

Real Rail Adventures: Swiss International Hubs

<i>Video</i>	<i>Audio</i>
1. OC, Montebello Castle	<p>International travel – we all know the perks: it opens your mind, expands your thinking, and shakes you out of your daily routine. It allows you try new things and meet new people. But—you say—it’s also a <i>lot</i> of work...</p> <p>Hi, I’m Jeff Wilson and I’m here show how you just how easy it can be! Whether you’ve got a few months, a few days or even a few hours, with the right train connections and a few tips, you can get a rich, multicultural experience that’s as fascinating as it is fun.</p>
2. Standard open <i>[Music only]</i>	
3. Montage	The first time I visited Switzerland, I was struck by just how international it is. Set right in the heart of Europe, with four different official languages, and served by a truly world-class transportation system, this country is a crossroads in every sense.
4. Jeff looking at train international train connections in station	Not only does it have some of its own incredibly diverse urban centers, these same cities can be used to easily link to other amazing European destinations.
5. OC, Lake Geneva	This trip, I’m going to take full advantage of Switzerland’s convenient location in the center of Europe and its fantastic rail connections. I’m going explore some major urban hubs in Switzerland and use them to connect seamlessly with other European countries, like Germany, France and Italy. And as always, I will have plenty of fun along the way!
6. Map	I’ll launch from Hamburg, Germany... headed for Interlaken, Switzerland. I’ll discover the art culture of Basel,... then hop a train to Paris. Next, I’ll explore the peace city of Geneva,... visit trendy Zurich... and historic Bellinzona. Finally I’ll head off to Milan, Italy.
7. People and locations from Germany and Hamburg	<p>I begin my adventure in the north of Germany, where I’ve been vacationing across one Europe’s most dynamic and eclectic regions. With its lively city centers and boundless cultural activities, this part of the country seems to be always on the move.</p> <p>Case in point: the port city of Hamburg. Lined by canals and awash in waves of seafarers and cruise lovers, the city hums with a special kind of energy. It’s just the invigorating start I need to launch this rail journey.</p>
8. OC, in front of ICE train	If you’ve seen my shows before, you know I love outdoor adventure. So today I’m making a straight shot from Hamburg to Interlaken. It’s Switzerland’s adventure capital and it serves as playground to the world.

9. ICE train	Climbing aboard the high-speed ICE train, I can see that this is going to be smooth sailing. ICE International trains provide ultra-fast service between large cities in Germany and Switzerland, some traveling at speeds up to 200 miles per hour. But speed doesn't mean sacrificing scenery, and the train plunges deep into lush European countryside.
10. Interlaken and scenics	It's been said that Interlaken is a place where the heavens and earth converge. Surrounded by jutting alpine peaks, and wedged between two crystal clear lakes, this is ground zero for thrill seekers and adventure travelers.
11. Town	Interlaken is located in the center of the Bernese Oberland and the town makes a strategic base for outdoor expeditions.
12. Activity shots	In winter, you'll find snow birds cruising down some of the world's best slopes... in summer you'll catch sight of peaceful hikers and boaters. And mountain sides are always echoing with the happy shouts of adrenaline junkies.
13. OC, Grimsel	My expedition of choice? This time it's canyoning. I'm in Grimsel Canyon outside of Interlaken. There are these amazing rock formations all around me...spectacular mountain peaks above me. This promises to be canyon exploration at its finest.
14.	<i>[Soundbite with Allan Anthony]</i> <i>Allan: So here we are, team, up at the top of the Grimsel rappel. We've got 50 meters, 150 feet of adrenaline to make our way into the canyon.</i>
15. Canyoning	The trip kicks off with a thrilling rappel into a gushing canyon far below. <i>Allan: Good job, easy, now we can relax.</i> What I love about canyoning is that is that it lets you explore sites that are rarely visited by tourists – some of nature's last frontiers. <i>Allan: You gonna front flip?</i> <i>Jeff: Yeah, front, triple gainer...</i> <i>Allan: Here we go. Three, two one.</i> It's a blast to get up close and personal with natural wonders like waterfalls and rock slides, things you might normally only see from a distance. This is kind of like going to an adult version of a fantastic kid's adventure park. It's ridiculously fun! And what better way to plunge into the kind of outdoor exploits that Switzerland's famous for? Canyoning doesn't really require any experience, though it helps if you're good

	<p>at following directions from the guides. And even if you're timid about outdoor sports, it's a great way to face your fears.</p> <p>By the end of the trip, everyone's totally charged up and rejuvenated. And we can't seem to stop smiling.</p>
16. Harder Kulm funicular 17.	For the classic Interlaken view, I take a small funicular that climbs the Harder Kulm mountain. This steep 10-minute ride, which scales an average gradient of 65%, is a perfect metaphor for Switzerland – hardworking, ingenious, and mastering great heights.
18. At Harder Kulm peak	The funicular carries us to a viewpoint fit for a mountain god. Those who are undaunted by heights can venture out onto the Two-Lake platform.
19. OC, Two-lake Footbridge	It hangs 4300 feet above sea level and offers spectacular views of Lake Brienz on one side... Lake Thun on the other and of course the amazing mountains behind me. Anything you think of when you dream about Switzerland, you can probably see from right here.
20. Harder Kulm Panorama Restaurant	I cap off the evening with dinner at the castle-like Harder Kulm Panorama Restaurant. Here you can dine on generous portions of Swiss specialties,.. such as fondue or roesti...while basking in the sunset.
21. Views from Harder Kulm	Bathed in dusky golden light, a triumvirate mountain peaks, the Eiger, Mönch and Jungfrau, stand out like sentries to more places to discover.
22. On train to Basel	Switzerland is a small country. Its great metropolitan centers are relatively close together and can be reached effortlessly by train.
23. OC using travel pass	I've bought a Swiss Travel Pass, which I've found to be the easiest way to take advantage of the many forms of public transportation in Switzerland. You can take trains, buses, and boats, plus trams in cities and towns. You can even travel between multiple countries with a single ticket.
24. On train to Basel	I'm back aboard the ICE train making the two-hour trip from Interlaken to Basel, which is one of country's best international hubs.
25. Basel, aerials and general scenes, Tiguely fountain	Switzerland's major cities each have their own unique character. Basel is known as the "City of Art" thanks to its high density of museums. Here you'll discover an abundance of theaters, orchestras and diverse architecture. This multi-cultural center is home to everything from Switzerland's oldest university to some of its most interesting modern sculpture.
26. OC, three-country corner	It's Basel's unique geographical position on the Rhine River that spawned its rich cultural life. I'm standing on "three-country corner." Here, the borders of Switzerland, Germany, and France all come together at one place along the

	river. And for centuries international travelers on the waterway brought commerce, diversity, and inspiration to Basel.
27. Sandoase Restaurant	Nearby, the Sandoase restaurant stands as a bit of an anomaly among Swiss eateries. The name translates to “sand oasis,” and in summer months the terrace here is transformed into a tropical beach where you can lounge in the sunshine, sip a fruity cocktail, and enjoy a bit of the tropics along the Rhine before diving into the city sights.
28. Basel neighborhood scenes	Basel’s old town is best explored on foot. You’ll find surprises around every corner... from antique water spouts that appear decorative, but actually offer the best-tasting drinking water you’ll find anywhere... to modern sculptural fountains, such as this intriguing mechanized masterpiece by Jean Tinguely.
29. Tinguely fountain cont.	The Swiss artist created a series of gesticulating pipes and water jets on a spot that was once the stage of the old city theatre. These whimsical figures are in constant motion...are they just playing in the water? Or are they in conversation with one another, like the actors that once performed on the old city stage?
30. Kunstmuseum	The crowning jewel of Basel’s museums is the Kunstmuseum. Switzerland’s oldest, it holds one of finest art collections in Europe. Here you can see Basel’s international pedigree come to life as you wander among some of the world’s great masters.
31. OC, Kunstmuseum	The museum was launched in 1661, when the city of Basel made a savvy investment. The paintings by the German artist Hans Holbein the Younger were all the rage, and a private collection containing many of his works was about to be shipped off to Amsterdam. A group of university professors asked the mayor of Basel to buy the collection for the city – and a world-class museum was born.
32. Kunstmuseum, cont.	The entire collection here spans centuries, from the 1400’s all the way to present-day. In addition to the world’s largest collection of works by the Holbein family, you can admire Dutch masters such as Rubens...Rembrandt, ...and Jan Brueghel the Elder. And the modern collection holds the likes of van Gogh, ...Picasso,... Gauguin, ...and Monet.
33. OC, in front of urban art	Basel’s love affair with art isn’t confined within the walls of its excellent museums. In fact, the creative force is so powerful here it overflows onto the streets. And the entire city becomes an outdoor gallery of urban art.
34.	<i>[Soundbite with Sebastien Portron] Sebastien: Basel is a well-known place for art and culture since the Middle Ages. And with the car, we are able to build a bridge between the former art and the places that we will see today.</i>

35. Meeting Sebastien in the Bentley	Art expert Sebastien Portron knows where to find Basel’s best street imagery. Taking visitors on a tour in a colorful Bentley, dubbed “Young at Heart,” Sebastien explains how artists try to give meaning to the urban spaces that are all around us.
36.	<i>Sebastien: The city’s a free museum. You can walk through and stop in front of an artwork from a street artist and enjoy it, and you can understand it cause most of them are influenced from the 80’s, 90’s, a lot of things that we understand, like the first mobile phone, like the former video games. And it’s free, and you can walk through the city and be surprised by something you just discovered on your way to work, or to the restaurant.</i>
37. Grand Hotel Les Trois Rois	The Bentley car is actually owned by one of Basel’s oldest institutions: the Grand Hotel Les Trois Rois. The hotel claims roots back to the 1680’s when the Rhine was the most important trading thoroughfare in Europe and visitors from around the world bedded down here. Trois Rois means “three kings,” a reference to the many traveling notables and merchants who stayed at the hotel. Over the years it’s hosted such VIPs as Napoleon Bonaparte, Charles Dickens, the Dalai Lama, James Joyce and Pablo Picasso. History really means something here. Consider for example: Oldemar Zurita, the last lift attendant in Switzerland.
38. [Interveiw Oldemar Zurita]	<i>[Soundbite with Oldemar Zurita] Jeff: So, tell us why you chose lift operator? Oldemar: I ask the other concierges, “What do you need? Do you need concierge, or do you need a lift operator?” I think that’s ok, I like the lift operator. You have more contact with people. Oh yeah ok, that’s nice, that’s nice for me.</i>
39. Teufelhof Hotel	Another of Basel’s grand hotels takes the city’s “art” theme to new dimensions. In the Teufelhof Hotel, the rooms themselves are actual works of art. Each of nine rooms in the hotel is designed by a different artist.
40. [Interview with Raphael Wyniger]	<i>[Soundbite with Raphael Wyniger] Raphael: The idea is not to have art in the room, but to live in art. We pick a theme, for example, a color, or dreams, and we look for artists to design a room or a piece of art to that theme. What they get is an empty room, just white walls. And after two weeks, we open the door and look in. Then we put two beds in it. That is the idea.</i>
41. Teufelhof basement	Venturing down to the Teufelhof’s labyrinth of a basement, we discover creativity of another sort – a wine cellar and banquet room built into the thousand-year-old ruins of Basel’s medieval city walls.
42. Rhine swimming	After delving into Basel’s urban culture, I’m ready to relax the way the Swiss do: by going for a swim in the Rhine. Every summer hundreds of people cool

	off by taking a dip in the river. It's a really fun way to join the locals and get a different perspective on Basel's magical old town.
43. OC, Rhine	Wondering what to do with your wallet and clothes? Well, do what the locals do and put them in a "Wickelfisch." This waterproof bag allows you to take your belongings with you while you swim.
44. [Interview with Monica]	Monica Malonni-Kopp, a Wickelfisch pro, explains how the swimbag works. <i>[Soundbite with Monica Malonni-Kopp]</i> <i>Monica: You open the bag, you put in your belongings, clothes, notebook. And with the opening, and with the putting the belongings inside, the air gets automatically, so you don't need to blow up anything. And then you roll it seven times to make it airtight and watertight. And then you click it and that's it actually.</i>
45. Rhine swimming, cont.	Generally, you'll enter the river at one point, float along on the current and exit further downstream. You might be hesitant to dive into such a heavily trafficked waterway, one used for so many centuries for shipping and heavy industry. But over the last several decades, the Swiss have invested a lot of resources into cleaning up the river and it's really come back to life.
46. Exiting river	You can exit by one of the many ladders and ramps that line the river banks.
47. Flora Buvette	After my swim, I stop by a buvette, which is a small café or refreshment stall along the river, offering drinks and snacks. This is Flora Buvette, which sits on the sunny east river bank of the Rhine – also known as the Rhine Riviera. It's the perfect place to relax after a swim with a few friends and some cold beer.
48. Jeff looking at schedule board in Basel station	Basel's border location and train connections make for easy visits into France.
49. OC, on train to Paris	Suppose you want to spend a day or two in Paris... To check out the Louvre? Or just have a nice dinner? No problem! It's just a short train right away.
50. TGV train	The trip would normally take about six hours by car, but on this train it's just a three-hour ride. The TGV train is considered France's high-speed technological gem. It's designed to minimize the impact on the environment, while maintaining top speeds and passenger comfort.
51. Paris locations and people	And just like that, I go from the "City of Art" to the "City of Light." The charming streets of Paris wind their way toward magnificent architecture and some of the world's great monuments. There are endless art and cultural opportunities. You could visit the Louvre, or like us, spend an afternoon at the D'Orsay Museum. My idea of a truly excellent side trip.

52. OC, Café de Paris	It's no wonder Paris routinely lands at the top of traveler wish lists. It really is as great as everyone says it is. Even something as simple as having a café and pastry seems special.
53. Jeff traveling on TGV from Paris	After my brief foray into France, I'm on the TGV train to French-speaking Switzerland and that international capital of peace, the city of Geneva.
54. Geneva, general scenes	Visitors are often dazzled by their first look at Geneva. It's iconic fountain surges up from the lake, launching jets nearly 500 feet in the air, like a tribute to human achievement.
55. OC, Ferris wheel	Geneva strives for great heights in its culture, in its international sensibilities, and it reaches it in more ways than one.
56. Geneva scenes	Where else could you find so many humanitarian institutions surrounded by stunning alpine scenery? This cosmopolitan and diverse city is a beacon of diplomacy, and home base for more than 200 international organizations.
57. IRCM	At the top of my list of sites in the City of Peace is the International Red Cross and Red Crescent museum.
58. IRCM entrance sculpture	At the entrance is a gripping sculpture of eight prisoners, their heads covered to prevent them from seeing or speaking. It symbolizes the faceless victims of human rights violations and silently conveys the mission of the museum: to raise awareness of the challenges of humanitarian action.
59. IRCM, lobby	Inside a quote from Russian writer Dostoevsky reads: "Everyone is responsible for everyone and for everything."
60. [Interview with Pascal, introductions]	Museum director, Pascal Hufschmid explains that the Red Cross/Red Crescent movement was inspired by the work of a 19 th century Swiss businessman.
61. IRCM, first exhibit	Henri Dunant was horrified after witnessing the treatment of prisoners of war and conceived of a neutral organization to care for soldiers. The museum helps visitors understand the work of that movement, and the power that we as individuals have to make a difference in the world. <i>[Soundbite with Pascal Hufschmid]</i> <i>Pascal: You know, as you're commuting on the train, you read something on your iPhone, you're reading a newspaper, then you switch it off, you close your paper, then you move on with your life and that's normal, that's everybody's life. I think the role of the museum here is really to make this connection between people's everyday lives, what the movement is doing, and our job is to show that humanitarian action is really a choice. It's a choice that everybody can make to express your humanity and to respect other people's dignity. And this is true on the front lines of the war in Syria, but it's also true in your life and my life.</i>

62. IRCM, first exhibit	One exhibit holds the original Geneva convention treaty.
63. Witnesses	Video testimonies put real faces to the stories of individuals who've experienced natural disasters or other traumas.
64. IRCM, second exhibit	Another area is devoted to restoring family links, with the idea that human beings are defined by their connections to others. The exhibit holds the records of millions of World War I prisoners of war that were painstakingly copied (in pre-computer days) by volunteers. The Red Cross used the records to provide information to and re-unite families.
65. Interview Pascal	<i>Pascal: When you're in the field, you have to make decisions all the time. And you're facing dilemmas all the time. So, questioning and creating a conversation and a debate is extending this idea to our community here, our visitors, so that they can also face these kind of questions. You know, what would you do Jeff, what would you do in this situation?</i>
66. 65. IRCM, third exhibit	<p>An interactive rescue game gives you the chance to try to save villagers from an impending natural disaster, such as a tsunami.</p> <p><i>Pascal: I have to build a wall, you have to plant trees. So, to do that I need workers, workers, scientists, scientists.</i></p> <p>You need to make decisions about evacuating people and managing resources while under pressure.</p> <p><i>Pascal: And now the wave will hit and we'll see.</i> <i>Jeff: Here comes the tsunami.</i></p> <p>It drives home the message that, in times of crisis, communities can come together to save lives.</p> <p><i>Jeff: We saved 39 people there.</i> <i>Pascal: Yeah.</i> <i>Jeff: But we could have saved...</i> <i>Pascal: ...so many more.</i> <i>Jeff: Right.</i></p>
67. Walking in Geneva, Jeff and Pascal	Pascal has offered to give me a walking tour of the Geneva he knows and loves; an offer I happily accept.
68. Place des Nations	A five-minute walk from the museum takes us to the Place des Nations, site of several international organizations that shape the lives of millions of people around the world.

	<i>Pascal: We're here at the heart of the international district. The entire world is here. Over 170 different countries are represented in Geneva and work here in this part of the city. What you see in front of you is the Broken Chair and the European headquarters of the United Nations.</i>
69. Broken chair	The "Broken chair" sculpture symbolizes the fight against land mines and cluster bombs. It serves as a reminder to politicians and countries who have not signed on to support this critical work.
70. Boat ride	A short walk takes us to the piers on Lake Geneva (or Lake Lemman, as the locals call it). We catch one of the bright yellow passenger boats that steer these waters, providing terrific views of the city.
71. Eaux-Vives Beach	We cruise past Geneva's iconic water fountain, the Jet d'eau. In the 19th century, this was a safety valve for a hydraulic power plant. Today the 460-foot fountain, the tallest in the world, is an exuberant symbol of the city.
72. Buvette des femmes d'abstinentes	<i>Jeff: This is a beautiful park. Where are we?</i> <i>Pascal: We're in my neighborhood, Les Eaux-Vives. This is a wonderful park. And we're standing in front of a little restaurant which has a funny name. It's called Ligue Suisse Des Femmes Abstinentes, as in the "League of Abstinent Women," who created this space in order to promote a way of life without alcohol. This was originally a private property, of course. It became public at the beginning of the century, I think, and now it's a very, it's a very cool place to be.</i>
73. Immeuble Clarté	<i>Pascal: I brought you here to show you something incredible in the city of Geneva that not everybody sees because it's slightly hidden in my neighborhood, in Les Eaux-Vives. It's this building here that was designed by Le Corbusier, key architect of the 20th century. And this building is all about glass and steel, and although it was built in the 1930's, it looks as if it had been completed yesterday. And I've always wanted to go inside, and that's what we're going to do right now.</i> <i>Jeff: Oh, excellent.</i> Resident Michel Noiset invites us inside the building, which is now listed as a UNESCO world heritage site.
74.	<i>Jeff: This is really remarkable. I mean, to have light come through the floor?</i> <i>Pascal: Everything is glass, so there's light everywhere. I mean this is such a modernist statement, no? Don't hide function, show it.</i>
75.	The interior of Michel's apartment is perfectly preserved, reflecting architect Le Corbusier's modernist vision. <i>Pascal: You see, Jeff, this car was built in the 19, late 1920's or the 1930's and you can just see the contrast with the building here. And that's how you</i>

	<i>understand how mind-blowing and how modern the structure is, when you see what's happening in the street.</i>
76. Geneva old town	A ten-minute walk brings us to Geneva's old town, where narrow streets are lined with little shops and outdoor cafes. The Swiss philosopher and age-of-enlightenment thinker, Jean-Jacques Rousseau, was born in this neighborhood. And the city that once burned his books now considers him as one of its greatest sons.
77. St. Pierre Cathedral	The neoclassical facade of St. Pierre Cathedral reflects the church's most recent incarnation. There have been houses of worship here for more than 800 years and other structures all the way back to the 4th century.
78. Calvin's chair	The protestant reformer John Calvin made this his home church. It's easy to imagine him here in his chair, poring over his next sermon.
79. Bell tower	We climb the steep, winding stairs that lead high into the bell tower for heavenly views of the city and the Alps beyond.
80. Bastions Park	From the cathedral it's a short walk to Bastions Park.
81. Reformer's monument	Which features a sculpture of four solemn figures of the Protestant Reformation. Among them John Calvin, who's core phrase "After darkness, light" has become the motto of Geneva.
82. Jeff walking	With a few last-minute tips from Pascal, I tackle a few more of the city's highlights.
83. Flower Clock	The fact that Geneva has a 16-foot clock made of flowers (one that actually works, mind you) is an indication that timekeeping is very important here.
84. Initium workshop	<p>I want to get firsthand experience on what makes Swiss timepieces "tick" ...</p> <p><i>[Soundbite with Ivan De Matteis]</i> <i>Ivan: Hello, nice to meet you. I'm Ivan, the watchmaker.</i></p> <p>...So I've signed up for a watchmaking class at Initium.</p> <p><i>Ivan: Ok, we have all the components. Here you have all the movements, the case, the dial, the hands, and the strap.</i></p> <p>Here I learn the mysteries of a mechanical movement from master watchmaker, Ivan De Matteis.</p> <p><i>Ivan: All the basic systems in a watch, it's like a car. You have always four wheels, one driver, a chassis. In a watch it's the same, but you have different components, different materials, different design. But you always have one</i></p>

	<p>barrel, four wheels, one anchor, one balancer.</p> <p>Ivan explains that a coiled mainspring is the power source for a watch’s internal mechanism, and other interesting principles of watchmaking. Besides a keen interest in watches, no skills are required to take part in the workshop.</p> <p>Jeff: Oh, now I’ve done it.</p> <p>After assembling my own personally selected components, it’s really exciting to see the beating heart of the watch come to life.</p> <p>Jeff: Ah, and you know it works when the watch starts.</p> <p>Ivan: Yes.</p> <p>Initium students leave with their very own custom Swiss watch – quite a souvenir!</p> <p>Jeff: I feel like I’m, like Dr. Frankenstein. “It’s alive! It’s alive!”</p>
85. Geneva train station	<p>My new timepiece tells me it’s almost time to catch my next train. Before boarding, I chat with a rep from Rail Europe, a company that markets Eurail-passes and country-specific passes in the US, to learn more about the advantages for European train travel.</p>
86. [Interview with Rail Europe Representative Soraya Ochoa]	<p>[Soundbite with Soraya Ochoa]</p> <p>Soraya: There are many places that you can only reach by train. In Switzerland, for example, you have mountains, so no cars can go up, only trains. In this case, Zermatt is one example. The trains are also eco-friendly. Independent research shows that the trains generate up to ten times less CO2 than airplanes.</p> <p>Jeff: Much more eco-friendly.</p> <p>Soraya: Yes.</p> <p>Jeff: Right.</p>
87. Map, Geneva to Zurich	<p>For my next international hub, I’m off to Zurich, where trains radiate like spokes on a wheel in every conceivable direction.</p>
88. Train from Geneva to Zurich	<p>I know from experience that traveling between major Swiss cities, such as Geneva and Zurich, is a breeze. This ride is less than three hours and passes along the deep blue waters of Lake Geneva, through the vineyards of the Lavaux... and the rolling pastures and countryside of the Swiss Plateau.</p>
89. OC, train to Zurich	<p>Since this is a show about trains, we’re always on the lookout for the way trains are customized for different kinds of passengers. There are different kinds of train cars for different kinds of travelers.</p>
90. Train car scenes	<p>There are business zones for industrious types..., family coaches to keep</p>

	parents and kids happy..., restaurant and bistro cars for hungry travelers..., and quiet zones for those who want peace. And what better place to relax into scenic bliss?
91. Zurich	Zurich rests comfortably at the base of the Alps where river and lake come together. It has all the advantages of a large international city but without the overwhelming crowds. Zurich radiates history, especially along the winding cobbled streets and soaring church towers of its old town.
92. OC, Zurich street	But Zurich is also a place where the modern flourishes, where people with new, fresh ideas make easy connections. And it's a place where some of Europe's most interesting trends are born.
93. Paddle boarding	One sightseeing trend that's catching on is standup paddling tours. With Zurich's convenient location on the water, this is a really fun way to see a great European city from a new point of view. The tours launch from a beach near the north end of Lake Zurich, a long narrow body of water that sparkles in the morning light. This guided tour requires you to perform just three steps: stand on the board, paddle, and keep your balance.
94. OC, paddle boarding	If you happen lose your balance, don't worry about it. The water's clean, and it can even be refreshing on a hot day.
95. Paddle board scenes	There's something about summertime that really brings European cities to life. People come out of doors, meet up with friends, or just relax in the sunshine. Gliding along on stand-up boards—a tradition that arguably dates back centuries to Africa – you'll learn all kinds of interesting historical facts about Zurich, while still getting a decent, full-body workout.
96. Rooftop beehives	Another Zurich trend is a growing interest in small local businesses that produce handcrafted food and products. And the sweetest one in my opinion is honey. Anna Hochreutener had the idea of putting beehives on different rooftops in Zurich. Today she and her husband, who she met through their common interest in bees, have dozens of hives spread throughout the city.
97. [Interview with Anna]	<i>[Soundbites with Anna Hochreutener]</i> <i>Anna: Actually, Zurich is really green and there's a huge biodiversity in Zurich. From February-March it starts in the season and then it just keeps going until September-October and there's constantly a flow of nectar somewhere. The bees just have to find it, but it's not that difficult for them.</i> <i>Jeff: How many hives do you have now and where are they kept?</i> <i>Anna: We have right now about 120 hives in 12 locations all around the city.</i> <i>Jeff: So, was it difficult to convince people to put bees on their roofs?</i> <i>Anna: The beginning yes, we had quite a lot of closed doors and uh, but now actually people call us...</i> <i>Jeff: They're begging you.</i> <i>Anna: They are, yes. You can see if you look at the bottom of the cell, there's</i>

	<p><i>like one little white, a tiny little white thing. That's an egg. So, the queen has just passed here somewhere and laid all eggs. Ah now here she is. Yeah, her belly's much longer, yeah, her wings are a little bit shorter, I mean she can't fly very well.</i></p> <p><i>Jeff: How many bees in a hive?</i></p> <p><i>Anna: About 25-30,000 per hive.</i></p> <p><i>Jeff: You would think that the bees would be better off in the country.</i></p> <p><i>Anna: Well, actually in the countryside there's quite a lot of farms, and farms mean also monocultures and pesticides, so that really isn't a good habit for honey bees.</i></p>
98. Honigskuchen	<p>It must have been fate that brought Anna to live next-door to a pastry chef. Today, she and her partner run a shop whose name translates to "Honey Cake."</p>
99. [Interview with Anna, cont.]	<p><i>Anna: And there I have Anet Strusinski, she's my shop partner and she's a baker and she bakes honey cake, and that's actually how we met. She asked me if I can provide her with honey for a cake. Our shop now has different things, not just cake and honey, but also nice books about cooking or cutlery to nice cups and tea. Slow living, we call it.</i></p> <p><i>Jeff: Yeah, good. So, two relationships that the bees brought to you.</i></p> <p><i>Anna: Absolutely, absolutely. Yes, yes.</i></p> <p><i>Jeff: That's great. Well, thank you.</i></p>
100. OC, Zurich university	<p>Innovation just seems to be a part of the Swiss DNA. One of the most interesting new efforts to come from here is by a small company on behalf of a huge problem: global climate change.</p>
101. Climeworks	<p>Climeworks is the first direct-air-capture venture in history seeking to sell CO₂ by the ton. Their machines outside Zurich collect carbon dioxide from air drawn in through large ducts over absorbent material. Once trapped, the company sells the CO₂ to producers of carbonated drinks, agricultural products, or carbon-neutral hydrocarbon fuels</p>
102. [Interview with Louise Charles]	<p>[Soundbites with Louise Charles]</p> <p><i>Louise: CO2 is a heat-trapping gas, and so the higher the CO2 concentration in the air, than the quicker those global temperatures are going to rise and the sooner we will feel the effects. So, there really is this global consensus currently that the removal of CO2 directly from air is needed in order to make those climate targets that the world has set itself. It's not enough to only reduce emissions. Additional to that, we need to be removing CO2 actively from the air, and that's where the Climeworks technology comes into play. So, we build machines which then capture CO2 from air and we turn it into stone. We mix the CO2 that we capture with water, we pump it underground, and there there is a natural reaction that takes place between this fizzy CO2 and the basalt rock formations, and within a few years it's mineralized so it's turned into stone, and thereby permanently removed from the atmosphere.</i></p>

103. Zurich train station	Climeworks also offers the public a way to pay to offset air travel emissions, which along with rail travel, is a way to feel good about international trips. Switzerland in general has moved aggressively toward sustainable travel, and virtually 100% of its rail network is electrified. Eco-awareness hasn't slowed the Zurich main station though; it surges with trains bound for Swiss destinations and beyond.
104. [Interview with Maurus Lauber]	<p>[Soundbites with Maurus Lauber]</p> <p>Jeff: So, on top of a half million people, there are a lot of trains. How busy is this train station in terms of train traffic?</p> <p>Maurus: Zurich railway station is the busiest railway station in the whole world. There are about 3,000 trains every hour, which means every 25 seconds is a train running through the station, into the station, out of the station. More and more people are changing back from plane traveling in Europe to train traveling, and so of course we try to reinvent the night traveling in Europe so that we have new connections to traveling from Switzerland to important destinations in Europe by train.</p>
105. Map, Zurich, Bellinzona and Milan	I'm planning to make one more international rail connection this trip, to Milan, Italy. But before crossing the border, I want to make a short stop in the Ticino region of Switzerland at one of my favorite historic towns: Bellinzona.
106. Train to Bellinzona	<p>The train takes me into the heart of Switzerland and across the Alps. This is land of William Tell and the incubator of Swiss democracy. And the region is once again leading the world—this time through innovations in transportation with the new Gotthard base tunnel.</p> <p>At more than 35 miles, it's the longest train tunnel on earth. As we head south, the views from the train take on a Mediterranean feel, with sun-drenched hillsides dotted by palm trees.</p>
107. Bellinzona	Beautiful Bellinzona, stretching along a river valley and surrounded by mountains, is a fairytale of a town with a distinctly Italian feel. The city, with a long lineage inextricably linked with Milan, is famous for its three medieval castles.
108. OC, Bellinzona, old town	Historically, this was a very strategic spot – armies and tradesmen traveling north saw Bellinzona as the entrance to the Alps, while those traveling south saw it as the gateway to Italy.
109. Hotel & Spa Internazionale	I drop my bags at the Hotel & Spa Internazionale, located directly across from the train station and close to the old town. Recently renovated, it still holds on to its old-world touches. And although Italian is the dominant language in this region, the hotel staff prides itself in their ability to speak many languages. Most rooms offer views of Bellinzona's three castles, which together form a

	UNESCO World Heritage Site.
110. Castlegrande	The largest castle, Castlegrande, strikes a picture book image of a medieval fortress. High on a hill that was once an outpost for the Roman Empire, it was later transformed into an entire fortified town under the control of the Dukes of Milan.
111. Sasso Corbaro	The 15 th -century Sasso Corbaro was designed and built in just six months by a Florentine military engineer who died of the plague just before its completion. Later, it was struck by lightning multiple times during the 16th and 17th centuries. But despite its run of bad luck, it still stands stalwart above the city.
112. Montebello	Joining me on my tour of Bellinzona’s castles are local guides Juri Clericetti and Carolina Peter.
113. Interview Carolina	<i>[Soundbites with Carolina Peter]</i> <i>Carolina: Actually, here in this beautiful place, Montebello, also the name means “nice hill.” This was built in two separate stages. The first one, 13th century by the family Rusca, and then you have the second part always under the family Visconti. So, this was 15th century. Bellinzona has always been a transit place, and it was called the “Doors to the Alps.”</i> <i>Jeff: So, I can still see the walls all throughout the valley and there must have been just tons of horrendous battles here, right?</i> <i>Carolina: Exactly, Battaglia Di Giornico and Battaglia dei Sassi Grossi, the “Huge Stones.” So, it is 10,000 Italian soldiers against 500 Swiss, and this was in December, in a cold night, so the Swiss knew very well of course all the surroundings here. They threw down these huge stones. They surprised the Italian ones, and they won actually this battle.</i>
114. Touring Montebello	The views from Montebello castle are fantastic. And on clear days you can see as far as Lake Maggiore in Italy. Walking through the massive doors, past crenellated walls, it feels like you’re being catapulted into the Middle Ages.
115. Touring Montebello, cont.	The castle was once surrounded by deep moats, and it’s easy to imagine the lowering of drawbridges for daring knights returning from their latest exploits. When attacked, defenders of the castle would not only throw stones, but sometimes even pour scalding tar or boiling oil down on their enemies.
116. Montebello salami-making workshop	Montebello Castle celebrates its Italian heritage with a special offering for visitors: a salami-making workshop.
117. Interview Juri	<i>[Soundbite Juri Clericetti]</i> <i>Juri: Today is the preparation of salami. Salami is typical meat of Ticino and you can see that everyone can prepare our own salami. And uh... tying? Ok, tying the salami themselves, and then you can receive it at home.</i>
118. Montebello	Here you get hands-on instruction from a master butcher to make your own

<p>salami-making workshop, cont.</p>	<p>salami.</p> <p>[Soundbites with Raphael Caballero] Raphael: When you're building your salami, it's important to see it's look good. Not always when we're eating. Jeff: Right, but how it looks. Raphael: You see that you are a professional, you like what you make, and in Ticino we make always the things with heart. Jeff: With heart. Raphael: Not only with hands. Jeff: Yeah, it has to be beautiful too.</p> <p>After learning about preparing and processing the meat, we get ready for the all-important curing process. Originally from Italy, salami was commonly eaten by peasants because it can be stored at room temperature for up to 40 days once cut. This helped the working class stretch their often paltry supplies of fresh meat.</p> <p>Raphael: And now a very important part of this salami building is to make holes, because when we put the meat inside of the case, we have always a little bit air inside. And that is not good when we want to make the seasoning. Jeff: I see. Raphael: You know very easily, 320. Jeff: Ok, so it won't explode, and it'll let the air out. Right. Raphael: Ok, and now we make the last test. Perfect. Jeff: Ho haw. We can't eat it yet, though. We have to wait. How many days? Raphael: We need to have four to five weeks. Jeff: Four to five weeks, ok.</p>
<p>119. Workshop, cont.</p>	<p>After the maturation process is complete, the workshop ships the final product to you at home.</p> <p>Raphael: Now Jeff, you can taste it. Jeff: The moment of truth. Raphael: Yes. Jeff: Mmm, looks beautiful. Raphael: After five weeks, all the days in our seasoning room. Jeff: So, this is from here in the seasoning room? Raphael: Yes. Jeff: Ok. Mm, that's beautiful.</p>
<p>120. Transition to Coldsina</p>	<p>A sunny afternoon of castle-touring and salami-making can really work up a thirst. My guides tell me that the Coldsina bottling factory is the best place to learn about southern Switzerland's most beloved soft drink.</p>
<p>121. Coldsina</p>	<p>Bottles are prepped for a traditional sparkling beverage that's been produced</p>

	in the Ticino region for centuries. Called “gazzosa,” the drink was once known as the “champagne of the poor.”
122. Franco	Coldesina owner Franco Carugati explains that gazzosa fans are very loyal to the drink. One of his secrets is a pure distillate that doesn’t rely on additives, such as artificial flavorings or preservatives.
123. Coldesina cont	Gazzosa is a nostalgic favorite among locals, bringing back childhood memories of long summer days, afternoons with friends, and family get-togethers.
124. Drinking	[Soundbite] Jeff: Try some of this, the traditional lemon? That signature “pop” is one of the reasons gazzosa got its “champagne” nickname. Carolina: We make cheers. Jeff: Saluti.
125. Back in factory	Coldesina is one of the few family-owned businesses that continues to quench the Swiss thirst for tradition.
126. Bellinzona train station	Got an urge for some designer shopping? Bellinzona is so close to the border of Italy. And with a Swiss travel pass, you can be in Milan in no time.
127. Train to Milan	There are dozens of trains that travel between Bellinzona and Milan each day, and the average ride is just around two hours.
128. Milan	Expansive Milan is a revelation – a sublime mix of monumental architecture, historic and cultural sites... and some of the best people-watching in the world.
129. People and fashion scenes	Known the world around for its fashion weeks and high-end designer brands, Milan has a vibe that fuses old-world romance with modern urban chic. You can while away the afternoon shopping for haute couture (or maybe just window shopping?) and mingling with all the beautiful people.
130. City scenes	Once considered a duller cousin to the more touristed Italian cities to the south, Milan has evolved into a major cosmopolitan center loaded with refinement and charm. And it makes such an easy day-trip from southern Switzerland.
131. OC “Milan Cappuccino”	Is it any wonder I love trains so much? This trip I traveled between Switzerland, Germany, France, and Italy; I was able to explore some of the world’s great international hubs; and it couldn’t have been easier! Now comes the only hard part of the trip: deciding where to go next.

132. Montage	North... south... east... west...the beauty of train travel is you have so many choices. Europe has more than 15,000 train destinations and it's so simple to travel between countries. Whether you're headed to exciting cities, medieval marvels, or outdoor thrills, there's a train that will get you there. And each one leads to a new adventure.
133. OC Sidewalk cafe	I'm Jeff Wilson. Thanks for joining me on Real Rail Adventures. Arrivederci!