



TRIP ITINERARY

SWITZERLAND: ALPENROCK DH

TYPE: DH

THE ULTIMATE ALPS DOWNHILL EXPERIENCE – 9 DAYS, 8 NIGHTS

TRIP DETAILS

Ride down big mountains that'll have you begging for more. Alpenrock is all about lifts, trains, shuttles and big singletrack descents that barely see rubber. We'll descend 80,000 to 125,000 vertical feet on this trip!

2010 DATES

Thursday, August 5 to Friday, August 13

Friday, August 13 to Saturday, August 21

Saturday, August 21 to Sunday, August 29

2010 LAND COST: \$2650 USD

SINGLE SUPPLEMENT: \$300 USD

JOINING IN *Geneva, Switzerland*

WHAT SETS US APART IN SWITZERLAND?

Our guides are skilled professionals. They'll fix your bike and tune your bike and chat with locals along the way. They are coaches and trained in first aid. They are courteous, helpful and professional. Oh, and some of them are world renowned freeriders.

We know good singletrack. We design our trips with the ultimate riding experience in mind. You'll never get tired of the same of runs or ever have to wait in a lift line with 50 other people at a bike park.

We are pioneers in the Alps. We are proud to say that we are the first to explore some of the best rides in the Alps, especially big bike descents. Even most locals don't know about the trails that we ride – many are untouched, unmarked and unmapped.

We take care of the little things. There is almost nothing that we won't do to make sure that your trip runs smoothly.

ITINERARY

The following is a general outline for the Alpenrock DH trip.

Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.

DAY 1 – ARRIVE IN GENEVA, TRANSFER TO VERBIER AREA, SHUTTLE BACKYARD

This morning you'll be met by your Big Mountain guides and meet the rest of your group at 10 AM at our Geneva hotel or by 11 AM at the Geneva Airport. Then we'll drive along beautiful Lake Geneva, through Lausanne, up the Rhone Valley and into the heart of the Alps near Verbier. This afternoon we'll build our bikes, review riding skills and go over safety details then go for a 3000-foot backyard shuttle, or two. Tonight we stay at a family-run hotel in the small hamlet of Lourtier.

DAY 2 – RIDE VERBIER BIKE PARK

Today we'll spin down to the lifts at La Chable and head up for a day of downhill in the ski resort of Verbier. The riding is so good here and we will definitely eat lunch at one of the epic mountain hut restaurants with a view of Mont Blanc. The final 5000-foot descent back to our hotel is unreal. Again, tonight, we stay in Lourtier.

DAY 3 – SHUTTLE SECRET VERBIER AREA TRAILS

This morning we'll hop in the van for a day of shuttles. Over the years, the descents that we've discovered are off the charts: choose from 4 different mind-blowing rippers with names like Rolling Orgy, Medieval Flow and Brusson. We'll make sure that you're more than satisfied by the end of the day. Tonight we stay in Lourtier, near Verbier.

DAY 4 – RIDE VERBIER BIKE PARK

Back up to Verbier we go. Don't worry, we'll be riding a bunch of new trails today that'll sure to blow your mind. To date, our record for vertical descended in Verbier is 22,000 feet. Hang on tight! Tonight, we stay in Lourtier.

DAY 5 – RIDE CRANS-MONTANA

This morning we drive 45 minutes down the Rhone to a train that'll take us up to a south-facing bike park with unreal descents. Highlights include ripping down a super-buffed trail littered with berms and rolling jumps in the high-alpine, unreal! At the end of the day we roll all the way down through vineyards to the van. Tonight, we stay in Lourtier.

DAY 6 – SHUTTLE THE ILLHORN, TRANSFER TO ZERMATT

Today we'll drive down the Rhone Valley to two extra big downhills. Today's DH nuggets will run our bikes and bodies well over 10,000 feet. By this time the trails are starting to blend into one another...which is best? Tonight we continue along the Rhone to car-less Zermatt and our hotel in the center of town.

DAY 7 – RIDE ZERMATT

Choice, choice, massive choices, with huge lifts to take us up gigantic peaks. Today, we'll lap up a set of lifts with 4500 feet (1500 meters) of descending per ride. Bring some extra brake pads. Tonight we stay in Zermatt.

DAY 8– RIDE ZERMATT, TRANSFER TO VERBIER AREA

Up early this morning to board the famous Gornergrat cog railway that chugs its way to 3100 meters with views of Monte Rosa, Switzerland's highest peak, and of course the Matterhorn. Today we'll aim to log 3 big descents if we can pull it off. Today might just be the best day of riding ever! Then we load the van and drive back to Lourtier.

DAY 9 – TRANSFER TO GENEVA, AU REVOIR!

This morning we will pack our bikes and drive to Geneva.

DETAILS

WHAT'S INCLUDED?

- Expert Leadership
- 3 star hotel accommodation
- All meals except lunches and two dinners
- Airport pick-up/drop-off
- All transportation including: shuttles, lifts and trains
- Detailed pre-departure information and trip extension assistance
- Big Mountain t-shirt

MAX GROUP SIZE: 11

WHAT'S NOT INCLUDED?

Airfare; personal travel and medical insurance; optional tipping to guides; airport taxes and excess baggage charges (if any); your bike and related equipment needed to ride; personal items like drinks and snacks. We recommend \$25-35 USD per day for lunches and extras.

ACTIVITY LEVEL

The **technical ability** required for the Alpenrock is rated as 'very strong intermediate and above.' In other words, the trails are technically challenging at times, with hiking sections and exposure. There are very long descents each day. For **fitness level**, participants must be fit to very fit. All participants must train accordingly to fully enjoy this trip. Even though we will be riding many lifts and stopping quite often (to enjoy the view, eat and drink, wait for others, repair our bikes etc) – the altitude, jet lag recovery and accumulation of multiple, long days of riding will add up. The better shape you are in, the more fun you'll have.

***This trip focuses on epic singletrack descents that have barely been ridden, and some bike park riding. We will be pushing/riding our bikes for up to 20 minutes to get to the top of some descents.**

***Note: reckless riding will not be tolerated on this trip!**

BIKE AND EQUIPMENT

This is a big bike trip that would ride well on either a 6+6, strong all-mountain bike to a full-on downhill rig. Being able to pedal your bike is helpful and useful as we'll have to ride short sections. **A full-face helmet is HIGHLY recommended and is body armor is mandatory.** All participants are required to have their bikes in excellent working order before the trip begins. We will send you a detailed list of required equipment and clothing before departure. **2010 Kona DH bikes are available for rent for approx \$50 USD per day from a local bike shop.**

LODGING AND FOOD

We spend 6 nights at a small family-run hotel in the quaint farming village of Lourtier at the base of Verbier. This hotel is warm and cozy with typical Swiss food, a small bar and fantastic Swiss hospitality. At night keep the window open and hear nothing but a rushing river outside while you cosy up under a big duvet. In Zermatt we're at a hotel that's located steps from the center of town. The food is typical of the area. Please let us know if you have any dietary needs.

YOUR SAFETY

Our trips take place in remote to very remote regions with limited evacuation options available and there are always risks and hazards on the trails that we ride. If you choose to participate in our trips, it is up to you to ride well within your limits, to ride conservatively and to be safe as mountain biking is a dangerous sport. Participants must keep their bikes in good working condition, they must be hydrated and rested and alcohol and drugs are not permitted while riding. Our guides have basic first aid training and if a serious injury is suspected they will call helicopter search and rescue at the cost of the participant. Personal medical travel insurance is mandatory.

CLIMATE

In any big mountains, weather can change quickly and drastically. It could be 30 degrees celcius one day and then freezing on a mountain top the next day. Even tough it's summertime it can rain and we all need to be prepared. Generally the weather is hot and sunny.

THE NEXT STEP

Call us toll free at 1-866-894-0220, or email at info@ridebig.com to confirm that there is space on this trip. Then, fill out our secure online registration form on our website. Make sure that you have read and understand our Terms and Conditions and Waiver. Upon booking, we will send you detailed pre-departure information to make sure that you are well prepared for the adventure ahead.

WHY BIG MOUNTAIN IS YOUR CHOICE

Big Mountain Bike Adventures is the pioneer for performance XC, all-mountain, DH and freeride mountain biking adventures. We know that to find the very best trails, you have to ride with locals. All of our trips are designed in part by local riders and often guided with local riders and professional Big Mountain guides. We aim to provide safe, quality trips and the best customer service to our participants.

REFERENCES

We'll be happy to provide you with references of satisfied past travellers.

QUESTIONS

Feel free to call us at 1.866.894.0220 or email info@ridebig.com if you have any questions. We are here to help!

CONTACT US

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