

## MOUNTAIN RUNNING

If biking up a hill is not your thing, then maybe running or hiking is. The ROUGEMONT VIDEMANETTE SUMMER CHALLENGE is a summer mountain run for both teams and individuals. You can choose to either do it running or Nordic walking. Conveniently you can sign up online, pick up your start number at the tourist information and then you run at your own pace. You have five attempts to improve your time.

The start of this route begins at the La Videmanette mountain railway car park in Rougemont. The START gate is next to the gondola. The timer automatically tracks you as soon as you pass the portal. You then follow the red markings along the beautiful 7 km route. The trail runs through the forest and over the pastures full of flowers and small mountain paths. With a bit of luck, you will see marmots and chamois mountain goats or even ibexes!

With an altitude difference of 1'200 height meters, the trail runs along the longest winter piste in the ski area of Gstaad. When the last zig-zag climb on the gravel path is still ahead of you, have courage, the finish is not far away. At the top, follow the side of the Col de la Videman to finish your route and just before you run through the finishing gate you can view your results on Trackmaax. Your effort will be rewarded by the magnificent panorama view of the Bernese and Valais Alps from the Videmanette

The descent can then be made either via the mountain railway, or if you are feeling frisky, one of the various hiking routes.

You can run from now and until the 28 August, see more or sign up on <https://de.rv-run.ch>

## FEELING NOSTALGIC



*"Schönried & Saanenmöser in alten Ansichten" by Elsi Frautschi, Bruno Kernen and Hans R. Amrein. 216 pages, 193 illustrations, Weber Verlag AG. ISBN 978-3-03818-317-4.*

**REVIEW:** When pictures say more than words. Never mind that your German might not be fluent; this collection it's certainly a good enough reason to look back at history.

Elsi Frautschi and Bruno Kernen have published a book with historical postcards and impressive photos from Schönried and Saanenmöser.

Open the book, and let the journey through time begin – through a Schönried and Saanenmöser that lies many years in the past and yet gives one the feeling that it was only yesterday.

Schönried & Saanenmöser in the old days is a recently published book with 216 pages filled with postcards from times gone by – the oldest dating back to 1898. It is a personal collection of former sporting goods entrepreneur Elsi Frautschi, hotelier, and ex-ski racer Bruno Kernen, who have carefully preserved these collector's items for 55 years.

The postcards are joined by many other photos that tell countless stories from when snow sports enthusiasts were still transported up the mountain by funi; skiers took part in the ski club races on wooden slats, and tourism – also from abroad – became increasingly important in the region.

Even though the pictures from

days ago speak volumes, it is even more exciting to read how contemporary witnesses experienced the Bäuerten and its change. The publicist and author Hans R. Amrein spoke with eleven people from Schönried and Saanenmöser. They recorded their life stories and anecdotes from earlier times, including Susi and Heini Schwenter Anni Aellen, Peter Lanz and Olga Kernen.

The latter, for example, tells of the time when she took over the Hotel Bahnhof from her parents in 1965 and how her mother helped her. Alfred Mösching talks about his 35 years as manager of the Schönried dairy and how people came by every day with a little milk book and kettle. Heini Aellen also experienced a lot as a postman: "Once there was a farmer and post office customer. He fell ill and could no longer look after his cows. So I stood in for him at short notice, milked the cows and mucked out the stable. Up to that point, we were political opponents, but since my stint in the stables, we were best friends."

The book is enriched with informative texts about the transformation of Schönried, the history of the Schönried Ski Club, and exciting skiing and railway stories.

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