



AMC ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

Hike the Alps of the Principality of Liechtenstein
AMC Adventure Travel Trip #2251
September 3-11, 2022



Thank you for your interest in AMC's first ever trip to Liechtenstein!

We are delighted that you are interested in the first-ever AMC trip to the beautiful Principality of Liechtenstein. Although this is one of the smallest nations in the world, it offers not only fantastic scenery but many miles of mountainous hiking trails in its Rätikon Alps. Cindy and Sam offered the first-ever trip to Luxembourg back in 2017 (offered again by Sam in 2019) and are continuing their **small country series** by exploring new territory with this exciting trip.

Jamke/Martell – Liechtenstein 2022

We'll start and end in Zurich, Switzerland, and base ourselves in Vaduz, Liechtenstein's capital city, while taking public transportation and scenic chairlifts to our daily hikes. We're also including a tour of Zurich, an introductory walking tour of Vaduz, and a Liechtenstein wine tasting tour.

With hikes ranging around 7-8 miles and elevation gains up to 2500', this trip is [rated](#) moderate. We hope you will join us!

Trip Description

Our trip will be based in the small principality of Liechtenstein. We will be based in the capital city of Vaduz and will take public transportation to our hiking destination each day. We'll return to our hotel for a hot shower and soft bed.

Breakfasts and dinners will be at our lodging or at a local restaurant. We'll pack food or stop in small villages for lunch, depending on our location.

The trip consists of 4 days of walking at a moderate pace. Although this is primarily a walking trip, we will visit regional cultural sites as opportunity permits. Evenings are unplanned; participants will be free to relax or to join the leaders in exploring the town. Throughout our time together we will endeavor to enjoy and understand this area



through the “lens” of AMC’s mission of Recreation, Education, and Conservation.

During our trip, we will take time to visually be in awe of the Alps, meet the locals and socialize! This trip is designed for social and fit people wanting to see some beautiful countryside, have some good meals and sleep in a warm bed at the end of the day.

Expectations of Participants

This is a trip for experienced hikers who enjoy an active vacation. **You should be fit enough to walk 6 to 8 miles per day, approximately 6 hours per day, for several days in a row** carrying a day pack with your personal gear (i.e., rain gear, pack lunch, extra layers, etc.) in all different weather conditions. Daily elevation gain/loss will range between 800’ and 2900’.

While the majority of our walking will be on footpaths in the Liechtenstein Alps, participants should expect to be on rougher trails as well.

Participants should be comfortable hiking in various weather and exposures especially since we’ll be in Liechtenstein in September which is on the shoulder of their winter season.

Prior to your acceptance as a participant on this trip, you will be asked to discuss with us your capabilities and experiences. We may also request references to confirm your fitness level and suitability for participating in trip activities. While the leaders will make a reasonable attempt

to ensure a good fit between the trip and participants, you are ultimately responsible for being aware of the risks involved in the activities and for conducting yourself accordingly. You are ultimately responsible for your own safety.

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury, or lack of proper gear or fitness are examples of some conditions that might result in an individual being unable to participate in one or more activities. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

This is a group activity, we will be spending many, but not all, hours together. We expect that everyone will pitch in and contribute to helping each other have a great time.

Proposed Daily Itinerary

As of publishing, this is the currently planned itinerary. Leaders reserve the right to change and adapt the itinerary as needed by the conditions and experts in the field to ensure participant safety.

Date	Activity	Details
Day 0 Friday, Sept 2 nd	Depart your gateway city and travel by air to Zurich, Switzerland, Airport.	Meals included: None
Day 1 Saturday, Sept 3 rd	 Arrive in Zurich by 11AM and transfer to our overnight hotel in Zurich. After lunch (on your own), we're anticipating an afternoon boat/cable car tour of the Zurich area. Tonight, we will gather for our first meal together and review the plans for the coming days.	Meals included: Group dinner Approximate Mileage / hours: Minimal based on tour
Day 2 Sunday, Sept 4 th	After a Swiss breakfast, we'll take the train to Sargans, Switzerland, and a short bus ride to Liechtenstein's capital, Vaduz. After checking into our week's hotel, you're free to grab a quick lunch after which we're anticipating an afternoon guided tour of Vaduz. 	Meals included: Breakfast, group dinner Approximate Mileage / hours: <i>Approximately</i> Minimal based on tour
Day 3 Monday, Sept 5 th	 After breakfast, we'll be heading out on our first hike – the Philosopher's Trail. This loop hike takes us through the rich landscape traditionally home to the Walser people and their culture. (The Walsers, descendants of immigrants from the Swiss canton of Valais, settled in Triesenberg at the end of the 13th century and continue to speak a particularly distinctive form of the language.) The view of the Rhine Valley and the beautiful dark brown Walser houses make this trail a special experience. We will stop along the way for refreshments (on own) at Gaflei guesthouse	Meals included: Breakfast, pack lunch, group dinner Approximate Mileage / hours: 8.2 miles ~5-6 hours plus stops 2476' elevation gain/loss

Day 4 Tuesday, Sept 6th	After breakfast, we will be heading over to hike the Princess Gina Trail. We will begin this breath-takingly scenic loop with a ride from Malbun on the Sareis chairlift to save us over 1200' of climbing. We will climb over the Augstenberg, the high point of this excursion, and along the flower-carpeted ridge on a safe mountain trail down to the Pfälzer cabin of the Liechtenstein Alpine Association. For a time, we will actually be hiking along the Austrian border. We head back over the wide pastureland of the Gritsch Alp, up to the Tälhöhi and descend via the Vaduz Valley. 	Meals included: Breakfast, pack lunch, group dinner Approximate Mileage / hours: 7.4 miles ~5 hours plus stops 1700' elevation gain 2900' elevation loss
Day 5 Wednesday, Sept 7th	 Today is a non-hike day. After breakfast, you'll have free time to explore Vaduz in the morning. Then after lunch, our plan is that we will head off on a wine tour to learn about Liechtenstein's wine making process and taste some of their wine.	Meals included: Breakfast Approximate Mileage / hours: N/A
Day 6 Thursday, Sept 8th	Today we'll be heading to Schonberg Mountain. This point-to-point trek is one of the most beautiful high-altitude hikes of the Rätikon. Its location amidst the Liechtenstein Alps and the breathtaking views of the surrounding mountains make this a very popular route. We'll start in Malbun but going north rather than in the southerly direction of the Princess Gina trail. The climb to the summit (6903') is not considered difficult and from there it is downhill to Steg, with its scenic lake, considered a "seaside" resort where we hope to have dinner before heading back to Vaduz. 	Meals included: Breakfast, pack lunch, group dinner Approximate Mileage / hours: 6.4 miles ~4-5 hours plus stops 1650' elevation gain 2600' elevation loss

Day 7 Friday, Sept 9th	After breakfast, our last day of hiking is on Stage 2 of the Liechtenstein Trail. This largely downhill walk starts in Triesenberg, where it first leads us to an eye-catching rock deposited millions of years ago as the glaciers slowly retreated. The trail continues to the farmstead village of Profatscheng, where we will enjoy fantastic views of the Rhine Valley. We then head steeply downhill through the forest, past the ruins of Schalun Castle to Vaduz Castle, the most recognizable landmark in Liechtenstein. We then descend from the castle into the center of Vaduz, where we walk through the pedestrian zone and see its many museums, cross the government district, pass the St. Florin's Cathedral to the old bridge over the Rhine. Once in Vaduz, you'll be free to wander or head back to the hotel for dinner (on your own) and to prepare for our departure on the next day.	Meals included: Breakfast, pack lunch Approximate Mileage / hours: 6.4 miles ~4 hours plus stops 840' elevation gain 2290' elevation loss
Day 8 Saturday, Sept 10th	After breakfast, we'll check out of our hotel and head back to our Zurich hotel. You'll have free time to explore Zurich before gathering one more time for our last group dinner. (Photo credit: Zurich Tourist Information)	Meals included: Breakfast, group dinner Approximate Mileage / hours: N/A
Day 9 Sunday, Sept 11th	Depart for home. Breakfast is included on your last day before heading to the airport for your flight home. Or extend your stay and enjoy some time in Switzerland.	Meals included: Breakfast

Note: pictures included are not necessarily where we will be hiking that day but are shown as typical views in Liechtenstein and are used with permission from the Liechtenstein Tourism/Media Information bureau <https://www.medienportal.li/>.

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation, and unforeseeable circumstances (such as weather considerations,

natural disasters in the areas to be visited, or recommendations of governmental agencies or our transportation agent). The leaders reserve the right to make such changes as necessary, both before and during the trip.

What to Expect/Trip Rating

This trip is rated at an AMC Adventure Travel difficulty level of 4: [moderate](#) and **everyone must be able to carry their own luggage through city streets.**

If you enjoy a fast pace, you may be disappointed as we intend to take time to take pictures, enjoy the scenery, meet the local residents, and socialize with each other.

Our accommodation will be at 3- or 4-star hotels in Zurich, Switzerland, and Vaduz, Liechtenstein.

Weather

We can expect an even mix of sun and clouds during our trip. The average September temperature in Vaduz is between 50 and 70 degrees with an average of 10 days of rain during the month.

The climate is rather mild in spite of its alpine location, with wet winters and warm summers. The best periods to go to the country are

Cost of the Trip

The trip will cost:

- \$3,100 for AMC members
- \$3,200 for non-AMC members (to join AMC, [check out this link](#)).

Included is:

- 8 nights of lodging, double occupancy
- 8 breakfasts
- 6 group dinners
- 4 trail lunches
- All in-country transportation
- 2 local sightseeing tours & wine tasting
- Emergency medical and evacuation insurance

The cost of alcoholic drinks and incidentals *is not* included in the price. We recommend budgeting about \$35/day for these expenses.

Solo travelers will be paired with a same gender roommate as no single rooms will be available.

We will have breakfasts and dinners either at our hotel or at a local pub or restaurant. Lunch plans will be determined based on our days' activities; we may pack food with us or stop to eat in local villages along our route.

Participants with specific dietary requirements should contact the leaders for additional information.

between April/June and then in September/October where the temperatures are pleasant because the winds are warmed by the Foehn (winds on the leeward side of a mountain).

As always, weather can be unpredictable and suitable rainwear and insulating layers are required.

The trip fee includes an AMC overhead charge to cover the administrative expenses of offering AMC

Adventure Travel excursions and, in accordance with AMC procedures, you are subsidizing some of the leaders' cost.

The trip fee also includes emergency medical and evacuation insurance coverage which is required by AMC. You will be given information about this insurance when you are accepted on the trip.

The price for this excursion is based on estimates and/or quotes obtained as well as an estimated exchange rate at the time the trip



was submitted to the Adventure Travel Committee for approval.

The final price may be adjusted in accordance with the best final arrangements we can make; noting that the exchange rate may be the determining factor for any price increase.

As with all Adventure Travel excursions, this trip is run on a non-profit basis; any savings we achieve, as well as any cost increase we incur, will be shared by trip participants. Our

cost estimates are conservative and so a refund is considerably more likely than a price increase.

Your round-trip airfare to Zurich, which we currently estimate between \$975 and \$1,275, *is not included*. Leaders will be glad to provide information on suggested airlines and schedules and/or assist you in booking your flight.

Important Notes:

Exchange Rate: The price of the trip is subject to an increase should the value of the US dollar versus the Swiss Franc decline significantly from the estimated exchange rate of 1.00 CHF to \$1.25. Conversely, any unspent funds resulting from exchange rates being more favorable than our estimate will be refunded to the participants.

Travel Insurance: While the trip cost **does** include insurance for medical emergencies and evacuations, it **does not** include insurance for travel delay, interruption or cancellation of the trip, or baggage loss. Purchasing such insurance is strongly suggested. The leaders will send you information to help you purchase this insurance through a preferred AMC vendor or you can purchase through your own preferred vendor.

Please note that most of these types of travel insurances require you to purchase the insurance within a certain number of days after booking your trip – once you have received the official acceptance letter, please do not delay in purchasing your insurance if you choose to do so.

Risk: As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call us if you have any questions.

How to Proceed

To apply to the trip, email the leaders letting them know that you are interested in receiving the trip application forms. We will send you the application, risk release, and medical forms which you will need to print, complete, sign and return along with the required deposit check of \$1,000 made payable to the Appalachian Mountain Club. Send the completed paperwork and deposit to leader Cindy Martell at the address on the application and below.

Your official acceptance onto the trip will not happen until the leaders have determined by a



telephone conversation with you that you and the trip are a good match (aka screening). Once you have been officially accepted and the trip has the required number of qualified participants to make the trip ‘a go,’ your check will be deposited and the trip’s cancellation policy will take effect (see below). The rest of the trip fee

(\$2,100 for AMC members or \$2,200 for AMC non-members) will due on the following days:

- Payment #2 (\$1,000) on January 15, 2022
- Payment #3 (\$1,100 or \$1,200) on April 30, 2022

Cancellation Policy

Our cancellation policy is based on several considerations.

- First, a cancellation shall not raise the cost to the other participants or to the leaders
- Second, we will charge a canceling participant for the expenses already incurred on his/her behalf and any unavoidable future expenses that will be incurred as a result of his/her registration, unless they can be applied toward another acceptable participant
- Cancellation Penalty:
 - \$0 penalty if cancelled (in writing) from the time you are accepted on the trip through January 1, 2022, less any funds that fall into the category of the second bullet above.
 - \$250 penalty if cancelled (in writing) from January 2, 2022, through May 31, 2022, plus any funds that fall into the category of the second bullet above.
 - No refund if cancelled after June 1, 2022.

Please read the standard [AMC Terms and Conditions](#).

Force Majeure

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to Force Majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.]. In the event of such a cancellation, your trip fee will be refunded less any unrecouped trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc.).

Contact for More Information

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The Leaders



Sam (Ruth) Jamke, Leader

Sam is a four-season hike leader with the NH chapter and former Chapter Chair. She has led over fifteen Adventure Travel trips, including six hut-to-hut trips in Patagonia and New Zealand, as well as the first-ever AMC trip to the tiny Duchy of Luxembourg in 2017 with Cindy. She is also a hike leader for AMC August Camp. She has climbed the White Mountain Four Thousand Footers and the New England Hundred Highest in winter. Her other hiking venues include many western states, Morocco, the UK, Scotland, Canada, and Antarctica. Sam is a former AMC Information Volunteer and a former member of the Club's Board of Directors. She is looking forward to dusting off her once good German language skills.

Cindy Martell, Leader:

Cindy has been a member of AMC since 1998 and she currently works for Harvard University's Center on the Developing Child in Cambridge. Cindy is a three-season hiking/backpacking leader for AMC's Worcester Chapter, Leadership/Training Chair for AMC's Adventure Travel program, an AMC Information Volunteer, and a volunteer fill-in croo member at AMC's high huts. She has received AMC's Volunteer Leadership Award and numerous Stewardship Society Awards. Cindy has led trips to Ireland (twice), Iceland, Wales, Olympic National Park, Scotland's Isle of Skye, Luxembourg, Swiss/French Alps, and Scotland's Shetland Islands. She has also lived in Australia and is looking forward to meeting you while visiting this second-in-the-series of "small" countries. Cindy has completed training in Wilderness First Aid and CPR.

