

# Self-Guided E-Biking Zurich & Lucerne

Trip Code: SGZU

Version:



CYCLE



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Explore the preserved medieval architecture of Zurich and Lucerne
- Guided tour of world famous chocolatiers Lindt & Sprungli and Aeschbach
- Enjoy a boat ride across Lake Lucerne and ride along its peaceful shores
- Discover the tranquillity and wildlife of Sihlwald Forest and Nature Park
- E-bikes included for two wheeled explorations with minimal effort

## AT A GLANCE

- Self-Guided
- 5 days cycling & sightseeing
- Luggage transfer
- E-Bike Hire Included
- GPS Travel App
- Daily departures available
- Join at Zurich

## ACCOMMODATIONS & MEALS

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

# Introduction

Get a true taste of Switzerland on two wheels on this self-guided e-bike cycling holiday through the heart of Europe. This trip is the perfect insight into Swiss life, with bustling towns and cosmopolitan 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 Old Towns of Zurich and Lucerne, take a boat ride across Lake Lucerne, cycle through impressive valleys to the crystal clear waters of Lake Lucerne, and ride with ease over the passes with views of the beautiful Alpine peaks.

Pedalling with the added assistance of your e-bikes, you will cover between 30-45km per day on well-maintained and signposted cycle paths. We have designed this leisurely holiday to give you plenty of time to explore the many sights along the way. Plus, you will stay in a selection of handpicked 3\* and 4\* hotels on a B&B basis in some of Switzerland’s most famed towns; perfect for unwinding at the end of a busy day exploring on your e-bike and in the evening, sampling the many wonderful dishes for which this region is known.

## Is this holiday for you?

This leisurely self-guided cycling holiday is perfect for anyone that enjoys exploring on two wheels. With the additional boost provided by your e-bikes, you can enjoy a delightful cycling holiday with reduced effort. E-bikes are a great leveller for those with a mix of cycling fitness and speeds, and makes climbing any gradients a breeze. Following well-marked routes which are almost continuously paved and often on tranquil side roads and designated bike paths, you will cycle between 30-45 km per day with plenty of opportunity to stop and explore the fantastic scenery, delve into region’s history, and indulge in the world of Swiss chocolate.

The minimum age for e-bikes is 16 years, and a minimum height of 160cm is recommended for the smallest e-bike frame available.

# Itinerary

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Version:

## Holiday Information

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### 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
- E-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](http://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 and 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 a signed-for courier so that you can track your package and know that it is safely on its 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 setting 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 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 most of 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, so 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 instead.

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](http://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 from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase 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.

## 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

E-bike hire is included in the cost of this holiday. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills, and travel further with less effort and more comfort.

Bikes come equipped with a pannier for your daily essentials plus lights, a bike lock, pump and repair kit.

The minimum age for riding e-bikes in Switzerland is 16 years. A minimum height of 160cm is recommended for e-bikes. We will reserve the appropriate size of bike for you based on your height.

We strongly recommend for you to bring your own helmet with you for the best 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.

We can also arrange child trailers if you wish to travel with a younger family.

## 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 limited to one piece under 20kg per person, and that your luggage is ready for collection each morning.

# General Information

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## 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 before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://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](http://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 directly 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.

# Equipment Information

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## 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## 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?

We have included e-bike hire on this holiday to make this leisurely holiday even more of a pleasure.

**Please Note** This document was downloaded on 03/12/2024 and the trip is subject to change