This journey from its "hometown" of Milan, Italy, took Cartography to Vorarlberg, Austria's westernmost province, bordering Switzerland, as far as the village of Bezau. Rolling hills backed by rugged peaks, vast meadows and rare plant life framed by cultivated land, the smell of homegrown herbs complementing the scent of colourful flora.

The Bregenzerwald is a bewitching land of velvety hills, granite spires and villages studded with dairies. Back to back with traditional wooden farmhouses are modernist buildings made out of pale wood, glass walls and straight edges. Experts regard this place as a model region for modern architecture and innovative craftsmanship, so much so that Vorarlberg's baroque master builders are a fixed feature in the specialist literature. Here one in four houses is designed by architects, or rather "construction artists" as they like to be known. Nowhere else in Europe will you find such a comparable density of workshops. The cosmopolitan cultural scene in the Bregenz area is set off beautifully by the region's breathtaking nature. The annual Schubertiade in the villages of Schwarzenberg and Hohenems attracts chamber music ensembles from around the world—patrons come for the excellent performances as much as the pastoral beauty. Andelsbuch's very own mountain-the "Niedere"-is not only known for its magnificent view over Lake Constance as far as the Swiss mountains, but paragliders, floating on the air like bright butterflies, also appreciate its fantastic thermal currents. And then there's the forest of sycamore, silver fir, rare upright mountain pine and beech. The Bregenzerwald stands out for its great variety of forest types: bog forests, gorge forests, alpine forests and continuous cover forests created by highly skilled forest managers to preserve the biodiversity. Today, around 40% of the region with its 23 villages is covered by forest privately owned by small landowners. Herbs from the forest and local moor as well as fir and spruce needles are used to flavour speciality dishes and oils. Alpine dairies, fine distilleries, delicatessens and farm-gate shops offer food that is sourced from within a radius of no more than 100 kilometres. bregenzerwald.at/en

Gasthaus Alte Mühle, Schwarzenberg. Marietta Wild cooks honest, seasonal food from her vegetable and herb garden. Nature alone determines what goes into the pot and is put on the plate. Reservation is absolutely necessary at the idyllic country inn. *alte-muehle.cc*

Restaurant Klösterle, Lech. Overlooked by the dramatic mountain sides of the narrow Zug valley is one of the only remaining 16th-century Walserhäuser in the Vorarlberg area. Using regional ingredients from producers who share the same philosophy of quality, sustainability and respect for nature, a well-stocked larder of preserves from the year, and their collective creative experiences, Jakob and Ethel invite you for a meal that is inspired by—and centred on—what the rich Austrian Alps have to offer. restaurant-kloesterle.at/homepage-english

Hotel Post Bezau, established more than 170 years ago, offers the perfect retreat for those seeking relaxation and a connection with nature. The hotel's restaurant serves seasonal regional specialities. The Susanne Kaufmann Spa combines cosmetics expertise, professionally trained therapists, a medical team and 25 years of spa know-how. Proven holistic skincare powered by natural actives, responsibly sourced and produced in the Alpine regions of Austria and Switzerland. *hotelpostbezau.com/en*

Schnepfegg 52 (900 metres above sea level, between Schnepfau and Bizau) is an original house from the 18th century. In 2011 the owners remodelled it, updating it with high-quality modern design, while honouring its history, craftsmanship and details. The property comprises 10,000 square metres of land with berry bushes, fruit trees and a herb garden. A generous outdoor seating area and a woodfired grill with pizza oven and smoker are a delight for all fans of real BBQ cooking. *schnepfegg52.at*

Schloss Wartegg, Rorschacherberg. Organic castle hotel situated on the picturesque Lake Constance. This green oasis was laid out by master craftsmen in 1860 and today delights lovers of nature and garden art alike. The garden cultivates rare vegetables, herbs, berries and flowers for guests. The Cabane, originally designed by architect Jean Nouvel for Expo 02, took an adventurous route to the Warteggpark (the key can be obtained at the hotel reception). Highlights are the organic restaurant garden terrace and the in-house Spa, a 5.50-metre-long oval bath tub dating from 1928. *wartegg.ch*

Werkraum, Andelsbuch. If you are interested in design and crafts, visit the shop with its handmade furniture and special designer items. The bookstore offers literature on crafts, architecture, composition and design. The pop-up kitchen offers a good cup of coffee with cake or light meals at lunchtime. *werkraum.at/en*

Werk Schönes, Hittisau. Beautiful little practical and fun wooden objects as well as award-winning pieces crafted at the wood workshop. *holz-werkstatt. com/shop*

The Jewish Museum, Hohenems. The museum's café is a comfortable meeting point where visitors and regulars can savour bagels with lox and cream cheese or the café's speciality, Jewish wedding cake, following the recipe from a Yiddish love letter of 1675. *jm-hohenems.at/en/the-cafe*

Fairkocht, Andelsbuch. Pure natural, contemporary climate-neutral products inspired by grandma's countless preserve jars tightly sealing the smells, aromas and anecdotes of summer and powerfully bringing back its memories. *fairkocht.at*

Alpendrogerie Beer, Au. Family drugstore implementing tradition and experience in the field of medicinal plants, rubs and natural cosmetics since 1965. *alpendrogerie.com*

Maria's Käslädele, Schwarzenberg. In the historic building you'll find a select range of mainly

raw milk cow's, goat's and sheep's cheeses from traditional dairies. Depending on the season, the store offers homemade jams, chutneys, pestos, pine tree honey and pasta. *kaesladen.com*

Der Jogi by Johannes Bischof, Bezau. A must for every meat lover. Here you will find exclusive organic, dry-aged beef delicacies from the Bregenzerwald. *derjogi.com*

On the way to the Bregenzerwald

Casa Merogusto (Chef Meret Bisseger), Blenio Valley, Ticino, CH

St Martin's Church, Zillis-Reischen, Grisons, CH

Biohof Taratsch (Chef Rebecca Clopath), Lohn, Grisons, CH

Maiensäss Hotel Guarda Val, Val Sporz, Lenzerheide, CH

Museo d'arte dei Grigioni (Bündner Kunstmuseum) and Bündner Naturmuseum, Chur, CH

Hotel Alpenhof, Weisstannen, Heidiland, CH

Kultur Museum Post ab!, Weisstannen, CH

Textilmuseum, St. Gallen, CH

Stiftsbibliothek of the Abbey of St Gall, St. Gallen, CH

Kesselhaus Josephsohn and Galerie Felix Lehner, St. Gallen, CH

Kunstmuseum Liechtenstein with Hilti Art Foundation, Vaduz, Liechtenstein, LI

Kunsthaus Bregenz Museum, Bregenz, AT

