

Sports

There is no shortage of ideas and opportunities to exercise or practice sport in Switzerland. Check with your local community (**Gemeinde**) for the list of their sports and activity clubs (**Vereine**). It is a great way to get to know the people living around you and makes the process of integration fun. Refer to the chapter *Winter activities and Excursions and other activities* for more ideas.

Note: All opening hours and prices mentioned are valid as at the time of writing and could be subject to change.

1. Golf courses

The general feeling is that the golf course came a distant second to the farmers surrounding the land given up to create it! Generally they are of a high standard however, in terms of design and layout, you may find some funky holes by normal 'Western' standards. They are very playable, and usually in very good shape. Most have 'biotope' areas - basically you cannot disturb the flora and fauna if your ball lands in it...no going in and picking it up. If you want to avoid being told off, better to take a drop (one stroke penalty) and be done with it.

The following website gives information on all the golf courses in Switzerland:

www.swissgolfnetwork.ch

Golfclub Hittnau (ZH)

A Golf & Country-Club Hittnau-Zürich, 8335 Hittnau
Tel 044 950 24 42
@ info@gcch.ch
W www.gcch.ch

Golfpark & Golfclub Nuolen (SZ)

A Rütihof, 8855 Wangen
Tel 055 450 57 60
@ info@golfpark.ch
W www.golfpark.ch

Swiss Golf Bubikon (ZH)

A Kämmoos, 8608 Bubikon
Tel 055 253 23 53
@ info@swissgolfbubikon.ch
W www.swissgolfbubikon.ch

Dolder Golfclub Zürich (ZH)

A Kurhausstrasse 66, 8032 Zürich
Tel 044 261 50 45
@ info@doldergolf.ch
W www.doldergolf.ch

Golf & Country Club Schönenberg (ZH)

A 8824 Schönenberg
Tel 044 788 90 40
@ info@golf-schoenberg.ch
W www.swissgolfnetwork.ch

Golf & Country Club Zürich (ZH)

A Weid 9, 8126 Zumikon
Tel 043 288 10 88
@ gccz.zumikon@ggaweb.ch

Golf Club Schloss Goldenberg (ZH)

A 8458 Dorf
Tel 052 305 23 33
@ goldenberg@bluewin.ch
W www.golfclubschlossgoldenberg.ch

Golf Driving Range Adlisberg (ZH)

A Adlisbergstrasse 35, 8044 Zürich
Tel 044 251 32 00
@ info@golfadlisberg.ch
W www.golf-driving-range-adlisberg.ch

GolfPark Thalwil (ZH)

A Bodenstrasse 21, 8800 Thalwil
Tel 043 443 50 00
@ info@golfparkthalwil.ch
W www.golfparkthalwil.ch

Minigolfanlage Langriet (SH)

A Langrietstrasse, 8212 Neuhausen am Rheinfall
Tel 052 672 77 81
W www.rheinfall.minigolf.ch

Tip: check the following website of 2 golf clubs in Germany, located close to the Swiss borders:

W www.golf-oberealp.de (69 km from Zürich)

W www.golfclubrheimblick.ch (35 km from Zürich).

2. Horse riding

The following website gives a list of the riding schools in Switzerland (in German):

 www.die-reitschulen.ch

Ponyakademie

 Virginia Mueller, Dipl. Reitlehrerin, Zielweg, 8055 Zürich

 079 691 16 72

 info@ponyakademie.ch

 www.ponyakademie.ch

Horse Riding School Kolbenhof

 Bachtobelstrasse 255, 8045 Zürich

 044 462 84 80

 www.reitschulekolbenhof.ch

Mr. Karl Maier

 Kornamtsweg 25, 8046 Zürich

 044 371 71 61

3. Ice rinks

From November/December/January onwards, it is common to find a lot of small outdoor ice rinks in villages. Ice skate rentals are available onsite.

Einsiedeln (SZ)

 Etzelstrasse 2, 8840 Einsiedeln

 www.eispark-einsiedeln.ch




My name is Stacy Roest and I am a professional hockey player in Rapperswil, Switzerland. I play for the Swiss Elite League A, the Rapperswil/Jona Lakers. I grew up in Canada and started playing hockey at the young age of 5. I played 8 years pro hockey in North America, 4 of those years in the NHL with the Detroit Red Wings and Minnesota Wild.

Playing professional hockey in North America is quite different than playing in Switzerland. In North America the travel is longer and I was gone for weeks at a time for road trips. In Switzerland, I am home after every game. The furthest travel from Rapperswil is to Geneva, being 3 1/2 hours away. We travel by bus in Switzerland while in North America we travelled by plane.

Another difference between the two countries is the ice surface. The North American rinks are 15 feet narrower

Lachen (SZ)

 Seestrasse, 8853 Lachen

 www.eisfeld-lachen.ch

Thalwil (ZH)

 Bodenstrasse 19, 8800 Thalwil


 www.thalwil.ch

Uetikon (ZH)

 Bergstrasse 124, 8707 Uetikon am See

 www.eispark-uetikon.ch

Wädenswil (ZH)

 Bahnhof, 8820 Wädenswil

 www.eisbahnwaedi.ch

Zürich (ZH)

 Schweizerisches Landesmuseum, Museumstrasse 2, 8021 Zürich

 www.liveonice.ch

Please refer to each ice rink website to check prices and opening times which tend to be quite changeable according to local tournaments and holidays.

For ice hockey fans, this is certainly a country where tournaments and training can easily be found. Have a look at the following Swiss Ice Hockey association website:

 www.sehv.ch

Some sports-reporters like to say that Switzerland is the only country in Western Europe where ice hockey has the same level of respect as football/soccer!

than the Swiss rinks, which allows for more time and space for a player. Playing on a bigger ice surface gives the player more opportunity to make plays. But the player must be able to skate well to keep up with the pace of the game. There is also not as much body contact in Swiss Hockey as there is in North America. Players can be fined and objected from a game if they fight.

When comparing the Swiss and North American leagues, there is also a difference on the team rosters. In North America, there are farm teams, where the young kids learn and develop to maybe move up to the NHL. A player can also be sent down to a farm team if he is not performing up to standards in the NHL. Players can also be sent down to rehab if they have been hurt.

For a Swiss player to make the transition to the North American game, the player must adapt to not having as much time to make plays as well as be open to the physical aspect of the game.