

## **5 Day, 4 Night Multi Sport / High Adventure**

### **Detailed Itinerary:**

#### **Day 1:**

Meet at 10:00 at your hotel in the center of Interlaken. We will drive you to the the launch point for a day of easy rafting with our professional mountain guides. You will marvel at the scenery in the heart of Switzerland, with views to some of the most famous Alps. After rafting, snacks will be provided before we drive you back to your hotel. All equipment will be provided. Please wear a swimsuit and bring a towel and warm clothes.

#### **Day 2:**

Meet at 10:00 at your hotel. We will bring your mountain bikes and leave from there. A professional mountain guide will take you on a comfortable and beautiful two-hour bike ride. Snacks will be provided during a break in the tour. The tour will end back at your hotel, at which point we will break for lunch.

At 2:30, we will pick you up at your hotel, drive you to the helicopter base and introduce you to your English-speaking pilot. You will then leave for a 45 minute helicopter tour of the world famous Moench, Eiger and Jungfrauoch Alps. After landing at 3:30, we will drive you back to the center of Interlaken for a private cocktail party, including traditional cocktails and snacks as well as some Swiss specialties and chocolates.

#### **Day 3:**

We will pick you up at 10:00 at your hotel and drive you to the entrance of a river canyon. Our professional mountain guides will travel with you down through the canyon and show you some stunning scenery that you could not experience on your own. All equipment will be provided. Please wear a swimsuit and bring warm clothes for after the excursion. Snacks will be provided before you are driven back to your hotel.

#### **Day 4:**

After a relaxing morning to yourself, we will pick you up at your hotel at 2:00 pm. We will drive you to the starting point and lead you on comfortable half-day hike into the Alps. The hike will end at a secluded mountain hut where you and your guide will spend the night. Dinner will be provided at the hut. Please wear comfortable and supportive shoes and bring everything you need for a night away from your hotel. Backpacks can be provided on request.

#### **Day 5:**

After coffee and breakfast at the mountain hut, we will lead you on a half-day hike and back down to Interlaken where we will break for lunch. At 3:00 pm, we pick you back up and drive you to the kayak launching point at the Lake of Brienz. Here you will receive an introduction and training on how to kayak. You can then go off in your kayak either alone or with one of our guides. All equipment will be provided.

After kayaking, you will be driven back to your hotel for the conclusion of your adventure holiday.

**Prices:**

**All packages include:**

Accommodations as listed on the individual itineraries  
Daily breakfast in your hotel  
Adventure activities as listed on the individual itineraries  
All necessary equipment, training and instruction  
Professional mountain guides for each activity  
Transportation to and from each activity.

**Also available at extra charge:**

Airport greeting by a local representative on arrival in Switzerland to assist with luggage and pick-up of your rental car  
Airport pick-up and transportation to Interlaken (via airplane, helicopter or automobile)  
Hotel upgrades  
Nightly dinner in your hotel restaurant  
Additional activities.

**All prices are based on double occupancy unless otherwise listed Prices are subject to availability.**

**Not included: travel to Switzerland; airport taxes; travel insurance protection; health, accident or baggage insurance; rental car, gas, lunch and dinner except where listed.**