

# «Sönd Willkomm» («you are most welcome») to the Appenzellerland

Has time stood still here? And is the Appenzellerland really a part of this world? You can't really be sure when you roam through the gently rolling countryside which runs from the Bodensee to the mighty Alpstein range, home of the Säntis peak. Old farmhouses, sprinkled among the lush green hills, picturesque landscapes, cows being herded across the roads and friendly, welcoming faces. . . Appenzellerland is certainly a world of its own, a place, perhaps, where time has chosen to go by more slowly.

Guests are welcome to share in the life here in Appenzell; a life which is still largely governed by the changing seasons and the phases of the moon. You can stand and wonder at the old traditions which are still practised here as a matter of course.

## Hiking and walking with the most beautiful views

1200 kilometres of signposted trails await hikers and walkers in Appenzellerland. And you can choose anything between walks in the foothills of the alps in the Appenzeller Vorderland enjoying the views of the Bodensee and the Rhine valley, to mountain paths and rock climbing routes to above 2000 metres. The Alp-

stein, with its mountain lakes, forms an incredibly diverse region for hiking and includes the Säntis peak (2502 metres), the highest point for miles around in the eastern part of Switzerland.

## Appenzellerland – good for your health

In need of a whey bath? It revitalises, purifies the body and is generally very agreeable. This applies equally to the beneficial mineral water from the natural source in Gonten, situated 3 kilometres above Appenzell, the principal town in the canton of Innerrhoden. The water is naturally low in sodium, but has a high iron content and contains other important minerals – a real fountain of youth for body and soul. Heiden, a climatic health resort with panoramic views across the Bodensee, has even developed an international reputation.

## Information about Appenzellerland:

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