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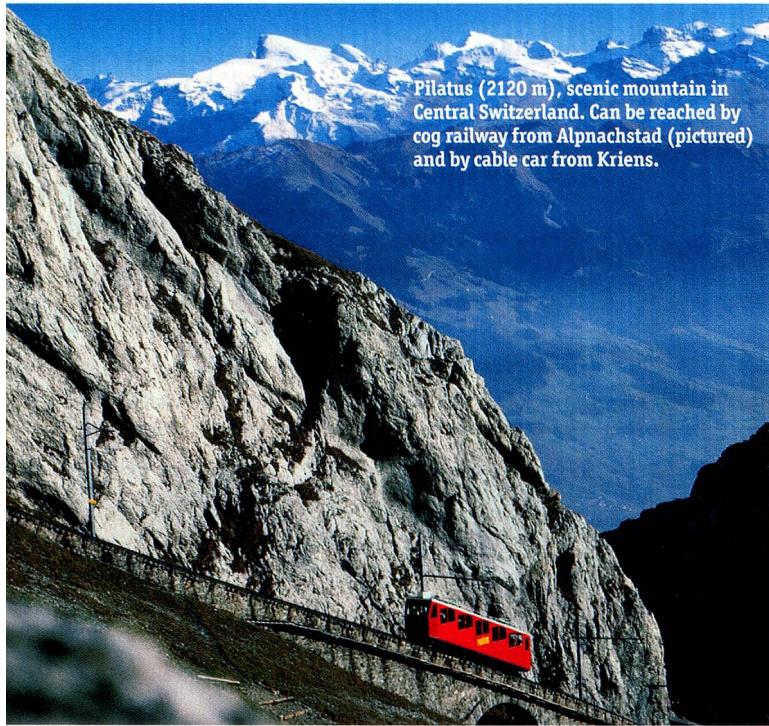
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Pilatus (2120 m), scenic mountain in Central Switzerland. Can be reached by cog railway from Alpnachstad (pictured) and by cable car from Kriens.



Rigi. Hiking on the Rigi (1800 m), a scenic mountain in Central Switzerland above Lake Lucerne. A train belonging to the Arth-Rigi Railway near Rigi Staffel, the Pilatus (2120 m) in the background.

Switzerland in autumn

Culinary trips and hikes on a range of mountain peaks in Central Switzerland.

Take a culinary journey through Switzerland at www.MySwitzerland.com/aso and embark on a virtual discovery of the culinary delights of the different regions.

One of the most diverse cuisines in the world

Fondue, raclette and Zürcher Geschnetzeltes – everyone is familiar with these iconic dishes from Swiss cuisine, which are almost as famous as the Matterhorn. Yet Switzerland is home to many other culinary delights. Swiss cuisine is one of the most diverse in the world – Bernese Platte with rösti, sausage from French-speaking Switzerland, capuns from Engadine and polenta with braised beef from Ticino are but a few of the delicacies. Each region has its own authentic specialities. Only the finest traditional cooking is found in Switzerland, the land of milk and honey. Switzerland also produces fine wines and excellent distilled beverages. Even the water is a delicacy. And let's not forget the artistic creations of leading Swiss chefs. Nowhere has as many gourmet restaurants as the nation of four languages and cultures.

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Historical speciality of the Lucerne guilds
Lozärner Chügeli-pastete from the 18th century, one of Lucerne's historical specialities, is tradition-



Grotto in the Canton of Ticino

ally served as the highlight of the annual Bärteli Dinner of the Safran Guild on 2 January. This pastry filled with ragout of veal and meat balls owes its name to the famous carnival figure, Fritschi. Further information can be found at www.MySwitzerland.com/aso.

Hiking and mountain trips in Central Switzerland

Rigi. At the heart of Switzerland, amidst an imposing alpine landscape surrounded by Lake Lucerne, Lake Zug and Lake Lauerz, the “queen of the mountains” ascends to a height of 1800 metres in a unique location with stunningly beautiful natural surroundings. The Rigi is a classical hikers' paradise with more than 100 km of hiking trails as well as 15 km of Nordic walking paths. During the holidays, there are supervised children's activity days, family walks at sunrise, and boccia and minigolf tournaments. The Rigi – the mountain of the four seasons – can be reached by train from Arth-Goldau and Vitznau, and by cable car from Weggis. An exclusive special offer is available to Swiss people abroad for CHF 222 per person (which includes two nights' accommodation at the Rigi Kulm half-board and a three-day pass on the Rigi railways) at www.MySwitzerland.com/aso.

Stanserhorn. Nature has always been treated with great respect on the Stanserhorn. In order to make trips to the mountain even more enjoyable, trained rangers are now circulating to give visitors a better insight into nature there. One visitor had heard there were lots of chamois on the Stanserhorn. He desperately looked for them with his binoculars but simply could not find them until the Stanserhorn ranger showed him exactly where to look. Rangers on the Stanserhorn provide this kind of assistance every day. They point out peaks, locate marmots, take photos and explain flora and fauna. The departure point is Stans in the Canton of Nidwalden.

Titlis. The high mountain valley of Engelberg in Central Switzerland offers a summer and winter activity programme with plenty of relaxation also available. The nearby Titlis mountain and its glacial



Stanserhorn. A nostalgic journey up the 1898 m high Stanserhorn on a train from 1893 belonging to the Stanserhorn Railway.



Titlis. Holiday resort in the Canton of Obwalden, Central Switzerland. The Titlis Rotair cabins rotate once on their own axis during the five-minute ride.

park can be reached via the Rotair cable car which rotates 360°. Visitors enjoy a magnificent view of the central Alps at an altitude of 3020 metres. The landscape can be explored on foot along various topical trails (mountain flower trail, the "Tickle Path" and the Kneipp cure trail, etc.). Halfway up to the Titlis is the walkers' paradise of Trübsee, a popular starting point for hikes to a number of mountain lakes.



Engelberg (1000 m) in the Canton of Obwalden in Central Switzerland. Benedictine monastery from the 12th century.

Pilatus. You can reach Pilatus Kulm on the world's steepest cog railway from Alpnachstad, or by cable car from Kriens. At the top, visitors can enjoy the breathtaking mountain-top panorama and the unique view of Lucerne, the Alpine Chain and the

lakes of Central Switzerland. There is also fun and action for families and adventure seekers at the interim stations. The "golden tour" is a wonderful excursion for lovers of railways and boats. It includes travel around the Pilatus by cog railway, cable car, boat, train and on foot, passing through Lucerne, Kriens and Alpnachstad.

Exclusive special offers available to Swiss abroad at www.MySwitzerland.com/aso

Swissminiatur, a miniature model theme park in Melide, celebrates its 50th birthday in 2009. Swiss people abroad can visit Swissminiatur up to 14 November 2010 for half-price.

To celebrate the reopening of the Swiss National Museum in Zurich, Swiss people abroad can also visit the museum at special rates between 1 August 2009 and 31 January 2010 – a 2-for-1 offer is available.

From September, Swiss Travel System is exclusively offering Swiss abroad a free upgrade to first class on all second-class Swiss passes purchased. This offer is valid until 30 September 2010.

Switzerland Tourism presents a variety of offers for short breaks and longer stays in Switzerland at www.MySwitzerland.com/aso. The top offers include discounts of up to 35% and are available regularly.



Lucerne. A steamboat from the Lake Lucerne fleet at the dock by the station.



Registration with Network Switzerland: If you register with Network Switzerland by 30 November 2009 at www.MySwitzerland.com/aso you will automatically be entered into the prize draw. The prize is a two-night stay for two persons at Hotel Schlüssel in Beckenried (Central Switzerland). The winners of the first and second quarterly draws were: Mr Hans-Peter Amsler from Munich (Germany) and Ms Prisca Bitterli from San José (Costa Rica).



A collaboration between Switzerland Tourism and the Organisation of the Swiss Abroad (OSA)

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