

Chäserrugg

TOGGENBURGER HOCHGEFÜHLE



23/24

SOS +41 71 998 68 28
After operating hours emergency call 144

Dear guests, a warm welcome!
We wish you a pleasant and relaxing experience on the ski slopes, hiking trails and sledging runs in the Chäserrugg area. We would like to draw your attention to the fact that no refunds will be made if our lifts or slopes are closed due to force majeure. Our full terms and conditions can be found at: www.chaeserrugg.ch/de/agb

Important safety information
Outside opening hours, the slopes are closed and not secured against any danger such as avalanches or snow groomers with cable winches. Warning: danger to life!

Ski slopes are marked to the left and right
The arrows on the poles point to the centre of the slope.

Designated wildlife areas
No entering. Violation will result in a fine.

© Toggenburg Bergbahnen AG 2023/24
info@chaeserrugg.ch / Tel. 0041 71 998 68 10

OPENING HOURS

	Funicular Unterwasser – Illtios 08.00 – 17.00
	Cable Car Illtios – Chäserrugg 08.13 – 16.00 (16.45 descent only) from 01.02.2024: 08.13 – 16.20
	Gondola Espel – Stöfeli – Chäserrugg 08.30 – 16.15
	Ski Lift Chäserrugg 09.00 – 16.00
	Practice Lift Illtios 09.00 – 16.00
	Chair Lift / Gondola Alt St. Johann - Alp Sellamatt 08.15 – 16.30
	Chair Lift Ruestel 08.30 – 16.15
	Gondola Gamplüt 08.30 – 16.30

THE MOST BEAUTIFUL SLOPES

The East Run	Start: Chäserrugg Summit 2,262 m a.s.l.
Destination: Espel 1,262 m a.s.l.	Length: 5.2 km
Elevation difference: 1,000 m	Slops No.: 10
Rest Stop: Espel Pavillon	Highlight: Hinderrisi view

The Sporty Run	Start: Chäserrugg Summit 2,262 m a.s.l.
Destination: Unterwasser 910 m a.s.l.	Length: 6.9 km
Elevation difference: 1,352 m	Slops No.: 1 2 4 21
Rest Stop: Espel Pavillon	Highlight: Architecture by Herzog & de Meuron

The Classic Run	Start: Chäserrugg Summit 2,262 m a.s.l.
Ziel: Unterwasser 910 m a.s.l.	Length: 6.2 km
Elevation difference: 1,352 m	Slops No.: 1 2 3 5 13
Rest Stop: Illtios Mountain Restaurant	Highlight: Alpstein view

The Long Run	Start: Chäserrugg Summit 2,262 m a.s.l.
Ziel: Alt St. Johann 900 m a.s.l.	Length: 8.5 km
Elevation difference: 1,362 m	Slops No.: 1 2 14 18 20
Rest Stop: Stöfeli Mountain Inn	Highlight: Churfirsten view

SLEDGING SLOPES

1 Stöfeli – Illtios – Espel	Start / Destination: Stöfeli / Espel
Length: 3 km	Elevation difference: 418 m
Level of difficulty: medium	
2 Illtios – Espel – Unterwasser	Start / Destination: Illtios / Unterwasser
Length: 3.6 km	Elevation difference: 440 m
Level of difficulty: easy	

SNOW SHOE HIKING

Alp Sellamatt – Zinggen Trail	Start / Destination: Alp Sellamatt
Length: 5 km	Elevation difference: 260 m

CROSS COUNTRY SKIING TRAILS

Panorama Trail Sellamatt	Start / Destination: Alp Sellamatt
Length: 15 km	Access: by Platter Lift up to Zinggen
Classic, skating (partly with winter hiking)	

SEASON OPENING DATES

Weekend operation in good weather conditions
from 18 November 2023

Daily operation in good weather conditions
from 09 December 2023

Daily operation
from 16 December 2023 until 01 April 2024

WINTER HIKING TRAILS

1 Panorama Circular Trail Rosenboden	Start / Destination: Chäserrugg
Hiking Time: 45 to 120 min	Length: 3 km total
Elevation difference: 60 m total	Level of difficulty: easy
Highlight: Walensee view	
2 Churfirsten Panorama	Start / Destination: Alp Sellamatt / Illtios
Hiking Time: 2 h	Length: 6 km
Elevation difference: 250 m	Level of difficulty: easy
Highlight: Churfirsten view	
3 The "Sagenweg" (The Legend Trail)	Start / Destination: Alp Sellamatt
Hiking Time: 2 h 50 min	Length: 9 km total
Elevation difference: 260 m	Level of difficulty: medium
Highlight: Illustrated legends	
4 The «Höhenweg Illtios» (The High Trail Illtios)	Start / Destination: Alp Sellamatt / Illtios
Hiking Time: 1 h	Length: 2.5 km
Elevation difference: 40 m	Level of difficulty: easy (T1)
Highlight: Path through spruce forest	

RESTAURANT

Summit Restaurant Chäserrugg
Outstanding architecture by Herzog & de Meuron
The main restaurant: restaurant with table service and refined culinary delights
The Hall: For those winter sports enthusiasts in a hurry, there are tasty take-out meals

Illtios Mountain Restaurant
Enjoy delicious dishes on the large terrace with a view of the Churfirsten, perfect for families and right next to the ski school meeting point

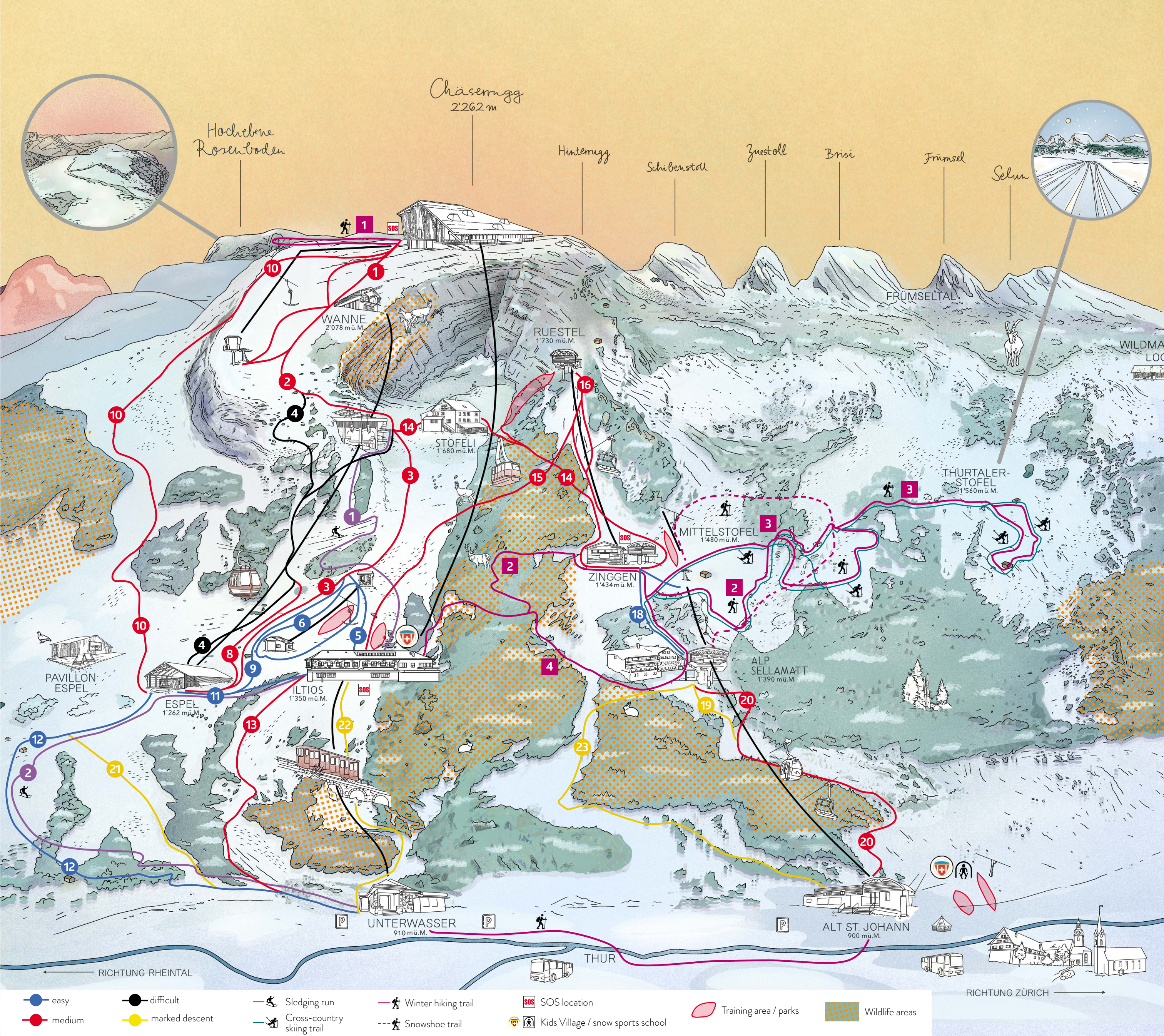
Stöfeli Mountain Inn
Traditional mountain cuisine in cosy atmosphere

Espel Pavillon
Enjoy Flammkuchen, soups, hot sandwiches and all kinds of drinks right next to the slope

DESIGNATED WILDLIFE AREAS

It is not only winter sports enthusiasts who enjoy the tranquillity of the Churfirsten mountains, but also the wild animals that have their habitat here. It is particularly important that the animals are able to retreat to the quiet zones designated for them. Skiers and snowboarders are not allowed to enter these areas. You can see where they are on the map to the right and learn more about wildlife protection with the QR code - scan and read on!

DESIGNATED WILDLIFE AREAS



easy	difficult	Sledging run	SOS location	Training area / parks	Wildlife areas
medium	marked descent	Cross-country skiing trail	Kids Village / snow sports school		
		Winter hiking trail			
		Snowshoe trail			

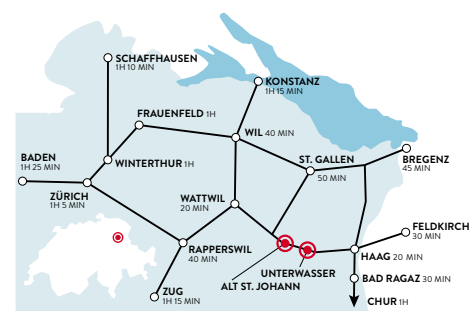
RELAXATION AND SPORT IN THE CHÄSERRUGG AREA

Experience nature-oriented relaxation in the Chäserrugg area. The interplay of nature, active pursuits and carefully prepared culinary delights will give you a long-lasting sense of relaxation that you will take home with unforgettable moments and linger in your everyday life. Both sporty and leisurely skiers will feel at home in the Chäserrugg area and enjoy the unexpected variety of descents. On foot, you can enjoy the view of over 500 mountain peaks in 6 countries. The various routes offer different views of the Churfirsten, the Alpstein and Walensee (Lake Walen). Cross-country skiers can enjoy around 15 kilometres of trails on Alp Sellamatt, where the striking peaks of the Churfirsten seem close enough to touch.

The winter experience is complemented by culinary delights from a carefully selected gastronomy that focuses on products and producers from the region. Thanks to shorter delivery routes and the use of the railway for the transport of goods in the area, the gastronomy is environmentally conscious. Your excursion is rounded off by the interesting architecture by Herzog & de Meuron. The buildings were constructed using resource-saving processes and merge with nature thanks to the integrative basic idea. The absence of advertising in the area preserves the natural tranquillity and allows you to experience the alpine nature - a long-lasting and relaxing experience.

How to get to the Chäserrugg area

The Chäserrugg area is located in Toggenburg in Eastern Switzerland and is easily accessible by car or public transport. This makes the Chäserrugg area perfect for a relaxing day trip or a holiday destination with a short journey.



SPORTS SHOP ON THE ILTIOS

Whether skiing, snowboarding, or sledding – hire your equipment or discover warm accessories at the sports shop on the Iltios.

SLEDGING IN THE CHÄSERRUGG AREA

Stöfeli – Iltios – Espel

The mountain run from Stöfeli, one of the longest sledding runs in Eastern Switzerland, is perfect for experienced sledgers. The run starts at the middle station of the Stöfeli Gondola and winds its way downwards to Espel. Along the way there are great views over Toggenburg and into the Rheintal. From Espel you can either continue on to Unterwasser or take the gondola back up the exciting mountain section. Between descents, the Stöfeli Mountain Inn at the starting point has a sun terrace where you can relax and enjoy traditional delicacies.

↳ suitable ticket: [Sledding day ticket Stöfeli](#)

Iltios – Espel – Unterwasser

From Iltios, the leisurely sledding run leads over snow-covered alpine meadows and past traditional farmhouses down into the valley. This is an ideal route for leisurely sledgers and families with children. For a short break, stop at the Espel Pavillon by Herzog & de Meuron, where you can enjoy soups, Toggenburg Flammkuchen and desserts on the sun terrace.

↳ suitable ticket: [Sledding day ticket Iltios](#)



SKISCHOOL CHÄSERRUGG

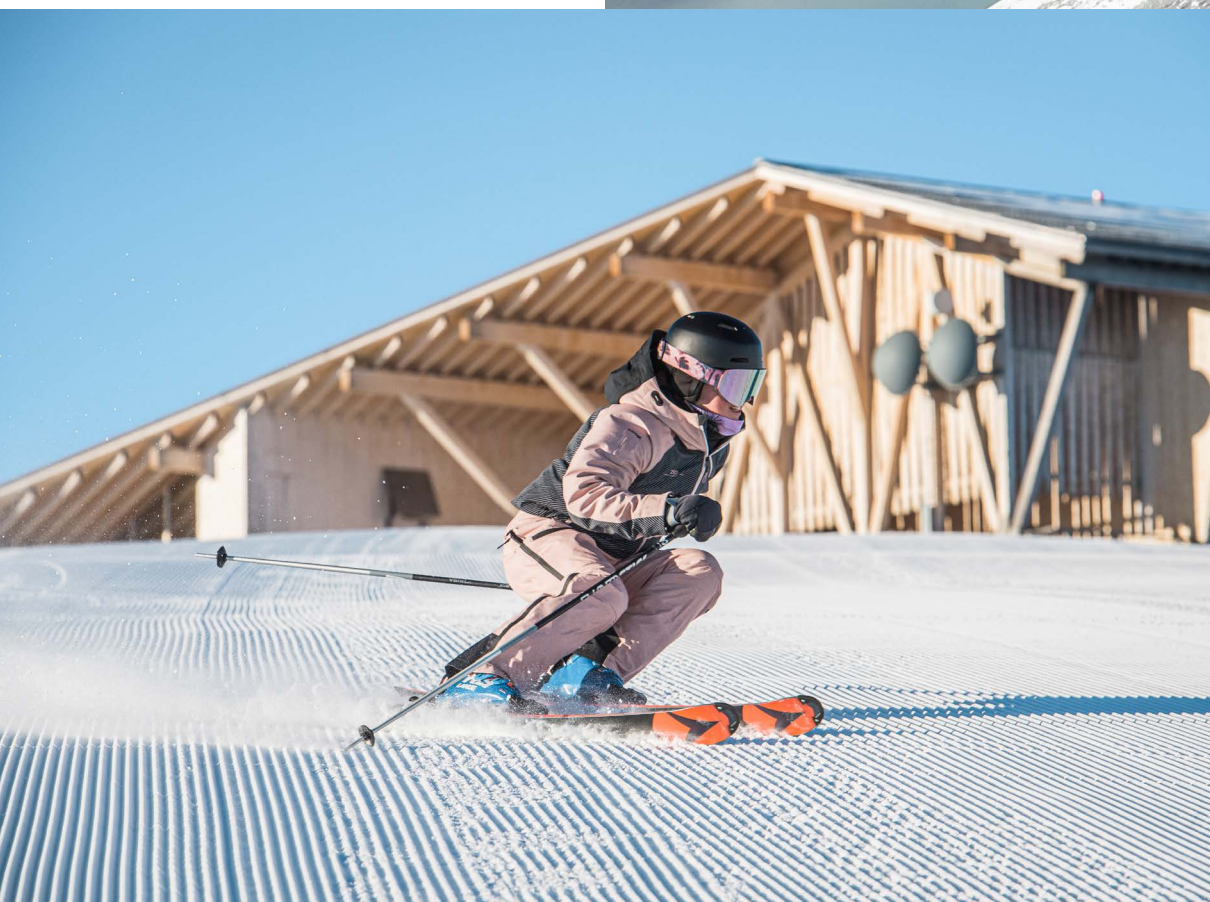
Following Snowli's footsteps or exploring the jumps in Iltios Park - at the Chäserrugg Ski School children and young adults learn to ski and snowboard under the guidance of professionally trained snow sports instructors. In both private and group lessons, the focus is on individual learning and having fun together.

KIDS SPECIAL

Book a one-week course and receive a children's season ticket for the area at the end of the course. This offers countless further opportunities to improve what you have learnt - this is how masters are made.

KIDS SKI RACE

Excitement and lasting memories: All children who want to race can take part in the Children' Ski Race. Each child skis several times per race and the best run counts. The focus is on fun and individual performance. Each child receives a medal and a memento.



YOUR TEAM EVENT

The Chäserrugg area offers a variety of experiences for team outings that can easily be combined. Your team can split up for certain activities and enjoy other parts of the trip in the area together.

Classic ski day from sportive to relaxed

Skiing, winter hiking or preferably sledding? In the Chäserrugg area, your team can discover the local mountain world according to their wishes and choose different activities. The team can then spend some time together over a culinary delight such as a lunch.

Safe skiing thanks to coaching

You and your team can use the ski day for a short technique session with a qualified snow sports instructor. During two hours you will receive personalised tips and tricks for safe skiing, so you can enjoy the rest of the day and the winter season even more relaxed.

Guided tours in the summit building

Combine your team event in the Chäserrugg area with a guided tour on the summit. Find out more about resource-friendly construction at 2,262 metres above sea level and tourism that is a nature-oriented relaxation.

Suitable tickets for the activities, lunch and additional programme: we plan and organise your complete excursion at Chäserrugg. Everything organised by a single point of contact - highly relaxing!

HIGHLY INDIVIDUAL
Scan the QR code and discover the right offer for your team.

BOOK YOUR SKI TICKET ONLINE IN ADVANCE

Book your ski ticket today and get a price advantage! With ski tickets, the booking period and demand determine the price - the earlier you book your tickets, the lower the price. Thanks to flexible pricing, guests are more evenly distributed, providing you with more space on the slopes. You can also have your Best Time tickets insured. Multi-day tickets (from 2 days) are also valid for winter walking and sledding. This gives you the flexibility to decide when you want to explore the area on skis, on foot or on a sledge.



IMPROVE YOUR SKIING TECHNIQUE WITH VIDEO TUTORIALS

Skiing downhill in a dynamic short turn, gliding effortlessly through deep snow, carving with precision and ski through moguls without tumbling - it sounds very technical but it is actually the basis of a good and safe skiing style. Scan the QR codes and discover the tips & tricks for fun and safe skiing.

CARVING

Suitable slopes: 1 16
Focus: cut track pattern



BUCKLE SLOPES

Suitable slopes: next to the slopes 6
Focus: closed ski position



SHORT TURN

Suitable slopes: 3 4
Focus: steady rhythm



YELLOW RUN

Suitable slopes: 19 21 22 23
Focus: body tension



FULL MOON DINNER

On full moon evenings, enjoy a 4-course menu of Toggenburg specialities at 2,262 metres above sea level. Between courses, gaze out over the glowing valleys around the Herzog & de Meuron summit building and warm up beside the open fireplace. Find out more and book your place at: www.chaeserrugg.ch/vollmond-dinner

GASTRONOMY

Experience the Toggenburg in winter with all your senses: At the Chäserrugg Summit Restaurant, the Stöfeli Mountain Inn, the Iltios Mountain Restaurant and the Espel Pavillon you can enjoy a wide variety of dishes. From a sporty break at the Summit Restaurant to the Espel Pavillon, relaxing on the sun terraces or in the cosy parlours - the Chäserrugg area offers a wide range of gastronomic delights with a focus on local products.

WINTER HIKING

Rosenboden plateau

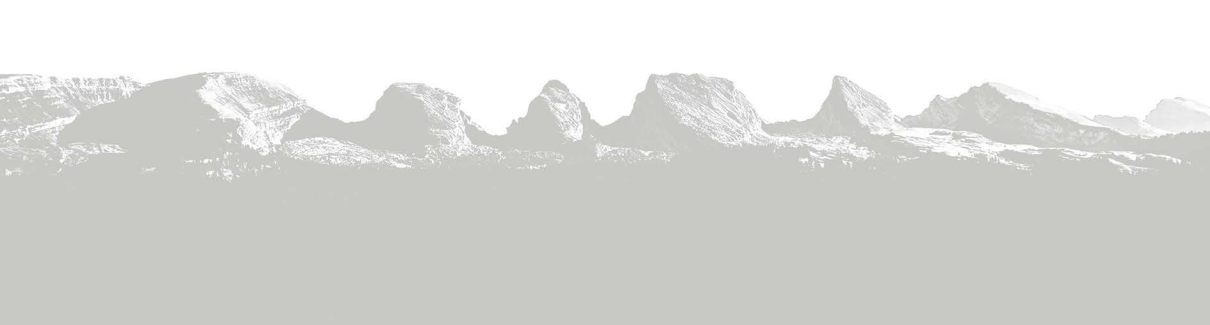
The sound of crunching snow, circling mountain jackdaw and a majestic mountain world - the prepared circular trail on the Rosenboden Plateau allows you to hike at a relaxed pace in the alpine heights. Views over Walensee and more than 500 mountain peaks in 6 countries. Afterwards, the fireplace in the Summit Restaurant designed by Herzog & de Meuron is the ideal place to warm up again. The summit excursion can also be complemented with culinary delights from the varied menu. Highly relaxing at 2,262 metres above sea level.

↳ suitable ticket: [Chäserrugg Ticket](#)

Alp Sellamatt

Experience the peace and tranquillity of Alp Sellamatt: The landscape is defined by the striking silhouettes of the Churfirsten peaks and the authentic scattering of alpine huts. The snowshoe trail and the prepared winter hiking trail, which also leads along the legend trail, offer an adventure for young and old.

↳ suitable ticket: [Churfirsten Ticket](#)



CROSS-COUNTRY SKIING ON THE ALP SELLAMATT

The cross-country trail, which is about 15 kilometres long, offers a sporty winter experience at 1,400 meters above sea level. The start of the trail can be reached by Chair Lift / Gondola from Alt St. Johann and then by Platter Lift to Zinggen. A valid Swiss cross-country ski pass entitles you to a reduction on the ticket to Alp Sellamatt.



GAMPLÜT

Enjoy a hike on the sunny side of Wildhaus or a sledge ride from Gamplüt down into the valley. Toggenburg Bergbahnen AG annual passes are valid at Gamplüt 365 days during official opening hours. During daily operation in the Chäserrugg area (16.12.23 - 01.04.2024) the winter season passes are also valid for the Gamplüt cable car. Discover the Churfirsten from a new perspective! Ascent and descent can also be purchased directly from the Gamplüt cable car.

