

Basic Copy Bike

Riding A Bicycle or Bike Across the Hills of the Appenzellerland

The Appenzellerland is, first and foremost, considered a paradise for hikers. However, it also has a lot to show off as a bicycle or mountain bike destination. Guests will find different routes to explore the Appenzellerland on two wheels. Regardless of whether they are planning to take it easy while they ride their bicycle, want to take a relaxed trip or go on an ambitious athletic mountain bike tour, the region offers something for everyone.

Cycling Through the Appenzellerland

The Appenzellerland has established itself as a staging location of national and regional bicycling and mountain bike routes for several years already. For instance, the Herzroute No. 99 in Herisau is a well-known stop. Nine local bicycling and MTB routes that begin in the canton led to Ausserrhoden becoming an attractive bicycling venue in 2022, which simultaneously offers interesting ever changing routes and breathtaking views, making it a compelling destination. The signage of eight of these routes is for tours that guide your around in circles.

Start in Appenzell's Back Country

Three of the tours begin in the Appenzell Back Country. While the *Säntis Panorama Route* begins in Herisau, the *Hundwiler Höhi Route* as well as the *Potersalp Route* commence in Urnäsch. The *Säntis Panorama Route*, as evident from its name, leads straight across the Appenzell Back Country; the only village center it does not go through is Waldstatt downtown. Bikers will find it unproblematic to complete the tour on their regular bicycle or E-bike, since the entire tour leads across paved roads.

On the other hand, the two round tours that begin in Urnäsch pose quite a challenge: The *Hundwiler Höhe Round Tour* and the *Schwägalp Round Tour* call for the mastering of many elevation meters. Considering some of the sophisticated sections of the routes, it is recommended to complete these two routes on a mountain bike or an E-mountain bike. It is not by accident that these two round tours have been given their names: The riders that cross the Schwägalp respectively the Hundwiler Höhe can expect to have to climb high. They will be rewarded by fantastic panoramic views and they can enjoy culinary delights at the mountain restaurants located at stops that offer fantastic views. Both routes partially go through the canton territory of Innerrhoden.

It is recommended that guests stop at the Customs Museum in Urnäsch on all three bicycling and MTB routes.

[To the Säntis Panorama Route](#)

[To the Hundwiler Höhi Route](#)

[To the Potersalp Route](#)

Start in Appenzell's Central Land

Two routes begin in Appenzell's Central Land. The *Appenzell Mittelland Route* starts in Teufen stops at two famous lookouts: on both, the Hohen Buche and the Waldegg, riders are rewarded for their challenging efforts with a breathtaking backdrop. In between, the route guides them through downtown Trogen, where they have the opportunity to discover the Municipal Square with its baroque Grubenmann Church, the Zellweger Palaces and the children's village Pestalozzi.

Those who take the *Hoher Hirschberg Route* embark in Gais. As the name reveals, the route from here takes them up to the Hoher Hirschberg – and thus to territory that is part of Appenzell Innerrhoden. After the first climb, they already arrive at the highest point of the route - the Hoher Hirschberg with a mountain restaurant under the same name. From here, they enjoy a beautiful all-around view of the surrounding hills and mountains. They descend into the valley via Eggerstanden from the Hoher Hirschberg, passing the Lehnkapelle on their way to Appenzell and from there, back to Gais via the Meistersrüte.

[Zur Appenzeller Mittelland-Route](#)

[Zur Hoher Hirschberg-Route](#)

Start in Appenzell's Frontal Land

An impressive four of the nine regional routes begin in Appenzell's Frontal Land, specifically in Heiden. The *Appenzell Vorderland Route* passes through five of the nine municipalities in the Frontal Land and is rather taxing since it crosses close to one thousand elevation meters. Those who would like to take a more relaxed approach and still want to experience a lot should choose the *Kaien Route*. While the *Appenzell Vorderland Route* takes a detour through the Central Land to Rehetobel, riders who opt for the small round tour go through the villages of Bischofsberg and Nasen and then directly to Rehetobel. From there, the routing is the same on both options: via Kaienspitz, where the views of the Lake of Constance on the one hand and on the other side to the Säntis Massive are wide open and lead them to Heiden in the valley.

The *St. Anton Route* and the *Heiden-Rorschach Route* begin in Heiden. Contrary to the *St. Anton Route*, which requires riders to expend some energy as it crosses several elevation meters going up to St. Anton, the *Heiden-Rorschach Route* mostly leads downhill in the direction of the Lake of Constance. This route is the only one of all nine that does not have

signage as a round tour. However, since riders can take a ride on the funicular from Rorschach to Heiden, it actually does end up being a round tour.

[To the Appenzell Frontal Country Route](#)

[To the Kaien Route](#)

[To the St. Anton Route](#)

[To the Heiden-Rorschach Route](#)

The Culinary Appenzell Route

The *Culinary Appenzell Route 222* offers riders Appenzell hospitality, culinary delights, cultural highlights and fantastic views across Appenzell's hill country. Restaurants will pamper the travelers while on the road offering select Appenzell menus that guests can enjoy in a single location or by going from restaurant to restaurant, one course after another. Riders can head out for the culinary E-bike tour either in Urnäsch or in Appenzell. The route will take them alongside green meadows and Appenzell farm houses. Again and again the views of the hills, blusters and mountains open up. A visit to the show dairy making cheese in Stein will be a perfect highlight for such an adventurous day.

[To the Culinary Appenzell Route](#)

Additional regular bicycle and E-bike routes in the Appenzellerland can be discovered [here](#).

The Mountain Bike Event in Schwellbrunn

Schwellbrunn's mountain bike event is a place for bikers to meet and greet on all performance levels. The event welcomes ambitious riders as well as leisure time athletes and families. Times are not measured during this event. Everyone decides to go at their own preferred speed – be that athletically challenging or very relaxed. The routes offer fantastic views across the Säntis Massive and the charming Appenzellerland hills as well as vast views all the way to the Lake of Constance.

[More about the Mountain Bike Event in Schwellbrunn](#)

Public Transportation

Appenzeller Bahnen

appenzellerbahnen.ch

Postauto

postauto.ch/ostschweiz

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Information About Things to Do in the Canton of Appenzell Innerrhoden (Interior Land):

Appenzellerland Tourism AI

appenzell.ch