



 If going through Gstaad village, make time for pictures when leaving town



Day 4:

Saanen-Gstaad → Interlaken → Wengen



Distance:

72 Kilometers



Climbing:

670 Meters

Points of Interest:

- ★ Mainstreet Gstaad
- ★ Spiez Castle

Don't forget to take your train tickets to Wengen with you.

You've got a few choices this morning.

1. Continue following the road outside of your hotel to the town of Schonried to avoid extra kilometers and some climbing. In Saanenmoser you'll take a right off the main road onto much quieter paths with steep descents.
2. Take the "Gstaad Detour" on RideWithGPS to go through the village and then do some short, steep climbs outside of town. More difficult, but the detour will give you some very memorable views. The detour adds 10 km with an extra 240 meters of climbing. If you do this option, you'll meet back up with the regular route in Schonried and should switch back to Challenge Day Three on RideWithGPS.

Pick up picnic supplies in Zweisimmen (supermarket, bakery) and eat somewhere along the river a few kilometers outside of town.



📍 Keep your bottles full !

Zweisimmen is the last place with shops until the town of Spiez, so get your supplies. There's lots of gravel between here and Spiez, but the paths are beautiful and the gravel is hard-packed and easy to manage.

Once you get to Spiez, consider stopping at the train station. You will find bathrooms, a nice terrace and views of Lake Thun and the castle.



📍 Cogwheel train to Wengen

From Spiez you will descend and follow a bike path along the lake until you reach Interlaken. You will need to go through town to get to Interlaken Ost station.

Leave your bikes at the Hotel Carlton while you are in Wengen. The route ends here at the Hotel Carlton. Just go to the reception. They are expecting you.

Afterwards, you'll take the train from Interlaken Ost to Wengen. Trains are every 30 minutes at 5 past and 35 past. You'll need to change in Lauterbrunnen.

If you haven't done so, you really should download the SBB Mobile app so that you can double-check train times.