

# INTERNATIONAL SKI CLUB OF GENEVA (SCIG)

## APPENZELL WEEKEND

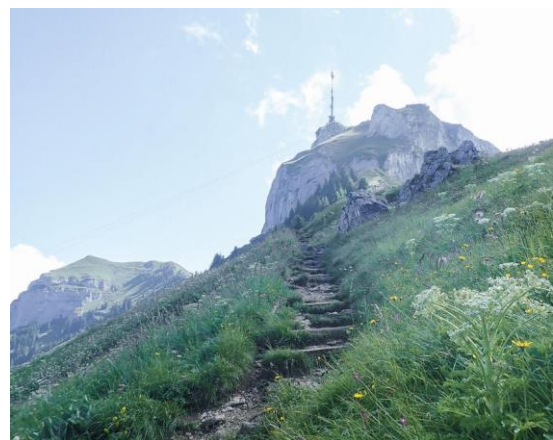
*WEEKEND OF 14-16 SEPTEMBER 2024 – DIFFICULT*

***We spend three days in Appenzell and the Toggenburg, climbing the famous Säntis mountain and exploring the Alpstein range***

**Day 1- Saturday, 14<sup>th</sup> September 2024 (16km, +586m/-922m on foot, 5.5 hours) - Hoher Kasten - Brülisau**



We will meet at the Kastenbahn in Brülisau (AI) in the morning and take up the cable car to the Hoher Kasten to reach the top (1,800m) and to save a lot of climbing on the first day. We will embark on a beautiful and well-built ridge walk overlooking the Rhine Valley and Appenzell, following the geological path of the Alpstein, where we can learn more about the fascinating geological formations in the area and the reasons why the Alpstein is such a unique landscape in Switzerland. We descend via two picturesque lakes back to Brülisau.



**Day 2- Sunday, 15<sup>th</sup> September 2024 (12km, +1500m/-603m on foot, 6 hours) - Ebenalp-Säntis**

From our hotel in Schwende we will have an early start and take a short bus to Wasserauen, where we will embark on the cable car up to Ebenalp.

Off the cable car we will pick up the hiking trail to the famous Gasthaus Aescher, which is built into the rock and overlooks the nearby valley and countryside. We will stop here for a drink to enjoy the beautiful location, before descending down to the Seealpsee. Following grassy meadows and past several traditional cheese dairies, we start our long ascent up to the Säntis mountain, the highest peak in the area. Through summer pastures, meadows and exciting ridges we hike past Meglisalp and the Rotsteinpass at 2120m. We will have another break at the Berggasthaus Rotsteinpass before crossing the Lisengrat, a spectacular, but challenging ridge walk with fantastic views in all directions. For anyone who doesn't enjoy ridge walks there is also an alternative ascent available via Wagenlücke, which will take around the same amount of time and avoids any ridges while still enjoying great scenery.

We will reach our destination, the top of the Säntis at 2500m, where we will enjoy a well-earned dinner and stay overnight.



### Day 3- Monday, 16<sup>th</sup> September 2024 (17km, +575m/-1200m on foot, 5 hours) – Schwägalp-Nesslau



The final day will take us out of the steep valleys and high peaks of Appenzell and into the green and rolling hills of the Toggenburg. After breakfast, we will descend the Säntis with the cable car down to Schwägalp and start our hike from there. Through meadows, pastures, moors and pine forests we follow the fourth stage of the Alpine Panorama Trail and pick up the River Thur in the afternoon. The Alpstein mountains will be an excellent backdrop for this hike and we will finish the day in Nesslau.

**Inscription and Deposit:** Inscription before Sunday 8 September at 6pm by email to [Matthias.rittmeier@live.com](mailto:Matthias.rittmeier@live.com). To secure your spot please send the deposit of CHF 100 to IBAN CH27 0027 9279 1689 3140X at UBS Switzerland AG. The deposit will be used against the cost of the accommodation.

#### Please send with your email:

- *Your full name*
- *Email/Mobile Phone number*
- *Confirmation that you are generally fit and can hike for around 6 hours per day without difficulty*
- *Confirmation that you can walk ridge walks and don't suffer from major vertigo*

#### Important to note:

- Day 1, and especially Day 2 involve some ridge walks and the paths require you to hold on to cables at times and/or to cross stairs in the rock. Please look up pictures and blogs for the "Lisengrat" if you suffer from vertigo or fear of heights. I recommend the alternative ascent available on day 2 up to Säntis if you don't like ridge walks. We will organise the group according to who wants to do the Lisengrat with me and who wants to take the alternative route and meet again at the top of the Säntis.



- It is essential to bring sturdy boots to avoid any unnecessary injury.

**To bring:** Toiletries and essentials for two overnight stays, sufficient layers, Jacket/Jumper for evenings, Picnic for day 1, snacks, hiking poles, Good hiking boots (I will not take anyone with trainers on the hike), suncream, sunglasses, hat/cap, raincoat. If you have dietary requirements, please bring your own snacks in sufficient amounts. Our restaurant choices will be limited on both nights. You will need to carry all your belongings and bags for the duration of the weekend.

**Transport and Meeting Point:** Train from Geneva to Brülisau at your own convenience and back from Nesslerau on Monday evening. All participants are responsible for their own tickets for arrival and departure and tickets can be purchased in advance on [www.sbb.ch](http://www.sbb.ch). **Meeting point** will be the base station of the Kastenbahn in Brülisau (AI) at 10.20 am on Saturday morning. The train journey from Geneva takes over 5 hours so I strongly recommend travelling up to St Gallen or elsewhere on the Friday evening before and stay overnight. I will join the group in Brülisau on Saturday morning.

**Return Journey:** We will travel back from Nesslerau around 16.00 or later, depending on the progress we make on the day. Please arrange your own travel.

**Price and Deposit:** CHF 5 club tax per day (members), CHF 15 per day for non-members, train and cable car tickets (to be purchased individually) plus food and accommodation.

**Accommodation:** Hotel Alpenblick (<https://www.alpenblick-appenzell.ch/>) in Schwende for the first night and Hotel Alter Säntis (<https://altersaentis.ch/>) for the second night. Double Rooms are already booked. Single rooms cannot be catered for unless you are willing to pay a single supplement. Both hotels have breakfast included and have a restaurant for dinner.

**Lunches:** Please bring lunch for Day 1 and Day 2 and snacks for the weekend. There will be limited shops on the way but various guesthouses offer lunch on route where we can stop.

**Maximum participation:** 11 persons + leader

**Leader:** Matthias Rittmeier

Phone: 076 288 2393

Email: [Matthias.rittmeier@live.com](mailto:Matthias.rittmeier@live.com)

**Rain/Bad Weather:** The weekend will be cancelled in case of heavy rain but it will go ahead in case of light showers or mixed weather as long as it is safe to do so. Matthias will send an email with a decision a few days before the weekend and all deposits will be refunded.