

Tour de Suisse: June 26 – July 10, 2022:



This is our fourth hiking trip in Switzerland, and it is completely different from what we have done in the past! You will go from one must see site to the next, with lesser known gems in between. We believe that the best way to get to get to know a country is to walk its trails which is also the best way to stay away from annoying crowds. We're fussy when it comes to hotels and choose places that reflect local history and culture and provide good service. The same is

true for food and drink! While there's no way you can taste each of the over 700 varieties of cheese Switzerland produces, nor sip all its myriad wines, we talk to the chefs and sommeliers to make sure your palate discovers Switzerland's diversity as much as your other senses!

Day 1 - Sunday, June 26: Arrive Zurich

Upon arrival at the airport, take a shuttle to our hotel located near the airport. Welcome party followed by dinner.

Day 2 - Monday, June 27: Zurich – Bern – Lausanne



After breakfast, we travel by train (1st class) to **Bern**, the capital of Switzerland. A local guide takes us on a walking tour of about 2 hours. After time out for lunch, we continue by train to **Lausanne** for another walking tour finishing up at our hotel.

Day 3 - Tuesday, June 28: Lausanne – Montreux – Sion



Our hike through the **Lavaux vineyards** above the **Lake of Geneva** (Lac Léman) measures about 10km/6 mi. ends with a wine tasting at the lakeside village of Rivaz. After time out for lunch we board a steamer for a 1-hour cruise to the **Château de Chillon**. After a guided tour of the castle we take a local bus to **Montreux** and continue by train to **Sion**. Walk to our centrally located hotel for dinner and accommodation.

Day 4 - Wednesday, June 29: Sion



Sion, inhabited since Neolithic times, is the capital of the canton of Valais. We climb a steep hill to visit the fortified church of **La Valère** as the equally impressive castle of **Tourbillon**. We descend to the old town and have time out for lunch. In the afternoon we stroll along an ancient canal bringing water to terraced vineyards. A tasting of local wines precedes dinner.

Day 5 - Thursday, June 30: Sion



A yellow postal bus takes us up the **Val d'Hérence** to **Arolla** where we enjoy our first alpine hike, a 17.1km/10.6 mi. scenic walk along bubbling creeks and across lush meadows, stopping at ancient with hamlets en route. High above us, snow and ice glisten on high peaks. 342m/1122' ascent and 981m/3218' descent.

Day 6 - Friday, July 1: Sion – Aletsch – Zermatt



On our way to Zermatt we make an exciting detour into the **Jungfrau Aletsch World Heritage area**. This includes a 11km/7 mi. hike with 604m/1982' ascent and 782m/2566' descent, a crossing of a gorge on a suspension bridge, imposing views of the Aletsch glacier, and the pines of the Aletsch Forest. Dinner and accommodation in **Zermatt**.

Days 7 and 8 - Saturday, July 2 and Sunday, July 3: in Zermatt



Two days to hike within view of the **Matterhorn** and Switzerland's mighty glaciers. Each participant receives a Zermatt Hiking pass good on the mountain railways and lifts serving the many trailheads. You may want to join hikes with Ed and Helen or explore this hiker paradise on your own.

Day 9 – Monday, July 4: Zermatt - Pontresina



All day scenic train ride aboard the narrow-gauge **Glacier Express** to **Pontresina**. The bright red narrow gauge train moves steadily east, through a tunnel to the high valley of Andermatt and, after a series of switchbacks, crosses the Oberalp Pass. Following the young Rhine, the Glacier Express climbs again and reaches the Engadin valley and other destination.

Day 10 and 11: Tuesday, July 5 and Wednesday, July 6: Pontresina

2 full day hikes to explore the beauty of the **Upper Engadin**. We are now in a Ladin speaking area, and instead of saying Bonjour and Guete Morge, you may want to switch to Allegra!



On our first day in Pontresina we follow the Panorama Trail above Pontresina to **Muottas Muraigl**. We descend by cable car and walk past the lake of Staz (Lej da Staz) to the Lake of **St. Moritz** (Lej da San Murezzan) from where we get a good view of this glamorous resort town. We may want to explore St. Moritz and return to Pontresina by train or return to our hotel on foot through a beautiful forest.



Our second day will take us by train and gondola, weather permitting, up to the **Diavolezza** mountain at 3000m/9800'. Before we meet our mountain guide, we have time to take in the breathtaking views of stunning peaks and glaciers, then we begin our steep descent to the **Morteratsch** glacier proper and proceed on the ice toward its end. This is a unique experience we'll never forget. The walk is safe and takes about 5 hours with a 1100m/3600' altitude loss.

Day 12 – Thursday, July 7: Pontresina - Scuol



Morning train ride to **Scuol**, the beautiful main town of the **Lower Engadin**, afternoon exploration of this exceptional place with a local guide. While in Scuol we have free access to the town's spa fed by natural springs.

Day 13 and 14 – Friday, July 8 and Saturday, July 9: Scuol



The **Swiss National Park** and the villages of the lower Engadin are the highlights of our 2 last days of hiking in Switzerland. While in Scuol we have free access to the town's spa fed by natural springs.

Day 15 – Sunday, July 10: Scuol – Zurich

Our early morning train to **Zurich Airport** allows for flights departing at noon or later.

We are planning to stay at these hotels:



Mövenpick Hotel Zurich Airport



Lausanne: Hotel Angleterre & Résidence ****



Sion: Hotel du Rhône ***



Zermatt: Hotel Julien****



Pontresina: Sport Hotel ***



Scuol: Hotel Engiadina ***

Included Services: Guided city walks, all transportation from/to Zurich Airport (first class where available) as shown in the itinerary; luggage handling of one suitcase; breakfast and 4-course dinner daily with a beverage; accommodation in 3 and 4 star hotels, sharing twin/bath.

Not Included: Air transportation, all items of a personal nature such as passport fees, laundry, and telephone fees; inoculations and medications of any kind; beverages not mentioned above as included, hotel minibar charges, transportation not explicitly mentioned in the itinerary, any accident/baggage/cancellation insurance. **Cancellation and medical insurance is strongly recommended.**

Approximate cost, based on sharing twin/bath: US\$5.000 sharing twin/bath. Single room occupancy available at extra cost. It is impossible to give a firm tour cost more than 2 years before the trip. The final cost will be announced in spring of 2021.

INTERESTED?

Please send an email to hiking@sunriseteam.com and we'll add your name(s) to our preliminary list of participants. A reservation form with complete terms and conditions as well as a request for a deposit in the amount of \$1,000 will be mailed in spring of 2021.