



TRIP ITINERARY

SWITZERLAND: ALPENROCK DH

TYPE: DH

THE ULTIMATE EUROPEAN ALPS DOWNHILL EXPERIENCE WITH PROFESSIONAL GUIDES – 9 DAYS, 8 NIGHTS

TRIP DETAILS

Ride down big mountains that will have you begging for more. Alpenrock is all about lifts, trains, shuttles and big singletrack descents that barely see rubber.

2012 DATES

Saturday, August 4 to Sunday, August 12

Sunday, August 12 to Monday, August 20

2012 LAND COST: \$3125 CAD

JOINING IN *Geneva, Switzerland*

SINGLE SUPPLEMENT: \$325 CAD

WHAT SETS US APART IN SWITZERLAND?

Our guides are skilled professionals. They have spent years riding and exploring the best trails in the region. They'll fix and tune your bike and chat with locals along the way. They are coaches and trained in first aid. They are courteous, helpful and professional. Oh, and some of them are world renowned freeriders.

We know good singletrack. We design our trips with the ultimate riding experience in mind. You'll never get tired of the same of runs or ever have to wait in a lift line with 50 other people at a bike park.

We are pioneers in the Alps. We are proud to say that we are the first to explore some of the best rides in the Alps, especially big bike descents. Even most locals don't know about the trails that we ride – many are untouched, unmarked and unmapped.

We take care of the little things. There is almost nothing that we won't do to make sure that your trip runs smoothly.

ITINERARY

The following is a general outline for the Alpenrock DH trip.

Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.

DAY 1 – ARRIVE IN GENEVA, TRANSFER TO VERBIER AREA, SHUTTLE BACKYARD

This morning you'll be met by your Big Mountain guides and will meet the rest of your group (at 10 AM at your Geneva hotel or by 11 AM at the Geneva Airport. Please ensure that your flights arrive no later than 11 AM). Then we'll drive along beautiful Lake Geneva and into the heart of the Alps. This afternoon we'll build our bikes, review riding skills and safety details then go for a 3000-foot backyard shuttle, or two. Tonight we stay at a family-run hotel in the small hamlet of Lourtier.

DAY 2 – RIDE VERBIER

Today we'll spin down to the lifts at La Chable and head up for a day of downhill in the ski resort of Verbier. We will eat lunch at one of the epic mountain hut restaurants with a view of Mont Blanc. Our record for vertical descended in Verbier in day is 22,000 feet. We again stay in Lourtier tonight.

DAY 3 – SHUTTLE SECRET VERBIER AREA TRAILS

This morning we'll hop in the van for a day of shuttles. Over the years, the descents that we've discovered are off the charts: choose from 4 different mind-blowing rippers with names like Rolling Orgy, Medieval Flow and Brusson. We'll make sure that you're more than satisfied by the end of the day. Tonight we stay in Lourtier.

DAY 4 – RIDE CRANS-MONTANA

This morning we drive 45 minutes down the Rhone to a train that'll take us up to a south-facing network of lifts with unreal descents. Highlights include ripping down a super-buffed trail littered with berms and rolling jumps in the high-alpine, unreal! At the end of the day we roll all the way down through vineyards to the van, load it up and drive to Zermatt. Tonight we stay at our hotel in central Zermatt.

DAY 5 – RIDE ZERMATT

Up early this morning to board the famous Gornergrat cog railway that chugs its way to 3100 meters with views of Monte Rosa, Switzerland's highest peak, and of course the Matterhorn. Today we'll aim to log four big descents if we can pull it off. Today might just be the best day of riding ever! Tonight we stay in Zermatt.

DAY 6 – RIDE ZERMATT, TRANSFER TO ITALY

This morning, we'll lap up a set of lifts with 4500 feet (1500 meters) of descending per ride. Mid-afternoon we'll load the van and drive three hours up and over the Grand St. Bernard Pass to charming Aosta. Tonight we stay in central Aosta.

DAY 7 – RIDE AOSTA

Right out of this small city is a new lift that offers 6000 feet of singletrack. Above it is a small but punchy network of trails. Today, we'll sample this barely-known Italian gem. Get out on the streets this evening as the Italians will be out strolling in their best. Tonight we stay in central Aosta.

DAY 8 – RIDE AOSTA, TRANSFER TO SWITZERLAND

Another killer day of lift-accessed riding in Italy with a mandatory pasta lunch and post-ride gelato. Then we head back up and over the Grand St. Bernard and back to our little hotel in Switzerland to pack the bikes and celebrate with our final dinner. Tonight we stay in Lourtier.

DAY 9 – TRANSFER TO GENEVA, AU REVOIR!

This morning we will drive to Geneva. Please make sure that your flights don't depart before 12noon.

DETAILS

WHAT'S INCLUDED?

- Expert Leadership with North American guides
- 3 star hotel accommodation
- All meals except lunches and three dinners
- Geneva airport transfers
- All transportation including: private shuttles and lift / train tickets
- Detailed pre-departure information and trip extension assistance
- Big Mountain t-shirt

WHAT'S NOT INCLUDED?

Airfare; airport taxes and excess baggage charges; personal travel and medical insurance; optional tipping to guides; your bike and related equipment needed to ride; alcohol; personal items like drinks and snacks. We recommend \$25-35 USD per day for lunches and extras.

MAX GROUP SIZE: 11

ACTIVITY LEVEL

The **technical ability** required for the Alpenrock is rated as 'very strong intermediate and above.' In other words, the trails are technically challenging at times, with hiking sections and exposure. There are very long descents each day. For **fitness level**, participants must be fit to very fit. All participants must train accordingly to fully enjoy this trip. Even though we will be riding many lifts and stopping quite often (to enjoy the view, eat and drink, wait for others, repair our bikes etc) – the altitude, jet lag recovery and accumulation of multiple, long days of riding will add up. The better shape you are in, the more fun you'll have.

***This trip focuses on epic singletrack descents that have barely been ridden, and some bike park riding. We will be pushing/riding our bikes for up to 20 minutes to get to the top of some descents.**

BIKE AND EQUIPMENT

This is a big bike trip that would ride well on either a freeride or a full-on downhill rig. Being able to pedal your bike is helpful and useful as we'll have to ride short sections. **A full-face helmet is HIGHLY recommended and is body armor is mandatory.** All participants are required to have their bikes in excellent working order before the trip begins. We will send you a detailed list of required equipment and clothing before departure. **2012 Kona DH bikes are available for rent for approx \$50 USD per day from a local bike shop.**

LODGING AND FOOD

We spend 4 nights at a small family-run hotel in the quaint farming village of Lourtier at the base of Verbier. This hotel is warm and cozy with typical Swiss food, a small bar and fantastic Swiss hospitality. At night keep the window open and hear nothing but a rushing river outside while you cosy up under a big duvet. In Zermatt we're at a hotel that's located steps from the center of town. And the 2 nights in Aosta will be near the centre of the Old Town.

The food is typical of the area. Please let us know if you have any dietary needs.

YOUR SAFETY

Our trips take place in remote to very remote regions with limited evacuation options available and there are always risks and hazards on the trails that we ride. If you choose to participate in our trips, it is up to you to ride well within your limits, to ride conservatively and to be safe as mountain biking is a dangerous sport. Participants must keep their bikes in good working condition, they must be hydrated and rested and alcohol and drugs are not permitted while riding. Our guides have basic first aid training and if a serious injury is suspected they will call helicopter search and rescue at the cost of the participant. Personal medical travel insurance is mandatory.

***Note: reckless riding will not be tolerated on this trip!**

CLIMATE

In any big mountains, weather can change quickly and drastically. It could be 30 degrees celcius one day and then freezing on a mountain top the next day. Even though it's summertime it can rain and we all need to be prepared. Generally the weather is hot and sunny.

THE NEXT STEP

Call us toll free at 1.866.894.0220, or email at info@ridebig.com to confirm that there is space on this trip. Then, fill out our secure online registration form on our website. Make sure that you have read and understand our Terms and Conditions and Waiver. Upon booking, we will send you detailed pre-departure information to make sure that you are well prepared for the adventure ahead.

WHY BIG MOUNTAIN IS YOUR CHOICE

Big Mountain Bike Adventures is the pioneer for performance XC, all-mountain, DH and freeride mountain biking adventures. We know that to find the very best trails, you have to ride with locals. All of our trips are designed in part by local riders and often guided with local riders and professional Big Mountain guides. We aim to provide safe, quality trips and the best customer service to our participants.

REFERENCES

We'll be happy to provide you with references of satisfied past travellers.

QUESTIONS

Feel free to call us at 1.866.894.0220 or email info@ridebig.com if you have any questions. We are here to help!

CONTACT US

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