Welcome to the Sarneraa Valley
Obwalden. On the map, a blank spot in the centre of a country rich in far better-known tourist treasures. It’s only when you get closer that you notice just how much there is to discover here.

Together with my colleagues, I reveal on the following pages the places and attractions that never cease to move and delight us. Find out where we like to unwind. Where we feel free to do what we want. Where we like to go back to relive stories from long ago. Where we sometimes place ourselves centre stage. Where we explore the big questions in life. Where we encounter peacock’s eyes and swallowtails. The role played by water in the Sarneraa valley, where we celebrate and, occasionally, where we pinch ourselves – we really do live in one of the most beautiful spots on the planet.

You’re sure to find at least one insider tip that’ll inspire you to visit Obwalden. We look forward to welcoming you!

On behalf of Obwalden’s hosts

Daniel Scardino
Managing Director, Obwalden Tourism and Team

LOOK FORWARD TO...

THE BIGGEST
MOOR LANDSCAPE IN SWITZERLAND

THE HIGHLAND PLATEAU
MELCHSEE-FRU TT

THE WORLD’S STEEPEST
COGWHEEL RAILWAY

SWITZERLAND’S PATRON SAINT
NIKLAUS VON FLÜE

THE CENTRE
OF SWITZERLAND

115 BUTTERFLY SPECIES
LANGIS GLAUBENBERG
SWITZERLAND’S MOST EXTENSIVE STRETCH OF MOORLAND

The Langis is our haven of peace. With its patchwork woodland and moorland habitats – rare to find now in this country – the moor landscape is, in our mind, a haven of tranquillity featuring a mosaic of fens and raised bogs, pine trees, dwarf shrubs, alp meadows and torrents. What we humans think of as a recreational area is actually home to a wide variety of animals, including the colourful and beautifully marked yet highly endangered capercaillie and closely related black and hazel grouse.

SUMMER

Countless hiking opportunities, the Moorbäer Path theme trail, barbecue spots, breathtaking vantage points, a multitude of fauna and flora. As for places to eat, there’s the Bergrestaurant Schwendi-Kaltbad, the Berghotel Langis and the Passhöchi-Beizli.

OUR TOP 3

Families
MOORBÄER PATH
THEME TRAIL
Walking
RICKHUBEL – FÜRSTEIN
Insider tip
LAKE SEWEN

WINTER

Cross-country skiing (the longest continuous network of circuits in central Switzerland on gently undulating terrain), hiking, snowshoe trekking. Family-friendly ski lift and sports rental shop right by the car park. A welcome sight in winter are the Bergrestaurant Schwendi-Kaltbad, the Blockhittä and the Berghotel Langis.

OUR TOP 3

Snowshoe trekking
JÄNZI PANORAMA TRAIL
Cross-country skiing
LAKE FRÖSCHEN CLASSIC TRAIL
Adventure
FULL MOON SNOWSHOE TOUR

Details and further information:
MELCHSEE-FRUTT

OUR HIGHLAND PLATEAU

Although the plateau with its prominent lakes is nestled among mountain peaks, you don’t feel hemmed in. The cable car takes twelve minutes to whisk you up to the top – an altitude of almost 2000 m – where a highly varied yet unique alpine experience awaits.

OUR HIGHLIGHTS

SUMMER

Hiking tours to suit every expectation, mountain biking, scooter fun, panoramic ride on the Frutt Train, vulture-watching in the wild, Fruttli Path educational trail, Uf dr Wildi adventure playground, fishing in one of the three deep-blue mountain lakes, climbing on the Boni rock face or in the rope park, running on one of the Viktor Röthlin trails.

OUR TOP 3

Adventure playground
UF DR WILDI PLAYGROUND
Walking
4 LAKES TRAIL
Adventure
DISCOVER ROPE PARK

WINTER

36 kilometres of snow-assured runs, Fruttli-Land kids’ ski slope, Fruttpark, leisurely snow walks and snowshoe treks, 15 km of cross-country ski circuits, 8 km of sledge runs including one for beginners, ice fishing.

OUR TOP 3

Fun
LONGEST SLEDGE RUN IN CENTRAL SWITZERLAND
Insider tip
ICE FISHING
Freestyle
FRUTTPARK.CH

Details and further information:
PILATUS
THE WORLD’S STEEPEST COGWHEEL RAILWAY

We like stories, which is why we love returning to the legendary panoramic Pilatus – a.k.a. the Dragon Mountain. Inaugurated in 1889, the daring cogwheel railway from Alpnachstad allows us to immerse ourselves in ancient tales about dragons that once dwelled among these barren crevices. Just as fascinating for us are the flowering alpine meadows, limpid mountain streams and intriguing rock formations – not forgetting the magnificent panoramas and distant views.

“48 % GRADIENT, 100 % ADVENTURE”

SUMMER AND WINTER

The “Dragon Mountain” at alt. 2132 m is an experience throughout the year. Summer’s a great time for hiking in Obwalden’s amazing outdoors – as active or leisurely as you like. Sledging and snowshoe devotees will be glad to know the mountain can be reached from Kriens in winter.

OUR TOP 3

World of animals
IBEX SAFARI

Around the Pilatus
GOLDEN ROUND TRIP

Indoor adventure
DRAGON WORLD

Details and further information:
ÄLGGIALP
THE CENTRE OF SWITZERLAND

We Obwalden people don’t take ourselves any more seriously than anyone else. And yet we’re at the very centre of Switzerland. That’s because, far away from the hustle and bustle of life, the geographical centre of our country is right here on our idyllic Älggialp.

“COME, PUT YOURSELF CENTRE STAGE”

SUMMER

OUR TOP 3

Theme trail
CAIRN PATH

Adrenalin kick
EUROPE LADDER

Insider tip
LAKE SEE Feld

A triangulation point, surrounded by a waist-high stone wall in the shape of Switzerland on the alt. 1650 m Älggialp, marks the geographical centre of Switzerland. Getting there is best experienced on foot – or by climbing.

Details and further information:

![QR Code]
FLÜELI-RANFT
WHERE NIKLAUS VON FLÜE AND DOROTHEE WYSS LIVED AND WORKED

We like to ponder life’s big questions in and around Flüeli-Ranft. The village is gloriously nestled amid hilly terrain; the Ranft – a natural terrace overlooking the Melchaa gorge – is where Niklaus von Flüe (1417–1487), Switzerland’s only saint, lived. Settling here as a hermit in 1468 under the modest name Brother Klaus, this is where he worked as a counsellor, mediator and peacemaker.

“AN OASIS OF PEACE AND REFLECTION”

SUMMER AND WINTER

Niklaus von Flüe’s birthplace and the house where he lived with his wife Dorothee Wyss and their children prior to his withdrawal from the public eye are now meeting places that bear witness to the way life here was lived in the late Middle Ages. The Brother Klaus Museum in Sachseln is dedicated to these two personalities.

OUR TOP 3

Details and further information:

Adventure
“MISSION KLAUS”
PUZZLE TRAIL

History
RESIDENCE AND BIRTHPLACE OF NIKLAUS VON FLÜE

Architecture
JUGENOSTIL-HOTEL PAXMONTANA
LUNGERN-TURREN-SCHÖNBÜEL

SOFT TOURISM, BUTTERFLIES INCLUDED

We experience the delicate magic of butterflies on our very doorstep. Above the typical mountain village of Lungern and within sight of emerald green Lake Lungern, our romantic senses are evoked by no fewer than 115 species of large butterfly. While individual travellers speak wonders of the Bärghuis Schönbüel, families and groups are in good hands at the new Turrenhuis.

SUMMER
Out and about with views of the fabulous mountain panorama. Large Turren Dörfli playground, generously equipped and wheelchair-friendly Turrenrat barbecue spot, butterfly trail with guided tours in high summer.

OUR TOP 3
Adventure playground TURREN DÖRFLI PLAYGROUND
Families TURREN RAT BARBECUE SPOT
Insider tip TURREN BRUNCH

WINTER
Well-prepared winter footpaths, signposted snowshoe trails, equipment rental at the lower cableway terminus. Turren’s also a springboard for wonderful ski tours; the ascent can be combined with a break for a breather at the Bärghuis Schönbüel.

OUR TOP 3
Walking BREITENFELD WINTER FOOTPATH
Snowshoe experience TURREN–SCHÖNBÜEL CIRCUIT
Adventure FULL MOON SKIING

Details and further information:
MÖRLIALP

PANORAMIC VISTA OF THE SARNERAAL ALLEY

Sometimes we need to pinch ourselves to make sure we really do live in one of the most beautiful spots on the planet. Then we set off for the Mörlialp. High above Lake Sarnen, we internalise the sight of the mountains and our home, the Sarneraa valley.

OUR HIGHLIGHTS

- **SUMMER**
  - Walk around the imposing Giswilerstock and discover the Bärgmandli. The Haldimattstock circuit takes in a variety of alps and fens and lets you experience the diversity of Central Switzerland’s cultural landscape.

- **WINTER**
  - 14 kilometres of ski slopes for all skill levels, the perfect resort for families and groups. Night skiing and sledging with views of the twinkling lights in the Sarneraa valley. Snow biking, walking, snowshoeing.

OUR TOP 3

**Summer**
- Theme trail: **BÄRMANDLI PATH**
- Vantage point: **SUNRISE ON THE GISWILERSTOCK**
- Insider tip for foodies: **HINDERSIMAGRONEN FLUONALP**

**Winter**
- Fun: **SNOW BIKING**
- Adventure: **NIGHT SKIING AND SLEDGING**
- Adventure playground: **ZINSLILAND MÖRLIALP**

Details and further information:
IN AND ON WATER

"DEEP-BLUE LAKES, PEACEFUL LAKESHORES"

The power of water... As mountain people, we’re familiar with it, as it’s given our homeland the topography we know today. Looking back in time, glaciers once covered large parts of the Sarneraa valley. Later, the Alpnach arm of Lake Lucerne once reached as far as Giswil, but at some point, still long before we came along, the advancing Gross Schlieren delta dammed off Lake Sarnen from Lake Lucerne.

We – and our visitors – now use water for leisure activities. Clear mountain lakes reflect in sunglasses; despite the availability of electronic gadgets, children still prefer damming streams; waterfalls lure the intrepid, wellness facilities the health-conscious; motorboats, canoes and paddle boards glide across the valley lakes, while still and flowing waters invite us to fish, swim and unwind – something we all love doing.

Details and further information:
We celebrate festivals as they fall – and after we’ve initiated them. Many of us here in Obwalden are involved in the organisation of events of various kinds. Traditions live on, new ideas – sometimes even crazy ones – take shape, and sport never did us any harm. Many of our events shape the course of the year, including carnival in late winter, a vintage car rally at Whitsun, and fireworks lighting up the midsummer sky at Lungern’s lakeside night festival. Autumn heralds our centuries-old Älplerchilbi festival and awe-inspiring alp transhumances, before we celebrate the arrival of St. Nicholas, also a long-standing tradition, around 6 December.

Visitors are always welcome to join us; after all, festivals are nothing without the people who celebrate them.
CULTURE AND TRADITION

FRUIT-CHILBI
REGIONAL MARKET
A market on the Melchsee-Frutt plateau featuring regional products and delicacies. A summer festival for all ages with a wonderful social programme.

melchsee-frutt.ch

ROWING
SARNEN INTERNATIONAL REGATTA
Switzerland’s biggest rowing regatta in terms of numbers has been held in Obwalden since 1983. It features over 150 races involving 1400 boats crewed by athletes from Swiss and international rowing clubs.

ruderregattasarnersee.ch

LUGERN LAKE SIDE
NIGHT FESTIVAL
FIREWORKS ON LAKE LUGERN
The Swiss National Day is anticipated in Lungern on 31 July. The convivial festival by the lake is known for its games, fun, music and, of course, popular fireworks display at 10 pm sharp.

snf-lungern.ch

O-I-O – VINTAGE
VEHICLES IN OBWALDEN
HISTORY ON WHEELS
The vintage vehicle rally. 100 years of automobile and mobility history – in the form of cars, lorries, post-buses, tractors and two-wheelers – roll through Sarnen at Whitsun. Participants and lookers-on wear vintage clothes to suit the occasion.

o-io.ch

CHAMBER MUSIC
CLASSICAL MUSIC SINCE 2008
First-class performances on Lake Sarnen at various locations around the 7.5 km² lake, featuring chamber music performed by Swiss and international ensembles.

erstklassik.ch

MTB MARATHON
CENTRAL SWITZERLAND’S BIGGEST MTB RACE
Some 1000 mountain bikers take to the starting line in Alpnach to compete in Obwalden.

o-tour.ch

OBWALD
FOLK CULTURE FESTIVAL
How do cultures interrelate and interact? Answers to this question can be found at Obwald, the festival that throws the spotlight on the familiar and the similar versus the new and the different.

obwald.ch

RUNNING LIGHT
ONE EVENT, FIVE RACES
Half marathon (“the fastest in Switzerland”), 10 km run, 5 km fun run, mini run and the Viktor Röthlin class duel, in which primary school pupils compete against Obwalden’s 2010 European marathon champion.

marathon.ch
MORE THAN HOLIDAYS

At last! Holidays, weekends, a few days off. You need to make best use of this valuable time. You want to relax and leave the hustle and bustle of everyday life behind with its impersonal encounters and ritualised patterns of behaviour. You also want to experience something.

That’s where Obwalden’s great outdoors and facilities come in – and, of course, us, your hosts. It’s our job to make sure that your visit in Obwalden offers more – much more – than superficial transactions and interactions. We aspire to having meaningful relationships with visitors who want them. We seek to offer hospitality that lives up to its name and gives old and new friendships the permanence that makes them so valuable for both sides.

Welcome to Obwalden!

“TOURISM IS OUR PASSION, HOSPITALITY OUR MISSION.”

Start the day with a bespoke insider tip, act on the suggestions of locals, experience genuine hospitality on mountains and in valleys – the hosts operating our hotels, camp-sites, holiday flats, mountain refuges and yurts, cafés and restaurants, cableways and railways, playgrounds, sports and adventure facilities look forward to receiving you.

Details and further information:

Accommodation

Gastronomy