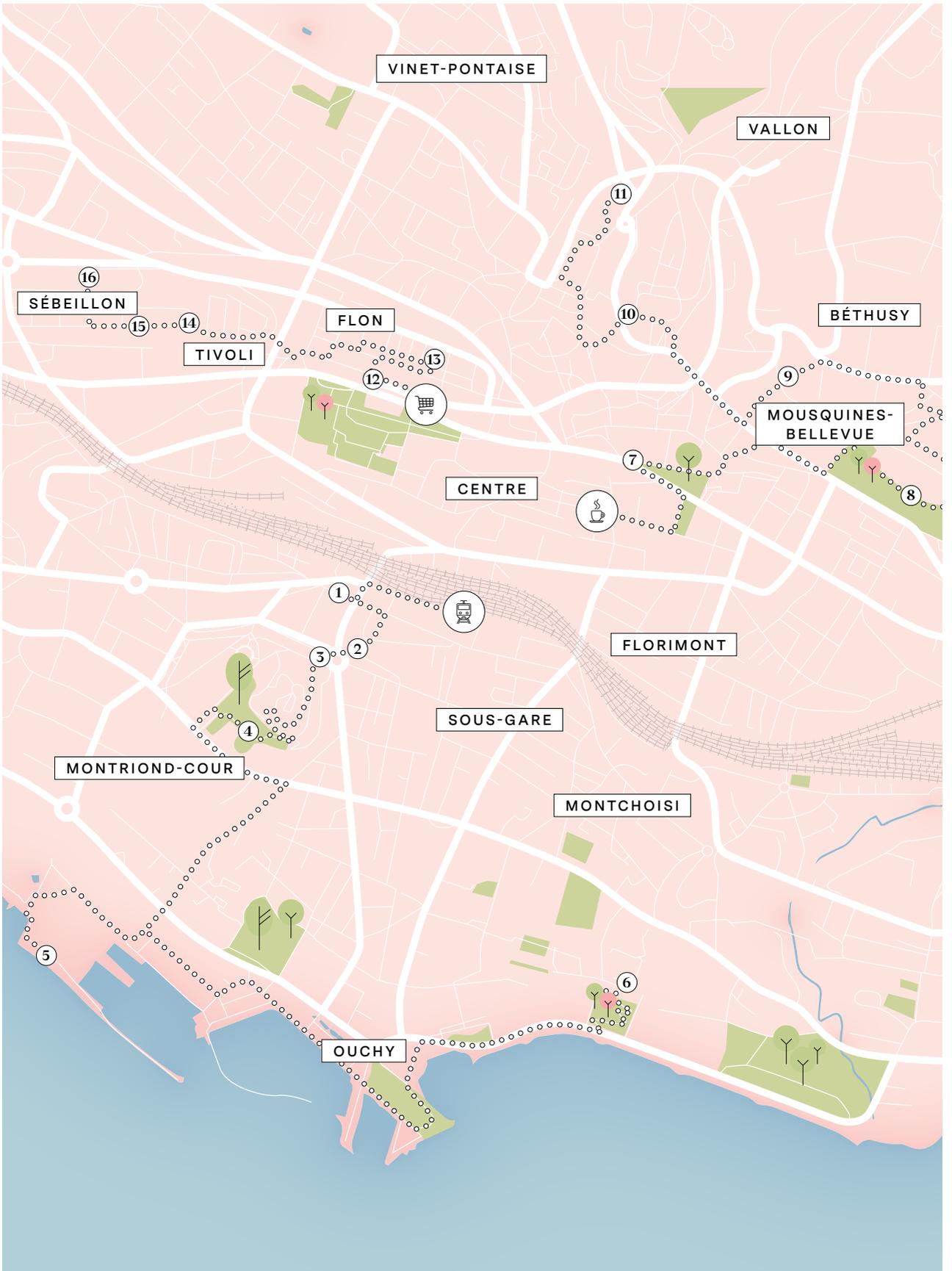
A digital walk

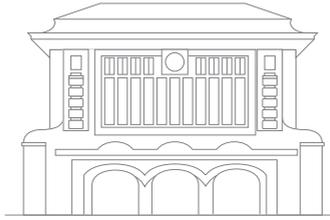


La Chaux-de-Fonds → Neuchâtel
Nord Vaudois-Jura no.22
Stage 3

30km







LAUSANNE

The magnificent railway station buffet, which is now vegetarian, dates back to the Belle Époque.

Lausanne is the city where the lake clings to the shore, hillside parks invite you to stroll and urban quarters connected by stairs and lifts celebrate urban life at different levels. The city inspires with diversity and the charm of Western Switzerland, because the people of Lausanne know how to enjoy life and create beauty. A city walk is a voyage of discovery. Encountering the unexpected is part of experiencing the city of Lausanne. Those looking to move from one district to the next in the shortest possible time can take the metro, the only one of its kind in all of Switzerland.

 	<p>Royal Savoy Hotel & Spa: Check into this luxurious hotel in Ouchy and enjoy spectacular views of the city and lake in the Sky Lounge.</p>	 <p>A digital walk</p>
	<p>Lausanne → Geneva Rhône Route no.1 Stages 7–8</p>	<p>72km</p> 

BIKE TOUR

OUCHY

A leisurely stroll between ornate house façades and the lake: south of the railway station, you can shop, stroll and catch some rays by Lake Geneva. There will be plenty of delicious stops along the way for you to enjoy – so in addition to bringing sun cream and swimwear, make sure you have plenty of time to spare.

① ○ ○ ○ ○ ⑥

WALK

CENTRE

Head into the city centre to find chic shops selling carefully selected local designs and fragrances. Then stroll through green parks with flowering trees and promenades to experience the light, carefree life found in Lausanne.

⑦ ○ ○ ○ ○ ⑪

WALK

FLON

SÉBEILLON

Get going, shop to your heart's content, let off some steam and celebrate.

⑫ ○ ○ ○ ○ ⑮



6,500
steps

WALK

DOWN TO THE LAKE



4,950
steps

WALK

THROUGH THE CENTRE



0

1



400

Start: Lausanne railway station

At the site of the former SBB train depot, a new art district, Plateforme 10, is being built.

1 Loom Gelateria 1900

Just below the station on Boulevard de Grancy, François and Pierre-Alain Lador delight their guests with homemade, sinfully delicious gelati.



0

7



750

Start: Coffee Page

A place where nothing is random and everything is celebrated with care. Savour a Goodlife Coffee from nearby Savigny, munch on some granola and select your reading material from the well-curated selection of books.

7 Philippe K

Wind your way through the Promenade Jean-Villard Gilles, where plants, not gladiators, perform in the amphitheatre.



2 Foulaz

Head east, turn right at the Passage de Montriond, and you'll find yourself in front of a shopping paradise at the next intersection. This is where slow fashion designer Marine Desseigne sells her creations, as well as chic items from other local producers.

3 "Le Montriond"

A few steps away, at the entrance to the Parc de Milan, there is a charming little house with history. The three friends Giliane, Ivan and Boris turned the former public toilet into a meeting place with ambiance – a bistro featuring local and seasonal snacks.

4 Botanical Garden

Walk over the hill in Lausanne's Central Park, the Parc de Milan,

while marvelling at the imposing trees. On the other side, go back down again past past meadows to see some botanical rarities.

5 "Jetée de la Compagnie"

On the Chemin de Bellerive, head towards the lake, turn right around the harbour area, and you'll reach the somewhat hidden bathing promenade with buvette and sun deck.

6 Tom Café

Head all the way along the lake to Quai d'Ouchy, through the Parc Olympique – at a sporty pace, of course – and up to the top floor of the Olympic Museum, where you can enjoy a cup of coffee on one of the city's most panoramic terraces.



Continue to Place Saint-François and immerse yourself in the hub of fine fragrances. With new packaging and product ingredients, the young Swiss Philippe Cart belongs to the avant-garde of sustainable perfumery in the highest luxury segment worldwide.

8 Parc de Mon Repos

Escape the hustle and bustle of the city centre by heading east, where you'll reach the romantic

Parc de Mon Repos. Further up, Justitia keeps watch – but you'll skirt around the Swiss Federal Court to the left and come across the mystical Temple de Béthusy.

9 Viva Frida

Stroll along Avenue Béthusy to Rue Marterey and from there to Viva Frida, where Argentinian Barbara Waldesbühl sells locally designed clothing and jewellery.

10 "Les Jardins"

Across the Charles Bessières Bridge to the Cathedral. Every evening, a night watchman calls down the time from the tower on the hour. Take the Escaliers du Marché to "Les Jardins", where we toast the health of the city in the garden.

11 JSBG Store

Continue down the wooden steps to Place de la Palud and across Place de la Riponne to Rue des Deux-Marchés, where one of the city's most stylish residents is waiting to welcome you: Jorge Guerreiro, who helps Swiss design labels gain a presence in his shop.



2,200
steps

W A L K
**IN TRENDY
FLON & SÉBEILLON**



0

12



200

Start: Jolly Jungle

On the edge of bustling Flon, small boutiques line up in Les Garages. At Jolly Jungle, the mother and daughter team sell jewellery and clothing inspired by their travels, which is both ethically made and vegan.

12 Hoot

A few steps away, in Hoot, you can acquire one of the artistic yet understated watches of designer Jean-Marc Salemi or adorn yourself with a new piece of fairly made clothing.

13



600

14



1,600

15



1,750

16



2,200

13 “The Green Van Company”

If hunger strikes, you can bite into a juicy burger made from fresh regional produce at “The Green Van Company” just two streets away on Rue du Port-Franc.

14 Skate park HS36

Pass under the Chauderon Bridge, take the lift down and let off some steam skating.

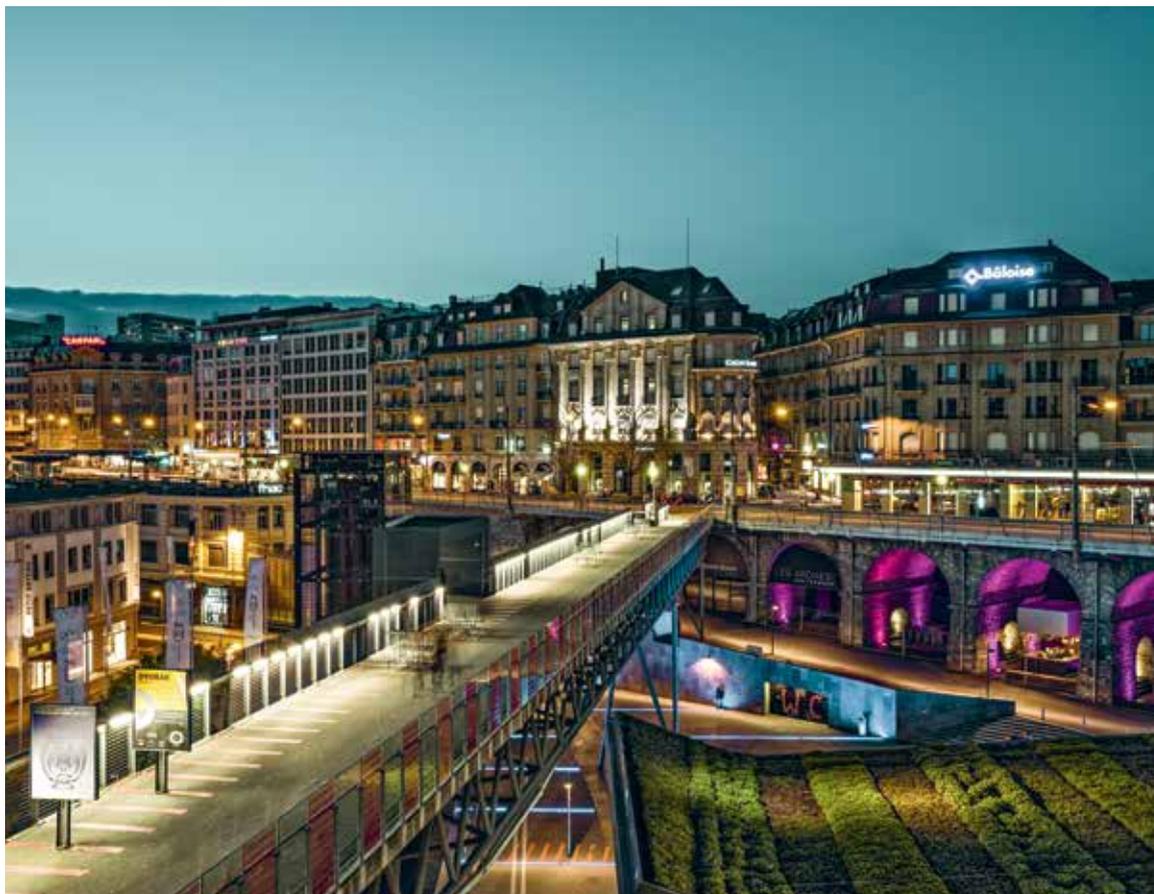
15 Les Docks

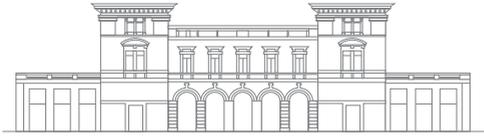
Two houses away, big concerts – from rock to funk – are held in an intimate

setting. In addition to international gigs, Swiss musicians regularly grace this stage. There is also a gallery with changing exhibitions.

16 Uniquement Vôtre

Fans of vintage design furniture will find their own little paradise on Avenue de Sévelin.





LOCARNO

Above Locarno, special views abound: high up on the Cimetta, you can spot the Dufourspitze (4,634m a.s.l.), the highest point, and Lake Maggiore (193m a.s.l.), the lowest point in Switzerland.



Hotel Casa Da Vinci: The small, friendly hotel in the heart of the old town is the ideal starting point for exploring the city and its surroundings.



Locarno → Bellinzona
Percorso Valle Maggia no.31
Stage 1

22km

 **A digital walk**



A city walk covering
13,100
steps



Start: Locarno railway station

As of 2019, SBB buildings, just like this station, are powered exclusively by hydroelectricity.

1,300



1 La Mini Gelateria

Into the heart of the city, stroll across Piazza Grande and at the southwestern end of the square take Via Franchino Rusca to Daniel E. de la Vega's homemade gelati.

3,100



2 Funicolare

Continue on to the church of San Francesco, through Via dell'Ospedale, Via Sant' Antonio and Via Cittadella back towards the station. Just before you get there, take the Funicolare and ride up to the Madonna del Sasso.

3,300



3 Swing the World

At lofty heights, ride the gondola from Orselina to the Cardada mountain station, where one of the new Ticino swings with a view awaits you.

6,150



4 Capanna Lo Stallone

It takes 30 minutes to reach Alpe Cardada, where you can enjoy polenta cooked on the wood fire.

7,850



5 Cimetta paragliding

Head up to the Cimetta mountain station and, from there, glide down into the Maggia delta on a tandem flight.

8,000



6 Lake View Beach & Lounge

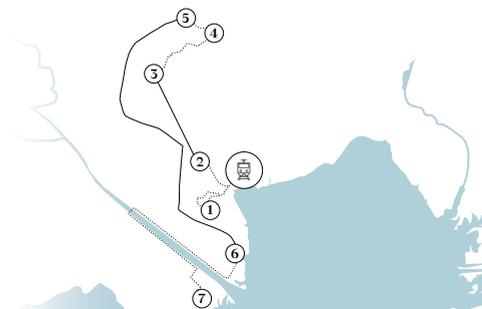
Marvel at the Camelia Park before taking a dip in the lake.

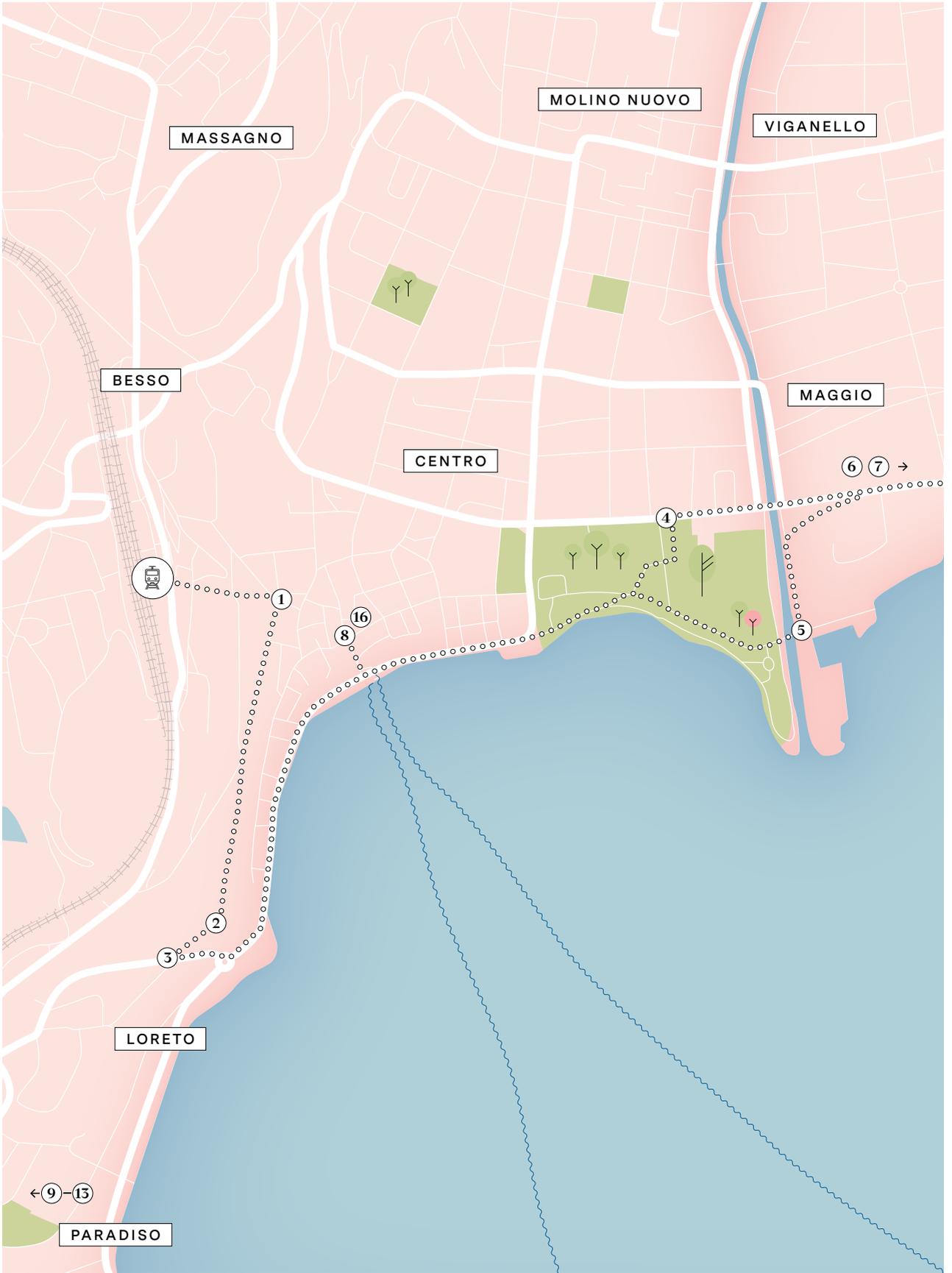
13,100



7 "Locanda Barbarossa"

Walk along the Maggia to the Hotel Castello del Sole and feast on fresh produce from the establishment's own farm at the "Locanda Barbarossa".





MASSAGNO

MOLINO NUOVO

VIGANELLO

BESSO

MAGGIO

CENTRO

LORETO

PARADISO



1

8

16

2

3

4

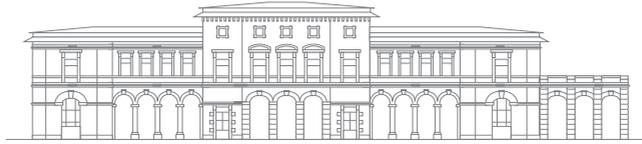
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← 9-15

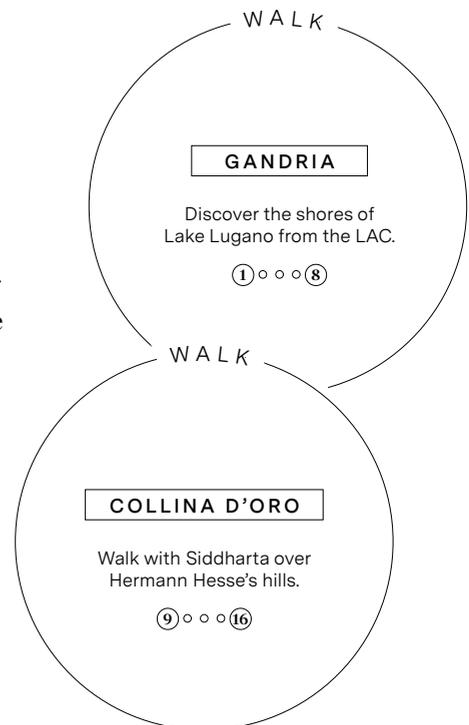


LUGANO

The striking red colour of the Lugano railway station combines with the brilliant blue of the sky to form the colours of Ticino's cantonal coat of arms.

In Lugano, the train stops high above the city to give visitors their first view of the wonderful scenery, including the lake and Monte Brè. Lugano is the economic engine of Ticino and the place where the cultural bond between Switzerland and Italy produces its most beautiful culinary delights.

<p>★★★★★</p>	<p>Grand Hotel Villa Castagnola: At the foot of Monte Brè lies this splendid old-school hotel, which offers hotel accommodation of the highest standard.</p>	<p>A digital walk</p>
	<p>Lugano → Bellinzona North-South Route no.3 Stage 7</p>	<p>40km</p>





10,286
steps

WALK
TO GANDRIA

Start: Lugano railway station

In future, trams will travel into the city from here.

1 Gabbani

From the scenic train station, walk down into town for a bounty of the south at the Gabbani speciality shop.

2 Santa Maria degli Angioli

At the end of the old town you'll reach the church with its huge and impressive Renaissance mural.

3 Lugano Arte e Cultura LAC

Right next door, in the LAC, is the epicentre of Ticino culture with some great exhibitions.

4 Ristorante Bee

After a bit of culture, head along the lake to Parco Ciani and to the young ristorante, which also offers vegan dishes.

5 Antica Osteria del Porto

Those who prefer traditional dining will be happy at the harbour.

6 Lido San Domenico

Batteries recharged, the Sentiero di Gandria is a pure delight. And because the food was light, you can indulge in a quick swim here.

7 Gandria

Perhaps the most romantic little village in Switzerland has hardly changed for over 100 years.

8 Ristorante La Tinera

The boat takes you back to the city, where you can enjoy a fine Luganiga sausage with polenta at the urban grotto together with the locals.



0



571



1,286



1,714



3,714



3,768



7,429



10,000



10,286





14,000
steps

WALK
**TO THE COLLINA
D'ORO**



0



Start: Piazza Cioccaro

Start off by shopping for provisions in the well-stocked shops of the city centre.

571



9 Cappella-Agnuzzo

Take the funicular up to the railway station and from there the FLP railway service to Lago di Muzzano.

2,429



10 Sant'Abbondio church

Walk through a magnificent avenue that is reminiscent of the Tuscan hills to the impressive church. Hermann Hesse is also buried here.

3,429



11 Grotto del Cavicc

After the ecclesiastical opulence, a generous refreshment for the ascent is called for.

5,000



12 Museo Hermann Hesse

Immerse yourself in the place where the great poet and winner of the Nobel Prize for Literature lived – in the world of “Narcissus and Goldmund”.

10,000



13 Sasso delle Parole

Then hike the Collina d'Oro and Monte Croce to the beautiful vantage point overlooking the lake, where Hesse liked to paint.

12,143



14 Parco Figino

Once at the lake, you can relax in the wonderful park and enjoy the refreshing water.

13,071



15 Grotto del Paolin

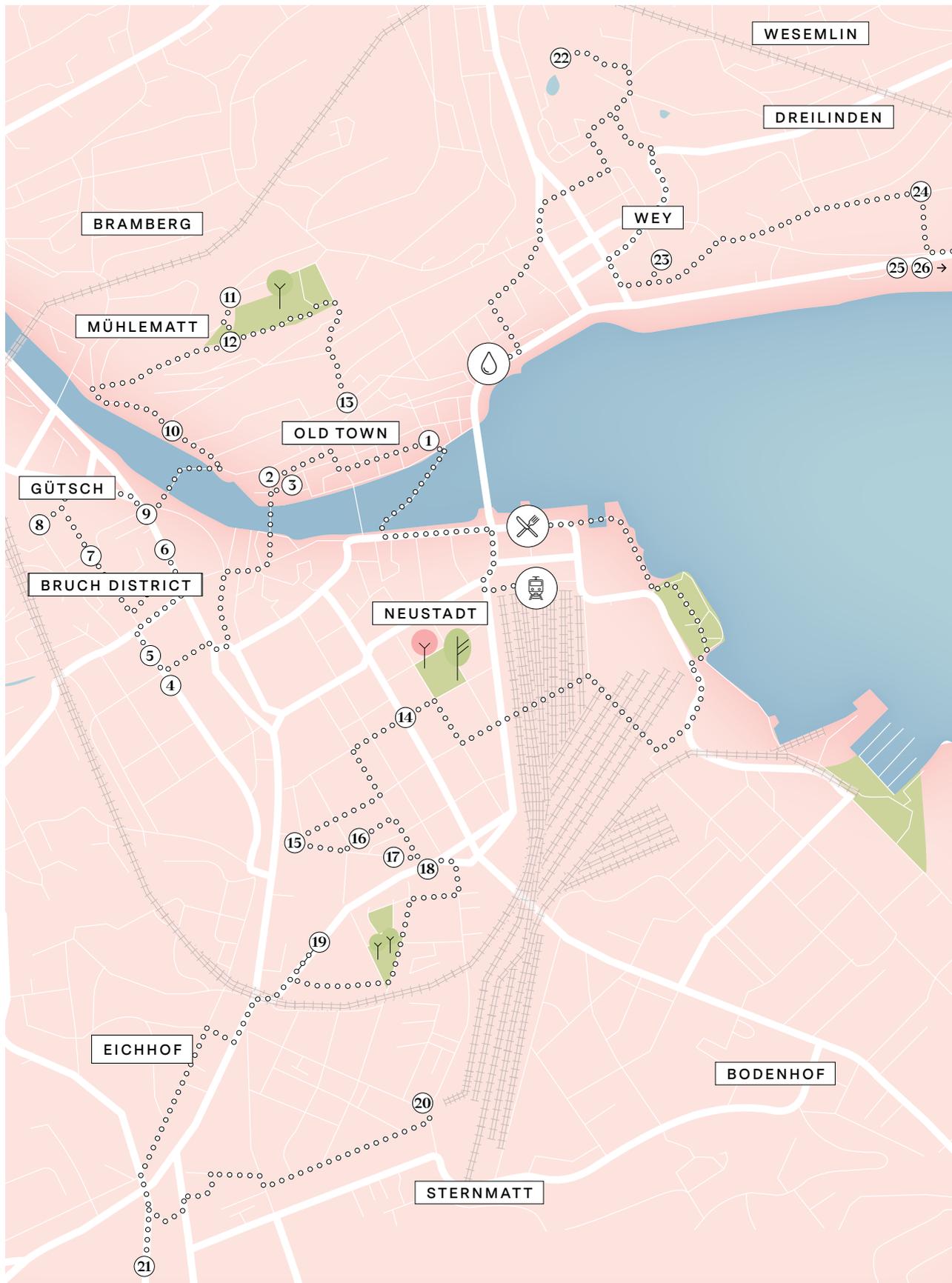
Before returning to the city, enjoy an aperitif platter with formaggi and salami.

14,000



16 Bottegone del Vino

After the return journey by boat, complete your day with wonderful ravioli and a fine Merlot in the heart of the old town of Lugano.



BRAMBERG

WESEMLIN

DREILINDEN

MÜHLEMATT

WEY

OLD TOWN

GÜTSCH

BRUCH DISTRICT

NEUSTADT

EICHHOF

BODENHOF

STERNMATT

22

24

23

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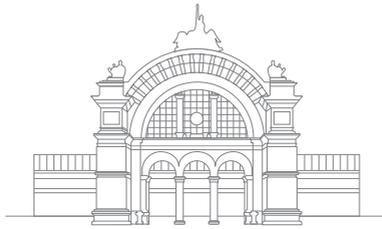
18

19

20

21





LUCERNE

The current railway station was inaugurated in 1991 and is already the third at this site: The first one dated back to 1856 and was completely rebuilt after 40 years. This second station fell victim to a fire.

Biodiversity in its settlements: this is something the city of Lucerne has vowed to strive for. And it did so successfully, since its efforts earned it the “Grünstadt Schweiz” (Green City Switzerland) award in 2017. Its secret recipe? A collaboration: One ingredient is the more environmentally conscious use of the community’s green spaces, such as by sowing diverse wildflower meadows instead of lawns. The other ingredient of the success story is Lucerne’s population. With the support of the city, people have transformed their private gardens into green oases of biodiversity.

WALK

OLD TOWN

BRUCH DISTRICT

This walk combines centuries long past with today’s new-age flow: It’s only a few minutes’ walk between the historic old town and the trendiest corner of Lucerne.

① ○ ○ ○ ⑮

WALK

NEUSTADT

South of the Reuss lies Lucerne’s paradise for both shopping queens and explorers: Neustadt is a mosaic of small shops, cafés and feel-good spots.

⑭ ○ ○ ○ ⑳

WALK

VIEWS INCLUDED

This discovery tour on, in and around the lake reveals one of Lucerne’s most beautiful sides: One picture-postcard view follows the next.

⑳ ○ ○ ○ ㉓

<p>★★★★</p>	<p>Hotel des Balances: Spend the night in one of Lucerne’s most photographed houses and feel the ultimate flow experience.</p>	<p>A digital walk</p>
	<p>Lucerne → Zug Lakes Route no.9 Stage 6</p>	<p>30km</p>





6,335
steps

WALK

THROUGH THE OLD TOWN & THE BRUCH DISTRICT



0



Start: Lucerne railway station

The concourse was designed by Santiago Calatrava.

1,557



1 Weekly market

After crossing the Chapel Bridge, you can immediately follow the silent invitation of the Rathaus quay and stroll along the River Reuss: Here you can buy locally produced food on Tuesdays and Saturdays. While making your way downriver, the old town shows its most beautiful side in the nearby alleys: historic buildings with artistic façades line Kapellplatz, Sternenplatz and the Kornmarkt.

1,853



2 Changemaker

One street over, on Weinmarkt, various sustainably produced products await passers-by, from clothing to decoration.

1,914



3 Wohnidee Luzern

Shortly before crossing the Reussteg, creative living ideas inspire visitors in a building steeped in history. A piece of the past is immortalised in the wooden shutters on the house façade: once, mirrors were attached to it, directing daylight into the interior spaces.

2,730



4 Unikatum

After having visited the old town, the time is ripe for a newer corner of Lucerne. The walk leads past the old Suidter pharmacy and into the Bruch district: The vintage shop Unikatum makes for an aesthetic start in the long row of innovative shops.

2,821



5 Crazy Cupcake

These vegan cupcakes are the perfect companions for an indulgent break.

3,148



6 City beekeeper's tour

After some nourishment, an exciting Visitlocals tour starts in the side street: Sandro takes you with him up on the roofs to his city bee colonies (advance booking required).

3,589



7 Organic oil shop

Back to Bruchstrasse: The organic oil shop sells fine oils and precious salts...

3,779



8 Chäs-Chäller

... and not far from there, an over 100-year-old cellar is aging Alpine cheeses.

4,339



9 Nature Museum

Back to the Reuss: This is where interesting facts about nature take turns with shopping and culinary delights.

4,793



10 Karls Kraut

After all this information, it's time for a little snack. Along the way, a dance of death takes place in the gables of the Spreuer Bridge.

5,650



11 Kulturhof Hinter Musegg

Using the stairs next to Karls Kraut and the Luegislandegg, you will next reach a darling organic farm shop.

5,684



12 Museggmauerweg

Continue upwards by climbing the watchtower. From the Museggmauerweg, the whole of Lucerne is at your feet.

6,335



13 "Jazzkantine"

In the restaurant with concert venue, a menu of carefully selected local ingredients completes your walk. For breakfast the next morning, take along some of the establishment's own sourdough bread.



6,170
steps

WALK
IN NEUSTADT

Start: LUZ Seebistro

There is a terrace at the harbour in the city of Lucerne that immediately invites you to linger: LUZ Seebistro serves delicious coffee.

14 Allerdings antiquarian bookshop

From the bistro, the walk leads past Inselipark, via Frohburgsteg over the tracks and beyond the station underpass to slumbering book treasures.

15 Nuda Accessoires

Two streets over, the shop landscape comes up trumps with fairly and sustainably produced accessories, from socks to keychains.

16 Italo Hispano

Up for lunch already? Then it's time for a delicious sandwich while listening to some classical music.

17 Weekly market

Swiss fare follows on from southern food – at the weekly market in Helvetiagärtli, for example, you can buy Toni Odermatt's goat's cheese.

18 Die Handlung

Stylish accessories and garments enchant with their aesthetics at this boutique on Bundesplatz.

19 Fein Fair

If you still have room in your shopping bag, you can use it for organic food from the beautiful neighbourhood shop at Bleichergärtli.

20 Tacuba coffee roastery

Coffee break: Taubenhausstrasse leads you to a place that roasts its own coffee beans.

21 Neubad

Kulturhaus Neubad at the end of the Freigleis cycle path makes for a beautiful finale: there are many colourful things to discover in the unused indoor swimming pool, such as an analogue photo lab, concerts, etc.



0



139



2,102



2,609



3,069



3,129



4,024



5,090



6,170



Neugarten

Urban gardening by Neubad

Streets and houses as far as the eye can see; shunting tracks close together in the immediate vicinity. Neubad is not the kind of place where you would expect to find a breeding ground for fruits, vegetables and herbs. But it is precisely here – in the Gleisgarten, for example – that the Neugarten association revives a wide variety of plants. By cultivating organic food in the heart of Neustadt, the amateur gardeners and professionals enthusiastically set an example for conscious, sustainable consumption. To this end, they also organise workshops on plant knowledge, events such as a seed exchange – or the “Food Save Luzern” project, which saves food from being tossed in the bin.

WALK
WITH A VIEW



6,481
steps



0

Start: Pedalo tour

At the Schweizerhof quay, you can take a trip in one of the pedalos that are moored here.



1,179

22 Alpeinum

After all the legwork, an ice cream in the Alpeinum, a few hundred metres away, is just the thing. From here you can watch the lion monument including the tourists.



2,118

23 Church of St. Leodegar

Heading back towards the lake, you can experience a piece of history up close: St. Leodegar is Switzerland's most important church of the Renaissance era. Before continuing through the courtyard, a look into the treasury is a must for curious visitors.



3,021

24 Art Deco Hotel Montana

It's time for an aperitif: after a short ascent to the "Scala" terrace, you can enjoy stunning views over the lake while indulging in some delicious food and drink. The Montana funicular makes the subsequent return to the shore that bit easier.



4,288

25 Hotel Beau Séjour

For those who prefer to stay by the water for an aperitif, the Hotel Beau Séjour allows you to take exquisite sparkling wine and something to nibble on to the shore – if you're in the mood for even more relaxation, you can take along some deckchairs.



5,868

26 Museum of Transport

Then enjoy a leisurely walk along the lakeshore until you reach the Museum of Transport. Here, you can immerse yourself in countless exciting stories and learn something about the ecological technologies of the future.



6,481

27 Lido Luzern

Whether lazing around on the beach or hopping into the water – the lido right next door is the perfect place to end the day.



A city walk covering
9,420
steps

Start: Montreux railway station

The station has platforms numbering 1 to 8. But in fact there are only 7, since platform 2 has not been in operation since 2006.

1 Fortresses on the lake

Cruise from Montreux harbour to the fort and Chillon Castle and enjoy a coffee at the chic Café Byron.

2 “Le Cabanon de MAM’s”

Walk along the lake towards Montreux and discover paradise complete with a snack bar and photogenic bench.

3 Gorge du Chauderon

Turn your back on the lake and rattle from Territet to Glion on the funicular. At the top, hike the Via Alpina through the wild gorge.

4 Mini Brocante Au 7

The hiking trail leads into the old town, where you can discover rare treasures on Rue du Pont.

5 Riviera Concept Boutique

Across the street, Naomi Walsky sells fashion and design products from Swiss eco-brands.

6 “Le Pont de Brent”

Full of hunger and anticipation, stroll on foot to the Montreux Collège station and take the train and bus to a culinary gem. Here you'll find star cuisine that never lost its down-to-earth attitude and puts the focus on ecology and ethics. Bon appétit!



700

1,550

3,100

8,700

8,720

9,420



MONTREUX

Freddie Mercury recorded the “Made in Heaven” album in Montreux. In this place with steep vineyards, wild nature, a horizon that vanishes into the lake and views of the Alps. He was right: it’s heavenly here.



CITIES



A digital walk



★★★

Hôtel Masson: The charming hotel has been overlooking Lake Geneva since 1829 and, thanks to its long history, is a member of the Swiss Historic Hotels.



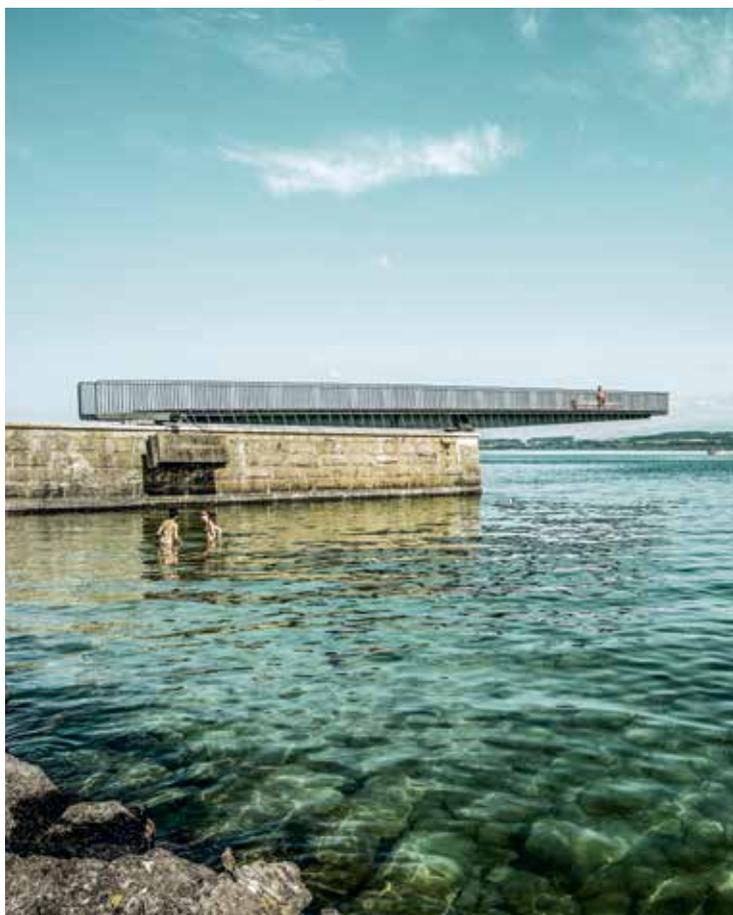
Montreux → Lausanne
Rhône Route no.1
Stage 6

30km



NEUCHÂTEL

A city of perspectives. Behind the façades of the houses in the old town, we enter the depths of the mystical Seyon Gorge. If you want to get a good overview, take the funicular up to Chaumont. And if you want to dream, look out over the lake from the Passerelle de l'Utopie.



A city walk covering
15,450
steps



Start: Neuchâtel railway station

A funicular connects the station with the lake.

1,150



1 Plages de Jeunes Rives

Walk along the Ruelle Vaucher towards the lake, cross the street at the university and follow Rue Coulon to cool off at the small beach.

2,050



2 "Vio Lifestyle"

Stroll eastwards along the shore and enjoy down-to-earth cuisine from all over the world with a claim to good nutrition, ethics and quality.

3,350



3 Laténium

Head up the main road, get on the bus at the Riveraine bus stop and get off again at Laténium, then go on a journey back in time to visit the Neanderthals in the museum.

14,050



4 Marché de Neuchâtel

Go to Rue de la Dîme and take the funicular (Funi) from La Coudre up to Chaumont, the local mountain. Enjoy the views, walk along the time trail to the botanical garden and stroll back down to the old town and the market stalls.

15,450



5 "Les Bains de Dames"

Go down to the lake and enjoy the views from the Passerelle de l'Utopie on Quai Ostervald. Continue in a westerly direction along the lake and raise a toast to a successful day on one of the city's nicest terraces.



Beau-Rivage Hotel: At the Beau-Rivage Hotel, you start the day with breakfast overlooking the lake and the comfort of a Swiss Deluxe Hotel.



A digital walk



Neuchâtel →
La-Chaux-de-Fonds
Nord Vaudois-Jura no.22
Stage 3

30km





A city walk covering
11,000
steps

Start: Olten railway station

View art in the shop window at the Kleinster Kunstraum Olten (KKO) in the Martin Disteli underpass.

1 1,000 steps

Hike towards the River Aare and upriver on the Via Gottardo. Leave the city behind, turn right only after the Höfli restaurant and master the 1,150 steps in the shade of the forest.

2 Swimming in the Aare

Take the signposted path back down, over the bridge to Aarburg. Get into the River Aare at the swimming pool on Fährweg and swim for around 40 minutes to the lido in Olten.

3 Gelateria Olten

Back to the old town and queue for a short while at the main alley. Since the homemade "Kalte Lust" ice creams are in great demand in Olten. Right next door is a market offering sustainably produced foods.

4 Quai Cornichon

Stroll through the old town and take a look at the Prix Cornichon "Walk of Fame" on Amthausquai, which is part of the Swiss Writers' Trail.

5 Aarebistro

Cross the old bridge down to the right on the Aare and enjoy some food and drink there.

6 Dreitannenbier

Follow the underpass and meet Alex Capus at the Galicia Bar. A guided tour of the cellar is recommended, since that's where the local Dreitannenbier is brewed.



OLTEN

At Olten station, the "Zero Hour Stone" reminds us that this is where the surveying of the Swiss railway network first began. 1,100 trains stop here every day. Friends of culture and literature enjoy the direct connection to cosmopolitan cities such as Milan and Hamburg.



 A digital walk



Bed and Breakfast 17: Not far from the River Aare, close to the swimming area and the old town, this accommodation option offers simple, well-kept rooms for a city trip.



Olten → Solothurn
Aare Route no.8
Stage 6

45km



RHEINFELDEN

Nine stars adorn the Rheinfelden coat of arms. Nine oaks – the “star oaks” – have stood in the city’s forests since 1944 to represent this. Two hikes lead to them in the forest area, which makes up half of the city’s area.



A city walk covering
7,550
steps



Start: Rheinfelden railway station

Looking across the tracks, spy the Feldschlösschen station – a historic train station that once stood on the Heuwaage in Basel.

300



1 Schützen restaurant

Via Bahnhofstrasse, head for a restaurant that puts the focus on sustainability and serves delicious food on the sun terrace.

1,100



2 Zweiblatt

Stroll through the alleys of the old town and shop for all kinds of sustainably produced goods – from socks to tea – on Marktgasse.

1,900



3 Rhybar Buvette

Walk past Albrechtsplatz, where market traders sell fresh regional produce on Wednesdays and Saturdays. Afterwards, head out of the old town into Stadtpark West and treat yourself to a refreshing drink.

4,050



4 Rhine Circular Trail

Follow the signposted path upriver.

7,550



5 Forest hiking

Leave the Rhine Circular Trail before reaching the power station and pass star oak number 2 in the forest on Waldstrasse. Take an exhilarating stroll along Flossländeweg and back to the Rhine and go for a swim near the Rhine steps in Stadtpark Ost.



Ambrosia Guesthouse: Those who check into this chic bed & breakfast receive a welcome gift of a container and a voucher for the zero-waste shop “Nur so...”.

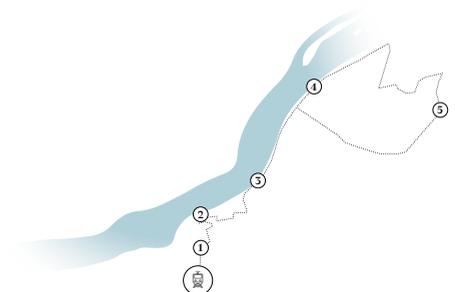


A digital walk



Rheinfelden → Basel
Rhine Route no.2
Stage 9

22km





A city walk covering
13,641
steps

Start: Schaffhausen railway station

Although the station is located entirely on Swiss soil, 35% of it belongs to the German Federal Railways.

1 Morning swim

Dive into the Rhine from the Rhybadi in swimwear by the Schaffhausen label Kaio Swim, made from recycled fishing nets and nylon waste.

2 “Haberhaus”

After an early morning workout, feast on homemade samosas and refresh your mind and throat with the local Adam+Uva grape spritzer.

3 Provisions

Only a few steps away, you can stock up on all kinds of fine regional products in the Tannelade and treat yourself to an ice cream from the Buchberg.

4 Zweiblatt

A few doors down, you can buy a nice, fairly produced souvenir for your loved ones.

5 City garden

Stretch out your legs on the site of the former steel foundry and watch the hustle and bustle.

6 Rhyality

Drift like a fish through the roaring waves of the Rhine Falls in the 360-degree cinema and marvel at the natural wonder from the air.

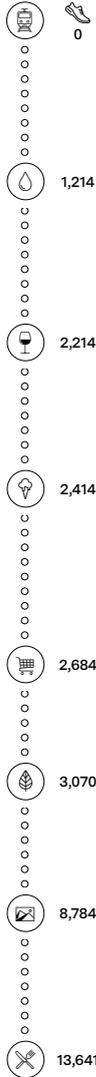
7 “Schützenstube”

Grab a seat on the terrace in the heart of the old town and let yourself be tempted by Annegreth’s seasonal fare. Tip: regionally farmed trout.

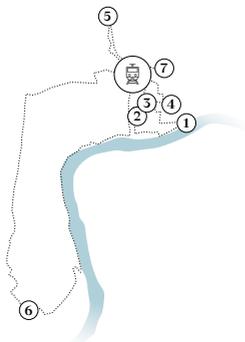


SCHAFFHAUSEN

From a sip of Blauburgunder on the banks of the Rhine to a tarte flambée fresh from the oven and a nightcap in the village tavern: recently, local restaurants have been enticing visitors to the winding alleys and corners of this city on the Rhine with a “gourmet trail” (Gnusspfad).



CITIES



A digital walk



Sorell Hotel Rüden: The historic guildhall in the picturesque old town of Schaffhausen dates back to the 18th century.



Schaffhausen → Kreuzlingen → St.Gallen
Kartäuser-Fürstenland-Route no.33, Stage 2
Rhine Route no.2, Stage 5

78km



SOLOTHURN

Number crunchers will love the city of Solothurn. Because the city has a thing about the number 11. Accordingly, 11 wells, 11 towers and 11 churches and chapels were built here. Since 11/11/2000, there is also a beer named “Öufi” (meaning 11 in the local dialect).



★★★★

Hotel La Couronne: Both Casanova and Sophia Loren once stayed at Switzerland's second-oldest inn. Not together, even if that would have suited the gentleman.



Solothurn → Biel
Aare Route no.8
Stage 5

31km

 A digital walk



A city walk covering
5,450
steps



Start: Solothurn railway station

How many rail and bus companies operate in the canton of Solothurn? There can only be one answer: 11.

950



1 “Altes Spital”

Cross Hauptbahnhofstrasse to the Aare and enjoy a coffee at the “Stadrösterei” or a drink at the “Hafebar” along the way. Continue on via the Unterer and Oberer Winkel, where the scent of barbecue hangs in the air in the garden of the Altes Spital restaurant.

1,750



2 “Solheure”

Cross the Wengi Bridge, turn right, past the cheerful hustle and bustle of Solothurn's Riviera, the Landhausquai and Ritterquai, and snack on a freshly baked cake in the garden lounge of the “Solheure”.

3,150



3 Museum park

Stroll north through the streets of the old town and enjoy Roman Signer's water-spouting fountain sculpture at the art museum.

3,850



4 Joy's Choice

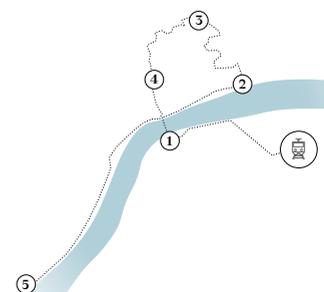
Past the town church, from St. Urbangasse into Schmiedengasse, where you can shop for ecologically sustainable, fairly produced clothing.

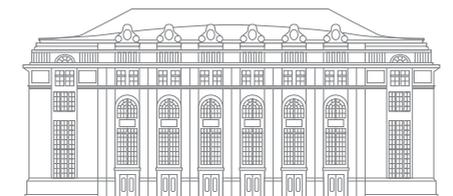
5,450



5 “Badmeister Sommer Lounge”

Before reaching the Wengi Bridge, turn right along Römerstrasse and indulge in some summer feeling with a snack at the cheerful beach bar or swim a few laps in Solothurn's adjacent outdoor pool.

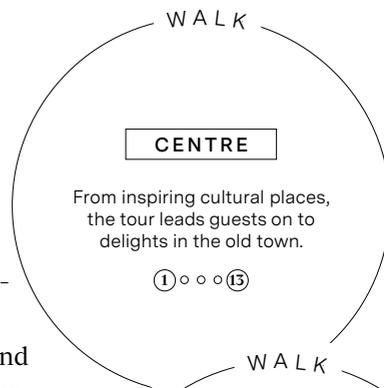




ST. GALLEN

Thanks to the boom of St. Gallen's textile industry, at the beginning of the 20th century, the city was able to afford a uniform architectural redesign of the façades for the station and post office buildings.

It is known as “The City in the Green Ring”, as it is surrounded by hills and forests. The ibex was once reintroduced to Switzerland from here. And here are the swimming ponds Drei Weieren, where you can enjoy the mild summer days, cool off in the water and socialise. It is easy to find relaxation in this oasis of eastern Switzerland. But there is also lively culture, playful art and a variety of delights on offer.



<p>★★★★</p>	<p>Hotel Einstein: Spend the night in a chic room decked out in St. Gallen fabrics. And if you get hungry, visit the hotel's own restaurant – Bistro St. Gallen – which offers regional cuisine.</p>	<p>A digital walk</p>
	<p>St. Gallen → Kreuzlingen → Schaffhausen Kartäuser Fürstenland Route no.33, Stage 2 Rhine Route no.2, Stage 2</p>	<p>97km</p>



7,150
steps

WALK

FROM THE WEST TO THE CENTRE OF DELIGHTS



0

Start: St.Gallen railway station

Have a look at the oversized digital station clock and be puzzled because the clock shows the time in binary instead of the decimal system.



CITIES

6



4,850

6 Textile Museum

Take a detour through the old town and stop by the Textile Museum on Vadianstrasse, where the history and innovative present of the textile city meet.

7



5,100

7 Grabenpärkli

A few steps farther and you're already standing in front of Roman Signer's work of art, a bright red barrel that pours water down from high above.

8



5,500

8 Brauwerk restaurant

Walk through Poststrasse and Schützengasse into Bahnhofstrasse and toast one another with a local craft beer from Schützengarten's creative brewery.

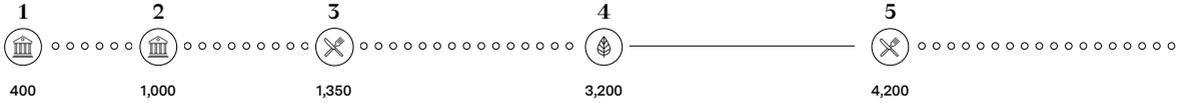
9



6,150

9 Hiltibold

Head to St.Gallen's Marktplatz, turn into Goliathgasse and look at the changing art in the shop window.



1 Lokremise

Stop by the newly created cultural centre complete with cinema, art, theatre and culinary offerings.

2 Warehouse

Stroll along St. Leonhard-Strasse, then turn into Davidstrasse to look at outsider art in the Museum im Lagerhaus.

3 Lattich

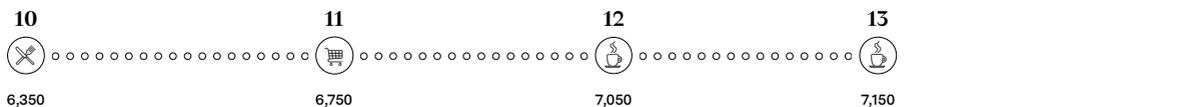
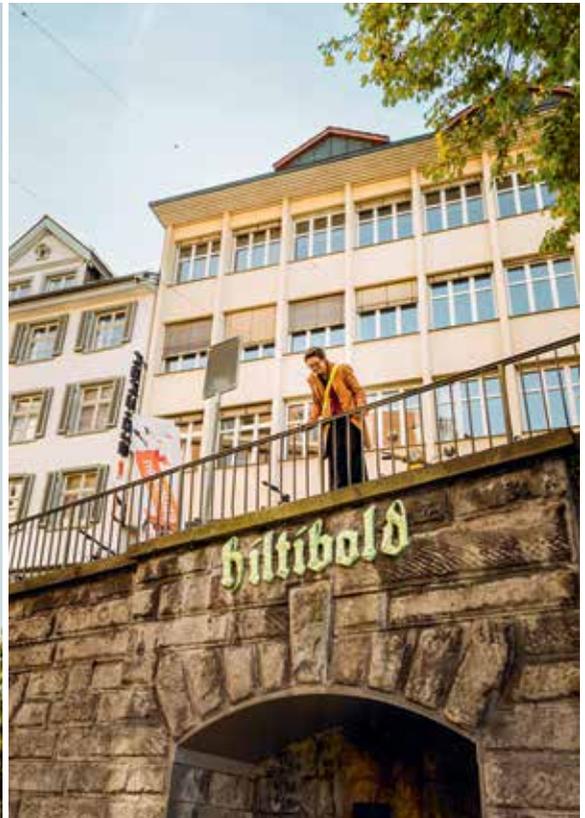
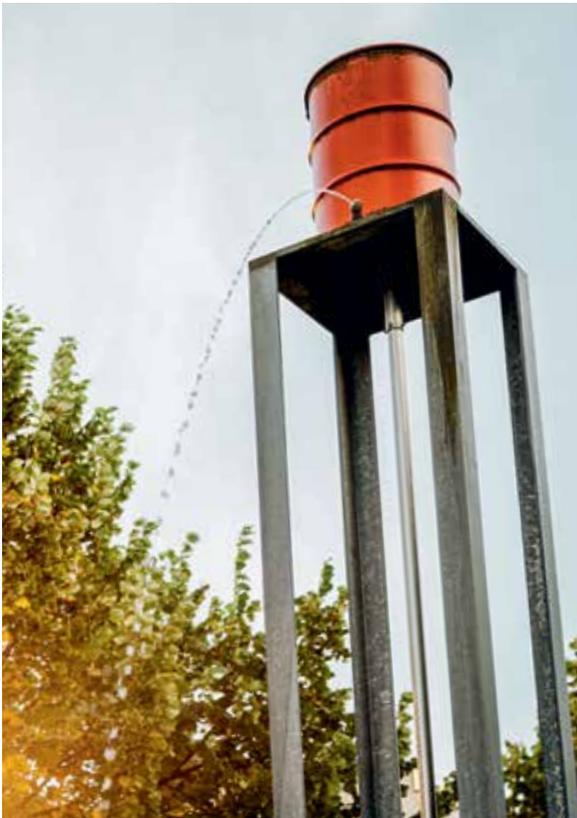
Head down Güterbahnhofstrasse, sit down in this creative space at the Wilde Möhre restaurant and feast on fresh produce from the garden with oriental flavours.

4 Burgweiher site

Follow the road in the same direction, across the railway tracks, along Otmarstrasse and Fürstenlandstrasse, and you are already in the newly upgraded natural paradise.

5 Stickerei restaurant

Through the tunnel back underneath the tracks, get on at Ruhsitz station and off at Bleicheli station, walk across Roter Platz and bite into a delicious vegan burger at the Oberer Graben.



10 Oya Bar Kafé Klub

Go up Goliathgasse and turn not into Steinschleudergasse but into Schwertgasse to devour a fresh vegetarian meal. Come back here later in the evening if you like to dance the night away.

11 Kolorit

Stroll south through Brühlgasse and along Spitalgasse to shop for St.Gallen design products.

12 Praliné Scherrer

There is always room for something sweet, so head straight for chocolate paradise on Marktgasse to treat yourself to vegan chocolates made from fairly and sustainably grown cocoa beans.

13 "Denkbar"

Next to the Fürstabtei St.Gallen and its library, you will find both coffee and culture.



5,750

steps

WALK TO THE GREEN EAST



0

14



800

Start: "Drahtseilbahnli"

This family business still bakes in-house – whether cakes or biscuits; the chocolate and poppy seed cakes are extremely popular, as is the delicious brunch served on Saturday and Sunday.

14 Kiosk Georg

You can either take the Mühleggbahn or walk up the Mülönen gorge path and have a coffee at this inclusive place, a life-affirming kiosk.

15



2,350

16



3,500

17



4,050

18



5,750

15 Drei Weieren ponds

If you feel like a little refreshment, jump into one of the three ponds. Stop off at the "Milchhüsl" to enjoy a small snack or at the "Dreilinden" to satisfy larger cravings, where regional, seasonal food is served.

16 Kaffeehaus

Down the Gesstreppe steps, then stroll through Dreilindengässlein and enjoy a freshly roasted coffee.

17 Nature Museum

Get on at the Theater bus stop and off again at Neudorf. There you will encounter a world that deals with our habitat in the museum, as well as in the park.

18 Wildpark Peter und Paul

Last but not least, by bus and on foot to the city's own wildlife park. Thanks to Peter and Paul, ibexes are still frolicking throughout Switzerland.





THUN

The small town of Thun and its castle are nestled above the River Aare between Lake Thun and the mighty Bernese Alps. In the heart of this idyllic location lies one of the most convivial places: Mühleplatz. This square is where the locals meet, catch up and enjoy the evenings together.



A city walk covering
7,400
steps



0

Start: Thun railway station

This railway station features a boat connection to the Bernese Oberland. So hop on the next boat and sail off to the coastal town of Hünibach.

150



1 Choleren Gorge

Hike uphill along the wild stream and take the bus from Scheidweg back to Guisanplatz in Thun.

3,750



2 Sabine Portenier

Taking just a few minutes, stroll down to Scheibenstrasse to shop for some slow fashion.

4,050



3 Frischer Fritz

Stroll along the Aare and the Bälliz shopping island to save perfectly good food from being wasted on the Untere Hauptgasse.

4,700



4 "Das Sündikat"

Stroll through the alley with its many steps over the raised promenades with a variety of shops and past the surf mecca of Untere Schleuse to enjoy vegan delicacies.

5,300



5 Bücherschrank

Clear your head along the Aarequai to prepare yourself for substantial literature at the Monbijou-Pärkli.

5,800



6 Botanical Trail

Back at the railway station, rent a Donkey bike and cycle to Schadau Park.

6,900



7 "Strämu Beizli"

Enjoy grilled delicacies, tapas and drinks on the terrace.

7,400



8 Surfski Point

Rent a super-slim kayak and speedily make your way around the lake.



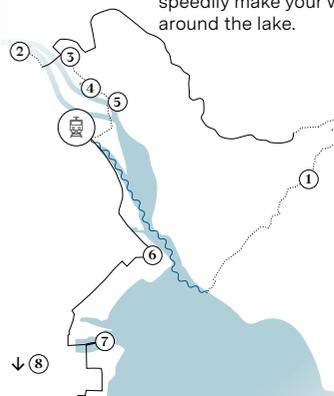
★★★

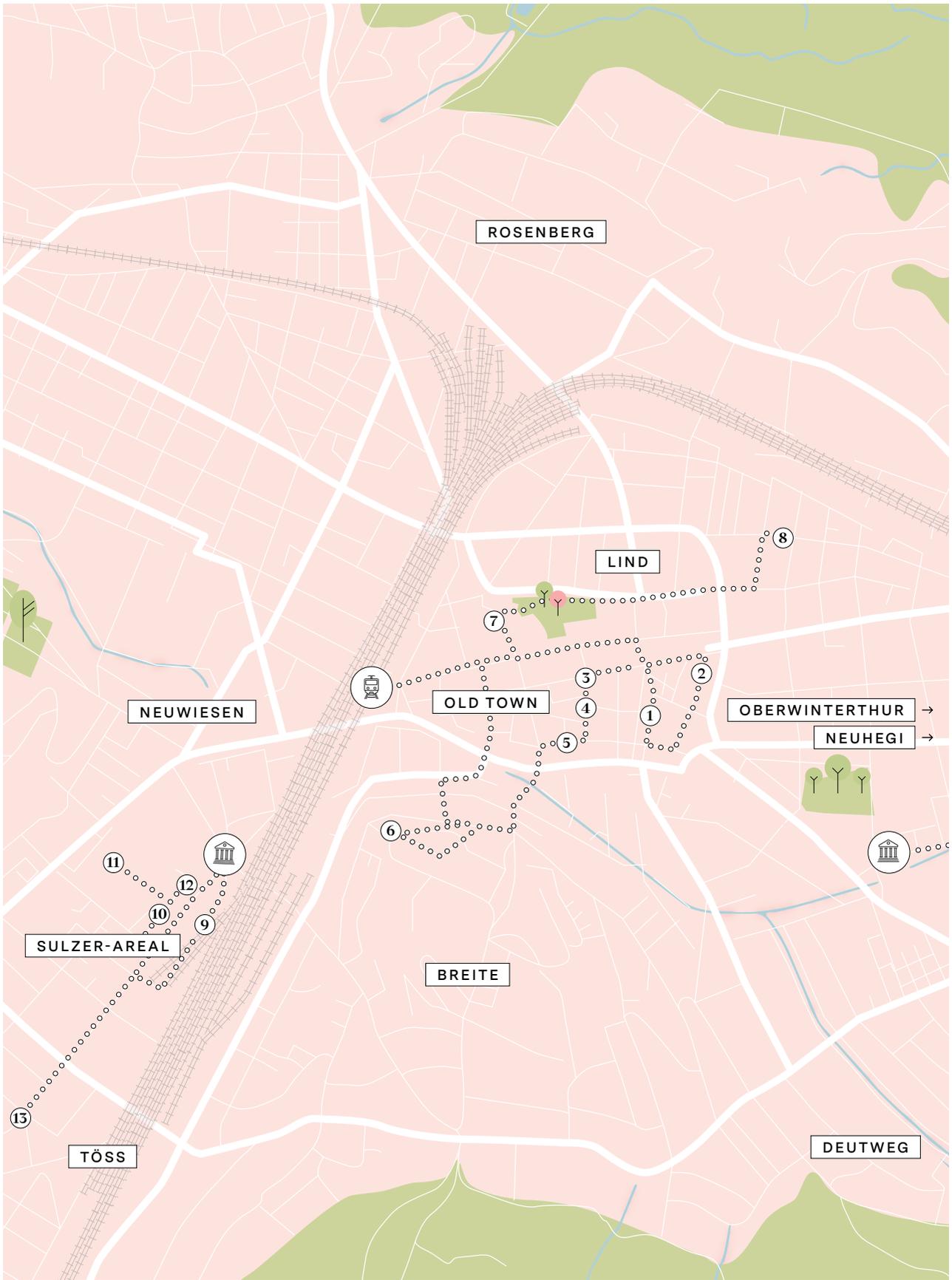
Schloss Schadau Hotel-Restaurant: From the hotel rooms, you can enjoy fairytale views of Lake Thun as well as the Eiger, Mönch and Jungfrau.



Thun → Fribourg
Alpine Panorama Route no.4
Stage 6 **53km**

 A digital walk





ROSENBERG

LIND

NEUWIASEN

OLD TOWN

OBERWINTERTHUR →

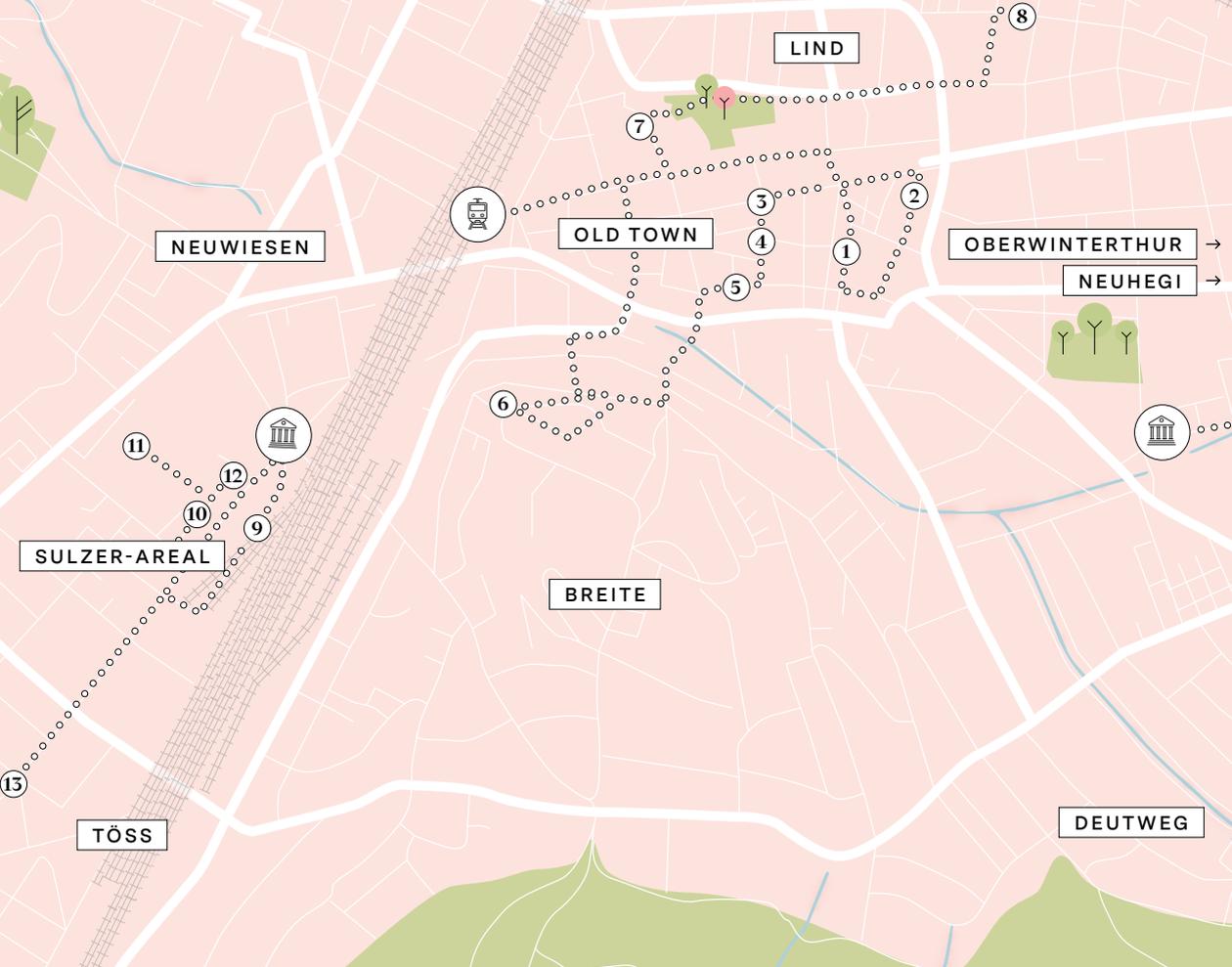
NEUHEGI →

BREITE

SULZER-AREAL

TÖSS

DEUTWEG





WINTERTHUR

The station building got its current shape in 1896 through a conversion – the Federal Palace served as inspiration.

Winterthur, a biker’s paradise: Around 175 kilometres of cycle paths lead through the former industrial town, making “Winti” the cycling town par excellence. But the big city with village character can also keep up in terms of green spaces: 40% of the city’s area is dedicated to parks, which shape the overall image just as much as the old town, the many workers’ cottages, the magnificent villas, the new housing developments and the varied cultural offerings.



★★★

Sorell Hotel Krone: The centre of the old town is a particularly beautiful place to spend the night. Even visitors not staying at the historic hotel can start the day with a delicious brunch here.



A digital walk



Winterthur → Zurich
Wyland–Downtown no.45
Stage 2

28km



W A L K

OLD TOWN

From the station it’s a stone’s throw to Winterthur’s beautiful old town, where small alleys are just waiting to be discovered, and green spaces are not far away.

① ○ ○ ○ ⑧

W A L K

SULZER-AREAL

While Lokstadt used to be an industrial hub, today a new district is emerging here with small shops, cafés and space for creatives.

⑨ ○ ○ ○ ⑬

W A L K

NEUHEGI

OBERWINTERTHUR

The River Eulach leads out of the city centre into new worlds. Where once there was a small farming village, today this is the home of the new Winterthur.

⑭ ○ ○ ○ ⑱





3,500
steps

WALK

LAGERPLATZ & LOKSTADT

Start: Museum Schaffen

Behind the station, the former industrial quarter is home to plenty of creativity. The Museum Schaffen is right next to the Machwerk and its Lange Weile cultural space, where people are welcome to work on their projects.

9 Recycling House

At Halle 118 on Lagerplatz, it is worth looking up, because the red part of the building was made from demolished, recycled materials. Quite a few of the windows, for example, come from a former print shop, and the floor panels even used to be parts of the façade of the Orion house in Zurich in a previous life.

10 Treasure hunt

Tracks and locomotives bear witness to industrial times past. At the same time, Lokstadt looks to the future with its 2,000-watt site. The transformation is not yet complete, but rather, new things are constantly being created. It's therefore always worth stopping by.

11 Chocolate

The Winterthur confectionery Vollenweider has opened a new branch in the Krokodil building. The polka-dot giraffe cake with its dark chocolate chips is particularly tasty.

12 "Röstgrad" coffee

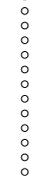
Good coffee from Röstgrad is a fine accompaniment: coffee and home-made gelati are served directly from a historic railway carriage on the old turntable.

13 "Zum Grünen Hund"

The restaurant "Zum Grünen Hund" serves up fresh, local dishes. Quench your thirst with a local beer or quince cider from Seen. Enjoy your meal!



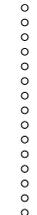
0



1,200



1,570



2,070



2,400



3,500



WALK

TO NEUHEGI & OBERWINTERTHUR



6,500

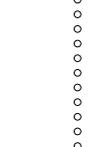
steps



The Winterthur city river

Underground exploration

The Eulach does not only lead out of the city, but also right through it, and under the tracks, unbeknownst to most. During nice weather and if the water level is low, you can climb underground behind the School of Engineering at Rosenstrasse. Don't forget your torch! After about a kilometre, climb back to the surface at the Sulzer high-rise on the other side of the station. The "Eulach" city tour and the Foxtrail also lead through the underground area.



Start: Centre for Photography

We start out at the Fotomuseum Winterthur. There's something to please the eyes and taste buds: stunning photographs and delicacies from Bistro George.

1,280



14 From apples to quinces

After the Birchemüesli district, which owes its name to the streets named after apples, apricots, peach, cherry and quince, the route continues upriver along the Eulach. Along the way, small concrete steps invite you to linger by the water's edge.

2,680



15 Graffiti and skateboards

Watch the pros at the skate park or study the graffiti that is on display.

3,500



16 Green space

Eulach Park is Winterthur's newest park and also its largest. The Eulach has been renaturalised here, and splashes merrily alongside walkers and playing children.

4,500



17 Knights and carrots

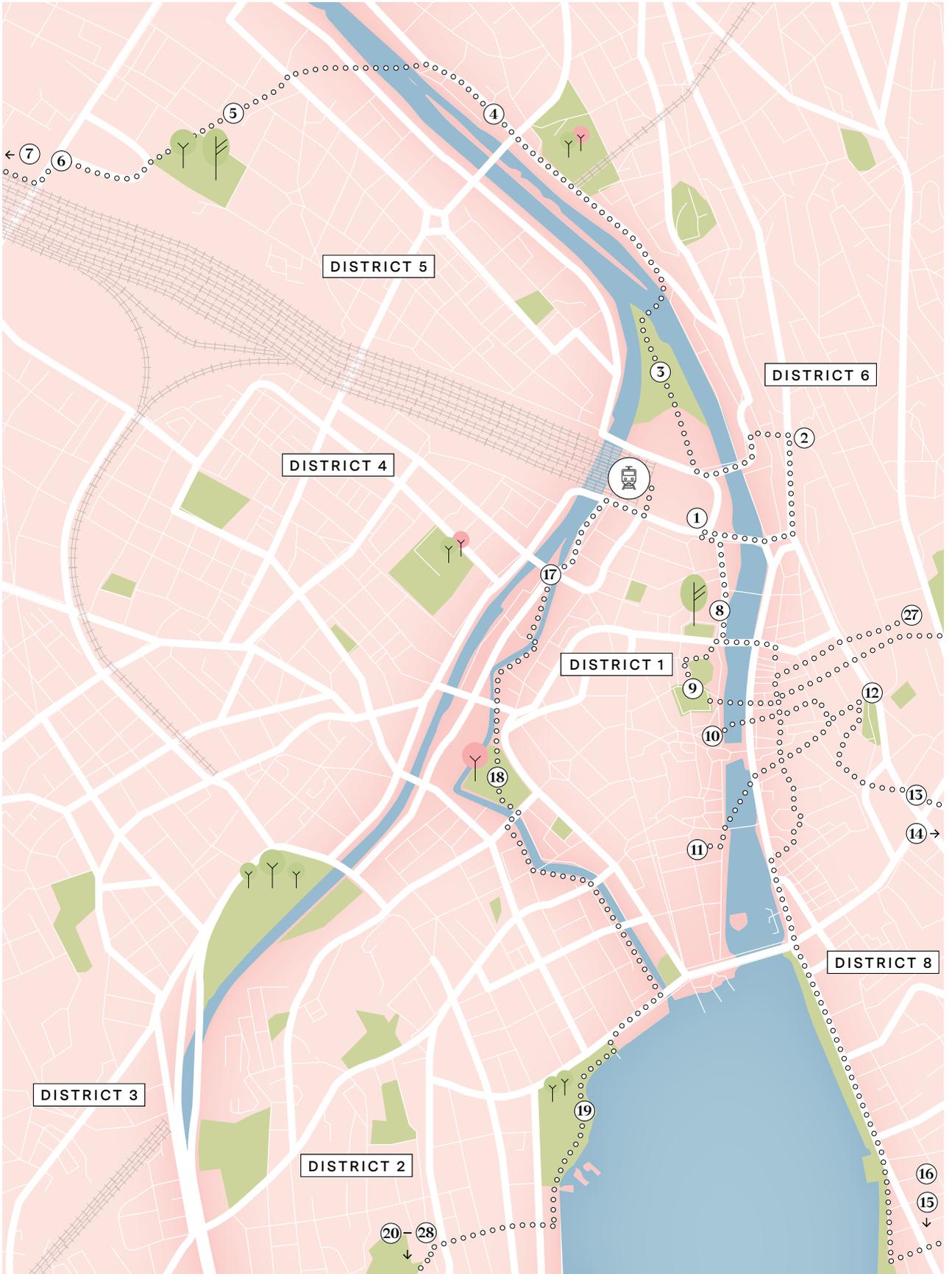
From the big park, it's only a short leap into the past: Hegi Castle can be seen from afar and inspires visitors to explore the ancient times. In the 800-square-metre Pro Specie Rara garden, old varieties thrive alongside young vegetables, which with a bit of luck can be tasted at the weekend in the "Schloss Schenke".

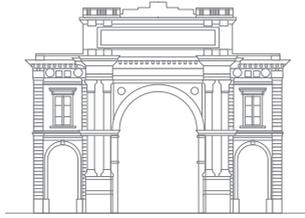
6,500



18 Technorama

Well-fed we continue on to the Swiss Technorama Science Centre, one of the largest science museums in Europe. Interesting facts on topics such as the sun, wind and water can be discovered in the new park thanks to exciting experiments. The undisputed highlight of this new outdoor area is the Bridge of Miracles.





ZURICH

When Zurich's main station first opened, trains drove right into the large hall that is now used for markets and events.

Zurich offers everything and plenty of it, so it takes more than a weekend to really immerse yourself in the city. In addition to the museums and galleries, there are the lake and rivers with countless bathing opportunities, a treasure trove of culture for curious city explorers and thousands of restaurants, always on the lookout for new ideas and flavours. Zurich's neighbourhoods, called "Kreis", are sometimes hip, sometimes multicultural, sometimes industrial, sometimes historic – but always something you'll want to discover.



Hotel Florhof: This stylish haven of calm on the edge of the old town offers modern elegance in a former noble house dating back to the 18th century.



Zurich → Winterthur
Wyland–Downtown no.45
Stage 2

28km


A digital walk



W A L K

DISTRICT 5

The former industrial quarter has always been characterised by immigrants. Today, they set the tone above all in culinary terms and enrich our plates with scents from all over the world.

① ○ ○ ○ ⑦

W A L K

ZÜRICHBERG

The fabulous villas of Zurich's high society can be found on the slopes of the Zürichberg. And for good reason: the views of the lake and the Alps are simply breathtaking.

⑧ ○ ○ ○ ⑩

W A L K

DISTRICT 8

One of Zurich's secrets is the unique bond between the city and the lake, which is open to all. This tour with side trips leads to select highlights along the water and leaves all the other highlights to the curiosity of the visitors.

⑰ ○ ○ ○ ⑳



15,857
steps

WALK
IN DISTRICT 5

Start: Zurich railway station

At Switzerland's largest railway station, worlds meet when the trains from Hamburg, Paris, Budapest, Milan, or Belgrade bring a breath of fresh air to the city on the Limmat.

1 "Kleine Freiheit"

Only steps away from the hustle and bustle, a converted container has become an oasis beckoning with fine coffee and imaginative breakfasts.

2 Platzspitz

With a free spirit, head to the confluence of the Sihl and Limmat rivers, where James Joyce found his inspiration.

3 "Cucina Paradiso"

With good thoughts in your head, take a stroll along the Limmat to Letten station, where the "Transhelvetica" travel magazine invites you to travel through Switzerland in your mind and on foot. Fine focaccia bread and surprising drinks are on the menu in a discarded railway carriage.

4 Viadukt

Along the former tracks, the leisurely trail takes you to the modern shopping mall with carefully curated shops and an indoor market with all the delicacies your stomach could want.

5 "Frau Gerolds Garten"

At the end of the Viadukt you can see the Freitag Tower made of containers, behind which you can find the shopping, gastronomy and entertainment garden.

6 Museum für Gestaltung

Where the iconic Toni yoghurt was once filled into jars, today this houses the art academy and the Gewerbemuseum, two institutions with untamable energy and creativity.

7 Fahr Monastery

For a change of perspective, follow the Limmat to the outstation of Einsiedeln Abbey, where you can feast wonderfully at the Zwei Raben restaurant.



0



500



1,371



3,000



4,571



4,857



6,286



15,857



Miyuko

The best cakes in the world

Sara Hochuli has blue hair and dresses as if she is right out of a manga. Of course, she is a big fan of Japan, but also of sweet cakes. This passion inspired her to open the small Miyuko tearoom, which pampers customers somewhat hidden away in an old timber-framed house.

The cakes on display are colourful and wild like Sara's whimsically decorated arms. Just a glance in the shop window can already throw your sugar levels of balance. But nothing ventured, nothing gained. Those in the know come famished and motivated to taste the – partly vegan – "calorie bombs".

WALK TO THE ZURICHBERG



10,286
steps



0

Start: Zurich railway station

Every 30 seconds a train arrives and departs at Europe's busiest railway station.

314



8 Giacometti Hall

The entrance hall of the municipal police building was transformed into a walk-in work of art by Augusto Giacometti. Almost a good enough reason to get arrested.

929



9 Äss-Bar

This bakery has been selling the baked goods for the day before since 2013 and now rescues over 700 tonnes of food annually across their 11 branches.

1,143



10 Comic shop

An important place for friends of comics of all kinds, especially sophisticated works. Anyone with even a shred of love for comics won't be able to get out of this treasure trove any time soon.

1,357



11 Neumarkt restaurant

Enjoy your newly acquired reading in the beautiful garden just a stone's throw away.

2,000



12 Neumarkt

The short shopping street is a paradise for those who love small manufactures.

2,714



13 Kunsthaus Zürich

With the new building, Heimplatz has become the hub of the Zurich art scene.

5,286



14 "Vier Linden"

After so much art, there is something for everyone at the three bakeries on Hottingerplatz. A slice of tart from "Bernier", something healthy from "Vier Linden" or something rustic from "Hürlimann".

8,143



15 Dolder

Now we head up to the Zürichberg on foot or by Dolderbahn.

10,286



16 Zurich Zoo

All the way at the top of the mountain, visitors enter the animal world and learn to better understand nature. The zoo director comments: "We care today about the lives of animals in the world of tomorrow."



16,857
steps

WALK
AROUND THE LAKE

Start: Zurich railway station

Few stations are this close to the water: The Sihl flows right through the middle of the main station between the tracks that are above ground and underground.

17 Rio Bar

Like a ship, the bar sits on a headland on the Sihl. A nice spot for a first coffee with a view of the water.

18 Old Botanical Garden

Immediately behind it begins the Schanzengraben, a water vein rich in fish that runs through the city. It leads to the traditional Männerbadi, which becomes the Rimini Bar in the evening, and to the Old Botanical Garden, an oasis of peace and calm.

19 Arboretum

Finally, the trail leads to the lake – with a panoramic view of the Alps. Nearby is the Arboretum with its beautiful collection of trees and the large aviary.

20 Rietberg Museum

A little further up the hill, in the magnificent Rietpark, you can find one of the most impressive museums for non-European art. Richard Wagner once lived on this “Green Hill”.

21 Succulent collection

Now we head back to the lake, where one of the world’s most extensive and important collections of succulents awaits, with over 6,500 different cacti and their relatives.

22 Rote Fabrik

The former silk factory is now an important cultural centre with the Ziegel oh Lac restaurant right on the lake.



0



386



1,286



3,000



4,000



5,286



8,143

23 Mühlerama

From the nearby Wollishofen boat station, boats cross the lake now and then heading to Tiefenbrunnen, where guests reflect on drinking and eating culture in the Mühlerama, while the mill dating back to 1913 grinds flour.

24 Pavillon Le Corbusier

The magnificent park along the lake is a richly decorated jewel with treasures such as a Tinguely sculpture, the Chinese Garden or the Corbusier Pavilion, which honours the master’s legacy.

25 Monocle Shop & Café

The Seefeld district behind it is home to many expats, who meet at thp & Café, for example, to see and be seen.

26 Berg und Tal

The alleys of the Niederdorf are a food lover’s paradise. Schwarzenbach, for example, sells the finest colonial goods from all over the world, while Berg und Tal offers the best products from small Swiss manufacturers.

27 Rrrevolve

This shop, which puts the focus on sustainable products of all kinds, makes it possible to shop for beautiful things with a clear conscience.

28 “Neue Taverne”, “Kle”

The people in Zurich love celebrating food. Adventurous carnivores visit the exceptionally stylish taverna with its “vegetables first” concept or the vegan restaurant Kle, which has been awarded one of the rare green Michelin stars.



8,571



10,571



11,286



13,714



13,857



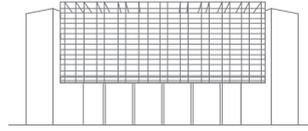
14,571
16,857







A city walk covering
9,100
steps



ZUG

Start: Zug railway station

Lights on for a voyage of discovery with a look at James Turrell's light installation in the station concourse.

1 Collection F

The Nordic-inspired collection of the Früh'ling clothing shop is perfect for a proper stroll.

2 Freiruum Sports Centre

Healthy energy comes from the nearby Kraftmarkt restaurant.

3 Enjoy the lake

Sports enthusiasts rent a board at Andy's SUP or jump into the water at the Männerbadi. Afterwards, enjoy some Gemüsetätschli (veggie patties) at the Badi Bar.

4 Cherry cake

The famous original by Treichler can be reached in just a few steps.

5 Sara Schlumpf

After the sweet break, the Zug native tailors a dreamy haute couture one-off for you.

6 "Felsenkeller"

Afterwards, enjoy a glass of fine wine in the old town.

7 Prisca Waller

The fashion designer convinces with her contemporary pieces.

8 Up to the local mountain

A leisurely walk over the Zugerberg to the Blasenberg restaurant with its great views.



Shopping in the old town, lovers of good taste will find stylish shops of local fashion and jewellery designers. Refuel your energy for shopping in fresh restaurants that work their magic with local raw ingredients.



CITIES



 A digital walk



Hotel Löwen am See: The views of the old town, the lake and the Swiss Alps are simply magical, and make you forget the confines of everyday life.



Zug → Lucerne
Lakes Route no.9
Stage 6

30km

Travelling through Switzerland sustainably



It is time for a new way of travelling, and we Swiss are considered pioneers in sustainable travel. A few tips on how you can make your trip more sustainable:



Visit the cities

because Swiss towns and cities offer a wealth of variety in a very compact space. → MySwitzerland.com/swisstainable



The world is your oyster

Public transport will take passengers from city to city – quickly, in comfort and right on time. With the Swiss Travel Pass, international visitors enjoy free travel almost around the clock on the Swiss public transport network.



Charging stations

If you explore Switzerland in an electric car, you will have to recharge the battery every now and then. All charging stations can be found on the e-mobile website.



Green rental car

Travelling through Swiss towns and cities in a way that is both comfortable and environmentally friendly: Hertz and Europcar offer a large selection of electric and hybrid rental cars throughout Switzerland.



Health & safety

Cleanliness

Irish author James Joyce is reported to have said of Zurich's Bahnhofstrasse that it was so clean that you could eat minestrone off the pavement.

Hygiene

You'll find clean toilets at almost all SBB railway stations (subject to a charge).

Drinking water

Over 80% of the drinking and service water comes from groundwater and springs. You can drink the water from most fountains in Switzerland as they are regularly checked by the authorities.

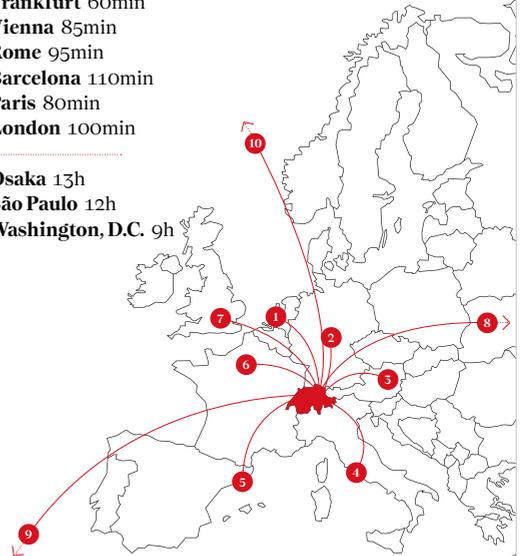
Safety

Switzerland has a reputation as one of the safest countries in the world.

At the heart of Europe

Flight time to Zurich:
(in minutes and hours)

- 1 Amsterdam 85min
- 2 Frankfurt 60min
- 5 Vienna 85min
- 4 Rome 95min
- 5 Barcelona 110min
- 6 Paris 80min
- 7 London 100min
- 8 Osaka 13h
- 9 São Paulo 12h
- 10 Washington, D.C. 9h



Swiss International Air Lines (SWISS) is the airline of Switzerland. Operating from Zurich and Geneva, it serves more than 100 destinations in 44 countries worldwide. The SWISS fleet of around 90 aircraft carries almost 18 million passengers each year. → swiss.com

Advice and booking

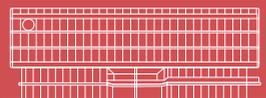
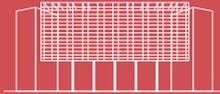
We'll be happy to help you plan your best possible holiday in Switzerland.

Call:
00800 100 200 30

Visa requirements

Switzerland is part of the Schengen area. This is a group of 26 countries that do not operate controls between their borders.

→ eda.admin.ch



Where is which station?