



Switzerland: Hiking, Gondolas, and Alpen Peaks

DURATION | 9 Days

TRIP LEVEL | High Energy

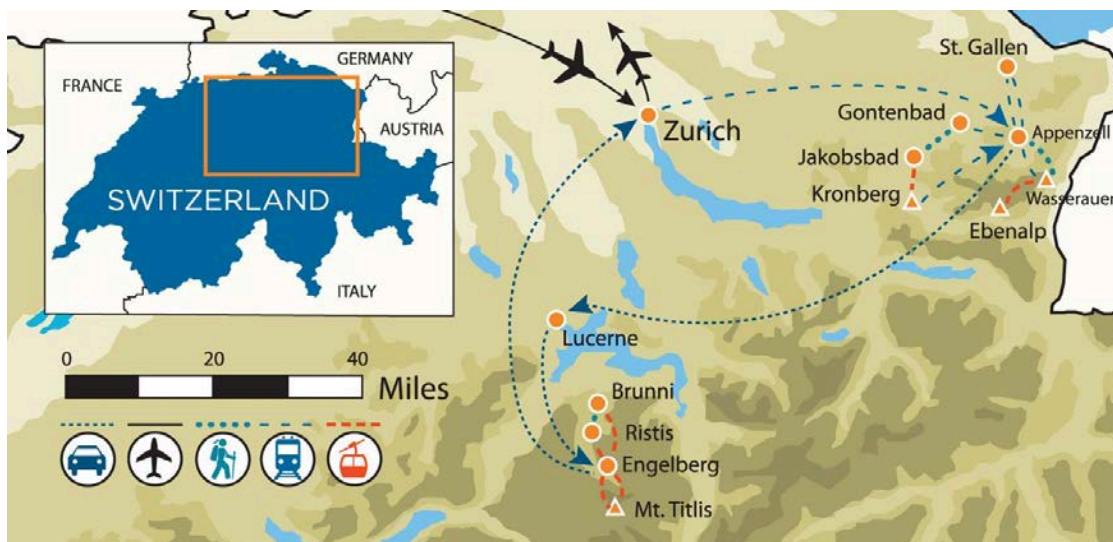
Trip Overview

Join an adventurous group of women to explore Switzerland's alpine trails, including mountain cable cars and yodeling contests. Discover Appenzell's medieval charm with its painted wooden houses and historic town hall, and explore St. Gallen's traffic-free old town, with its UNESCO-listed Abbey precinct. Hike through scenic mountains, learn to make traditional gingerbread, and marvel at Lucerne's stunning cityscape, featuring the Chapel Bridge, Lion Monument, and more. Enjoy breathtaking views from Furenalp, and immerse yourself in Swiss culture, cuisine, and natural beauty. Embrace new challenges and experiences on this memorable hiking tour of Switzerland.

Trip Highlights

- Trek through the Swiss Alps from Appenzell to Mount Titlis, soaking in stunning scenery and authentic Swiss culture.
- Enjoy thrilling rides on cable cars and toboggans, adding excitement to your alpine adventure.
- Discover local hospitality in charming villages and coffeehouses, and explore Swiss history with visits to monasteries, farmhouses, Lucerne, and St. Gallen's Cathedral.

Map View



Trip Itinerary



Day 1

Arrive in Appenzell

Arrive at Zürich International Airport (ZRH) and meet your guide for a scenic 90-minute drive to Appenzell. Enjoy an introductory walk through this charming Swiss town, famous for its well-preserved heritage. Conclude the day with a lively welcome dinner, where you'll bond with fellow travelers and share your excitement for the Swiss adventure ahead.

Meals: dinner | Overnight: Hotel Löwen



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: complimentary toiletries, hair dryer, TV & radio, safe, Wi-Fi



Trip Itinerary



Day 2

Explore Appenzell's Outdoors

Start with a train and bus journey to Gontenbad, then hike through picturesque meadows to Jakobsbad. Experience a thrilling toboggan run before taking a gondola up to Mount Kronberg, followed by a scenic hike to Schwägalp with breathtaking valley views. After a day of adventure, enjoy dinner on your own in the heart of Appenzell. Walking Time: 5.0-7.0 miles; 3.5-5.0 hours; 720 ft elevation gain; 1,550 ft elevation descent.

Meals: breakfast, lunch | Overnight: Hotel Löwen



Trip Itinerary



Day 3

Discover St. Gallen

Travel to St. Gallen to explore its historic old town with a local guide. Visit the stunning Baroque Cathedral and the Abbey Library, home to ancient manuscripts. Participate in a group lunch at a local restaurant, then return to Appenzell to learn how to make traditional “Appenzeller Biber” gingerbread. Enjoy a free evening and dinner on your own, with time to reflect on the day’s discoveries.

Walking Time: 2.0 hours

Meals: breakfast, lunch, dinner | Overnight: Hotel Löwen



Trip Itinerary



Day 4

Hike and Learn in Appenzell

Hike from Weissbad to Ebenalp, passing through the dramatic Wildkirchli cave and stopping at the Aescher guesthouse, which is built into the mountainside. Return to Appenzell and enjoy a group dinner with Swiss music and the Talerschwingen game, immersing yourself in local culture. Walking Time: 3.0-3.5 miles; 2.5 – 3.5 hours; 3,000 ft elevation gain; 535 ft elevation descent.

Meals: breakfast, dinner | Overnight: Hotel Löwen

Trip Itinerary



Day 5

Travel to Engelberg

Bid farewell to Appenzell and drive to Lucerne, where you'll visit a paper cutting expert to learn about this traditional craft. Enjoy a guided walk-through Lucerne's historic and scenic streets before continuing to Engelberg. After checking into your hotel, take a brief introductory walk through the village, followed by a group dinner. Walking Time: 2 – 2.5 hours

Meals: breakfast, dinner | Overnight: Hotel Bellevue Terminus



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: complimentary toiletries, hair dryer, minibar, cable / satellite TV, safe, Wi-Fi



Trip Itinerary



Day 6

Engelberg Adventures

Take the cable car to Ristis-Brunni and hike to a mountain hut, where you'll experience the "Kneipp Cure" by treading water to boost circulation. Hike back to Ristis, enjoy lunch on your own, and then take a gondola back to Engelberg. Finish the day with dinner at one of the area's local restaurants, sharing stories from your adventure. Walking Time: 3.0-3.5 miles; 2.0-2.5 hours

Meals: breakfast, lunch, dinner | Overnight: Hotel Bellevue Terminus



Trip Itinerary



Day 7

Hike and Explore Furenalp

Travel by public bus to Furenalp and hike over alpine meadows along the Engelbergeraa River, taking in stunning panoramic views. Stop at local alps to sample coffee and handmade cheese. After a leisurely lunch in Furenalp, return to Engelberg for a free evening and dinner on your own, reflecting on the day's picturesque scenery. Walking Time: 6.0-6.5 miles; 4.0 – 4.5 hours

Meals: breakfast, lunch | Overnight: Hotel Bellevue Terminus



Trip Itinerary



Day 8

Mount Titlis and Zurich

Ride the “Rotair,” Europe’s only revolving cable car, to the summit of Mount Titlis for panoramic views and explore the Ice Cave. Opt for the TITLIS Cliff Walk or a scenic hike to Stotzig Egg. After lunch, drive to Zürich for a city tour and a farewell dinner, celebrating the end of your memorable Swiss journey. Walking Time: 1.5 hours

Meals: breakfast, dinner | Overnight: Fred Hotel (or similar)



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, air conditioning, TV, Wi-Fi



Trip Itinerary



Day 9

Depart Zürich

After breakfast, transfer to Zürich airport for your flight home, saying goodbye to your new AdventureWomen friends and the stunning Swiss landscapes you've explored. Reflect on the unforgettable experiences and adventures shared throughout this remarkable journey.



What's Included

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- 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

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.

