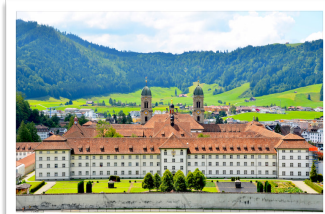


## SWISS E-BIKE TRIP 2025 ITINERARY SUMMER 2025

Day before Tour starts, arrive in Zurich, stay at HOTEL FELIX, rest and adjust. Enjoy the heart of Zurich.



**Day 1** Zurich City Tour and train ride to Einsiedeln. Village on hill along Lake of Zurich with beautiful Abbey of Einsiedeln-most important place of pilgrimage of Switzerland. Stay at Boutique Hotel Stop to pick up bikes.



St.Georg. First Bike



**Day 2** First Bike ride: Einsiedeln - Lake of Einsiedeln to a vista point of mount Raten, if nice weather you can see down to Lake of Zurich and on the other side to Lake of Zug. Downhill to Lake Ägeri (where most important Swiss battle against the Habsburgs took place) and town of Baar, to the Albis area and Gail's hometown of Affoltern am Albis. Approx. distance 62.2km/ 38.65 miles, 980m/0.6 mile ascent and 1380/ 0.86 mile descent, about 4h15min cycling with scenic stops and highlights like the "Hell Caves" or an old Farm House of the 17th century.



**Day 3** Bike ride: Affoltern am Albis to Lake Türlen, the "Stone Henge of Valley "Säuliamt"- along rolling hills and top of Albis "Albishorn", cute village of Hütten and biggest saved marsh land Rothenthurm, overlooking Lake of Zurich along ride and back to Einsiedeln. Approx. distance 54.3/ 33.7 miles, 1650m/1 miles ascent and 1250m/ 0.77mile descent, 4 hrs cycling. Drop off bike, pick up luggage and train ride along Lake Walen to Sargans (door to Liechtenstein) where we stay for 2 days.



**Day 4** Bike ride: Sargans to Liechtenstein, Wine & Heidi Land to Zizers and back along River Rhine. Approx. distance 77km/ 47.8 miles, 1030/ 0.64 mile ascent and 1040m/ 0.64 descent, about 5hrs of cycling and 6 hrs round trip. Visit Vaduz, the capital of Liechtenstein, a must stop for stamp collectors. Back to the wine country (my grandpa's village of Fläsch) and Heidiland-Maienfeld, where the real saga of the Heidi story comes from. Option of different loops across river to shorten or extend the ride or take the train back. Maybe a bath in the river Rhine will refresh us with a nice pic-nic before we head back to Sargans, nestled at the bottom of the castle Sargans.

**Day 5** Bike ride: Sargans - Bad Ragaz - over Bridge of Tamina - the highest arch bridge built in Europe. Ride along beautiful Larch and Pine tree forest and along foothills of mountain ridges of "Ringelspitze" over the Pass of Kunkels. Steep downhill stretch to Tamins and back along the river Rhine back to Sargans. Option to take train back. Approx. distance 75.5/ 46.9 miles, 1060m/ 0.65 mile ascent and 1060m/ 0.65 descent, about 4.45hrs of cycling and 6.5 hrs round trip- faster if we hop on train back. Drop off bike and take train to Landquart where Nicole will pick us up and drive us to Valzeina.



**Day 6:** Nature and Relaxing in Valzeina.



**30 Day 7:** Drive to Klosters-Davos over the Pass of Flüela into the Valley of Susauna at Chapella, a special place for the Alpine Flora. There is a possibility to take the train through the tunnel of Seraina if needed. Then in the valley of Engadin-St.Moritz its a flat ride along the river INN with stunning views, picturesque villages to Zerne, S-Chanf, Zuoz and Madulain. Lots of places to enjoy specialties from the region, photography opportunities of the special Engadine style

houses of the region and flair of the Grison mountains. It is definitely one of the most beautiful valley in the country. Approx. distance 70.4km/ 43.7 miles, 1950m/ 1.2 miles ascent and 1460m/ 0.9 descent, about 5h20 hrs cycling and 6-7 hrs day trip, depending on how many stops we will take. (Possibility of sharing the ride with my sister, she is accompanying us with car).



**Day 8:** Leisure Day of Biking in Engadin Valley- to each it's own choice: Lake St. Moritz and Silvaplana, Sightseeing Region and National Park or tourist attractions. distance 50km/ 31 miles, 450m/ 0.28 miles ascent and 650m/ 0.4 descent,

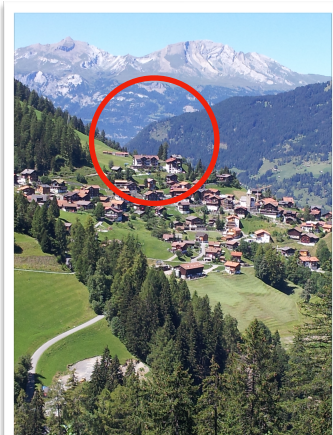


about 3.5 hrs cycling along flat valley, half a day with sightseeing opportunities or simply stay and enjoy.

**Day 9:** Bike ride from Engadin Valley over Pass of Albula to Bergün- considered one of the nicest villages in the country. We will Stay at Historic Wellness Hotel of Bergün. Approx. distance 24.1km- 15 miles, 650m/ 0.4 mile ascent and 950m/ 0.6 descent, about 1.5 hrs cycling to Bergün. You can visit the historic square tower (old prison) or the Rhaetian railway museum, which explains the history of the world famous UNESCO RhB Rhaetia Albula-Berninaline, where we are riding along. Surrounding the gorgeous alpine village is the Parc Ela, a nature park where Nicole's expertise will highlight your experience. Afterwards enjoy the wellness and spa of the hotel and dine in the historic hotel.



**Day 10:** Bike ride down the valley of Bergün-Filisur-Tiefencastel 21.7km- 13.5 miles, 170m - 0.1 mile ascend and 680m-0.4 mile descent, about 1h.5 hrs. Experience the Train ride with the world UNESCO train RhB to Thusis. Thusis to Bonaduz we will pick up bike again and experience the impressive Rhine Gorge "the Swiss Grand Canyon". Then a leisure ride back on flat terrain to Chur. 43,6km-27 miles- 500m-0.3mile ascent- 610-0.38 descent, About 3hrs of riding back to Chur. Drop off bikes and take bus to Tschierschen, my home town and stay at The Alpina mountain resort, Ex-family hotel of my grandpa.



**Day 11:** Flexible Program depending on weather: Alp Cheese Factory, Hike or Relax and take in the mountains and the cute "nicest town" of the Grison mountains - Tschierschen.

**Day 12:** Tschierschen and surrounding area with possible Tabogan Run (longest in Switzerland), Bus and Train ride back to Zurich, where we will attend the Women's EURO soccer game in the evening. Stay at Hotel in Zurich. End of Tour.



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**Total Trip 13 Days, 8 days of Cycling,** mostly road and gravel terrain, a few natural paths. Zurich we will have luggage transport, leisure hilly rides.

Sargans bike trips will be round trips along Rhine, mostly flat with only a few short uphill rides, then come back to hotel. There are possibilities to take train to shorten rides.  
Engadin/Grison Mountains we will have transport car to join us. Rides over Passes are shorter.  
Valley of Engadin is flat. Ride back to Chur is mostly downhill and flat.

Rest days at at my sister's house in Valzeina, if you like in the valley of Engadin and in my home town Tschierschen, hike is free of choice.  
Arrive and end in Zurich with soccer game visit.

### **PRICING DETAILS – What's included?**

- All Transportation public and private
- 13 Nights of Accommodations (in Zurich, Einsiedeln, Affoltern am Albis, Sargans, Valzeina, Madulain, Bergün, Tschierschen).
- Accommodation in Valzeina at my sister Nicole's house in Valzeina with all meals and transport
- E- Bike Rental with helmet
- Daniela's personal Daily Tour Guide for 13 days from Zurich to the Alps
- Daily tour details (App Komoot recommended).
- Luggage transportation and extra guide if needed.

**Exclusions: Airfare, meals & drinks (except in Valzeina), personal shopping.**

**Insurance** is each it's own responsibility. Extra emergency transport is at your own cost.

**Contact me for Pricing details or with your interests for a personalized tour.**

**Email: [swissfitps@gmail.com](mailto:swissfitps@gmail.com)**

### **Hotels**

**Hotel Felix in Zurich** <https://www.hotelfelix.ch/> or Marktgasse

**Boutique Hotel St.Georg in Einsiedeln:** <http://www.hotel-stgeorg.ch/en>

**Hotel Weingarten In Affoltern am Albis:** <https://www.weingarten.ch/home/index.html>

**Hotel Franz Anton in Sargans:** <https://www.hotelfranzanton.ch/>

**Airbnb Madulain:** Rental unit in Madulain or Similar.

**Wellness Hotel Bergün:** <https://kurhausberguen.ch/>

**Hotel Alpine Tschierschen:** <https://www.the-alpina.com/>