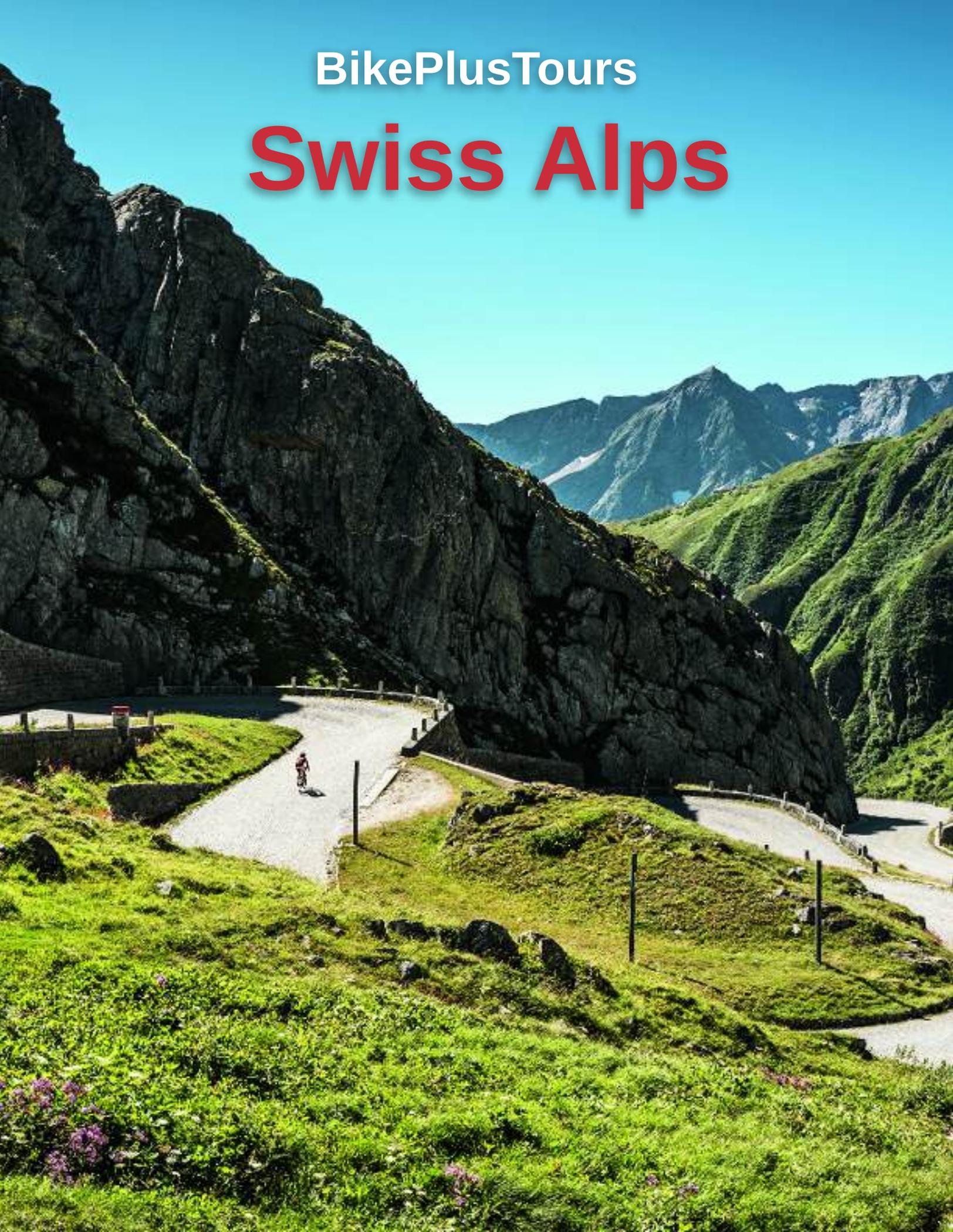


BikePlusTours

Swiss Alps



Come join us in Switzerland for a spectacular week of cycling in the majestic Swiss Alps. We'll be riding through incredibly beautiful scenery over giant mountain passes and along glacial lakes through the heart of the Alps. Our routes include stretches on dedicated bike trails and roads closed to cars, giving you a chance to enjoy the setting even more. Overnight stays are in typical Swiss hotels in small villages.

We offer a choice of easier and harder routes on most days. In addition, we stay in all hotels for two or three nights so every other day is a loop ride which can be a short ride or you can take an extra rest day if you like.

On the road you'll be well looked after by owners Carolyn and Pieter. The BikePlusTours van will be providing water, food and snacks as well as mechanical assistance if needed.



At a glance

Trip dates: June 29th - July 8th, 2026

Cycling distance / vertical: up to 365 miles / 63,200 ft

Small group: minimum 10, maximum 15 guests

Supported rides with experienced owners Carolyn and Pieter with you on the road

Hotel accommodation with all breakfasts and dinners included

Price: \$4,500 per person, single room surcharge: \$1000

Itinerary and Elevation Profiles

Monday June 29th: Departure from the US on an overnight flight to Zürich.

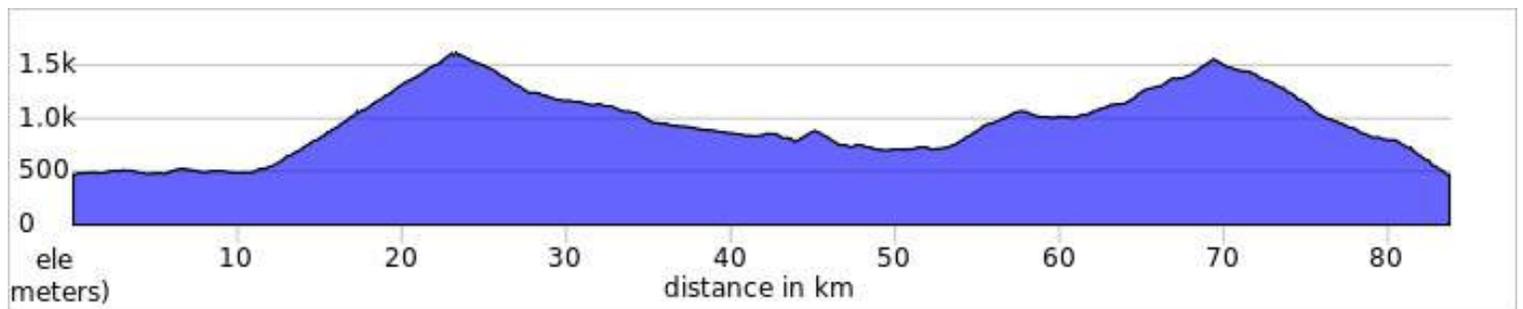
Tuesday June 30th: Arrival in Zürich and group transfer to Sarnen (2 hours).

We'll pick you up at Zürich airport for the transfer to our hotel, where we will stay for the next two nights. Late afternoon, after putting the bikes together, we can head out for a short warm-up ride.

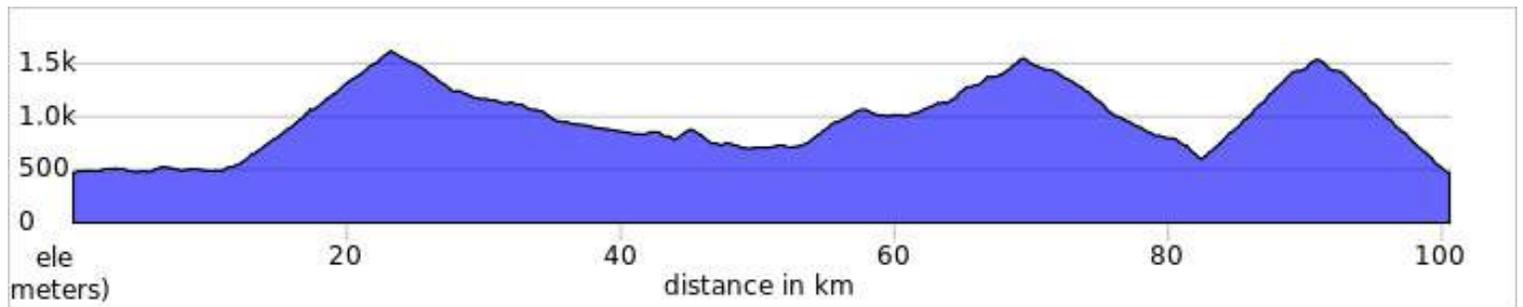
Wednesday July 1st: Sarnen Loop (52-63mi; 7,700-10,700ft = 84-101km / 2300-3300m)

We are starting off the week with a classic loop over two lightly trafficked passes. After a flat warm-up along the lake, we climb for 7 miles to the Glaubenbielen Pass. Our second climb, the Glaubenberg Pass comes after a long gradual descent. From the top it's all downhill to the hotel, unless you want to add on the optional out and back climb to Alp Chäseren. Be warned: it's quite a challenging climb with 3,500ft of vertical in 6 miles, which means 11% average grade.

Standard route:



Optional route:



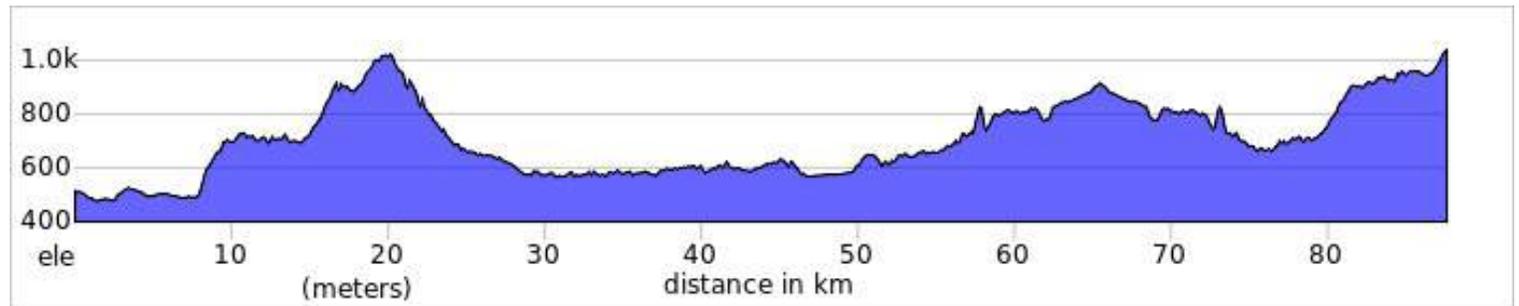
Itinerary and Elevation Profiles (continued)

Thursday July 2nd: to Grindelwald (56-65mi / 7,000-10,300ft = 91-105km / 2100-3100m)

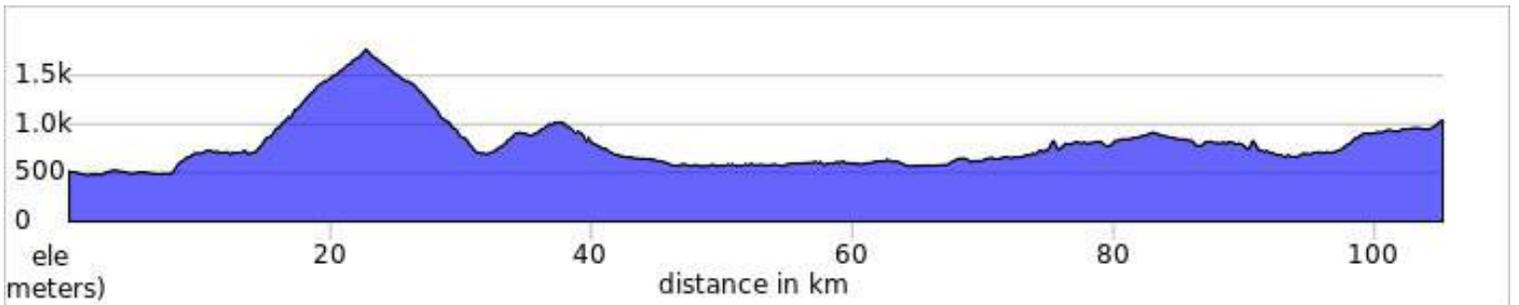
After two nights in Sarnen, it is now time to ride to our next hotel.

Again, we're starting out flat along Lake Sarnen. This is followed by a beautiful paved bike trail that brings us to another lake, Lake Lungern. After riding along this lake, you can make today's ride very tough by adding in the optional out and back Breitenfeld climb, which is one of the hardest climbs in Switzerland: it's almost 13% average grade for 5.5 miles! Next is the short Brünig Pass with a great descent toward Lake Brienz. We'll continue along the quiet and scenic north side of the lake and pass by the town of Interlaken. The next section of the ride is through the stunning Lauterbrunnen valley, considered one of the most beautiful in all of the Alps. We then ride the quiet side road to Grindelwald, where we will stay for the next three nights.

Standard route:



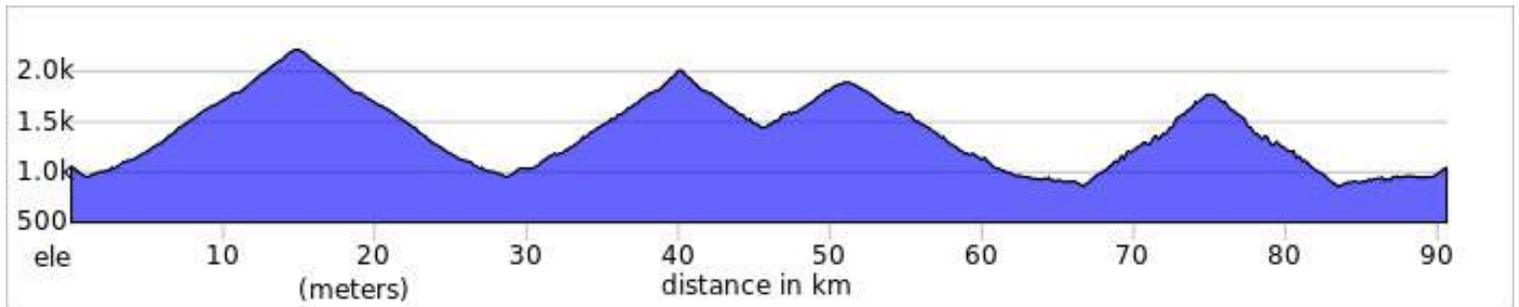
Optional route:



Itinerary and Elevation Profiles (Continued)

Friday July 3rd: 1, 2, 3 or 4 mountain huts (up to 56mi / 13,300ft = 91km / 4000m)

Today we have a very special route. You can choose to ride up to any or all of 4 different mountain huts directly from our hotel. They are all out and back so you can decide after each climb if you've had enough or want to continue. The most famous climb on the route is the Männlichen, notorious for its difficulty but very popular with cyclists because of the incredible views. The road is closed for cars which makes it even better.



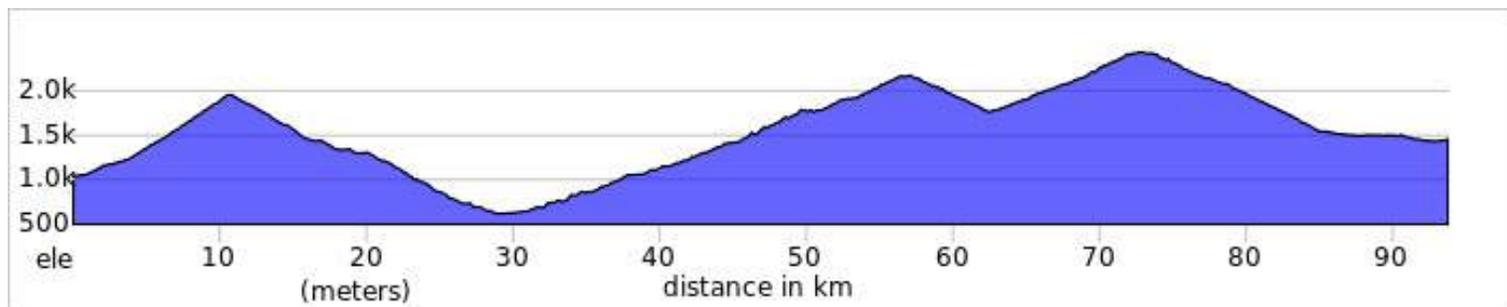
Saturday July 4th: Rest day

It's the Fourth of July! A day to recover, or not? There is so much to do in and around Grindelwald that you may not want to rest today at all. Some options: take a cable car up and explore the glaciers, hike to a mountain hut for lunch, ride the world famous train to Junfraujoch via the Eiger north face, or do some mountaineering on one of the three Via Ferrata routes in the area.

Itinerary and Elevation Profiles (Continued)

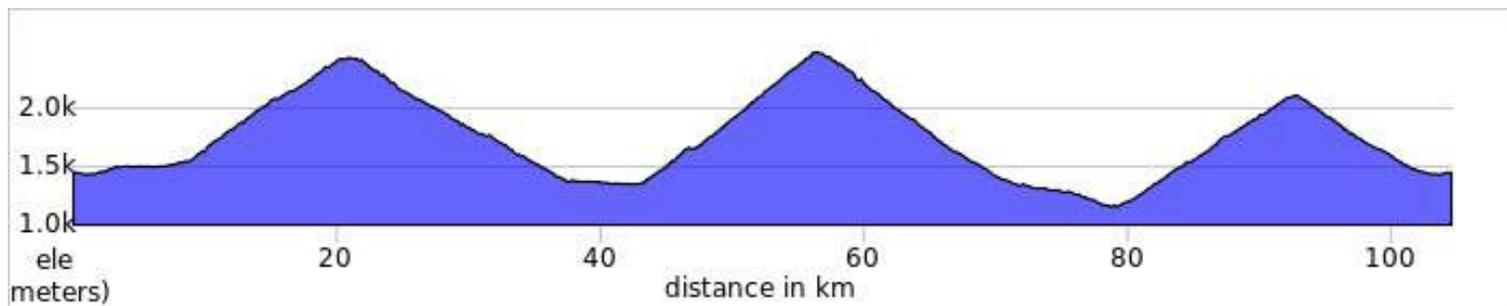
Sunday July 5th: to Andermatt (58mi / 10,700ft = 94km / 3300m)

Another day with epic mountain roads. We start climbing from the start on the tough Grosse Scheidegg. This superb pass is closed for all motorized traffic (except the local bus) which is one reason why it is so famous with cyclists. Another reason is the incredible panorama that unfolds while climbing in serenity. After a thrilling descent, we start the long climb up to Grimsel Pass, another classic Swiss alpine road. A short descent on some impressively engineered switchbacks brings us to the foot of the Furka Pass, our final obstacle of the day. We'll have views of the Rhone glacier on the way up. After the Furka Pass, it's all downhill to our hotel in Andermatt, known as an outdoor mecca and base of the Tudor Pro Cycling team.



Monday July 6th: Three Giants Loop (65mi / 10,400ft = 105km / 3200m)

On today's menu, we have a spectacular loop with three big climbs. First, we are heading back up the Furka Pass. Then, we head down to the Rhone Valley, where we start the Nufenen Pass. This is the second highest Pass in Switzerland. It connects the German and Italian speaking parts of the country. After the descent to Airolo, we climb one of the most iconic passes of the Alps: the cobbled Via Tremola, which is the old route up to the Gotthard Pass. There is very little traffic on it because there are two alternative newer roads to the top. To avoid descending on cobbles, we take one of the newer roads for the way down to Andermatt.

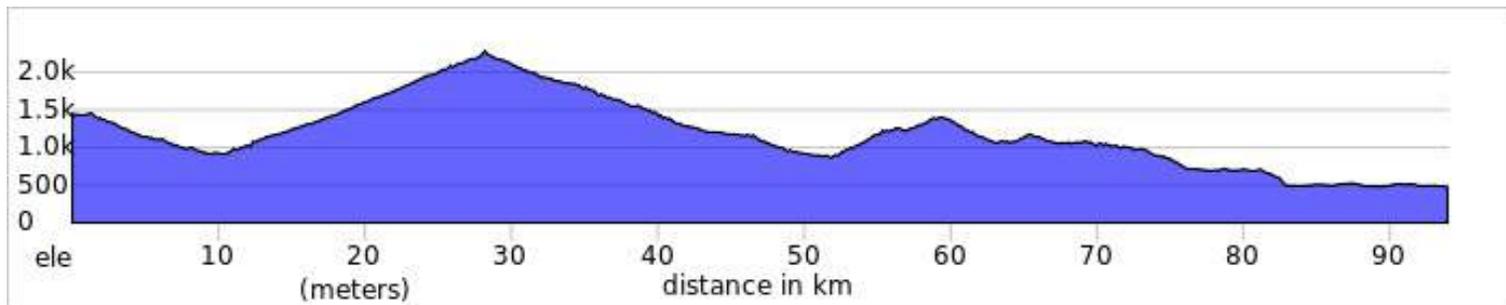


Itinerary and Elevation Profiles (Continued)

Tuesday July 7th: To Sarnen (58mi / 7,800ft = 94km / 2400m)

We're heading back to Sarnen, where we started our adventure a week ago. The first 6 miles are all downhill. After that we have our final high Alpine pass of the week, the Susten Pass. However, we are not done climbing yet; there is another 3,500 ft of vertical remaining after the top. The final 18 miles are all downhill or flat, with great lake and mountain views.

Back in Sarnen, there's time to pack the bikes and get ready for tomorrow's early transfer.



Wednesday July 8th: transfer to Zürich Airport and flight home

A private bus will take us to Zürich Airport for your flight home.





Why BikePlusTours?

Over 20 years of experience in organizing cycling trips in Europe

Routes that combine famous climbs with beautiful local byways

Small group size

Owners Carolyn and Pieter are with you on every trip

Great value

Our package includes:

- Group bus transfer from/to Zürich Airport for you, your luggage and your bike
- Support vehicle during the rides and experienced tour guides on bikes
- 8 nights of hotel accommodation
- 8 breakfasts and 8 dinners
- Water, energy drinks, soft drinks, energy bars, gels, snacks and fruit on the rides
- GPX files of all rides
- Lots of fun!

Excluded items:

- Flights
- Travel and medical insurance
- Lunches, drinks, gratuities and personal expenses

Price: \$4,500 per person in a shared double room, single room surcharge: \$1000

**Any questions? Please e-mail Carolyn and Pieter for more information:
info@bikeplustours.com**

Reserve your spot here:

[Swiss Alps Sign-up](#)



We reserve the right to change this itinerary due to availability of accommodation, road closures, weather or other unexpected circumstances.

Our trips are catered to experienced cyclists with excellent bike handling skills. We ride rain or shine. You will be required to complete all point to point rides by bike. Van transfer is not available except in case of an emergency.

Photos in this brochure are courtesy of Switzerland Tourism and Grindelwald Tourismus.



About BikePlusTours

We are a small company owned and operated by Carolyn and Pieter Maessen.

BikePlusTours was born out of a desire to share our love for cycling on the great mountain roads of Europe with our guests. We have been organizing group cycling trips since 2002 and we feel very lucky that our hobby has become our profession.

Pieter has been a cyclist all his life. He has competed in junior and elite races in his native Netherlands as well as in Belgium, Germany and the USA. Although more of a classics rider than a climber, Pieter has had a passion for cycling in the mountains ever since riding up Passo dello Stelvio at age 16.

Carolyn has had a lot of success as a triathlete. She was a sponsored athlete for seven years and has won races in every distance from sprint to Ironman. She has competed in World Championships in Ironman in Kona (Hawaii), Ironman 70.3 in Las Vegas (Nevada) and Sprint Triathlon in London (UK).

Please get in touch with us if you would like more information about our trips.

BikePlusTours LLC
1221 Nassau Way
Fort Collins, CO 80525

www.bikeplustours.com



BikePlusTours

info@bikeplustours.com

