

LITE ROUTE	To Follow: National routes 5 and 8 (they run together here)
Solothurn to Zofingen	Map: Route 5 Book pages 34,32 and our own map of Zofingen detour
DAY 07	GPS points: 5.1 - 5.49
	Distance: 47 KM
	Watch out for: Lunch: St. Urban, Rest stops: Wangen, An der Aare. Turn off to Zofingen at 5.5

Points of Interest:

POI Aarburg: Just after the bridge at GPS 5.48

Today we'll be following the Aare, Switzerland's most important river. It is the only river that begins and ends entirely within the country. It's an artery on which many important Swiss merchant cities were built and later Swiss industry made use of its current to power their factories. Later hydro-electric plants were built and the once mighty Aare has now slowed down to the point that it almost looks like it has stopped moving entirely.

The morning's ride will be quite bucolic...forests, pastures and the Aare.

Lunch will be outside the architecturally rich monastery of St. Urban. You'll have time to tour the grounds and take a tour before hitting the road to Zofingen.

Zofingen is a walled city and home of an ancient monastic settlement. The town was founded in 1201 by the counts of Frohburg. Its old town and city hall are listed as a heritage site of national significance. It's a lovely city to walk through and the parks outside the walls are a good place to stretch sunburned legs on a sultry summer evening. My apologies if the weather is otherwise.

Every year the local youth hostel welcomes us for a BBQ in their garden.