



**Sun, Nature and Whatever You Want.** As you drive from Wil to the Upper Toggenburg in early summer the scenery changes as soon as you reach the beautiful plateau in Starkenbach. Breathtaking scenery unfolds before your very eyes. Under a deep blue sky lush green meadows adorned with countless yellow dandelions are surrounded by the imposing Säntis and the majestic crests of the seven Churfirten mountains. Entering this magical valley can give you the feeling most of us are yearning for – to get away from it all. Of course this area is also very attractive in autumn with the horizon turning orange in the early mornings.

**KlangWelt Toggenburg (World of Tone).** The Toggenburg World of Tone is a vocal and musical cultivation characterised by natural tones as they are found in the Churfirten and Säntis mountain area. In Toggenburg you can experience tones in many ways; you can attend tone workshops and concerts at the Tone Festival and hike along the tone trail. Tone Trail: Experience and produce your own music with tone objects you have never seen nor heard of before such as the “bell bath” and the “bell stage”, the “flute fence” and many more.

**The Family-Friendly Valley.** The Toggenburg holiday resorts Wildhaus, Unterwasser and Alt St. Johann have been granted the “Family Welcome” (“Familien willkommen”) seal of quality by the Swiss National Tourist Office. With their choice of activity programmes such as hiking trails appropriate for children, visits to typical Toggenburg farms, sleeping on straw, special family offers etc. these villages are a guarantee for successful family holidays.

**Cool Camps.** Toggenburg’s innovative children’s offers are the ideal combination of daytime animation programmes and a family

holiday. There are various camps with a multitude of activities: Children have the possibility to help feed farm animals or learn the latest mountain bike tricks. Toggenburg tones can be experienced in the open or a local dish prepared in a hotel kitchen.

**Hiking/Theme Trails.** The Toggenburg valley between the Churfirten and Säntis mountains is one of the most beautiful hiking regions of Switzerland. There are even a number of theme trails to choose from: the Fable Trail, the Tone Trail, the Nature Experience Trail around the Schwendi lakes, the Panoramic Trail Chäserugg, walking tours along the Thur river, the Geological Loop Trail Gamerrugg and the Toggenburg Altitude Trail.

**Biking.** Take your pick! In the Toggenburg region you have the choice of twenty sign-posted biking routes. The degree of difficulty ranges between a family-friendly easy to medium level. The distances vary between thirteen and 44 kilometres.

**Further Sports Facilities.** Indoor and outdoor swimming, nordic walking, horseback riding, tennis, paragliding, miniature golf, fitness, beach volley



#### Museums

- **Lisighaus** is the birthplace of the famous church reformer Huldrych Zwingli
- **Europe’s biggest Model Railway Exhibition** track size 0 in Lichtensteig
- **Fredy’s Mechanical Museum** in Lichtensteig
- **Alpine Dairy and Museum of Local History** in Unterwasser
- **Museum of Local History** “Ackerhus” in Ebnet Kappel

**Experience Nature.** There is much to be seen and experienced: the Thur water falls in Unterwasser, walking barefoot across the high moorlands in Krummenau, hiking along the Nature Experience Trail around the Schwendi lakes in Unterwasser or in the open forests in Oberhelfenschwil. You can even become your own charcoal maker in Neu St. Johann.

**Culture and Tradition. Farming Life** – During a tour of this typical Toggenburg farm there is much to be discovered behind the scenes of the Abderhalden family homestead in Starkenbach.

**Dairy** – In the traditional Toggenburg Knaus Dairy – nota bene still wood fuelled – you have the chance of watching cheeses being

produced, sampling the finished product and taking a tour of a typical Toggenburg farmhouse.

**Mountain Railways.** Special rates are available for hikers. These tickets include your ride on a choice of mountain railways and public buses. While hiking on one of many trails you can decide on the spur of the moment which means of transportation you would like to use.

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**Fun on the Run, Sun and More.** ... is what the Toggenburg has to offer in winter. Not only an idyllic natural landscape but also many winter sport facilities are here to satisfy your wishes: 60 km ski and snowboard runs, a diversified offer for snowshoers, impressive strolling trails in beautiful countryside or fast sleigh runs. This is also the home of Simon Ammann, the winner of two Olympic Gold Medals in ski jumping.

**The Family-Friendly Valley.** The Toggenburg holiday resorts of Wildhaus, Unterwasser and Alt St. Johann have been granted the "Family Welcome" ("Familien willkommen") seal of quality by the Swiss National Tourist Office. The ski area of Obertoggenburg was selected by the editors of the Large Falk Ski Atlas as one of the best for families in 2006.

**Cool Camps.** Toggenburg's innovative children's offers are the ideal combination of daytime animation programmes and a family holiday. Children can choose from a variety of out of the ordinary winter sport activities: How about breathing in some curling or ice hockey air? Maybe snowshoeing or a fast ride down the ski slopes on a snow bike or a horn sleigh is what appeals to them most.

**Skiing and Snowboarding.** Skiing and snowboarding are the most popular sport activities in Toggenburg. The runs meet the highest expectations and, thanks to the snow making equipment, are guaranteed snow-covered. Chill out in one of the open-air snow bars. We have 60 kilometres of perfectly prepared runs and funparks provided with snow-making equipment as well as 19 modern mountain rail lines and skilifts. The ski carousel of the upper Toggenburg makes all the fans of winter sports activities swirl with enthusiasm and the wide runs are just perfect for carvers.

**Snowshoeing.** Because of the fairytale winter landscape, snow-covered woods and mountain peaks and a recently much improved infrastructure, Toggenburg has become a very popular destination for snowshoers.

**Snowtubing/Snow Scooter.** With the help of a tube you might decide for a run on your stomach down Itios if you are courageous enough. Snowtubing is an unforgettable adventure for all generations. And those hard as stone use the snow scooter to flit from Gamplüt down into the valley.

**Sledding.** Sledding is a fun sport for all generations. Use a traditional sled to race down into the valley on one of the well-prepared sledding pistes or roads. Enjoy more than 12 km of traffic-free sledding.

**Winter Hikes.** The Toggenburg valley is known as one of the most beautiful hiking areas in Switzerland. If you are looking for calm and recreation away from the busy ski pistes, you will find an abundance of 35 km

of well-maintained paths for strolling, hiking and nordic walking. Enjoy the beautiful panoramic view and stop for a bite at one of the cosy mountain inns.

**Cross-Country Skiing.** You will find countless cross-country ski runs throughout the region in quiet woods, on plateaus with marvellous panoramic views and in the typical hilly Toggenburg terrain. Whether you are a classic cross-country skier or a skater you will find the terrain that suits your needs best. There are even flood-lit runs enabling you to indulge in your favourite sporting activities after dusk.

**Further Sports Facilities.** Curling, ice skating, swimming, bowling and a good deal more

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**Snow Sport Schools.** The Toggenburg snow sport schools with their experienced instructors offer top programmes in carving, powder skiing, bigfooting, ski hiking tours, variant skiing and video analysis. Group and individual lessons possible.

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