

Tour  
Information



# Scenic Switzerland

By Rail





## Travel

### Passports

Please ensure your 10-year British Passport is not out of date and is valid for a full three months beyond the duration of your visit.

### Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the visa requirements with the appropriate embassy.

Embassy of Switzerland in the United Kingdom:  
16-18 Montagu Place  
London W1H 2BQ  
United Kingdom  
020 7616 6000



### Tickets

You will be issued with return train tickets. Please take care not to lose your tickets and please check that the details on your tickets are accurate. Your ticket is non-transferable and non-refundable. No refund can be given for non-used portions.

Standard Premier on Eurostar tickets is indicated by two asterisks in the class type section in the top right-hand corner. A light meal will be served to passengers travelling Standard Premier on Eurostar. Standard class Eurostar tickets do not include any food or drink on board, although there is a buffet car serving drinks and snacks.

TGV tickets do not include any food or drink on board, although a buffet car is available.

Domestic Swiss tickets will be distributed by your tour manager.

### Train Seats

On Eurostar and TGV legs of the journey you have reserved seat and carriage numbers which are shown clearly on your ticket.



### Baggage

As with most trains, passengers are responsible for carrying baggage onto and off the train. Baggage can be stored on overhead shelves or at the entrance to the carriages. Trolleys are available at St Pancras and Paris, but bags do need to be carried on to the platform. Porters are sometimes but not always available at St Pancras.

Travel Editions recommends a luggage delivery service called **thebaggageman**, where your suitcase can be picked up from your home before departure and delivered straight to your hotel; therefore, removing the worry about carrying your cases onto and off the trains.

For further information:  
<http://www.thebaggageman.com>

### Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

### Transfers

On arrival in Strasbourg, transfer by foot to your overnight hotel – Grand Hotel Strasbourg (approx. 5 minutes).

### Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.



## Accommodation

### Grand Hotel, Strasbourg

Take advantage of the ideal location, right in front of the TGV train station, in the centre of Strasbourg, just 5 minutes' walk from the historic area 'La Petite France' and 10 minutes from the main tourist attractions. With its simple setting, brightened with a touch of Pop art, the Grand Hotel prepares to give you a warm welcome.

The rooms are all equipped with free Wi-Fi, desk, safe, minibar, satellite TV, air conditioning. Bathroom with shower and complimentary toiletries.

For more information please visit the hotel's website: <http://www.le-grand-hotel.com/en/>

### Romantik Hotel Stern, Chur

The Romantik Hotel Stern is a quality mid-range 4-star hotel in Chur, the capital of the Canton of Graubünden. It's a Swiss hotel with a personal touch and a romantic atmosphere. Rich in traditions, the hotel is situated in the very centre of Chur and has offered superb food and wines from Chur and Graubünden for over 300 years. The Romantik Hotel Stern is both a conference and leisure hotel and a place where you will feel very comfortable.

All rooms are decorated in typical regional style with pine wood or spruce, and come equipped with free Wi-Fi, tea set, radio, digital TV (100 stations) and telephone. All rooms are decorated in typical regional style with pine wood or spruce.

For more information please visit the hotel's website: <https://www.stern-chur.ch/en/hotel/>

### Hotel Grishcha, Davos

The four-star superior Hotel Grishcha is located in the centre of Davos-Platz, near the shopping arcade. The valley station of Jakobshorn may be reached within just a two minute walk.

The standard rooms are equipped with a bathtub or shower, minibar, radio, HD satellite TV, Wi-Fi, Hi-speed internet access, safe, telephone and hairdryer.

For more information please visit the hotel's website: <https://www.hotelgrischa.ch/en/>

### Gaia Hotel, Basel

Basel's historic city center is just a 10 minute walk away. The 4-star boutique hotel offers its guests more than just contemporary comfort. The property combines modern technology within the setting of a hospitable family-business.

All rooms come equipped with free Wi-fi, minibar, HD satellite TV. Please note that this is a non-smoking hotel.

For more information please visit the hotel's website: <http://www.gaiahotel.ch/en>



## Food

Swiss cuisine is a flavourful blend of German, French, and Italian influences. In most restaurants and hotel dining rooms today, menus will list a wide array of international dishes. Cheese making is part of the Swiss heritage. Cattle breeding and dairy farming, concentrated in the alpine areas of the country, have been associated with the region for 2,000 years, since the Romans ate *caseus Helveticus* (Helvetian cheese). In fact, the St. Gotthard Pass was a well-known cattle route to the south as far back as the 13th century.

Today, more than 100 varieties of cheese are produced in Switzerland. The cheeses, however, are not mass produced -- they're made in hundreds of small, strictly controlled dairies, each under the direction of a master cheese maker with a federal degree.

Classic dishes to try include fondue – Emmentaler and Gruyere cheese either together or separately, melted in white wine and flavoured with garlic and lemon juice, and is the national dish of Switzerland. Long forks are then used to dunk chunks of fresh bread in the hot mixture.

The Swiss are also renowned for their chocolate and in 1879, the first chocolate bar was created (the Lindt Surfin bar). In 1899, the Sprungli and Lindt empires merged into a Zurich-based chocolate-making dynasty. The Tobler and Nestlé organizations were founded shortly afterward.

The Swiss eat and drink more chocolate per capita than any other nation in the world, fuelling their bodies for the bone-chilling temperatures of the alpine climate. (No self-respecting mountain climber ever embarks without the requisite chocolate bars.)



## Drink

Swiss wines are superb. Unlike French wines, they are best when new. Many wines, such as those from the Lake Geneva region, are produced for local consumption. Ask your waiter for advice on which local wine to try.

Most of the wines produced in Switzerland are white, but there are also good rosés and fragrant red wines. Most exported wines are produced in the Valais, Lake Geneva, Ticino, and Seeland. However, more than 300 small winegrowing areas are spread over the rest of the country, especially where German dialects are spoken.

In the French-speaking part of Switzerland, two of the best wines are the fruity Fendant and the slightly stronger Johannisberg. In the German-speaking part, you might want to sample one of the dry and light reds, which include Stammheimer, Klevner, and Hallauer. In the Italian-speaking Ticino, red merlot is a fruity wine with a pleasant bouquet.

Swiss beer is an excellent brew; it's the preferred drink in the German-speaking part of the country. *Helles* is light beer; *Dunkles* is dark beer.

Swiss liqueurs are tasty and highly potent. The most popular are kirsch (the national hard drink, made from the juice of cherry pits), and *Pflümli* (made from plums). *Williamine* is made from fragrant Williams pears. *Träsch* is another form of brandy, made from cider pears. In the Ticino, most locals are fond of the fiery *Grappa* brandy, which is distilled from the dregs of the grape-pressing process.

**Meals included in the price of your holiday are:**  
Breakfast each day, four dinners and two lunches.



## Destination

All the quaint stereotypes are true – cheese, chocolate, clocks, obsessive punctuality – but there’s much more to Switzerland than this. The major cities are cosmopolitan and vibrant, transport links are excellent, and the scenery takes your breath away. Switzerland is diverse and multilingual – almost everyone speaks some English along with at least one of the four official languages.

Places of interest visited on this tour.

### Strasbourg

The city of Strasbourg offers a stark contrast of old and new. At its heart you’ll find a medieval town of atmospheric narrow streets, half-timbered houses and the awe-inspiring pink-sandstone Gothic cathedral, known as “the great pink angel” with its 19<sup>th</sup> century astronomical clock that draws the crowds for its midday performance. Surrounding this is a thoroughly modern and progressive city including the headquarters of the European Parliament. A boat ride on the Ill River is an excellent way to see both sides. The charming ‘Petite France’ district, the oldest part of the city dating from the 1100’s, is a must see, as are the baroque *Palais Rohan*, that houses archaeology and fine and decorative arts museums, *the Rhine Palace*, and the *Palais de l’Europe*, seat of the Council of Europe.

For more information about Strasbourg:  
<http://www.otstrasbourg.fr/en/>

### Chur

Chur is the oldest town in Switzerland and has a settlement history of over 5,000 years. The historic Old Town is very much worth a visit and is completely car-free. It offers a large range of cultural activities, shopping, cafes, restaurants and bars. 8,000 years before Christ, passing nomads had a picnic on a hill above the city. This is where the bishop’s palace is located today. It stems from «Curia», which was what the city was called during Roman times, when the first bishop’s seat was established south of the Alps. Also, make sure you take a visit to the 800-year-old cathedral with its late gothic altar.

For more information about Chur:  
<http://www.churtourismus.ch/en/home.html>

### Arosa

The tradition-rich Grisons holiday resort of Arosa is located at the end of the romantic Schanfigg Valley at an altitude of about 1800 metres above sea level. With its impressive range of mountain peaks all around, Arosa Lenzerheide is just as attractive for extended hiking tours in summer as it is in winter, offering a great variety of snow sport activities.

Because of its location at the bottom of a wide valley, Arosa is very sunny and sheltered from strong winds. As there is no transit traffic, the air is particularly pure which is why Arosa has been a famous Alpine health resort since 1877. Arosa is accessible by Rhaetian Railways from Chur or by car across over 365 serpentines and through several tunnels, past the smaller holiday resort of Langwies.

For more information about Arosa:  
<http://www.arosalenzerheide.ch/>

### Bernina Express

On the highest railway across the Alps, the Bernina Express climbs up to the glistening glaciers before descending to the palms of Italy far below. This rail link between Northern and Southern Europe builds bridges between regions with different languages and cultures.

The railway is unique, blending ideally with the alpine landscapes around the Albula and Bernina Passes. The train negotiates the 55 tunnels, 196 bridges and inclines of up to 70 per mile with ease. At the highest point on the RhB, 2,253 metres above sea level, you will find the Ospizio Bernina. Here, visitors can delight in the cultural and natural surroundings and enjoy the Alps at their most impressive. The railway line from Thusis - Valposchiavo - Tirano has UNESCO World Heritage status. Thanks to the modern panoramic cars, you will enjoy unrestricted views of the unspoilt Alpine panorama.

For more information about the Bernina Express:  
<https://www.rhb.ch/en/panoramic-trains/bernina-express>

## Davos

Davos in Grisons is a long-drawn out town in the Landwasser valley, a holiday destination with an international flavour. The largest resort in the Alps for mountain holidays, sport and conferences, at 1560m it is also the highest town in the Alps and a health resort with a long-standing reputation. At night, too, there's plenty of entertainment, with bars, discos and a casino. Renowned as a major winter and summer sports centre with a huge range of activities, its showpiece is its modern Conference Centre, which hosts the World Economic Forum WEF (nearly) every year.

For more information about Davos:

<https://www.davos.ch/en/>

## St Moritz

St. Moritz is more than just a holiday resort. It was also the birthplace of Alpine winter tourism (in 1864) and has twice hosted the Winter Olympics. Nevertheless, St. Moritz first became famous thanks to its mineral springs, which were discovered 3,000 years ago and established the town as a summer spa resort early on. St. Moritz, which is in the Upper Engadine, at an elevation of 1,856 m, boasts plenty of sunny days. It was exactly this sun that was legally protected as the emblem of St. Moritz in 1930. St. Moritz was often ahead of the times - for example, the first electric light went on at Christmastime in 1878, the first golf tournament in the Alps took place here, in 1889 and one of the first ski lifts in Switzerland began running in 1935.

For more information about St Moritz:

<https://www.myswitzerland.com/en-gb/st-moritz.html>

## Basel

More than almost any other Swiss city, Basel is renowned for its cultural highlights. More than 40 museums offer something for everyone; some, such as the Kunstmuseum Basel and the Fondation Beyeler, are even world famous. You can also encounter art by simply strolling through the city, with works by Serra, Borofski, Rodin and many others on display. The numerous galleries, vibrant theatre scene, and sheer variety of events held throughout the entire year also make Basel what it is today – a captivating city for connoisseurs of culture.

For more information about Basel:

<https://www.basel.com/en>

## Glacier Express

As well-to-do society discovered the charms of the Swiss Alps, once isolated mountain villages such as Zermatt and St. Moritz were transformed into cosmopolitan resort towns.

The operators of the three railway companies Visp-Zermatt-Bahn (VZ), Rhaetian Railway (RhB) and Furka Oberalp Bahn (FOB) capitalised successfully on the tourism potential of the continuous Valais – Graubünden line opened in 1926. The through coaches used in the summer on the Brig – Chur and Brig – St. Moritz lines were much in demand by the travelling public.

After the Visp – Brig connecting line was opened, the Glacier Express travelled from Zermatt to St. Moritz for the first time on 25 June 1930. The trains were composed of elegant parlour and passenger cars with 1st, 2nd and 3rd classes, along with dining cars on the St. Moritz – Disentis route. The Visp-Zermatt-Bahn (VZ) and Rhaetian Railway (RhB) were equipped with the most modern electric locomotives of the time – known as “crocodiles”. The as yet non-electrified FOB used HG 3/4 steam engines.

For more information about the Glacier Express:

<https://www.glacierexpress.ch/en/about-the-glacier-express/>

## Reading Suggestions

**Jonathan Steinberg, *Why Switzerland.***

Steinberg explains how a country with four official languages can still have a common culture.

**A Tramp Abroad, Mark Twain**

Twain humorously recounts his 1878 ‘walking tour’ through the Alps.

## Tour manager

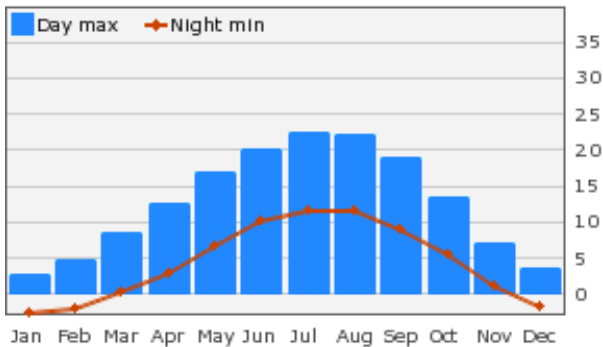
Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



# The Basics

**Climate** – The climate is moderate with no excessive heat cold or humidity in Switzerland at this time of year is likely to be pleasant, but there is the chance of the odd shower, and it can get chilly if you are at altitude.

Our best advice is to come prepared.



**Time** – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

**Language** – German, French and Italian.

**Religion** – Evenly split between Protestant and Roman Catholicism.

**National holidays** – New Year's day (01 Jan); Good Friday (30 Mar); Easter Monday (2 Apr); Labour day (01 May); Victory in Europe day (08 May); National Day (1 Aug); Christmas day (25 Dec).

**Currency** – Please note that Switzerland remains with the Swiss franc, usually indicated as CHF. While Switzerland is not part of the European Union and thus is not obliged to convert to the Euro, many prices are nonetheless indicated in euros so that visitors may compare price

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

**Credit cards** – American Express, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. It is advisable to carry a supply of cash with you at all times, as restaurants and shops in small villages may not accept credit cards.

**Electricity** – 220 volt, two-pin continental plug.

**Drinking water** – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

**Shops and museums** – Shops in smaller towns and villages are generally open from 8.30 am - 12 noon and again from 2 - 6.30 pm. In larger cities they do not close for lunch. In larger cities, shops generally extend their hours till 8 pm on one evening of the week, usually on Thursdays.

**Camera** – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

**Bath plugs** – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

**Telephones/mobiles** – You should be able to use your mobile phone in Switzerland, depending on your operator and contract.

**Tipping** – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



## Health

### Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

**Keep receipts for insurance claims.**



## Hospital

Your tour manager/hotel reception will arrange hospital transport.

**Keep receipts for insurance claims.**

### General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

There is an increased risk of tick bites from April to October. The Ministry for Health warns of a significant number of Lyme disease and tick-borne encephalitis (TBE) cases annually. For more information read [insect and tick bite avoidance](#)

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

### Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



## Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

### European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in Switzerland, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC is **not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit: <https://www.ehic.org.uk>





## Emergencies

**Should an emergency arise, please call our offices on:**

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

If you find that you are in need of consular assistance during your holiday:

### **British Embassy Bern**

Thunstrasse 50

3005 Berne

Switzerland

+41(0)3103597700

Open Mon-Fri 09.00 to 12.30 and 13.30 to 16.30. Outside these hours a consular Emergency Service is in operation and can be contacted on +33 (0)31 359 77 00

### Travel Editions

3 Youngs Buildings, London EC1V 9DB

Tel: 020 7251 0045

Email: [info@traveleditions.co.uk](mailto:info@traveleditions.co.uk) [www.traveleditions.co.uk](http://www.traveleditions.co.uk)

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