

Day 1 VBT Bicycling Vacation begins / Warm-up ride / Travel to Switzerland / Abbey of St-Maurice / Welcome reception and dinner

Your tour starts at noon at the pre-night hotel in Chamonix or at 2:00 p.m. at the first hotel in Switzerland. Your trip leaders will meet you in the lobby of your Swiss hotel wearing VBT staff garments.

If you have chosen to meet in Chamonix, make sure you are outside our hotel at 12:00 p.m. A VBT representative will be there to assist you. VBT uses two hotels in Chamonix. Please call us to determine which property will be used for your departure.

Another way to travel to the meeting point hotel is by 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). A bus shuttle from the St-Maurice railway station takes you to Lavey-les-Bains/Grand Hotel des Bains in about 10 minutes.

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

Your tour begins at 2:00 p.m. in the lobby of the Grand Hotel des Bains de Lavey with a safety and bike-fitting session led by your trip leaders. Your biking clothes are not required to attend this meeting. By the 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 was 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 the specialties of the Valais canton.

Today's Ride Choices

Afternoon: Warm-up — 7 km (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 (or Saillon).

Cumulative Distance Range: 7 km (5 miles)

Included Meals: 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 open up.

Near Evionnaz, traverse a serene nature reserve beloved by the residents of the Valais canton before pedaling 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, following the VBT optional walk prepared by your trip leaders, rich in culture and history and embellished with stone fountains and lively cafés. After lunch on your own, you travel 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 Choices

Morning: Lavey to Saillon — 24 km (15 miles) | Saillon to Sion — 18 km (11 miles) | Sion walk — 2 km (1 mile)

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.

Today may offer an additional independent ride for experienced cyclists. Ask your trip leader for details.

Cumulative Distance Range: 18 — 42 km (11 — 26 miles)

Included Meals: Breakfast, Dinner

Day 3 Villeneuve on Lake Geneva / Montreux / Travel 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 a 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 on the way. 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. For the fans of the rock band, Queen, the free visit to the Exhibition Space of the Mountains Studios inside the casino may reveal a highlight! The lake promenade is the perfect spot to enjoy lunch on your own. Then continue by private motorcoach into France and the picturesque village of Talloires, hugging the shores of scenic Lake Annecy. Settle into 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. Celebrities like Mark Twain and Paul Cezanne stayed in this historical and century-old former abbey. The sublime Saint Germain abbey and chapel perches high above on a distant hillside.

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 local wine, like Chignin or Apremont.

Today's Ride Choices

Morning: Lavey to Villeneuve — 32 km (20 miles) | Villeneuve to Montreux — 7 km (4 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 two miles, is a bike lane shared by pedestrians, and then on a regularly trafficked slightly rolling road. The Villeneuve to Montreux option requires some caution and is therefore rated easy/moderate.

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

Included Meals: Breakfast

Day 4 Lake Annecy loop / Paccard Bell Foundry / Medieval Annecy

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.

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.

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 and take a dip in the lake, stroll the vegetable gardens by the cloister, or treat yourself to the hotel spa. Dinner is at the hotel gourmet restaurant, a delicious meal of French specialties.

Today’s Ride Choices

Morning: Talloires to Annecy — 26 km (16 miles) | Annecy to Talloires — 13 km (8 miles) | Annecy walk — 2 km (1 mile)

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 although it includes one climb. Note: in the summer it may be crowded with a number of bikers. In the villages, attention must be paid to cars.

Today may offer an additional independent ride for experienced cyclists. Ask your trip leader for details.

Cumulative Distance Range: 13 —39 km (8 — 24 miles)

Included Meals: Breakfast, Dinner

Day 5 Cycle along the Arly and Isere Rivers / Stroll the medieval Cité de Conflans / 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. 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 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. Following your included lunch, you walk to 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, and 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 common to meet local farmers caring for their pépinières, or vine nurseries. Your ride ends in the shaded pond district called Lake de Carouge.

Later settle into 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

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.

Cumulative Distance Range: 27 — 62 km (17 — 39 miles)

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 may follow a scenic route with an opportunity 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 to 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

Morning: Chateau de Challes to 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) | Chambéry walk — 2 km (1 mile)

What to Expect:

Today's ride follows easy and paved rolling country roads to Lake of Saint-André and along vineyards, 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 on a short stretch of cobblestone. Expect some traffic into and out of Chambéry. The afternoon ride is 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.

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

Included Meals: Breakfast, Dinner

Day 7 Travel to Lyon / VBT Bicycling Vacation ends

After an included breakfast, travel 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.

Included Meals: Breakfast