



5 Reasons to Visit Switzerland

By Ginger

<http://www.optionstohealth.com/Bisplinghoff>

At a leisurely lunch in Zermatt, Switzerland, on my last day of vacation, I have had time to review my two week adventure. I've stepped out of my comfort zone and gone to a place where multiple languages are spoken, food choices are unique, train schedules must be deciphered and each day is planned around snow conditions and not a day planner.

My 5 favorite reasons for visiting Switzerland have to do with the culture:

1. Food and eating is a total experience, whether you are in the city, the country or on a mountain skiing. If weather permits (and even if it doesn't) you eat outdoors. Water is served in a bottle, with or without "gas" or bubbles, wine is enjoyed at any meal and pasta is found at every restaurant. Plan to spend a minimum of 1 hour eating and talking. You are not rushed. In fact, when you are ready to leave you will have to flag your waiter down and ask for the check.
2. I've yet to find anyone who is overweight here. Although people eat massive amounts of food (by my standard, which is skewed as I am not 5 feet tall and do have to be careful) they are always walking, biking, skiing, hiking, MOVING. Granted, I am at a ski resort in Zermatt but even in Zurich people are on the move and as a whole, look tremendously healthy. You can't help but want to join them.
3. That said, chocolate is a must in Switzerland. On every corner you can find a bakery or store with chocolate that you can smell before you open the door. If at all possible, bring some home with you to remember the glorious taste sensations.
4. You can't go to Switzerland and miss seeing and experiencing the mountains. They are majestic. Some people come here to hike, some to ski and many to do both. The ride up the mountain on the tram is breathtaking. If you are lucky, you will see mountain goats traveling on the rocks where the snow has been blown off. A few brave souls will be hang gliding and most of us are checking the snow to decide if we ski on the groomed trails or in powder. What's great about skiing at Zermatt is that you can start out in Switzerland and be in Italy shortly after unloading at the top of the mountain. And, restaurants are everywhere on the mountain, so you stop when you need to refuel.

5. I have enjoyed the country-wide train system. With a Eurail pass, it is easy to travel throughout the country, stopping in the villages to walk through a castle, enjoy a meal or simply sightsee. The trains are spacious, clean, quiet and on time 99.9% of the time. You can set your Swiss watch by them!

I am most impressed with people that we met in Switzerland who are able to speak 3 or 4 languages. I barely made it through 4 years of French in high school despite great attempts to learn the language. Everyone was gracious and willing to help us.

I would definitely go back to Switzerland again. I already miss the simplicity, order, cleanliness and magnificent mountains and countryside.

.