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## SWISS EXCLUSIVE TOUR 2026: Culture & Cuisine, Hike in Alpine Peaks, Bike & Swim along pristine lakes

**Duration:** 10 Days, Aug 24-Sept 2, 2026.

### Trip Overview

Embark on an exclusive adventure through the stunning north- and south-eastern regions of Switzerland, where shimmering lakes and breathtaking landscapes await. Enjoy cable car rides, scenic boat cruises, and refreshing swims in crystal-clear alpine waters.

Discover St. Gallen's UNESCO-listed Abbey, savor exquisite culinary tastings, and experience traditional baking firsthand. Immerse yourself in the region's natural beauty, or for a touch of adventure, take on invigorating hikes and scenic bike rides through some of Switzerland's most breathtaking landscapes.

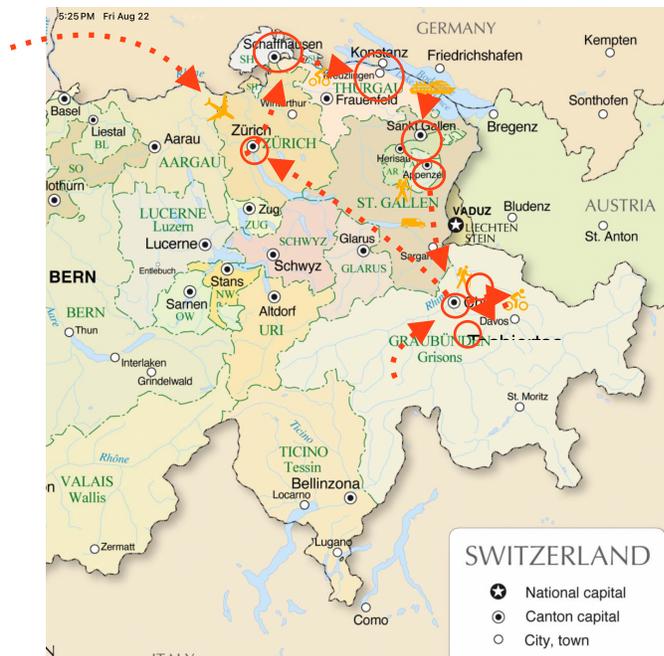
# Trip Highlights

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- Cycle from the Rhine Falls along the sparkling shore of the Rhine to Constance. Pause in the fairytale town of Stein am Rhein, and end your day in the vibrant city of Constance - Germany, at the north end of Lake Constance.
- Ride a cable car up to the stunning Ebenalp and visit the legendary Restaurant Äscher Wildkirchli, framed by sweeping Alpine meadows and dramatic rock formations.
- Experience warm hospitality in the charming villages of St.Gallen and Appenzell, as well as in the majestic Grisons mountains and enjoy their regional specialties and charm.

# Map View

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# Trip Itinerary

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## Arrival in Zurich

Fly into Zurich Airport (ZRH) at your convenience. For a smoother start, I recommend arriving a day early to adjust to the time difference. (Aug 23, 2026).

## Tour Day 1 Monday August 24, 2026: Arrive and adjust in Zurich with Discoveries & Culinary highlights

Begin your Swiss adventure by uncovering Zurich's hidden gems as you stroll through the medieval cobblestone streets of the Old Town, rich with history and charm. Start your morning like a local with a traditional Swiss Birchermüesli or a buttery croissant and coffee at one of the many cozy cafés along the Limmat River.



Tailor your day to your tastes: Explore the city's cultural side with a visit to the National Museum or the Museum of Art, a city Scavenger hunt or savor Swiss specialties as you stroll through the city such as cheese tarts ("Chäschüechli"), artisanal cheeses, traditional breads or sample the city's famous potato salad with a hearty house sausages. Wander along the shores of Lake Zurich, taking in the lively atmosphere and panoramic Alpine views.

In the evening enjoy an authentic Swiss dinner at hands-on cooking class at Shirley's Kitchen Zurich's beloved specialties — from the golden, crispy Butterrösti (buttery hash browns) to the rich and creamy Züri Gschnätzlets (sliced veal or chicken in mushroom sauce) accompanied with fine wine from the region of Zurich. The Swiss truly celebrate their love for cured meats, sausages, cheese, and potatoes — prepared in countless creative and delicious ways to satisfy every palate.

## Stay at Hotel in Zurich 2 nights

**Option 1) Hotel Adler** <https://hotel-adler.ch>

**Option 2) Sorell Boutique Hotel St.Peter** [https://www.sorellhotels.com/de/hotels/st-peter-zuerich?utm\\_source=GMBListing&utm\\_medium=organic](https://www.sorellhotels.com/de/hotels/st-peter-zuerich?utm_source=GMBListing&utm_medium=organic)

For 2 nights includes a free Pass for the Art Museum Zurich (Closed Mondays)

## Day 2 Tuesday August 25, 2026: Rhine Falls, Biking to Stein am Rhein & Konstanz



Half a day Trip to the biggest Waterfall in Europe, the Rhine Falls in Schaffhausen. Then Ride with the E-Bike to Stein am Rhein in the northeastern Switzerland on bank of the Rhine or ride along with our local friend Suzy . The charming village is know for its preserved, half-timbered



medieval houses with painted facades, a Benedict monastery with a museum and on the hilltop the middle aged Hohenklingen Castle. We continue the bike ride to Kreuzlingen, drop off the bikes and walk to the German side to the medieval city of Konstanz at the Lake of Konstanz (Bodensee).

### Stay at Hotel in Konstanz (Germany) 1 Night

Hotel Constantia <https://www.hotel-constantia.de/en/hotel-constantia-2/>

## Day 3 Wednesday August 26, 2026: Appenzell Biking, Culture & Culinary Experience



Begin your day with a leisure train ride from Constance to Herisau, where we either hope on E-bikes or take a detour to the local cheese factory to learn how the world-famous Appenzell Cheese is crafted. Meeting up in Weissbad, we will enjoy a delicious lunch, then try your hand at a traditional Biber baking experience, creating your own gingerbread filled with honey and nuts. Back in Appenzell, explore its delightful shops—perfect for finding unique souvenirs to bring home.



## Day 4 Thursday August 27, 2026: Hiking to Ebenalp and Relax & Shop in Appenzell



Take the cable car up to Ebenalp and soak in the breathtaking panoramic views. From there, follow the scenic trail to the iconic Gasthaus Aescher and the fascinating Wildkirchli caves. Enjoy a few easy hikes across the peaceful alpine plateau before taking the cable car back down to Wasserauen and onward to Blüemlisalp.

Returning to Appenzell, we'll explore one of Switzerland's most traditional and picturesque villages, celebrated for its iconic cowbells,

aromatic cheeses, and rich folk culture, from yodeling and local choirs to Alphorn players. Enjoy a leisurely stroll through the charming town, then end your day on a delicious note with a cozy fondue dinner paired with Appenzell's Alpenbitter, the region's signature herbal digestive liqueur—an ideal Swiss finale to a day full of discovery.



### Stay at Hotel in Appenzell 2 Nights

Option 1) Hotel Appenzell <https://www.hotel-appenzell.ch/de/>

### Day 5 Friday August 28, 2026: City Tour St.Gallen, Scenic Drive to Swim in the Lake Walen and Ride to Valzeina

Susi will guide us on a city tour of St. Gallen, including a visit to the famed Abbey of St. Gallen and its remarkable library—one of the most important in the world and a UNESCO World Heritage Site. And of course, we can't miss lunch featuring the best St. Gallen bratwurst anywhere—a true local tradition and an absolute must-try. Paired with a flight of beer tastings, it's hard to imagine anything better.



My sister Nicole will meet us, and together we'll drive to Lake Walen, following the scenic route over the Ricken Pass to one of our favorite places to swim and unwind as the sun sets. From there, we'll continue on to Nicole's mountain paradise in Valzeina, where you can enjoy a couple of peaceful days surrounded by nature and authentic country living.

### Day 6 Saturday August 29, 2026: Valzeina Relax in Nature, farming experience, harvest local treasures and cook with Nicole

Immerse yourself in the serene beauty of Valzeina. Enjoy a leisurely hike up to the Alp and experience Shinrin Yoku—the art of Forest Bathing—with Nicole as our guide. Collect natural treasures along the way, then gather around an open fire to cook together and share stories under the open sky.

### Stay at Engihaus- Eco House of Nicole & Marcel 2 Nights

### Day 7 Sunday August 30, 2026: Bike Ride and Hike from Küblis to Sapün

Enjoy a delightful breakfast of Muesli and homemade bread before



embarking on the Biking Tour or Hike from Küblis through the picturesque Fondai valley into Sapün. Alternatively, you can drive to the end of the valley and hike the final stretch to the charming mountain village of Sapün. The hidden gem Hotel Restaurant Heimeli, exuding authentic alpine chalet character with creaking wooden floors and a cozy atmosphere, offers the comfort of refined hotel service while providing a breathtaking view. We will stay here for two days, allowing you to choose your leisure program.

### Stay at Hotel in Sapün 1 Night

Hotel Heimeli <https://www.heimeli.swiss/>

### Day 8 Monday August 31, 2026: Biking and Hiking to Tschierschen



Ride your bike or drive to Tschierschen and take time to unwind. Discover the scenic Fox or Butterfly trail on foot, or simply relax at the Hotel Alpina's serene Wellness Spa.

Indulge in a special dinner featuring local specialties from the Grisons mountains, paired with local wines and taste of cherry schnapps as a delightful digestif. Savor the breathtaking mountain views while enjoying captivating stories and photos from Daniela's family's historic mountain hotel.

**Day 9 Tuesday September 1, 2026: Day of Activities in Chur and Lenzerheide: hiking, Tobogan run, swimming, scavenger hunt- you choose.** The following day, after a tour through the oldest city of Switzerland - Chur, we will take the cable car up the local mountain for a day full of adventure—try disc golf, go hiking, race down the toboggan run in Churwalden, or join a fun scavenger hunt in nearby Lenzerheide. Prefer to relax? Enjoy a refreshing swim in a crystal-clear Alpine lake instead.

End your day back in Tschierschen, surrounded by breathtaking mountain views.

### Stay at Hotel Alpina Tschierschen 2 Nights

Hotel Alpina Tschierschen: <https://www.the-alpina.com/>

### Day 10: September 2, 2026: Train Ride back to Zurich- Chocolate Museum and Boat Ride

Take the bus and train to Chur and train to Lake Zurich. Stop at the famous Lindt Home of Chocolate for a decadent tasting. Then enjoy a boat ride to Zurich and stroll through the city and pack in the last tourist samples.

**Stay the last night in Zurich, hotel of your choice.**

**PRICING DETAILS – What’s included?**

- All Transportation public and private
- 9 Nights of Accommodations including breakfast
- Expertise and services of our experienced trip leader Daniela
- Additional guides and experts from the region
- Accommodation in Valzeina at Nicole’s house (my sisters place) all meals are included
- All transportation by train, cable car, buses, boat and transfer with cars
- E- Bike Rental with helmets
- Daily tour details (App Komoot recommended for the E-Bike Tours)
- 3 Special events such as Private Cooking Class in Zurich, Private Baking Class in Weissbad, Private Beer Tasting in St.Gallen
- Entrance in museums, historic sites, park and other entry fees
- Luggage transportation

**Not included:** leader gratuities, transportation to beginning of tour (flight to Zurich, transport from airport to hotel), on-your-own meals & activities (except dinner during cooking class and Nicole’s place), Pre- & Post Tour Hotel stay- can be included into total trip price.

**Insurance** is each it’s own responsibility. Extra emergency transport is at your own cost.

**Contact me for Pricing details or with your interests for a personalized tour.**

**Email: [swissfitps@gmail.com](mailto:swissfitps@gmail.com)**