

# Information for your stay at the Alpstein Clinic



*We are looking forward to meeting you!*

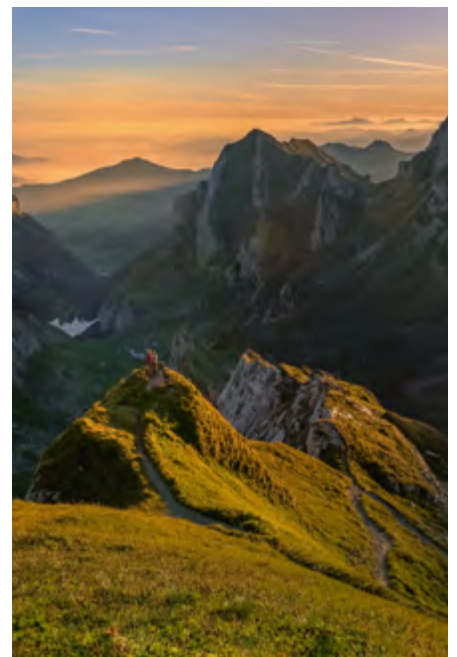


## General

# Preparations for your stay

We are pleased you will be benefiting from our Integrative Biological Medicine. We hope the following information will help you in your travel preparations.

If you have any further questions we are at your disposal any time. **We look forward to welcoming you soon in Gais!**



## Travel information

For a relaxed beginning of treatments we recommend arriving one day prior to your treatment start. Please let us know if your departure or flight is on the same day as your last day of treatment. We will be happy to adjust your program accordingly.

The best way to get from Zurich Airport to your hotel is public transport (e.g. train), cab, rental car or with our Clinic shuttle bus.

Please contact us for further information by e-mail [IPM@alpstein.ch](mailto:IPM@alpstein.ch) or phone +41 71 791 81 00.





## Welcome to Switzerland

# Your transport options to Gais

### CAR RENTAL

It is possible to rent a car at Zurich Airport. You can find more information at the following QR-Code:



Airport rental Zurich



Car rental near Clinic

### CLINIC SHUTTLE BUS

On request, we offer a pick-up service from Zurich Airport to Gais or your desired destination with our Clinic Shuttle (CHF 360.00 each way from Zurich Airport to Gais).

If you are interested, please contact our Inpatient Management: [IPM@alpstein-clinic.ch](mailto:IPM@alpstein-clinic.ch) or by telephone on: +41 71 791 81 00.

#### Clinic Shuttle cost overview per trip:

|                           |            |
|---------------------------|------------|
| Gais - Zurich center      | CHF 400.00 |
| Gais - Hotel Oberwaid     | CHF 100.00 |
| Gais - Altenrhein Airport | CHF 130.00 |

### TRAIN

Train tickets can be purchased at the counter and from the ticket machines at the Airport or train station. Most credit cards are accepted. To obtain your train tickets quickly and easily online, download the SBB app to your cell phone free of charge.

We also recommend that you withdraw some cash upon arrival. You can easily withdraw this from the ATMs at the Airport.

|   |           |
|---|-----------|
| Gais                                      | CHF 10.00 |
| Hof Weissbad/ Weissbad<br>Lodge Appenzell | CHF 30.00 |
| Hotel Einstein St. Gallen                 | CHF 70.00 |
| Train station St. Gallen                  | CHF 70.00 |
| Train station Herisau                     | CHF 90.00 |

For shuttle transport please wait at the reception of our clinic or in front of your accommodation - our driver will pick you up.

A train ride from Zurich airport to Gais costs about CHF 34.00 (2nd class). Trains leave every half hour. From St. Gallen train station you have the option to change to the Appenzell regional train or take a cab to Gais.

The Appenzell train leaves every 30 minutes and the trip takes about 25 minutes. The cost of a cab is between CHF 70.00 and CHF 90.00.



More information on the SBB page



## CAR SERVICE

These companies offer reliable and comfortable transportation services for your **longer journeys** and **airport transfers**:

### Hobbi Taxi

Vonwilstrasse 16

CH 9000 St. Gallen

Phone number: +41 76 467 00 04

or: +41 71 222 12 00

E-Mail: [info@hobbi-taxi.ch](mailto:info@hobbi-taxi.ch)



### The Swiss Limousine

Hohrainlistrasse 1

CH-8302 Kloten

Phone number: +41 78 408 02 63

or +41 79 336 10 00

E-Mail: [info@theswisslimousine.ch](mailto:info@theswisslimousine.ch)



### WegGoSwiss

Im Feld 32

CH-8424 Embrach

Phone number: +41 77 986 39 03

E-Mail: [wegoswiss@gmail.com](mailto:wegoswiss@gmail.com)

Website: [www.wegoswiss.com](http://www.wegoswiss.com)



## TAXI SERVICE

These companies offer fast and efficient transportation solutions for your **shorter journeys** in the surrounding area:

### Elite-Taxi

Mehlersweid

CH-9055 Bühler

Phone number: +41 078 800 22 02

E-Mail: [info@hobbi-taxi.ch](mailto:info@hobbi-taxi.ch)

### Taxi-Taskin

Kaustrasse 27

CH-9050 Appenzell

Phone number: +41 78 851 73 74

E-Mail: [info@taxi-taskin.ch](mailto:info@taxi-taskin.ch)





## Welcome to Gais

# Information about your stay

### INFORMATION ON ARRIVAL

Upon arrival at one of our partner hotels (Hotel Idyll Gais, Hotel Hof Weissbad, Weissbad Lodge, Hotel Einstein St. Gallen), you will receive our welcome letter with information about your starting time for your first day of treatment. You will be also informed about your starting time by e-mail.

On your first day of treatment at our clinic, your patient coordinator will give you your schedule and your personal patient folder with various important information about your stay with us.

**WIFI-password: „willkommen“**

### TRANSPORT

Transportation between the clinic and your accommodation varies in time depending on the location and distance.

### OPENING HOURS/ DAILY SCHEDULE

Our Clinic is open as follows:

|           |                      |
|-----------|----------------------|
| Monday    | 08:00 a.m.–6:00 p.m. |
| Tuesday   | 08:00 a.m.–7:00 p.m. |
| Wednesday | 08:00 a.m.–6:00 p.m. |
| Thursday  | 08:30 a.m.–6:00 p.m. |
| Friday    | 08:00 a.m.–5:00 p.m. |

#### Pharmacy hours

|                               |                      |
|-------------------------------|----------------------|
| Monday, Wednesday<br>& Friday | 08:00 a.m.–5:00 p.m. |
| Tuesday                       | 08:00 a.m.–6:00 p.m. |
| Thursday                      | 08:30 a.m.–5:00 p.m. |

#### Telephone hours

|                              |                      |
|------------------------------|----------------------|
| Monday, Wednesday & Thursday | 08:00 a.m.–5:00 p.m. |
| Tuesday                      | 08:00 a.m.–6:00 p.m. |
| Friday                       | 08:00 a.m.–4:00 p.m. |

There are no treatments on weekends, you have the opportunity to explore the area and enjoy nature. We recommend you do not plan too many activities

for the first weekend, as you may feel exhausted after the first week of treatment.

#### Daily registration

Before you begin your daily treatments, please check in at our front desk and inquire about any changes to your treatment schedule.

### IN CASE OF EMERGENCY

**+41 71 552 05 11**

|                   |                     |
|-------------------|---------------------|
| Monday-Thursday   | 5:00 p.m.–8:00 a.m. |
| Friday            | from 4:00 p.m.      |
| Saturday & Sunday | all day             |

During opening hours:

**+ 41 71 791 81 00**

Public emergency number for Switzerland 144

## **DOCTORS CONCILIUM**

For your information, doctors consilium will be scheduled on Thursday afternoons whenever possible. The entire medical team will meet with you for a 15-minute consultation to discuss the further course of treatment and answer any questions you may have.

## **CLINIC INFORMATION**

A large selection of brochures about our diagnostic and therapeutic services are available on each floor. You are welcome to help yourself. If you have any questions, our staff will be happy to help you.

## **TEA BAR AND WATER STATION**

A tea bar with various teas is available on each floor. Our pure Appenzell water springs directly from the Sommersberg near Gais. Purified and mineralized through various rock layers, our Gaiser Alpstein water is particularly rich in silicates and potassium. Enjoy the „spirit“ of the Appenzell alpine landscape with this water.

## **LOCKERS**

At the back of the first floor there are lockers for the use of our patients. A deposit of CHF 50.00 will be charged upon check-in. This amount will be refunded when the keys are returned on the day of departure - the lockers are therefore free of charge.

## **QUIET ROOM**

The quiet room is located in the rear area on the ground floor. A small refrigerator is available for storing the food you have brought with you.

## **USE OF CELL PHONES**

Patients are asked to use their cell phones only in the waiting areas.

## **FOR QUICK SHOPPING**

Next to the restaurant Falken, on the other side of the village square, there is the grocery store SPAR. Opening hours are from Monday to Friday, 08:00 a.m. to 12.00 p.m. and 01:30 p.m. to 06:30 p.m. and on Saturdays from 08:00 a.m. to 04:00 p.m.. The store is closed on Sundays. All major debit and credit cards are accepted.

## **MEDICATION**

Please bring your prescription medications with you for your entire stay. Herbal medications are not required to be brought with you.

## **SUPPLEMENTARY BAG**

For your return trip, you will receive a free Alpstein duffel bag for Alpstein Clinic medications. Please bring an additional luggage if needed to take home a 3-6 month supply of medications. The appointment for the prescription of medication usually takes place 1-3 days before you leave the clinic.

## **WHEELCHAIR/ WALKER**

If you are dependent on a walker or wheelchair, please bring it with you. Our clinic has an elevator.

## **CLOTHING AND WEATHER**

The weather in Switzerland is changeable, we recommend to dress in layers. In spring/summer it is best to bring comfortable clothes including a light jacket, sport shoes and slippers for the hotel. In winter you will also need a good warm jacket or coat, scarf, slippers, winter boots and a hat or cap.

## MUSIC, BOOKS AND NOTEBOOK

You are welcome to bring books or music (with headphones). A notebook is recommended if you wish to take notes during your doctor's visit or medication discussion, etc.

## MONEY

It is best to have a debit/credit card for cash withdrawals, if possible with no or low foreign transaction fees (please check with your bank). Please remember to notify both your bank and your credit card company when you will be in Switzerland and to increase your credit card limit if necessary. Debit cards are generally less expensive than credit cards alone for withdrawing cash from ATMs. At our clinic in Gais, the nearest ATM is about a 2 min. walk from the clinic.

## PAYMENT INFORMATION

As you can see from the cost arrangement agreements, we ask you to make an appropriate deposit prior to finalizing the therapy plan. During the stay we will ask you for another deposit to cover the remaining treatment costs. This will take place at the beginning of the 2nd week of treatment. You will also receive a cost overview of the treatments already carried out and your current account balance. We would like to point out that most of the medication will be dispensed and charged at the end of your stay.

**Please note that at the end of your stay, the entire bill must be paid by credit card. Bank transfer checks, Diners Club credit cards are not accepted.**

## INTERNET AND ELECTRONIC ADAPTERS

For electronic devices you need an adapter.

The adapter is simply an extra plug that adapts the pins to Swiss sockets. These are available online, in selected electrical stores or at the Airport. Please look for the plug type J (Swiss SEV 1011). The Swiss plugs have three rounded pins.



## SUMMER AND WINTER TIME

Daylight saving time changes on the last weekend of March (advance time by one hour). In October on the last weekend, the time is changed back to winter time by one hour.

## FOOD

If you are staying in accommodations with cooking facilities, you may use the shopping facilities listed in the healthy eating information (pages 25-28). Please note that most stores are closed on Sundays.

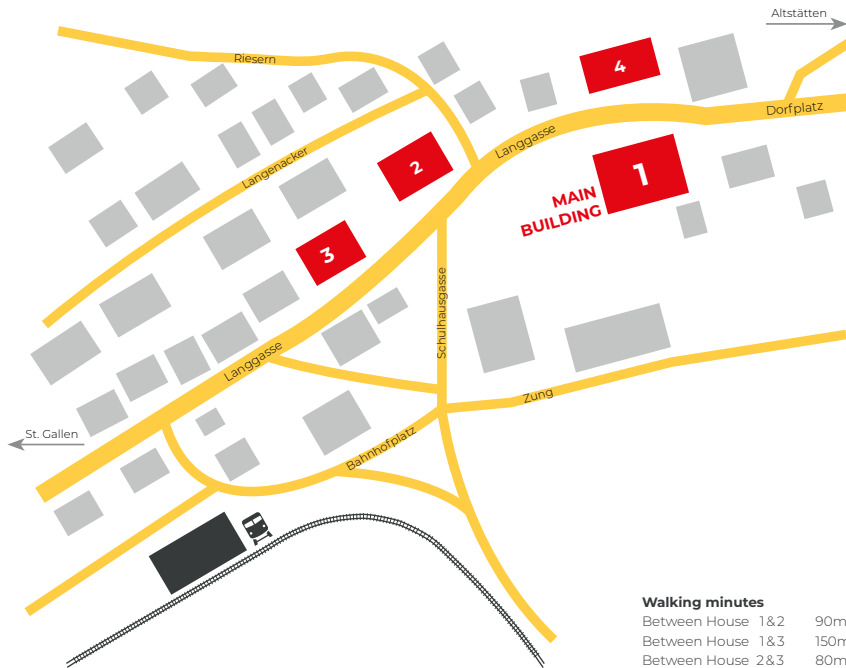
There are some that are open on Sundays - please check the opening hours beforehand to confirm.





## Our facilities

# Overview



**1**  
Alpstein Clinic AG  
Human & Dental Medicine

Dorfplatz 5  
CH-9056 Gais

**2**  
Alpstein Clinic AG  
Family Competence Center  
Private pharmacy

Riesern 1  
CH-9056 Gais

**3**  
Alpstein Clinic AG  
INUSpheresis® -Center

Langgasse 14  
CH-9056 Gais

**4**  
Alpstein Clinic AG  
sCMT-systematic cancer  
Multistep therapy

Langgasse 6  
CH-9056 Gais

### Walking minutes

Between House 1&2 90m, 2 min.  
Between House 1&3 150m, 2 min.  
Between House 2&3 80m, 1 min.

## 1 Main building – Human Medicine and Dentistry

### Ground floor: Secretariat

- Reception
- Quiet room
- Lockers
- Inpatient Management
- Book keeping

### 1st Floor: Dental Department

- Office Dr. Josef Vizkelely MD, DDS, MSc
- Office Dipl. Dentist Katalin Vizkelely DDS
- Office Dipl. Dentist Josef Michael Vizkelely DDS
- Office Prof. Dr. Holger Wehner
- Dental cleaning
- OPG x-ray / DVT scan
- Dental lab
- Magnetic field therapy

### 2nd Floor: Medical Department

- Office Dr. med. Ralf Oettmeier
- Office Dr. med. Arndt Seemann
- Office Dr. med. Karsten Ostermann
- Laboratory / Diagnostics
- Darkfield microscopy
- Doctors consilium
- Nutritional counseling
- Local hyperthermia

### 3rd Floor: Therapy / Diagnostics

- Thermography
- Infusions
- Ozone therapy
- Whole-body hyperthermia (IratheRM)
- Active fever therapy
- Colon-hydro therapy
- Manual treatments
- Indiba®

### 4th Floor:

- Office Dr. med. Torsten Gottschalck, MD
- Ozone therapy
- Infusions
- Active fever therapy

## 2 House Riesern - Family Competence Center

### Ground floor: Secretariat

- Dipl. physician Birgit Kohl, MSc
- Dr. med. Heike Herzog, MD
- Pohl Therapy Dr. med. Frank Kaiser
- Laboratory/ Diagnostics
- Coach, lic. phil. Flavia Krogh
- Esthetic treatments
- Nutritious counseling

### 1st Floor:

- Clinic pharmacy
- Infusions
- Global diagnostics / Vitatec therapy
- Detox footbath
- Ayurvedic massages

## 3 INUSpheresis® Center

- INUSpheresis® treatments
- Secretariat INUSpheresis® Center
- Office Dr. med. Frank Kaiser

## 4 sCMT-systematic cancer multistep therapy

- sCMT treatment
- Consulting room Prof. Dr. med. Holger Wehner



## Partner Hotels

# Recommended Accommodation

Stay in our beautiful PARTNER HOTELS **Hof Weissbad, Weissbad Lodge, Hotel Einstein** or **Hotel Idyll Gais** at a **REDUCED** Alpstein special price!

### HOTEL HOF WEISSBAD\*\*\*\*

The Hotel Hof Weissbad is our popular partner hotel. The health and wellness resort offers first-class comfort with 85 spacious double rooms and four junior suites. Most rooms have a balcony and a magnificent view of the Alpstein region.

#### The hotel also offers the following amenities:

- An extensive wellness area with heated indoor and outdoor pool as well as sauna and steam bath
- Rich breakfast buffet with many healthy options daily from 07:00 am to 10:30 am
- Lunch and dinner in the hotel's own restaurant with a large selection of organic, seasonal and gluten-free (vegan) dishes

- Bistro menu in the hotel lobby all day from 11:30 am to 10:00 pm
- Dinner for guests with half board from 6:00pm in the restaurant (4-course menu with a choice of 16 different dishes)
- 24-hour reception and free Wi-Fi
- Wheelchair-accessible rooms on request
- Shuttle bus from Hof Weissbad to our clinic (10 minute ride, CHF 30.00 per person and trip)

#### Address

Im Park 1, CH-9057 Weissbad

Phone: +41 71 798 80 80

E-Mail: [hotel@hofweissbad.ch](mailto:hotel@hofweissbad.ch)



#### Room price per night including breakfast

Excluding visitor's tax per person/night of CHF 2.50

|   | 1 Person        | 2 Person        |
|---|-----------------|-----------------|
| Standard room                                     | from CHF 295.00 | from CHF 415.00 |
| Comfort room                                      | from CHF 375.00 | from CHF 495.00 |
| Deluxe room                                       | from CHF 475.00 | from CHF 595.00 |
| Junior room                                       | from CHF 565.00 | from CHF 685.00 |
| Surcharge for half board in room incl. breakfast  | CHF 50.00       | CHF 100.00      |
| Surcharge for full board on room incl. half board | CHF 50.00       | CHF 100.00      |

(The selected board type when booking is binding for the entire stay and cannot be changed).

## WEISSBAD LODGE (B&B PENSION)

The Weissbad LODGE is located directly next to the main hotel Hof Weissbad. It has 25 spacious, modern double rooms with a chill-out lobby and is located directly at the foot of the Alpstein. It is an ideal starting point for hikers, bikers, snowshoe hikers or ski tourers. Check-in takes place at the reception of the main hotel Hof Weissbad. As there is no restaurant in the bed & breakfast, guests can enjoy lunch and dinner in one of the hotel restaurants in the Hof Weissbad. A simple self-service breakfast selection is available in the lobby of the LODGE:

### Facilities

- Free WIFI
- 22 garage spaces (no reservation possible)
- Washing machines and dryers, drying cupboard
- Vending machines with snacks and drinks
- Dog shower and bike washing area
- Wheelchair accessible on request
- Hof Weissbad shuttle bus service to our clinic CHF 30.00 per person and trip

### Restaurant Hof Weissbad (additionally bookable)

- Rich breakfast buffet daily from 07:00 am - 10:30 am for CHF 30.00 per person and night
- Lunch from 12:00pm to 1:30pm in the restaurant, bistro or on the terrace of the main building

- Dinner for half-board guests from 6:00pm in the restaurant for CHF 50.00 per person per night
- Hot meals in the bistro from 11:30am to 10:00pm with a la carte menu

### You have the option of booking the following additional offers at Hof Weissbad:

Admission to the indoor and outdoor pool:

07:00am - 8:00pm | CHF 28.00

5:30pm - 8:00pm | CHF 20.00

Admission to the bathing and sauna house incl.

Admission to the indoor and outdoor pool: CHF 58.00

Fitness entry: CHF 15.00

Group lesson: CHF 15.00

All-day rental of e-bikes: CHF 35.00

Half-day rental e-bikes: CHF 20.00

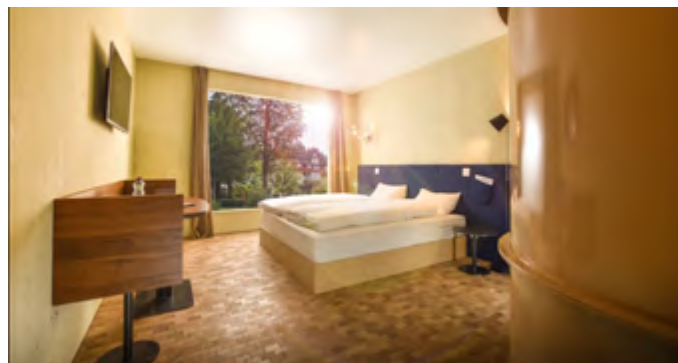
### Address

Fehrlen 2

CH-9057 Weissbad

Phone: +41 71 798 80 80

E-Mail: [hotel@weissbadlodge.ch](mailto:hotel@weissbadlodge.ch)



### Room rates including simple self-service breakfast selection per night

Exclusive visitor's tax per person/night of CHF 2.50

#### Weissbad Lodge April 1st – October 31st

Double room, 24m<sup>2</sup>

Attic room, 30m<sup>2</sup>

#### Weissbad Lodge November 1st - March 31st

Double room, 24m<sup>2</sup>

Attic room, 30m<sup>2</sup>

Surcharge for rich breakfast buffet at Hof Weissbad

Surcharge for half board at Hof Weissbad

|   | 1 Person        | 2 Person        |
|---|-----------------|-----------------|
| Double room, 24m <sup>2</sup>                       | from CHF 128.00 | from CHF 196.00 |
| Attic room, 30m <sup>2</sup>                        | from CHF 148.00 | from CHF 216.00 |
| Double room, 24m <sup>2</sup>                       | from CHF 118.00 | from CHF 176.00 |
| Attic room, 30m <sup>2</sup>                        | from CHF 138.00 | from CHF 196.00 |
| Surcharge for rich breakfast buffet at Hof Weissbad | CHF 30.00       | CHF 60.00       |
| Surcharge for half board at Hof Weissbad            | CHF 50.00       | CHF 100.00      |

(The selected board type when booking is binding for the entire stay and cannot be changed).

## HOTEL IDYLL GAIS

The vacation hotel IDYLL is located on the outskirts of Gais in the green and invites you to experience the Appenzellerland in a very close and authentic way. The inexpensive and rustic rooms have a private bathroom, closet, bed linen and hairdryer. Strong attention is paid to sustainability and selection of organic and regional products in the preparation of the menus. IDYLL offers a **shared lounge**, garden, terrace and **free Wi-Fi** in all areas. **Free private parking** is available. In and around Gais you can enjoy activities such as hiking, skiing and cycling.

**For the partner hotel we offer a free shuttle service for our patients.**

**Please note that the reception is only open until 08:00 p.m. and the hotel is not suitable for wheelchair users.**

### Address

Möser 4

CH-9056 Gais

Phone: +41 71 793 11 45

E-Mail: [info@idyll-gais.ch](mailto:info@idyll-gais.ch)



### Room rates per room per night

Room 1-2 nights

|             |     |        |
|-------------|-----|--------|
| Single room | CHF | 168.00 |
| Double room | CHF | 276.00 |

From 3 nights

|             |     |        |
|-------------|-----|--------|
| Single room | CHF | 158.00 |
| Double room | CHF | 266.00 |

Rooms are equipped with shower/ WC and can be booked half board as well as half board with vegan diet.

Visitor's tax per night/ person CHF 2.10

**Please ask for the reduced Alpstein price when booking!**



## HOTEL EINSTEIN\*\*\*\*

Our partner hotel Einstein is an elegant, first-class city hotel. It is located in the old town of St.Gallen in a quiet and central location and has 113 exquisite rooms and suites. Rooms without electromagnetic pollution are available on the so-called Ladies Floor. The Einstein Gourmet restaurant, overlooking the old town, offers haute cuisine with many healthy dishes and a large selection of vegan and vegetarian dishes. The casual Bistro St. Gallen is open all day. The hotel has a fitness park with a wellness area. **The hotel is wheelchair accessible.**

By car, the Alpstein Clinic can be reached within about 30 minutes. **Private garage parking is available.**

Hotel Einstein also offers a limousine service of CHF 60.00 per way.

For a trip by the Herold Taxi Service (+41 71 2222 777) to the Alpstein Clinic, the hotel offers a special rate of CHF 60.00 per way.

### Address

Berneggstrasse 2

CH-9000 St.Gallen

Phone number: +41 71 227 55 55

E-Mail: info@einstein.ch



### Room rates per night and person

(incl. **Alpstein special rate**, breakfast, entrance to the fitness and wellness area & VAT).

The city tax of CHF 4.00 per person/night is not included in this price.

**Please ask for the reduced Alpstein price when making your reservation!**

|                                     |                   | from 7 nights | from 8 nights |
|-------------------------------------|-------------------|---------------|---------------|
| <b>Economy</b>                      | Single room       | CHF 215.00    | CHF 205.00    |
| <b>Comfort</b>                      | Single use        | CHF 265.00    | CHF 255.00    |
|                                     | Double use        | CHF 330.00    | CHF 320.00    |
| <b>Superior-suite/ Ladies Floor</b> | Single use        | CHF 345.00    | CHF 330.00    |
|                                     | Double use        | CHF 410.00    | CHF 395.00    |
| <b>Junior-suite/ Ladies Floor</b>   | Single use        | CHF 430.00    | CHF 390.00    |
|                                     | Double use        | CHF 495.00    | CHF 455.00    |
| <b>Apartment with balcony</b>       | Without breakfast | CHF 495.00    | CHF 495.00    |
| <b>Breakfast</b>                    |                   | inklusive     | inklusive     |
| <b>Valet Parking (per day)</b>      |                   | CHF 30.00     | CHF 30.00     |
| <b>Extra bed (from Comfort)</b>     |                   | CHF 110.00    | CHF 110.00    |





## Other recommended accommodations

### HOTEL STERNEN

Small but fine newly renovated hotel only 5 minutes by car from Gais. Breakfast and dinner available.

#### Address

Guesthouse Sternen

Dorfstrasse 97

CH-9055 Bühler

Phone number: +41 71 793 17 58

E-Mail: [info@sternen-appenzellerland.ch](mailto:info@sternen-appenzellerland.ch)



### PENSION ALPENHEIM

Comfortable, quiet bed and breakfast with view of the Alpstein directly in the heart of Teufen. Approx. 5 minutes walk from the train station Teufen. Parking is available right next to the pension.

#### Address

Gremmstrasse 14

CH-9053 Teufen

Phone number: +41 71 333 12 24

E-Mail: [kontakt@pension-alpenheim.ch](mailto:kontakt@pension-alpenheim.ch)



## HOTEL ZUR LINDE

Comfortably furnished hotel with public restaurant.  
The train station Teufen is reachable in about 10 minutes on foot.

### Address

Bühlerstrasse 87  
CH-9053 Teufen  
Phone number: +41 71 335 07 37  
E-Mail: [info@hotelzurlinde.ch](mailto:info@hotelzurlinde.ch)



## HOTEL ANKER

The Hotel Anker has been renovated with great attention to detail. 10 modern rooms, central location and a public excellent restaurant make this Appenzeller house a pure experience. It is located only 2 minutes walk from Teufen train station.

### Address

Dorf 10  
CH-9053 Teufen  
Phone number: +41 71 333 13 45  
E-Mail: [info@anker-teufen.ch](mailto:info@anker-teufen.ch)



## CAFE-HOTEL APPENZELL \*\*\*\*

The Café Hotel Appenzell is located on the historic Landsgemeindeplatz in Appenzell and has 16 comfortable, spacious and modernly furnished rooms. The hotel offers an elegant restaurant with a beautiful terrace.

### Address

Am Landsgemeindeplatz  
CH-9050 Appenzell  
Phone number: +41 71 788 15 15  
E-Mail: [info@hotel-appenzell.ch](mailto:info@hotel-appenzell.ch)



## HOTEL FROHE AUSSICHT

This modest but attractive country hotel is situated in the midst of rolling meadows with a panoramic view of the Alpstein massif in the „Schwendetal“ valley. It is 15 minutes by car from the Alpstein Clinic (rental car recommended). It offers comfortable rooms of various sizes and is particularly well suited for families.

### Address

Küchenrain 11  
CH-9057 Schwende  
Phone number: +41 71 799 11 74  
E-Mail: [hotel@froheaussicht.ch](mailto:hotel@froheaussicht.ch)





## HOTEL BÄREN GONTEN

The warm hospitality of the Appenzellerland awaits you at the Boutique Hotel Bären Gonten. End the evening in the traditional tavern and enjoy a peaceful sleep in the renovated hotel. Gonten is only 20 minutes by car from Gais.

### Address

Dorfstrasse 40

CH-9108 Gonten AI

Phone number: +41 71 795 40 10

E-Mail: [info@baeren-gonten.ch](mailto:info@baeren-gonten.ch)



## OBERWAID-HEALTH RESORT & SPA\*\*\*\*

Surrounded by nature and far away from the hustle and bustle of everyday life, the first-class health resort with spa, medical center and hotel invites you to relax and feel good. After a renovation in 2012, it offers a view of Lake Constance and an adjacent park as well as 3 restaurants with outdoor terraces.

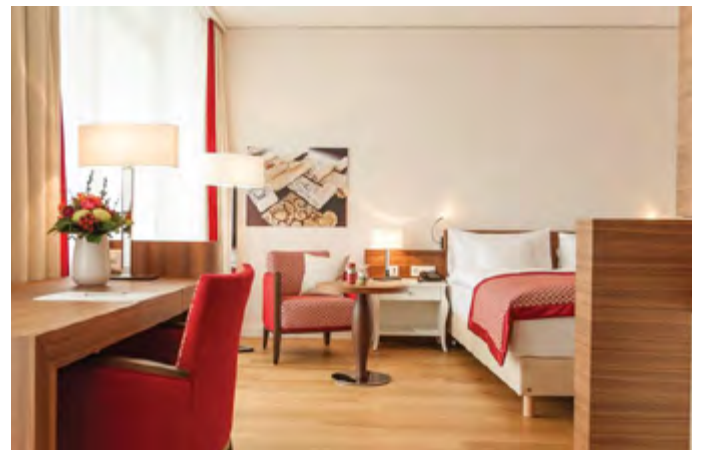
### Address

Rorschacher Strasse 311

CH-9016 St. Gallen

Phone number: +41 71 282 00 00

E-Mail: [info@oberwaid.ch](mailto:info@oberwaid.ch)



## HOTEL RADISSON \*\*\*\*

The Radisson Blu offers a 4-star service with a wonderful view. The hotel is located close to Lake Constance and the city center. Enjoy luxury in one of the 123 rooms.

### Address

St. Jakob-Strasse 55

CH-9000 St. Gallen

Phone number: +41 71 242 12 12

E-Mail: [reservation.stgallen@radissonblu.com](mailto:reservation.stgallen@radissonblu.com)



## HOTEL SÄNTISPARK\*\*\*\*

Only about 10 minutes from the center of St. Gallen lies the modern hotel with 136 rooms and 3 restaurants with outdoor terrace. Next to the hotel is the water and adventure area of the Säntispark with a bathing world, water slides and a wellness area as well as shopping facilities and a large sports and play area.

### Address

Wiesenbachstrasse 5

CH-9030 Abtwil

Phone number: +41 71 313 11 11

E-Mail: [info@hotel-saentispark.ch](mailto:info@hotel-saentispark.ch)



## HOTEL METROPOL

Comfortable and modern hotel directly at the train station of St. Gallen. Very centrally located with excellent restaurant.

### Address

Bahnhofplatz 3

CH-9001 St. Gallen

Phone number: +41 71 228 32 32

E-Mail: [info@hotel-metropol.ch](mailto:info@hotel-metropol.ch)



## SORELL HOTEL CITY WEISSENSTEIN\*\*\*\*

Modern and quietly located hotel near St. Gallen train station and city center.

### Address

Davidstrasse 21

CH-9000 St. Gallen

Phone number: +41 71 228 06 28

E-Mail: [cityweissenstein@sorellhotels.com](mailto:cityweissenstein@sorellhotels.com)



## **TAILORMADE HOTEL LEO ST. GALLEN\*\*\*\***

The Tailormade Hotel Leo, newly opened in 2023, convinces with its urban, puristic and industrial interior style, in which a lived commitment to sustainability is evident. Enjoy the view of the city of St. Gallen and the surrounding hills while relaxing in the hot tub or the sauna on the partially green roof terrace.

The rooms are air-conditioned, and the hotel has wheelchair-accessible rooms. The train station of St. Gallen can be reached by foot in about 7 minutes.

Thanks to a 24-hour self-check-in, arrival is possible at any time. If you arrive by car, there are 16 parking

spaces available in the underground parking lot of the hotel as well as 3 electric charging stations (at CHF 25 / night). Alternatively, the „Cityparking Bahnhof“ is located nearby. On the first floor you will find the restaurant „Izakaya Ekimae“ with traditional Japanese cuisine. The restaurant offers fish and meat as well as vegetarian and vegan specialties.

### **Adresse**

Grünbergstrasse 6

CH-9000 St.Gallen

Phone number: +41 71 274 09 79

E-Mail: [leo@tailormade-hotels.com](mailto:leo@tailormade-hotels.com)



# Apartments in the area

## HOLIDAY APARTMENT BOMMES

The vacation apartment offers accommodation for 2-8 persons. The accommodation is located only 10min. from the train station and offers free parking and a fireplace stove as well as a great view of the surrounding landscape.

### Address

Bommes 3

CH-9056 Gais AR

Phone number: +41 71 793 37 85

E-Mail: [dlangenegger@bluewin.ch](mailto:dlangenegger@bluewin.ch)



There are a number of Air B & B options if you search for Gais- Switzerland on the website [www.airbnb.com](http://www.airbnb.com). For this option, we recommend renting a car or using public transportation, depending on the distance to the clinic.



For more information on vacation rentals, please see the following links:



## HOLIDAY APARTMENT FAMILY ZAHNER

The cozy and light-flooded 1 1/2 room vacation apartment is located in the middle of the village of Gais and is very quiet. It offers space for up to 3 people and is a 5 minute walk from the Alpstein Clinic, shopping facilities and public transport.

The apartment has a fully equipped kitchen (including coffee maker and smoothie maker), a bathroom and a living room with double bed and sofa bed. **The apartment is not wheelchair accessible.**

- Minimum stay 3 nights
- Prices per night: 1 person CHF 70.00 and from 2 persons CHF 100.00
- One-time cleaning fee of CHF 60.00

### Address

Schwantlern 50

CH-9056 Gais AR

Phone number: +41 79 389 77 67

E-Mail: [Juliaz@hotmail.ch](mailto:Juliaz@hotmail.ch)





## Authentic dishes

# Culinary in Gais

### CAFÉ PLACE DRÜ

Enjoy a regional meal in a cozy atmosphere with a view of the Alpstein. Both vegetarian and vegan dishes are offered. Great importance is attached to regional and exquisite products in the selection of products.

**The café is closed on Tuesday and open from Wednesday to Monday from 9:00 a.m. - 05:00 p.m.**

The café is located directly next to the Alpstein Clinic on the village square. In the summer months there is seating in front of the café.

All major credit cards are accepted.

**The Café Platz Drü is wheelchair accessible.**  
Parking is available directly in front of the café.

#### Address

Dorfplatz 3  
CH-9055 Gais  
Phone number: + 41 79 777 27 04  
E-Mail: [info@platzdrue.ch](mailto:info@platzdrue.ch)



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### RESTAURANT FALKEN

Lunch is served between **11:30 a.m. and 2:00 p.m.** at the Falken restaurant. **The restaurant is closed on Tuesdays.** The Falken restaurant is located just across the village square. A selection of vegan and vegetarian dishes are offered. **Please ask the wait staff about our Alpstein Lunch menu.** The Falken restaurant is a modest but popular village tavern. Indian foodies will love this place, as the owners are of Indian descent and offer authentic dishes. During the summer months, the restaurant has a nice, cozy terrace. All major credit cards are accepted. We ask that you do not consume your own food or drink in the restaurant.

**The restaurant is closed between 02:00 p.m. and 05:00 p.m.**

The restaurant Falken is also a good choice for dinner. Please use the main entrance on the left side. The restaurant is located on the second floor.

#### Address

Dorfplatz 15  
CH-9056 Gais  
Phone number: 071 793 12 26  
E-Mail: [info@falkengais.ch](mailto:info@falkengais.ch)



*On Mondays and Tuesdays or as an alternative, you can choose from other nearby options, for example the hotel/restaurant Krone and the Böhli Bakery.*

## **HOTEL/ RESTAURANT ZUR KRONE**

Experience a stylish stay in the Hotel Krone amidst the hilly landscape of Appenzell. Traditional Appenzell specialties and seasonal à la carte dishes are served at the restaurant.

### **Address**

Dorfplatz 6,  
CH-9056 Gais  
Phone number: +41 71 790 0690



### **Opening hours**

The restaurant is closed on Monday



## **BÖHLI BAKERY**

The family-friendly café has a large terrace with children's playground and is located very close to the train station in Gais. Parking spaces are available..

### **Address**

Böhli Rhän 1390,  
CH-9056 Gais



### **Opening hours**

Monday - Friday: 06.00 a.m. - 6.30 p.m.  
Saturday: 06.00 a.m. - 5.00 p.m.  
Sunday: 07.00 a.m. - 5.00 p.m.





# Culinary recommendations from St. Gallen to Lake Constance

## RESTAURANT TIBITS

The vegetarian and vegan restaurant offers a wide selection of dishes and fresh juices in the center of St. Gallen- only 1 minute walk from the train station.

### Opening hours

|                   |                         |
|-------------------|-------------------------|
| Monday - Thursday | 08.00 a.m. - 10.00 p.m. |
| Friday + Saturday | 08.00 a.m. - 11.00 p.m. |
| Sunday            | 09.00 a.m. - 10.00 p.m. |

(Brunch from 09.00 a.m. - 2.30 p.m.)

Food is served until 30 minutes before closing time.

### Address

Bahnhofplatz 1a,  
CH-9000 St. Gallen  
Phone: +41 71 272 6111



## CASTLE WARTEGG

Wartegg Castle is a restaurant and historic hotel outside of St. Gallen, so you will need to arrive by car or train. Reservations are required. It serves local organic food from its own organic garden, free-range meat and fish from nearby Lake Constance. It is located about 20 minutes from St. Gallen, by train to Staad and a 5-10 - minute walk to the restaurant.

### Address

CH-9404 Rorschacherberg  
Phone: +41 71 858 6262  
Email: schloss@wartegg.ch





## Vegetarian, natural, organic and local

### Natural food stores

In Swiss cities, there is a combination of chain stores such as Migros, Migros Alnatura, and Coop that sell natural and organic foods, and smaller natural food stores that offer a wider range of organic and specialty foods.

The following major supermarket chains carry their own brands of organic products, and most major cities have one or more of these stores. Migros stores, which exist in almost every city, have their own organic brand called Bio Engagement. Coop stores, which are also in most cities, have their own organic line called Naturaplan. Manor's organic line is Organic Nature Plus. Globus and Spar are other store chains that offer organic products to varying degrees.

The more than 1600 Coop stores in Switzerland account for around half of all organic products sold in Switzerland, while Migros accounts for around a quarter. These stores have such a strong presence that, despite the many conventional products, they also look like huge organic stores. Migros' special labels include its own organic label, the Max Havelaar fair trade label, the Marine Steward Council label for fish, TerraSuisse, BioBaumwolle and the Forest Stewardship Council.



### SPECIAL DIETS, INCLUDING GLUTEN-FREE

Gluten-free (senza gliadine or senza glutine in Italian, sans gluten in French). Gluten-free foods can be found at the natural food stores and grocery stores listed below. Common brands include Schar, Schnitzer and Biorex. For people with cow's milk allergies, there are goat's milk (chevre in French, capra in Italian) and sheep's milk products (brebis in French and pecora in Italian) that are often, but not always, tolerated by humans who can not consume cow's milk.

If you do not tolerate cow's milk or cow's milk products, you should read the labels carefully, because sometimes cheese is made from a combination of milks, and if cow's milk is included, you should avoid it. Plants based milk like oat milk, soy milk or almond milk is available at any store.

## ALNATURA BIO SUPERMARKET

Alnatura products cover many different desires: Whether basic foods in the best organic quality for the pantry, an uncomplicated, quick and yet healthy snack before sports, or something good for an enjoyable end to the day in the evening on the sofa - Alnatura has something for everyone.

### Address

St. Leonhard-Strasse 33,  
CH-9001 St. Gallen



### Opening hours:

Monday – Friday: 08:00 a.m. – 8:00 p.m.  
Saturday: 08:00 a.m. – 6:00 p.m.  
Sunday: closed



## L'ULTIMO BACIO

Is a combined café with indoor and outdoor seating as well as a small organic and natural food store with fresh produce and other delicious items.

### Address

Poststrasse 14,  
CH-9000 St. Gallen  
Phone: +41 71 222 83 00  
E-Mail: manu@ultimobacio.ch



### Opening hours

Monday - Saturday 07:00 a.m. - 8:00 p.m.



## FAIR TRADE STORE CLARO

Claro offers a selection of organic snacks and teas. It is located in Teufen on the small square by the church opposite the Hotel Anker.

### Address

Dorf 3  
CH-9053 Teufen  
Phone number: +41 71 331 5191



### Opening hours

Tuesday - Friday from 09:00 - 11.30 a.m./ 2.00 - 6.00 p.m.  
Saturday from 09.00 - 12.00 a.m.

## MIGROS GROCERY STORE

### Address

Unteres Ziel  
CH-9050 Appenzell



### Opening hours

|                   |                         |
|-------------------|-------------------------|
| Monday - Thursday | 08:00 a.m. - 7:00 p.m.  |
| Friday            | 08:00 a.m. - 08:00 p.m. |
| Saturday          | 08:00 a.m. - 5:00 p.m.  |
| Sunday            | closed                  |

Further stores are located in Teufen, St. Gallen and Altstätten.



## STADTLADEN ST. GALLEN

A small, but very well assorted and lovely store in a side street of the Marktgasse.

### Address

Katharinengasse 12/Schwertgasse 11,  
CH-9000 St. Gallen  
Phone number: +41 71 244 2055  
E-Mail: [info@stadtladen.ch](mailto:info@stadtladen.ch)



### Opening hours:

|                   |                       |
|-------------------|-----------------------|
| Monday:           | 2:00 - 6:30 p.m.      |
| Tuesday - Friday: | 9:00 a.m. - 6:30 p.m. |
| Saturday:         | 8:00 a.m. - 5:00 p.m. |

# Farmers markets & Farm Stores

Market days in St.Gallen are Wednesday and Saturday on the market square in the old town with a very good organic stand offering organic and biodynamic products and fresh sauerkraut.

Opening hours: Wednesday 08:00 a.m. - 6:30 p.m. and Saturday 08:00 a.m. - 5:00 p.m.

From April to the end of November, a special farmers' market is held on Friday mornings from 7:30 a.m. to 1 p.m. in the marketplace, offering a variety of local foods as well as specialties such as fresh cider in glass carafes.



## FARM STORE (HOFLADEN) BOMMES

Hofladen Bommès focuses on agriculture with a future through biodynamic cultivation. The farm is seen as a whole organism with fertile soil, healthy animals and healthy food. Much emphasis is placed on the harmony between cosmos and earth as well as human and nature. In the small farm store many farm and regional products are available like: Milk products from own production or dairy Forster Herisau / Meat from own farm / Vegetables Andermatt Steinach / Vegetables, dairy products, dry products Biopartner Seon / Bread Bio- Holzofenbäcker Lehmann / Cosmetics Weleda, Soglioproducts, Lavera / Eggs Hebeisen Herisau.

### Address

Bommès 3

CH-9056 Gais AR

Phone number: +41 71 793 37 85

E-Mail: [dlangenegger@bluewin.ch](mailto:dlangenegger@bluewin.ch)



### Opening hours

Tuesday & Friday 9.00 - 11.30 a.m.

3.00 - 7.00 p.m.

Saturday

9.00 - 12.00 a.m.



## Leisure

# Tourist information

### TOURIST GUEST CARDS

The Oskar guest card is available exclusively at Oskar partner hotels and accommodation providers. Enjoy with the Oskar guest card FREE of charge many main attractions (cable cars, guided city tours, wellness centers, boat trips, museums, mini golf, etc.) and among others public transport within the Ostwind network. Ask for the Oskar guest card when making your hotel reservation!



[More Information](#)

### APPENZELL VACATION CARD

Adults and children (aged 6 and over) who spend three or more consecutive nights in an accommodation provider in Appenzell and the surrounding area, in a vacation apartment or in a B&B, receive the Appenzell Card FREE of charge for free travel on the mountain railroads, admission to museums and much more. The card is available at the reception of your hotel. Arrival and departure by public transport (2nd class) from any train station in Switzerland is also free at many accommodations.



[More Information](#)

### DAY SPA AND FITNESS CENTER WELL COME FIT ST. GALLEN EINSTEIN

You don't have to be a guest at Hotel Einstein to use the Day Spa and Fitness Center. It is located in the center of St. Gallen and you can reach it on foot or by cab from the train station. A day pass costs about 79 CHF/day. The spa has a steam room, sauna and a warm therapy pool with jets. The fitness center is fully equipped with machines.

#### Address

Berneggstrasse 2,  
CH-9000 St.Gallen  
Phone: +41 71 227 55 55  
Email: [info@wellcomefit.ch](mailto:info@wellcomefit.ch)



#### Opening hours

|                  |                        |
|------------------|------------------------|
| Monday - Friday  | 6.00 a.m. - 10.00 p.m. |
| Saturday/ Sunday | 9.00 a.m. - 7.00 p.m.  |

## LOCAL SIGHTS AND ACTIVITIES

Let yourself be inspired by the wide range of possibilities on the St.Gallen-Lake Constance Tourism website and discover the most beautiful corners of St. Gallen and the surrounding area. Whether culture, art, music or other activities, there is something for everyone.



## CATHEDRAL AND BAROQUE ABBEY LIBRARY AS UNESCO WORLD HERITAGE SITES

Located in the northeast corner of Switzerland, east of Zurich, the city of St. Gallen is a charming small town. It has much to offer, including interesting museums and beautiful hiking trails in and around the city. It also has a lively old town with cobblestone streets that are for pedestrians only. Keep your head up and look out for the over a hundred carved bay windows, especially in the old part of town. St. Gallen is full of wonderful stores and has a number of natural food stores, all conveniently located in and near the old town. The baroque Abbey Library in St. Gallen, hidden behind the cathedral, is not to be missed. The library is a work of art in itself and is a magical attraction. It is filled with valuable handwritten and illustrated books dating back to 500 AD.

Upon entering, you'll need to put giant felt slippers over your shoes to protect the inlaid wooden floors. Take plenty of time to admire the extraordinary illuminated manuscripts and imagine the monks working their brushes with their tongues to make a fine point.

### Address

Library in the monastery of St. Gall  
(signpost Abbey Library),  
Klosterhof 6D,  
CH-9000 St. Gallen  
Phone: +41 71 227 3416

### Opening hours:

|                     |                         |
|---------------------|-------------------------|
| Monday - Saturday   | 10:00 a.m. to 5:00 p.m. |
| Sunday              | 10:00 a.m. to 4:00 p.m. |
| Closed in November  |                         |
| Admission CHF 10.00 |                         |





## Bank details

# Payments from abroad

### Receiver

Alpstein Clinic AG  
Dorfplatz 5  
CH – 9056 Gais  
Phone: +41 71 791 81 00

### Bank

Appenzeller Kantonalbank  
Bankgasse 2  
9050 Appenzell

**Clearing** 763  
**BIC/Swift** AIKACH22

### For Swiss Francs

Account CHF 124.290-150  
IBAN / IPI-Code CH95 0076 3000 1242 9015 0

### For Euro

Account EUR 124.290-175  
IBAN / IPI-Code CH02 0076 3000 1242 9017 5

### For US-Dollar

Account USD 124.290-108  
IBAN / IPI-Code CH65 0076 3000 1242 9010 8

**Note:** in favor of Alpstein Clinic AG

## ALPSTEIN CLINIC

Health Center for Integrative Biological Medicine and Dentistry

### DOCTORS CONTACT:

Dorfplatz 5 | CH-9056 Gais/Schweiz  
Phone: +41 71 791 81 00 | info@alpstein-clinic.ch

### LOCATION AND ARRIVAL:

**TELEPHONE HOURS**  
**Monday/ Wednesday/ Thursday**  
08:00 a.m. – 5:00 p.m.  
**Tuesday**  
08:00 a.m. – 6:00 p.m.  
**Friday**  
08:00 a.m. – 4:00 p.m.

**OPENING HOURS**  
**Monday/ Wednesday**  
08:00 a.m. – 6:00 p.m.  
**Tuesday**  
08:00 a.m. – 7:00 p.m.  
**Thursday**  
08:30 a.m. – 6:00 p.m.  
**Friday**  
08:00 a.m. – 5:00 p.m.



PLEASE ALSO HAVE A LOOK AT OUR WEBSITE  
[WWW.ALPSTEIN-CLINIC.CH](http://WWW.ALPSTEIN-CLINIC.CH)