



MITTELLAND SKATE



CHARACTER

For this route – which only has a few ascents and descents – a good knowledge of braking is recommended. This tour offers excellent skating experiences both in terms of its topography and varied landscape. Together with the Rhine skate route, the result is a continuous skating route stretching from Bad Ragaz to Estavayer-le-Lac – without a doubt Europe's longest signposted skating route!

ROUTE

RORSCHACH / ROMANSHORN - WEINFELDEN 47 km

This route can be started either in Rorschach or Romanshorn. The journey through the Thurgau fruit-growing regions reveals a few ascents and descents. In Amriswil, the route runs into the Thur and follows this charming river valley.

WEINFELDEN - WINTERTHUR 45 km

The flat journey along the Thur valley leads to beautiful agricultural areas and to the canton capital of Frauenfeld. The onward journey to Winterthur runs through gently rolling hills.

WINTERTHUR - ZÜRICH / GLATTBRUGG 60 km

A prime area of the Mittelland Skate: the route follows the Töss valley and gently

climbs up to the Pfäffiker lake. The Greifen lake can be reached via Wetzikon and Uster with the route running on via Dübendorf to Zürich / Gattbrugg, close to the airport.

ZÜRICH / GLATTBRUGG - AARAU 65 km

This stage passes through centres of population such as Rümlang, Baden and Brugg as well as charming natural landscapes along the rivers Limmat, Reuss and Aare. There are lots of small ascents up to Brugg and then the route is practically flat from here.

AARAU - SOLOTHURN 56 km

The river Aare dominates this stretch. Hydroelectric power plants and the Gösgen nuclear power plant dominate the landscape. The classic Swiss Mittelland area between Aargau and Wangen is particularly charming.



SOLOTHURN - BIEL 33 km

Solothurn has a beautiful car-free old town with cobble stones which skaters are advised to visit on foot. Then the route takes you through the «Witi» – an original alluvial soils of the Aare at the southern foothills of the Jura which has regained its natural beauty and is today home to rare species of animal and bird, including the storks of Altreu.

BIEL - NEUCHÂTEL 52 km

In Biel, skaters will particularly enjoy the beautiful promenades along the banks. The route then runs along the lakes and later

through the «Grosse Moos», characterised by its wide plains, black soils and vegetable growing. From here, it's on to Ins as a short detour to the Neuenburgersee lake.

NEUCHÂTEL - ESTAVAYER-LE-LAC 20 km

The route leads back to Ins and via the Rotary bridge, created for cyclists and inline skaters for Expo.02, to Lake of Murten. From the walled town of Murten, it's on to the Roman arena in Avenches and along the Broyetal valley to Payerne. You will encounter the last ascent before following the route down to Estavayer-le-Lac and the banks of the Neuenburg lake.

ELEVATION PROFILE AND ROUTE STAGES

