

Who can see this?

Eleanor Emberson added 3 new photos — with Bruce Ryan in Saint Gallen. September 7 at 8:50pm ·

We have been spoiled for the last few days because the cycling since we left Zurich has all been through river valleys and along the shores of lakes. Today we stopped admiring the mountains and got rather more up close and personal with them. Bruce has already posted that we did 6,800 feet of ascent. A good chunk of that was because we daft cycle tourists decided to cycle from Altstätten (455m above sea level according to our map book) to Gais (972m) instead of using the voucher provided by the tour company to take our bikes on the mountain railway. I am ashamed to say that I didn't quite make the climb and wound up pushing my bike up a long steep section near the top. All of the would have been fine, but we didn't quite understand how much climbing would be involved for the rest of the day, and we got lost a couple of times which added extra miles and, most depressingly, extra height. I was pushing my bike again by the end of the day, feeling hot, tired and quite dehydrated. It's no surprise, Al, but I have proved to myself that I need to be a lot fitter for road cycling in the Alps! It was still a good day, though: the scenery was amazing, the long downhill were exhilarating and we made it to St Gallen. Tomorrow we are promised a mainly downhill run to the Bodensee once again and then back to Konstanz for the end of our tour.



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September 8 at 5:43am · Like · 1



Eleanor Emberson I imagine it will have changed a lot, [Jane](#). There were lots of modern buildings along with the impressive old ones. Seems like a busy and thriving town but I confess that I preferred the smaller towns on this trip - although I would be happy to explore more of Zurich.

September 8 at 10:50am · Like · 1



Jane Hay Was in Zurich briefly about 18 mths ago. Did you visit the church with the Chagall stained glass? Absolutely wonderful!

September 8 at 11:40am · Like · 1



Eleanor Emberson Only saw the churches from the outside, [Jane](#), but all certainly looked very impressive. I think a longer visit to Zurich is called for another time.

September 8 at 8:10pm · Like · 1



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