

Recommended equipment

Clothes

- | | |
|--|---------------------------------|
| 1 pair trousers, shorts | T-shirt - 1 pullover - 1 anorak |
| 1 rain mantle or poncho | Cap, socks |
| 1 comfortable suit for the accommodation | 1 hiking boots |

Diverse

- A small rucksack for the daily tour, to put flask, K-Way, pullover into
- Camera
- Sun cream - sunglasses
- A pocket knife for the picnic
- Thermos bottle or flask
- Change of underwear
- Toiletries
- A warm mountain jacket or an anorak
- A small first-aid kit
- Toilet paper
- Telescopic walking or ski sticks
- Half-price or full-year ticket
- Picnic for the first day's lunch

Take what you think is necessary (in a reasonable quantity) and do not forget the good mood... It would be a pity.

Scenic trail of Toggenburg Start on August 22nd, 2012

It is since a long time that I have an eye on eastern Switzerland. In fact, due to the shape of the terrain, this area is favourable for hiking. Located between the Walensee and the Bodensee, Toggenburg is, in addition surrounded by mythical mountain tops: to the north, the range of Alpstein and to the south the range of Churfisten. Even if the altitude of the tops is relatively moderate, the hiking tours are providing magnificent viewpoints onto Zürcher Oberland and Toggenburg.



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Oberhäuseren. Photo credits: hikr.org

Day 1 Top of Wildhauser Schafberg

One can not stay in Wildhaus without climbing one of the neighbouring tops. And there are too many choices. But since the following day we will cross the hillside below Churfirten, I thought that we should take the opportunity to climb onto one of the tops of the tormented range that is the Alpstein: the Wildhauser Schafberg. (1300m, 6h, hotel)

Day 2 Wildhaus – Schwendiseen – Selamatt – Selun – Arvenbüel (Amden)

The Churfirten range have things in common with Aravis range: it is shaped as a succession of tops and vales that are overlooking, on the other side, an impressive and steep drop. Here we will cross the hillside below the range to reach a spot above Amden. This village is overlooking the Walensee and provides magnificent viewpoints. (1350m, 7h30, hotel)

Day 3 **Arvenbüel – Hüttisboden – Höhi – Oberchäseren – Speer – Tanzboden – Nestel**

On this day, we will cross altitude peat bogs that are displaying an interesting flora. A bit further we will climb onto the highest top of Europe that is made of conglomerate: Speer. This top, with its 1950 meters of altitude, is made of a rock that is similar to the one that one can find in Geneva along Rhone. (1270m, 7h30, hotel)

Day 4 **Nestel – Stangen – Oberbächen – Regelstein – Ricken – Atzmännig (Schutt)**

Through a succession of peat bogs and crests, we will continue towards Regelstein, a magnificent viewpoint on Toggenburg. We will also cross the small village of Ricken where a rest can be made. (970m, 6h, hotel)

Day 5 **Atzmännig – Tweralpispitz – Chrüzegg – Schnebelhorn – Roten – Hulftegg**

Last day, but not the least beautiful. We will climb onto the top of Schnebelhorn, the highest top of Zürcher Oberland. Then, following a succession of crests, we will reach Hulftegg where we will be able to return back taking a bus. (850m, 5h15)

Price: CHF 1000.-, € 833.30 (adult) / CHF 900.-, € 750.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back. Transportation by minibus by the organiser from Bernex to Wildhaus: CHF 80.-

The cancellation fees insurance: CHF 35.- (optional, must be asked for at registration).

Beverages, personal expenses.

Picnic for the first day's lunch.

Level: 5 days

This Trekking takes place on paths without particular difficulties. Without backpack means that the tours are made with a small rucksack with the gear for one day. The rest will follow by taxi.

Accommodation and meals: Hotel with half-board. Picnic is taken in the rucksack. Beverages are not included.

Topographic maps:

CN 1:25 000 no. 1113 Ricken

CN 1:25 000 no. 1114 Nesslau

CN 1:25 000 no. 1133 Linthebene

CN 1:25 000 no. 1134 Walensee

Registration deadline: August 5th, 2012

Appointment

11:30 AM at Post of Wildhaus

If you come by train

Via Zürich, Wil and Nesslau. Timetable on the Internet: <http://www.cff.ch>

If you come by car

Take highway to Winterthur and then Wil.

End

At about 2:00 PM at Hulftegg

If you wish to come the day before or to extend your stay

Hotel Hirschen, Wildhaus, +41 71 998 54 54

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