



# HIKING & WALKING

MUOTATHAL
3 Muotathaler Witzwanderweg 🗥
Schlattli – vordere Brücke – Muotathal / ↑ 56 m / ↓ 5 m / 2h
4 Wetterfrosch-Wanderweg 🗥
Schulhaus Muota – Altersheim – Guggeli – Teufbach – Tschalun – Muotadamm – Schulhaus Muota / $\uparrow$ 188 m / $\downarrow$ 188 m / 1 h 40 min
7 Urwaldspur Bödmeren 🗥
Unter Roggenloch – Bödmeren – Stägen – Unter Roggenloch ↑ 109 m / ↓ 109 m / 1h 15 min
10 Rundgang Stalden
Töbeli – Brunni – Husky-Lodge – hint. Brücke – Stützli   ↑ 106 m / \downarrow 106 m / 1h 10 mi
12 Urwaldweg Bödmeren
Eigeliswald – Rasis Hütte – Gschwänd – Äbnenmatt– Bödmeren – Stägen – Eigeliswald   ↑ 469 m / ↓ 469 m / 3 h
13 Vom Sahli zum Muotathal
Sahli – Schwarzenbach – Schönenboden – Mettlen – Laui – Herrgott – Hintere Brücke   $\uparrow$ 0 m / $\downarrow$ 510 m / 2 h 35 min
14 Rund ums Sahli
Schlänggen – Vordersten Hütte – Waldisee – Gross Gade – Milchbüelen – Sali- höchi – Schlänggen ↑ 605 m / ↓ 605 m / 3h 30 min
15 Pragelpassweg
Etappe 1: Schwyz – Schlattli – Muotathal ↑ 360 m / ↓ 280 m / Etappe 1: 3 h 45 min Etappe 2: Muotathal – Stalden – Pragelpass – Hinter Klöntal ↑ 1200 m / ↓ 950 m / Etappe 2: 7 h 15 min
24 Karstspur Silberen
Pragelpasshöhe – Butzen – Silberen / Twärenen– Silberenalp – Alpeli – Pragelpasshöhe / ↑ 864 m / ↓ 864 m / 5 h 45 min
27 Auf den Muotataler Hausberg
Schwarzenbach – Gigen – Träsmeren – Wasserbergfirst – Liplisbüel – Muotathal $\uparrow$ 1575 m / $\downarrow$ 1915 m / 7h 50 min
STOOS
80 Moorweg 🗥
Sternegg – Frontal – Stoos Seeli / ↑ 15 m / ↓ 15 m / 30–45 min

Ste	rnegg – Frontal – Stoos Seeli / ↑ 15 m / \downarrow 15 m / 30–45 min
82	Stooshorn-Runde 🗥
	gstation Standseilbahn – Stoos Kapelle – Stooshorn – Restaurant stubli – Bergstation Standseilbahn / ↑ 42 m / ↓ 42 m / 50 min
83	Panoramaweg Fronalpstock
Froi	nalpstock Gipfel – Fronalpstock Gipfel ↑ 80 m / 👃 80 m / 30 min
84	Fronalpweg 👘
	nalpstock Gipfel – Charenstöckli – Alp Laui – Frontal – Stoos )m / ↓ 579m / 2 h
86	Alpchäsweg
	os – Rinderchruteren – Tröligen – Alp Näppänalp – Metzg – Restaurant Stoo :tä – Gasthaus Balmberg, Dorf Stoos / ↑ 364 m / ↓ 364 m / 3h 25 min
87	Gratwanderweg Stoos
	igenstock – Huser Stock – Furggeli – Fronalpstock 365 m / ↓ 378 m / 1 h 30 min−3 h

# MORSCHACH

60 Weg der Schweiz Rütli – Seelisberg – Bauen – Flüelen – Tellskapelle – Sisikon – Morschach – Brunnen / ↑ 1400 m / ↓ 900 m / 11 h 5 min

61 Panoramaweg Morschach Infopavillon – Axenstein – Schwyzerhöhe – Luftseilbahn – Nägelisgärtli – Degenbalm – Infopavillon /  $\uparrow\,270\,m$  /  $\downarrow\,270\,m$  / 1h 40 min

62 Kapellenweg

Infopavillon – Lourdes Grotte – Franziskuskapelle – Marienkapelle -Mattli Antoniushaus – Infopavillon / ↑ 100 m / ↓ 100 m / 1 h 63 Wundernasenweg 🗥

Infopavillon – Apart Holidays – Landal Ferienhäuser – Infopavillon ↑ 20 m / ↓ 20 m / 30 min

64 Wanderung zum Schilteli Morschach – Degenbalm – Hetzig – Schilteli – Hinter Schilteli – Morschach  $\uparrow$  575 m /  $\downarrow$  575 m / 2 h 55 min

65 Dachsenweg Rundgang Infopavillon - Mattli - Vorder Wasi - Hinter Wasi - Mattli - Infopavillon ↑ 160 m / ↓ 160 m / 1 h

# ILLGAU

40 Chäferliweg Illgau 🗥 St.Karl Bergstation - Waldspielplatz - Glockenspiel - Erlebnisspielplatz Balmli -

Illgau / ↑ 10 m / ↓ 375 m / 50 min 41 Zum Aussichtspunkt Sternenegg

Illgau – Kirchengut – Chaltenbrunnen – Oberer Altberg – Sternenegg – Rieter -Illgau ↑ 600 m / ↓ 600 m / 3 h 30 min 42 Spirstock

Illgau – Vorder Oberberg – Chaltenbrunnen – Sternenegg – Spirstock – Fäderenberg – Ober Hasen – Vorder Oberberg – Illgau / ↑ 1014 m / ↓ 651 m / 4h 40 min

43 Rundweg Fallenflue Illgau – Bergstation St. Karl – Fallenfluh (Aussichtspunkt) – Nühus – Illgau Dorf ↑ 186m / ↓ 183m / 2h

# CYCLING TOURS

472 Chingin Dilu Taur	(1)	
Chinzig Bike Tour	61.6 km	
Muotathal – Riemenstalden – Eggberge – Chinzig Chulm – Lipplisbüel –	Muotathai	
Fronalp Tour	<u>31.2 km</u>	
Schlattli – Alp Wannen – Brunnerboden – Stoos – Oberschönenbuch – Sc	chlattli	
Stoos Tour	10.3 km	
Stoos – Brunnerboden – Rinderchruteren – Metzg – Firrenboden – Holibrig – Stoos		
Brunnen Tour	12.2 km	
Brunnen – Oberschönenbuch – Schwyzer Höhe – Morschach – Axenstein	i – Brunnen	
Suworow Route	69 km	
Schwyz – Suwowowbrücke – Muotatal – Pragelpass – Klöntal – Glarus – E	lm	

# **MUOTATAL** ACTIVITIES

**STOOS** ACTIVITIES



Take an intrepid hike through the Hölloch cave system and discover the world from the underside! Go climbing at the 'erlebniswelt muotathal GmbH' leisure park, or get your adrenalin rush on a wild water adventure such as kayaking or canyoning in the Muota River.

### HIKING

Muotathal village is at the heart of a network of over 280km (175 miles) of hiking routes. Follow the trails along the Muota River, across timeless mountain scenery and through unique nature such as the ancient Bödmeren forests and the Silberen karst.

#### BODY & SOUL

Treat yourself to a guided meditation to top up your energy, balance and inner calm. After that, relax body, mind and soul in the sauna. Switch off, unwind, and enjoy - now on offer at 'erlebniswelt muotathal GmbH'!

# **ILLGAU** ACTIVITIES

### **ACTIVE** – KLINGENSTOCK Mt. Klingenstock: invigorating, alpine, and eternal, Mt. Klingen-

stock is a fantastic place for energetic tourists! Let nature inspire you and experience Mt. Klingenstock with all five senses.

HIKING – FRONALPSTOCK Carefree hours in the fresh mountain air, surrounded by 360° panoramas – what more could anyone want? And that's just what Mt. Fronalpstock has to offer. An ideal outing for families with school-age children.

BODY & SOUL – STOOS VILLAGE There's plenty to discover in Stoos mountain village. Enjoy sunny strolls, international cuisine, and magnificent views. Family-friendly Stoos has something for everyone, from grannies to toddlers.

# MORSCHACH ACTIVITIES



Guarding the head of the Muotatal Valley from some 1,200m above sea level, the Fallenflue crag boasts splendid views over Schwyz and Lake Lucerne. The north-west face is popular with adventurous climbers throughout the summer. HIKING

Embark on the Chäferliweg in search of the local beetle, and discover play areas, barbecue spots, and more. Follow circular trails around sunny Illgau to the Fallenflue crag, Oberberg and Chaltenbrunnen.

#### **BODY & SOUL**

Illgau is steeped in music of all kinds – folk, rock, pop and even marching bands Harmonizing with the instrumental music, yodeling is an essential element of the village culture: listen out for the vodel club and vodel duets. The social village culture and a shared love of music reflect the spirit of village Illgau.

# **EVENTS** SUMMER 2024

Drive golf balls across the Axenstein golf course in the midst of a breathtaking panorama oozing with myths, enjoy a high-speed afternoon on the outdoor go-kart track or experience the buzz of the Flying Fox parkour trail.

The Panoramaweg takes you around the village of Morschach, with fantastic views over Lake Lucerne and to the peaks of Canton Schwyz. The Kappellenweg is a dramatic trail taking you from chapel to chapel. Kids will love the themed Wundernasenweg and Detektiv-Trail.

### **BODY & SOUL**

The Swiss Holiday Park is a unique holiday experience for visitors of all ages, boasting a bowling alley, a variety of sporting activities, and a water park. The sound of alpine horns echoes over the park every Tuesday from May-August.

# ALPINE CODE OF CONDUCT



April 6 May – October May – August June 9 June 16 June 16 June 29/30 July 6 July 31 / August 1 August – September August 5 – 10 August 14 August 17 / 18 August 25 October 19 October – Dezember October 26/27

«Sagenabend» at Restaurant Oberberg, Illgau Evening trips to Mt. Fronalpstock EVERY SATURDAY Listen to alpine horns above Morschach EVERY TUESDAY Stoos-Schwinget (swing festival Stoos) Open air mass with yodel choir on Mt. Fronalpstock Ladybug festival, Illgau Migros Hiking Sounds, Stoos Stoos-Trail National holiday on the Stoos Sunset trips on Mt. Fronalpstock EVERY FRIDAY Kids Musical Camp, Morschach Country Rock Openair, Ried – Muotatal Natural products market Stoos Coop Family Hike, Stoos

Fröneli festival, Stoos

Theater Muotathal





Respect the mountains. Thank you for your understanding!



# ACCOMMODATIONS & RESTAURANTS IN THE REGION

ACCOMMODATION

RESTAURAN

DON'T MISS

#### **BÖDMEREN FORES**

At the very end of the Muotatal Valley, the primeval forests of the Alps survive in the 550ha (1,360 acre) Bödmeren forest. Some parts of this ancient forest, unchanged for centuries, have barely felt the influence of humankind.

#### PRAGEL PASS RIDESHARE BENCHES

To help ease the way for tired hikers and take people over the pass, local association IG Pragel has installed twelve easily visible rideshare benches along the pass road between Klöntal and Muotathal. Sitting on one of these benches signals that you would like a ride.

### WORLD'S STEEPEST FUNICULAR

In December 2017, the world's steepest funicular opened in the middle of a mountain village: Stoos. The Stoosbahn achieves 110% = 47.7° at its maximum gradient. Its innovative technology is unique in the world. Kids go free in summer with a Junior or Kinder kids' travelcard.

#### HERITAGE & TRADITION IN ILLGAU

One of Illgau's best-known and most-loved traditions is its folk music. It's said that at least one instrument is played in every family in Illgau. Alongside the traditional brass bands, you'll find modern rock, pop, and folk groups.

#### THE SILBEREN KARST

TAbove us, the expanse of sky; below us, the endless void of the Hölloch cave system; all around us, the bare karst: the rocky Silberen landscape is something special to see, boasting Switzerland's biggest karst formations. The trailhead is at the Pragel Pass, and a particular highlight of the second part of the hike is the view into the Klöntal Valley.

#### HÖLLOCH CAVES

With 210 kilometers explored to date, the Hölloch isn't just the biggest cave system in Switzerland, nor in Europe: it's one of the biggest in the world. The vast network of caves and tunnels is a magnet for outdoor enthusiasts!

traditional cuisine. ÜBERNACHTEN

The mountain village with character. Beautiful, peaceful, sunny Illgau is the

erfect home-from-home for a holiday.

«Guäts und Gnuäg»! The pithy motto

of the Sigristenhaus restaurant and

Oberberg inn – "delicious and satisfying"

Built in 1774, the Sigristenhaus is a lis-

ted building and has a delightful tradi-

tional atmosphere to match the tasty

sums up the flavor of Illgau.

Options range from holiday rentals to family-friendly campsites and hotels. The Mattli Antoniushaus welcomes seminar and conference quests.

#### RESTAURANT

Tasty ice-cream, BBQ pits, and restaurants crossing the globe from Italy to Thailand – or immerse yourself in a real Schwyz experience: Morschach has it all

### **SPEZIALITÄTEN**

For culinary delights, fantastic scenery, and magical moments looking out over Lake Lucerne, go no further than the restaurant 'im Golf'.

# FUN FOR ALL THE FAMILY



#### **FAMILY HOLIDAYS**

Accommodation options range from family-friendly hotels to self-catering or camping adventures. Meet huskies and farm animals next door, and soak up the breathtaking scenery on every side of your accommodation

### **HIKING WITH THE KIDS**

When you're out and about with the kids, you see the world differently. The fun, funny, and educational themed trails; the hiking routes suited to strollers - every walk becomes an adventure.

#### INDOOR FUN

Head to the Swiss Holiday Park for a non-stop holiday experience with options ranging from virtual reality to billiards to bowling, the movies and table tennis. The newly built Superdome, with an area of 1,300m<sup>2</sup>, offers indoor activities including Jump, Hit-it, a climbing wall, tower and a toddler play area. And the FunPark in the Stoos Lodge is always a hit with the younger guests.

### WHEATER MICROCLIMATE

FOLLOW

**GRUPPEN** OUTINGS

### **RELAX** AND RECHARGE

### FASCINATION WEATHER: The beauty and power of nature

The Stoos-Muotatal region has a close relationship with its weather, due to the frequent and dramatic extremes it experiences. From Föhn-blown storms on Lake Uri to record freezes on the Glatt Alp; from downpours in the Bödmeren forest to long sunny days on the Stoos and the Illgau sun terrace – the weather can vary dramatically over the space of just a few miles.

#### WETTERSCHMÖCKER

The home-grown 'Wetterschmöcker', sometimes known as the 'Muotathaler Wetterfrösche', or 'Weather frogs', is a group of hobby meteorologists from the inner Schwyz region. Their own observations of nature are certainly an ingredient of their weather forecasts, but the exact recipe is a well-guarded secret. Learn more during an entertaining talk about the weather.

#### **OUT AND ABOUT**

Enjoy energetic adventures in breathtaking surroundings with your group. Opportunities range from hiking through the picturesque scenery to lively outdoor activities including golfing in Axenstein, exploring the hidden world of the Hölloch cave network, soaking up the atmosphere of the ancient Bödmeren forest, or meeting the huskies in Muotathal.

### HISTORY AND CULTURE

Peek behind the scenes of the construction of the world's steepest funicular. Delve into the details of local, environmentally friendly energy generation at the ebs AG power station, or join in one of Bernhard Betschart's workshops to experience the uniqueness of yodeling for yourself.

#### MEETINGS & SEMINARE

Mattli Antoniushaus, Stoos Lodge, erlebniswelt muotathal GmbH and the Swiss Holiday Park all have state of the art facilities that make them ideal bases for for a fruitful conference or event.

HUSKY LODGE CHALET HOTEL Pure relaxation, surrounded by Muotathal's natural wonderland. Unwind and recharge in the sauna, quiet room or a cold water wooden tub.

### SWISS HOLIDAY PARK

Let the atmosphere soothe your soul, soak away your cares in the luxurious Roman/Irish baths, and pamper yourself with a relaxing massage.

#### CASCHU ALP BOUTIQUE DESIGN HO If you need to get away from the

hurly burly of daily life, the spa in the Caschu Alp Boutique Design is just the place for you. Let nature soak through your spirit in the sauna zone, whirlpool, and many more treasures

#### STOOS LODGE DESIGN & LIFESTYLE Enjoy the 500m<sup>2</sup> of sauna and fitness facilities, fully equipped with panoramic views.

WELLNESS HOTEL STOOS\*\*\*\* Some 1,100m2 of spa facilities will restore equilibrium to body and soul. Absorb the power of the nature all around.





### ÜBERNACHTEN

Cozy comfort in the Stoos Hüttä, pampering in the Stoos Hotel, Alpine chic in the Caschu Alp or a home-from-home in group accommodation or a holiday rental.

### RESTAURANT

Restaurants with a view, local specialties, modern cuisine, buffets... gourmet delights abound!

#### SPEZIALITÄTEN

Gourmet restaurant Chranz Stubli intertwines the traditional with the modern; creativity with indulgence; a passion for cuisine with a heart for hospitality.

#### **BERNACHTEN**

Next door to the Huskies – or in the midst of nature on the Glatt Alp? Muotathal village has a wealth of options for an amazing night's sleep!

#### RESTAURANT

From regional specialties to international haute cuisine; from alpine hut catering to the Panorama Restaurant... there's something tasty for everyone.

#### SPEZIALITÄTEN

Bakery-confectioner Conditorei Schelbert is known for its delicious local specialties: a cherry cream pie and a filled cookies inspired by the local caves.

#### **MEET THE ANIMALS**

While away hours at the Erlebnis Fronalp activity center, getting to know the horses, ponies, cows, goats, hens and bunnies. The riding stable is also a popular highlight. Get close to the tiny goats in the petting zoo on Mt. Fronalpstock, or visit 'erlebniswelt muotathal GmbH' to meet the huskies.

#### PLAYGROUNDS AND PARKS

The pump track and Schwarzenbach playground are perfect for hours of fun in Muotathal; energetic climbers will be rewarded by the wooden castles of the Mt. Fronalpstock playground, while small adventurers are sure to adore the woodland play parks in Illgau and Morschach

### PICNIC AREAS WITH BARBECUE SPOTS

Summertime is BBQ time! The Stoos-Muotatal region has a great selection of beauty spots where you can grill your sausages and toast Swiss bread twists over a fire. Please keep to the Alpine Code of Conduct.

### WINTER 2024/25

A ski safari in the Illgau region is a particularly special experience, while the Stoos boasts 35km of maintained slopes, all with breathtaking views.

### CROSS COUNTRY

Glide through nature until your pulse is racing. The region has a varied selection of trails for both classical cross-country skiers and skaters.

### SNOWSHOE TRAILS AND WINTER HIKING

Snowshoeing and winter hikes are a great way to immerse yourself in the beauty and power of nature. Discover the region away from the hustle and bustle and off the beaten track.

**SLEDDING & AIRBOARDING** 

ride or give airboarding a go.

Experience the euphoria of flying

down the slopes with the wind in

your hair. Mix it up with an evening

CULINARY ART & ENJOYMENT

Hours of relaxation in the fresh

mountain air can be perfectly com-

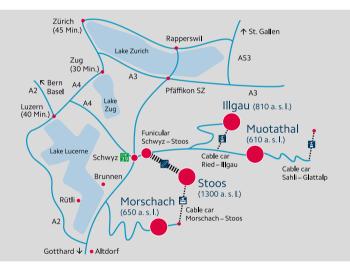
bined with a visit to a restaurant.



# Activity and Danoramic map



**Summer 2024** 



## **STOOS – MUOTATAL TOURISMUS GMBH**

ADDRESS
TELEPHONE
WEBSITE
INFO POINTS

Grundstrasse 232, 6430 Schwyz +41 (0)41 818 08 80 www.stoos-muotatal.ch Pavillon Morschach, Xaver Lüönd AG Muotathal Valley station Funicular Schwyz – Stoos,

Mountain station air gondola Morschach – Stoos, Raiffeisenbank Illgau

«For hikers. For sun worshippers. For bon vivants. For an escape from the city. For spa lovers, For cave explorers. For mountain climbers. For adrenalin addicts.»

For YOU! Discover the Stoos-Muotatal region.

