

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks



May 20 - 28, 2018

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### TRIP HIGHLIGHTS

- ▶ Learn how to prepare cheese fondue and have tea with a local woman in Engelberg
- ▶ Enjoy traditional Swiss music and dance in Appenzell
- ▶ Hike in the Swiss Alps, seeing beautiful spring meadows and majestic mountain panoramas
- ▶ Visit a local textile museum
- ▶ Explore the Titlis Glacier and a glacier cave

### QUICK VIEW ITINERARY

- Day 1: Arrive Zurich, introduction to Appenzell, welcome dinner
- Day 2: Walk from Gontenbad to Jakobsbad, take the cable car to Kronberg Mountain
- Day 3: Explore St. Gallen's old town, visit the exquisite textile museum
- Day 4: Hike to a guesthouse built into the mountain, learn to make traditional gingerbread
- Day 5: Experience Lucerne, the "City of Lights," cheese fondue dinner
- Day 6: Visit a monastery, walk through the waterfall valley, have tea with a local woman
- Day 7: Hike to Brunni, experience the "Kneipp Cure," ride cable car to Engelberg
- Day 8: Take Europe's only revolving cable car to Mount Titlis, join a local farmer for lunch
- Day 9: Enjoy breakfast, transfer to Zurich for your flights back to the US

### TRIP PRICE

Main Trip: \$5,990

Optional Single Accommodations: \$650

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

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is this trip  
right for me?

We rate this trip as moderate to high energy. You should be able to hike for four hours on varied, steep terrain. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important  
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get  
there?

pack your  
bags!

the fine print

your adventure  
in depth

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

---

is this trip right  
for me?

the important  
stuff

how do I get  
there?

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the fine print

your adventure  
in depth

### Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before February 20, 2018.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

### Money:

Swiss currency is the Swiss Franc (CHF). As of May, 2017, US\$1 = CHF 1.01. Many prices are also indicated in Euros; some merchants may accept Euros but are not required to do so. You should exchange money at an authorized bank or hotel. Visa and MasterCard are more widely accepted than American Express. ATMs will be accessible throughout the trip.

Suggested Gratuities: Gratuities are included in your trip.

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

---

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for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

your adventure  
in depth

**Arrive:** Arrive at Zurich International Airport (ZRH) on May 20, 2018 before noon.

**Depart:** Depart Zurich International Airport (ZRH) on May 28, 2018 any time. There will be one group transfer provided after breakfast to the Zurich Airport. If you need a private transfer, this may be at additional cost.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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May 20 - 28, 2018

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

your adventure  
in depth

**Packing Considerations:** The climate in Switzerland is moderate - there is not excessive heat, cold, or humidity. Temperatures could rise into the low 80s, but it is cooler in the mountains. Remember that the weather changes quickly in the mountains and layers will be important.

You must have well-broken in, ankle high hiking boots for this trip. Most activities involve walking on uneven terrain. You must also protect your legs against occasional overgrown trails. Durable, comfortable clothing is essential on this adventure. You will be spending the majority of your time in Switzerland outdoors. It is best to pack synthetic or merino clothing that can be layered. Informality and comfort are the rule.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Rain cover for daypack
- 1 pair telescopic hiking poles
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Comfortable walking shoes
- 4-5 pairs hiking socks
- 2-3 short sleeve shirts (quick dry recommended) -
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 1 bathing suit
- Gore-Tex jacket
- Gore-Tex pants
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras
- Sleepwear

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

---

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for me?

the important  
stuff

how do I get  
there?

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bags!**

the fine print

your adventure  
in depth

### Essentials Continued:

- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

.....

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

your adventure  
in depth

### 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

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

### No Smoking Policy

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

### Health Insurance

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

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." 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 vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, 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!

In this spirit, the successful adventure traveler should be a



# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

### your adventure in depth

**DAY 1**  
Sunday  
5/20/18

### Arrive in Appenzell

Switzerland is the oldest living democracy in the world. It was formed in 1291 by the “Everlasting League” of the three founder Cantons: Uri, Schwyz, and Unterwalden. Switzerland is a continental state situated in the heart of Western Europe covering 16,000 square miles and with altitudes ranging from 633 feet to 15,200 feet. The panoramic scenery ranges from the great Alps to the lower foothills to gentle rolling farmland. Switzerland is an unmatched place to hike and walk. With an impressive transportation network, every district and village is easily accessible to walkers.

#### Pick-up and Transfer

You will be picked up at Zurich International Airport and transferred to your hotel.

#### Introduction to Appenzell

Enjoy an introductory walk through Appenzell with your guide.

#### Welcome Dinner

Enjoy a welcome dinner and get to know your AdventureWomen group!

### Accommodations

Hotel Adler

### Meals Included

dinner

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

### your adventure in depth

#### DAY 2

Monday  
5/21/18

### Appenzell

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 from Appenzell to Gontenbad this morning. Walk on a high plateau on trails through meadows and moor to Jakobsbad (2,850 feet).

#### Kronberg Mountain

Enjoy a fun toboggan run at the bottom station, and then continue by cable car up to Kronberg Mountain (5,450 feet). You will have magnificent views of the first range of the Alps with its high peak - Mount Saentis (8,300 feet).

#### Lunch

Enjoy lunch on your own on Mount Kronberg.

#### Return to Appenzell

Choose to take the cable car and train back to Appenzell, or, if you'd like, get off the train in Gontenbad and walk back to Appenzell.

#### Visit a Local Museum

Visit a local museum - learn why women got the right to vote in Appenzell as late as 1991!

#### 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!

### Accommodations

Hotel Adler

### Meals Included

breakfast, dinner

### Walking Time

3.5 - 4 hours

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

.....

### your adventure in depth

#### DAY 3

Tuesday  
5/22/18

### Appenzell

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.

#### Lunch

Enjoy lunch in a local restaurant.

#### Visit the Textile Museum

This internationally renowned museum houses fabrics from Egyptian grave sites, historical embroideries since the 14th century, hand-made lace from major European centres of excellence, ethnographic textiles, historical fabrics and costumes, handmade utensils, and objects of contemporary textile art.

#### Train to Appenzell

Take the train back to Appenzell and enjoy dinner on your own this evening.

#### Accommodations

Hotel Adler

#### Meals Included

breakfast, lunch

#### Walking Time

2 - 2.5 hours

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

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### your adventure in depth

#### DAY 4

Wednesday  
5/23/18

### Appenzell

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

#### Travel to Ebenalp

Take the train from Appenzell to Wasserauen. From there, take a cable car to Ebenalp (5,000 feet).

#### Walk to Aescher

Descend from Ebenalp through the prehistoric cave of Wildkirchli. Stop at the Aescher, an amazing guesthouse built directly into the side of the mountain, to enjoy lunch during your walk.

#### Return to Appenzell

Take the cable car back to Wasserauen, and then walk back to Appenzell.

#### Appenzeller Biber Baking

Learn how to make the traditional "Appenzeller Biber," a traditional gingerbread with honey and nuts.

#### Dinner

Enjoy dinner at a local restaurant.

### Accommodations

Hotel Adler

### Meals Included

breakfast, lunch, dinner

### Walking Time

4 - 4.5 hours

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

### your adventure in depth

#### DAY 5

Thursday  
5/24/18

### 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 centre, and a host of other local sites.

- Drive to Lucerne** Say farewell to Appenzell this morning and drive to Lucerne.
- 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.
- Cheese Fondue Dinner** This evening, learn how to prepare cheese fondue. Enjoy this scrumptious dinner in Engelberg.

#### Accommodations

Hotel Waldegg

#### Meals Included

breakfast, dinner

#### Walking Time

2 - 2.5 hours

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

---

### your adventure in depth

#### DAY 6

Friday  
5/25/18

### Engelberg

Engelberg's Benedictine monastery was built in 1120 as the center of Engelberg. About 30 monks still live and work in Engelberg Abbey today.

#### Visit the Monastery

Spend some time at the Engelberg Abbey this morning. This village is centered around the monastery, and the tour will help you understand the history of the area.

#### Waterfall Valley

Walk along the beautiful Waterfall Valley this morning. This is one of the most beautiful areas to walk in Switzerland. Enjoy lunch on your own en route.

#### Have Tea with a Local Woman

Enjoy tea with a local woman in Engelberg's oldest farmhouse. Learn about what life is like in Engelberg and get to know your hostess.

#### Dinner

Enjoy dinner with your group this evening in Engelberg.

#### Accommodations

Hotel Waldegg

#### Meals Included

breakfast, dinner

#### Walking Time

4 - 4.5 hours

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

---

### your adventure in depth

#### DAY 7

Saturday  
5/26/18

### Engelberg

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** Ride the cable car to Ristis-Brunni (5,610 feet) this morning.

**Walk to Brunni** Walk from Ristis to the Brunni. Arrive at a hut, experience the special "Kneipp Cure" by treading water. It helps your circulation. Enjoy lunch at the hut.

**Head Back to Engelberg** Ride the chairlift and cable car back to Engelberg. Enjoy dinner on your own in the village.

#### Accommodations

Hotel Waldegg

#### Meals Included

breakfast, lunch

#### Walking Time

3.5 - 4 hours

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

### your adventure in depth

#### DAY 8

Sunday  
5/27/18

### Engelberg

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 three different cable cars this morning, traveling 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.
- Lake of Truebsee** Walk around the Lake of Truebsee (5,890 feet) this morning.
- Lunch** Join a local farmer for a cheese and wine lunch at a cheese dairy and alpine hut. Sample the delicious local fare.
- Ride to Engelberg** Ride scooters back down the mountain to Engelberg.
- Farewell Dinner** Enjoy a farewell dinner this evening and celebrate the end of an exceptional AdventureWomen trip!

#### Accommodations

Hotel Waldegg

#### Meals Included

breakfast, lunch, dinner

#### Walking Time

1.5 - 2 hours



# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

.....

your adventure  
in depth

### DAY 9

Monday  
5/28/18

### Engelberg and Depart

Enjoy one last breakfast before heading home.

#### Transfer to the Airport

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

Meals Included  
breakfast

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.

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

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### Accommodation Details

**Hotel Adler** Set right next to the automobile-free center of Appenzell in a traditional building with quiet, relaxing rooms. Enjoy local specialities in the cafe or on the sunny terrace enjoying views of the local mountains.

**Hotel Waldegg** This south-facing Engelberg hotel offers panoramic views of the mountains as well as a pool and spa. The spa area includes aromatic baths and a sauna, and you can arrange for massage and other spa treatments. This is a perfect place to relax after spending a day exploring the surrounding mountains.

# SWITZERLAND

## Hiking, Fondue, and Alpen Peaks

May 20 - 28, 2018

---

your adventure  
in depth

### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ A beverage (glass of wine/beer or soft drink) during dinners
- ▶ Gratuities
- ▶ One AdventureWomen Associate

#### Not Included:

- ▶ International airfare to and from Switzerland
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages not included above
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature