

LITE ROUTE	To Follow: Mittelland Route 5
Morges	Map: Bike Switzerland Maps
to Yverdon	GPS points: 2.1-2.24
DAY 03	Distance: 40 KM
	Watch out for: Lunch: La Sarraz Château Rest Stops: Cossonav. Chavronav (Just before GPS 2.14)

Points of Interest:

POI Sarraz: (GPS 2.11) Chateau of Sarraz

POI Yverdon: (GPS 2.21-2-22) Yverdon center (Cathedral, Cafes, Maison D'ailleurs)

POI Swamp: (after GPS 2.41)

You will start the day with some steep climbs on well-paved roads. We usually stop in the town of Cossonay for a coffee before carrying on to our lunch stop in La Sarraz.

Our picnic lunch is in Sarraz. There is chateau here that houses two different museums: the first showcases life at the chateau during medieval times while the second museum is called "The Horse Museum" and is devoted to equine history.

From La Sarraz we're on National Route #5 and the cycling is flat and straight. We'll be passing through fields of cabbage, beets and Swiss char before arriving in Yverdon. We'll take some time to explore the medieval city center before heading on to our hotel on the outskirts of town.

The thermal springs have been here since Roman times and the first spa was built here in 1728. Depending upon where you're from, you may not be familiar with the ancient belief in the curative powers of mineral baths. But never mind that: find your room, shower and head for the baths. They'll relax you and they're free with your stay at the hotel.

To allow you enough time to enjoy the baths, dinner may be a bit later this evening. We'll be eating here at the hotel .