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## Sihlsee

The Sihlsee is the largest artificial lake of Switzerland in terms of surface with a maximum length of 8.5km and maximum width of 2.5km. The largest depth is 17m.



Sihlsee

The power plant project started in 1932. A concrete dam and two viaducts over the lake were built before 1937 the upper Sihl valley was flooded. 55 farms disappeared completely and 1762 persons had to leave their home.

Its concrete dam is 33m high and 124m long. The break of the dam could lead, according to studies, to an 8m high flood wave through the lower Sihl Valley reaching the Altstadt of the city of Zürich within 2 hours.

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## The Höllloch Caverns

You want an adventure vacation in Switzerland, and your companion prefers the indoors. How do you reach a compromise? For starters, try the Höllloch in Canton Schwyz. The Höllloch is the biggest cave system in Europe and the third-largest in the world, with 180 km of known corridors, galleries, and underground lakes. Although the Höllloch was discovered around 1875 and has been explored intermittently over the past 135 years, portions of the caverns have never been mapped and only a tiny section (about 1 km) has been wired for electricity and opened to casual visitors.

Fortunately for cavers and intrepid tourists, guided tours are available. Itineraries range from a 1½ hour visit to the electrified portions of the caves to a two-day "bivouac expedition." Most tours are scheduled for June through September. Special winter expeditions take place from November through March, and other tours can be arranged throughout the year. Advance reservations are strongly recommended, and you should phone ahead of your visit in case tours are cancelled due to high water levels.

*from the Internet*



## Recipe

As the canton of Schwyz was on the main route for the South-North traffic, people in Schwyz came into contact with "exotic" food such as rice and spices earlier than other Swiss. The odd bag of rice might have 'fallen off the back of a truck', or might have been lost or damaged and left behind and found its way into local cuisine. Here is a traditional recipe from Schwyz, using rice and pepper.

- 1kg leek
- 1 onion
- 2 cups of rice, medium (for Risotto)
- 1Tbs oil
- 5-6 cups of hot water
- salt and pepper
- 100 g grated cheese

*en guete!*

Heat oil, saute the onion and leek, add rice, then add water and salt and pepper. Simmer on low heat for about 30 minutes, stir from time to time to make sure it doesn't stick to the bottom; add more water if needed. Mix with the cheese before serving. En Guete!

*I added a carrot, cut in rounds, just for looks. When the rice was cooked, the carrots weren't quite, but I pretended they had to be al dente...*