


2021 media text

Tranquil natural setting for an active holiday

By bike or e-bike through the magnificent landscape, hiking with a magnificent view of Lake Constance or a leisurely walk along enchanting lakeside promenades: the St.Gallen-Lake Constance region offers many activities for a healthy and active lifestyle.

St.Gallen-Lake Constance: a hiker's paradise



Forests, vineyards and lakes. At the crossroads of four countries between Lake Constance and the Säntis mountain peak, you'll find what you're looking for in the St.Gallen-Lake Constance region. It is just waiting to be explored by nature lovers and sightseers. Whether on foot or by bike, there are so many different ways to experience the natural scenery. With its endless routes and trails, Eastern Switzerland is known as a hiker's paradise. The paths along the idyllic shores of Lake Constance are popular with visitors who want to take it a bit easier. A stroll along the Rorschach lakeside promenade is particularly popular. From the centre, where you can visit stately town houses, visitors can amble to the historic *Badhütte*, or bathing hut. A quick jump in the lake or a cruise on the lake help cool off on hot summer days.

Discovering the vineyards

How does a hike with culinary delights sound? Then we recommend the wine hiking trail. The three and a half kilometres through the Bernecker vineyards not only offers magnificent views, there is lots to experience and see along the way. Hikers learn exciting and interesting facts about wine-making and grape-growing. Rhine Valley wines can also be sampled in many local restaurants and wineries along the way.

Explore the natural beauty by bike

Many areas in the Lake Constance region are readily accessible by e-bike, bike or mountain bike. The less demanding trails can be found along the shores of Lake Constance. More ambitious sports enthusiasts can try a trip to the Appenzellerland where picturesque views of the imposing Alpstein make the strenuous journey worthwhile. The Rhine Valley is now also a recommended destination for discovery tours on inline skates. The "Rhein Skate" trail between Landquart and Kreuzlingen is the most frequented skating route in Switzerland. The route, consisting of four stages, is designed for trips with the whole family and is largely along car-free paths. You can glide through the impressive landscape of this unique region without a care in the world. Take a leisurely ride on your e-bike through the Rhine delta to Rheineck. It is an internationally important nature reserve and a destination for nature lovers. It is also an important breeding and resting area for birds – over 330 bird species have already been sighted here. The world of plants and small animals is impressive with a multitude of rare species.

A city of stairs

St.Gallen is truly a city of stairs with around 13,000 in total. Climbing stairs is one of the best ways to get a good workout. It contributes to overall fitness by raising your heart rate thus maximising your cardio benefits and can be just as effective as jogging. Once you reach the top, you will be able to enjoy one of the most magnificent views of the city of St.Gallen.

#lovestgallen #sginspiriert #ineedswitzerland #inlovewithswitzerland

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