

HIKING & WALKING

MUOTATHAL

- 3 Muotathaler Witzwanderweg** Schlattli – vordere Brücke – Muotathal / ↑ 56m / ↓ 5m / 2h
- 4 Wetterfrosch-Wanderweg** Schulhaus Muota – Altersheim – Guggeli – Teufbach – Schalun – Muotadamm – Schulhaus Muota / ↑ 188m / ↓ 188m / 1h 40min
- 7 Urwaldspur Bödmeren** Unter Roggenloch – Bödmeren – Stägen – Unter Roggenloch / ↑ 109m / ↓ 109m / 1h 15min
- 10 Rundgang Stalden** Tobeli – Brunni – Husky-Lodge – hint. Brücke – Stützl / ↑ 106m / ↓ 106m / 1h 10min
- 12 Urwaldweg Bödmeren** Eigelswald – Rasis Hütte – Gschwind – Äbnenmatt – Bödmeren – Stägen – Eigelswald / ↑ 469m / ↓ 469m / 3h
- 13 Vom Sahli zum Muotathal** Sahli – Schwarzenbach – Schönenboden – Mettlen – Lau – Herrgott – Hinter Brücke / ↑ 0m / ↓ 510m / 2h 35min
- 14 Rund ums Sahli** Schlangen – Vordersten Hütte – Waldisee – Gross Gade – Milchbüelen – Salihöchi – Schlangen / ↑ 605m / ↓ 605m / 3h 30min
- 15 Pragelpassweg** Etappe 1: Schwyz – Schlättli – Muotathal / ↑ 360m / ↓ 280m / Etappe 1: 3h 45min
Etappe 2: Muotathal – Stalden – Pragepass – Hinter Klöntal / ↑ 1200m / ↓ 950m / Etappe 2: 7h 15min
- 24 Karstspur Silberer** Pragepasshöhe – Butzen – Silberer / Twärenen – Silberenalp – Alpe – Pragepasshöhe / ↑ 864m / ↓ 864m / 5h 45min
- 27 Auf den Muotataler Hausberg** Schwarzenbach – Gigen – Träsmere – Wasserbergfirst – Liplisbüel – Muotathal / ↑ 1575m / ↓ 1915m / 7h 50min

STOOS

- 80 Moorweg** Sternegg – Frontal – Stoos Seel / ↑ 15m / ↓ 15m / 30–45min
- 82 Stoozhorn-Runde** Bergstation Standselbahn – Stoos Kapelle – Stoozhorn – Restaurant Alpütli – Bergstation Standselbahn / ↑ 42m / ↓ 42m / 50min
- 83 Panoramaweg Fronalstock** Fronalstock Gipfel – Fronalstock Gipfel / ↑ 80m / ↓ 80m / 30min
- 84 Fronalpweg** Fronalstock Gipfel – Charenstöckli – Alp Lau – Frontal – Stoos / ↑ 0m / ↓ 579m / 2h
- 86 Alpchäsweg** Stoos – Rinderchruteren – Trölingen – Alp Näppälnalp – Metz – Restaurant Stoos Hütte – Gasthaus Balmberg – Dorf Stoos / ↑ 364m / ↓ 364m / 3h 25min
- 87 Gratwanderweg Stoos** Klingenstein – Huser Stock – Furggeli – Fronalstock / ↑ 365m / ↓ 378m / 1h 30min–3h

MORSCHACH

- 60 Weg der Schweiz** Rütli – Seelisberg – Bauen – Flüelen – Tellskapelle – Siskon – Morschach – Brunnen / ↑ 1400m / ↓ 900m / 1h 15min
- 61 Panoramaweg Morschach** Infopavillon – Axenstein – Schwyzerhöhe – Luftseilbahn – Nägelsgärtli – Degenbalm – Infopavillon / ↑ 270m / ↓ 270m / 1h 40min
- 62 Kapellenweg** Infopavillon – Lourdes Grotte – Franziskuskapelle – Marienkapelle – Mattli Antoniushaus – Infopavillon / ↑ 100m / ↓ 100m / 1h
- 63 Wundernasenweg** Infopavillon – Apart Holidays – Landal Ferienhäuser – Infopavillon / ↑ 20m / ↓ 20m / 30min
- 64 Wanderung zum Schilteli** Morschach – Degenbalm – Hetzig – Schilteli – Hinter Schilteli – Morschach / ↑ 575m / ↓ 575m / 2h 55min
- 65 Dachsenweg Rundgang** Infopavillon – Mattli – Vorder Wasi – Hinter Wasi – Mattli – Infopavillon / ↑ 160m / ↓ 160m / 1h

ILLGAU

- 40 Chäferliweg Illgau** St. Karl Bergstation – Waldspielplatz – Glockenspiel – Erlebnisplatz Balmi – Illgau / ↑ 10m / ↓ 375m / 50min
- 41 Zum Aussichtspunkt Sternenegg** Illgau – Kirchengut – Chaltenbrunnen – Oberer Altberg – Sternenegg – Rieter – Illgau / ↑ 600m / ↓ 600m / 3h 30min
- 42 Spirstock** Illgau – Vorder Oberberg – Chaltenbrunnen – Sternenegg – Spirstock – Fäderenberg – Ober Hasen – Vorder Oberberg – Illgau / ↑ 1014m / ↓ 651m / 4h 40min
- 43 Rundweg Fallenflue** Illgau – Bergstation St. Karl – Fallenfluh (Aussichtspunkt) – Nühäs – Illgau Dorf / ↑ 186m / ↓ 183m / 2h

CYCLING TOURS

- 62 Chinzig Bike Tour** Muotathal – Riemenstalden – Eggberge – Chinzig Chalm – Lipplisbüel – Muotathal / 61.6 km
- 601 Fronalp Tour** Schlattli – Alp Wannen – Brunnenboden – Stoos – Oberschönenbuch – Schlättli / 31.2 km
- 602 Stoos Tour** Stoos – Brunnenboden – Rinderchruteren – Metz – Firrenboden – Hollbrig – Stoos / 10.3 km
- 603 Brunnen Tour** Brunnen – Oberschönenbuch – Schwyzer Höhe – Morschach – Axenstein – Brunnen / 12.2 km
- 604 Suworow Route** Schwyz – Suworowbrücke – Muotathal – Pragepass – Klöntal – Glarus – Elm / 69 km

MUOTATAL ACTIVITIES



ACTIVE

Take an intrepid hike through the Höhloch cave system and discover the world from the underside! Go climbing at the 'erlebniswelt muotathal GmbH' leisure park, or get your adrenalin rush on a wild water adventure such as kayaking or canyoning in the Muota River.

HIKING

Muotathal village is at the heart of a network of over 280km (175 miles) of hiking routes. Follow the trails along the Muota River, across timeless mountain scenery and through unique nature such as the ancient Bödmeren forests and the Silberer karst.

BODY & SOUL

Treat yourself to a guided meditation to top up your energy, balance and inner calm. After that, relax body, mind and soul in the sauna. Switch off, unwind, and enjoy – now on offer at erlebniswelt muotathal GmbH!

STOOS ACTIVITIES



ACTIVE

Mt. Klingenstein: invigorating, alpine, and eternal, Mt. Klingenstein is a fantastic place for energetic tourists! Let nature inspire you and experience Mt. Klingenstein with all five senses.

HIKING

Carefree hours in the fresh mountain air, surrounded by 360° panoramas – what more could anyone want? And that's just what Mt. Fronalstock has to offer. An ideal outing for families with school-age children.

BODY & SOUL

Pragepasshöhe – Butzen – Silberer / Twärenen – Silberenalp – Alpe – Pragepasshöhe / ↑ 864m / ↓ 864m / 5h 45min

HIGHLIGHTS SUMMER 2024



BÖDMEREN FOREST

At the very end of the Muotatal Valley, the primeval forests of the Alps survive in the 550ha (1,360 acre) Bödmeren forest. Some parts of this ancient forest, unchanged for centuries, have barely felt the influence of humankind.

PRAGEL PASS RIDESHARE BENCHES

In December 2017, the world's steepest funicular opened in the middle of a mountain village: Stoos. The Stoosbahn achieves 110% = 47.7° at its maximum gradient. Its innovative technology is unique in the world. Kids go free in summer with a Junior or Kinder kids' travelcard.

HERITAGE & TRADITION IN ILLGAU

One of Illgau's best-known and most-loved traditions is its folk music. It's said that at least one instrument is played in every family in Illgau. Alongside the traditional brass bands, you'll find modern rock, pop, and folk groups.

THE SILBEREN KARST

Above us, the expanse of sky, below us, the endless void of the Höhloch cave system; all around us, the bare karst: the rocky Silberer landscape is something special to see, boasting Switzerland's biggest karst formations. The trailhead is at the Prage Pass, and a particular highlight of the second part of the hike is the view into the Klöntal Valley.

HÖLLOCH CAVES

With 210 kilometers explored to date, the Höhloch isn't just the biggest cave system in Switzerland, nor in Europe: it's one of the biggest in the world. The vast network of caves and tunnels is a magnet for outdoor enthusiasts!

ACCOMMODATIONS & RESTAURANTS IN THE REGION



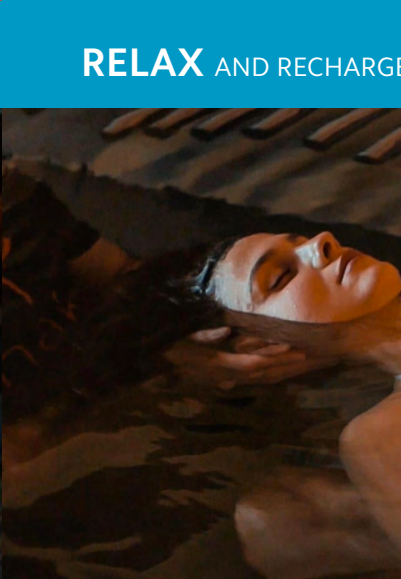
ILLGAU

Options range from holiday rentals to family-friendly campsites and hotels. The Mattli Antoniushaus welcomes seminar and conference guests.



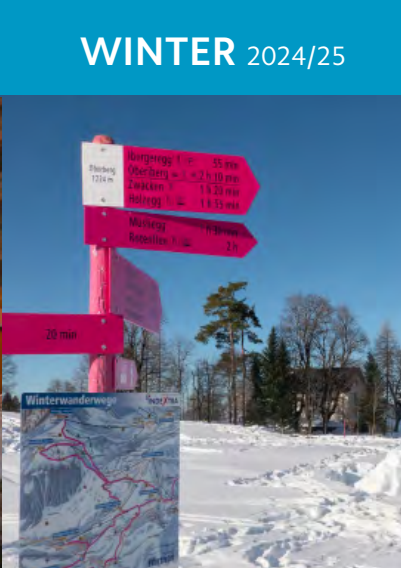
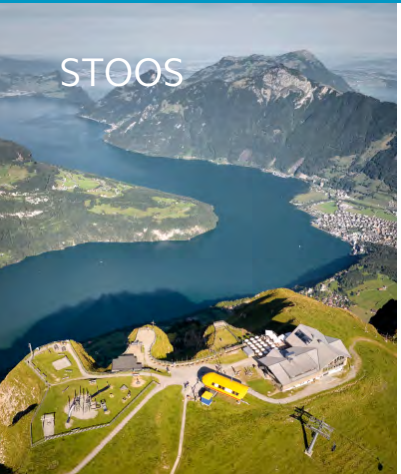
MORSCHACH

Tasty ice-cream, BBQ pits, and restaurants crossing the globe from Italy to Thailand – or immerse yourself in a real Swiss experience: Morschach has it all.



WELLNESS HOTEL STOOS****

Some 1,100m² of spa facilities will restore equilibrium to body and soul. Absorb the power of the nature all around.



WINTER 2024/25

Next door to the Huskies – or in the midst of nature on the Glatt Alp? Muotathal village has a wealth of options for an amazing night's sleep!

ÜBERNACHTEN

Cozy comfort in the Stoos Hütte, pampering in the Stoos Hotel, Alpine chic in the Caschu Alp or a home-from-home in group accommodation or a holiday rental.

RESTAURANT

Restaurants with a view, local specialties, modern cuisine, buffets... gourmet delights abound!

SPEZIALITÄTEN

Gourmet restaurant Chranz Stubi intertwines the traditional with the modern, creativity with indulgence; a passion for cuisine with a heart for hospitality.

ÜBERNACHTEN

Next door to the Huskies – or in the midst of nature on the Glatt Alp? Muotathal village has a wealth of options for an amazing night's sleep!

RESTAURANT

From regional specialties to international haute cuisine; from alpine hut catering to the Panorama Restaurant... there's something tasty for everyone.

SPEZIALITÄTEN

Bakery-confectioner Conditori Schelber is known for its delicious local specialties: a cherry cream pie and a filled cookies inspired by the local caves.

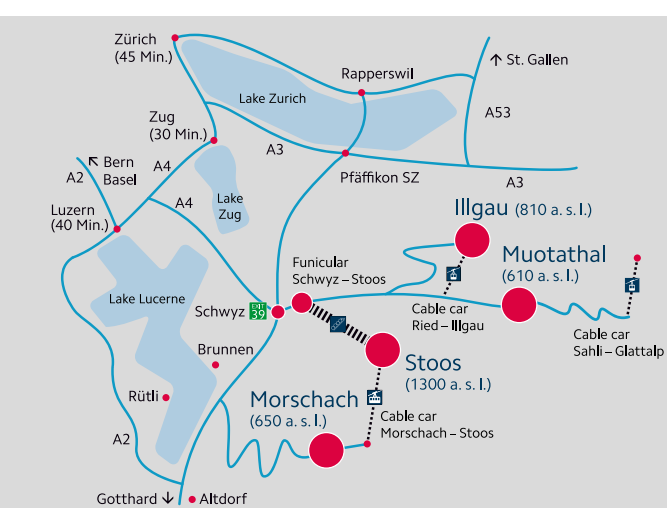


Activity and panoramic map

A unique microclimate



ENGLISH Summer 2024



EVENTS SUMMER 2024

- April 6** «Sagenabend» at Restaurant Oberberg, Illgau
- May – October** Evening trips to Mt. Fronalstock every Saturday
- May – August** Listen to alpine horns above Morschach every Tuesday
- June 9** Stoos-Schwinger (swing festival) Stoos
- June 16** Open air mass with yodel choir on Mt. Fronalstock
- June 16** Ladybug festival, Illgau
- June 29/30** Migros Hiking Sounds, Stoos
- July 6** Stoos-Trail
- July 31 / August 1** National holiday on the Stoos
- August 5 – 10** Sunset trips on Mt. Fronalstock every Friday
- August 14** Kids Musical Camp, Morschach
- August 14** Country Rock Openair, Ried – Muotathal
- August 17 / 18** Natural products market Stoos
- August 25** Coop Family Hike, Stoos
- October 19** Fröneli festival, Stoos
- October – Dezember** Theater Muotathal
- October 26/27** Alpine cheese market, Muotathal

ALPINE CODE OF CONDUCT



- Stay on marked trails
- Keeps dogs on a leash
- Close the gates
- Keep dogs out of water troughs
- Take your trash with you
- Only light fires in BBQ areas

Respect the mountains. Thank you for your understanding!

WHEATER MICROCLIMATE



FASCINATION WEATHER: The beauty and power of nature

The Stoos-Muotatal region has a close relationship with its weather, due to the frequent and dramatic extremes it experiences. From föhn-blown storms on Lake Uri to record freezes on the Glatt Alp; from downpours in the Bödmeren forest to long sunny days on the Stoos and the Illgau sun terrace – the weather can vary dramatically over the space of just a few miles.

WETTERSCHMÖCKER

The home-grown 'Wetterschmökler', sometimes known as the 'Muotathaler Wetterfrösche', or 'Weather frogs', is a group of hobby meteorologists from the Inner Schwyz region. Their own observations of nature are certainly an ingredient of their weather forecasts, but the exact recipe is a well-guarded secret. Learn more during an entertaining talk about the weather.



GRUPPEN OUTINGS



OUT AND ABOUT

Enjoy energetic adventures in breathtaking surroundings with your group. Opportunities range from hiking through the picturesque scenery to lively outdoor activities including golfing in Axenstein, exploring the hidden world of the Höhloch cave network, soaking up the atmosphere of the ancient Bödmeren forest, or meeting the huskies in Muotathal.

HISTORY AND CULTURE

Peek behind the scenes of the construction of the world's steepest funicular. Delve into the details of local, environmentally friendly energy generation at the Aes AG power station, or join in one of Bernhard Betschart's workshops to experience the uniqueness of yodeling for yourself.

MEETINGS & SEMINAR

Mattli Antoniushaus, Stoos Lodge, erlebniswelt muotathal GmbH and the Swiss Holiday Park all have state-of-the-art facilities that make them ideal bases for a fruitful conference or event.

RELAX AND RECHARGE



HUSKY LODGE CHALET HOTEL

Pure relaxation, surrounded by Muotathal's natural wonderland. Unwind and recharge in the sauna, quiet room or a cold water wooden tub.

SWISS HOLIDAY PARK

Let the atmosphere soothe your soul, soak away your cares in the luxurious Roman/Irish baths, and pamper yourself with a relaxing massage.

CASCHU ALP BOUTIQUE DESIGN HOTEL

If you need to get away from the hurly burly of daily life, the spa in the Caschu Alp Boutique Design is just the place for you. Let nature soak through your spirit in the sauna zone, whirlpool, and many more treasures.

STOOS LODGE DESIGN LIFESTYLE

Enjoy the 500m² of sauna and fitness facilities, fully equipped with panoramic views.

WINTER 2024/25



SKIING

A ski safari in the Illgau region is a particularly special experience, while the Stoos boasts 35km of maintained slopes, all with breathtaking views.

CROSS COUNTRY

Glide through nature until your pulse is racing. The region has a varied selection of trails for both classical cross-country skiers and skaters.

SNOWSHOE TRAILS AND WINTER HIKING

Snowshoeing and winter hikes are a great way to immerse yourself in the beauty and power of nature. Discover the region away from the hustle and bustle and off the beaten track.

STOOS – MUOTATAL TOURISMUS GMBH

- ADDRESS** Grundstrasse 232, 6430 Schwyz
- TELEPHONE** +41 (0)41 818 08 80
- WEBSITE** www.stoos-muotatal.ch
- INFO POINTS** Pavilion Morschach, Xaver Lüönd AG Muotathal, erlebniswelt muotathal GmbH (Husky-Lodge), Valley station Funicular Schwyz – Stoos, Mountain station air gondola Morschach – Stoos, Raiffeisenbank Illgau

«For hikers. For sun worshippers. For bon vivants. For an escape from the city. For spa lovers. For cave explorers. For mountain climbers. For adrenalin addicts.»

For YOU! Discover the Stoos-Muotatal region.

