

Dear guest- Helpful information for Paracelsus customers

First things first: Welcome to the Linde!

The Hotel Linde has been run by the Lanker family since 1901. Our team is made up of local employees and we are a training company- this means that we train young people every year to become skilled team members. You will immediately notice the family atmosphere. It is a pleasure to welcome you to our hotel and we hope that you will be comfortable with us.

Quick info:

WIFI network: Gast, password: Lindenbaum450

Meal times: Breakfast 7:00-10:00, Lunch 11:00-13:30 Dinner 18:00-20:30

Check-in from 14:00 Check-out until 11:00

Paracelsus shuttle bus: this must be coordinated directly with the clinic. We do not have our own hotel shuttle service. (or Taxi information below)

Outside doors are locked at night, early in the morning and every Wednesday- always carry your house key with you. (please note the two-key system with room & house key)

Restaurant is closed on Wednesday (breakfast only)

Arrival is possible from 14.00- 23.00, on Wednesdays until 19.00. If you wish to arrive later, please contact us in advance by telephone.

Departure The room must be vacated by 11.00 am on the day of departure. We will gladly store your luggage.

Payment at the latest on the evening before departure directly at the restaurant (card or cash payment in local currency) Banks UBS, Raiffeisen at the railway station, opening hours until 5 pm, closed on Saturdays & Sundays.

Laundry You will find a laundry list with conditions in the hotel folder

Coffee & tea There is a coffee/tea machine on the 2nd floor. (Capsules in the room) If you need additional hot water, you can pick up a kettle from us in the restaurant.

Water The tap water throughout the hotel is of excellent drinking quality and can be enjoyed without hesitation. If you would prefer additional mineral water, you can also obtain this from the restaurant.

Refrigerator If you have goods that need to be cooled, please ask for a mobile refrigerator (limited, otherwise you can leave it with us for cool storage)

Parking on the Zeughaus car park, where the hotel entrance is also located

Bed & mattress All our rooms are equipped with philrouge sleeping systems. The beds are made in St.Gallen and guarantee the highest quality. The mattresses have different degrees of firmness on each side.

Reception Our team at the front desk (service) is there for you from 07.00- approx. 23.00 in the restaurant. On Wednesday until 10.00 am. During the night and on Wednesdays we can be reached by telephone for emergencies on +41 335 07 37.

Often requested Hot water bottles, adapters, kettles- we have everything on request.

English is a foreign language for us, we ask for your understanding if this is not equally well practised by everyone. If there are any communication difficulties, please let us know by email so that we can use a translation tool if necessary. Did you know that you can use the Google app to translate directly into different languages using your mobile phone camera?

Diet & nutrition As we are a public restaurant, our main offer is aimed at this group. However, we are always able to fulfil cures, diets and other culinary requests. Please note that this often requires a certain lead time for production. Therefore, please always let us know as soon as possible if there is anything you would like us to take into consideration. To prevent food waste, products outside of our main range may have to be procured first. You can organise products yourself or we can plan this into our weekly shopping. **And very importantly, we can never rule out traces of allergens as we do not have a separate production kitchen. Please report your intolerance with every order.** When we receive an order from you, there are costs for the preparation and goods.

We are often asked about the "Paracelsus diet". This diet is gluten-free & vegan, it is possible to cater for this request at short notice, please announce this at each restaurant visit in the morning/lunch/evening. If you are on other special diets, please contact the clinic's nutritional advice service (e.g. liver detox, these programmes must be supervised by a doctor).

Breakfast 7-10 am

We set up a self-service breakfast buffet for our hotel guests. This is aimed at all our hotel guest segments.

Paracelsus guests often request additional items for breakfast:

gluten-free & vegan porridge, oat, rice or coconut milk, vegan coconut yoghurt, fruit, grapefruit, avocado, salad or vegetables, lemon & olive oil- Please let us know your requirements and ask for them every morning (changing staff, including apprentices) Please note that some things have to be ordered first. Take enough time for breakfast, even more so if we prepare extras for you as described above.

Breakfast buffet

BREAD Our crusty breads are freshly kneaded, baked and delivered daily by Teufner bakeries. They are made from high-quality raw materials from the region, with great care and without artificial additives. **(Gluten-free toast bread / crackers are available to order)**

MILK PRODUCTS As a cheese lover, you can't go past this: As the name suggests, the famous Appenzeller cheese belongs on the table. Those who prefer a milder flavour are better served with soft cheese. The butter and yoghurts are from cows in the region, can it be fruity or natural? **(Vegan alternatives are available to order)**

MEAT PRODUCTS The Appenzeller Mostbröckli is a meat speciality from the region, a piece of beef that is dried after being smoked and salted. You will also find other cold cuts such as salami or ham.

MÜESLI Traditionally, we serve our popular and healthy Birchermüesli for breakfast. It consists of oat flakes, milk, yoghurt, apple or grated pear and is enriched with dried or fresh fruit, nuts and seeds, depending on the chef's taste and the season. You are also welcome to order classics such as corn flakes or crunchy muesli. **(gluten-free, lactose-free porridge on request)**

KAFFEE TEE WATER The roasting masters of our choice come from St.Gallen from Turm-Kaffee. The roasted beans are freshly ground and brewed, resulting in a balanced body with a pleasant acidity and a beautiful crema.

The lime tree, which is around 450 years old, is rooted in the Lindengarten and presents us with its blossoms when available. The water from our taps is mainly spring water from the Alpstein region and is of excellent quality. You can also get orange juice or multivitamin juice as well as sparkling mineral water from Gonten-Bad Appenzell (GOBA)

Useful websites

Hotel zur Linde: www.hotelzurlinde.ch

Public transport www.sbb.ch

Tourist offices www.appenzellerland.ch / www.appenzell.ch / www.st.gallen-bodensee.ch

Paracelsusklinik: <https://www.paracelsus.com/>

Restaurant recommendations for Wednesdays when ours is closed:

Teufen centre: <https://anker-teufen.ch/restaurant/> +41 71 333 13 45 (fine dining)

Teufen centre: <https://pizzeriateufen.ch/> +41 71 333 40 40 (Italian cuisine)

Teufen right next to us: <https://www.trüübli.ch/menue/> +41 78 799 97 30 (simple dishes)

Teufen excursion restaurant (out of town): <https://www.waldegg.ch/home> +41 71 333 12 30 (by car)

St.Gallen: <https://www.tibits.ch/de/restaurants/standorte#tibits-stgallen> +41 71 272 61 11 (vegan)

Useful telephone numbers:

Direct dial number in your room +41 71 335 07 XX (XX= your room number without zero)

Hotel Linde +41 335 07 37

Please note, when using our telephones in the rooms, always dial 0 first and then enter the required telephone number in full.

Paracelsusklinik (available from 8 am to 5 pm) +41 71 335 71 71

Publitaxi Teufen, standard fare CHF 7 within Teufen (Mon-Fri 7am-7pm) +41 71 2222 333

Taxi for other journeys: Sprenger Taxi +41 333 33 33 Herold Taxi +41 71 2222 777

Police 117

Fire brigade emergency call 118

Ambulance 144