



TOUR ITINERARY



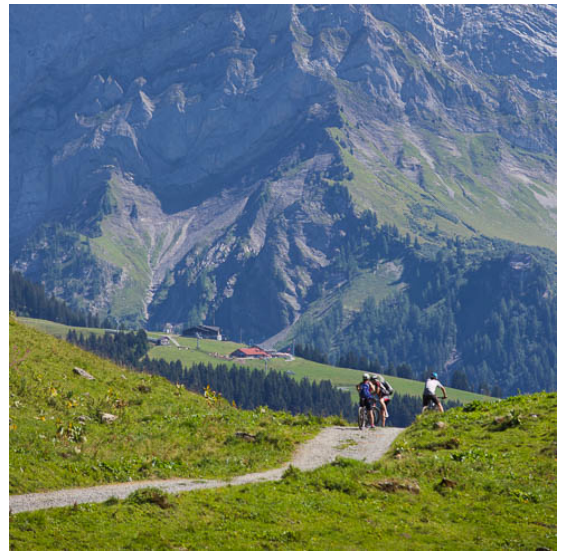
Europe / Switzerland

# Switzerland Family Bike + Adventure Tour

All-in-One Adventure: Crossroads of Culture, Language, and Flavor

## TOUR HIGHLIGHTS

- Hike to woodland-surrounded lakes and cycle Alpine landscapes, from lushly forested paths to wildflower-strewn countryside where cows are more common than people
- See why Switzerland is an all-ages playground: clamber on a ropes course, raft together down the Sarine River, and spark imaginations in ancient castles
- Discover a diversity of culture and language as you travel from the French-speaking part of Switzerland into the German-speaking one
- Dig into famous Swiss fondue, take a hands-on lesson in cheesemaking, and indulge your tastebuds with super-rich Swiss chocolate



## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Geneva or Zurich, Switzerland
- 📍 **Pick-Up Location:**  
Lausanne train station
- 🕒 **Pick-Up Time:**  
11:45 am

### Departure Details

- ✈ **Airport City:**  
Geneva or Zurich, Switzerland
- 📍 **Drop-Off Location:**  
Gstaad train station
- 🕒 **Drop-Off Time:**  
11:00 am

**NOTE:** DuVine provides group transfers to and from the tour, within reason and in accordance with the pick-up and drop-off recommendations. In the event your train, flight, or other travel falls outside the recommended departure or arrival time or location, you may be responsible for extra costs incurred in arranging a separate transfer.

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### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).

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### Travelers Take Note

Hiking shoes are recommended for the hike on this tour. We suggest hiking boots or trail shoes with good traction. You may also find moisture-wicking clothing or a daypack useful, but not required.

#### Younger Travelers

- For safety reasons, children must be at least 7 years old to ride their own bike; trailers and tag-along bikes are available for younger children
- Safety triangles provided to all children on tour

# TOUR ITINERARY

## Tour By Day

DAY  
1

### Welcome to Switzerland

Your guides will greet you at the Lausanne train station for a transfer to Epesses. In the heart of the terraced Swiss vineyards, we'll have a light lunch at our friend's home while enjoying spectacular views of Lake Geneva. After a bike fitting and safety talk, set out on our first gentle ride through the vineyards. Pass historic Vevey where the world's largest food company, Nestlé, is headquartered, then ride onto Montreux. Dinner is served at our hotel in Montreux, where the twilight views of Lake Geneva make for a memorable first meal together.

**Meals:** Lunch / Dinner

**Destinations:** Epesses, Vevey, Montreux

**Accomplished:** 11 miles / 17 km, elevation gain: 518 feet / 158 meters

**Accommodations:** [Eden Palace au Lac](#)

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DAY  
2

### Through the Swiss Alps

Today we visit Château de Chillon, one of the most strategic places in French-speaking Switzerland. Its stronghold on the shores of Lac Lemman (or Lake Geneva) will transport you back to the 12th century, with vast dungeons for children to explore. Keep riding along the Rhône river through the towns of Yverne and Bex until we arrive in Aigle. After lunch, kids of all ages will enjoy today's ropes course. Choose to finish the day with a climb through cool alpine forests to Villars-sur-Ollon, a well-known winter destination for superior skiing—or get a ride in the van to our hotel for the next two nights. This cute chalet boasts the best mountain views in town!

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Yverne, Bex, Aigle, Villars-sur-Ollon

**Accomplished:** 12 miles / 19 km, elevation gain: 617 feet / 188 meters

**Longer Option:** 29 miles / 46 km, elevation gain: 3,642 feet / 1,110 meters

**Accommodations:** [Les Mazots du Clos](#)

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## TOUR ITINERARY

DAY  
3

### Hike to the Alpine Lakes

We'll take to the Swiss hills on foot today, trekking past summer hamlets right to the emerald Lac des Chavonnes. Its shores are the perfect location for our picnic lunch of local specialties like *rösti* and an array of famous cheese-based dishes. After lunch, hike back to Villars or opt to kick up your heels on a train ride. For a sweet finish to our day, we're treated to a chocolate tasting in a village near our hotel. Dine on your own this evening—our guides are equipped with excellent restaurant recommendations where you can try some scrumptious, melty raclette!

**Meals:** Breakfast / Lunch

**Destinations:** Lac des Chavonnes

**Accomplished:** 5 miles / 8 km hiking

**Accommodations:** [Les Mazots du Clos](#)

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DAY  
4

### A Bit More Swiss Cheese and Gstaad

Start the day with a transfer from Villars to Col de la Croix where we'll visit a dairy farm to learn the secrets of Swiss cheesemaking with Pascal—with plenty of samples, of course! Then, it's back to our bikes until we reach the village of Les Diablerets and Col du Pillon. After a lunch, we zoom downhill on an exhilarating ride that crosses from the French-speaking part of Switzerland into the German-speaking town of Gstaad. *Willkommen* to the Bernese Oberland and our home for the next two nights—get ready for a hands-on fondue feast for dinner!

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Les Diablerets, Gstaad

**Accomplished:** 13 miles / 21 km, elevation gain: 1,968 feet / 600 meters

**Longer Option:** 24 miles / 39 km, elevation gain: 3,091 feet / 942 meters

**Accommodations:** [Le Grand Chalet](#)

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## TOUR ITINERARY

DAY  
5

### River Rafting

Today we'll be riding the quiet mountain roads that weave through Saanen and Rougemont. After a picnic lunch near the charming village of Château-d'Oex, discover an even more adventurous side of the Alps on a river rafting excursion. Paddle down the Sarine River and admire an entirely new perspective of the mighty mountains. This evening, we'll sit down to our last dinner together at our Chalet's cozy restaurant.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Rougemont, Saanen

**Accomplished:** 12 miles / 19 km, elevation gain: 1,050 feet / 320 meters; rafting

**Accommodations:** [Le Grand Chalet](#)

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DAY  
6

### Goodbye to Switzerland

After breakfast, there's time for one last Alpine ride or a leisurely hike around Gstaad before your guides send you off from the train station in town. *Auf Wiedersehen!*

**Meals:** Breakfast

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