

1.day July 16th

1050 km 13 h driving

cheapest ** hotel Schäfli 89 CHF, Dorfstrasse 49, 8873 Amden, Switzerland
93.90 in CHF.

2. day July 17th

554 – Pragelpass 1550 m 46.99513 / 8.86773

SIDES W 12 km - 934 pt

E 20.9 km - 854 pt start place **Glarus** 481m 47.04414 / 9.06162 , 1069m

20.9 km , 5.1-10.8 % Energy points 854 4 h cycling

Glarus>> Linthal 17 km 0.5 h driving

Unterschächen 35 km 1 h driving

Hotel Posthaus Urigen Urigen 4, 6465 Unterschächen, Switzerland 99 CHF

3rd day July 18th

570 – Klausenpass 1948 m 46.86806 / 8.85468

SIDES

W 23.9 km -start place **Altdorf** 495m 46.87531 / 8.65023

1453m , 23.9 km , 6-14.4 % 1240 points

>> Linthal >> Unterschächen 35 km 1 h driving

Hotel Posthaus Urigen Urigen 4, 6465 Unterschächen, Switzerland 99 CHF

confirmation # 1926.446.062

4th day July 19th

Linthal>> Innertkirchen 130 km 2,5 km driving

for two nights or camp site : Andreas Rohrbach **Camping Grund** 3862 Innertkirchen ~28-38 CHF /night

567 – Sustenpass 2224 m 46.72962 / 8.44767

SIDES

W 28 km - 1240 pt start place **Innertkirchen** 622m , 46.70591 / 8.22937

1602m , 28 km , 5.7 -12 % points 1240 6-7 h cycling

5th day July 20th

552 – Engstlenalp 1837m **3862 Innertkirchennnertkirchen** 622m 46.70588 / 8.22932

1215m , 17.7 km , 6.9-14.4 % Energy points 1145 5-5,5 h cycling

6th day July 21st

Innertkirchen >> Sarnen 36 km ,1 h driving

551 – Melchsee-Frutt 1902m 46.773270 / 8.269400 , **Sarnen** 474m , 46.895930 / 8.245680

1428m , 23.6 km , 6.1-12.2 % Energy points 1302 6 h cycling

Gasthaus Waldhaus Stöckalp, 6067 Melchtal, Switzerland 86 €+5 CHF tax shared bathroom

7th day July 22nd

Sarnen>> 210 km 3 h driving + cycling

530 - Col de l'Aiguillon 1293m **Yverdon-les-Bains** via Essert-s 435m 46,78948 / 6,62952 , 858m 18.7 km 4.6-13.2 % Energy points 788 3,5 h cycling

Chambres d'hôtes chez Pierrot et Flo Arnon 16, 1431 Vugelles-La Mothe, Switzerland 75 -85 € , Chevroux Chemin Lacustre 11, 1545 Chevroux, 71 € with private bathroom !!

8th day July 23th

>> 42 km 1 h driving

529 - Mont Tendre 1615 m **Montricher** 700m 46.60027 / 6.37675 ,915m ,10.3 km ,8.9-12.6 % , Energy points 872 3,5 h cycling

>>>> 155 km 3 h driving

241 - Relais de Planachat 1228 m 45.95448 / 5.62812

SIDES

E 8 km - 580 pt **Sutrieu** 608m 45.95036 / 5.65787 , 620m , 8 km , 7.8-13.2 %

Energy points 580

9th day July 24th >>> 11 km 0,5 h driving

264 - Col du Grand Colombier 1505 m 45.90344 / 5.76102

SIDES

SW 15.6 km - 1306 pt start place **Artemare** via Munet,Assin,Virie , 210m , 45.8744 /

5.69203 1295m , 15.6 km . 8.3-16.8 % Energy points 1306 5 h cycling

10th day July 25th

three nights stay Aix-les-Bains 110-140€

266 - Mont du Chat 1504 m 45.66036 / 5.82108

SIDES

E 14.4 km - 1267 pt second name Relais du Chat start place **Bourget-Lac** , 240m

45.64845 / 5.85799 , 1264m , 14.4 km , 8.8 -13.2 % Energy points 1267 (Lac du Bourget)

11th day July 26th

267 - Mont Revard 1537 m , 45.68261 / 5.97366

SIDES

N 21 km - 932 pt start place **Aix-les-Bains** ,260m 45.68841 / 5.91562 ,1277m ,21 km

6.1-9.6 % , points 932

S 25 km - 895 pt

between to have a look at Annecy , cycling along/ around **the lake Annecy. years ago I cycled there. It is a nice lake with pleasant bicycle path !**

U Freddy

74220 La Clusaz, France 46.8€

12th day July 27th

27-Col de la Croix-Fry 1477 m 45.8768 / 6.40378

SIDES

W 13 km - 694 pt start place **Thones** ,625m 45.87908 / 6.32482 , 852m ,13 km

6.6- 12 % Energy points 694 2,5 h cycling

N 10 km - 353 pt start place **Saint-Jean-de-Sixt** 960m ,45.92259 / 6.41061

517m , 10 km , 5.2-9.2 % Energy points 353 2 h cycling

Saint-Jean-de-Sixt 22 km 0,5 driving >>> Flumet

>> Ugine booked

13th day July 28th

281 - Signal de Bisanne 1939 m ,45.74719 / 6.50673

SIDES W **Ugine** ,413m , 45.74965 / 6.42619 , 1526m , 21 km , 7.3-12 % ,points 1331

>> 70 km driving to Mieussy accommodation on 28th: Cluses H.National

14th day July 29th

271 - Col de la Ramaz 1619 m , **Mieussy** 46.13279 / 6.52704 , 969m , 14 km

6.9 - 12 % , Energy points 791

272 - Col de l'Encrenaz ,1432 m **Taninges** 638m 46.10752 / 6.59305 ,794m .15 km

5.3-14 % ,Energy points 450

15th day July 30th

.H National

273 - Avoriaz 1800m second name Col de Joux-Verte, **Morzine** 982m 46.175750 /

6.710360 ,818m ,13.6 km ,6 -10.2 % ,Energy points 661

572 - Pas de Morgins 1369 m **Monthey** ,424m 46.25283 / 6.94662 , 945m ,16 km

5.9-9.6 % , Energy points 728

1861 Châtel Hostel 1423 Route De Pré-La-Joux **74390 Châtel**

France ,Phone +33 4 50 81 05 03

16th day July 31st

>>1 h driving

543 - Col de Jaman 1512 m Territet (station SBB)- Avenue , 406m 46.428520 / 6.921360
1106m , 14.7 km , 7.5-13 % ,Energy points 1158 3h cycling

17th day August 1st