

Nith a Road Map

🗲 Austria

ofVorarlberg

# Explore Vorarlberg

Spirits are high and the living is easy between Lake Constance and the Arlberg mountain in Vorarlberg in Austria's very west. The harmonious blend of mountain scenery, sophisticated culture and eye-catching architecture inspires. Standards of quality and service are high, and the food is simply delicious.

Pleasantly small in size, surprisingly varied: Vorarlberg rewards visitors with true moments of bliss. In the mountains, you will come across a colourful array of alpine pastures, forests, mountain lakes, brooks and craggy peaks. Setting out on foot, or on a mountainbike or e-bike, you can explore the scenery either on your own, or join a guided tour.

Nature discovery can ideally be combined with cultural activities. The highlights of the year are the Bregenz Festival where grand opera is performed open air on the floating stage, or the Schubertiade festival in Schwarzenberg and Hohenems, dedicated to classical music. The poolbar festival in Feldkirch combines pop culture and

A string of museums addresses various themes. Contemporary art is on show at the glass-cube structure of Kunsthaus Bregenz. The Vorarlberg museum in Bregenz lets you catch a glimpse of Vorarlberg's past and present in an entertaining way. Nature hands-on in the truest sense of the word is the overarching idea of inatura, an interactive nature discovery show in Dornbirn. The Werkraum building in Andelsbuch showcases innovative Bregenzerwald crafts and design.

In the towns and villages, you will come across a stunning mix of traditional and contemporary (timber) architecture. The regional cuisine is mouth-watering, and hospitality comes right from the heart, with unfailing commitment to quality and service.

programmes

Enjoy your stay in Vorarlberg!

# Vorarlberg in Summer

Hints, Suggestions and Ideas for Your Holidays 2019 For a real-time experience of Vorarlberg #visitvorarlberg

How to Reach Vorarlberg

Vorarlberg is within easy reach on all routes and all means of transport. The system of public transport is extremely well developed. Train and bus services are closely dovetailed in the Vorarlberg Transport Network.

## ... by car

From the north via Singen-Friedrichshafen-Lindau or Singen-Konstanz/Kreuzlingen-St. Gallen, via Ulm-Memmingen-Lindau. Via Augsburg or Munich-Memmingen-Lindau or via Nürnberg-Ulm-Lindau From the west via Zürich-St. Gallen or Zurich-Walense

Sargans. From the south via Como (I/CH)-San Bernardino-Chur; Brenner motorway (I/A)–Innsbruck or Reschen pass (I/A)–Landeck.

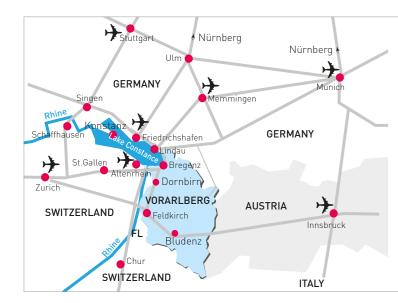
From the east via Innsbruck-Arlberg road tunnel or Arlberg pass road or via Reutte-Lechtal-Bregenzerwald The Kleinwalsertal can be reached on the A7 via Memmingen-Kempten-Immenstadt or Füssen-Immenstadt or Lindau-Immenstadt (B308), then continue via Sonthofen and Oberstdorf.

## Toll fees

Motorways and expressways in Austria are subject to toll. • 10-day sticker for passenger vehicles EUR 9.20

- 2-month sticker for passenger vehicles EUR 26.80
- One-year sticker for passenger vehicles EUR 89.20 www.asfinag.at

The Fernbus carriages also stop at Bregenz and Dornbirn (www.meinfernbus.de).



## Vorarlberg Tourismus

Poststrasse 11, Postfach 99, 6850 Dornbirn, Austria T +43.(0)5572.377033-0, info@vorarlberg.travel www.vorarlberg.travel/en, #visitvorarlberg

### ... by rail

Austria: Good connections from eastern and southern Austria, also motorail and night trains (www.oebb.at). Germany: via Lindau-Bregenz. The target station for the Kleinwalsertal is Oberstdorf/Allgäu (G). (www.deutschebahn.com and www.autoreisezug-planer.de). Switzerland: via Zürich-St. Gallen-Bregenz or Zürich-Sargans-Feldkirch (www.sbb.ch).

#### ... by air

- The nearest airports (distance in km to Bregenz):
- Lake Constance-Airport Friedrichshafen (G, 35 km),
- serving destinations from/to Germany. • St. Gallen-Altenrhein (CH, 20 km),
- direct service from/to Vienna.
- Allgäu-Airport Memmingen (G, 77 km), services within Europe.
- Zurich (CH, 119 km), intercontinental services.
- Innsbruck (A, 184 km), services to/from Vienna and Europe.

#### www.vorarlberg.travel/en

Mobility in Vorarlberg: www.vorarlberg.travel/public-transport

Distance in km for the fastest route to Vorarlberg (Bregenz):	
735 km	
419 km	
396 km	
801 km	
572 km	
307 km	
185 km	
328 km	
212 km	
618 km	
123 km	



# Six Welcoming Regions

Vorarlberg stretches some 100 km from north to south and stuns visitors for its scenic variety. From the shores of Lake Constance with its near Mediterranean feel it is just an hour's drive by car across gently undulating hills to the high alps. Shaped by different landscapes and forms of living, every one of the six holiday regions has a distinct character of its own.

#### Arlberg

More time – more space It reputation is legendary, its name stands for passion – the Arlberg. In Lech Zürs am AILDELG HOLIOAY–IIIAKELS IIIIO - MOLE SPACE for their thoughts and more time for the senses". The Lech Card is your perfect goalong, available at a bargain rate if you are staying one night or longer.

Idyllic, leisurely, pampering: Stuben am Arlberg is lined by the Lechtal alps and the Verwall group; the laidback village of the foothills of the Arlberg mountain.

#### Bodensee-Vorarlberg

Contemporary architecture, high-carat festivals and exhibitions, culinary delights and picture-book landscapes: Come and enjoy the many attractions along Lake Constance, the Rhine valley and the varied mountain scenery. The towns of Bregenz, Dornbirn, Hohenems and Feldkirch are abuzz with life, and the villages and rural areas genuine havens of peace.

#### Brandnertal - Alpenstadt Bludenz - Klostertal -**Grosses Walsertal**

Three awe-inspiring alpine valleys -Brandnertal, Klostertal, Grosses Walsertal and the alpine city of Bludenz make for the charm of this region. Entertaining and informative trails and guided activities invite families to spend time together in the great outdoors. "Enjoy nature without harming it" is the motto to which the Grosses Walsertal biosphere park subscribes.



Lech Zürs Tourismus T+43.(0)5583.2161-0 info@lechzuers.com www.lechzuers.com



Bodensee-Vorarlberg Tourismus T+43.(0)5574.43443-0 office@bodensee-vorarlberg.com www.bodensee-vorarlberg.com/en

Alpenregion Vorarlberg Tourismus T+43.(0)5552.30227 info@alpenregion.at www.alpenregion-vorarlberg.com

# he elegance of simplicity

the FAQ Bregenzerwald.

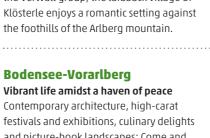
## Kleinwalsertal

Taking time out in the Alps at your hotel.

## Montafon

which the Montafon holds in store for

ambitious hobby athletes.



Having a look around is highly recommended, and getting around is pretty convenient. The system of public transport is perfectly developed, and distances are fairly short. Cable-cars whisk you up to panoramic heights. From Bregenz harbour, vessels head for the finest destinations around Lake Constance. Depending on the region, regional inclusive cards are included in the price of accommodation, or available at a well-priced rate. They are valid for rides on cable cars, buses, and mostly also for participation in guided

1,000 family-run hotels and guesthouses, some 3,500 private accommodations (apartments and rooms) Altogether some 64,000 guest beds

Facts & Figures

State capital: Bregenz

Topography:

above sea level).

Distances:

Where to stay:

Inhabitants: approx. 388,000

2,600 km<sup>2</sup> (four times the size of

Vienna, comparable to Saarland in

Germany or Luxembourg), two thirds

of Vorarlberg are more than 1,000 m

100 km from north to south. 1.5 hours

by car from Lake Constance (400m)

to the high-alpine mountains which

feature glacier-tipped summits rising

to more than 3,000m above sea level.



## Bregenzerwald

A region for connoisseurs who love the good things in life. Famed for delicious mountain An amazing mix of traditional and contemporary architecture. The Werkraumhaus in Andelsbuch show-cases craftsmanship and artisanry. Activity-minded visitors will be spell-bound by the beautiful natural scenery. Bregenzerwald Tourismus Themed trails offer a lot of new and inter-T+43.(0)5512.2365 esting information). Don't miss out on the Schubertiade festival in Schwarzenberg and www.bregenzerwald.at/en

36 peaks line the Kleinwalsertal, which is accessible by car only from Germany. Unspoilt nature at your doorstep. Whether you fancy hiking, mountaineering, rock climbing or biking, an action-packed day in the Kleinwalsertal mountains starts right

Award-winning restaurants and lodges treat visitors to culinary delicacies from the Kleinwalsertal gourmet region.

Genuine mountains. Genuine adventure. This 39 km long, high-alpine valley and its 11 villages is a genuine hot-spot for active

holiday-makers. The landscape is dotted with imposing mountains, including Vorarlberg's highest peak, the 3,312 m high mount Piz Buin. Hiking on historic trails, conquering summits on an e-mountain bike, savouring gourmet fare on mountain lodges, and exploring mountain forests are part and parcel of your daily activities, as well as mastering the various challenges



Montafon Tourismus T+43.(0)50.6686 info@montafon.at www.montafon.at/en

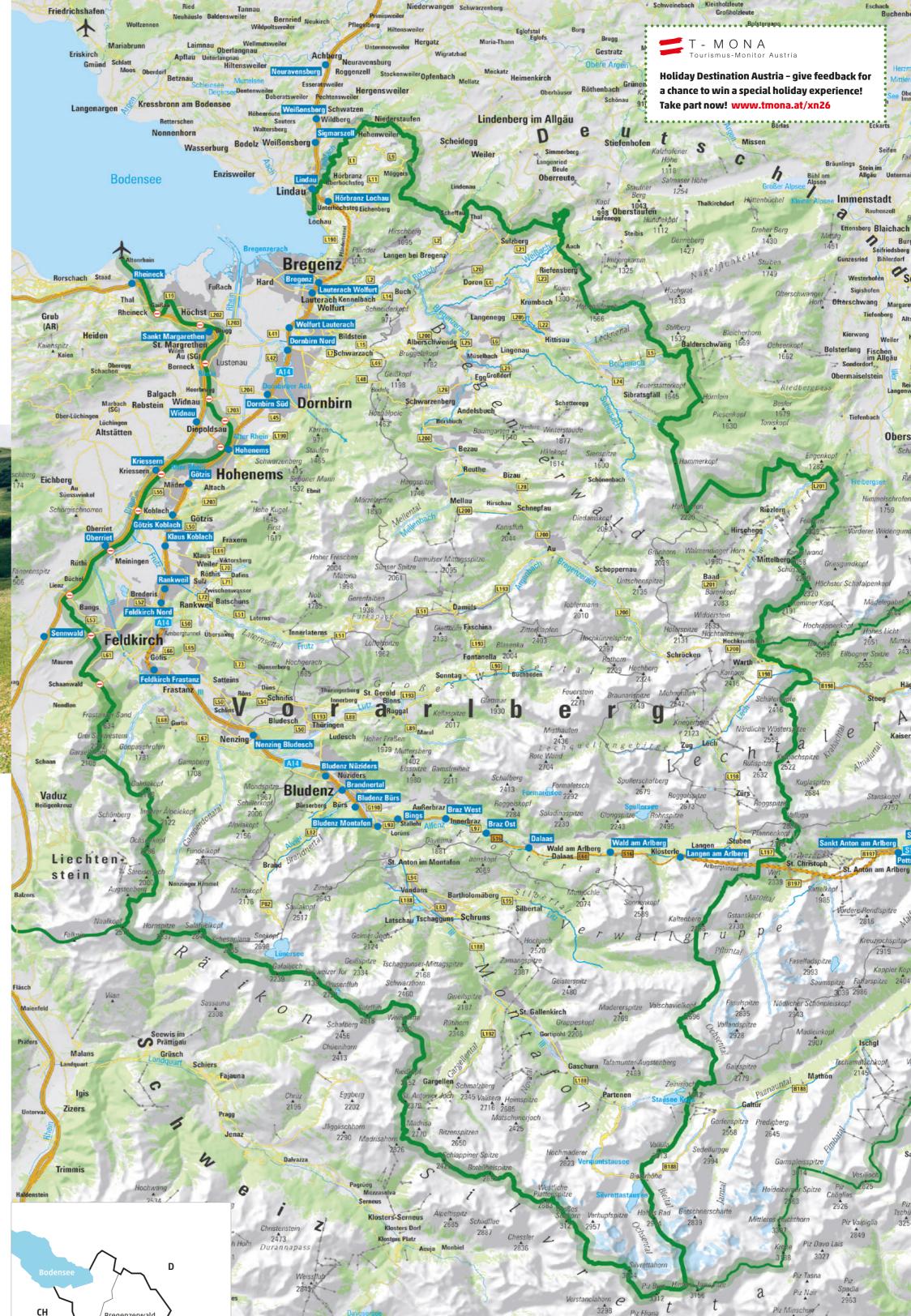
info@bregenzerwald.at

Kleinwalsertal Tourismus

info@kleinwalsertal.com

www.kleinwalsertal.com/en

T+43.(0)5517.5114-0



# More Information?

We will readily send you information on special themes or brochures and accommodation directories of the different holiday regions free of charge. Don't hesitate to order.

## Social Media

walserta

Arlbei

Bodensee-

Vorarlberg

СН

Brandnertal -

Alpenstadt Bludenz -Klostertal – Großes Walsertal

Montafor

You can experience Vorarlberg in real time on Facebook, Instagram, Twitter, Youtube and Pinterest. Share your holiday impressions with us! #visitvorarlberg #myvorarlberg



## Disclosure

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# In the High Alps and Around Lake Constance

The natural scenery is stunningly beautiful, to the delight of hikers, mountain bikers and outdoor adventurers. The mountain air has an invigorating effect and boosts your energy levels. Several programmes combine an exquisite

#### Alp and Cheese Hikes

Several hiking trails such as the Alpgang trail in Au-Schoppernau and the artist-designed Gauertal AlpkulTour in Montafon, take you to alps where the cows spend the summer. On many of these alpine farmsteads, cheese is manufactured and can be sampled on site.

#### Hiking and Fine Dining

• The Bregenzerwald Tourist Board runs themed culinary hikes through exceptionally beautiful scenery. Breakfast, lunch and dessert are served at three different mountain-top inns, restaurants or cafés.

• The Culinary Summer Hike in the Grosses Walsertal biosphere park combines a 4-hour alp walk with a three course set menu at different sites.

• The culinary walk in Brandnertal takes you from starters to the main course and dessert. There is a choice of 2 different routes.

• In Kleinwalsertal, the former award-winning chef Herbert Edlinger joins guests on a culinary walk with a picnic.On the tour we learn where the products are sourced, from meadow to plate, a delightful picnic, a stop at a Walser gourmet inn and tasting of culinary titbits from the region included.

• Whether you want to fortify yourself for a day of hiking, or enjoy a day of leisure, several mountain-top inns and alps treat their guests to a hearty mountain breakfast. Most sites can be reached by cable-car, bus or car, and some after a leisurely walk.

#### Sun, Moon and Fire

• The sunrise walk starts at around 3 o'clock in the morning, and bringing headlamps is advisable. Having arrived at the top, you will be greeted by the first rays of sunshine – a memorable experience which soothes the pain of having risen that early. Guided sunrise walks cum breakfast are offered to Loischkopf (1,810 m) in Brandnertal, to Zafernhorn (2,107 m) in the Grosses Walsertal biosphere park, Kanisfluh (2,044 m) near Au-Schoppernau and to Wartherhorn (2,256 m) near Warth-Schröcken in Bregenzerwald.

For an awesome sunrise experience, head up to Mohnenfluh (2,542 m) near Lech Zürs am Arlberg.

• There are two choices if you want to experience sunset on the mountain or spend the night under the starlit skies. In Lech Zürs am Arlberg a bivouc at Stierlochkopf (2,350 m) offers shelter for the night for a token contribution towards its maintenance. You can also camp out in the mountains in the Montafon as part of a guided hike. The campsite is in open nature above Gaschurn.

• Gaze at the setting sun from high up in the mountains: This is what you can do once a week at Diedamskopf (Au-Schoppernau) with buffet and music at a mountain-top restaurant. Sunset-walks, which can be combined with a mountain BBQ in the mountain-top restaurant, are organised in Brand.

• HERTHA GLÜCK is a story teller who accompanies themed legend walks at Kristberg in Montafon at new moon and full moon. In between the storytelling, you embark on a three-course culinary walk into the Montafon of days gone by.

dining experience with physical activity, from breakfast at sunrise to an e-bike tour up to a high-alpine farmstead. Convenient: Many starting points for walks and several look-outs can be reached by cable car.

#### • Midsummer bonfires are lit at many places in Vorarlberg around 24 June, the longest day of the year. On this occasion, the moun-

tains stand aflame in the Montafon, and on mount Pfänder near Bregenz, there is a fireworks display with live music, food and drink.

#### Min Weag – Hiking across Vorarlberg

On the "Min Weag" long-distance hike, you can explore all of Vorarlberg's landscapes on 31 legs. Starting at Lake Constance, the tour heads to Bregenzerwald, the Arlberg, Montafon, Alpenregion Vorarlberg and the Rhine valley. www.vorarlberg.travel/en/min-weag

#### E-Biking & Mountain Biking

• Head to an organic farm on an e-bike: that is the motto in the Kleinwalsertal. There, Bernhard Fritz tells visitors about his life and work as a farmer, and why he feels so strongly about regionality and organic farming.

 The daily guided tours by the biking school Bregenzerwald Au focus on the beauty of the natural scenery.

• Bike park Brandnertal offers a choice of 12 km of freeride and downhill routes for every level of proficiency. Courses and guided tours are also offered.

#### Exploring Lake Constance

Gentle shores, villages and towns in the foreground, and mountains, rolling hills and orchards in the background: A trip on Lake Constance opens up novel perspectives. From the modern port of Bregenz, the vessels of the Lake Constance fleet set out for lovely attractions around the lake. www.vorarlberg-lines.at

#### Useful Guides: Maps and App

There handy tools available to assist you in planning and finding your bearings on site. Interactive maps, which can be retrieved at www.vorarlberg.travel, describe all the itineraries in detail. Information on all recorded routes can be printed out or downloaded. Via layers, you can also insert additional information on sites worth visiting, inns and restaurants, photographs or bus stops. This data and a lot more are available on the free Vorarlberg app "Urlaub und Freizeit". Once downloaded, you will have permanent access to all information while en route. www.vorarlberg.travel/app (in German only)

For more information see www.vorarlberg.travel

#### Panorama golf

Down in the valley or up in the mountains? Vorarlberg boasts four excellent 18-hole golf courses: Rankweil in the Rhine Valley, Riefensberg in Bregenzerwald, Bludenz-Braz, and Brand in Brandnertal. There are two 9-hole courses in Montafon, lined by impressive mountain ranges. Another 9-hole course is situated in the Zug valley at 1,500m above sea level near Lech am Arlberg. More than 20 hosts specialise on the needs of golfers and offer useful hints and services. www.golfvorarlberg.at (in German only)





# Secrets and Games

Families are treated to fun-filled holidays in Vorarlberg. Enjoy quality time together and try out new things – from climbing to wilderness expeditions. That is our motto here in Vorarlberg. Adventure trails and museums promise great fun and entertainment, and supervised activities for children are offered at several resorts and by the Top-Family hosts who cater specifically to families travelling with young children.

#### Mountain Adventures

At the Golm, the local mountain in Tschagguns in Montafon, you can take the Alpine Coaster Golm all year round for downhill rides. Young adventurers, and those young at heart, simply love the new Golm forest chute park, the Golm forest rope park and the Golm zip line on which you can even cross a lake. Awe-inspiring: llamero Horst and his llamas will join you for a guided tour at Bartholomäberg.

#### Exploring Nature Playfully

Who makes the weather? What does the den of a groundhog look from inside? On themed trails, the Natursprünge trail and the animal trail in Brandnertal, you can find out what makes the mountains so spec-ial. Both trails are fitted with interactive stations. On the fauna trail you can also learn many interesting things. At Sonnenkopf, a mountain in Klostertal for families and adventure seekers, Bear Land holds out an attraction for little adventurers. Take the ride up on the Bear gondolas, and then have fun on the Bear Trail, the Bear Cavity, the Bear Playground, trick fountains, rafting on Bear Lake and a lot more. Golmi's research trail in Montafon has interesting information on fauna and flora.

#### Hiking and Riddle-Solving, Lech am Arlberg

What is the most precious good on our planet? To solve this question, you should go on a hike on the Green Ring of Riddles in Lech am Arlberg equipped with the "impossible textbook". The leisurely walk starts in Lech (1,450 m) and heads for Rud Alpe (1,560 m). At 14 stations along the route, you must answer questions and solve riddles. Having reached Rud Alpe, all young mystery-solvers will be rewarded with a gift. Moreover, they can enjoy a refreshing drink and have fun at the water playground.

#### Ride on the Wälderbähnle Nostalgia Train

On weekends from May to October, you can take a ride on the historic narrow-gauge Wälderbähnle railway in the Bregenzerwald, huffing and puffing from Bezau to Andelsbuch/Bersbuch and back. Fuelled party by diesel and partly by steam, the journey takes passengers across picture-pretty natural scenery.

#### Out and About in the Wilderness

How do you make your way across a thicket without being heard? What is there to explore in a forest? How do you read tracks or light a bonfire without a lighter or matches? A number of expeditions in Kleinwalsertal head into wilderness. Passing springs, boulders and rocks, the trail in Brandnertal crosses the Bürs gorge, a natural wonder dating from the ice age. The walk takes two to three hours to complete. Guided tours are also available.

#### Museum Experiments

A museum where you are allowed – even supposed – to touch everything? At the interactive inatura nature show in Dornbirn, this is all possible. You can crawl into a fox den, get all touchy feely with fish, experiment in the Science Centre, and learn in a playful manner how the human body works.

#### Top Family – Perfectly Looked After

A string of resorts, regions and hosts bearing the Top Family label offer programmes for families, supervised activities for children, and customised services.

#### For more information see www.vorarlberg.travel/en

#### **Inclusive Cards**

Spanning four countries, the region of Lake Constance is home to numerous sites which merit a visit. Whether a museum or a look-out, a Baroque monastery or a delicatessen manufacturer, if you are planning several outings, make sure to benefit from the different inclusive cards.

#### **Regional Inclusive Cards**

All holiday destinations in Vorarlberg offer an inclusive card. Depending on the region, these cards are valid for public transport, lifts and cable cars, museums, recreational facilities and enrolment in various programmes. In Kleinwalsertal, Brandnertal, Klostertal and Alpenstadt Bludenz the cards are included in the price of accommodation if you stay one night or longer with partner businesses, in Bregenzerwald (incl. Fontanella and Sonntag in the Grosses Walsertal biosphere park) as of three nights. In the Lake Constance -Vorarlberg region (Bodensee-Vorarlberg leisure card), in Montafon (Montafon Brandnertal Card) and in Lech am Arlberg the cards are on sale at a favourable all-in rate. www.vorarlberg.travel/en

#### V-CARD

The V-CARD is an ideal choice for frequent travellers to Vorarlberg. It is valid for one-time admission to cable-cars, mu-seums, and pools. The V-CARD sells at EUR 65 for adults and EUR 32.50 for teenagers, and is valid from 1 May through 31 October. www.v-card.at (in German only)

#### BodenseeErlebniskarte

consecutive days from late March to late October. Depending on the type of card, it includes cruises on Lake Constance, admission to some 180 tourist attractions, and discounts for top destinations around Lake Constance, such as the island of Mainau. www.bodensee.eu

A hike, cycling tour or cultural excursion is what you are planning?

# Cultural Scenes and Sites

Ingenious festivals stimulate the senses. Often, the natural scenery forms a stunning backdrop, from Lake Constance to mountain panoramas. Museums and exhibitions open up new horizons. Modern architecture and craftsmanship set new standards. Vorarlberg's architects combine a familiarity with building traditions with a sure instinct of creating what is right for a given location.

#### Unrivalled: The Bregenz Festival

The lakeside performances of the Bregenz Festival leave a lasting impression due to their atmospheric setting under the skies, a spectacular stage and first-rate music. For this summer, Giuseppe Verdi's opera Rigoletto has been scheduled from mid-July to mid-August. The programme also features opera, orchestral concerts and theatre performances.

#### "Zwischentöne", Pop & Design in Feldkirch

Hosted in February, June and November, Montfort Zwischentöne creates spaces in between dialogue, music and performances. For six weeks in summer, the poolbar festival celebrates pop culture.

#### Skyspace Lech

Artist James Turrell has created a walk-in piece of art in Oberlech. Built into a hillside, the show- and lightroom opens up new perspectives of the skies and light. In darkness, the light installation changes spatial perceptions.

#### Lech Classic Festival

From the mountain to the concert hall: the Lech Classic Festival in early August presents classical music in the romantic atmosphere of the new church.

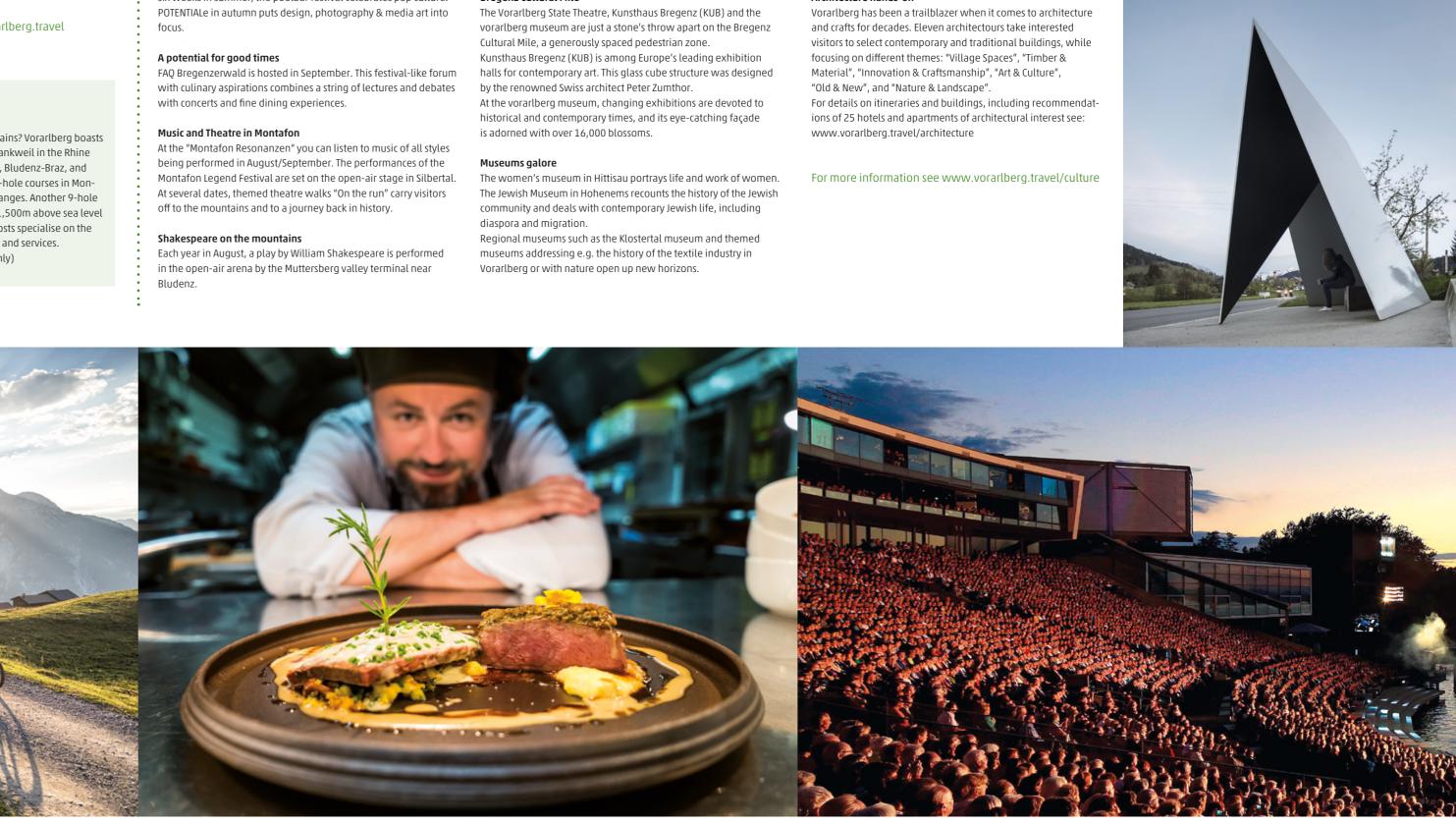
#### **Bregenz Cultural Mile**

#### Museums galore

#### Design Excellence in the Bregenzerwald

12 circular themed trails in the Bregenzerwald inform visitors about why such an innovative architecture and crafts scene could burgeon in the Bregenzerwald. Along the village trails, inconspicuous columns draw attention to specific architectural features. The Werkraumhaus in Andelsbuch hosts changing exhibitions throughout the year, showcasing modern crafts and design. The hall-like, transparent building was designed by the famous Swiss architect Peter Zumthor. It also accommodates a shop and a café.

#### Architecture hands-on



# Delicious and Delectable

Fresh, regional and refined: that is the motto of Vorarlberg's cuisine. Many specialties are sourced from local farms or small delicatessen producers. Themed programmes and events, from herbal walks to dairy-making courses or gourmet cruises, celebrate a culture of fine dining. Specialist hosts will treat you to soothing days of indulgence.

#### Regional dining offers in Brandnertal and in Bludenz

GenussErlebnis Brandnertal treats visitors to regional and seasonal fare. Four resident chefs and a guest chef invite gourmets to five culinary events in restaurants and to the foodie festival at the natural bathing pond. The composition of the set-dinner created varies on each date.

In August, chefs from the region will host the Alpine Culinary Street Food Festival in the alpine city of Bludenz with live music.

• Gathering herbs and processing them into tea, unctures and

share their knowledge on herb and meadow walks.

herbal salt is what a family herb walk in Brandnertal is all about.

• In the Grosses Walsetal biosphere park, the Achemilla herbalists

The Holdamoos nature adventure in Au-Schoppernau is home

• How are herbs gathered and processed into culinary treats?

Once a week, interested visitors herbalists and chefs from Klein-

• On herbal walks in Montafon, participants learn more about

alpine herbs and then enjoy culinary treats made of herbal

• In Lech am Arlberg, there are herbal walks at given dates in

ingredients at the Nova Stoba mountain restaurant.

the company of a gourmet chef and a herbalist.

to a luscious herb garden. On guided tours you can find out more

#### Herbal walks

about herbal secrets.

walsertal let you know the answers.

The Lake Constance Adventure Card is valid for 3, 7 or 14

## Gustav – Salon of Fine Dining Culture

Design, enjoyment, and sustainability are the themes of the "Gustav" fair which is hosted in late October in Dornbirn. Food connoisseurs and craftspeople will showcase their products, while award-winning chefs invite foodies to their "Chef's Tables". The programme also features food tastings and fire-side talks.

#### Travel in style aboard the Hohentwiel

The "Hohentwiel" is a painstakingly restored paddle-wheel steamer and is considered the most elegant vessel cruising on Lake Constance. From late April to mid-October, you can experience and enjoy this special ambience on a cruise. There is a choice of round trips with gourmet menu, lunch, jazz brunch, and afternoon tea, and a lot more.

#### Learn how cheese is made

It takes the finest milk, rennet, a lot of manual work and patience: interested visitors can learn how milk is processed into cheese at Ingo Metzler's dairying school in Egg in the Bregenzerwald, at the Montafon Cheese House, and at biosphärenpark.haus in the Grosses Walsertal. Classes are organised on given dates; groups may book individually.

#### Vorarlberg isst ..

Where should you go to dine and drink well in a special setting? "Vorarlberg isst ... besser" (Vorarlberg dines ... better) is an association of innkeepers committed to quality and ambience. Guest satisfaction reigns supreme, no matter whether you visit a rustic inn, a highly-rated restaurant, an in-crowd eatery or a wine cellar. For addresses, event tips, and recipes simply download the free gastro app from www.vorarlberg-isst.at (in German only)

#### Cookerv classes with Ms Kaufmann

A series of cookery classes hosted by Karin Kaufmann focus on regional and seasonal specialities, prepared according to age-old recipes and refined with a modern twist. The courses are held at the lovingly renovated Gasthaus Engel in Egg.

#### Tasteful souvenirs

Typical souvenirs or memorabilia of a delightful stay in Vorarlberg, from mountain cheese to chocolate, and mustard to fine brandy, are on sale at many places.

Several farm outlets, dairy farms and artisan shops offer alp and mountain cheese, meat and sausage specialities, fruit, vegetables, fine brandies and sweets for sale. If you want to give yourself a try at preparing signature Vorarlberg dishes, check out www.vorarlberg.travel/recipes for tips and hints. High-grade natural cosmetics are manufactured in Vorarlberg. For a hands-on demonstration, go and visit the open farm run by the Metzler family in Egg to see how whey and natural beauty products are made.

For more information about souvenirs and selected on-farm outlets, see www.vorarlberg.travel/souvenirs

#### Pampering holidays

If you want to give yourself a treat during your holidays, Vorarlberg's Feel Well hosts are an ideal choice. They offer fasting diets, curative mud baths, weight-loss and beauty programmes, relaxing pampering days, and activities in the great outdoors. Many Feel Well hosts have modernised and generously extended their hotels and spa areas, largely in the style of contemporary Vorarlberg (timber) architecture. www.vorarlberg.travel/wellness-holidays



## Sights & Insights – The Vorarlberg Journal

The Vorarlberg Journals feature stories about Vorarlberg and the people who live here. Every edition is dedicated to a special theme. "Poetry in Nature" deals with the poesy of the mountains. "Pure Pleasure" showcases treats and delights from cuisine to nature. "The Art of Building" traces the footsteps of architecture and crafts. "In Motion" takes us on a journey to the mountains and artistic creation. "Worlds of Winter" showcases the different facets of winter.

The next thematic focus will be coexistence and the quality of encounters.

The themed Vorarlberg Magazines are available free of charge, or can be accessed and read online at: www.vorarlberg.travel/magazine

