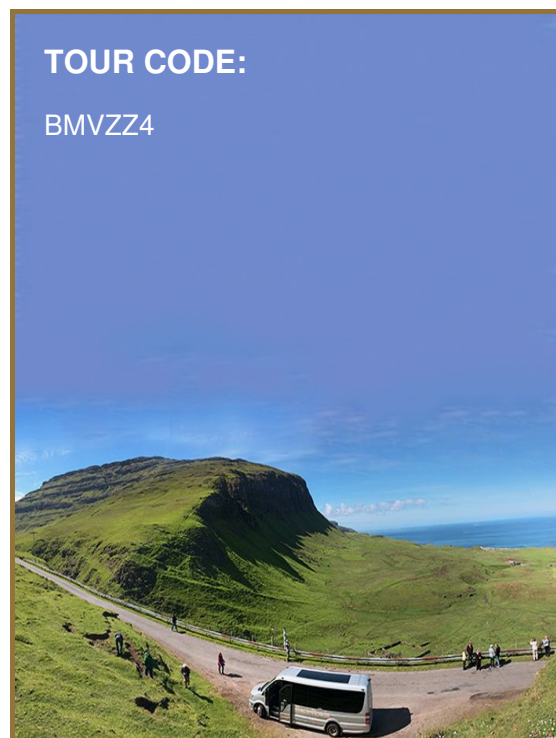




## MOUNTAINS, VALLEYS AND LAKES OF SWITZERLAND

### Back-Roads | Europe (BRT)

Uncover Switzerland's hidden gems, explore remote alpine valleys, scale mountain slopes along historic railways and stand in awe of breathtaking waterfalls – all the while savouring rich flavours and a fascinating culture laden in time-honoured traditions. Join us as we gain a unique insight into a Swiss way of life while journeying through one of Europe's most scenic countries.



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# Thank you for choosing **Back-Roads**

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Your extraordinary adventure awaits!

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## About your tour notes

These tour notes contain everything you need to know before your tour departs – from where to meet your fellow guests and local guide to what essentials to pack for your journey.

We recommend you print this document out and bring it with you on your tour. Give a copy to loved ones at home so they can follow your adventure, too.

IMPORTANT: please refresh this document as close to your departure as possible to ensure you're equipped with the latest information available.

### THE BACK-ROADS DIFFERENCE

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- ✓ Be blown away by the majestic alpine views from Mt Jungfrau: the 'Top of Europe'
- ✓ Indulge in a delicious cheese tasting at a local cheese factory in Einsiedeln
- ✓ Relish panoramic views over the Bernese Oberland from the enchanting Thun Castle

### TOUR CURRENCIES

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- Switzerland - CHF

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# Your itinerary

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## DAY 1 | ZURICH (SWITZERLAND)

This evening, we'll meet the group in one of the most impressive cities in the world: Zurich – where we'll get to know one another over a delicious welcome meal. Accommodation: Hotel Adler Zürich (or similar)

### MEALS:

☑ Dinner

## DAY 2 | ZURICH – SCHAFFHAUSEN – APPENZELL

This morning, it's all aboard the mini-coach as we make tracks to our first stop: Schaffhausen. On an orientation tour with our expert Tour Leader, we'll explore the quaint Old Town located on the banks of the Rhine River. Afterwards, we'll have time to wander at our own pace and take lunch at a local cafe or restaurant. Then, we'll move on to our final destination of the day: Appenzell. Here, we'll enjoy a walking tour with a local guide and sample biberli (gingerbread pastries) – before having the rest of the evening free to explore the fairytale town and indulge in some delicious local fare. Accommodation: Hotel Löwen (or similar)

### MEALS:

☑ Breakfast

## DAY 3 | APPENZELL – ST GALLEN – APPENZELL

After breakfast it's off to St Gallen – where we'll spend some time exploring the city's Old Town and UNESCO World Heritage-listed Abbey District with our Tour Leader. Bearings set, we'll have some free time to explore and enjoy lunch at our leisure. Then: a brewery tour awaits us back in Appenzell. After learning all about the brewing process and sampling a taste of the local beer, the evening will be yours to spend as you wish. Accommodation: Hotel Löwen (or similar)

### MEALS:

☑ Breakfast

## DAY 4 | APPENZEL – LUCERNE – LUCERNE REGION

A day of indulgence awaits us in Lucerne today, where we have an appointment to keep with a local chocolatier. After learning the secrets behind Swiss chocolate making, we'll take the time to savour a delicious sample (or two). We'll have some free time to explore the colourful Altstadt (Old Town), visit the Kapellbrücke (Chapel Bridge) and enjoy lunch at our leisure – before swapping our mini-coach for a scenic boat ride across Lake Lucerne. Later, we'll set ashore in Weggis: an idyllically located resort set at the foot of Mt Rigi.

Accommodation: Hotel Vitznauerhof (or similar)

### MEALS:

- ☒ Breakfast
- ☒ Dinner

## DAY 5 | LUCERNE REGION – EINSIEDELN AND MOUNT RIGI – LUCERNE REGION

Leave room at breakfast – this morning we'll be visiting a local cheese factory in Einsiedeln, where we'll have the chance to make our own cheeses before indulging in a tasting session. Then, it's all aboard the cog railway – Europe's first ever mountain line – as we scale the towering Mt Rigi, taking in some magnificent views of deep blue lakes and snow-capped peaks along the way. Afterwards, you'll have an array of local restaurants serving delicious Swiss cuisine to choose from for dinner. Accommodation: Hotel Vitznauerhof (or similar)

### MEALS:

- ☒ Breakfast

## DAY 6 | LUCERNE REGION – EGGIWIL – BERN

Today we'll make tracks to Eggwil – where we'll meet a local alphorn maker. After learning how the traditional instrument is made, we'll move on to captivating Bern. Here we'll soak up the picture-perfect scenery and marvel at the medieval architecture preserved in the Altstadt on an orientation tour with our knowledgeable Tour Leader. After, we'll have the evening free to spend exploring Bern at our own pace or relaxing back at our hotel. Accommodation: Hotel Bären am Bundesplatz (or similar)

### MEALS:

- ☒ Breakfast

## DAY 7 | BERN

Today, the day will be yours to visit Bern's excellent museums and wander the cobbled centre at your leisure. You can choose to visit the home of Albert Einstein – who developed his Theory of Relativity here – or take a fascinating tour of the Zytglogge (Clock Tower) and admire the wonderful view from the top. This evening is yours to spend indulging in some delicious local cuisine or relaxing back at the hotel. Accommodation: Hotel Bären am Bundesplatz (or similar)

### MEALS:

- ☒ Breakfast

## DAY 8 | BERN – THUN AND INTERLAKEN – BERNESE OBERLAND REGION

Today our path will carry us away from Bern and onwards towards the striking Thun Castle. Built in the 12th century, this enchanting medieval castle boasts panoramic views over the Bernese Oberland and is a Swiss Heritage Site of National Significance. Then we'll continue on to Interlaken – gateway to the mesmerising Jungfrau region – and enjoy lunch at our leisure. We'll traverse the scenic Lauterbrunnen Valley in search of the breathtaking Trümmelbach Falls – a series of ten glacier-fed waterfalls hidden within the mountainside. After a day filled with spectacular sights, we'll climb aboard the train and delve deeper into the picture-perfect Bernese Oberland region. You'll have the rest of the afternoon to explore as you please. Accommodation: Derby Swiss Hotel (or similar)

### MEALS:

☑ Breakfast

## DAY 9 | BERNESE OBERLAND REGION – JUNGFRAUJOCH – BERNESE OBERLAND REGION

Today we'll be treated to some more intoxicatingly beautiful vistas as we travel to the top of Mt Jungfrau aboard the Jungfrau Railway. Dubbed the 'Top of Europe', we'll revel in views of the Mittelland up to the Vosges – taking in mighty glaciers, thousand-metre peaks and otherworldly landscapes. This evening we'll come together for one last group dinner and toast to our superb Swiss adventure! Accommodation: Derby Swiss Hotel (or similar)

### MEALS:

☑ Breakfast

☑ Dinner

## DAY 10 | BERNESE OBERLAND REGION – LAUTERBRUNNEN – ZURICH

After our final breakfast as a group, we'll take the picturesque cog railway to tranquil Lauterbrunnen: a secluded village nestled in a valley and surrounded by vast, rocky cliffs. Following this we'll return to Zurich, where our adventure will come to an end. What a trip it's been!

### MEALS:

☑ Breakfast





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## Tour information

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### Meals

#### **INCLUDED MEALS**

Breakfast (B) is included daily.

Some of your lunches and dinners are also included, either in hotels or local restaurants. These are indicated by (L) and (D) in the itinerary.

Please note that drinks will not always be included.

We will do our best to accommodate any specific dietary requirements you may have. Please ensure to make these clear to us before your tour begins so we can communicate them to our hotels, restaurants and suppliers.

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# Other information

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## Finances

### CHANGING MONEY

CASH: Foreign money can be changed at banks, airports, some railway and tube stations, and at major hotels (though at a less favourable rate).

CREDIT CARDS: Visa and MasterCard are widely accepted. American Express is only accepted in some larger establishments.

CASH MACHINES: ATMS are widely available.

### TIPPING

Tipping is entirely at your discretion. If you feel you have received exceptional service, it is recommended that you tip £1-2/€ per day for Drivers and £4- 5/€ per day for Tour Leaders.

## Insurance

Before travelling with Back-Roads Touring, it is compulsory for all guests to take out comprehensive travel insurance. Please ensure your insurance covers medical expenses (including repatriation), cancellation cover, loss or damage to baggage and personal effects, money and personal liability.

We recommend you carry your insurance details with you at all times. You may be asked to provide details of your medical insurance or a payment guarantee in some countries before medical assistance can be provided.

For more information, please see our FAQ page:  
[www.backroadstouring.com/faqs](http://www.backroadstouring.com/faqs)

If you have any further questions, please don't hesitate to contact our friendly Customer Service team: [www.backroadstouring.com/contact-us](http://www.backroadstouring.com/contact-us)

## Passports and visas

Please ensure your passport is valid for at least six months after the last day of your tour. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your tour's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling.

PLEASE NOTE: Some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure as requirements do change periodically.

We advise you to either carry a photocopy of your passport (and visa, if applicable) with you while abroad, or to ensure that you leave a copy with relatives back at home. This will enable the local embassy or high commission to arrange a replacement if the original should be lost or stolen. If you do take copies with you on your tour, please ensure that you keep these separate from your

## Medication and mobility

Whilst on your tour, we want you to have the smoothest journey possible which requires some mobility conditions:

- You must be fit enough to get on and off the vehicle on a regular basis, and to walk around towns and villages or to attractions.
- You must be able to walk up and down stairs and use a shower over the bath.

Please note that, unfortunately, we are unable to accommodate mobility scooter or wheelchair users as we frequently stay in traditional-style hotels and the majority do not have lifts or ground-floor rooms.

If you take medicine for certain conditions, such as diabetes or heart problems, please carry it with you at all times.

Please declare any medical conditions you may have in advance of your tour. If you are in any doubt as to whether our tours are suitable for you, please contact our friendly Customer Service team:

[www.backroadstouring.com/contact-us](http://www.backroadstouring.com/contact-us)

## Transport

We travel in premium mini-coaches equipped with comfortable seats, air conditioning and large windows for enjoying the view.

With far more flexibility than a standard-size coach, we're able to take the scenic route – winding through beautiful countryside to the heart of tiny villages and coastal towns.

## Mental health and wellbeing

Culture shock, homesickness and periods of feeling down happen regardless of age. Be rest assured that if you're feeling low, your Tour Leader and Driver will do their utmost to make you smile.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call loved ones. Hearing a familiar voice whilst in an unfamiliar destination can help ground you and remind you you're not alone.
- Eat well. Nobody feels their best when they're hungry. There are plenty of nutritious culinary delights to be savoured along the road!
- Integrate with your fellow guests. The more you socialise with the group, the less likely you'll feel homesick.



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# What to bring

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Based on our experience, the following items are essential.

Please note, this is a general packing list for Back-Roads tours. What you pack will depend on the countries you're visiting as well as the time of year you plan to travel.

## CLOTHING:

- |               |                             |                                   |
|---------------|-----------------------------|-----------------------------------|
| ☑ Sun hat     | ☑ Long-sleeved tops         | ☑ Light jacket                    |
| ☑ Sunglasses  | ☑ Short-sleeved tops        | ☑ Waterproof jacket               |
| ☑ Sleepwear   | ☑ Shorts/skirts             | ☑ Trousers                        |
| ☑ Warm jacket | ☑ Socks                     | ☑ Swimwear                        |
| ☑ Underwear   | ☑ Smart casual evening wear | ☑ Walking shoes/comfortable shoes |

## OTHER THINGS TO PACK:

- |                           |  |                    |
|---------------------------|--|--------------------|
| ☑ Multi-use adapter plug  | ☑ Toiletries   | ☑ Camera           |
| ☑ Batteries               | ☑ Sunscreen  | ☑ Towel            |
| ☑ Umbrella                | ☑ Reusable water bottle  | ☑ Insect repellent |
| ☑ Any personal medication | ☑ Basic medical kit (including paracetamol, aspirin, plasters etc) |                    |

# That's it!

**We look forward to seeing you on tour.**