

Ten-Day Tour de Suisse from July 19-29, 2008 (\$2400)

Detailed Itinerary:

Day 1:

Arrive in Zurich. We will pick you up at the Zurich airport and bring you to your hotel. Depending on your arrival time, city tours or help with shopping or other requests can be arranged.

Included: airport pick-up, dinner, hotel in Zurich

Not included: city tours, lunch, extra activities (boat ride, new Swiss watch, etc.)

Day 2:

Start your day with a swim in the lake of Zurich! We pick you up at your hotel at 7:00 and swim from about 7:30 until about 8:45. Then it's back to the hotel for a hearty breakfast buffet. Until we head off to Lucerne, you are free to either explore Zurich on your own, or we'd be happy to organize a city tour. We will drive you to your hotel in Lucerne in the late afternoon and then meet you for dinner in the evening.

Included: swim, breakfast, transportation to Lucerne, dinner, hotel in Lucerne

Not Included: lunch in Zurich

Day 3:

A new day and a new swim! This time in the stunning Lake of Lucerne. This is one of the most scenic lakes in all of Switzerland, as you will notice with every breath! After your swim and breakfast, you are welcome to explore Lucerne on your own, or choose from either a city tour, **skydiving**, or **scenic flights with either a helicopter or an airplane**. All activities and transportation can easily be arranged upon request. Later in the day we'll pick you up at your hotel and drive you to the train station where you will say "aufwiedershen" to the German part of Switzerland and take a gorgeous train ride through the Alps to Locarno, Ticino in the Italian section.

Upon arrival in Locarno, you will feast in a typical Italian "Grotto" and marvel at the difference a two hour train ride really makes.

Included: swim, breakfast, dinner in Locarno, hotel in Locarno

Not included: lunch, extra activities.

Day 4:

Wake up in Ticino (pronounced Tih-CHEE-no) and dive into Lago Maggiore for your next swim in the Tour. Being south of the Alps is warmer and more relaxed than in the Northern German section, so we'll take it easy today. Your swim will be an easy one in the warm lake, although those of you that want to power ahead are welcome to do so with one of our safety kayakers. After breakfast, you can explore this lovely town either on your own or with a guide that we'd happy to organize. If you'd like, we can also take you **canyoning**, **bungy jumping** off the 007 Golden Eye dam, mountain biking or show you some historic villages deep in the Centovalli.

In order to help you appreciate the magic that is Ticino, we'll stay an extra night and head back to the German section the next day.

Included: swim, breakfast, dinner, hotel

Not included: lunch, extra activities

Day 5:

After your morning swim and healthy breakfast, we'll pick you up at your hotel and take you on another stunning train ride through northern Italy and back into Switzerland. Our final destination this day will be in the Berner Oberland, home of the most famous trio of Swiss Alps -- the Eiger, Moench and Jungfrau.

Included: swim, breakfast, transportation, sandwich lunch, dinner, hotel in Interlaken

Not included: extra activities

Day 6:

It's time to get serious again with a swim in the turquoise waters of Lake Brienz! You will be amazed at the color of this glacier-fed lake as you start your day at the foot of the famous Swiss Alps. After your swim and breakfast you might want to try any of the following to fill your day: whitewater **rafting**, **canyoning**, **klettersteig**, rock climbing, **ice climbing**, hiking, mountain biking, **kayaking**, golf, spas, shopping, **skydiving**, **paragliding**, **hang gliding**, **scenic tours with plane or helicopter**, **bungee jumping**, **canyon jumping** or tons of other cool possibilities. Get in touch with us for more ideas!

Included: swim, breakfast, dinner, hotel

Not included: lunch, extra activities

Day 7:

Today is a real treat for swimmers. We'll pick you up at your hotel at 7:00 and drive you to the put in spot for about a 5-mile swim with the current in the Aare River. This swim is a total blast! You swim for a little over an hour and end up in Berne, the capital city of Switzerland. We'll organize a hot shower for you before breakfast and a tour around the capital before your panoramic train ride to Montreux. This will be the swim you rave about upon your return back home!

Included: swim, breakfast, transportation to Montreux, sandwich lunch, dinner, hotel in Montreux

Day 8:

You will wake up and find yourself in yet new surroundings, although you're still in a country the size of West Virginia! You'll be amazed at how diverse such a small country can be! We'll do a swim in Lake Geneva before breakfast, and then you'll have the day to explore Montreux on your own. If you'd like, we can arrange a tour of local vineyards including (of course) wine tasting. Later in the day we'll pick you up for your train ride to Geneva.

Included: swim, breakfast, transportation to Geneva, hotel in Geneva

Not included: lunch, extra activities

Day 9:

On the final full day of your Tour de Suisse, you'll dive back into the crystal waters of Lake Geneva (same lake, different city). At this point you will have intimately explored all three major language regions and you'll be amazed at how different, but still so charmingly Swiss they all are! After your swim, there is breakfast in the hotel, and then you can feel free to explore the city of Geneva on your own.

Included: swim, breakfast, dinner, hotel (same as previous night).

Not included: lunch

Day 10:

At the end of your active Swiss adventure, you will be transported back to Zurich with more than enough time to accommodate your subsequent travel plans. Swimming will be available, time permitting.

Included: breakfast, transportation to Zurich

Not included: lunch, dinner, hotel or other accommodations in Zurich