



*Alpine*  
**WALKING**  
*Adventure*

APPENZELL | ENGELBERG | ZÜRICH



JOHNS HOPKINS  
UNIVERSITY

**July 31-August 9, 2015**

ATA: 1 (800) 556-7896

[www.alumni.jhu.edu](http://www.alumni.jhu.edu)



Switzerland is the oldest living democracy in the world. Situated in the heart of Europe, it was formed in 1291 by the “Everlasting League” of the three founding Cantons: Uri, Schwyz and Unterwalden. The perfect destination for walking, with its magnificent landscape ranging from the mighty Alps to the lower foothills, Switzerland is woven with gentle, rolling farmland and a matchless transportation network of trains, buses and lifts which makes every district and village easily accessible to walkers and hikers. On this trip, travelers will experience the convenience of having a comfortable home base to return to each evening. Each carefully chosen hotel’s location guarantees that the group may venture out each morning to explore the country, while still making it home in time for dinner.

**Appenzell**, 2589 ft./pop. 6,000, is one of the most legendary towns in Switzerland. The center is well preserved, with fine painted wooden houses and stone buildings dating back to the 16th-century, including the town hall (local museum). The “Landesgemeindeplatz” square where the annual outdoor voting takes place, is particularly interesting.

**Engelberg**, 3280 ft./pop. 4500, is one of the most appealing resort towns in central Switzerland, offering endless activities for all guests. It is surrounded by lush green Alpine meadows, snow covered mountain peaks, and crystal-clear lakes, all tempting you to explore.

## Program Highlights

- Experience the world’s first revolving cable car during the ascent of Mt. Titlis, the highest mountain in central Switzerland.
- Soak in the hospitality and Alpine charm of Appenzell and Engelberg, lovely Swiss villages nestled in the mountains.
- Ride a cable car up to Mount Hoher Kasten for magnificent views of the Rhine Valley and Austrian Alps.
- Explore the prehistoric Wildkirchli caves, inhabited beginning 40,000 years ago.
- Visit St. Gallen’s Old Town and magnificent Abbey Library, a UNESCO World Heritage site.



*Dear Johns Hopkins Alumni and Friends,*

The Swiss Alpine Walking Adventure takes travelers from iconic mountain peaks to the valleys of rustic Swiss towns. Over 10 days, experience breathtaking vistas, mountain waterfalls, glaciers, and alpine scenery, while spending each evening at a comfortable home base. Each hotel has been carefully selected for its location and reputation for welcoming service.

Depart each morning with an expert guide to ride the world's first revolving cable car, descend into prehistoric cliff caves, and walk through the heart of a glacier. Back at lower elevation, enjoy the country's music, cuisine, and of course its famous hospitality. Explore centuries of Swiss heritage at a Benedictine monastery, St. Gallen's old Town and Abbey Library, and the narrow lanes and guild halls of medieval Zürich.

This is an active tour that requires the ability to walk a leisurely 3 to 5 miles over the course of the day, with modest elevation gains. Our Alpine walking adventure is limited to 25 travelers seeking to experience the culture and scenery of one of the world's most spectacular countries.

Sincerely,

*Marguerite I. Jones*

Marguerite I. Jones, A&S '74, Bus '88  
Travel Program Director  
Office of Alumni Relations  
The Johns Hopkins University



## *Itinerary*

### **July 31**

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DEPART USA FOR ZÜRICH, SWITZERLAND on individual flights.



### **August 1**

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**D**

#### **ARRIVAL IN ZÜRICH AND APPENZELL**

Arrive at the Zürich Airport and meet your tour staff for a 1.5-hour transfer by private coach, to the hotel in Appenzell (2676 ft.). After check-in, start your program off by baking your own “Appenzeller Biber,” a traditional gingerbread with almond filling, and take a short orientation walk through the village. This evening enjoy a welcome aperitif and an orientation briefing, including a lecture on Appenzell and the surrounding area. Dinner will be at the hotel.

### **August 2**

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**B | L | D**

#### **HOHER KASTEN WALK**

Begin walking directly from the hotel, along the Sitter River, towards Weissbad (2700 ft.), or choose to follow the optional moderate uphill trail to Bruelisau (3000 ft.). Then, ride the cable car up to Mount Hoher Kasten (6000 ft.). Soak in the magnificent views of the Alpstein, Rhine Valley and the Austrian Alps, and enjoy lunch at a revolving restaurant, newly opened on the upper level of Mountain Hotel Hoher Kasten. Return to Appenzell via either cable car and train or foot and train. Dinner will be at the hotel.

Approximate walking time: 2.5 hours.  
Trails: gravel trails and dirt roads.



# Itinerary



**August 3**

**B | L**

## **EBENALP-SCHAEFLER WALK**

Today's walk begins with a train ride to Wasserauen, then a cable car trip to Ebenalp (5000 ft.). Descend to the prehistoric Wildkirchli caves inhabited approximately 40,000 years ago. During a guided visit you will learn more about this interesting place. Walk down to the hermit dwellings and the well-known Berggasthaus Aescher. Enjoy a lunch at the Aescher, a guesthouse tucked into the side of the mountain. Continue to the Chlus saddle at the foot of Mt. Schaefler, and enjoy the magnificent views of the Appenzeller Mountains, then return to Appenzell by cable car and train. Back at the hotel, an Appenzeller singer in his traditional costume will share Appenzeller history, stories and music with you. The evening is at leisure.

Approximate walking time: 3.5 hours.  
Trails: asphalt roads, gravel paths and dirt.

**August 4**

**B | L | D**

## **TRANSFER TO ENGELBERG – ST. GALLEN'S OLD TOWN & ABBAY LIBRARY**

Transfer by private coach to St. Gallen.

St. Gallen offers a great deal of culture within its UNESCO World Heritage site. Enjoy a guided city tour through Old Town called *When Houses Tell Tales*. Many houses in St. Gallen's Old Town have their own exciting tales to tell – they will surprise you! Later, visit the Cathedral, an elegant example of the late Baroque period. Also stop at the Abbey Library, which contains manuscripts dating back to the 8th century. The library is housed in Switzerland's most beautiful rococo secular hall, with stucco work by the Gigi brothers and a ceiling painting by Josef Wannenmacher. Lunch will be at one of the grill restaurants in town where you'll have the chance to try the well-known St. Gallen veal sausage and a fine beer from the region. Continue traveling by coach to Engelberg (3444 ft.). Stroll through the village prior to the welcome orientation briefing, and enjoy dinner at the hotel.

Mode of transportation: coach/walking.  
Approximate walking time: 2-3 hours.



# Itinerary



**August 5**

**B | L | D**

## **BENEDICTINE MONASTERY / WATERFALL VALLEY WALK**

Walk from the hotel to the magnificent Benedictine Monastery, founded in 1120, for a guided visit. A curator of the monastery will explain the fascinating history of the monastery during a tour of the complex. Walk to a nearby waterfall (3555 ft.), where we will take a cable car to Fürenalp (5544 ft.). After a light lunch at the “Hütte,” return to the valley by cable car, and walk back to Engelberg. Dinner will be at the hotel.

Approximate walking time: 3 hours. Trails: gravel trails/meadows/asphalt.

**August 6**

**B | L | D**

## **MT. TITLIS – THE GLACIER & THE MOUNTAIN LAKE WATERFALL VALLEY WALK**

Walk from the hotel to Mt. Titlis (10,627 ft.), traveling part of the way in the world’s first revolving cable car, “Rotair.” At the top of the highest mountain in central Switzerland you will take in the breath-taking scenery and walk through the Glacier Grotto. The Titlis Cliff Walk holds the record for being the highest suspension bridge in Europe. After a lecture about glaciology and the different snow conditions, walk over beautiful snowfields

before taking the funicular to Trubsee (5890 ft.). Stop at Trubsee for a nice walk around the mountain lake. Lunch will be at Trubsee. Then, continue by cable car down to Engelberg. Dinner will be at the hotel.

Approximate walking time: 2.5 hours.

Trails: gravel, dirt trails and meadows.



**August 7**

**B**

## **LUCERNE – TRANSFER TO ZÜRICH**

After breakfast travel by coach to beautiful Lucerne. There will be a guided visit of Old Town and an opportunity to see the world-famous Chapel Bridge and Water Tower, the Musegg Wall, the Jesuit Church, the Mill Bridge, the Lion Monument, the KKL culture and convention centre, and a host of other points of interest. Lunch and the afternoon will be at leisure. In the late afternoon we will transfer to the hotel in Zürich. Dinner will be at leisure.





## Itinerary

**August 8**

**B | D**

### **ZÜRICH OLD TOWN - TIME AT LEISURE**

In the morning, enjoy a guided walking tour, exploring *Stories of the Old Town – Rediscover Zürich's Historic Center*. On this rewarding journey of discovery, come face to face with Zürich's past and present through a selection of buildings, stories and anecdotes. You will be fascinated by the rich testimonies to bygone days which document the early international significance of the city. The afternoon will include leisure time for exploring the city before a farewell dinner.

**August 9**

**B**

### **AUF WIEDERSEHEN**

Breakfast at the hotel, and then transfer by private coach to Zürich airport.





**Professional, certified guides with years of guiding experience will lead the walks on the Alpine Walking Adventure. All guides have in-depth knowledge of the terrain and natural history of the region. They are also well versed in Swiss culture, history and traditions and will also enhance your Alpine experience.**

# Accommodations



## APPENZELL: Hotel Adler

The historic, yellow-shuttered Hotel Adler is known for the warm hospitality of the Leu family, proprietors of the hotel since 1825. Perfectly located in the heart of charming Appenzell, the hotel features its own bakery and wine cellar and a garden terrace with exceptional Alpine views. Guest rooms are bright and comfortable and offer complimentary Wi-Fi. Enjoy the hotel's homemade ice cream in the café or traditional fondue served in the Alderkeller.



# Accommodations



## **ENGELBERG: Hotel Schweizerhof**

The 100-year old Hotel Schweizerhof is nestled in the picturesque village of Engelberg. Recently renovated rooms feature cable TV, minibar and complimentary Wi-Fi. Hotel amenities include sauna, solarium, and fitness center as well as a lovely garden for relaxing with stunning views of the Urner Alps.



# Accommodations



## ZÜRICH: Hotel Leoneck

Featuring art by contemporary Zürich artists, Hotel Leoneck is located in central Zürich, a short tram ride or walk from shops, the central train station, and museums. The hotel's 80 airy guestrooms feature natural wood furnishings, colorful fabrics and local artwork, and are equipped with cable TV and complimentary Wi-Fi.





## *Land Program*

**Adult: \$4,995**

**Single Supplement: \$525**

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs. Single accommodations are an additional \$525 (limited availability).

### **TO RESERVE TODAY**

To register your interest and receive more details as they become available, call Academic Travel Abroad at 202-785-9000 or 1-800-556-7896. You may also email us at [travel@academic-travel.com](mailto:travel@academic-travel.com). We accept VISA, MasterCard, and American Express credit cards. Early reservation is recommended to ensure your space on this program.

## ACCOMMODATIONS

See detailed itinerary for Alpine Walking Adventure

### WHAT IS INCLUDED

- Professional on-site guides
- All accommodations and meals as outlined in the itinerary
- All ground transportation within the itinerary unless otherwise indicated
- All sightseeing as specified in the itinerary
- Entrance fees
- Gratuities to porters, drivers, and guides
- Transfers to and from airports for those arriving or departing according to the designated itinerary
- Baggage handling for one checked piece and one carry on piece per person
- The assistance of ATA's professional travel team to assist with pre-trip questions and travel arrangements including flights, extra hotel nights, and other services
- Comprehensive pre-departure information about the destination and what to expect on the trip, including a suggested reading list

### WHAT IS NOT INCLUDED

- Airfare from the United States to Zürich, Switzerland and return home. Airport transfers and baggage handling for travelers arriving before or after the planned group transfer or departing the trip before or after the planned group transfer
- Travel and trip cancellation insurance
- Passport, visa, airport departure and excess baggage fees
- Meals not specified in the itinerary; food and beverages not part of the included meals
- Personal items such as telephone, fax and internet charges, laundry, room service, alcoholic or other beverages not specified as included
- Gratuities for non-group services
- Expenses resulting from delays due to bad weather, road conditions, sickness, government action, and flight delays
- Expenses incurred in making individual travel arrangements in conjunction with the trip

### SINGLE ROOMS

A limited number of single rooms are available at extra cost on a first-come, first-served basis, but availability cannot be guaranteed. Please understand that, in some hotels, single rooms are very small. The premium you pay is for privacy, not spaciousness.

### PAYMENT SCHEDULE

\$500 deposit upon application. Balance due upon receipt of invoice, 90 days before departure. Acceptable forms of payment for the deposit are personal check, wire transfer, Visa, MasterCard, or American Express. Final payment may be made by credit card, check or wire transfer. If final payment is not received by 60 days prior to departure, your space is subject to cancellation. If you are making a reservation within 90 days of the trip's departure, full payment will be required upon confirmation.

## **CANCELLATION AND REFUNDS**

All cancellations must be submitted in writing (email or fax) to Academic Travel Abroad, Inc. (ATA). Per person cancellation fees are based on the date of the cancellation notice reaching ATA. More than 120 days prior to departure; refund of deposit less an administration fee of 50% of deposit. Cancellation between 119-91 days before departure: 100% of deposit is forfeited. Cancellation between 90-61 days, 50% of the tour price if forfeited. Cancellation within 60 days of departure: no refund. Cancellation on day of departure or after tour departs: no refund. No refund for unused portions of tour, including, but not limited to, missed meals, hotel nights and sightseeing. Cancellation of program by the Johns Hopkins University and ATA: full refund. Reservations are not transferable without the explicit approval of the JHU and ATA.

NOTE: Neither the Johns Hopkins University nor ATA accepts liability for any airline or train cancellation penalty incurred by the purchase of a nonrefundable airline or train ticket to the tour departure city or return.

## **INSURANCE**

We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement. We will send you a brochure from Travel Insurance Services, or you may obtain coverage through a company of your choice. All ATA trips include Emergency Evacuation Insurance as part of the trip price.

## **A NOTE ABOUT THE ITINERARY**

While every effort will be made to carry out the program as planned, the nature of travel is unpredictable and we must be prepared for changes. The itinerary as described is subject to modification by ATA. Rest assured that, should any changes be needed, we commit to deliver an experience as outstanding as the one originally planned.

## **HEALTH RECOMMENDATIONS**

To enjoy your travels to the fullest, you should be in good physical and mental health. Any physical condition requiring special attention, diets, or treatment must be reported in writing when the reservation is made. We reserve the right to decline to accept or retain any person as a participant should such a person's health, mental condition, physical infirmity, or attitude jeopardize the operation of the travel program or the enjoyment of other participants. All health information is protected and treated as confidential.

## **RESPONSIBILITY**

This JHU Alumni Travel program “Alpine Walking Adventure” is managed by Academic Travel Abroad, Inc. (ATA), a professional travel company, hired as an independent contractor. ATA and the Johns Hopkins University act only as agents for the passenger with respect to all transportation, hotels, and all matters of reservations and trip operation. We and our agents accept no responsibility for loss, damage, injury, accident, delay or irregularity, expense or liability caused by the defect of any vehicle or negligence or default of any independent contractors, their employees, agents, or representatives. Nor do we accept responsibility for losses or delays arising from sickness, pilferage, acts of terrorism, weather conditions or acts of God. All such losses or expenses shall be borne by the program participant. We reserve the right to cancel any trip prior to departure in which case the entire payment will be refunded without further obligation on our part. We likewise reserve the right to decline to accept or retain any trip participant at any time without being under any obligation to assign any reason therefore. In the event of the exercise of this right, we shall be under no liability to such person(s) except to refund such amount as our absolute discretion deems reasonable to attribute to the uncompleted portion of the trip. Baggage is carried at the owner’s risk entirely. It is understood that air, ship or train tickets when issued shall constitute the sole contract between the passenger and carrier concerned. The airlines and all other transportation companies involved in this trip are not to be held responsible for any act, omission, or event during the time the passengers are not on board their plane or conveyances. All services are subject to the laws of the country in which they are rendered. The participant agrees on behalf of herself/himself, her/his dependents, heirs, executors, administrators and assigns to abide by the above conditions and to release and hold harmless, the Johns Hopkins University and Academic Travel Abroad, Inc., and any of their representatives from any and all liability for any delays, damage, loss, injury or death occurring in relation to this tour.

# About Your Tour Operator



**ACADEMIC TRAVEL ABROAD, INC.®**  
TRUSTED INNOVATORS IN CULTURAL TRAVEL SINCE 1950

## **ATA'S MISSION**

At Academic Travel Abroad, Inc., we have one mission: to create unparalleled, educational travel programs to satisfy sophisticated, curious travelers. For more than 60 years, our creative programs have helped educated travelers unveil the splendors the world has to offer. The result: tours of the highest quality and excellent value for distinguished travelers.

## **OUR HISTORY**

More than 60 years in the travel industry have given us a broad perspective of the world. In 1947, when more Americans wanted to start traveling abroad after World War II, ATA pioneered programs throughout Europe, from Norway to Portugal. In 1956, ATA opened the doors to cultural travel in the former USSR, and soon thereafter in China. For more than a half century, we have continued to offer innovative programs to new and favorite destinations to help travelers delve beyond the surface of these treasured places to explore the hidden riches unique to each.

## **OUR SUPERIOR STAFF**

ATA's uncommon staff is truly "at home" in the world. Combined, we have over 325 years experience in the travel industry, and we speak 15 different languages – from Mandarin to French, Arabic to Japanese, our staff knows virtually no language barriers! The fact that we have lived in, and traveled to more than 40 countries gives us an insider's view that helps us share our love of our destinations with you. Because we are committed to offering superior travel programs, our experienced, professional Program Managers create tours that uncover the behind-the-scenes culture, history, art, architecture, cuisine, and peoples of each locale, and our Tour Communication Specialists will assist you with all your tour-related needs prior to your departure. You will also benefit from having one of our expert Tour Managers, who have lived and studied in our destinations, accompany each tour. Every member of the ATA staff is devoted to making your tour with ATA a truly memorable experience.

## **OUR EXTENSIVE RESOURCES**

When you travel with ATA, you'll reap the benefits of our extensive network of global resources, both in academia and the travel industry. Because our contacts span the globe, we can ensure that you enjoy the most in-depth and hassle-free travel experience. From Beijing to the British Isles, St. Petersburg to Seville, our trusted resources abroad allow us to offer you behind-the-scenes access at private collections, museums, universities, galleries, and embassies. Hoteliers, concierges, and restaurateurs with whom we share long-standing relationships make your logistics seamless and your travel experience superior.