

CHALLENGE ROUTE	To Follow: Route 9
Saanen-Gstaaad	Map:
to Interlaken-Wengen	GPS points: 3.001 - 3.059
DAY 04	Distance: 74 KM
	Watch out for:

Make sure you have a big breakfast and pack some treats because we have a lot of biking before lunch today. And there's a lot to take at this breakfast table this morning !

Perhaps save a bit of room for a chocolate bar or coffee in Gstaad. You'll be passing through here first thing in the morning for a short look-around. We'll go down the main street and then back up to catch route #9. From here we've got some climbing on quiet roads and bike paths until we hit the main road in Schonried. We're only on this road perhaps two kilometers before we turn right at the "Golf Hotel". From here we'll descending to the valley on bike-only paths until we reach Zweissemann. Once here, we'll regroup at the train station.

After Zweissemann, we're on nice gravel paths ...riding next to rivers and through pastures until reaching our lunch spot in the middle-of-nowhere". Have plenty of water with you after lunch...you've got a lot of riding ahead.

We'll take another short break at the train station in Spiez, regroup and then descend to Lake Thun where we'll follow the bike path until Interlaken.

Once in Interlaken, we will need to proceed through town until we get to "Interlaken Ost" train station. The van driver should be waiting here and he will point out the "Hotel Carlton" which is 100 meters from the station. We will bring our bicycles downstairs and store them here for the two nights that we'll be in Wengen.

We'll wait for the group to catch up and board the train to Wengen at 05 or 35 past. There are no cars allowed in Wengen, so the train is the only way up ! This means that our driver will need to hand off the luggage to everyone before boarding the train. The ride is very scenic . We change trains in Lauterbrunnen before arriving in Wengen. The whole trip takes 40 minutes or so. From Wengen the hotel is a short walk.

We will be staying at the Hotel Jungfrau Blick and eating here both nights.