

# Traditions

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## Fun Tips Wallis

### Getting around

When you see a yellow bus, your first thought is often the PostBus or PostAuto. The colour of the Postbuses makes them special, as does the sound of the traditional post horn, the friendly PostBus staff and the company's unique history. Each of these special elements stirs up emotions. These distinguishing features and the unique PostBus attitude to life have been summarized in just three words: "The yellow class".



PostBus/PostAuto has a special bus ticket valid until April 2015 for the Valais. With the Valais Central Pass, you're entitled to free travel on Martigny (Vernayaz-Dorénaz) to Gampel /Steg (Goppenstein) public transport, offering you a network of over 700 km in total, with no extra fares! This card is valid for three days of travel, and is to be used over a period of one week. Prices: Adult tickets CHF 48.00 and holders of the Swiss half-fare travel card and children pay only CHF 38.00.

Visit [www.postauto.ch](http://www.postauto.ch) for bus timetables and more information.

### Open Air Gampel

Summer in Switzerland is all about the outdoors, music, partys and camping - even if it occasionally includes a lot of mud! Where do you find that all in one place? At any of the Open Airs Festivals around Switzerland. The Gampel festival is one of the most popular for music festival enthusiasts and has been an annual occurrence since 1986! Gampel Open Air is held in mid-August and attracts over 80'000 visitors over the 4 days! On the line up for 2015 is a variety of international stars like: Marilyn Manson, Frank Turner and the Sleeping souls, Die fantastischen Vier and national stars like Krokus, Pegasus and Ritschi. The next time you visit Switzerland in summer, you should seriously consider experiencing an open air festival!

[www.openair](http://www.openair)

### Healing Herbs

In Ausserberg plant enthusiasts will find a carefully landscaped garden of medical plants. Around 40 medicinal herbs are grown here. The garden is like a natural pharmacy, where plants and plant products are used in tinctures, teas, herbal oils and salves. The herb

garden is a short 15minute walk from the train station Ausserberg.

[www.sonnige-halden.ch](http://www.sonnige-halden.ch) to find out more information.

### Bisses

Bisses are the historic irrigation channels of the Valais. These channels consist of open ditches delivering precious water from the mountain streams - often by daring routes - to arid pastures, fields, vineyards and orchards. Many bisses are still in use today and so are carefully maintained. Numerous trails accompany these historic watercourses, inviting visitors to varied hikes on historic trails.

[www.valais.ch/en/experiences/group/bisses](http://www.valais.ch/en/experiences/group/bisses)

### Raron

is a municipality in the canton of Valais. The settlement became abandoned during the Roman Era. In the Middle Ages the hills to the west of the Heidnischbiel were fortified. The Viztume (tower house) was built on the hill. This tower later served as a jail and the town hall. The location of the town in proximity to Visp through the St German pass contributed to the prosperity of Raron. The 20th century saw the growth of residential and commercial buildings throughout the valley.

Heidnischbiel, the Church of St Roman, is part of the Swiss Heritage Site of National Significance.

Poet Rainer Maria Rilke is buried in the cemetery of the old church. Rilke was an Austrian poet who spent his later years in life in Switzerland. More than 400 poems were written in French and dedicated to the canton of Valais. The majority of his poetry was in German. He moved to Switzerland to avoid the post war chaos in Germany. Rilke passed away on 29 December 1926 due to leukaemia.

Being along the Rhone River, the whole area is ideal for vineyards. Every year the Culture Path Walk takes you through the wine making village of St German. From beginning to final bottling the entire process is done in this village.

Next time you find yourself in Switzerland and in this part of Valais, be sure to stop by this lovely village.

By Alexandra Beskid and Sabine Wyss



## Traditions

The «Chlausezüüg» adorns many Christmassy living room in Appenzell Innerrhoden and is a tradition older than the Christmas tree. Originally this was a pyramid made of baked goods known as «Fileringe» and «Filebrote» (baked dough rings and bread), onto which «Chlausebickli» - colourful, hand-painted pieces of gingerbread - were attached with wooden nails. Even to this day, the «Bickli» are popular gifts for godchildren and grandchildren during Advent.

Today the «Chlausebickli Züüg» (goodies decorating the pyramid) are attached to a wooden frame with six sides, which tapers out at the top. The pyramid is erected in a milk bowl, which is filled with dried pears and nuts. Red apples and beautifully painted «Devisli» (decorative images made of a white sugar dough) are also part of the «Chlausezüüg». A small Christmas tree is placed atop the pyramid.

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