

Self-Guided Switzerland Cycling & Chocolate Tour

Trip Code: SGZU

Version: SGZU Self-Guided Switzerland Cycling & Chocolate Tour



CYCLE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Explore the preserved medieval architecture of Zurich and Lucerne
- Guided tour of the chocolate factory Lindt & Sprungli
- Cycle alongside the peaceful shores of Lake Lucerne

- Discover the tranquillity and wildlife of Sihlwald Forest and Nature Park

AT A GLANCE

- Self-Guided
- 5 days cycling & sightseeing
- Bike Hire Included
- Daily departures available
- Join at Zurich

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 6 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Get a true taste of Switzerland on two wheels on this self-guided cycling holiday through the heart of Europe. This trip is the perfect insight into Swiss life with bustling towns and cities surrounded by the natural playgrounds of beech forests, lakes and high peaks. Cycling the Schoggi chocolate trail from Zurich you will delve into the fantastic world of Swiss chocolate, explore the immaculately preserved Altstadts of Zurich and Lucerne, take a boat ride across Lake Lucerne, cycle through impressive valleys to the crystal clear of Lake Lucerne and over the passes with view of the beautiful Alpine Peaks.

Peddalling between 30-50km per day on well maintained and signposted cycle paths we have designed this trip for all the family. Plus you will stay in a selection of handpicked 3 and 4 star hotels on a B&B basis in some of Switzerland's most famed towns; perfect for unwinding at the end of a busy day on your bike.

Is this holiday for you?

This self-guided cycling holiday is perfect for the whole family, both children and big kids alike. Following well marked cycle paths, which is almost continuously paved and often on tranquil side roads and designated bike paths, you will cycle between 30-50 km per day with plenty of opportunity to stop and explore the fantastic scenery and delve into the world of Swiss chocolate. Staying in a great selection of 3 and 4 star hotels on a bed and breakfast basis you can even enjoy dining out each evening and sampling the many wonderful dishes for which this region is known.

Itinerary

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DAY 1

Arrive in Zurich-Regensdorf and explore Zurich's beautiful Altstadt.

Your holiday starts at your hotel in Zurich-Regensdorf. Depending on your arrival time you will have the opportunity to check into your hotel and explore this cosmopolitan city. Located in the heart of Europe, Zurich is a city which has immaculately preserved its old city or locally named Altstadt, which stretches along the banks of the Limmat. We recommend taking a stroll through the Altstadt and get lost in its historic charm; pay a visit to the 17th century Town Hall, enjoy a relaxing coffee in one of the many cafes. Alternatively, take a walk up to Lindenhof, an elevated spot on the banks of the Limmat crested by a Roman fortress and affording spectacular views over the city below.



Accommodation
Hotel

DAY 2

Cycle to Kilchberg, guided tour of the Lindt chocolate factory by the Master of Chocolate, continue along the lake shores to Rapperswil.

We leave Zurich by the cycle paths and are soon in the town of Kilchberg. You stop here for your tour guided tour of the Lindt chocolate factory, starting with the origins of chocolate and how Switzerland became the 'capital of chocolate' with the Swiss pioneers. You even get to decorate your own chocolate bar to take in your panniers for the next break! You then continue along parallel with Lake Zurich and through the rolling hills of Hirzel to where you cross the causeway to Rapperswil for the night. You can explore the town and its castle with views of the surrounding Alps and have an evening drink in the medieval old town.

Meals: **B**



Accommodation
Hotel



Ascent
600M



Descent
600M







Distance
45KM

DAY 3

Train to Einsiedeln to see the monastery. Cycle over the Iberegpass to Brunnen on Lake Lucerne.

This morning you take a train ride (payable locally) up to the village of Einsiedeln. Here you can visit the large baroque monastery dating from the 18th Century. Many still pilgrimage to the town dedicated to the Virgin Mary. Then you step back on your bikes and head into the hills. You ride up the Ibereg pass, which is the steepest climb of our holiday. Some stamina is required for today. From the top you will have fantastic views of the mountains and down to Lake Lucerne. It's then downhill through the pretty village of Schwyz to Brunnen on the lake shores.

Meals: **B**





	Accommodation Hotel		Ascent 670M		Descent 1115M		Distance 45KM
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DAY 4

Boat journey across Lake Lucerne to Beckenried. Cycle to Lucerne.

Your morning starts with a boat journey across Lake Lucerne. The lake has a fjord like resemblance in its appearance with the warm climate that Switzerland affords in the summer months. From Beckenried we bike along flat cycle paths through the village of Stansstad, and enjoying the peaceful ride on the shores of the Kastanienbaum peninsula to arrive in the beautifully preserved medieval town of Lucerne, and your home for the evening. Referred to as the gateway to central Switzerland Lucerne has a simply stunning location on the North West shores of Lucerne with a backdrop of impressive mountains. You will have time to explore the colourful, car-free Altstadt and perhaps visit a local watch maker to observe them as they make some of the best time pieces in the world. In the evening we recommend making your way to the lakeshore to enjoy a glass of wine (or an ice cream) as the sun sets over the mountains.

Meals: **B**

	Accommodation Hotel		Ascent 220M		Descent 220M		Distance 30KM
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DAY 5

Visit family chocolatier Aeschbach and cycle along the Reuss River discover to Zug.

Today's ride will take you along a mostly flat route further along the Reuss river and on through the canton of Zugerland to Zug itself. You will have time to enjoy one last stroll along Lake Lucerne's promenade or enjoy a coffee with one of the most picturesque backdrops. Along your way you will pass through the village of Root for your second chocolatey experience of the week; this time paying a visit to luxury handmade chocolatier, Aeschbach. The family run chocolatier will introduce you to the fine craft of hand producing chocolate for those with a luxurious palette before sampling the delicious treats.

Hopping back on your bike you continue along a lovely route towards Zug. It won't be long before you see the city's fantastic spires protruding into the skyline. The 52m high Zyt Tower dates back to the 13th Century when the city was founded and offers a magnificent view over the Altstadt for those with a head for heights. It is here in Zug amongst the beautiful peaks you will stay for the evening; where you can enjoy another beautiful sunset behind the mountains and perhaps sample the local delicacy of liqueur-drenched Kirschtorte (a cake of nuts, meringue, sponge and cream).

Meals: **B**

	Accommodation Hotel		Ascent 235M		Descent 250M		Distance 30KM
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DAY 6

Experience the tranquillity of Sihlwald forest and Nature Park as you cycle to Zurich.

Your final ride of the week is a contrast to the lakes and mountains from the last two days as you cycle through the fantastic beech forest of Sihlwald. It is hard to believe that this fantastic area was intensively cultivated for Zurich's firewood up until the year 2000. Now classified as a 'nature discovery park of national importance' by the Swiss Federal Office it has been returned to its natural state; an impressive recreational and natural space. A little slice of paradise on Zurich's doorstep!

Pedalling on, you will return to Zurich to complete your chocolate route and enjoy a second chance to explore this wonderful city; take a stroll down the world famous Bahnhofstrasse, or enjoy an ice-cream on the shores of Zurichsee before making your way to your hotel for the evening.

Meals: **B**

	Accommodation Hotel		Ascent 400M		Descent 380M		Distance 45KM
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DAY 7

Departure Day

Enjoy a leisurely breakfast in your hotel and take one final stroll through the vibrant city before making your onward journey. Or even better book an additional nights accommodation and really soak up Zurich's culture. Ask our sales team for more details.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfer
- 27 gear bike hire
- Bike accessories (panniers/ milometer/ puncture repair kit/ pump)
- Visit to chocolate world of the Lindt factory
- Visit to chocolate world of Aeschbacher Chocolatier
- Boat crossing of Lake of Lucerne from Brunnen to Breckenried
- Discount code to the value of CHF 10 when booking your train with Swiss Federal Railways (www.sbb.ch/en)
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to/from Zurich
- Train journey from Rapperswill to Einsiedeln (approx CHF 20)
- Visas (if applicable)
- Tourist Tax
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts and ends at your hotel in Zurich. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Zurich Airport with many departures from regional UK airports.

If you are flying into Zurich Airport you can take the direct train from Zurich Flughafen to Zurich. The journey takes approx. 15 minutes and operates approx. every 15- 20 minutes.

It is also possible to travel flight-free from the UK to Zurich via the Eurostar to Paris, then taking the train from Paris to Zurich HB which takes between 4-5 hours. With your booking confirmation you will also receive a discount code to the value of CHF 10 when booking your train with Swiss Federal Railways (www.sbb.ch/en).

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Swiss food is an amalgamation of French, German and Italian cuisine which is hardly surprising with cantons of each language too; and not to mention that Switzerland is a cheese and chocolate lover's dream destination with some of the world's finest cheese makers and chocolatiers calling it home. But there is much more to Swiss food than cheese and chocolate. Zurich in particular is a hotspot for foodies where traditional Swiss dishes from across the cantons are served alongside creative new trendy dishes earning it several Michelin-starred restaurants and the city and surrounding areas are often a buzz with food festivals.

The great Swiss staple, the cheese fondue, is a custom all visitors must try; it is almost a rite of passage. A mix of melted delicious Swiss Gruyere cheese, wine and herbs it is the meal the Swiss Cheese Union claim 'creates a good mood', well unless you are first to drop your bread in the fondue that is. Tradition states the poor soul who drops their bread first, must foot the bill.

Although cheese fondue is delicious, it is certainly not the only yummy dish on the menu. Other national delights include Rosti, a fried potato dish which is served with anything from eggs to apples; Zurcher Geschnetzeltes, which translates to 'meat cut Zurich style' and made using slices of veal cooked in a mushroom cream sauce. Traditional food is generally rich and hearty but you will find many lighter options too such as soups, and fresh fish from Zurich's surrounding lakes.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

This trip has been designed with comfort in mind. You will stay in a selection of handpicked 3 and 4 star rated hotels all of which have been chosen for their hospitality, excellent facilities and close location to your cycle route. All of the hotels have well-appointed rooms with Wifi and offer a buffet breakfast to keep you fuelled on your bike ride. Some of the hotels also have wellness centres and gardens, perfect for relaxing after a busy day exploring.

Your accommodation is on a bed and breakfast basis staying in twin or double rooms, however all of the hotels also have a restaurant where you can enjoy an evening meal should you prefer to stay in after a busy day on your bike.

It is possible to arrange additional nights accommodation if you wish to extend your time in this beautiful area. Please speak to one of our sales team for further information.

Bike Hire

Bikes come with 27 gears and all bikes come equipped with a pannier bags for your daily essentials plus a bike lock, pump and repair kit. Helmets are available on request but we strongly recommend you bring your own helmet with you for the best fit and comfort.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts, whilst the cycling is leisurely and there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

E-bikes are also available at an additional supplement of £260. We are also able to arrange children's bikes, trailers and child seats. Please ask our sales team for details.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your bike. We ask that you please ensure your luggage is under 20kg and that your luggage is ready for collection each morning.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists who wish to take a easy pace and explore the many sights along the way. You should be comfortable with cycling an average of 35 km a day on easy cycle paths and quiet roads so it is always advisable to dust off your bike and head out on a few rides before your holiday.

Climate

Zurich has a temperate climate providing four distinct seasons; with cold winters which often bring snowfall and hot summer days with temperatures reaching above 30 degrees. Spring and autumn are usually mild with temperatures around 15 degrees but can also bring some wet weather so it is good to pack a rain coat.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank

- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please speak to our sales team for more information.

Why Choose KE

Why KE?

Not only have we have included bike hire in the cost of your holiday we have also included 2 chocolatier visits to help make your holiday that little bit sweeter!

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change