

# Information for your stay at the Alpstein Clinic



*We look forward to seeing you!*



## General

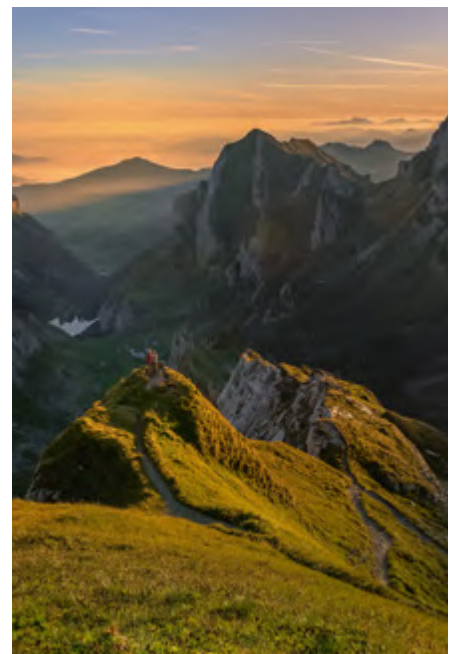
# Preparations for your stay

We are delighted that you would like to benefit from our Integrative Biological Medicine services.

We hope that the following information will help you with your travel preparations.

If you have any further questions, please do not hesitate to contact us.

**We look forward to welcoming you soon in Gais!**



# Travel information

For a relaxed start to your treatment visit, we recommend arriving one day prior to your treatment start.

Please let us know if you are departing on the same day as your last treatment appointment.

We will be happy to adjust your program accordingly.

The best way to get from Zurich Airport to your accommodation is by public transport (e.g., train), taxi, rental car or our clinic shuttle bus.

If you have any further questions or require additional information, please contact us by email at [IPM@alpstein.ch](mailto:IPM@alpstein.ch) or by phone at +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. For more information, please refer to the following QR codes:



Zurich Airport Car Rental



Car rental near the clinic

### CLINIC SHUTTLE BUS

Upon request, we offer a pick-up service from Zurich Airport to Gais or your desired destination with our clinic shuttle.

The clinic's shuttle service is also available during your stay, if requested.

For further information, please contact our Inpatient Management team.

Email address: [IPM@alpstein-clinic.ch](mailto:IPM@alpstein-clinic.ch) or by phone at: **+41 71 791 81 00**.

#### Clinic Shuttle cost overview one way / per Person:

Gais – Zurich Airport	CHF 360.00
Gais – Zurich City center	CHF 400.00
Gais – Hotel Oberwaid	CHF 100.00
Gais – Altenrhein Airport	CHF 130.00
Gais town center	CHF 10.00
Gais – Hof Weissbad / Weissbad Lodge	CHF 30.00
Gais – Hotel Einstein St. Gallen	CHF 70.00
Gais –Gonten town center	CHF 50.00
Gais – St. Gallen train station	CHF 70.00
Gais – Herisau train station	CHF 90.00

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

### TRAIN

Train tickets can be purchased at the ticket counter and from ticket machines at the airport or train station. Most credit cards are accepted. To purchase 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 do this at the ATMs at the airport.

A train ride from Zurich Airport to Gais costs approximately CHF 36.00 (2nd class) one way. Trains run every half hour. From St. Gallen train station, you can change to the Appenzell regional train or take a taxi to Gais.

The Appenzellerbahn runs every 30 minutes and the train ride takes about 25 minutes. The costs of a taxi run between CHF 70.00 and CHF 90.00.



Further information is available on the SBB website.



## CAR SERVICE / TAXI SERVICE

These companies offer comfortable and reliable transport solutions for long-distance journeys, airport transfers, and short trips.

### Hobbi Taxi

Vonwilstrasse 16

CH-9000 St. Gallen

Phone number: +41 76 467 00 04

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



### Taxi-Taskin

Kaustrasse 27

CH-9050 Appenzell

Phone number: +41 78 851 73 74

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



### The Swiss Limousine

Hohrainlistrasse 1

CH-8302 Kloten

Phone number: +41 78 408 02 63

Email: [info@theswisslimousine.ch](mailto:info@theswisslimousine.ch)



### Herold Taxi

Poststrasse 11

CH-9000 St. Gallen

Phone number: +41 71 222 27 77

Email: [info@heroldtaxi.ch](mailto:info@heroldtaxi.ch)



### WeGoSwiss

Im Feld 32

CH-8424 Embrach

Phone number: +41 77 986 39 03

Email: [wegoswiss@gmail.com](mailto:wegoswiss@gmail.com)





## Welcome to Gais

# Information about your stay

### INFORMATION ON ARRIVAL

Upon arrival at one of our partner hotels (Hotel Hof Weissbad, Lodge Hof Weissbad, Hotel Einstein, Gästehaus Bären Gais, Huus Bären Conten, Huus Löwen Conten, and Huus Quell), you will receive our welcome letter with information about your starting time for your first day of treatment. Relevant information regarding your treatment start and what to keep in mind, you will receive by e-mail prior to your arrival.

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

**WLAN-PASSWORT: WILLKOMMEN**

### TRANSPORT

The transport time between the clinic and your accommodation varies depending on the distance. Depending on your health condition, it is possible

to get to the clinic by walking, driving, or by taking the train. Our clinic shuttle is also available for your use.

### OPENING HOURS / DAILY ROUTINE

Our clinic is open as follows:

Monday	8:00 a.m. – 6:00 p.m.
Tuesday	8:00 a.m. – 7:00 p.m.
Wednesday	8:00 a.m. – 6:00 p.m.
Thursday	8:30 a.m. – 6:00 p.m.
Friday	8:00 a.m. – 5:00 p.m.

There are no treatments on weekends, giving you the opportunity to explore the area and enjoy nature. We recommend, that you do not plan too many activities for the first weekend, as you may feel tired after the first week of treatment.

#### Pharmacy opening hours

Monday	8:00 a.m. – 5:00 p.m.
Tuesday	8:00 a.m. – 6:00 p.m.
Wednesday	8:00 a.m. – 5:00 p.m.
Thursday	8:00 a.m. – 5:00 p.m.
Friday	8:00 a.m. – 5:00 p.m.

#### Daily registration

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

#### Telephone opening hours

Monday	8:00 a.m. – 5:00 p.m.
Tuesday	8:00 a.m. – 6:00 p.m.
Wednesday	8:00 a.m. – 5:00 p.m.
Thursday	8:00 a.m. – 5:00 p.m.
Friday	8:00 a.m. – 4:00 p.m.

### IN CASE OF AN EMERGENCY

At night, Saturdays & Sundays:

**+41 71 552 05 11**

Monday–Thursday	5:00 p.m. – 8:00 a.m.
Friday	from 4:00 p.m.
Saturday and Sunday	All day

During opening hours:

**+ 41 71 791 81 00**

Public emergency number for Switzerland **144**

## **INFORMATION CLINIC SERVICES**

A wide selection of information brochures about our diagnostic and treatment services is available on every floor. You are welcome to help yourself. If you have any questions, our staff will be happy to assist you.

## **TEA BAR AND WATER STATION**

A tea bar with a variety of premium teas is available on every floor. Our pure Appenzell water comes directly from the Sommersberg mountain near Gais. Purified and mineralized by various layers of rock, our Gaiser Alpstein water is particularly rich in silicates and potassium. Enjoy the «spirit» of the Appenzell Alpine landscape with this water.

## **LOCKERS**

Lockers are available for our patients to use at the rear of the ground floor. A deposit of CHF 50.00 is charged when you use a locker. This amount will be refunded when you return the key on the day of departure – the lockers are therefore free of charge.

## **QUIET ROOM**

The quiet room is located at the rear of the ground floor. A small refrigerator is available for storing food you have brought with you. Please label your food with your name.

## **USE OF WHEELCHAIRS/WALKERS**

If you require a walking aid or wheelchair, please bring it with you.  
Our clinic has an elevator.

## **USE OF MOBILE PHONES**

Patients are asked to use their cell phones only in the waiting areas. The use of loudspeakers is prohibited throughout the clinic, as this may disturb other patients' rest or recovery.

## **FOR QUICK SHOPPING**

Next to the Falken restaurant, on the other side of the village square, is the SPAR grocery store. Opening hours are Monday to Friday, 8:00 a.m. to 12:00 p.m. / 1:30 p.m. to 6:30 p.m. and Saturdays from 8:00 a.m. to 4:00 p.m. The store is closed on Sundays. All major debit and credit cards are accepted.

## **MEDICATION**

Please bring your prescription medication with you for your entire stay.  
Herbal medicines do not necessarily need to be brought with you.

## **ADDITIONAL BAG**

You will receive one free piece of luggage for medication from the Alpstein Clinic for your return journey. If necessary, please bring an additional luggage bag with you to take a 3-6 month supply of medication home with you. The appointment for prescribing medication usually takes place 1-3 days prior to your departure day.

## **WEATHER CLOTHING**

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

## INTERNET AND ELECTRONIC ADAPTERS

You will need an adapter for electronic devices. The adapter is simply an additional plug that adapts the pins to Swiss sockets. These are available online, in selected electronics stores, or at the airport. Please make sure you get a type J plug (Swiss SEV 1011). Swiss plugs have three rounded pins.



## SUMMER AND WINTER TIME

Daylight saving time changes on the last weekend in March (clocks are set forward one hour). On the last weekend in October, the time is set back one hour to winter time.

## NUTRITION

If you are staying in accommodation with cooking facilities, you can use the shopping facilities listed in the information on healthy eating (pages 31-33). Please note that most shops are closed on Sundays. There are some that are open on Sundays – please check the opening hours to avoid disappointment.

## PARKING

Free parking spaces are available for our patients directly in front of all clinic buildings. In addition, you will find numerous parking spaces in the village square. With the blue parking disc, you can park there for up to 3 hours free of charge. Please place your parking disc in a clearly visible position behind the windshield and set the arrival time accordingly. For longer parking periods, parking in the village square is subject to a charge: **CHF 5 per day**, payable conveniently via **TWINT** or the **ParkingPay app**.



Please note that compliance with the parking time is checked regularly.

Exceeding this limit may result in a fine of CHF 40.00

## MUSIC, BOOKS, AND NOTEBOOKS

You are welcome to bring books or audio content for relaxation. Kindly use 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 fees for foreign transactions (please check with your bank). Please remember to inform 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 usually cheaper than credit cards for withdrawing cash from ATMs. Here in Gais, the nearest ATM is about a 2-minute walk from the clinic.

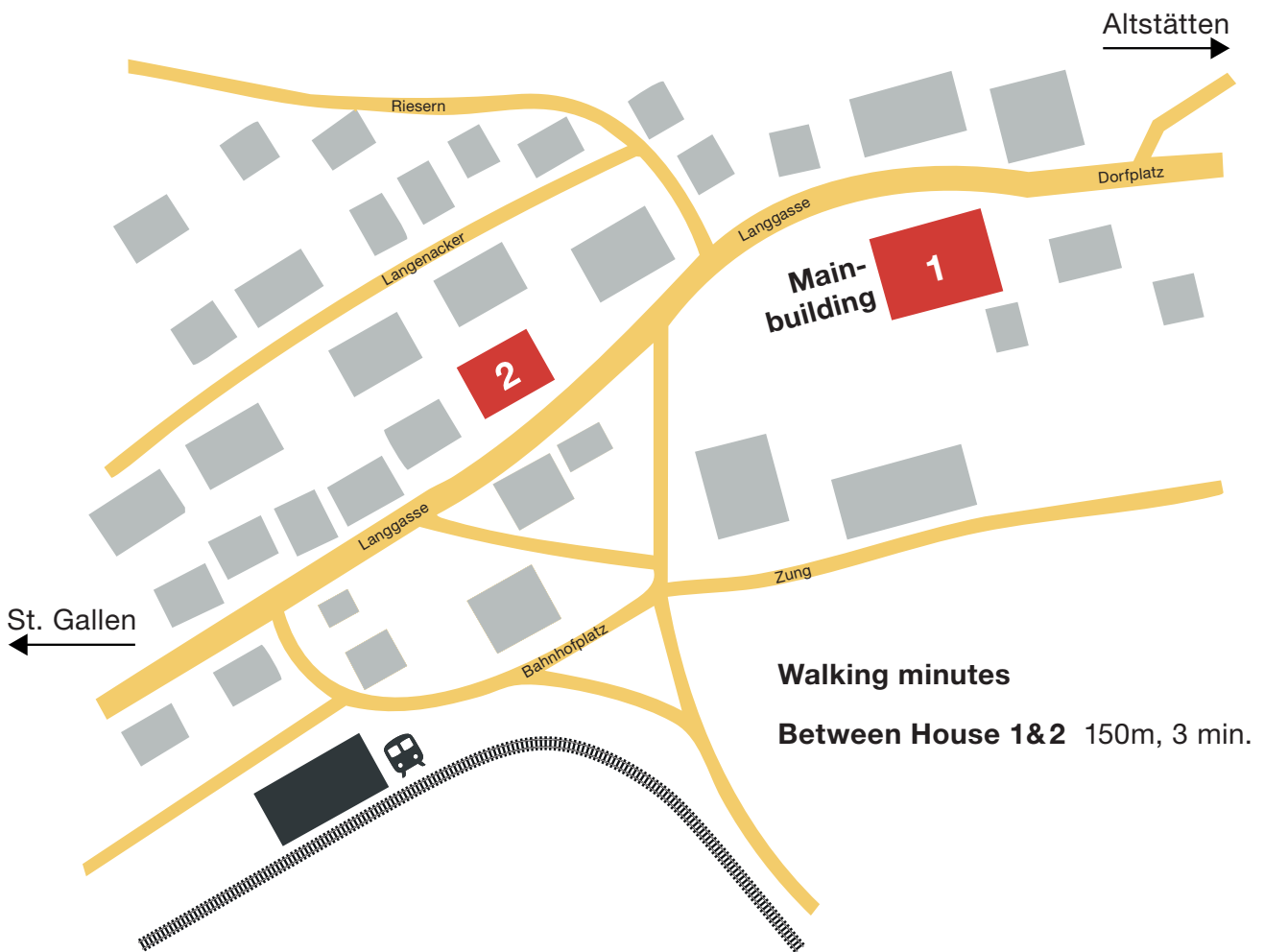
## PAYMENT INFORMATION

As you can see from the cost regulation agreements, we ask you to make a corresponding down payment before the final therapy plan is drawn up. During your stay, we ask you to make a further down payment to cover the remaining therapy costs. This takes place at the beginning of the second 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 the entire bill must be paid by credit card at the end of your stay. Bank transfers, checks, and Diners Club credit cards are not accepted.**

*Building plan of the Alpstein Clinic*



1.  
Alpstein Clinic AG  
**Alpstein Medical & Alpstein Dental**  
Dorfplatz 5  
CH-9056 Gais

2.  
Alpstein Clinic AG  
**House Langgasse**  
Langgasse 14  
INUSpheresis® Center  
Private Pharmacy  
Therapies



## Partner Hotels

# Recommended accommodation

Stay at one of our beautiful PARTNER HOTELS Hotel Hof Weissbad, Lodge Hof Weissbad, Hotel Einstein, Gästehaus Bären Gais, Huus Bären or Huus Löwen.

### RESORT HOF WEISSBAD

The Hof Resort comprises the 4-star superior Hotel Hof Weissbad with a modern spa and wellness area, as well as the 3-star Hotel Lodge Hof Weissbad.

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

A comprehensive experience awaits you at the Hotel Hof Weissbad. The lovingly designed and spacious 90 rooms combine traditional elements with modern design. Most rooms have a balcony and a magnificent view of the Alpstein region.

The hotel also offers the following amenities:

- Modern spa and wellness area with heated indoor and outdoor pools, sauna, and steam bath
- Extensive breakfast buffet daily from 7:00 a.m. to 10:30 a.m.
- Lunch (12:00 p.m. to 1:30 p.m.) and dinner (from 6:00 p.m.) in one of the restaurants

(including gluten-free & vegan dishes) à la carte or half board (4-course gourmet menu)

- Bistro menu in the hotel lobby from 11:30 a.m. to 10:00 p.m.
- 24-hour reception
- Wheelchair-accessible rooms on request
- Free shuttle bus to Appenzell (3 km) 4 times a day
- Free use of e-mountain bikes and city e-bikes
- Indoor parking (CHF 15 per night) and outdoor parking (CHF 8 per night)
- Shuttle bus from Hof Weissbad to our clinic (10-minute journey, CHF 30.00 per person per trip)

#### Address

Im Park 1

CH-9057 Weissbad

Phone number: +41 71 798 80 80

Email reservation@hofweissbad.ch



#### Room price including breakfast per night

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

#### Hof Weissbad

Single room:

from CHF 250.00

Double room:

from CHF 340.00

«Alpsteinclinic» 10% discount already included

How to add the patient discount:



## LODGE HOF WEISSBAD\*\*\*

If you like modern, uncomplicated, and spacious accommodations, the Lodge Hof Weissbad is the right place for you. It is located a 2-minute walk from the main Hotel Hof Weissbad building. The 25 light-filled rooms impress with their clean lines, warm materials, and plenty of space to relax. Check-in/check-out and dining are located at the Hof Weissbad.

### Amenities:

- Free shuttle bus to Appenzell (3 km) 4 times a day
- Billiards/table soccer in the lobby (free of charge)
- Free use of e-mountain bikes and city e- bikes
- Vending machine in the lobby with a wide range of snacks and drinks
- Indoor parking (CHF 15 per night) and outdoor parking (CHF 8 per night)
- Wheelchair-accessible rooms available on request

As a guest at Lodge Hof Weissbad, you have the option of booking the following services at Hotel Hof Weissbad at a reduced rate:

- 4-course gourmet menu in the restaurant CHF 65 (Appenzell evening with buffet on Wednesdays as part of half board)
- Admission to indoor and outdoor pool CHF 14
- Admission to the baths and sauna house, including indoor and outdoor pools, from 16 years of age
  - Full day (4 hours or more) CHF 65
  - Half day (up to 4 hours) CHF 45

### Address

Fehrlen 2

CH-9057 Weissbad

Phone number: +41 71 798 80 80

Email [reservation@weissbadlodge.ch](mailto:reservation@weissbadlodge.ch)



### Room rates include a simple self-service breakfast selection per night

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

### Lodge Hof Weissbad

Single room:

from CHF 150.00

Double room:

from CHF 230.00

«Alpsteinclinic» 10% discount already included

How to add the patient discount:

Half board and breakfast buffet available at Hof Weissbad for an additional charge



## 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. On the so-called Ladies Floor, rooms without electromagnetic pollution are available.

The Einstein Gourmet Restaurant, overlooking the old town, offers haute cuisine with many healthy dishes and a large selection of vegan and vegetarian options. The casual Bistro St. Gallen is open all day.

The hotel has a fitness center with a wellness area.

**The hotel is wheelchair accessible.**

The Alpstein Clinic can be reached by car in approximately 30 minutes. Private garage parking is available. The Hotel Einstein also offers a limousine service from St. Gallen to Gais for CHF 60.00.

The hotel offers a special rate of CHF 60.00 per trip for a taxi ride with Taxi Herold (+41 71 222 777) to the Alpstein Clinic.

### Address

Berneggstrasse 2

CH-9000 St. Gallen

Phone number: +41 71 227 55 55

Email: [info@einstein.ch](mailto:info@einstein.ch)

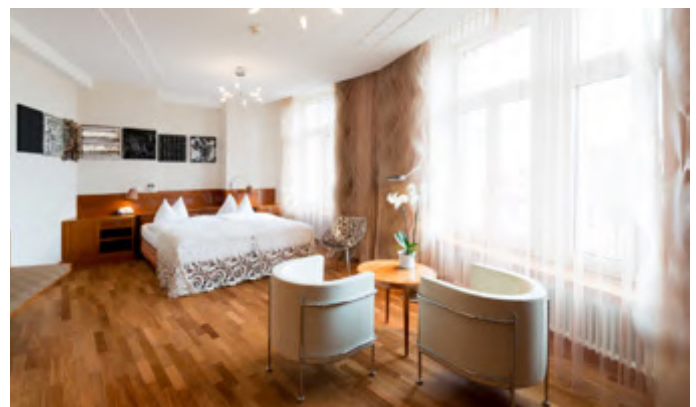


### Room rates per night and person

(including Alpstein special rate, breakfast, access to the fitness and wellness area, and VAT) The city tax of CHF 4.00 per person/night is not included in this price.

**Please ask for the reduced Alpstein Clinic 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 occupancy	CHF 265.00	CHF 255.00
	Double occupancy	CHF 330.00	CHF 320.00
<b>Superior Suit / Ladies Floor</b>	Single occupancy	CHF 345.00	CHF 330.00
	Double occupancy	CHF 410.00	CHF 395.00
<b>Junior Suit / Ladies Floor</b>	Single occupancy	CHF 430.00	CHF 390.00
	Double occupancy	CHF 495.00	CHF 455.00
<b>Breakfast</b>		included	Included
<b>Valet parking (per day)</b>		CHF 30.00	CHF 30.00
<b>Extra bed (from Comfort room category)</b>		CHF 100.00	CHF 100.00



## BÄREN – THE GUESTHOUSE GAIS

This family-run hotel is located on the quiet outskirts of Gais and combines historic architecture with modern comforts. Housed in a traditional Appenzell building, this small hotel offers nine lovingly renovated rooms and a personal, relaxed atmosphere.

Regional specialties are served for breakfast – freshly prepared egg dishes, homemade Bircher muesli, and other delicacies. Gluten-free bread rolls can also be provided on request.

For early risers, an early bird breakfast is available from 6:30 to 7:45 a.m. upon advance reservation, served at the Böhli bakery in Gais.

Enjoy dinner in one of the restaurants in and around Gais and indulge in regional and international cuisine. Half-board can also be booked as an option. This includes a 3-course menu at the traditional Hotel Krone in Gais. For detailed information, please contact the guesthouse directly.

In the summer months, the beautiful garden with seating and deck chairs invites you to linger. Wi-Fi and parking are available to guests free

of charge. For guests, a lockable storage room is available, and an e-bike can be conveniently charged on site. Suitable duvets are available for allergy sufferers, and a barrier-free room is available on request. You will get the best prices if you book directly on the hotel website or make an inquiry by email or phone.

The Alpstein Clinic is about 1 km away and can be easily reached on foot in about 15 minutes. Alternatively, guests can use the clinic's shuttle service (CHF 10.00 per ride one way).

Find out more about attractive package deals on the website or contact the accommodation directly.

### Address

Bären – The Gästehaus Familie Löpfle  
Zwislenstrasse 42

CH-9056 Gais

Phone number: +41 71 793 11 77

Email: [info@baerengais.ch](mailto:info@baerengais.ch)

[www.baerengais.ch](http://www.baerengais.ch)



## HUUS BÄREN\*\*\* – GONTEN

The traditional partner hotel Huus Bären was built in 1602 and looks back on over 400 years of history – a successful combination of historical charm and modern comfort. The lovingly furnished rooms and suites offer cozy retreats with high-quality box-spring beds, free Wi-Fi, and carefully selected details that underline the typical Appenzell ambience.

The «Bärenstobe» restaurant serves reinterpreted Appenzell specialties prepared from fresh, regional ingredients. A rich breakfast buffet ensures a good start to the day.

The exclusive spa area is located in Huus Bären and invites you to relax with a sauna, steam bath, and sensory showers. A special highlight awaits you in the neighboring Huus Löwen. On the roof terrace under the striking pointed roof, you can enjoy the outdoor hot tub with a unique view, which can only be booked exclusively.

The hotel is located directly on the Gonten golf course and is only about 11 km (13 minutes' drive) from the Alpstein Clinic, which guarantees convenient and quick access.

Guests have access to free parking, an e-charging station for electric vehicles, and, for stays of 3 nights or more, the Appenzeller holiday card with numerous inclusive services.

Please indicate when booking that you are a patient of the Alpstein Clinic and benefit from an exclusive Alpstein Clinic discount.

### Address & Contact

Appenzeller Huus AG

Dorfstrasse 40

CH-9108 Gonten

Phone number: +41 71 795 40 10

Email: [info@appenzellerhuus.ch](mailto:info@appenzellerhuus.ch)



## HUUS LÖWEN\*\*\*\* – GONTEN

The Huus Löwen, newly renovated in 2023, impresses with modern comforts and a friendly, bright atmosphere. With 24 rooms, including some wheelchair-accessible and family-friendly accommodations, the hotel is ideally suited to the needs of a wide variety of guests.

The «Löwenstobe» restaurant offers a varied cuisine that combines traditional Appenzell dishes with modern, sustainable, vegetarian, and vegan options. In summer, the large terrace with around 80 seats invites guests to linger.

The stylish wellness area in the neighboring Huus Bären invites you to relax with a sauna, steam bath, and sensory showers – and is available to all guests free of charge. On the roof terrace of Huus Löwen, directly under the striking pointed roof, you will find an outdoor hot tub that can be booked exclusively – with breathtaking views and a very special atmosphere.

Huus Löwen is located directly opposite Huus Bären and is also only around 11 km (13 minutes' drive) from the Alpstein Clinic. Free parking, an e-charging station, and the Appenzeller holiday card are also included in the offer.

Please indicate when booking that you are a patient of the Alpstein Clinic and benefit from an exclusive Alpstein Clinic discount.

### Address & Contact

Appenzeller Huus AG

Dorfstrasse 40

CH-9108 Gonten

Phone number: +41 71 795 40 10

Email: [info@appenzellerhuus.ch](mailto:info@appenzellerhuus.ch)



## HUUS QUELL\*\*\*\*\* GONTEN

The exclusive 5-star hotel Huus Quell forms the luxurious centerpiece of the Appenzeller Huus and combines modern comfort with the tranquility and authenticity of the Appenzell region. With a limited number of elegantly designed rooms and suites, the hotel offers a highly private and stylish atmosphere.

The air-conditioned rooms are tastefully furnished and feature high-quality amenities such as a flat-screen TV, safe, desk, kettle, and a modern bathroom. Natural materials, warm tones, and carefully selected details create a harmonious connection to the alpine surroundings and ensure a comfortable and relaxing stay.

A particular highlight is the spacious wellness and spa area, covering 2,200 m<sup>2</sup>, featuring a sauna, various relaxation areas, and additional facilities dedicated to rest and regeneration. The offering is complemented by a terrace, a garden, and an elegant bar area.

From a culinary perspective, guests can enjoy a diverse selection ranging from à la carte breakfast

to vegetarian and vegan options, with a strong focus on quality and freshness. Guests also benefit from the full gastronomic offering of the Appenzeller Huus, featuring regionally inspired cuisine.

Huus Quell is located in close proximity to Huus Bären and Huus Löwen, directly next to the Gonten golf course, and approximately 11 km (about a 13-minute drive) from Alpstein Clinic. The hotel also offers a 24-hour reception, room service, complimentary Wi-Fi, and private on-site parking.

**Please mention that you are a patient of Alpstein Clinic when making your reservation to benefit from an exclusive Alpstein Clinic discount.**

### Address & Contact

Appenzeller Huus AG

Dorfstrasse 40

CH-9108 Gonten

Phone: +41 71 795 40 10

Email: [info@appenzellerhuus.ch](mailto:info@appenzellerhuus.ch)



## APPENZELLER HUUS – WELLNESS & RELAXATION IN GONTEN

The three properties **Huus Bären**, **Huus Löwen**, and **Huus Quell** together form the Appenzeller Huus, combining traditional Appenzell hospitality with modern comfort and a holistic approach to relaxation. While each house has its own unique character, guests benefit from a shared infrastructure and service concept.

The central wellness and spa area is located in Huus Quell and is complemented by additional facilities in Huus Bären. Depending on availability and offering, the infrastructure is accessible to guests of all three properties, creating a diverse and high-quality overall experience.

At Huus Quell, guests can enjoy a spacious wellness and spa area covering 2,200 m<sup>2</sup>, set in a peaceful alpine environment. An indoor and outdoor pool with views of the surrounding nature, various saunas, and a steam bath provide ideal conditions for relaxation and regeneration. Several quiet zones invite guests to unwind and enjoy a peaceful atmosphere away from everyday life.



The offering is further enhanced by modern treatments such as hyperbaric oxygen therapy (HBOT) and cryotherapy. These therapies can be used to support recovery, performance, and overall well-being and can be booked individually, subject to availability. The spa and wellness center also offers a range of additional treatments designed for both relaxation and targeted activation, making them an ideal complement to a health-focused stay.

Patients of Alpstein Clinic receive a **20% discount on HBOT and cryotherapy treatments in the spa area.**

For reservation inquiries, guests referring to Alpstein Clinic are welcome to contact the hotel directly.

For stays of 15 nights or more, a prepayment of 50% of the booked room rate is required.

The following cancellation policy applies:

For stays of 1–14 nights, free cancellation is possible up to 3 days prior to arrival; thereafter, 100% of the booked stay will be charged. For stays of 15 nights or more, staggered cancellation conditions apply (30% from 90 days, 50% from 60 days, and 100% from 30 days prior to arrival). Seasonal variations may apply.

For spa reservations, please contact:

[spa@appenzellerhuus.ch](mailto:spa@appenzellerhuus.ch)

For room reservations:

[reservations@appenzellerhuus.ch](mailto:reservations@appenzellerhuus.ch)





## Other recommended accommodations

### HOTEL IDYLL GAIS

Nestled in peaceful green surroundings just outside Gais, Hotel Idyll offers guests the opportunity to discover the Appenzell region in all its unspoiled beauty. The rooms are cozy and simply furnished in a rustic style, most with en suite bathrooms, wardrobes, and hairdryers.

Guests can use the communal lounge, garden, and terrace. Wi-Fi and free parking are available.

Please note that the reception desk is only open until 5:00 p.m. on weekdays and has very limited staff on weekends.

The hotel is not wheelchair accessible.

#### Address

Möser 4

CH-9056 Gais

Phone number: +41 71 793 11 45

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



### HOTEL STERNEN\*\*\*\*

Small but charming, newly renovated hotel just 5 minutes by car from Gais. Breakfast and dinner available.

#### Address

Landgasthof Sternen

Dorfstrasse 97

CH-9055 Bühler

Phone number: +41 71 793 17 58

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



## PENSION ALPENHEIM

Cozy, quiet bed and breakfast with a view of the Alpstein in the heart of Teufen. Approximately a 5-minute walk from Teufen train station.

Parking is available right next to the guesthouse.

### Address

Gremmstrasse 14

CH-9053 Teufen

Phone number: +41 71 333 12 24

Email: kontakt@pension-alpenheim.ch



## HOTEL ZUR LINDE\*\*\*

Cozy hotel with a public restaurant. Teufen train station is about a 10-minute walk away.

### Address

Bühlerstrasse 87

CH-9053 Teufen

Phone number: +41 71 335 07 37

Email: info@hotelzurlinde.ch



## HOTEL ANKER\*\*\*

The Hotel Anker has been renovated with great attention to detail. Ten modern rooms, a central location, and an excellent public restaurant make this Appenzell hotel a pure delight.

It is located just a 2-minute walk from Teufen train station.

### Address

Dorf 10

CH-9053 Teufen

Phone number: +41 71 333 13 45

Email: [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 modern rooms. The hotel offers an elegant restaurant with a beautiful terrace.

### Address

Landsgemeindeplatz

CH- 9050 Appenzell

Phone number: +41 71 788 15 15

Email: [info@hotel-appenzell.ch](mailto:info@hotel-appenzell.ch)



## HOTEL FROHE AUSSICHT

This modest but attractive country hotel is surrounded by rolling meadows with panoramic views of the Alpstein massif in the Schwende Valley. It is a 15-minute drive 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

Email: [hotel@froheaussicht.ch](mailto:hotel@froheaussicht.ch)



## HOTEL METROPOL\*\*\*

Cozy and modern hotel right next to St. Gallen train station. Very centrally located with an excellent restaurant.



### Address

Bahnhofplatz 3

CH-9001 St. Gallen

Phone number: +41 71 228 32 32

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



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

Surrounded by nature and far away from the hustle and bustle of everyday life, this first-class health resort with spa, medical center, and hotel invites you to relax and feel good. Following renovation in 2012, it offers views 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  
Email: [info@oberwaid.ch](mailto:info@oberwaid.ch)



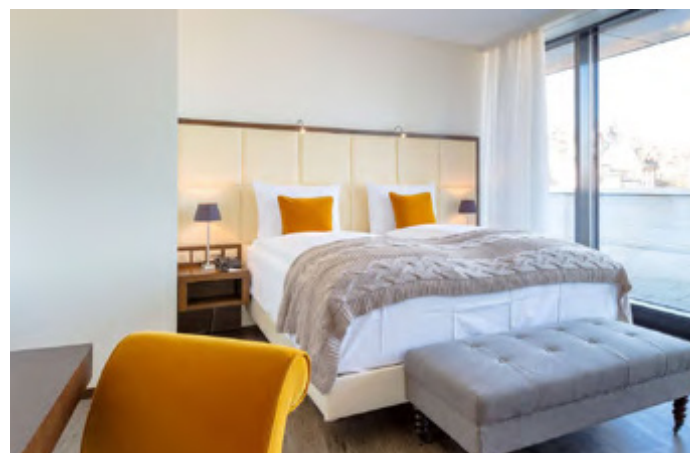
## HOTEL RADISSON\*\*\*\*

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



### Address

St. Jakob-Strasse 55  
CH-9000 St. Gallen  
Phone number: +41 71 242 12 12  
Email: [reservation.stgallen@radissonblu.com](mailto:reservation.stgallen@radissonblu.com)



## HOTEL SÄNTISPARK\*\*\*\*

This modern hotel with 136 rooms and 3 restaurants with outdoor terraces is located just a 10-minute drive from the center of St. Gallen. Next to the hotel is the Sämtispark water park and adventure landscape with 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

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



## HOTEL ONE66 WINKELN\*\*\*

This 3-star hotel in the west of St. Gallen offers high-quality rooms, barrier-free access, and a balanced breakfast buffet with vegan options.

A 24-hour self-check-in ensures maximum flexibility, and the pleasant atmosphere invites you to arrive and take a deep breath. Free parking is available, and the Alpstein Clinic is only 25 minutes away by car.



### Address

Hotel one66

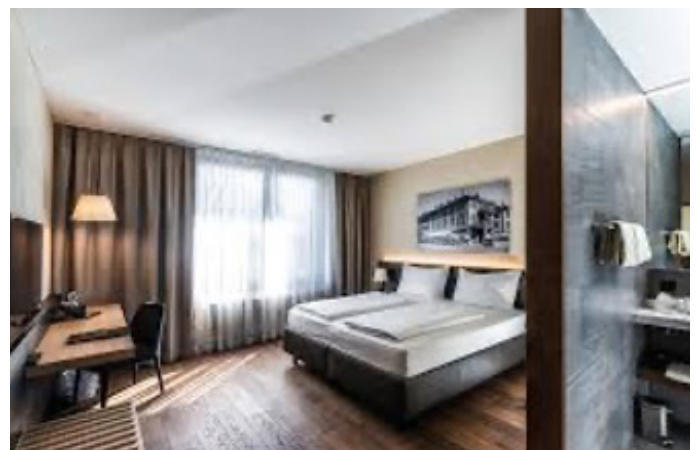
Alte Bildstrasse 6

P.O. Box 46

CH-9015 St. Gallen

Phone number: +41 71 314 71 71

Email: [info@one66.ch](mailto:info@one66.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

Email: [cityweissenstein@sorellhotels.com](mailto:cityweissenstein@sorellhotels.com)



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

The Tailormade Hotel Leo, newly opened in 2023, impresses with its urban, purist, and industrial interior design, which reflects a genuine commitment to sustainability.

Enjoy the view of the city of St. Gallen and the surrounding hills while relaxing in the hot tub or sauna on the partially landscaped roof terrace. The rooms are air-conditioned, and the hotel has wheelchair-accessible rooms. St. Gallen train station is about a 7-minute walk away.

Thanks to 24-hour self check-in, you can arrive at any time. If you are arriving by car, there are 16 parking spaces

in the hotel's underground car park and 3 electric charging stations (at CHF 25/night). Alternatively, the «Cityparking Bahnhof» is located nearby. On the first floor is the restaurant «Izakaya Ekimae» serving traditional Japanese cuisine. In addition to fish and meat, the restaurant also offers vegetarian and vegan specialties.

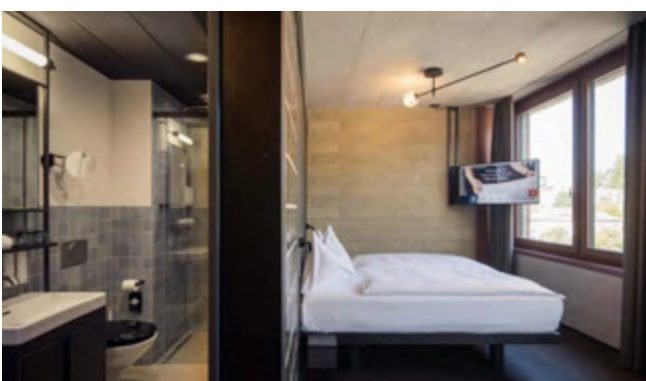
### Address

Grünbergstrasse 6

CH-9000 St. Gallen

Phone number: +41 71 274 09 79

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



## EGGENBERGER & HAAS APARTMENTS

If you are looking for flexible, private accommodation, Eggenberger & Haas Apartments in St. Gallen is the ideal solution. The tastefully furnished studios, suites, and apartments are located close to the city center. Perfect for short trips and mini breaks in the city.

All apartments have their own kitchen, a luxurious bed, and a modern bathroom with a rain shower. Contactless check-in and a 24/7 support hotline ensure maximum independence and comfort. The Alpstein Clinic is only 22 minutes away by car.

### Address

Eggenberger & Haas Apartments  
St. Georgenstrasse 19  
CH-9000 St. Gallen  
Phone number: +41 76 385 00 77  
Email: [info@eh-apartments.ch](mailto:info@eh-apartments.ch)



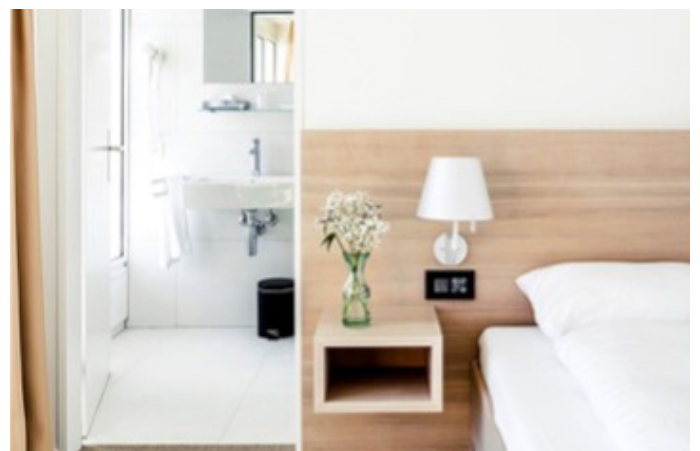
## NEWS STAR HOTEL\*\*\*

The 3-star Hotel NewStar in St. Gallen offers patients and- their companions a stylish home away from home. The 57 modern rooms with private bathrooms, Wi-Fi, workspaces, and some with their own kitchens offer plenty of space to relax and unwind. The hotel restaurant serves fresh, regional dishes – including vegetarian options – as well as classics with a modern twist.

The Alpstein Clinic is about a 25-minute drive away.

### Address

Hotel New Star  
Breitfeldstrasse 9  
CH-9015 St. Gallen  
Phone number: +41 71 230 20 20  
Email: [info@newstar-hotel.ch](mailto:info@newstar-hotel.ch)



# Airbnb rentals in Gais and the surrounding area

## ZAHNER FAMILY HOLIDAY APARTMENT

This bright, cozy 1½-room loft apartment is quietly located in the village center of Gais, about a 5-minute walk from the Alpstein Clinic. It offers beautiful views of the countryside, a fully equipped kitchen, a bathroom, and an open living and sleeping area with a double bed and sofa bed. Wi-Fi and parking are available free of charge. Ideal for patients who want quiet and comfortable accommodation with self-catering facilities during their stay.

- Prices per night: 1 person CHF 80.00 and 2 or more people CHF 110.00
- Cleaning fee of CHF 60.00

### Address

Schwantlern 50

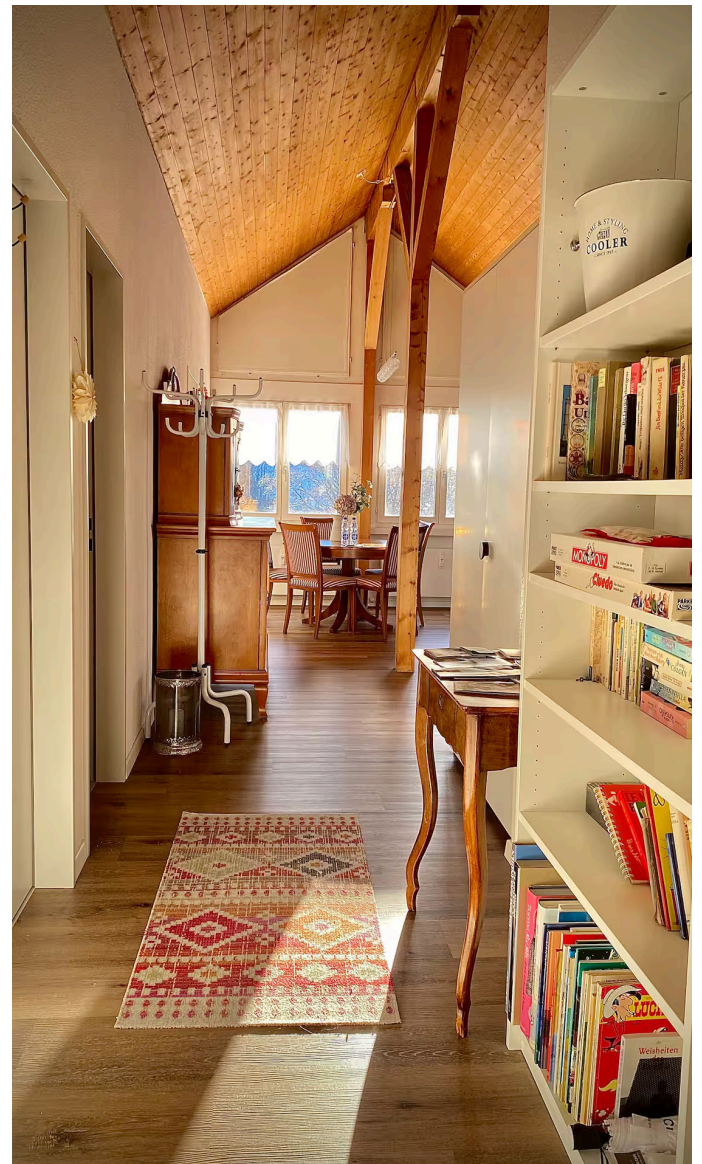
CH-9056 Gais AR

Phone number: +41 79 389 77 67

Email: Juliaz@hotmail.ch



**Please note:** Not wheelchair accessible.



## AIRBNB GAIS

Just a few minutes' walk from the Alpstein Clinic – around 220 meters – is a quiet, bright vacation apartment. It offers a secluded, private environment in Gais where you can relax and unwind.

The apartment is loft-style and consists of an open space with separate areas for sleeping (double bed), cooking, eating, and living. The bathroom is separate. The accommodation can be rented for a minimum of three nights and is particularly suitable for people who want a certain degree of independence during their stay in Gais.

Please note that the apartment is not wheelchair accessible and is therefore not suitable for wheelchair users.

Amenities include a well-equipped kitchen, a spacious bathroom, a washing machine, and Wi-Fi. The garden with seating offers the opportunity to spend time outdoors in good weather. A parking space is available directly in front of the house.

Bookings can only be made via the Airbnb.ch platform.



## DESIGN HOLIDAY APARTMENT IN RÜTHI

Not far from the Alpstein Clinic – only about 20–25 minutes away by car – is a modern, stylish vacation apartment furnished with great attention to detail. It offers a quiet and pleasant retreat during your stay in the region.

The apartment can be rented in two different configurations depending on your needs. The smaller version is suitable for up to four people. This option includes a master bedroom and a loft bedroom with a small toilet, a fully equipped kitchen, a cozy living room, a bathroom with shower and bathtub, a laundry room, and two balconies.

The larger version is available for up to six people. This includes an additional bedroom and a separate bathroom with shower.

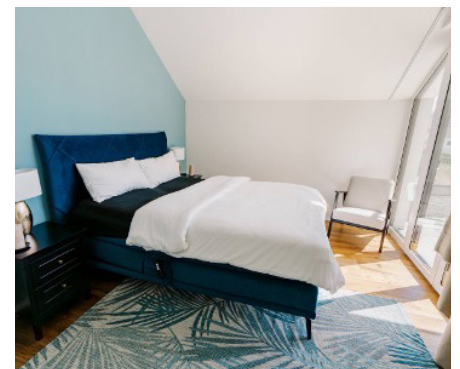
The minimum stay is three nights. For stays of more than seven nights, you will receive an Alpstein Clinic discount. Please be sure to mention this when making your booking!

Further information and booking options can be found on Airbnb.ch or directly via the QR codes below.

Up to 4 guests:



Up to 6 guests:



## BOMMES HOLIDAY APARTMENT

The vacation apartment can accommodate 2–8 people. The accommodation is only 10 minutes from the train station and offers free parking, a wood-burning stove, and a great view of the surrounding countryside. The Bommès organic farm shop is located right on site, where you can buy fresh regional products.

### Address

Bommès 3

CH-9056 Gais AR

Phone number: +41 71 793 37 85

Email: [dlangenegger@bluewin.ch](mailto:dlangenegger@bluewin.ch)



There are a number of Air B&B options available 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 Alpstein Clinic.



Further information on vacation rentals can be found at the following links:





## Authentic dishes

# Eating out in Gais

### CAFÉ PLATZ DRÜ

Enjoy a regional meal in a cozy atmosphere with a view of the Alpstein. Vegetarian, vegan and glutenfree dishes are also available. Great importance is attached to regional and select products when choosing ingredients. The café is closed on Mondays and Tuesdays and is open **from Wednesday to Sunday from 9:00 a.m. to 5:00 p.m.**

The café is located right next to the Alpstein Clinic on the village square. During the summer months, there is outdoor 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

Email: [info@platzdrue.ch](mailto:info@platzdrue.ch)



©Carmen Wueest, Appenzeller Magazin

### RESTAURANT FALKEN

Lunch is served between 11:30 a.m. and 1:30 p.m. at Restaurant Falken. The restaurant is closed on Tuesdays. Restaurant Falken is located directly opposite the village square. A selection of vegan and vegetarian dishes is available.

Please ask the waiting staff about our Alpstein lunch menu. The Falken restaurant is a modest but popular village tavern. Indian food lovers will be in their element, as the owners are of Indian descent and serve authentic dishes. During the summer months, the restaurant has a beautiful, cozy terrace. All major credit cards are accepted. We kindly ask you not to consume your own food and drinks in the restaurant. The restaurant is closed between 2:00 p.m. and 5:00 p.m. The Falken restaurant is also a good choice for dinner. Please use the main entrance on the left. The restaurant is located on the first floor and is not wheelchair accessible.

#### Address

Dorfplatz 15

CH-9056 Gais

Phone number: +41 71 793 12 26

Email: [info@falkengais.ch](mailto:info@falkengais.ch)



*Mondays and Tuesdays Alternatively, the Hotel/Restaurant Krone and the Böhli Bakery are also available in the immediate vicinity.*

## **HOTEL/ RESTAURANT ZUR KRONE**

Enjoy a stylish stay at the Hotel Krone in the heart of the Appenzell hills. Treat yourself to culinary delights in the cozy restaurant with traditional Appenzell specialties and seasonal à la carte dishes. The restaurant is open all day from Tuesday to Sunday. It is closed on Mondays.

### **Address**

Dorfplatz 6  
CH-9056 Gais  
Phone number: +41 71 790 06 90  
Email: [info@krone-gais.ch](mailto:info@krone-gais.ch)



## **BÖHLI BAKERY**

This family-friendly café, large terrace, and children's playground 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	6:00 a.m. – 6:30 p.m.
Saturday	6:00 a.m. – 5:00 p.m.
Sunday	7:00 a.m. – 5:00 p.m.



# Culinary recommendations from St. Gallen to Lake Constance

## RESTAURANT TIBITS

This vegetarian and vegan restaurant offers a wide selection of dishes and fresh juices in downtown St. Gallen – just a minute's walk from the train station.

### Opening hours

Monday – Thursday 7:30 a.m. – 10:00 p.m.

Friday + Saturday 7:30 a.m. – 10:30 p.m.

Sunday 7:30 a.m. – 10:30 p.m.

(Brunch from 9:00 a.m. to 2:30 p.m.)

Food is served until 30 minutes before closing time.

### Address

Bahnhofplatz 1a,

CH-9000 St. Gallen

Phone number: +41 71 272 61 11





*Vegetarian, natural, organic, and local*

## Health food stores

### **BOMMES FARM SHOP**

The Bommès farm shop is committed to agriculture with a future through biodynamic farming.

The farm is seen as a whole organism with fertile soil, healthy animals, and healthy food. Great importance is attached to harmony between the cosmos and the earth, as well as between humans and nature. The small farm shop sells many of its own and regional products, such as: dairy products from its own production or the Forster Herisau dairy / meat from its own farm / vegetables from Andermatt Steinach / vegetables, dairy products, dried products from Biopartner Seon / bread from organic wood-fired baker Lehmann / cosmetics from Weleda, Soglioproducte, Lavera / eggs from Hebeisen Herisau.

#### **Address**

Bommès 3  
CH-9056 Gais AR  
Phone number: +41 71 793 37 85  
Email: [dlangenegger@bluewin.ch](mailto:dlangenegger@bluewin.ch)



#### **Opening hours**

Tuesday & Friday	9:00 a.m. – 11:30 a.m. 3:00 p.m. – 7:00 p.m.
Saturday	9:00 a.m. – 12:00 p.m.



## L'ULTIMO BACIO

Is a combined café with indoor and outdoor seating and a small organic and natural food store with fresh products and freshly prepared food from the counter.

### Opening hours

Monday – Saturday 6:00 a.m. – 7:00 p.m.  
Sunday Closed

### Address

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



## FAIR TRADE SHOP 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.

### Opening hours

Tuesday – Friday 9:00 a.m. – 11:30 a.m.  
2:00 p.m. – 6:00 p.m.  
Saturday 9:00 a.m. – 12:00 p.m.  
Monday and Sunday Closed

### Address

Village 3  
CH-9053 Teufen  
Phone number: +41 71 331 51 91



## MIGROS GROCERY STORE

### Address

Feldstrasse 16  
CH-9050 Appenzell



### Hours

Monday - Thursday	8:00 a.m. - 7:00 p.m.
Friday	8:00 a.m. - 8:00 p.m.
Saturday	8:00 a.m. - 5:00 p.m.
Sunday	Closed

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



## ST. GALLEN CITY STORE

A small but well-stocked and lovingly designed  
natural food store in a side street off Marktgasse.

### Address

Katharinengasse 12/Schwertgasse 11  
CH-9000 St. Gallen  
Phone number: +41 71 244 20 55  
Email: [info@stadtladen.ch](mailto:info@stadtladen.ch)



### Opening hours

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





## Leisure

# Tourist information

### TOURIST GUEST CARDS

The Oskar Guest Card is available exclusively from Oskar partner hotels and accommodation providers. With the Oskar Guest Card, you can enjoy many major attractions (cable cars, guided city tours, wellness centers, boat trips, museums, mini golf, etc.) and public transport within the Ostwind network, among other things, FREE OF CHARGE. Ask for the Oskar Guest Card when you make your hotel reservation!



More information

### APPENZELL HOLIDAY CARD

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

Switzerland is also free of charge for many accommodations.



Order your return trip directly

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

You don't have to be a guest at the Hotel Einstein to use the day spa and fitness center. It is located in the center of St. Gallen and can be reached on foot or by taxi from the train station. A day pass costs around CHF 79/day. The spa has a steam bath, sauna, and warm therapy pool with jets. The fitness center is fully equipped with exercise machines.

#### Address

Berneggstrasse 2  
 CH-9000 St. Gallen  
 Phone number: +41 71 227 55 55  
 Email: 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.





## Leisure

# Sightseeing in Eastern Switzerland – Excursions from Gais

From Gais, many impressive destinations can be reached in no time at all – whether for nature lovers, culture enthusiasts, or families. Discover a region full of diversity, tradition, and vision.

### **SÄNTIS – THE KING OF EASTERN SWITZERLAND (APPROX. 28 KM FROM GAIS)**

At 2,502 meters, the Säntis towers over Eastern Switzerland and offers spectacular panoramic views of six countries. The modern cable car takes you from Schwägalp to the summit in just a few minutes. At the top, you will find not only a panoramic restaurant with magnificent views, but also an extensive network of hiking trails. In winter, the area delights visitors with its snow-covered landscapes.

#### **Cable car opening hours:**

Daily from 8:30 a.m. to 5:00 p.m. (variable in winter).

Tip: Ideal destination for nature lovers and photographers – on a clear day, you can see as far as Lake Constance and the main Alpine ridge.

#### **Address**

Säntis-Schwebebahn AG  
Hotel, Gastronomie, Events  
CH-9107 Schwägalp Säntis  
Phone number: +41 71 365 65 65  
Email: kontakt@saentisbahn.ch



### **HOHER KASTEN – SUMMIT DELIGHT WITH PANORAMIC VIEWS (APPROX. 10 KM FROM GAIS)**

The Hoher Kasten offers a special experience: after taking the cable car from Brülisau, a revolving restaurant awaits you at the summit, offering you an unforgettable 360° view of the Rhine Valley, the Alpstein and neighboring Vorarlberg while you eat.

#### **Cable car opening hours:**

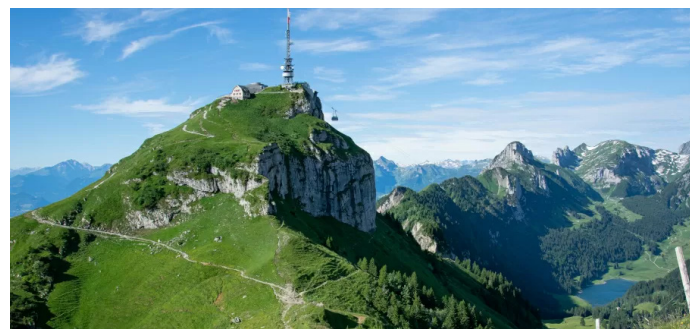
Daily from 9:00 a.m. to 5:00 p.m. (April to October).

#### **Special feature:**

Ideal for a relaxing excursion with fantastic views and well-maintained walking trails.

#### **Address**

Seilbahn, Hoher Kasten Drehrestaurant und Seilbahn AG  
Dorf 22  
CH-9058 Brülisau  
Phone number: +41 71 799 13 22  
Revolving restaurant  
reservations: +41 71 799 11 17  
Email: info@hoherkasten.ch



## **KRONBERG – AN ADVENTURE MOUNTAIN FOR YOUNG AND OLD (APPROX. 13 KM FROM GAIS)**

Kronberg is a family paradise in the heart of the Appenzell Pre-Alps. From Jakobsbad, the cable car takes you to the summit with its spectacular views. At the valley station, there is a toboggan run, a zipline park, and a barefoot trail – perfect for children, teenagers, and the young at heart.

### **Cable car opening hours:**

Summer operation daily from 8:30 a.m. – 5:30 p.m.

**Tip:** Combine your trip with a short hike or a picnic with a view of the Säntis.

### **Address**

Kronberg AG

St. Josefstrasse 2

CH-9108 Jakobsbad

Phone number: +41 71 794 12 89

Email: [info@kronberg.ch](mailto:info@kronberg.ch)



## **APPENZELL – LIVING TRADITION & COLORFUL VILLAGE LIFE (APPROX. 6 KM FROM GAIS)**

Appenzell is the heart of the canton of the same name – a place where Swiss customs are still alive and well. The colorfully painted houses in the town center, the well maintained pedestrian zone, and the many small boutiques, cafés, and craft shops make the village a popular destination. Here you can discover authentic Appenzell culture – from cheese to traditional costumes.

### **Shop opening hours:**

Monday – Saturday 8:00 a.m. – 6:30 p.m.

**Special feature:** Authentic atmosphere, ideal for a leisurely stroll with a stop at a cheese dairy or pastry shop.



## ST. GALLEN – BAROQUE, BOOKS & ERKER EXPERIENCE (APPROX. 15 KM FROM GAIS)

St. Gallen is nestled between Lake Constance and the Appenzell region and is much more than just a university town. The charming old town with its cobblestone streets and over 100 artistically carved bay windows invites you to stroll around. Small shops, health food stores, and cozy cafés await you everywhere.

The cathedral and baroque abbey library, both UNESCO World Heritage Sites, are particularly worth seeing. The latter is hidden behind the monastery courtyard – a place with a magical atmosphere. The library houses over 170,000 books, including handwritten treasures dating back to 500 AD. Upon entering, you glide across the intricately inlaid floors in felt slippers – and immerse yourself in the world of medieval monks who once created manuscripts here with the finest brushes.

### Address

Library in St. Gallen Abbey  
Klosterhof 6D  
CH- 9000 St. Gallen  
Phone number: +41 71 227 34 16

### Opening hours:

Monday – Saturday 10:00 a.m. – 5:00 p.m.  
Sunday 10:00 a.m. – 4:00 p.m.

**Note:** Closed in November

**Admission:** CHF 10.00



# ALPSTEIN CLINIC

Health center for integrative biological medicine and dentistry

## DOCTOR CONTACT:

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

## LOCATION AND DIRECTIONS:

TELEPHONE HOURS	OPENING HOURS
<b>Monday/Wednesday/Thursday</b> 8:00 a.m. – 5:00 p.m.	<b>Monday/Wednesday</b> 8:00 a.m. – 6:00 p.m.
<b>Tuesday</b> 8:00 a.m. – 6:00 p.m.	<b>Tuesday</b> 8:00 a.m. – 7:00 p.m.
<b>Friday</b> 8:00 a.m. – 4:00 p.m.	<b>Thursday</b> 8:30 a.m. – 6:00 p.m.
	<b>Friday</b> 8:00 a.m. – 5:00 p.m.

ALSO VISIT OUR WEBSITE  
[WWW.ALPSTEIN-CLINIC.CH](http://WWW.ALPSTEIN-CLINIC.CH)



Bank transfer fees are payable by the patient. Failure to comply will result in the bank fees being charged to the patient.  
Thank you for your consideration!

**For transfers, please use our bank details:**

For your payment in CHF:	CH45 8080 8007 0512 7907 6
For your payment in EUR:	CH95 8080 8005 9855 8913 1
For your payment in USD:	CH70 8080 8006 9091 3919 1
SWIFT-BIC:	RAIFCH22XXX

**Bank:**

Raiffeisenbank Appenzeller Hinterland  
Platz 7  
9100 Herisau  
Switzerland

**Beneficiary of payment:**

Alpstein Clinic AG  
Dorfplatz 5  
9056 Gais  
Switzerland

When making your bank transfer, please include your patient number, invoice number, or the type and duration of your stay with us in the payment description.

If you have any questions or concerns regarding your payment, please feel free to contact our Accounts Receivable department: [debitoren@alpstein-clinic.ch](mailto:debitoren@alpstein-clinic.ch).

Gais, in April 2026