

Real Rail Adventures: Swiss Winter Magic

1. OC, snow scene, chair lift or sled	Who's ready for some fun? And I mean the magical kind of fun you had when you were a kid...when you woke up to find the world blanketed in snow, school cancelled, and a brand-new sled ready to ride. I'm Jeff Wilson and if you're ready, I've got the ticket to take you there. Come along on Real Rail Adventures: Swiss Winter Magic.
2. Standard open	<i>[Standard open]</i>
3. Montage, scenics 07 15 19	There's no place quite as magical as Switzerland in winter. It's almost like a snow globe come to life. Church spires rise above white-laced villages. Crimson horse carriages jingle along frosty streets. And shiny train cars deftly wend their way up mountainsides.
4. OC, on skis	For me, the best part about wintertime in Switzerland is the outdoor sports. From skiing to skating to tobogganing to snow biking, I mean this place is as good as it gets. So, a few weeks ago, I decided to pack my bags, grab my skis, and hit the snow.
5.	For years I've been riding trains in Switzerland, and it's by far the best way to see the country.
6. OC, train station	Train travel is more popular than ever, and for good reason. It's relaxing, eco-friendly, and it's a great way to get to know a destination and its people.
7. Trains	You can bet that the well-connected Swiss rail system will take you to some of the world's top winter resorts. All you need to ride is a single Swiss Travel Pass.
8. Map	I'll start in the town of Chur, and then head to St.. Moritz...the Goms region...Zermatt...Gstaad, and then circle up to Zürich.
9. Chur, city scenes	I've toured Chur in summer, but this is my first winter visit. It's Switzerland's oldest town and there have been settlements here dating as far back as 6000 years. Impeccably-preserved medieval buildings still rim the winding cobblestone streets.
10. Chur railway station	While the town embodies history, Chur is also a modern transportation hub and the place to catch one of the world's great trains.
11. Albula/Bernina train	The Albula Bernina line is the perfect way to plunge into the Alps. This train line was so difficult to build, and so crucial to

	transforming the culture in this part of the Alps that portions of it have been designated a UNESCO World Heritage site. An engineering marvel, the train finesses its way through some Switzerland's most challenging terrain.
12. Landwasser viaduct	One of the highlights, the Landwasser viaduct, is 213 feet high and spans 450 thrilling feet.
13. Map	The train delivers me to St. Moritz where I can really indulge my love of the outdoors, with both familiar and new activities.
14. Train station shot; Picking up skis	<p>It's easy to bring your own gear. Your first bag travels free on Swiss Airlines.</p> <p>SOUND BITE: Jeff: I'd like to pick up my bags. Agent: Yes of course. Just a moment please.</p> <p>And if you buy Fly Rail Baggage service, your bags are transported directly to your railway or hotel destination.</p> <p>Agent: Enjoy. Thank you. Bye. Jeff: Bye bye.</p>
St. Moritz area, scenic shots	It's said that St. Moritz—a name that instantly evokes well-heeled travelers and holiday glamor—is the birthplace of winter tourism. A hundred and fifty years ago, when this was already a thriving summer resort, a savvy hotel owner named Johannes Badrutt bet his English guests that winter months here could be even more fun.
15. OC, St. Moritz	<p>Now this was way back in the day when people were actually afraid to stay in the alps during the wintertime. So Badrutt promised some English guests that he'd pay for their entire trip if they didn't agree that a snowy St. Moritz was just as beautiful and even more enjoyable than the town at the height of summer. Well, Badrutt won that bet easily and a new industry was born.</p> <p>Bite: PA System: Swiss German announcement.</p>
16. St. Moritz, activity shots	The area continues to thrive as an epicenter of winter sports—skiing, snowboarding, sledding, you name it.
17. OC, Olympia Bob Run	<p>I'm ready to jump right in with some cool runnings on a bob sled run. The Olympia Bob Run, built in 1904, is not only the world's only natural ice bob run, but it's also the oldest still in operation.</p> <p>Bobsled driver: Hello, how are you feeling? Doug: We're very excited. Driver: Yeah. Yeah.</p>

	<p>Bob run manager: Hold your tight elbows to your body. And you have to be one part with the sled. We have no suspension; we have quick change.</p> <p>Jeff: Ready or not, we're ready to make bob sled history. I'm not sure what kind.</p> <p>PA System: Leap on the sleigh. The run is clear.</p> <p>Driver: speaks in Swiss German</p> <p>PA system: Now on the track the Heineken sleigh and Jeff Wilson and Doug Newell.</p>
<p>18. Olympia Bob Run</p>	<p>The sleek track is just over a mile. It gives you the ride of a lifetime along frigid curves and bends. The sleds can get up to speeds of 80 miles per hour with centrifugal forces reaching four Gs. Each year track builders spend three weeks re-creating the track to keep it in tiptop condition. While the ride lasts less than two minutes, I get an Olympic-sized thrill roaring around the last turn and gliding into the finish.</p> <p>PA System: We hope you had fun; we hope you enjoyed.</p>
<p>19. Snow kiting on frozen Lake Silvaplana</p>	<p>Another of St. Moritz's contributions to outdoor fun is snow kiting. Lake Silvaplana, which is frozen for much of the winter, has helped foster this relatively young, but fast-growing sport. It's similar to kitesurfing on water, but here you sail across a coating of snow, bolstered by wind, on the open expanse of lake. If you're comfortable on skis, it's fairly easy to pick up.</p> <p>Kite Ski Instructor: Beautiful.</p> <p>Jeff: It's a great day.</p> <p>Inst: Yeah.</p> <p>Jeff: A little more wind, right?</p> <p>Inst: Yeah if it picks up. Yeah.</p> <p>Jeff: It's all we need.</p> <p>Jeff: So Simon, you know I'm new at this because I tried to put the belt on backwards, right? I've skied a little, but what can I expect in learning how to kite ski? What are some of the basic steps I need to follow?</p> <p>Inst: I'd just like to say you can cross against the wind, or you can cross with the wind.</p> <p>Jeff: Like tacking with a sailboat.</p> <p>Inst: Exactly. It's exactly the same system and in a sailboat you have a rudder to steer on the opposite direction. We have skis to steer somewhere else. That's the only difference.</p> <p>Jeff: It sounds simple I'm sure.</p> <p>Inst: Yeah it is.</p> <p>Inst: And on three, yeah! One, two, three. Steer...steer... steer. Right...hard right. Very good. Hard right to the bottom. Hard right blue; and you can steer very deep to the bottom for the camera. Yes, right on.</p>

20. Horse carriage ride	St. Moritz inhabits the dreamy Engadin valley. And a fun way to explore it is aboard horse-drawn carriage. A century ago, Friedrich Nietzsche wrote about this area, “There is no place I love as much.” Riding through the chilly landscape, bundled up against the cold, you can imagine it might have looked much the same as when that German philosopher stayed here.
21. Horseback ride	<p>If you prefer taking the reins for leisurely stroll on horseback, then the Stalla Costa will fix you up. This family-run company is known for its organic practices and animal-centered care.</p> <p><i>[Soundbite with guide] Ilena Forster</i> Horseback riding guide: Horses are like all animals. They’re use to the winter. We have them all day outside so the make a nice winter coat. They don’t have cold or anything, they have a good coat. And we use special hoof shoes with spikes so if it’s icy or so, they are still safe. The guides are experts at reading horses’ natural body language to build a trusting relationship between rider and horse.</p> <p><i>[Soundbite with guide]</i> Jeff: They seem like they are very....I mean they are big, tall animals for horses but they are....they seem very low key, right? Guide: Yeah, they are used to many things. We train them so they know a lot of things. They know people and trust us. It’s aah...We try to build up a language or communications so they trust us and respect. Yeah.</p>
22. Bernina Line	For stunning mountain scenery, try a day-trip out of St. Moritz on the Bernina Express.
23. OC, Bernina	Talk about magical—this train line passes all the way from the alpine glaciers of Switzerland to the palm trees of northern Italy
24. Bernina Line	The Bernina is one of the highest rail lines in Europe, crossing nearly 200 bridges and dozens of tunnels. Though cars may struggle to cross this pass in winter, the train makes easy work of the snowy inclines. The Bernina Express passes by Lago Bianco, who’s waters flow to both the Adriatic and Black Seas. Hardcore rail fans will tell you that this is not only one of the most scenic train rides in Europe, it’s among the best in the world.
25. Meet Yoga on Snow guide	<p>The morning finds me high up on the slopes above St. Moritz. This is one of the world’s great ski destinations. It seems the Swiss can do just about anything on snow, including yoga.</p> <p>Since yoga means “to unite,” this seems an appropriate way to get in touch with the natural surroundings. You don’t need to be</p>

	<p>experienced in yoga or skiing.</p> <p>[Soundbite with instructor.] Yoga Inst: Kind of look to your backhand, and then make one line. Yoga Inst: Then we inhale again and bring your arms to the side. Then lengthen your spine; feel very strong and then bend to the opposite side. The “Yoga on Snow” team leads you through poses while periodically pausing to take in some of the best sights. It’s a great chance to really “be in the moment.” Yoga Inst: If you want, you can look up.</p>
26. Muottas Muragl	Overlooking the Engadine, the summit of Muottas Muragl serves up a spectacular vantage point for the valley.
27. Segantini painting	The epic views and unusual light conditions provided ample inspiration for 19 th century Italian painter Giovanni Segantini, who gained fame with his large pastoral landscapes of the Alps.
28. Interview with Heinz	<p>Hotel Romantik, perched on the mountainside, dates back to the early days of tourism. Modern Swiss are very eco-minded, and the recently refurbished hotel now produces even more energy than required to meet its own needs.</p> <p>[Soundbite with Heinz] Heinz: We collect the sun. Jeff: Aah, solar. H: Solar energy. We have a lot of collectors; around the funicular, at the top roof, at the main entrance, and even the windows, we have special ones. They are pipes. They look very stylish, but stylish and energy works. And then we have earth zones; 200 meters. Jeff: Aah, so geothermal heating? He: Yeah, geothermal heat. Finally we have real independence from all energy---the sun. Jeff: Just the sun. H: Just the sun and the water and the earth gift we need. J: That’s great.</p>
29. Sledge ride down from Muottas Muragl [motus murall]	At 8000 feet, Muottas Muragl is a major draw for sledders. You can rent a toboggan at the valley station to get in on the fun. The toboggan run has a vertical drop of more than 2300 feet and is the fastest in the area. It’s a rip-roaring ride that will leave you alternately laughing and praying for your life. There’s nothing else that can bring out the kid in you like racing downhill on a sled, a brisk winter wind in your face.
30. Hotel Waldhaus Sils, ext.	My home in the Engadine is Hotel Waldhaus Sils. It sits on a wooded hillside that Nietzsche described as “6,000 feet beyond man and time.”

31. Hotel, int.	This is like delving into the nostalgic luxury of centuries past. It's the kind of place you read about in books, or see in films like the Grand Budapest Hotel. The hotel has stayed largely the same as when it was built in 1908, and is still operated with loving care by the grandchildren of the original owner.
32. St. Moritz train station	Today I'm back at the station, heading in the direction of Zermatt aboard that icon of scenic trains, the Glacier Express.
33. Glacier Express	The term "Express" is a bit misleading; the train coasts along at a snail's pace crossing nearly the length of southern Switzerland.
34. OC, GEX	Winter's a fantastic time to travel through this part of the country. But I can say, it's best seen from the inside of a warm train.
35. Glacier Express	Snow leaves the countryside blanketed in white, and small Swiss villages stand out against the dazzling background. Travelling from St. Moritz to Zermatt, the Glacier Express ferries travelers between two of the world's great winter sports destinations.
36. Map	I'm stopping <i>between</i> St. Moritz and Zermatt, in the Goms District. Flanked by famous resort areas, this region is in many ways still undiscovered.
37. Goms valley	Tranquil Goms is a winter wonderland. Undulating hills are dotted with quaint villages and dozens of baroque churches, their graceful spires stretching into rarified mountain air.
38. Reckingen [rekingun]	The small village of Reckingen, population 420, looks much as it has for centuries. Old wooden buildings and houses stand sturdy and resolute, blackened by weather and sun. Many rest on stone slabs balanced on stilts – a way to discourage visiting vermin. The village got rich in the middle ages because of its location in a pass between Italy and Switzerland.
39. Cross-country lesson	The surrounding area is one of the best places in Europe for cross-country skiing and snowshoeing, with more than sixty miles of Nordic tracks. I'm lucky enough to get a skate-style cross-country lesson from former Olympic athlete, Simon Hallenbarter. [Soundbite with Simon] Jeff: Starting out, usually on cross country skiing I would be kind of shuffling along, right? Simon: Yeah for sure. Jeff: And one hand in front of the other. S: Yeah, I mean it's a little like walking. That's like cross country skiing....and skating, it's like ice skating, always gliding you know. The poles are actually the same but a little longer, but the boots and skis are totally different. The boots

	<p>are a little higher—that you are more stable in skating. And the skis are a little shorter. And then it’s important for the balance you know, that you have the whole weight on the right skis, and also on the left skis.</p> <p>Jeff: It’s glide, push, and glide.</p> <p>S: Push and glide, yes. Yeah, that’s good.</p> <p>There are miles of groomed trails, including some that offer lighted night skiing and dog sledding.</p>
40. Bakery demo	<p>The perfect way to warm up? How about baking some local bread. The elevation and extreme weather here are ideal for growing rye, and locals have been transforming it into delicious bread for hundreds of years. In the old days, villagers fired their communal ovens only two or three times a year, so they needed to come up with a type of bread that would last for several months.</p> <p>Bite-Jeff: We start by...you take the dough and we make a ball. The key to the bread’s longevity is a closely-guarded secret, though some hint it’s the special sourdough starter, handed down for generations.</p> <p>[Soundbite making bread]</p> <p>Jeff: You have to be quick I guess. You have a hundred loaves to make. Right? So Ok, this way and this way. OK?</p> <p>Jeff in shop: Yeah, ein rogggenbrot?</p> <p>Shop keeper: Yeah, (and more in German)</p>
41. Commercial bakery	<p>The bakery supplies all the local restaurants and stores with loaves fresh from the oven.</p>
42. OC	<p>Well, there you have it. The field, the mill, the bakery, the store, all in the same valley. Talk about local.</p>
43. Ski museum in Oberwald 1,000 pairs of skies	<p>Stopping by a small museum in Oberwald, I discover a shrine to skiing. Here, in a converted stable, a thousand pairs of skis collected by enthusiast Toni Hischer trace the history of winter sports in Goms. The oldest pair dates to 1896.</p> <p>[Soundbite with Toni – translated by Matthias]</p> <p>Jeff: So Toni, what made you start to collect skis?</p> <p>Translator: He started in 1957. He won his first race at school. And then he took part in more races. And he had ten pairs of skis. Then he had ten pairs of skis. Then began collecting those you know. After every season, there were skis lying on the street after the season. So he picked them up. But many are from friends you know, from sportsmen, for athletes, Olympic participants.</p> <p>So how many years has it taken? I guess since 1957 then?</p> <p>Trans: 1957 yes.</p> <p>Jeff: so 60 years.</p> <p>Trans: Yeah 60 years.</p> <p>Jeff: Wow, that’s a lot of skis.</p>

44. Cholera restaurant	Time to replenish those calories I burned off skiing. Tonight's dinner is at the Hotel Joopi Restaurant with its curiously named "Cholera Pie." The name refers to a dish that's something of a regional specialty.
45. OC, restaurant	Back in the days when cholera epidemics roared through mountain communities, people were afraid to go out in the street. So, they'd take whatever they had around the house: potatoes, apples, cheese, bacon, an old shoe – and heck, even an old shoe would taste good with bacon, right? – and they'd put a pastry crust on top of it and bake it into a pie.
46. Cholera restaurant, cont.	Now, even top Swiss chefs use leftovers to come up with their own innovative spins on Cholera pie. Ours is loaded with cheese and local vegetables surrounded by a luscious crust.
47. GEX to Zermatt	Climbing back on the Glacier Express, I'm on a pilgrimage to one of the world's most legendary winter destinations.
48. Map	It's the village of Zermatt and its alpine celebrity, the Matterhorn.
49. Zermatt town	Handsome Zermatt is a winter sports Mecca tucked at the foot of the Alps. As I discovered on my summer visit here, it's friendly, laid-back, and car free. Getting around on foot is a great way to get to know Zermatt. Or if you're not up for walking, you can hop in an electric taxi or bus.
50. Bahnhofstrasse	The town offers first-class shopping along the Bahnhofstrasse. While not generally a hub of high fashion, it's a great place to browse Swiss watches, jewelry, and sports gear. Hungry shoppers follow the tempting aromas that drift from traditional bakeries.
51. Old town	Zermatt is equally proud of its old town, with its rugged rows of houses and stables built hundreds of years ago. The sun-blackened wood stands starkly against a coating of winter snow.
52. Pictures from museum	This town's history is forever linked with the name of Edward Whymper, who was the first climber to summit the Matterhorn in 1865. Tragically, four members of Whymper's party died on the descent, when a broken rope sent them tumbling down the mountain.
53. OC, Zermatt	But Whymper's conquest of the Matterhorn, one of the last Alpine peaks to be summited, made the village famous. Tourists have been flocking here ever since. Today, there are three large ski resorts offering a whole range of winter sports. There's pretty much something for everyone.
54. Ascent with subterranean	There's nothing that quite prepares you for that first glimpse of the Matterhorn. At more than 14,000 feet and straddling Switzerland

cablecar to Sunnegga	and Italy, it's one of the highest summits in Europe.
55. Cablecar to Rothorn, ski region	I've joined the skiers and snowboarders on the Sunnegga-Rothorn lift, with its heady vistas and generally sunny slopes. The views from the Rothorn are dazzling, spanning many of the peaks in this part of the Alps, and the curves of the Findel Glacier.
56. OC, skis	And now it's time to ski! This is my idea of winter magic!
57. Skiing scenes	Ever since I was a kid I've dreamed of skiing here, and it's even better than I expected. The slopes are carefully groomed for every ski level. And snow is guaranteed here the entire year-round. And come on, what could be better than skiing in the shadow of the Matterhorn?
58. Cervo ["serve-o"]	After an invigorating day on the slopes, I'm ready to kick back with some local snacks and drinks. Cervo, the only ski-in/ski-out resort in Zermatt, specializes in the fine art of apres-ski, with live music and crowds of exhausted, but happy, skiers.
59. Visit the local black nosed sheep	<p>I'll have to pull myself away from the music because I've got a prior engagement with some very special locals: blacknose sheep. These wooly alpine dwellers are a passion for Paul Julien who, with his brother, raises about 300 of them.</p> <p>[Soundbite with Paul] Paul: The black nose sheep is not only a very beautiful animal as you can see. Now it's also very important for this area here because they are perfectly adapted to needs of the area. You must imagine in the summer, they walk very high up....until nearly 3500 meters in altitude. Higher than the cows and the other animals. Jeff: So if they go so far up in the mountains, how do you know where they are? Paul: Well, that's the thing that is so special. They are very hardy. They would always stay around the spot where you last time gave a little bit of salt. And all you got to do is you go once a week up there and give them some salt. And then you can let them completely free. You don't have to fence them or anything like this, and that is very nice. This is one of the reasons they are so popular. Paul's cuddly flock is irresistible, and several members have claimed the crown at Zermatt's annual beauty pageant for sheep</p>
60. Electro car manufacturer	Protecting natural resources is important in Zermatt, touted as the most self-sustaining winter resort in Switzerland.
61. OC, Electro car, Bruno Imboden	Transportation runs a little differently here. In the 1960's, citizens voted to ban all personal and petrol vehicles. Today

	all traffic in Zermatt is electric – from buses, to taxis, to delivery vehicles – and many of those are made right here, by hand.
62. Electro car	Imboden Electro builds battery-powered taxis, trucks and buses. Each vehicle, made of welded aluminum, is a one-off designed for a specific customer's needs.
63. Air Zermatt	<p>Zermatt's technical prowess isn't limited to land vehicles. The world-renowned rescue operation, Air Zermatt, has been patrolling this corner of the Alps since 1968.</p> <p>With a fleet of ultra-modern helicopters, it provides rescue and transport services, as well as sight-seeing flights for lucky tourists.</p> <p>[Soundbite] Jeff: So how many helicopters do you have now? Carlo: We started with one helicopter and now we have nine. Oliver (Pilot): This is our Bell 429. It's our primary rescue helicopter. We have hoist capabilities...so we have 90 meters, which is about 270 feet of cable. It's also a small critical care unit. We have full monitoring capabilities, like defibrillation, cardiac monitor. We also have a respirator. We can do full anesthesia on board. We also have profusion pumps. You name it. Whatever you need in a critical care one, we basically have it. Jeff: A flying ambulance. Oliver: It is. It is absolutely. Jeff: Carlo, why are helicopter in the region? In Zermatt? Carlo: The people are coming here for skiing. You have nice, three different places to ski. And of course you have to have something ready if there is an accident. They know that, so at least if that happens, we are ready to be there.</p>
64. Alphorn players	Let's say you're in a 17 th century Alpine village and you want to send a signal to a village on the next mountain over. How would you do it? Why not with alphorns? These long wooden instruments were used to call animals in from the pastures, pacify cows during milking, and even for evening prayer.
65. Alphorn lesson	For total Swiss immersion, I get an alphorn lesson from local Bernard Perren.
66. Alphorn	<p>[Soundbite with Bernard] Bernard: To sound way down, the lips are very big. Higher, you go smaller. Jeff: Here I go, my best embouchure. B: That's enough, huh? Well done. For the first time it's hard.</p>
67. Restaurant Schäferstüb	Dinner at Restaurant Schäferstube is a warm and cozy affair, serving up hearty portions of raclette and ravioli. Local meat is

	cooked over an open charcoal grill. This is exactly what I need after a long day in the mountains.
68. Map	There's great snow and plenty of winter sports on tap in the town of Gstaad, so that's where I'm headed next.
69. Golden Pass to Gstaad	The GoldenPass line is another shining link in the Swiss transportation system. It connects the Lake Geneva region in the west with the central part of the country. The GoldenPass is not actually a single train line. It's a picturesque route serviced by several different, but equally special trains. There are ultra-modern express trains, panoramic trains with expansive viewing windows, and classic trains that harken back to the Golden Age of rail travel.
70. Gstaad	The train drops me in Gstaad, an idyllic mountain town, and stronghold of old European refinement. It's earned a reputation as an elite winter getaway for the world's rich and famous.
71. OC, Gstaad	The construction of the railroad brought early tourists here in 1905. When a ski school opened twenty years later, its reputation was sealed. One of the best-known resort towns in Switzerland, Gstaad has entertained kings, queens, and Hollywood royalty for nearly a century.
72. Alpina	Louis Armstrong and Grace Kelly both vacationed here. Nowadays, luxury hotels like the Alpina, with its sumptuous suites and lavish amenities, host more recent celebrities such as Quentin Tarantino and Madonna.
73. Gstaad	But despite all its fame, the town itself remains surprisingly down-to-earth.
74. OC, on bike	I'm really excited about this next activity. Biking in the snow is all the rage here in Switzerland. And to do it, you gotta have a fat bike. Jeff sound bite: Oh jeeze...holy cow. In the harder than it looks category.
75. Gstaad Fatbike Experience, Lauenen	The bikes get their name from their extra wide tires, even wider than mountain bikes, and are great for taking on snow and other rough terrain. Riding them is pretty much like riding a regular bike, although the frames are a bit wider, so turns can take some getting used to. [Soundbite with Claude] Bike Instructor: You know the good thing about fat biking is almost everybody knows how to ride a bike. So you don't need to learn special skills. Because if you can ride a bike, you can ride a fat bike and you're having fun. Inst: If you're scared about going fast, it's not a good thing.

	<p>You need to a little bit, let your bike go free because it shakes a little bit on the snow. But finally the good is if you crash, you have a soft landing.</p> <p>Jeff: That's true.</p> <p>Inst: Exactly.</p>
76. Paper cutting demo	<p>This region is well known for one particularly Swiss art form: paper cutting. Virtually every home here, from the most modest farmhouse to the most extravagant chalet, displays one of these incredibly painstaking works of art. The technique has roots in Asia and the Middle East where cut paper was used for shadow puppets. It gradually made its way to Switzerland around three hundred years ago. Ueli Hauswirth is a master.</p> <p>[Soundbite with Ueli]</p> <p>Jeff: So who brought the paper cutting to this are of Switzerland?</p> <p>Translator: So this was the first person her was Johan Jacob Hauswirth. And he lived here in Saanen area and he traveled from farm to farm. He did this cutting also to be able to sleep there—as a payment. And he was a cousin of one of his relatives.</p> <p>Ueli: Speaks in German.</p> <p>Translator: OK so this man was the cousin of his great, great, great grandfather.</p> <p>Jeff: It's in his blood.</p> <p>Trans: It's in his blood. Yeah definitely.</p> <p>Jeff: So why to you love paper cutting? And what made you want to spend your life doing it?</p> <p>Trans: He says he's actually telling his story with the paper cutting. He's cutting his story.</p> <p>Jeff: Well it's extraordinary. It's really extraordinary work so we appreciate his showing it to us.</p>
77. Cable car	<p>Ten miles from Gstaad, near the town of Les Diablerets, the Glacier 3000 cable cars and lifts carry visitors to nearly 10,000 foot heights.</p>
78. Glacier 3000, skiers	<p>In the middle ages, this was considered a dangerous and cursed place where the devil came to make mischief. There are no signs of diabolical works today, except for maybe the weather which is less than ideal for the area's only skiable glacier.</p>
79. OC, Peak Walk	<p>The highlight for me is the Peak Walk. It's the only suspension bridge in the world that connects two mountain peaks.</p>
80. Peak Walk	<p>This lofty crossing is nearly the length of football field. On clear days, it offers intrepid walkers views of the Alps. But today it's an eerie, almost mystical, passage over the fog-shrouded abyss below.</p>

81. Lunch at Refuge l'Espace	Those who want to take their meals to great heights head to the small and cozy Refuge L'Espace. With room for just 30 diners, the restaurant can be reached only by skis, snowbus, or on foot. The friendly owners welcome guests with tasty local delicacies and lots of personal touches.
82. Regional rail To Zürich	More of Switzerland is calling, so I'm back aboard the train, shuttling through storybook countryside as I head to the big city.
83. Map	Zürich, lounging on the River Limmat, is not only beautiful, it's easy to explore.
84. Zürich, Uetliberg	There have been settlements on this site for thousands of years. During the middle ages, it became an imperial city, answering only to the Holy Roman emperor.
85. Lindenhof, Rennweg	Later it was a stronghold of medieval craft guilds, which even today have influence here. Switzerland was neutral during World War II, so Zürich escaped the bombing that ravaged so many European cities. It retains much of its historical architecture and charm.
86. Grossmünster Church	The Romanesque-style Grossmünster stands gallantly over the city. Legend holds that the church was founded by Charlemagne after his horse fell to its knees on the graves of early Christian martyrs who were buried here.
87. OC, Zürich	Zürich has long been a cultural magnet, attracting intellectuals, such as Lenin, Carl Jung, and James Joyce. And it was here that the Dadaist arts movement was born. Dadaism burst on the scene in the early 20th century, shocking conservative European audiences with its provocative works.
88. Café Voltaire	The birth of the movement can be traced to Cabaret Voltaire, where a group of young artists and writers, led by exiled German poet Hugo Ball, gave often raucous performances of spoken word, music and dance.
89. Zürich West	Today the city continues to draw in the curious and the unconventional. An urban revival is happening in Zürich West, once an industrial section of town. Here old warehouses and factories have been reclaimed by young artists, musicians and other innovators who are injecting a wave of creative energy into the city. It's become a hub of multicultural restaurants, international shopping, and nightlife.
90. On train	The city is great, but I'm ready for another outdoor adventure. I have one more very special place to visit. A two-hour train ride from Zürich, Mount Rigi, makes an easy day trip or a great

	overnight destination.
91. Boat on Lake Lucerne	You can take the train directly, or go via Lucerne. The advantage of going through Lucerne is that the second half of the journey is a boat ride across the lake, all included in the Swiss Travel Pass. In the morning light, Lake Lucerne is an enchanted lake, with softly rippling water viewed against a backdrop of mountains.
92. Vitznau	The boat docks in the thousand-year-old port of Vitznau. From there, it's just a few steps to the Rigi Mountain Railway.
93. Rigi cogwheel	This cogwheel train is a historic treasure. Opened in 1871, it was Europe's first mountain rail. Swiss engineer Niklaus Rigggenbach patented the technology, which used coggled wheels that interlocked with teeth on the rail tracks. These vintage cars carried awestruck passengers up the side of Rigi, just as they do today.
94. Rigi Kaltbad	Dubbed the "Queen of the Mountains," Rigi is one of those places that seems to inspire everyone who visits. Mark Twain wrote that it "commands a mighty prospect of blue lakes, green valleys, and snowy mountains." And romantic landscape painter J.M.W. Turner immortalized it in misty watercolors.
95. Active shots	Rigi has plenty to keep winter sports fans happy. Skiing, sledding, you name it.
96. OC, snow shoeing	I'm trying my hand – or should I say my foot? – at another backcountry sport, snow shoeing. They say "if you can walk, you can snowshoe." And that's true. While the first few steps can feel awkward, you pick it up pretty quickly.
97. Snowshoeing	And there's nothing boring about snowshoeing, especially surrounded by scenery like this.
98. Rigi Kulm	At 5900 feet, Rigi Kulm is the highest point on the mountain. Here you can look out over Lake Lucerne and the Alps to south, and as far as Germany to the north. The Swiss Alps definitely surpass all my winter adventure expectations – they thrill my spirit and chill my toes.
99. Fondue	Come in from the cold by sampling a warm fondue at Restaurant BargGnuss. This dish, which is almost synonymous with Switzerland, is made of melted cheese, typically blended with white wine and seasoning. Sound Bite Guide: OK we have to start to stir.
100. OC Fondue	The Swiss eat fondue mostly in wintertime. They love the social aspect of it. Everyone sits around together, eating out the same pot and just having a good time.

101. Spa, Rigi Kaltbad	There are no winter aches and pains that can't be soothed away at Rigi Kaltbad. This spa was designed by Mario Botta, architect of the Museum of Modern Art in San Francisco. The multiple pools and tranquil lounging areas are a very modern take on a bathing tradition that dates back more than four hundred years here on Rigi. I feel confident my doctor would recommend a hot stone massage as the best way to prepare my muscles for one last winter adventure.
102. Paragliding	Ever dreamed of flying? Well this is the place to do it. Rigi offers tandem paragliding flights; no experience necessary. After some brief training, my skillful pilot launches us into the wind. The wing moves up, carrying us high into the air and over the mountains. I get a rush of adrenalin as we are literally carried away.
103. Aerial shots	It's hard to imagine anything more thrilling than this flight over snow-dusted alpine slopes and spectacular lakes—the perfect way to end my Swiss Winter Magic tour.
104. OC, Rigi	I hope you had fun tagging along on my latest rail adventure. I think I'll sleep well tonight—with dreams filled with mountains, trains and falling snow. That's the magic of winter in Switzerland. Thanks for joining me on Real Rail Adventures.