



# MITTELLANDROUTE

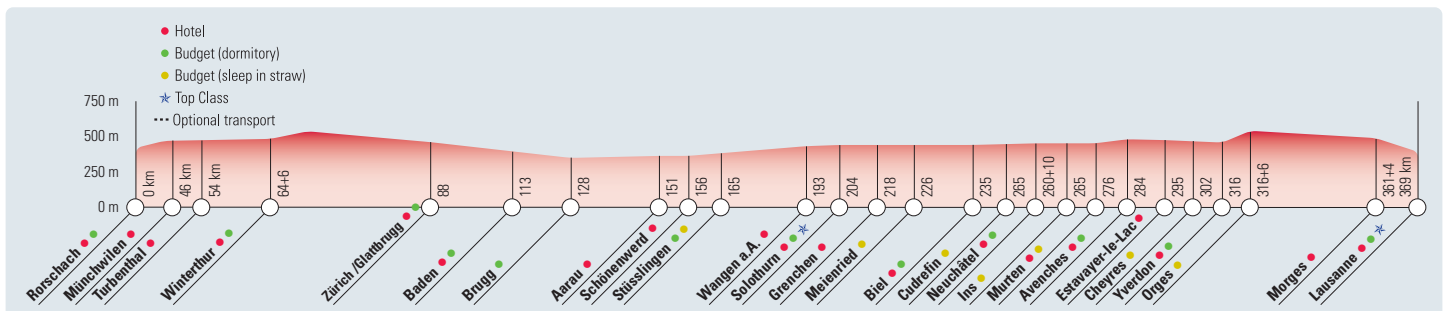


Murtensee



- ★ **THURGAU**  
THE FRUITBOWL OF SWITZERLAND IN «CIDER INDIA»
- ★ **ZÜRICH INTERNATIONAL AIRPORT**  
CLOSE ENCOUNTERS WITH BIG BIRDS
- ★ **BADEN, BRUGG, AARAU, OLTEN, SOLOTHURN**  
CHARMING TOWNS THAT OFFER WELCOME RESPITE
- ★ **3 LAKES REGION**  
ENJOY SUMMER TO THE FULL
- ★ **YVERDON-LES-BAINS**  
SPARKLING RELAXATION IN THERMAL SPRINGS
- ★ **LAKE GENEVA**  
WHERE THE SWISS MITTELLAND REACHES ITS FINAL BOUNDARY

## ELEVATION PROFILE AND ROUTE STAGES



## CHARACTER

Lakes, rivers, wide open plains and tranquil valleys; cities and villages; industry and agriculture; nature and technology; storks and Solothurn; Lake Biel and high moors, German and French speaking: these are some of the contrasting dabs of colour on the palette that compose the picture of a typical trip through Switzerland.

The scenery is certainly varied; the elevation on this route relatively level and each section rarely ever longer than 50 kilometers, which makes this trip an ideal one for families, and for cyclists who wish to take their time to enjoy the pleasures en route a little longer without feeling stressed out.

## ROUTE

### RORSCHACH - WINTERTHUR (TURBENTHAL) 70 km

Pedal through the region affectionately known by the Swiss as «Cider India» and when you see the apple orchards you'll soon understand how Thurgau got this nickname. The section from Rorschach to Bischofszell and along the River Thur to Wil counts as a highlight in the Veloland network. And that's not just while they're busy pressing the apples for cider! You'll be encountering lots of attractions on this section as you cycle towards Winterthur

### WINTERTHUR - ZÜRICH / GLATTBRUGG 26 km

Places not as widely known as Zurich's famous Bahnhofstrasse but gems for the cyclist to discover! If you like technology as well as nature, a guided tour around Zurich's international airport can be very worthwhile and enlightening.

### ZÜRICH - AARAU (SCHÖNENWERD) 62 km

Watching planes landing and taking off, riding along the pretty little reed-lined Katzensee (Lake Pussycat), passing through the thermal spa town of Baden, pedalling comfortably in the Reuss valley to reach the ancient Roman city of Windisch – following the swift-flowing River Aare and alternating between modern and ancient settlements are all on the menu of today's route section.

### AARAU - SOLOTHURN (WANGEN) 50 km

The wild course of the River Aare in the Mittelland region has for the most part long been tamed, but from time to time the river flows through unspoiled tracts of countryside where along its banks a rich bird and plant world thrives. The historic city centres of Aarau, Olten and Wangen are also worth a visit.

### SOLOTHURN - BIEL 32 km

After visiting the picturesque Old Town of Solothurn and enjoying its street cafés, it's time to move on through the «Witi» nature reserve – formerly marshy land along the

River Aare - to pay a visit to the stork colony in Altreu (seasonal). Perhaps you feel like a quick refreshing dip in the river? After that it's only a short and flat, hop, step and a jump to the watchmaking city of Biel.

### BIEL - AVENCHES (PRAZ, NEUCHÂTEL) 50 km

Cyclists, make the most of the lovely unspoiled southern shore of Lake Biel while heading towards the vegetable growing stronghold near Gampelen. Then when you cross the Broye canal by way of a new wooden foot and cycle bridge sponsored by the Rotary Club on the occasion of Expo 02, you have also crossed the language border from the French-speaking to the German-speaking region of Switzerland. It's an absolute must to take the short detour off the Mittelland Route to explore the intact, pretty medieval walled town of Murten situated on the lake of the same name.

### AVENCHES - YVERDON 41 km

The ancient former Roman town of Avenches (Aventicum) is crowned on a hill above the Broye Plain. In the summer months the town throbs with cultural events: open-air opera performances in the Roman amphitheatre, rock concerts, and the Musical Parade – a military music festival attracting military bands from the whole of Europe. The cycling route continues along Lake Neuchâtel, through the nature reserve of Grande Carissey to reach Yverdon-les-Bains.

### YVERDON - LAUSANNE (MORGES) 53 km

It's flat all the way to Orbe as you cycle through the «granary of Switzerland» – grain fields as far as the eye can see. En route to your final destination of Lausanne on Lake Geneva you pass through the Venoge valley where the beaver has successfully been re-established. The numerous remains of castles and fortresses remind us of what the bygone days must have been like.

### SEASON 2009

01.04.-15.10.2009 (daily service)



Aarwangen Castle



## Take a break

Why not spend a rest day and stay for 2 nights at the same place?

We recommend:

### Zürich / Glattbrugg

Best Western Airport (\*\*\*\*)

### Baden

Best Western du Parc (\*\*\*\*)

### Aarau

Hotel Aarauerhof (\*\*\*)

### Biel

Best Western Continental (\*\*\*)

## SwissTrails

## À la Carte

Plan your own individual bike tour: the entire route from Rorschach to Lausanne as well as all the stage destinations listed in the «elevation profile» are available to you with SwissTrails à la carte. You can choose the duration of the trip as well as the start and end destinations and accommodation (hotel and budget).

Pricelist see pages 48 / 49.

## RATES 2009 (in CHF / Euro, per Person, incl. VAT.)

OPTIONS	START AND FINISH	DAYS / N.	OVERNIGHTS	DISTANCE	BASIC R. HOTEL	BASIC R. BUDGET	RENT A BIKE	FLYER
<b>A</b> Relax	Zürich - Lausanne	6 / 5	Aarau - Solothurn - Biel - Avenches - Yverdon	271	CHF 785 / € 503	CHF 550 / € 352	CHF 130 / € 84	CHF 224 / € 144
<b>B</b> Relax	Biel - Lausanne	3 / 2	Avenches - Yverdon	111	CHF 356 / € 228	CHF 262 / € 168	CHF 89 / € 57	CHF 128 / € 82
<b>C</b> Relax	Rorschach - Lausanne	8 / 7	Winterthur - Zürich - Aarau - Solothurn - Biel - Avenches - Yverdon	309	CHF 1091 / € 699	CHF 761 / € 488	CHF 154 / € 99	CHF 288 / € 185
<b>D</b> Power	Rorschach - Lausanne	5 / 4	Winterthur - Aarau - Biel - Yverdon	229	CHF 647 / € 415	CHF 459 / € 294	CHF 116 / € 75	CHF 192 / € 123

\* Included in the price: supplements / reductions see page 5. All other options see SwissTrails à la Carte, pages 48 / 49.

Additional night possible at start and end destination and all stage destinations / Top Class: top class hotel (usually \*\*\*\*\*) at selected stage destinations (see Elevation Profile)