

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

SWITZERLAND

Hiking, Fondue, & Alpen Peaks



June 21 - 29, 2020

SWITZERLAND

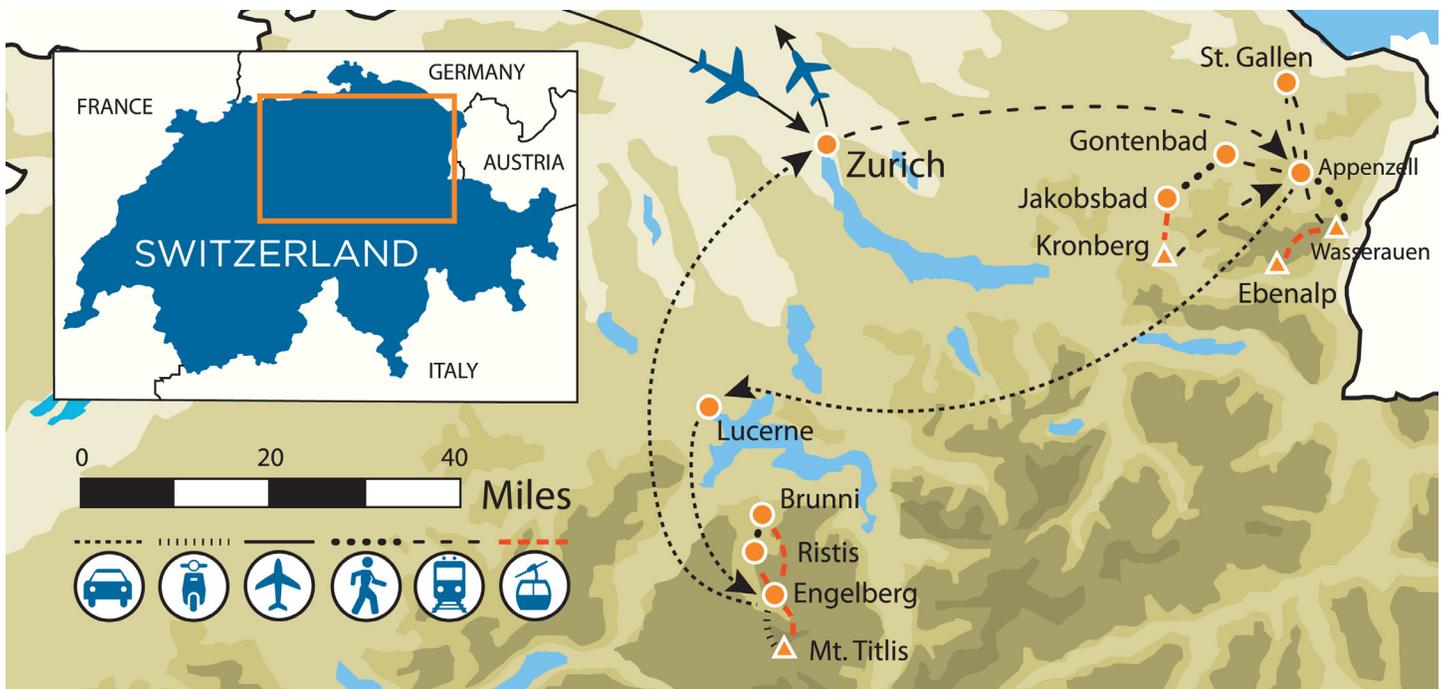
Hiking, Fondue, & Alpen Peaks

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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 scooter bikes
- ▶ 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

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in 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, afternoon hike
- 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: high alpine hike, visit a monastery
- Day 7: hike to Brunni, experience the "Kneipp Cure," hike to a mountain hut for lunch
- Day 8: hike around the Lake of Truebsee, take the cable car to Mount Titlis
- Day 9: enjoy breakfast, transfer to Zurich for your flights back to the US

TRIP PRICE

Main Trip: \$5,590

Optional Single Accommodations: \$650

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DAY 1

Sunday
6/21/20

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, cheese fondue and gingerbread, medieval churches, and even a Swiss yodeling contest.

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 11:00am at the Helvetia Bar Café at Terminal 2/Arrival.

You will leave as a group for Appenzell at 11:30am.

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 Adler

Meals Included

dinner

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DAY 2

Monday
6/22/20

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). Enjoy lunch on your own.

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

Hiking Time

2.5 hours

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DAY 3

Tuesday
6/23/20

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. Enjoy lunch with your group at a local restaurant.

Afternoon Hike

Enjoy a short hike this afternoon near Appenzell. Learn about the local farming “rules” and the typical local landscape.

Dinner

Enjoy dinner on your own this evening.

Accommodations

Hotel Adler

Meals Included

breakfast, lunch

Hiking Time

1.5 hours

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DAY 4

Wednesday
6/24/20

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. Enjoy lunch during your walk at a mountain hut.

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 with your group this evening.

Accommodations

Hotel Adler

Meals Included

breakfast, lunch, dinner

Hiking Time

4 - 4.5 hours

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DAY 5

Thursday
6/25/20

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 Bellevue Terminus

Meals Included

breakfast, dinner

Hiking Time

2 - 2.5 hours

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DAY 6

Friday
6/26/20

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.

Full Day Hike Today's narrow, well-marked trail rises steadily up to Zieblen. The impressive Mt. Titlis is always in view on this hike. Have a bite to eat in a cozy mountain restaurant. You can choose to take the cable car down the mountain, or to continue with your hike. If you hike, you'll pass by Stäuber, the legendary waterfall. Enjoy a coffee and a snack in Uri, and take the cable car, the bus, or walk back to Engelberg. For those who do the whole hike, it will take approximately eight hours.

Visit the Monastery If you take the cable car back, you will have time to visit the Engelberg Abbey this afternoon. This village is centered around the monastery, and the tour will help you understand the history of the area.

Accommodations

Hotel Bellevue Terminus

Meals Included

breakfast, dinner

Hiking Time

4-4.5 or 7-8 hours

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DAY 7

Saturday
6/27/20

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 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 down to a restaurant famous for its macaroni. Enjoy lunch and walk back to Engelberg.

Afternoon Tea

Visit Engelberg's oldest farmhouse and have tea with a local woman.

Dinner

Enjoy dinner on your own this evening.

Accommodations

Hotel Bellevue Terminus

Meals Included

breakfast, lunch

Hiking Time

3 - 3.5 hours

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DAY 8

Sunday
6/28/20

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.

Hike from Engelberg to Truebsee

Hike from Engelberg to Truebsee, where you will get to walk around the Lake of Truebsee (5,890 feet). Take in the stunning views all around you.

Mount Titlis

Take two 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.

Walk to Lunch

On the way back, stop again in Truebsee and hop on another cable car to Untertruebsee. Walk from there to the Gerschnialp (4,140 feet), where you will 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, or if you prefer, you can ride the cable car.

Farewell Dinner

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

Accommodations

Hotel Bellevue Terminus

Meals Included

breakfast, lunch, dinner

Hiking Time

4 - 4.5 hours

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DAY 9

Monday
6/29/20

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.

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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 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.

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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 Ambassador

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

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy more of a physical adventure and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

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

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. 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 March 23, 2020. A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

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!

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Switzerland, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Switzerland.

Money:

Swiss currency is the Swiss Franc (CHF). 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.

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Arrive: Arrive at Zurich International Airport (ZRH) on June 21, 2020 before noon.

Depart: Depart Zurich International Airport (ZRH) on June 29, 2020 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

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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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

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 thin pair of gloves
- 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 (optional; 8x40/42 models are excellent choices; center focus models are easiest)

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Essentials Continued:

- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- 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
- 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.

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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 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