

Emergency Number: +49-(0)7531 - 81 99 3-53

► Cycling stage Feldkirch – St. Gallen approx. 45 km

Description of the tour

Today you leave Austria again and cycle from Feldkirch to the Rhine on Route 35 along the Ill. The cycle path takes you to Altstätten. You will master the 500 metres height difference by comfortably taking the rack railway.

The half-cantons Ausserrhoden and Innerrhoden form the countryside which is characterized by hilly meadows and famous Alpine peaks such as the Säntis and the Hoher Kasten.

Between Gais and St. Gallen you follow the Cycle Route No^o42.

From Gais you cycle further on the country road to Appenzell, however you can also use the pavement here.

Upon reaching the groups of houses at the Sammelplatz you turn to the right into a small side road which takes you downhill to the edge of Appenzell.

If you turn left you reach Appenzell after approximately one kilometre.

Beautiful, partly colourfully painted wooden houses in the centre of the town, which is free of cars, invite visitors to linger.

To the right the cycle path takes you further to St. Gallen. From Appenzell you follow the country road up until the edge of Haseln, where a short descent takes you to Sitter. To reach Stein you still have to overcome a hill. However, you have the opportunity to see how the famous Appenzell cheese is made at the show cheese dairy.

On a quiet side street with very little traffic you cycle downhill until you reach the footbridge over the river Sitter. The 350 metre wide gorge is crossed by one of the highest footbridges in Europe- the Sitter flows 100 metres beneath it.

You have now reached the outskirts of St. Gallen and you can now follow the cycle paths in direction of the town centre.

Train ride Altstätten - Gais (S24)

For this train ride you will find at the end of this booklet an SBB RailCheck. Please redeem this coupon at the service desk of the SBB (Swiss Federal Railways) to a valid ticket!

daily			
dep. Altstätten (Stadt)	08.48	every hour	17.48
arr. Gais	09.07	every hour	18.07



Appenzell (town) and Appenzeller Countryside

The hilly landscape of Appenzellerland is made up of the two half cantons Appenzell Ausserrhoden and Appenzell Innerrhoden. The Canton is fully surrounded by the Canton of St. Gallen and is full of meadows and small villages. The Appenzeller Countryside changes to the South and takes on an Alpine character with the Säntis as the most prominent peak of the Lake Constance panorama. The name Appenzell is derived from "Zelle" or property of the Abbot and refers to the abbey-principality of St. Gallen. The name shows what a great influence the Monastery of St. Gallen once had on the region. The oldest traces left by humans in the region are however much older and date back as far as the Late Stone Age. In the Wildkirchli Caves, near the Ebenalp, there are traces from nomadic hunter groups from the time of the last Ice Age over 40,000 years ago. Further Stone Age finds have been found near Herisau and Schwende. In the Middle Ages the Monastery had ownership rights over the Appenzeller Countryside, which came to an end with the Appenzeller wars and the formation of the Canton of Appenzell. Rents and levies had to be paid up until the 16th century to the Monastery. The Reformation led to the peaceful division of the Canton into the Catholic Appenzell Innerrhoden, and the reformed half-canton Appenzell Ausserrhoden. The town of Appenzell is the main town of Appenzell Innerrhoden. The particular character of the town with 6000 inhabitants is due to the timber houses, some

of which are brightly painted and have decorative gables. To the north of the town is the Burghügel (Castle Hill) with the ruins of the Clanx Castle. The Castle was built in 1219 by the Abbot Ulrich VI of St. Gallen and was destroyed in 1401 by revolting farmers and which led to the Appenzeller wars. Today every year in Appenzell, something particularly Swiss occurs, with the open town meeting which is one of the oldest and most direct forms of democracy. The open town meeting is similar to the authentic people's assembly or the Germanic Thing. All those entitled to vote in Appenzell Innerrhoden assemble in the town meeting square to exercise their legislative rights and duties. They vote in the government by a show of hands and decide on laws and duties. Switzerland was one of the last European countries to introduce national voting rights for women in 1971. Some Cantons had already introduced the right to vote for women on a cantonal basis the year before. The last Cantons to introduce the right to vote for women were Appenzell Ausserrhoden in 1989, and it only occurred in 1990 in Appenzell Innerrhoden after a national court overruled the decision of the male citizens. The Appenzeller Countryside is famous for its Appenzeller cheese which is produced in numerous cheese dairies and which is given its distinctive taste by a special mix of herbs.



Appenzellerland Tourismus
Hauptgasse 4
9050 Appenzell

Tel. +41 (0)71 - 788 96 41
www.appenzell.info



Attractions along the route

Appenzeller Visitors' Cheese Dairy
Dorf 711
9063 Stein AR

Tel: +41 (0)71 - 368 50 70
www.schaukaeserei.ch

Opening Hours:
April - October 08.30 - 18.30 h

As well as being famous for chocolate, banks and the Alps, Switzerland is also famous for its many different types of cheese. Appenzeller cheese has been produced here since the Middle Ages and today approximately 70 cheese dairies operate in the village. Cheese lovers can smell the mixture of herbs which gives the cheese its distinctive taste in the Visitors' Cheese Dairy. The exact mixture of herbs, roots and flowers is of course top secret. Visitors can view production from a visitors' gallery.

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St. Gallen

St. Gallen has a population of over 70,000 and is the largest town in the Lake Constance region and is the cultural and economic centre of Eastern Switzerland. It is situated between two parallel running hills, the Rosenberg in the North and Freudenberg in the South. In the West, the Sitter Ravine borders the town and to the East flows the Steinach, which was the historic centre of the town. The monk St. Gallus, a student of the Irish missionary Columban von Luxeuil, set up a settlement on the Steinach in 612 in order to convert the Allemanni to Christianity. After the death of Gallus the hermitage fell into disuse but became a place of pilgrimage. In 719 the Alemannic priest Otmar founded an Abbey on the site and called it Sankt Gallen. In the Early Middle Ages the monastery became a refuge for Irish scholars and artists, who had left their homes due to Viking attacks and contributed to the first blossoming of the Monastery. In 1805 the monastery was closed in 1805 by the Great Assembly of the Canton of St. Gallen.

St. Gallen experienced an economic boom from the 14th century due to its textile industry which employed most of the town's inhabitants. Farmers planted hemp and flax spinners, weavers and bleachers worked on the raw materials and traders sold the finished wares, which were of such high quality that they were sold as far away as in Paris, Venice and Prague.

In St. Gallen the main visitor attraction is the monastery. The monastery and library were declared a UNESCO World Heritage Site in 1983. With the Mühleggbahn railway which connects the Old Town with the southern hills, the nearby spa town of Drei Weieren can be easily reached. Near the top of the railway there is a hiking path which offers fantastic views of the town.



Attractions in St. Gallen

Monastic Library and Lapidarium

Klosterhof
9001 St. Gallen

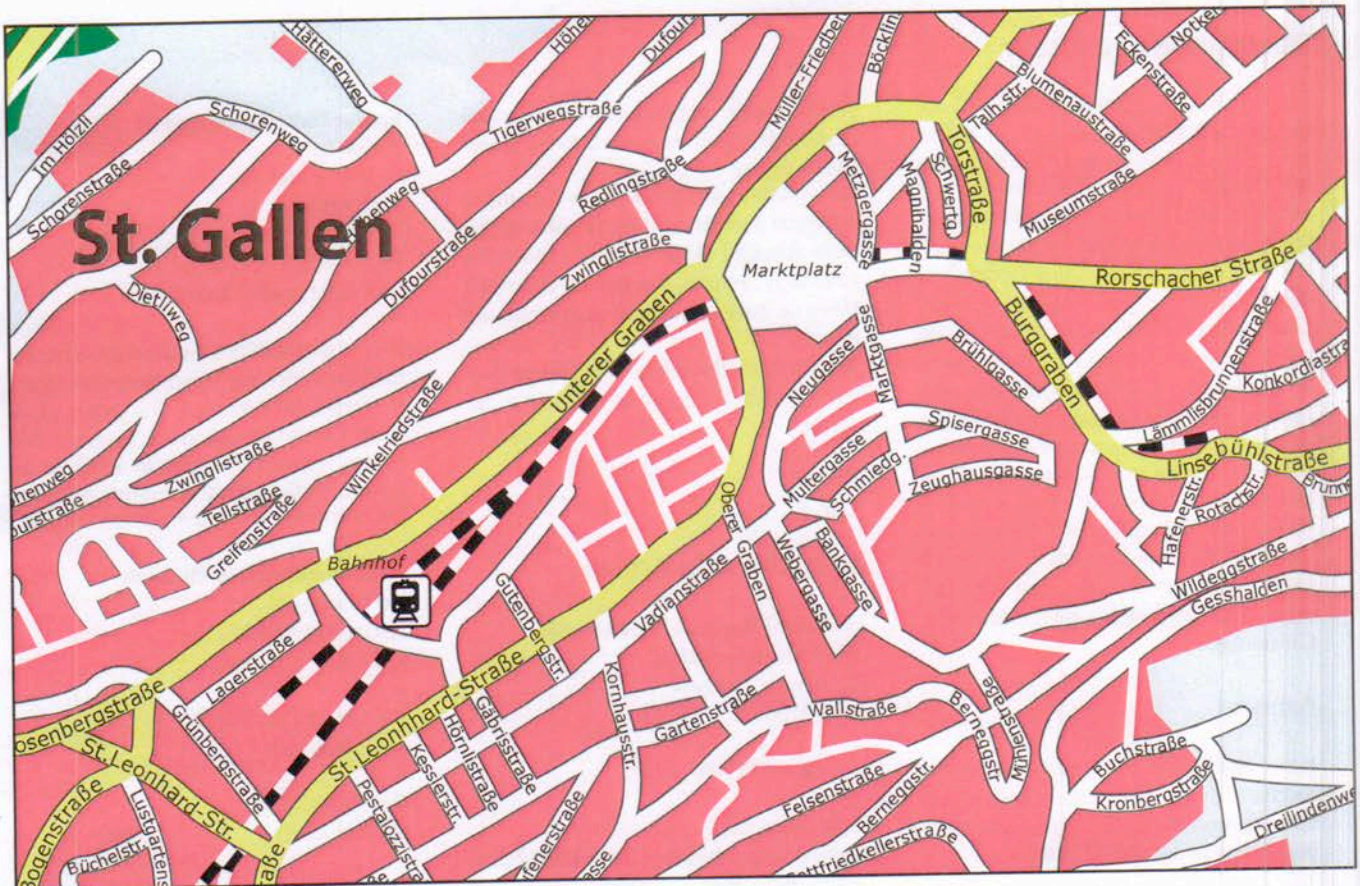
Tel: +41 (0)71 - 227 34 16
www.stiftsbibliothek.ch

Opening Hours:

Monday - Saturday	10.00 - 17.00 h
Sunday, Holidays	10.00 - 16.00 h

The monastic library of the former Benedictan Monastery of St. Gallen is the oldest library in Switzerland and one of the oldest and largest monastic libraries in the world. Together with the monastery buildings, the library was declared a UNESCO World Heritage Site in 1983. In the scriptorium of the monastery numerous manuscripts were produced from the 8th century onwards. In 1805 the Monastery of St. Gallen was closed down but the library continued to serve as a museum and as a specialist library. Around 400 manuscripts originate from the period before the 11th century, including the oldest German book, Abrogans. The reading hall of the library was built between 1758 and 1767 and is viewed as being the most beautiful non-religious Baroque room in Switzerland. The library has housed the Schepense Mummy since 1836, which is said to have lived from 650 to 610 BC.

In the Lapidarium, a significant collection of Medieval sculptures can be seen. Works on view include works from the Carolingian and Ottonian periods and spoils of war from between the 15th and 17th centuries.



Monastic Church

Klosterhof
9001 St. Gallen

Tel: +41 (0)71 - 227 33 81

Opening Hours:

09.00 - 18.00 h

Except during mass and confession times.

The monastic church of St. Gallen was built between 1755 and 1766 as the church of the Monastery of St. Gallen and fulfilled this role until the Monastery was dissolved in 1805. Since the middle

of the 19th century the church has been used as the cathedral of the diocese of St. Gallen. The church had to be rebuilt in the 9th century due to the dilapidated state of the monastery. For the first few years, construction work was led by Peter Thumb, who also designed the pilgrim church of Birnau, and he oversaw the construction of the nave and rotunda. The monastic church of St. Gallen is seen as one of the last major religious buildings of the Late Baroque period and along with the Monastery has been a UNESCO World Heritage Site since 1983.



St. Gallen-Bodensee Tourismus
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