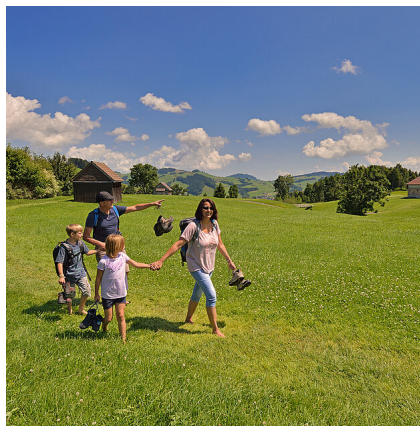




# HIKING RECOMMENDATION

## BAREFOOT TRAIL

Barefoot from Jakobsbad to Gontenbad.



From Jakobsbad to Gontenbad without socks or shoes! Discover at first hand the unusual feeling of walking barefoot. Experience an incredible variety of sensations. Meadows and streams are interspersed with short stony and asphalted stretches. At the half-way point at Toobeschopf you can bathe your arms in the fountain, a practice introduced by Dr Kneipp. The route then continues through the moorland landscape of Gonten to Gontenbad. Here there is a foot washing station for tired feet – a practice also introduced by the good Dr Kneipp. Take this opportunity for some rest and relaxation! Enjoy a soothing footbath in the garden or unwind in the inn's whirlpool and steam room (bathing costume obligatory).

### Places along the route

Jakobsbad – Gonten – Gontenbad

## CONTACT

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Phone +41 71 788 96 41  
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[www.appenzell.ch](http://www.appenzell.ch)

## MAP

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[SwitzerlandMobility](#)

## TYPE OF TOUR

---

Theme hiking

## DIFFICULTY

---

easy

## LENGTH

---

5.30 km

## ASCENT

---

69 m

## DESCENT

---

83 m

## TIME

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1 hour 30 minutes

## STARTING POINT

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Jakobsbad

## END

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Gontenbad

## OPTIONS TO EAT ALONG THE WAY

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[Hotel Bad Conten](#)  
[Swiss Mountain](#)  
[Café Rössli](#)  
[Appenzeller Huus - Huus Bären](#)  
[Appenzeller Huus - Huus Löwen](#)  
[Restaurant Krone](#)

- [Talrestaurant Jakobsbad](#)
- [Restaurant Alpsteinblick](#)

## DOWNLOAD

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- [Barfussweg.gpx \(12 KB\) gpx](#)