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## A double portion Appenzell

Hiking, Herbalism and Appenzeller Cheese Show Dairy. A moderate Hike from Teufen to Stein will show you the soft hills of the Appenzellerland. The local expert will show you the wild growing healing herbs and explain their effects. This will give you a short overview about our wild herbs which can be used in the kitchen or in your own natural pharmacy.

After about 2 hrs easy walk we will reach the Appenzeller Cheese Dairy and take a short tour to learn more about the cheese making. Finally we close the half day trip with a cheese tasting where we try the 5 different kinds of Appenzeller cheese. As you might know, the most spicy cheese in Switzerland has been treated also with many herbs. It is one of the biggest secrets of the Appenzeller.

### Timeline:

every Tuesday from May 1st to September 30th 2017

10.00 Meetingpoint main station Teufen AR

Hike to Stein about 2hrs (easy tour)

short tour in the Appenzeller cheese show dairy

Cheese tasting 5 kinds Appenzeller

Price CHF 39.- per person / payable at the end of the tour

Booking until the evening before under 079 824 08 99 or  
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