

TYPE OF TRADE	OPENING HOURS	THINGS TO KNOW	WHERE
CHOCOLATE MAKING			
Maestrani Schoggi-Land phone 071 228 38 88 Toggenburgerstr. 41, 9230 Flawil www.maestrani.ch	Mon-Fri 9am-12 noon and 2-6 pm, Sat 9am-12 noon (Sun closed). Admission free. Guided tours for individuals every Wed at 2 pm, CHF 7	Watch chocolate production from the 80 m-long visitor's gallery. They also have a shop, video terminals and a history corner.	Flawil is just a 14 min. train ride from St.Gallen (or 1 h from Zürich); from Flawil station take bus no 850.72 or 850.71.
Chocolat Alprose SA phone 091 611 88 88 Via Rompada 36, 6987 Caslano-Lugano www.alprose.ch	Mon-Fri 9am-5.30 pm Sat-Sun 9am-4.30 pm (Sat, Sun only exhibition)	Admission CHF 3.–. Factory visit Mon–Fri only, daily show in diff. languages.	20 min. train ride from Lugano (orange train direction Ponte Tresa, get off at Caslano).
CHEESE MAKING			
La Maison du Gruyère phone 026 921 84 00 1663 Pringy/Gruyères www.lamaisondugruyere.ch	Daily 9am-7pm (Jun-Sep) Daily 9am-6pm (Oct-May) Admission (includes small tasting) CHF 7/students CHF 6	Cheese making between 9–11 am and 12.30–2.30 pm (depending on season). Restaurant and shop. Exhibition "Gruyere, a journey to the heart of the senses". Different events on weekends.	4 min. train trip from Bulle. The Gruyère region is great for hiking and biking!
Schaukäserei Benedictus Monastery phone 041 638 08 88 6390 Engelberg www.schaukaeserei-engelberg.ch	Daily Mon-Sat 9am-6pm/Sun 9am-5pm Admission free	Watch cheese production daily (9.30 am – 4 pm) and eat some at the bistro. Shop, with souvenirs and cheese.	From Engelberg village it's just a few minutes' walk.
Schaukäserei Schwyzerland phone 041 819 82 82 Milchstrasse, 6423 Seewen/Schwyz www.milchstrasse.ch	Tue-Sat 9 am - 5 pm Admission free	Cheese production, shop and restaurant.	30 min. from Lucerne or 54 min. from Zurich. Get off at Schwyz train station (2 min walk).
Appenzeller Schaukäserei phone 071 368 50 70 Dorf 711, 9063 Stein/AR www.showcheese.ch	Cheese production daily $8.30\mathrm{am} - 5.30\mathrm{pm}$ (restaurant and shop daily $8.30\mathrm{am} - 6.30\mathrm{pm}$) Admission free	Daily cheese production; slide/audio information, restaurant with great choice of Appenzeller cheese.	15 min. bus ride from St.Gallen (direction Herisau). Alight at the post office in Stein.
BAKED GOODS			
Ringli Land phone 041 970 10 22 Menznauerstrasse 20, 6130 Willisau www.hug-luzern.ch	Mon-Fri 8.30 am - 6 pm, Sat 8.30 am - 4 pm (on Sat, shop only), closed on Sun. Admission free	Watch the production of traditional "Willisau Ringlis" and delicious waffle specialities, and buy some in the shop.	Hourly train from Lucerne (takes 40 min.)
Chnusper Land phone 041 499 75 04 Hellbühlstrasse, 6102 Malters www.hug-luzern.ch	Mon-Fri 8.30 am - 6 pm, Sat 8.30 am - 4 pm (on Sat shop only), closed on Sun. Admission free	Watch the production of cookies, snacks and pastries. In the shop you'll find tons of baked goods.	2 trains per hour from Lucerne (takes approx. 10 min.)
GLASS ART MAKING			
Hergiswiler Glas AG phone 041 632 32 32 Seestrasse 12, 6052 Hergiswil www.glasi.ch	Mon-Fri 9am-6pm, Sat 9am-4pm. Closed on Sun. Admission free	Great exhibition on art glass production, with museum, shop, and show. Here you'll also find Switzerland's first and only glass labyrinth (entry 5.–).	Only 10 min. by train from Lucerne (or 11/4 hrs. by boat – a great one-day tour!).







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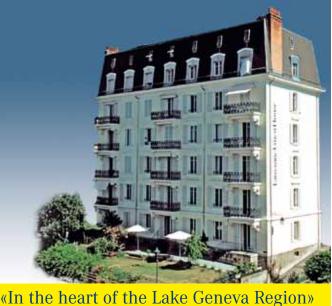




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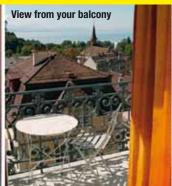
Lausanne GuestHouse & Backpacker

Epinettes 4, CH-1007 Lausanne, Tel. +41 21 601 8000, Fax +41 21 601 8001 www.lausanne-guesthouse.ch



View over the city and the lake









Interlaken, Switzerland My fravel wish list

A Stay in famous Hostel

A Party in No. 1 bar

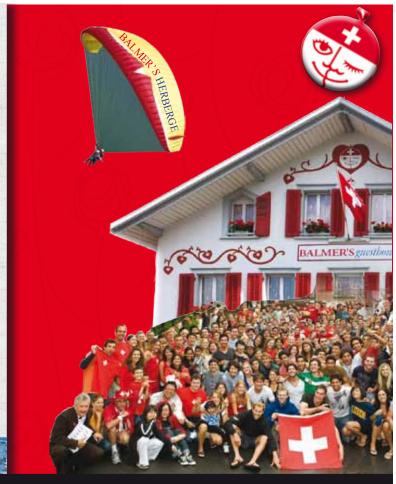
A Adventure Swiss Alps



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