



#### TRIP ITINERARY

**SWITZERLAND: WOMAN'S ONLY SWISS BLISS ZERMATT**

**TYPE: ALL-MOUNTAIN / DH**

**BIG, BEAUTIFUL MOUNTAINS AND FANTASTIC RIDES – 8 DAYS, 7 NIGHTS**

---

#### TRIP DETAILS

*Step out your door to spectacular big mountain rides via lifts, trains and cog railways. This trip is mostly downhill (that's right, very little climbing!) and can be ridden on an all-mountain bike. Plus, we're at the same hotel the whole time so you can ride, or not. The Matterhorn!*

#### 2008 DATES

*Friday, August 22 to Friday, August 29, 2008*

**LAND COST** \$2795 Canadian

**JOINING IN** Geneva, Switzerland

Zermatt typifies Swiss mountain culture. It's no wonder; it's impressive network of lifts reach into the high alpine with a web of perfect singletrack winding its way down the mountains. For mountain bikers, Zermatt is a Mecca waiting to be discovered. Join Big Mountain on a riding trip of a lifetime. Ride a new trail each day that will make it into your top 10 of all time, or top 5, or top 1! This trip is suitable for those who love going downhill, or would like to improve their DH skills. You'll also get to unpack your bags for 7 nights...and just ride your bike. Bliss!

#### WHAT SETS US APART IN SWITZERLAND?

**Our guides are skilled professionals.** They'll fix your bike 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.

**We know good singletrack.** We design our trips with the ultimate riding experience in mind. You'll never get tired of the same trails 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.

**Trek Remedy 66 bike rentals.** Don't feel like lugging your bike across the pond? Grab one of our rides, the perfect bike for our all-mountain trips.

## **ITINERARY**

The following is a general outline for Swiss Bliss Zermatt trip.

### **DAY 1, AUGUST 22 — ARRIVE IN GENEVA OR ZURICH, TRANSFER TO ZERMATT**

Upon arrival in Geneva or Zurich you'll board the Swiss train for the scenic train ride to car-less Zermatt. You will not be met by your Big Mountain guide but you will receive detailed information as to getting on the train and we'll send you your train ticket in the mail at home. Both Geneva and Zurich airports are in the same building as the train stations. You will be met by your Big Mountain guides in Zermatt upon arrival. Tonight we stay at our Zermatt hotel.

### **DAY 2, AUGUST 23 — RIDE ZERMATT: GORNERGRAT**

Today we'll board the spectacular Gonergrat cog railway that takes us to 3100 meters (10,171 feet) with sweeping views of Monte Rosa and the Matterhorn. Then it's an all-time ride back to Zermatt where we can grab a bite to eat before heading back up, way, way up for another ride. Tonight we stay at our Zermatt hotel.

### **DAY 3, AUGUST 24 — RIDE ZERMATT: SUNNEGGA AND ROTHORN PARADISE**

This zone is unreal: start by riding the underground funicular called Sunnegga, then the Blauherd gondola and finally the 150-person Rothorn cable car to a lofty 3103 meters. Each of these lifts boast an unreal network of singletrack descents that'll blow you mind. The descents from the top are super long...to do three in a day is a challenge! Tonight we stay at our Zermatt hotel.

### **DAY 4, AUGUST 25 - RIDE ZERMATT: SCHWARZSEE PARADISE**

Good morning! Today we board two lifts that'll take us to the foot of the 'Horn and to 2583 meters. This is the closest that you'll come to the Matterhorn on this trip. The riding? Unreal. Choose from a myriad of trails...from natural booter-infested sections to grassy slopes and forested sections. Tonight we stay at our Zermatt hotel.

### **DAY 5, AUGUST 26 — RIDE THE TASCH EXPRESS**

After a morning shuttle we ride a nugget of a trail , traversing and downhill, all the way down the valley. Be prepared to melt, this trail is sweet! Tonight we stay at our Zermatt hotel.

### **DAY 6, AUGUST 27 — RIDE GORNERGRAT**

Back on zee train we go because the trails from here are so, so, so fun! You'll know why if you come. Tonight we stay at our Zermatt hotel.

### **DAY 7, AUGUST 28 — RIDE ZERMATT**

Hmmm? Decisions, decisions? Gornergrat? Schwartzsee? Rothorn? It's time to choose our favorite zone and go and session it. Yeehaw! Tonight we stay at our Zermatt hotel.

### **DAY 8, AUGUST 29 — TRANSFER TO GENEVA OR ZURICH, GOOD BYE!**

This morning we pack our bikes and hop the train for Geneva or Zurich.

## DETAILS

### LAND COST

\$2795 Canadian

Single supplement: \$245 Canadian

### WHAT'S INCLUDED?

- Expert Leadership
- Hotel accommodation
- All meals except lunches and one dinner
- Train tickets from arrival airport to Zermatt and return
- All transportation including: shuttle vehicle, lifts and trains
- Detailed pre-departure information
- Big Mountain t-shirt

### MAX GROUP SIZE: 12

### WHAT'S NOT INCLUDED?

Airfare; personal travel and medical insurance; tipping to guides; airport taxes and excess baggage charges (if any); your bike and related equipment needed to ride; personal items like drinks and snacks. We recommend \$30-\$50 CAD per day for lunches and extras.

### ACTIVITY LEVEL

The **technical ability** required for Swiss Bliss Zermatt is rated as 'intermediate and above.' Many of the rides take place around 3000 meters (10,000 feet) but only for a short period. There are long descents each day.

For **fitness level**, participants don't need to be uber-fit, but just fit. Eventhough 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 beauty about this trip is that you can elect to take a morning off, or a full day, anytime.

**\*This trip has lots of downhills and only some short climbing on a few days!**

### BIKE AND EQUIPMENT

The perfect bike for this trip is mid weight dual suspension or freeride bike with disk brakes. As we are doing lots of descending, make sure to ask us about tips on improving your bike for this type of riding (shorter stem, fat tires etc). 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. **Trek Remedy 66 all-mountain bikes are available for rent for \$45 Canadian per day.**

### LODGING AND FOOD

During Swiss Bliss Zermatt we stay at a quaint hotel near the center of town. Step out your door to restaurants, cafes, spas, museums and more. Ride and enjoy idyllic Zermatt to it's fullest.

## **CLIMATE**

In 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 tough it's summertime and most often warm and sunny, we must be prepared for all of the above (even snow!). Generally though the weather during the summer in Zermatt is hot and sunny.

## **THE NEXT STEP**

Call us toll free at 1-866-894-0220, or email at [info@ridebig.com](mailto: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](mailto:info@ridebig.com) if you have any questions. We are here to help!

## **CONTACT US**

Big Mountain Bike Adventures  
787 East Pender Street  
Vancouver, BC  
V6R 4R9 CANADA

Ph 604.730.2659  
Toll Free 1.866.894.0220  
Email [info@ridebig.com](mailto:info@ridebig.com)  
Web [www.ridebig.com](http://www.ridebig.com)