

SWISS AND AUSTRIAN ALPS ITINERARY

DAY 1:-

Pick up at Zurich Airport at 11 a.m.

Drive to Appenzell, Switzerland (just over 1 hour)

This is a free afternoon allowing people to either rest or explore the very beautiful town. We will be offering a short guided tour of the town with our local guide at 3 p.m. for those interested. Our hotel is next to the historic Hauptgasse (Main St.) and we will be having a pre-dinner get together at 6:30 p.m.

LODGING

Hotel Lowen, Appenzell. This classic Swiss hotel is renowned for its traditional Appenzell hospitality.

DAY 2:-

Towering above the town are the spectacular Alpstein mountains. Our first day's hike takes us into the heart of these mountains by first following the riverside trail that leads from the door of the hotel through 3 villages up to the Ebenalp cable car. At the top of the cable we walk a short way down to the Wildkirchli, an improbable little church perched on the side of a mountain. Lunch is at Aescher Hutte (hut) with one of the best views in the world (see picture in brochure!) After lunch there are choices of a shorter or longer walk along the spectacular ridge leading to the next alpine hut. After the hike we return to Appenzell via the Appenzellerbahn (the local train).

LODGING

Back at Hotel Lowen.

DAY 3:-

Today, we again discover the wonderful world of Appenzellerland . There will be a choice of a quite rugged ascent up Hohe Kasten, with its incomparable views of both the Rhine Valley, the Austrian Alps and Appenzellerland. For the less energetic, we set out from Appenzell into the surrounding hills and farmland, eventually reaching lovely Hirschberg Mountain and the hut, from which you can look down on the valley while enjoying a great lunch. We will return to town by mid or late afternoon depending which option you have chosen.

LODGING

Back at Hotel Lowen

DAY 4:-

Today we leave the Appenzell region and cross the Rhine Valley into Austria and the mountains of the Bregenzerwald. One trail begins in the village of Bodele and heads up the ski slopes to Hochalpele and views of both the Bregenzerwald and the Rhine Valley . Another route begins in the village of Schwarzenberg and takes in 5 different hamlets and hugs the Bregenzer Ache(stream) for a couple of miles before crossing the bridge across the river. We then follow a country road over the historic gap to our next village of Bezau.

LODGING

Gasthof Gams, Bezau - This 1648 inn boasts not only history but also tennis courts, a swimming pool and fine dining.

DAY 5:-

Today's more challenging option is a rather strenuous but spectacular hike that follows a winding trail out of Bezau village up to the Sonnenalp cable car, where you can descend by cable or walk down (if you have a lot of energy!) Our other option sets out from the door of the inn to explore two valleys. The trail begins along a tiny stream that meanders through the flower-filled gardens of Bezau's lovely homes. We then follow a country lane through to the next valley (Bizau valley) and our path follows another stream as we make our way back to the inn for a late lunch.

After lunch we will be offering some more walking, but often people prefer to enjoy the lovely garden and pool at the inn or just to explore town.

LODGING

Back at Gasthof Gams

DAY 6:-

Today sees us leaving the Bregenzerwald and heading into the higher peaks of the famed Montafon Valley. On route we pass through the Rhine Valley and take a side trip to the remarkable Rappenlochschlucht (say that fast!). The trail through this impressive gorge is not to be missed. After emerging from the gorge we reach the tiny village of Ebnit and from here take a short but steep trail that leads up to the lovely little Pfarrers Alpe hut for lunch. Those looking for a longer hike can then continue up to Schonermann (beautiful man) for a spectacular view down to the Rhine valley and Bodensee.

LODGING

Posthotel Rossle, Gaschurn - This 4 star hotel offers: indoor swimming, sauna, steam and fitness rooms.

DAY 7:-

From Gaschurn we drive up the magnificent Silvretta Alpine road to the Silvretta Lake. The lake sits at 6600' feet and a fairly gentle trail leads the 4 or so miles around its shores. At the far end of the lake another trail leads up to one of our favorite alpine huts (Wiesbadener Hutte) and the many glaciers that cling to the high peaks of the Montafon (you can go just some or all of the way up). The back drop is Piz Buin, which at almost 11,000' is the highest peak in the Vorarlberg. We may also offer the choice of continuing on from the hutte over the Radsattel (wheel saddle) to return to the starting point down a completely different valley.

LODGING

Back at The Rossle

DAY 8:-

Our last day of hiking takes us up to the magnificent Lunersee Lake. You can reach the lake either by foot or cable car and there is also a choice of circling the

lake or adding a more strenuous route up to the Totalphutte with its panoramic views of both the Swiss and Austrian Alps.

LODGING

Posthotel Rossle

DAY 9:-

After breakfast we pack up and head back to Zurich airport. We will arrive in Zurich at about 10 a.m. in time for the morning flights back to the States.

SWISS/AUSTRIAN TRIP NOTES

ARRIVAL AND DEPARTURE

The trip begins at The Hotel Lowen in the heart of Appenzell, about an hour by car from the Zurich Airport. If you want to make your own way there, trains run into Appenzell (via Gossau) and the hotel is a 5 minute walk from the Appenzell station on Hauptgasse. If you call the hotel, they will meet you from the station. We will have a short walking tour of town at 3 p.m. the day of arrival and then a 6:30 p.m. pre dinner orientation.

AIRPORT INFORMATION

Our pick up on the first day of the trip will be from Zurich airport. We will meet at 11 a.m. at the information desk in Terminal B (Int'l terminal). If there is any problem connecting we will page you and we will also be wearing N.E.H.H. T-shirts.

**** WE DO NEED TO KNOW YOUR TRAVEL PLANS SO THAT WE CAN ARRANGE TO MEET YOU OR EXPECT TO SEE YOU AT THE HOTEL.**

On the last day of the trip we will be back at Zurich airport by about 10 a.m.

FLIGHTS

The most reasonable flights are available if you purchase your ticket in advance and do not change the dates. As there are penalties for changing dates it is a very good idea to take out travel insurance (see our general information sheet)

TRAVEL SERVICE

You may want to use our travel service to arrange your travel to Zurich. They are Better Travel and can be reached during normal office hours at (800) 331 6996 or faxed at (802) 496 9903.

PASSPORTS

If you don't already have a current passport remember to allow enough time to be processed for one.

LANGUAGE

German is the language in all the areas that we will be in, though very many

people do speak English. A German - English phrase book is always useful to have with you.

ELECTRICAL APPLIANCES

The voltage in Europe is 230 volts instead of our 110. You will need a voltage converter and a plug adaptor if you plan to bring items such as a hair dryer or electric razor.

PAYMENT

We do require full payment 60 days in advance of the trip departure date. After that time there can be no refund of any monies paid unless we are able to fill the space. Again, we recommend trip insurance.

CURRENCY

In both Switzerland and Austria, the Euro is used. While the Euro is not the "official" currency of Switzerland it is widely accepted (you may find that businesses in some of the smaller villages want Swiss Francs). We recommend you always check recent exchange rates before traveling.

LIST OF INNS FOR SWISS/AUSTRIAN

DAY 1, 2 & 3

Hotel Lowen

Hauptgasse 25 (SW)

Appenzell CH9050

Tel: 71787 2187 (dial 001 41 from US for Switz.)

Fax: 71 787 2579

www.loewen-appenzell.ch

Bircher & Rothenberger

DAY 4 & 5

Gasthof Gams

A-6870 Bezau (AUS)

Tel: 5514 2220

Fax: 5514 2220-24

www.hotel-gams.at

Ellen Kaufman

DAY 6, 7 & 8

Post Hotel Rossle

A- 6793 Gaschurn

Tel: 5558 8333-0 (AUS)

Fax: 5558 8333-50

www.posthotel-rossle.at

Family Kessler

(Note: when dialing from within the country add a zero before the number)

If you are interested in additional information about the inns and hotels, we invite you to visit their web sites, or call and request a brochure.