

StGallen
Bodensee



Food &
drink
#lovestgallen

Fondue-filled backpack



How does delicious cheese fondue by the Drei Weieren (The Three Ponds) or by Lake Constance in Rorschach sound? Our fondue backpack has everything you need: a delicious fondue blend from Kündig Feinkost AG with bread, white wine and all the equipment. You can order the fondue backpack for 2 or 4 people and pick it up at one of two stores (in St.Gallen and Rorschach).

Discover all our region's culinary options

Travelling solo, or with friends? Find out what else there is to do in our region.

Curious?

st.gallen-bodensee.ch/culinary



Culinary city walk through St.Gallen

Three courses across three restaurants. Each restaurant will serve one course and each has a local menu. This is combined with a scenic walk through St.Gallen with beautiful views of the city and Lake Constance. You start with the fantastic first course. Then, you'll walk along the 17th-century man-made Drei Weieren (Three Ponds) and through the Mülönen Gorge, before sitting down to the magnificent main course. The grand finale is a delicious dessert paired with one of the many craft beers brewed right here.



Beer tasting and brewery tour

At this event, hosted by HERMANN Bier, a beer sommelier will introduce you to the fascinating world of beer. This small but excellent brewery invites you to learn fascinating facts about the brewing process and enjoy informative talks about the different styles of beer. The experience includes an explanation of the six styles of beer you will taste in the tasting, as well as a pretzel made with spent grain from the brewery.

Please note: participants must be 16 or over. The minimum number of participants is 6. The maximum is 12.



Bratwurst (sausage) tasting

The St.Gallen bratwurst is one of Eastern Switzerland's most famous delicacies! The recipe for the sausage was first recorded in writing as early as 1438. But what do we actually know about this piece of our culinary cultural heritage? What are the ingredients for the sausage and why is it eaten without mustard? And the ultimate question: who makes the best St.Gallen bratwurst? This sausage-tasting seminar has the answers. It will reveal the sizzling secrets of this special sausage to you in a fun way.



The history of St.Gallen beer

Beer has been part of our common cultural heritage for thousands of years. Here in St.Gallen, beer has been around for more than 1,200 years! Something that significant deserves its own tour. This tour introduces you to the world of barley and malt with fun stories, facts and anecdotes, and a tasting of some local beer.

Please note: participants must be 16 or over. The minimum number of participants is 4. The maximum is 15.



"Course by course" culinary hike with views of five countries

This multifaceted, food-themed hike takes you from St.Gallen to the Rhine, where the four countries meet. Along the way, you can expect breathtaking views over Lake Constance and three culinary stops in top-class restaurants. After the first stage, which takes you across blossoming meadows and through shady forests, Restaurant Bären will serve you a hearty starter featuring Gruber specialities. Refuelled, you will then make your way up to the Wirtschaft Rossbüchel and the observation point with views of five countries. Here, your main course will feature some of the most exquisite regional delicacies. As you eat, you can enjoy spectacular views of Lake Constance and five countries: Switzerland, Austria and the former independent states of Baden, Württemberg and Bavaria. Next, you will descend to the Steiniger Tisch, where a well-deserved dessert awaits you, along with the best view of the Thaler vineyards. The last stage of the tour ends at Rheineck station, where the S-Bahn train will take you back to St.Gallen in comfort.





Both the city and the countryside have great places to linger and relax: chill out on the shores of Lake Constance at Forum Würth in Rorschach, by the harbour in Steinach or at the Drei Weieren (Three Ponds) in St.Gallen.

Breakfast basket

Start the day right with a delicious and hearty breakfast basket from the Füger bakery. The bakery sells its breakfast baskets, featuring croissants, bread rolls and homemade preserves, bircher muesli and drinks, at its branches in St.Gallen, Rorschach, Steinach and Mörschwil. The breakfast basket serves 2 people.

Picnic basket

Kündig Feinkost AG, which has branches in St.Gallen's old town and in Rorschach, has put together a delicious picnic basket filled with a variety of delicacies and regional specialities. It includes a colourful picnic blanket so you have something dry to sit on. The picnic basket can be booked for either 2 people or 3-4 people.

Aperitif basket

See out the end of the day in the spot that suits you. You can take the aperitif basket from the Füger bakery wherever you want. The bakery has branches in St.Gallen, Rorschach, Steinach and Mörschwil. The basket is filled with sweet and savoury specialities from the region and also comes in a vegan or vegetarian version. The aperitif basket serves 2 people.



Wine experience at Steinig Tisch in Thal

The family-run Steinig Tisch winery invites you to enjoy a unique wine experience in Thal. The third generation of the family has been running this unique winery since 1970. When you visit Steinig Tisch, you can enjoy a wine tasting, followed by a tour of the wine cellar and a talk with the winemaker. The winery has been receiving regular Gault Millau awards since 2021 and the man behind the wine, Roman Rutishauser, is recognised as one of the 150 best Swiss winemakers.

After the wine tasting, you can take a leisurely walk through the vineyards on the Thal viticultural trail. The information boards on the trail provide fascinating insights into winegrowing here. The trail offers more than just interesting facts, though – it's also a real treat for nature lovers. Finally, to make your day out complete, Steiniger Tisch restaurant will spoil you with a delicious cold platter and hearty three-course menu, served with perfectly-matched wines from the estate. Seeing the gorgeous views of Lake Constance and Appenzellerland as you eat will make your meal taste even better.

Discover all of our region

Find out more about the city of St.Gallen, Rorschach on Lake Constance, the abbey town of Wil and the historic market town of Altstätten in the Rhine Valley.

st.gallen-bodensee.ch/en



Food & drink

Variety is the spice of life. The alleys of St.Gallen are the place to go for the best bratwurst, as well as beer from Switzerland's oldest independent brewery. For a romantic dinner, try the gourmet restaurants and traditional first-floor "beizli" in the old town. The first-floor beizli (restaurants) are some of the city's most precious culinary gems. Menus in St.Gallen feature a wide variety of local products, such as ribelmais (traditional dry-milled corn) or the blue potato, as well as St.Gallen Rhine Valley wine. St.Gallen is a connoisseur's paradise.



← Open on Sundays

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First-floor beizli

Visiting a first-floor beizli in St.Gallen's old town is a truly unique experience. These traditional restaurants and wine taverns situated on the first floor of historic half-timbered houses serve up delicious flavours and centuries of history.

In the Middle Ages, the ground the city was built on was damp and marshy, so people socialised on the first floor rather than on the musty ground floor. Social hubs such as pubs and bars were moved to places where there was much more light. Some of the first-floor beizli still have their Gothic ceiling beams to this day. The rooms have low ceilings and wood-panelled walls, which create a cosy atmosphere. From your elevated vantage point in the restaurant, you can watch the world go by on the streets and squares below. Dining at a first-floor beizli is an absolute must when visiting the City of St.Gallen.





Restaurants for a day out

Here are some places to treat yourself to something delicious as you enjoy fantastic views over Lake Constance, the city, or vineyards. These restaurants are destinations in themselves, offering regional specialities served on terraces.



Gourmet restaurants

The St.Gallen-Lake Constance region also boasts gourmet restaurants that are treasure troves of great cuisine. They offer not only exquisitely crafted dishes but also unique experiences for the senses.



Bars and clubs

Bars and clubs are the heart of nightlife here. In St. Gallen's old town "Bermuda Triangle", you'll quickly see why it's called "the devil's triangle" – the nighttime haunts are tightly packed.



Discover all our guided city tours



**St.Gallen, Rorschach, Wil,
Altstätten and Rheineck**

All guided tours are in German.
Other languages are available on request.
st.gallen-bodensee.ch/guided-tours



St.Gallen beer and wine

Beer brewing is a time-honoured tradition in St.Gallen. It's all the fault of the monastery of St.Gallen – in a good way. The monks there were producing beer on a large scale as early as the 11th century. St.Gallen remains a mecca for beer lovers to this day.

The Rhine Valley's wine-producing area is a popular destination for wine enthusiasts. The verdant slopes here invite you to take long walks through the vineyards. At the House of Wine, the region's winegrowers present their fine wines.



The best of St.Gallen cuisine:
The 4 Bs.

Bratwurst, bürli, beer and biber

