

## Swiss Alpine Adventure Switzerland Programme

### Day 1, Arrival in Switzerland

Departing the UK, you arrive in Zurich, Switzerland to start your Swiss Alpine Adventure. On arrival at the airport your Air & Space manager will be on hand from the word go to transfer you straight to the Swiss alpine village of Flims (our flagship ski resort in the winter months). Flims will be your base for the next 3 nights, as you dabble in a host of activities and relax at either Waldhaus Flims Mountain Resort & Spa (5 star) or Hotel Adula (4 star).

### Day 2, Activities in Flims

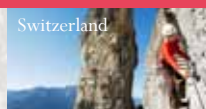
Here's where the adventure really begins, as you indulge in a day of family fun in the fresh Alpine air. You could go straight for the high adrenaline options of white water rafting or the high ropes course, but for those wanting to break themselves in gently a mountain hike or family mountain bike ride down to the beautiful lake at Conn and the viewing platform is the perfect option. Local mountain guides will be available to navigate the hiking and biking routes for you, so you really can just relax and enjoy the stunning scenery. Retire in the evening to the comfort of your hotel to recharge the batteries for tomorrow's activities and indulge in some fine Swiss cuisine.

### Day 3, Activities in Flims

Spend the morning relaxing, you may want to sample some of the spa treatments on offer at the hotel, or if you're eager to begin the adventure activities, early be our guest. Today why not head to the Churwalden Adventure Park (our Air & Space manager can make all the arrangements). For a truly unique family experience, this summer toboggan run down the mountain is ideal. Children from 5 years are able to participate, however a minimum age of 9 years is required to ride on their own cart. If you've got older kids (10 years +), the ultimate adrenaline fuelled Pinut is a must do on a visit to Flims. With a professional guide on hand and secured at all times with full climbing gear, you navigate the stone carved and steel steps up the sheer rock face. On reaching the top you'll be rewarded with breathtaking views across the Flims area. Once the day's activities are over you may wish to dine in one of the restaurants outside of the hotel and as always your Air & Space manager can make recommendations and reservations for you.

### Day 4, The Glacier Express

Your last morning in Flims before the Air & Space adventure relocates to Zermatt. This is no ordinary journey though as you're going on the Glacier Express. Your Air & Space manager will take you to Chur late morning, where your 1st class panoramic carriage awaits. Travel in comfort through the unspoilt natural beauty of the mountain scenery. Enjoy a delicious lunch on board whilst the train meanders through mountain forests and alpine meadows, passing by streams and valleys - this journey really is a memory you'll treasure. Arriving right into the heart of Zermatt late afternoon, you will quickly be transferred to your hotel, either the Mont Cervin Palace (5 star) or the Hotel Schweizerhof & Residence (4 star). A relaxing evening ensures you're raring to go the next day.



## Day 5, Activities in Zermatt

Your first full day in Zermatt and there are a whole host of things to enjoy over the next few days. As well as all the usual alpine hiking, climbing and mountain biking fun you'd expect, there are a few things not to miss, but when you do them is entirely up to you. Highly recommended is a helicopter trip over the Matterhorn, a great way to see Zermatt and it's most iconic landmark. Kids and adults alike will be spellbound by the spectacular scenery and imposing rock face of the mighty Matterhorn. This really is a perfect way to start the Zermatt leg of your Air & Space adventure. Spend the afternoon mountain biking with a local guide or on a leisurely hike. There are many themed trails in Zermatt so if you want to learn more about the curious mountain creature the Marmot, head off on the Marmot trail or maybe the 5-Seenweg (5 lakes path) or the Blumenweg (flower path) is more to your taste. All of these leave from the Sunnegga Paradise which is accessed by the underground funicular railway.

## Day 6, Activities in Zermatt

Today may be the perfect opportunity to hit the slopes, in the largest summer skiing area in the Alps. With 365 days of snow, the Theodul glacier is the perfect place for a spot of morning skiing before heading back down the mountain to enjoy a long leisurely lunch in the sunshine. Returning to your hotel there is time to indulge in an afternoon of r & r. Treat yourself to a massage, or simply laze around the pool, the choice really is yours.

## Day 7, Activities in Zermatt

If you tried the high ropes course in Flims earlier in the adventure, you're sure to love Zermatt's equivalent over the Gorner Gorge. As you work your way with a guide following the gorge, you will experience abseiling passages, a pendulum swing and a Himalayan bridge, which promises to give the ultimate surge of adrenalin. There may be time after lunch to squeeze in just one more activity before your Air & Space adventure comes to a close. You may wish to try paragliding, or travel up to the Schwarzsee paradise in the cable car, and race back down into the valley on a dirt scooter. Alternatively, you may want a quiet afternoon to spend relaxing in the town and reflecting on your Swiss Alpine Adventure.

## Day 8, Departure to UK

Leaving Zermatt in the morning, there'll be time to reminisce on board the train (1st class carriage) to Geneva airport to fly back to the UK.

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