

## ALPINE ROUTE

Fluhli →

Distance: 57 kilometers

Beckenried

Climbing: 600 meters

DAY

7

Sorenberg, Sarnen, Kerns, Stans

## Highlights

**Descent of Glaubenbuelen pass**

**Stop in historic town of Stans**

**Drinks on the beach of Beckenried**

A break from climbing today, but not until we get over the Glaubenbuelen pass. After this morning's breakfast, we've got another steep 600 meters or so and then it's all down hill. But don't be in a hurry: you will have some incredible views of Lake Sarnen and beyond. Then, once down the mountain, you will be mostly on flat lakeside roads. If you like, there will be possible to get extra kilometers in before reaching the hotel.

If on your own, consider stopping in Sarnen. There is a great beer garden at the Hotel Obwaldnerhof in the center of town. Otherwise, guided tour riders will be stopping at the beach on the edge of town.

You will leave Route #4 in Sarnen to follow a road to Kerns. From there you will head north to the town of Stans. Once in Stans, we're only 10 kilometers from our overnight in Beckenried and so you may choose to have a look around town.

The first written mention of Stans is from 1124 ! It was the capital of Underwalden, one of the first four original Swiss Cantons, and so has a long history. In 1713 most of the city was destroyed by fire. So that this would never happen again, the village square (dorfplatz) was enlarged so that buildings were further apart and so less of a fire hazzard. The result is still noticeable today. You might also visit the Parish church of St. Peter and Paul (1647) and the Capucin monastery (founded in 1583). A lot of attention is given to the "Winkelried House", the supposed home of Arnold Von Winkelried who was a legendary hero of the Battle of Sempach in 1386. Indeed, the folks around here have very long memories.



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If history isn't a priority and you'd like a longer day, head south from Stans to follow the main road to Engleberg which is 20 kilometers away with 600 meters of climbing. Famous for its hiking, skiing and medieval Benedictine monastery, its worth the visit.

Otherwise, proceed on to your very comfortable hotel on the lake. You've got a beach with a nice bar right outside. Or, take the gondola up from Beckenried to Klewenalp for some amazing views of Lake Luzern. The lift is near the hotel and leaves every 20 minutes. Ask the reception for further information.