



 Aarwangen castle is a good lunch spot



### Day 7:

Solothurn → Zofingen



### Distance:

43 Kilometers



### Climbing:

295 Meters

## Points of Interest:


- ★ Castle in Aarwangen (good picnic spot)
- ★ Aarburg Fortress
- ★ Zofingen's old town

Today you'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. In more recent history, 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. It would be wise to pack a picnic in Solothurn before heading out since there are few cafés or groceries on the route before reaching Aarburg.


Once in Aarburg, you'll be struck by the fortress: one of Switzerland's largest castles and a heritage site of national significance. There are 300 steps to climb...if you decide to.



 Traffic-free cycling most of the way

Now it's time to veer off the standard national routes and the standard routes in order to get to your overnight spot of Zofingen. Follow the application.



 Aarburg fortress

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.