



TOUR ITINERARY



Europe / Switzerland

Switzerland Bike Tour

Cheese to Chalets in Interlaken, Lucerne, and Beyond

TOUR HIGHLIGHTS

- Sample Swiss cheese and chocolate right where it's made
- Experience the abundance of outdoor landmarks in Interlaken and the jet-set appeal of Gstaad
- Spend a day hiking from the summit of Wispile mountain in Gstaad to Lake Lauenen, braving its brisk waters for a post-hike dip
- Ride to the famous Trümmelbach Falls, Europe's largest network of subterranean waterfalls
- Cycle through alpine valleys of the Bernese Oberland, alongside forested rivers, and into quaint Swiss towns full of shoulder-to-shoulder chalets



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Geneva, Switzerland
- 📍 **Pick-Up Location:**
Aigle Train Station
- 🕒 **Pick-Up Time:**
11:00 am

Departure Details

- ✈ **Airport City:**
Zurich, Switzerland
- 📍 **Drop-Off Location:**
Lucerne Train Station
- 🕒 **Drop-Off Time:**
11:00 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

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.

Travelers Take Note

Some of the riding on this tour takes place on packed gravel or dirt roads.

For the hikes on this tour, we strongly recommend bringing hiking boots or trail shoes with good traction (not running shoes or sneakers). Moisture-wicking clothing or daypacks are also recommended, but not required.

TOUR ITINERARY

Tour By Day

DAY
1

A Very Swiss Beginning

Your guides will greet you in Aigle for a transfer to Lake Retaud—which overlooks the Diablerets Glacier—where our journey begins. After lunch and a bike fitting, we'll cruise downhill into the German-speaking region of Switzerland to meet our friend Matty, a local cheese and honey maker who introduces us to the traditions of Swiss farming. After a tasting, get back on the bike and pedal past plenty of Switzerland's emblematic wooden chalets all the way to the car-free resort town of Gstaad. Tonight, we tuck into sophisticated Swiss fare in the hotel's cozy gastronomic restaurant.

Meals: Lunch / Dinner

Destinations: Rougemont, Saanen, Gstaad

Accomplished: 16 miles / 26 km, elevation gain: 900 feet / 254 meters

Longer Option: 23 miles / 38 km, elevation gain: 1,700 feet / 629 meters

Accommodations: [Hotel Le Grand Chalet](#)

DAY
2

Hiking Snowcapped Peaks to Alpine Waters

After a classic Swiss breakfast, transfer to Wispile—the mountain that overlooks all of Gstaad. We'll catch a gondola to the top for a panoramic trek along the ridgeline and enjoy views of snowcapped peaks stretching across the Saaenland as we hike down from the 6,000-foot summit. Cool off in the alpine waters of Lake Lauenen or bask in the dense pine forests on its bank before lunch at a local mountain restaurant. After, head back to Gstaad with time to browse the shops and boutiques in the town center. Your guides will take you to their favorite restaurant for a traditional meal this evening.

Meals: Breakfast / Lunch / Dinner

Destinations: Gstaad, Launen

Accomplished: 8 miles / 11 km hiking, elevation gain: 613 feet / 187 meters

Accommodations: [Hotel Le Grand Chalet](#)

TOUR ITINERARY

DAY
3

Entering the Bernese Oberland

Breakfast is served at our hotel before it's time to depart Gstaad. We'll cruise on a mix of asphalt and gravel roads through the Simmental Valley, an Alpine landscape in the Bernese Oberland. Our route snakes along the scenic Simme river, reaching the picturesque town of Spiez on the shore of Lake Thun where we stop for lunch. Afterward, keep on riding to our hotel or opt for a boat ride all the way to Interlaken. Tonight we'll gather for a relaxed dinner, savoring a blend of contemporary local flavors with an international flair.

Meals: Breakfast / Lunch / Dinner

Destinations: Lake Thun, Interlaken

Accomplished: 33 miles / 53 km, elevation gain: 1,375 feet / 419 meters

Longer Option: 44 miles / 72 km, elevation gain: 1,886 feet / 575 meters

Accommodations: [Beau Rivage](#)

DAY
4

Chasing Waterfalls

Encircled by the iconic mountains Eiger, Mönch, and Jungfrau, Interlaken is a playground for outdoor pursuits. Today, our own adventure takes us to the Lauterbrunnen Valley. We'll ride to the famous Trümmelbach Falls, which drain over 20,000 liters of water every second, then continue to the end of the valley for lunch. This afternoon, complete the ride back to the hotel, where you can take advantage of the world-class spa. Tonight, dine on your own back in Interlaken—your guides are happy to share their favorite spots!

Meals: Breakfast / Lunch

Destinations: Lauterbrunnen, Trümmelbach, Interlaken

Accomplished: 25 miles / 42 km, elevation gain: 2,132 feet / 650 meters

Shorter Option: 13 miles / 22 km, elevation gain: 2,027 feet / 618 meters

Accommodations: [Beau Rivage](#)

TOUR ITINERARY

DAY
5

Lake Brienz to Sarnen

Today's ride begins with a bang as we cover 12 miles of stunning scenery along Lake Brienz. We'll reach Meiringen, a town that is featured in Sir Arthur Conan Doyle's story of Sherlock Holmes, and board a gondola to Reuti. Prepare for some epic views as we get back on our bikes and ride across the high plateau of Haslital, ending with a descent all the way to our lunch in Sarnen. After lunch, transfer to our luxury hotel in the heart of Lucerne. We'll have time to explore the city's beautifully preserved medieval architecture and wooden bridges before reconvening for a farewell dinner at the hotel restaurant. Tonight will be an evening to remember as we toast to our week over imaginative cuisines and magical views.

Meals: Breakfast / Lunch / Dinner

Destinations: Lake Brienz, Sarnen, Lucerne

Accomplished: 38 miles / 62 km, elevation gain: 1,480 feet / 451 meters

Accommodations: [The Mandarin](#)

DAY
6

Au Revoir, Auf Wiedersehen, and Addio!

After breakfast, say goodbye to Switzerland when your guides deliver you to the Lucerne train station and on to your next destination.

Meals: Breakfast

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), **please see our FAQs**.



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DUVINE
WINE TOURS • CYCLE TOURS • SAIL TOURS

YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers.

[Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

