

## 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.

## Lake Lucerne Start on April 19<sup>th</sup>, 2012

There are only a few lakes that are displaying such a diversity in scenery than the Lake Lucerne. This lake, located in Central Switzerland, is also the symbol of the creation of the Swiss Confederation. In fact, following the legend, the Waldstätten met on the Grütli meadow, overlooking the lake, in order to take the oath. It is also a lake with a complex geography made of steep walls plunging into the water, hidden coves and charming shores. This tour starting in Hergiswil (where a traditional glass house is located) will make us travel through varied scenery of Bürgenstock and Seelisberg. It will end, following the « Swiss Trail » that was created for the 700<sup>th</sup> anniversary of the confederation.



At Bürgenstock

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**Day 1 Hergiswil – Rengpass - Stansstad**

Hergiswil is a village that is located on the lake shore that has early seen a development because of its glass house. Originally, this one was located in the Entlebuch, in Flühli.

We will start in the center of the village to climb to the Rengpass, historical passage, since some artefacts from the bronze age were found. We will then go down along a magnificent path that some are thinking being very old, but which, in fact, was built by the polish internees during the last war.

(600m, 3h30, hotel)

**Day 2 Stansstad – Bürgenstock cable car – Ennetbürgen – Buochs – Beckenried – Seelisberg**

This is a tough day that is facing us. But do not panic, apart from the first section, some sections can be shortened depending on the tiredness, mood or weather. Sure, the trip is long, but magnificent. Starting in Stansstad, we will follow the lake shore in order to reach the Bürgenstock cable car. We will follow later the shore path in order to reach Seelisberg.

(1100m, 7h30, hotel)

**Day 3 Seelisberg – Rütli – Bauen – Isleten – Flüelen – Sisikon**

This day will be dedicated to the Swiss Trail. This trail was created in 1991 for the 700<sup>th</sup> anniversary of the Swiss confederation. Normally, this trail starts in Brunnen, goes around Lake Uri and « go back in time » in order to reach the Rütli meadow. In our case, we will first go down to this meadow and then climb back up to Seelisberg. A nice path will then lead us to Bauen, small village on the shore of the Lake Uri. The path will then more or less follow the shore, except on the other bank, near the famous Axenstrasse.

(650m, 7h30, hotel)

**Day 4 Sisikon – Morschach – Ingenbohl – Schwyz**

On this last day we will reach Schwyz passing high above the lake. This way we will be able to reach Schwyz, passing nearby the Ingenbohl convent. It will be worth to contemplate the particular architecture of some of this village's houses.

(600m, 4h45)

**Price:** CHF 850.-, € 710.- (adult) / CHF 765.-, € 639.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back. Transportation by the organiser (minibus) from Bernex to Hergiswil: CHF 60.-

The cancellation fees insurance: CHF 25.- (optional, must be asked for at registration).

Beverages, personal expenses.

Picnic for the first day's lunch.

**Level: 4 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 is following by taxi.

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

**Topographic maps:**

CN 1:25 000 no. 1170 Alpnach

CN 1:25 000 no. 1171 Beckenried

CN 1:25 000 no. 1172 Muotathal

**Registration deadline:** April 1<sup>st</sup>, 2012

**Appointment**

12:30 AM at the ZB train station in Hergiswil

**If you come by train**

Via Bern and Lucerne. Timetable on the Internet: <http://www.cff.ch>

**If you come by car**

Via highway towards Zürich and Gothard. Exit at Hergiswil.

**End**

At about 4:00 PM – 5:00 PM in Schwyz

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

Hotel Hermann, Stansstad, +41 41 610 12 68

Hotel Bellevue, Seelisberg, +41 41 825 66 66

Hotel Sternen, Sisikon, +41 41 820 17 04