



Swiss Bike Tour 2016

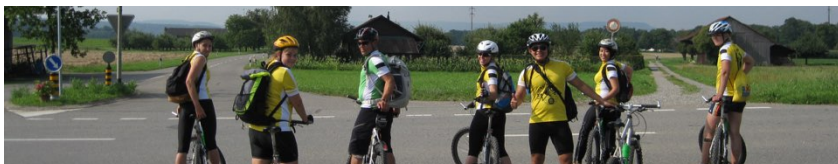


Experience Switzerland and Liechtenstein by Bike

July 9th – July 23th 2016



Host district country	District 2000, Switzerland (East of Switzerland) and Liechtenstein
Aim of camp	Two weeks tour by mountain bike in the eastern part of Switzerland and in Liechtenstein with a mixed program consisting of cycling, a cultural/historical program and experiencing international friendship.
Participants	Only experienced cyclists should apply. However, bikers don't need to be «professionals». Max. 21 participants, 1-2 females or males from each country The first 21 applicants will be accepted.
Age	19-24 years
Language	Basic English knowledge is necessary.
Accommodation	Youth hostels or modest accommodation
Costs	Travelling costs from home to Zurich Airport and return Compulsory Rotary International basic Insurance of CHF 60.- and hire of a mountain bike CHF 300.- to be paid cash at arrival by the participant. Maximum costs per person CHF 360.- excluding travelling costs. All other camp costs are sponsored by the organizing Rotary Clubs and District. If you prefer to bring your own mountain bike, it needs to be in a very good condition as repairs can be expensive in Switzerland and the bike needs to be approved by the Tour leader before you bring it to Switzerland.



We hire the mountain bikes at: www.rentabike.ch

Type: MTB Standard

Costs include delivery to and from camp.

Primarily biking (up hills and down hills) in the pre-alpine and alpine area combined with a cultural program with local Rotary Clubs.

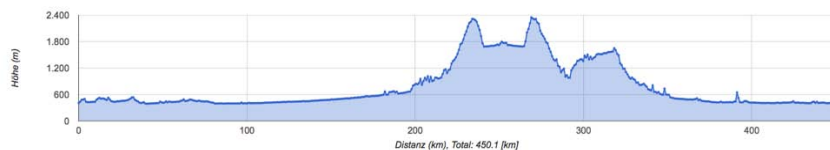
Besides being generally fit, it is essential that you have cycling experience and you are not only cycling in the fitness centre.

Three biking groups will be formed:

1. Casual and basic cycling – riding on tar, forest tracks and dirt roads
2. Middle group – more experienced; more off-road, more climbing
3. Very experienced and skilled cyclists – with demanding routes; single trails

The camp is basically a non-smoking camp (participants will be advised when smoking is permitted!)

Itinerary



Zürich (Höri) – Frauenfeld – Rorschach – Schaan –
Sils i. Domleschg – Bergün – St. Moritz – Davos – Zürich

Daily stages between 50–70 km, 1 free day on 18 July 2016

Insurance

In addition to your own private medical insurance you are required to buy in Switzerland our extra Rotary International



basic Insurance for this camp (illness, accident, personal liability and all other risks) according to Rotary International requirements.

This insurance will be made out by the Office Rotary Youth Exchange, Dottikon, Switzerland.

Fee CHF 60.–

Clothing and Equipment

Accepted applicants will receive the tour program, a list of required clothing and equipment.

The transport of your luggage will be provided between the different stages.

Arrival

On Saturday 9 July 2016 – not later than 17.00 h
Meeting Point at Zurich Airport

Applications

Not later than 22 March 2016

STEP Application Form (respective parts) to be sent to:

Rotary Youth Exchange Switzerland/Liechtenstein
Bleicheweg 6 / P.O: Box 45
CH 5605 Dottikon, Switzerland

If you would like to apply for this camp, please contact the Camps Coordinator, Alistair Knox
email: camps@youthexchange.org.uk