

CHALLENGE ROUTE	To Follow: Route 9 or two climbing options.
Feldkirch to	Map:
Arbon	GPS points: 7 - 7.55
DAY 09	Distance: 60 KM (or more with climbing options)
	Watch out for: Once in Arbon you will not see the bikes again, so be prepared to leave them.

Another easy day. Or not...you have the choice.

We will follow the GPS northward and eventually cross back over the Rhine and through pastures to reach the small Swiss city of Altstatten.

The center of Altstatten has interesting shops and their cobblestone streets are a good place to regroup and stop for a coffee.

Lunch will be outside a church in the village of Widnau.

Afterwards we'll be crossing into Austria again and through the town of Fussach. The bike signs might look a little different at this point (and things might get messy), but just keep the lake to your right and you can't get lost.

For those of us doing the "standard itinerary", we will be following Lake Constance to Arbon. Swiss national routes 9 and 2 double up here, so you will be seeing signs for both until Rorschach. After Rorschach you will be on #2 only.

If you want to make the last day challenging and have some wonderful views and adventures in the famous "Appenzell" region, we recommend the following detours. However, keep in mind that these detours are demanding. They are not as steep as the Brunig and no gravel, but they are long climbs.

Most Difficult: From Alstatten, take the black gps route. If you look at page 52 of the map book, this corresponds to the pink road that leads to "Gais" and then "Route 42" to Heiden. The route is around 33 km, the grade is around 12% at its steepest and an elevation gain of around 800 meters. You'll have to get some lunch in Alstatten before doing the climb.

Difficult: After lunch, take the red gps route between 7.34 and 7.35. This will take you to "Berneck" (page 54 of map book) and then to Heiden. The route is around 22 km, the grade is 12%.

Both of the challenging routes mentioned above will bring you to Rorschach. Once there you will pick up Route #2 and bike west to Arbon.

Once at the Arbon train station, you won't be seeing your bicycles again. Take off all of your bags and GPS if you were given one. Also, if you're using your own pedals/seat, we'll need to take them off before going to the hotel which is just across the street.

If the weather is fine, we plan on eating outdoors at a beer garden. It's about a 10 minute walk.