

SWITZERLAND

Hiking, Gondolas, and Alpen Peaks

TRIP HIGHLIGHTS

- ▶ Soak in Swiss culture, cuisine, and countryside as you hike your way through the Swiss Alps from Appenzell to Mount Titlis
- ▶ Enjoy riding cable cars, toboggans, and gondolas
- ▶ Experience local Swiss hospitality in villages, coffeehouses, mountain huts, and local pubs
- ▶ Take a stroll through Swiss history on visits to monasteries, farmhouses, Lucerne, and St. Gallen's Cathedral

TRIP ROUTE



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QUICK VIEW ITINERARY

Day 1	introduction to Appenzell, welcome dinner
Day 2	walk from Gontenbad, take the cable car to Kronberg Mountain
Day 3	explore St. Gallen's old town, afternoon free to explore, learn to make traditional gingerbread
Day 4	hike into the heart of the Alpstein, enjoy a breathtaking mountain scenery
Day 5	experience Lucerne, the "City of Lights"
Day 6	hike to Bruni
Day 7	high alpen hike
Day 8	take in the views from Mount Titlis, transfer to Zürich
Day 9	depart Switzerland

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$6,295

Optional Single Accommodations: \$900

TRIP DATES

June 30 - July 8, 2025

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DAY 1
Monday
6/30/25

Arrive in Appenzell

Join an active group of adventurous women who have been bitten by the hiking “bug” to explore Switzerland’s exhilarating alpine trails together while also discovering other things quintessentially Swiss: mountain cable cars, gingerbread, medieval churches, and even an evening with traditional Swiss music.

During your adventure, you’ll get to know your expert Swiss guide who will lead you and help you imagine life on the mountainside, far above the beautiful valleys below.

Arrival Information

Arrive at Zürich International Airport (ZRH) before 12:00pm.

Pick-up and Transfer

For those arriving this morning, make your way through customs and collect your luggage. You will find your guide with an AdventureWomen sign in the Arrivals Hall.

For those arriving before today, meet your guide at 12:00pm at the airport (exact location TBD)

You will leave as a group for the 90-minute drive to Appenzell at 12:30pm.

Introduction to Appenzell

Enjoy an introductory walk through Appenzell with your guide.

Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Switzerland!

Accommodations

Hotel Löwen

Meals Included

dinner

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DAY 2
Tuesday
7/1/25

Appenzell - Panoramic Walk from Mount Kronberg to Schwägalp

Appenzell is one of the most legendary towns in Switzerland. The center of town is well preserved and has finely painted wooden houses and some stone buildings dating from the 16th century including the town hall, which is now a local museum. The “Landesgemeindeplatz” is the square where annual outdoor voting takes place.

Walking in Gontenbad

Take the train followed by the bus to Gontenbad this morning. Walk on a high plateau on trails through meadows and moors to Jakobsbad (2,850 feet).

Make Your Way to Mount Kronberg

Experience a fun toboggan run at the bottom station in Jakobsbad before traveling up to Mount Kronberg by gondola.

Kronberg Mountain

After a light lunch at a mountain hut, hike from Kronberg Mountain (5,450 feet) to Schwägalp. You will have magnificent views of the valley along the way.

Dinner

Enjoy dinner on your own tonight.

Walking Time

6.5-7.0 miles; 3.5-4.0 hours; 720 ft elevation gain; 1,550 ft elevation descent

Accommodations

Hotel Löwen

Meals Included

breakfast, lunch

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DAY 3
Wednesday
7/2/25

Appenzell - Full-day Excursion to St. Gallen's Old Town

St. Gallen, the compact metropolis of eastern Switzerland between Lake Constance and Appenzellerland, has a charming, traffic-free old town. Colorfully painted oriel windows are a town feature. The Abbey precinct with the cathedral and Abbey Library has been accorded UNESCO World Heritage listing.

Take the Train to St. Gallen After breakfast in Appenzell, take the train to St. Gallen. Enjoy the views along the way!

Explore St. Gallen Explore the old town of St. Gallen with a guide this morning. Visit the Cathedral, built in the late Baroque period, and the Abbey Library, which contains manuscripts dating back to the 8th century. Enjoy lunch with your group at a local restaurant.

Free Time to Explore After lunch, enjoy some free time in St. Gallen before you return to Appenzell where you will have the rest of the evening on your own.

Appenzeller Biber Baking Meet your guide before dinner to learn how to make the traditional "Appenzeller Biber," a traditional gingerbread with honey and nuts.

Dinner Enjoy dinner on your own this evening.

Walking Time 2.0 hours

Accommodations

Hotel Löwen

Meals Included

breakfast, lunch

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DAY 4
Thursday
7/3/25

Appenzell - Hiking to Ebenalp

Ebenalp is a hiking paradise in the heart of the Alpstein with the breathtaking mountain scenery of the Alpstein.

Walk to Aescher From Weissbad, hike up to Ebenalp (5,000 ft) through the prehistoric cave of Wildkirchli. Stop at the Aescher, an amazing guesthouse built directly into the side of the mountain. Lunch will be on your own en route today.

Head Back to Appenzell Take the cable car back to Wasserauen, and then take public transportation back to Appenzell.

Appenzeller Biber Baking Meet your guide before dinner to learn how to make the traditional "Appenzeller Biber," a traditional gingerbread with honey and nuts.

Dinner Enjoy dinner and Swiss music with Talerschwingen. Yodeling has its origins in the call from mountain to mountain - the way locals used to communicate from Alp to Alp. The central theme of this music is the love of nature. The Talerschwingen is a game - the player holds a bowl in the palm of their hand, and a coin is thrown in. The player has to run the coin along the edge of the bowl in spirals without the money flying out of the bowl. Try your hand!

Walking Time 3.0-3.5 miles; 2.5 - 3.5 hours; 3,000 ft elevation gain; 535 ft elevation descent

Accommodations

Hotel Löwen

Meals Included

breakfast, dinner

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DAY 5
Friday
7/4/25

Appenzell to Engelberg

Lucerne, the gateway to central Switzerland, has a view of an impressive mountainous panorama. Lucerne ranks amongst the world's prettiest cities. Contributing to Lucerne's cityscape alongside the world-famous Chapel Bridge and Water Tower are the Musegg Wall, the Jesuit Church, the Mill Bridge, the Lion Monument, the KKL culture and convention center, and a host of other local sites.

Drive to Lucerne Say farewell to Appenzell this morning and drive to Lucerne. Stop in a small village along the way and meet with a female papercutting expert and learn all about this traditional handicraft. You can even try your own hand at cutting the silhouettes!

Explore Lucerne Enjoy a guided walk through Lucerne, the "City of Lights." Enjoy lunch on your own at a local restaurant.

Walking in Engelberg Arrive in Engelberg this afternoon. After checking in to your hotel, take a brief introductory walk through the village.

Dinner Enjoy dinner with your group at the hotel tonight.

Walking Time 1.5 hours in Lucerne.

Accommodations

Hotel Bellevue Terminus

Meals Included

breakfast, dinner

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DAY 6
Saturday
7/5/25

Engelberg and Brunni

The Brunni is on the sunny side of Engelberg and is an ideal destination for outdoor activities as well as just relaxing amidst spectacular mountain scenery.

Cable Car and Walk to Brunni

Ride the cable car to Ristis-Brunni (5,610 feet) this morning. Walk from Ristis to the Brunni. Arrive at a hut and experience the special “Kneipp Cure” by treading water. It helps your circulation. Hike back down to Ristis and enjoy lunch on your own before taking a gondola back to Engelberg.

Dinner

Enjoy dinner with your group at the hotel tonight.

Walking Time

3.0-3.5 miles; 2.0-2.5 hours

Accommodations

Hotel Bellevue Terminus

Meals Included

breakfast, dinner

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DAY 7
Sunday
7/6/25

Engelberg - Alpine Hike and Cheese Trail

Standing just over 6,000 ft above sea level, the alm of Furenalp boasts of spectacular views and a beautiful waterfall.

Morning Hike

Travel by public bus to Furenalp station where you will begin your hike over alpine meadows along the river Engelbergeraa up to Furenalp. Take in the stunning panoramic views along the way as you pass by many small alps where you can buy some coffee or handmade cheese right from the farmer!

Lunch

After lunch at a local restaurant in Furenalp, travel back to the Valley Station by gondola and then take a public bus back to Engelberg where you will have the rest of the evening and dinner on your own.

Walking Time

6.0-6.5 miles; 4.0 - 4.5 hours

Accommodations

Hotel Bellevue Terminus

Meals Included

breakfast, lunch

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DAY 8
Monday
7/7/25

Engelberg to Zürich

The Titlis Glacier is the jewel in Central Switzerland's crown and the only publicly accessible glacier in the area. You will feel on top of the world as you take in the spectacular panoramic views of snow-covered mountains and unspoiled Alpine landscapes.

Mount Titlis

Take a cable car part of the way on the "Rotair," Europe's only revolving cable car, up to Mount Titlis (10,000 feet). It is the highest point in central Switzerland, offering breathtaking views of the Alps. Visit the Ice Cave in the glacier. If you're ready for a little adventure, take a short walk on the TITLIS Cliff Walk, a spectacular suspension bridge that sits at almost 10,000 feet above sea level. If you'd rather avoid the heart-pounding 150-step journey on the bridge, you can instead enjoy a 40-minute walk to the Stotzig Egg where you can take in amazing views of the Central Swiss Alps.

Drive to Zürich

After lunch on your own, drive to Zürich and enjoy a 60 minute city tour.

Farewell Dinner

Enjoy a farewell dinner this evening and celebrate the end of an exceptional AdventureWomen trip!

Walking Time

1.5 hours

Accommodations

Fred Hotel (or similar)

Meals Included

breakfast, dinner

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DAY 9
Tuesday
7/8/25

Depart Zürich

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the Zürich airport for your flights home.

Departure Information

Depart Zürich International Airport (ZRH) after 12PM today. One group transfer is included after breakfast (time TBD); private transfers at other times are available for an additional fee.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Hotel Löwen

Set right next to the automobile-free center of Appenzell in a contemporary - yet traditional - family-run hotel with quiet, relaxing rooms. Enjoy local specialties in the cafe or on the sunny terrace enjoying views of the local mountains.

Amenities: soap, shampoo, hair dryer; TV & radio, safe, wifi

Hotel Bellevue Terminus

This traditional hotel is located in the center of Engelberg, not far from the train station and a bus stop. Creative international cuisine is served in the restaurant, and various bars in the hotel invite you to unwind after a rewarding day. The cable cars, as well as the pedestrian zone of Engelberg are just a short walk away.

Amenities: Soap, shampoo, hair dryer; electricity, wifi

Fred Hotel (or similar)

Centrally located and managed with great care and attention to details, the Fred Hotel Zürich is the ideal starting point to explore the city of Zürich.

Amenities: complimentary toiletries, hair dryer, safe, wifi, air conditioning, TV

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ One group transfer on arrival and departure
- ▶ Activities as indicated in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ All gratuities except for the head and local guides

Not Included:

- ▶ International airfare to and from Switzerland
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for the head and local guides

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

- For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable.
- For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

We define “adventure travel” as travel in which one actively participates, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!