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AUTUMN WALKING IN SWITZERLAND

Walking is very much to the fore in autumn and this is the time when various resorts are organizing guided walking weeks. This is being done at such places as Arosa, on the Beatenberg, Bettmeralp and Riederalp, at Brig, Celerina, Davos, Les Diablerets, Fiesch, Flims, Grächen, on the Hasliberg, at Klosters, Laax, Lenzerheide, Maggia, in the Mendrisiotto district, at Mörel-Breiten combined with swimming in sea salt water, at St. German, St. Moritz as part of the "Allegro keep-fit programme", at Saas-Almagell, Saas-Fee with an introduction to the science of glaciology, at Samedan, Savognin, S-chanf and Zuoz with game-watching in the National Park, Sils-Baselgia, Weggis and on the Hoch-Ybrig. The Reka walking pass for the Emmental/Oberaargau, Appenzell/Toggenburg and the Jura regions has been devised for families and covers one, three or six overnight stays with breakfast and free use of all public transport facilities in the chosen region. The walking pass, together with suggestions for walks, can be obtained from Reka, Neuengasse 15, CH-3001 Berne.

"125 YEARS OF TELEGRAPHY IN SWITZERLAND"

In 1851 the Commercial Directorate of St. Gall asked the Swiss Government for the immediate introduction of the electric telegraph, which had already been in use in neighbouring countries for a considerable time. The request was granted, the decision being made in favour of the morse system. In March 1852 the Federal Telegraphs Workshop began operations in Berne, where a special exhibition "125 years of telegraphy in Switzerland" will be on show until the end of January 1978. It gives the visitor a vivid insight into the adventurous and problem-filled beginnings of telegraphy in Switzerland and its development up to the present-day electronic telegram and data transmission. The exhibition is open from 9 a.m. to noon and 2 p.m. to 5 p.m. on weekdays, with the exception of Monday mornings, and from 10 a.m. to noon and 2 p.m. to 5 p.m. on Sundays.

WALKING IN EASTERN SWITZERLAND

The Eastern Switzerland Tourist Office can offer a variety of footpaths as well as an extensive network of cycling tours, extending from the Rhine Falls and Lake Constance up into the Canton of Glarus and into the Principality of Liechtenstein. The special tickets for walking enthusiasts are also well-known: the "St. Gall" postcoach walking pass is an all-inclusive ticket covering outward and inward journeys for four half-day walks which can be taken within a six-month period. It costs 15 francs and can be obtained from the Main Post Office in St. Gall along with four suggested routes for walks. The Obertoggenburg Sportbahnen offer 23

combined walking tickets which are a help, for instance, when undertaking a high-altitude walk to the Illos. Walking holidays are particularly popular in autumn and in Eastern Switzerland are organised by the resorts of Flims, Wildhaus, Unterwasser and Alt St. Johann.

SWISS SUMMERTIME GLACIER SKIING

SUMMER visitors might like a change by exchanging walking boots for skiing boots or even using their holidays to take a skiing course so as to be in top form, ready for the opening of the winter season. This is possible in some Swiss holiday resorts, mainly in Graubünden, the Bernese Oberland and Canton Valais. At St. Moritz skiers meet on the Corvatsch and skiing and ski-acrobatics courses are also held as part of the "Allegro" sports programme. Gstaad offers holiday courses in glacier and grass skiing while on the Jungfraujoch there is a 500-foot skilift — installed primarily as a novelty for foreign visitors. Skiing equipment can be hired there. In Crans-Montana glacier skiing and cross-country skiing on the "Plaine Morte" are big attractions. Summer cross-country skiing courses are held over a three-week period. Zermatt is one of the major summer skiing areas in the Alps and skiing instruction is also given there until the end of September. Skiing is also popular in the Titlis district of Engelberg; a glacier lift is in operation during the summer months.

THIRD INTERNATIONAL FOLKLORE FESTIVAL IN FRIBOURG

The Swiss city of Fribourg was the venue for the 3rd International Folklore Festival and the place to see some of the popular traditions of participating countries like Britain, Germany, France, Spain, Ireland, the U.S.A., Mexico, Poland and Switzerland. The curtain-raiser was provided by the folklore group from Guadalajara (Mexico).

10TH ANNIVERSARY OF ABEGG FOUNDATION IN RIGGISBERG

It is exactly ten years since the Abegg Foundation was opened in Riggisberg, which can be reached from Berne by postal coach. Attached to the Foundation is a museum, a library and a textile conservation workshop. To mark the occasion a particularly festive theme has been chosen for this year's summer exhibition: pomegranite and silken velvet.

TO THE TOGGENBURG BY SWISS POSTAL COACH

"Toggenburg weekly ticket" is the name of the new all-inclusive pass issued by the Swiss postal coach service and valid for unlimited travel on all scheduled postal coach services in the Obertoggenburg-Werdenberg region on seven successive days. The main idea is that motorists should leave their vehicles

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in their holiday resorts and use the postal coach services for their daily outings. The weekly ticket costs 20 francs for adults and ten francs for children and holders of half-rate season tickets or holiday tickets. The regional leaflet issued by the Swiss postal coach authorities contains suggestions for walks on the Säntis, to the Voralpsee, the Thur Waterfalls and the Schwendisee. Similar weekly tickets for postal coach travel are already available for the Sion and Upper Valais regions.

ON FOOT ALONG NEW SWISS PATHS

Thirty small bridges were built during improvements to the high-altitude path at Savognin which runs from the bottom station of the Sontgant chair lift to the top station of the Radons cabin cableway. The walk is easy, taking about an hour and a half, and the cheap round-trip ticket even includes a snack. In the Bedretto Valley, Canton Ticino, a new path along the right bank of the River Ticino links Airolo and Ronco Bedretto in a two and a half hour walk. While the existing high-altitude path has red-white markings, the valley walk is identified by the lozenge-shaped yellow footpath signs. In addition the Andermatt Tourist Office in conjunction with the "Urner Footpaths" organisation has newly signposted and marked the entire network of footpaths in the Urseren Valley. Newly incorporated is the five-hour "Urschner high-altitude path" starting at Tiefenbach on the Furka Pass. For most of the way it crosses a sun terrace and it leads to Andermatt via Tätsch - Ochsenalp - Lochbergbach - Lipferstein, past the crystal-clear little lakes known as the Luterseelein.

YVERDON-LES-BAINS LIVES AGAIN

After being long dormant the sulphur baths in the Canton Vaud township of Yverdon have awakened to new life. The new thermal baths centre offers a variety of facilities — baths, inhalation station and rooms for physiotherapy. These modern facilities are mainly intended for the treatment of rheumatism and arthritis, for the after-treatment of accidents, treatment after stomach and intestinal operations, of skin diseases and of chronic complaints of the upper respiratory tract. The centre is set in a magnificent park. The old buildings are being renovated and will thus be preserved for posterity.