

Switzerland & France: Lake Geneva, Annecy & Valleys of the Alps

Bike Vacation Only

Ride with ease amid the legendary Alps, a cyclist's dream. Discover the best kept secrets of Switzerland's Valais canton and France's Rhône-Alpes region as you follow mostly flat routes along the Rhône and Isère rivers to two of the area's most stunning lakes – Geneva and Annecy – and the small picturesque Lake of Saint-André. Around you, snow-capped peaks soar to the heavens, their profiles reflected in shimmering lakes. Charming villages slope down gentle hills. Medieval cities like Annecy and Chambéry nestle in deep valleys. Here, the air is clean, the farms and orchards are bursting with life, local wines and farm-fresh cuisine is plentiful and solid-rock massifs point to one breathtaking vista after another. Whoever said bike tours in the French and Swiss Alps were reserved for the strongest of cyclists hadn't traveled with VBT. Join us!

Cultural Highlights

Cycle well-paved bike paths amid stunning alpine beauty of France and Switzerland

Pedal along three stunning lakes of the Rhône-Alpes region – Geneva, Annecy, and Saint-André – delighting in bike paths along the Rhône and Isère rivers

Savor Swiss and French cuisine and wine to fuel and enhance your journey, from fondues and fendant to *coq au vin* and Pinot Noir

Ride along the shores of crystalline alpine lakes and the banks of coursing rivers as the magnificent Alps surround you

Stroll the atmospheric medieval Old Towns of Annecy and Chambéry, grand cultural capitals of once-mighty French kingdoms

Savor a two-night stay in a grand French château, built in 1450 by a chivalrous noble family

What to Expect

This tour offers a combination of easy terrain mixed with some moderate hills and is ideal for beginners and experienced cyclists. Our VBT van support shuttle is always available.

Tour Duration: 7 Days

Average Daily Mileage: 4 - 41

Average Cycling Time: 00:20 - 04:00

Climate Information

Average High/Low Temperature (°F)

May 67°/50°, Jun 73°/57°, Jul 80°/61°, Aug 79°/60°, Sep 72°/54°, Oct 61°/47°

Average Rainfall (in.)

May 3.0, Jun 3.1, Jul 2.6, Aug 3.1, Sep 3.0, Oct 3.4

DAY 1: Warm-up ride / Transfer to Switzerland / Abbey of St-Maurice / Welcome reception and dinner

Your tour starts at 2:00 p.m. at the Grand Hotel des Bains in Lavey-les-Bains, Switzerland (Phone +41 (0)24 486 15 15). Your trip leaders will meet you in the lobby wearing VBT staff garments. If your arrival at our Swiss hotel will be later than 2:00 p.m. or if you are delayed, please call the hotel and ask the front desk to pass the message on to your VBT trip leaders.

Travel recommendations to your Lavey-les-Bains hotel:

- Rail: Take a direct train from Geneva airport to St-Maurice (note that there are several cities with a similar name; make sure you choose “St-Maurice” with the hyphen when you buy your ticket online). The train journey lasts about 1 ½ hours for a direct train, and approximately two hours for train with connections. The cost is approximately 50 USD if you buy your ticket well in advance. From the St-Maurice railway station a bus shuttle takes you to Lavey-les-Bains/Grand Hotel des Bains in about 10 minutes.
- VBT private coach: If you prefer to board our private coach from Chamonix (reserved for the Air Package guests), Please let VBT know 60 days prior to departure. Make sure you are outside our Chamonix hotel at 12:00 noon. Remember that in Chamonix you are in France, where the local currency is the euro. In Geneva, St-Maurice and Lavey-les-Bains you are in Switzerland, where the local currency is the Swiss Franc.

No matter how you travel to Lavey-les-Bains, please have lunch before you meet your VBT trip leaders.

Your room at Grand Hotel des Bains may not be ready until 3:00 p.m. You are welcome to store your luggage with the reception desk.

All guests meet at 2:00 p.m. in the lobby for a safety and bike-fitting session with your trip leaders. Your biking clothes are not required to attend this meeting. By session's end, your rooms will be ready, and you will have time to settle in and change into your biking clothes. Later, enjoy a warm-up ride on country

roads through charming Swiss villages. The most important is Saint-Maurice. Its abbey is known throughout Christianity, founded in the year 515 on the spot where the relic of martyr Maurice were kept. Still today, it is a key stop on the pilgrimage route from Canterbury to Rome. You pause to visit the basilica, the catacombs and the amazing Treasure, which features exceptional examples of medieval goldsmith's art.

This evening, gather for a welcome reception and dinner at the hotel Swiss Chalet bar and restaurant, savoring specialties of the Valais canton.

Today's Ride Choice:

Cumulative Distance Range: 7.2 km (4.5 miles)

Afternoon

Warm-up: 7.2 km (4.5 miles)

What to Expect: The warm-up ride will give you the opportunity to become familiar with your bike as you ride country roads with little traffic. There will be an occasional uphill climb, and the ride will take you through the charming Swiss village of Saint-Maurice.

Accommodation: Grand Hotel des Bains, Lavey-les-Bains, Switzerland

Included Meals: Breakfast, Dinner

DAY 2: Route du Rhône bike path / Sion

After a hearty European breakfast, set out on the tranquil Route du Rhône bike path, following the course of the Rhône upriver. As you get underway, you leave the steep jagged cliffs of the Dent de Morcles behind. These dramatic rocky slopes mark the westernmost reaches of the Bernese Alps, dropping precipitously into the Rhône Valley. Before you, the exhilarating vistas of Switzerland's majestic and towering range opens up.

Near Evionnaz, traverse a serene nature reserve beloved by the residents of the Valais canton. Then you pass Martigny, a stunning mountain village where roads from France and Italy converge, and pedal into a valley blanketed with lush vineyards. The Valais is Switzerland's third largest wine region. Some of the classified Grand Crus of Sion – like the Fendant and the Syrah – may sound familiar to you.

Your ride along the river is leisurely and never dull. You cycle past small villages on the gentle slopes of the valleys and spin past farms and orchards of apples, apricots, pears, cherries, strawberries and raspberries. Even the legendary Valais headwind, which caresses the valley from late morning to evening

during good weather, cannot tarnish this incredibly scenic ride into this hidden corner of Switzerland.

As you approach Sion, the capital of the Valais canton, the two towering rock bastions of Tourbillon and Valère greet you from their lofty perches. There'll be time to stroll the pedestrian streets of the Old Town, rich in culture and history and embellished with stone fountains and lively cafés. After lunch on your own, you shuttle back to your hotel, where you have time to rest in the shade of huge sequoia trees, walk on the trails of the landscaped park, or soak in the thermal pools, where your entry is included.

Dinner is at the hotel's restaurant tonight, where you can select your favorites directly from a large buffet spread.

Today's Ride Choice:

Cumulative Distance Range: 24 to 42 km (15 or 26 miles)

Morning

Lavey to Saillon: 24 km (15 miles)

Saillon to Sion: 17.5 km (11 miles)

What to Expect: Today's ride is easy and flat, almost entirely on a well-paved bike path. The headwind that generally starts blowing around mid-morning up the valley in good weather may slow down your pace. Expect some traffic at the end of the long option entering the city of Sion, where drivers are generally used to and gentle with riders.

Accommodation: Grand Hotel des Bains, Lavey-les-Bains (Switzerland)

Included Meals: Breakfast, Dinner

DAY 3: Villeneuve on Lake Geneva / Montreux / Transfer to France

After breakfast, you cycle out of Saint-Maurice into the Chablais region, the spectacular alpine area straddling Switzerland and France. Your route again follows the Rhône River, pointing you toward Lake Geneva. As you ride out of the village, you may glimpse the sharp, soaring peaks of the Dents du Midi chain. Despite your mountainous surroundings, today's route is very relaxed, tracing a pleasant valley on well-paved bike paths and passing Swiss chalets, manicured gardens and postcard-perfect ponds.

At Le Bouveret, just before the river pours into Lake Geneva, your route gently bends right onto the Rhône bridge. Here, you ride into the shaded wetlands of Les Grangettes. This peaceful nature reserve hosts a profusion of biodiversity, including many migratory birds. This morning's pleasant spin ends at the eastern tip of Lake Geneva in Villeneuve, or New Town, which in fact boasts a charming Old Town of

cobbled streets and inviting cafés – the ideal place for a stop and short stroll.. After, you cycle or shuttle to Montreux.

If you choose to ride, follow a lakeside route, passing by the historic Chillon Castle and continuing to Montreux. You end your ride in this popular resort town on Lake Geneva where you can admire elegant villas and lovely gardens. Stop at Place du Marché, where a statue of Freddie Mercury gazes out over the lake. The lake promenade is the perfect spot to enjoy lunch on your own. Then continue by shuttle into France and the picturesque village of Talloires, hugging the shores of scenic Lake Annecy. Settle in to your hotel here, a hidden gem away from the crowds and set beautifully on the water with magnificent views of the Massif des Bauges to the west and La Tournette and Col de Forclaz to the east. The sublime Saint Germain abbey and chapel perches high above on a distant hillside.

Dinner is at the elegant hotel restaurant, a delicious meal of French specialties.

Today's Ride Choices:

Cumulative Distance Range: 32 to 39 km (20 to 24 miles)

Morning

Lavey to Villeneuve: 32 km (20 miles)

Villeneuve to Montreux: 9 km (6 miles)

What to Expect: Today's ride is easy and mostly follows a flat paved bike path until Villeneuve. When the weather is good, a mid-morning to evening headwind blows up the valley and can slow down the ride. From Villeneuve to Montreux, the route for the first 2 miles is a bike lane shared by pedestrians, and then a regularly trafficked slightly rolling road. The Villeneuve-Montreux option requires some caution and is therefore rated easy/moderate.

Accommodation: Cottage Bise, Talloires (France)

Included Meals: Breakfast, Dinner

DAY 4: Lake Annecy loop / Paccard Bell Foundry / Medieval Annecy

After breakfast begin your ride by cycling south from your hotel in the Haute-Savoie region. Your focus is the breathtaking Lake Annecy – Europe's cleanest lake thanks to protection measures enacted in the 1960s – and its namesake city. Your loop follows a well-paved bike path past the staggering sheer cliffs of the Bauges Mountains that seem to surge dramatically out of the waters. Keep your eyes out, too, for the Château de Duingt, perched on a tiny islet linked to the mainland by a causeway. It is not open to visitors, but worth a photo stop.

As you approach the city of Annecy, follow the sign to the Paccard Bell Foundry if you wish. Over seven generations, this family business has cast more than 120,000 bells for institutions all over the world, including the bells that ring out from the Notre Dame Cathedral in Paris. In 1950 and 1951, it cast 57 replicas of the Liberty Bell and distributed one to each of the then 48 US states as tributes to the American role in the liberation of Europe during World War II. The largest bell they've made is the 66,000-pound World Peace Bell, which hangs in Newport, Kentucky. It rings every day at 12:05 p.m. so as not to drown out the city's other noontime bells.

Later, arrive in historic Annecy, called the "Pearl of the French Alps" for its stunning setting between mountains and lakes. There'll be time to explore its pedestrian streets lined with charming canals, bridges and archways that might bring Venice to mind. The Old Town is full of unique charms and historic buildings. Admire the Palais de l'Isle, a 12th-century prison on an islet in the River Thiou, the Château d'Annecy, the 16th-century Cathedral of Saint-Pierre and the Pont des Amours, the Lover's Bridge. Savor lunch on your own in an inviting café, perhaps watching swans glide on the river, and enjoy a *crème glacée* – locally made ice cream – for dessert.

Shuttle back to the hotel, or join today's longer option that completes a circumference around the lake. Pass a popular lake beach, perhaps dipping your toes in the crystal-clear water, and several lakeside villages steeped in charm. In the distance, catch sight of the Aravis Mountains, famous for the hairpin turns and steep bends featured on the Tour de France.

Later, relax at the swimming pool, take a dip in the lake, enjoy a drink at the Boat Bar or treat yourself to the hotel spa. Tonight, stroll into historic Talloires for dinner on your own. You might try a Raclette with the famous quality cheeses of Haute-Savoie and match it with a local wine, like Chignin or Apremont.

Today's Ride Choices:

Cumulative Distance Range: 26 to 39 km (16 to 24 miles)

Morning

Talloires to Annecy: 26 km (16 miles)

Afternoon

Annecy to Talloires: 13 km (8 miles)

What to Expect: Today's ride follows a well paved road and bike path. There is an initial steep downhill soon after Talloires, then it is all flat to Annecy. The area, especially before Annecy, is very popular and bikers may encounter skaters and walkers on the path. The afternoon ride is easy and includes one climb. Note: in the summer it may be crowded with a number of bikers and walkers. In the villages, attention

must be paid to cars.

Accommodation: Cottage Bise, Talloires (France)

Included Meals: Breakfast

DAY 5: Cycle to medieval Cité de Conflans along the Chaise and Arly Rivers / Wine tasting / Settle into your château

After a hearty French breakfast, say goodbye to your hosts and set out on one of the most beautiful rides of the region. Leaving the southern tip of Lake Annecy, you cycle along a quiet, smooth bike path as the Bauges Range rises up on one side and the Beaufortain soars on the other. In the Chaise River Valley, enjoy majestic views of the Faverges Castle with its red-roof cylindrical stone tower. The Col Tamié has the largest fort to have been built on the edge of the Alps by France, while gorges and caves in the distance tell that the region has been inhabited by man since the Neolithic Age.

After a slight climb at Ugine, you leave the Haute-Savoie and meet the L'Arly River, which you follow to Albertville. Gateway to some of the best international ski areas of the Alps, Albertville hosted the 1992 Winter Olympics. Lunch is included in the neighboring medieval City of Conflans. A French historic site and monument, the picturesque Cité de Conflans is sheltered behind 14th century walls and offers views of the Combe de Savoie valley, the Bauges and Chartreuse mountains like no other. In the afternoon continue cycling the new paved bike path that lines the Isère River into fertile farmlands. Here it is frequent to meet local farmers caring their *pépinnières*, or vine nurseries. Your ride ends in the shaded pond district called Lake of Carouge.

Later settle in to your elegant French château, then visit the 15th-century cellar and savor a wine tasting before a delicious dinner overseen by your gracious hosts. It's the perfect end of a beautiful day and an ideal venue to sample the region's finest wines.

Today's Ride Choices:

Cumulative Distance Range: 35 to 62 km (22 to 39 miles)

Morning

Talloires to Cité de Conflans: 35 km (22 miles)

Afternoon

Cité de Conflans to Lac de Carouge: 27 km (17 miles)

What to Expect: With the exception of a short climb into the City of Conflans, the ride today is very easy and follows mostly a bike path along rivers, or country roads All in all, it is a very enjoyable day of cycling.

Accommodation: Château des Comtes de Challes, Challes-les-Eaux (France)

Alternate Hotel: Château de Candie, Chambéry, France

Included Meals: Breakfast, Lunch, Dinner

DAY 6: Ride to Lake of Saint-André / Stroll Chambéry

Today promises another ride into stunning cultural and natural beauty. From your château you cycle along gently rolling and scenic country roads, meandering through small charming villages and vineyards. You skirt the base of Mont Granier, a gigantic crag and the icon of this green region called Chartreuse, to the peaceful small Lake of Saint-André.. Then you follow the course of the small L'Albanne River, into picturesque Chambéry, boasting a rich history as the capital of the Kingdom of Savoy from the 13th to the 16th centuries. The Château des Ducs de Savoie still dominates the cityscape, nestled in a maze of medieval alleyways in the city center. You pause for lunch on your own here, taking time to also admire the 15th- and 16th-century estates along the shop-lined rue Croix-d'Or.

Your return ride follows a different easy bike path. Avid riders can follow a higher scenic route giving a chance to enjoy wonderful views of the distant Tarantaise peaks, some reaching more than 11,000 feet. The Col du Galibier in the sunny Maurienne valley with its 8,681 feet ranks with the Col de l'Iseran as one of the highest mountain passes in France. There stands a monument to Henri Desgranges, who initiated the Tour de France cycle race in 1903. Epic climbs are sure come to mind as you experience a bit of the captivating cycling of the Alps without the big hills.

Back at your château, there'll be time to relax by the swimming pool and prepare for a final festive dinner featuring French specialties of the region.

Today's Ride Choices:

Cumulative Distance Range: 9 to 44 km (5 to 27 miles)

Morning

Chateau de Challes-Lac Saint-André to Chambéry: 27 km (17 miles)

Afternoon

Chambéry to Chateau de Challes: 9 km (5 miles)

Chambéry to Barby to Chateau de Challes Plus: 17 km (10 miles)

What to Expect: Today's ride follows easy and paved rolling country roads to Lake of Saint-André -and then a flat and paved bike path through shaded parks into the historic center of Chambéry. Entering the city, the path becomes a biking lane and you will ride a short stretch of cobblestone. Expect some traffic into and out of Chambéry. The afternoon ride runs mostly on a flat bike path back to the hotel. An extra 8

km loop includes a short and very gradual climb on the first hills of the Massif des Bauges. A not to miss loop, if you want to enjoy the views of the valley, Mount Granier and southern Alps from a nice perspective.

Accommodation: Château des Comtes de Challes, Challes-les-Eaux (France)

Alternate Hotel: Château de Candie, Chambéry, France

Included Meals: Breakfast, Dinner

DAY 7: Transfer to Lyon

After breakfast, transfer by private motorcoach to the Hotel Carlton Lyon MGallery by Sofitel in Lyon, arriving at approximately 10:30 a.m. Your vacation ends here. The hotel is a 5-minute walk from Metro Bellecour station, from where you can travel to the Lyon railway stations and Lyon's St. Exupéry airport.

Important: Flight departures from Lyon prior to 2:30 p.m. are not recommended; those departing earlier must make transfer arrangements at their own expense from the last hotel in Chambéry/Challes-les-Eaux (approximately 1.5 hours).

Transfer to your hotel in Lyon, an elegant and centrally located 5-star hotel, arriving at about 10:30 a.m. VBT provides City Information that includes information and recommendations for what to see and do in Lyon. Use the rest of the day to relax. Or begin exploring Lyon, following your whims and desires either on foot or using the city's network of buses and trams and the subway. Your hotel is located on the Presqu'île, the peninsula surrounded by the two rivers, in the major shopping and partly pedestrian area, near museums and picturesque streets. Please note that hotel check-in is 2:00 p.m., but the hotel will try to have rooms available earlier if possible and will store your luggage if needed. If you have chosen the independent Post-Trip Extension to Lyon, you will remain at this hotel for three nights.

Accommodation: Hotel Carlton Lyon MGallery by Sofitel, Lyon (France)

Included Meals: Breakfast

Accommodations

May vary depending on departure date.

Grand Hotel des Bains (Days: 1,2)

Located in the lush, green countryside of a stunning Swiss valley, the Grand Hotel des Bains boasts its own landscaped park festooned with flowers and rare sequoia trees. It is conveniently nestled between

the Rhône River bike path and a steep rock massif. Natural underground thermal reservoirs feed the spa facility with 22 treatment rooms and hot spring pools, the latter complimentary to VBT guests. Sample a local Raclette in the chalet-style restaurant. Each of the 68 rooms is well appointed and recently renovated in a sleek, modern style.

Chateau de Candie (Days: 5,6)

Located amidst a six-acre park with stunning vistas of the Chartreuse Mountains and the city of Chambéry, the Chateau de Candie is an authentic 14th-century fortified house where the charms of the past converge with modern conveniences. The surroundings are green and tranquil, perfect for a late afternoon idyll after a day of exploring. Swim in the outdoor pool, arrange a massage or stroll the grounds. Savor the creations of the chef at one of two restaurants. Each room, naturally cooled without air conditioning, affords all the luxuries you would expect from a refined chateau.

Cottage Bise (Days: 3,4)

Hugging the turquoise shores of Lake Annecy, the Hotel Cottage Bise is lovingly run by three members of the Bise family. This well-kept secret provides a taste of luxury far from the crowds and breathtakingly scenic panoramas of the lake and the Tournette Mountains cloaked in green. Take a dip in the lake from the promenade, explore the gardens and marvel at the Massif des Bauges and the Abbey of Saint Germain perched on a summit. Enjoy dinner on the terrace or the full-windowed dining room and a drink at the unique Boat Bar. Each of the 28 air-conditioned rooms is inspired by the lake and surrounding mountains – adorned in soft sapphire blues and emerald greens.