

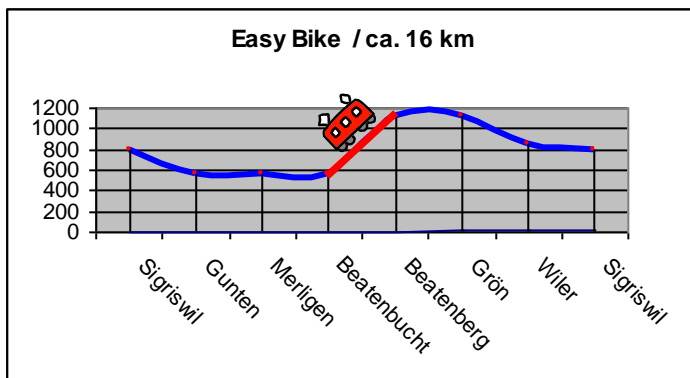
Bike routes: Description

1 Easy Bike

Start at Sigriswil with a downhill run to Gunten. Follow the street along the lake in the direction of Merligen to the TBB station (funicular) at Beatenbucht. Load the bike in the funicular and enjoy the ride up to Beatenberg. From Beatenberg bike ride to Sennhütte Grön (hut) at the Justistal with wonderful view to lake and mountains, followed by a longer downhill run back to Sigriswil.

Distance: about 16 km

Whole distance asphalt streets. Practicable route for families with schoolage children. Various restaurants and shops along the way.

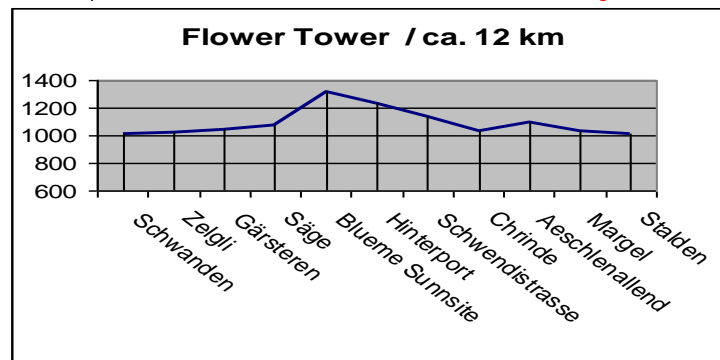


2 Flower Tower

Start at Restaurant Risiko by Schwanden Stalden, short warm up route over Zelgli to Gärstere, sharp turn left to Schwanden Säge. Continue about 2.5 km up hill on a forest trail until you arrive just below the Blumenturm (flower tower) on 1'300 m above sea level. Walk the short distance to the tower and with good weather you will enjoy the marvellous view to the Mittelland and the Jura. From there bike ride along the forest trail to „Blueme-Sunnsite“ and Hinterport to Schwendistrasse. Turn left in direction to Ringoldswil. Take a quick break at Restaurant Krindenhof and enjoy the view of the lake and alpine trails before the trail leads you to Tüelen, Aeschlenallmend and Margel. From Margel back to Stalden, your starting point.

Distance: about 12 km

2/3 asphalt streets, 1/3 forest- and small alp trails. Walking trail up to Blumenturm about 5 min (ca. 80 meters). Practicable route for families with schoolage children.



3 Long Ride

Start at Sigriswil, short warm up trail to Wiler, about 3 km up hill to Wilerallmend, below the ski lift you turn left to the short down hill run and **follow the trail until you reach the farm Bauernhof „Bode“**, make a sharp right turn over the asphalt street and without a big difference in altitude you will get to Schwanden Säge, Meiersmaad, Buchholz and to Teuffenthal. On the Dorfstrasse follow **the slightly steep ride leading up hill in the direction of Hinterst, Weichelweid**, manage a short but steep up hill part to Stalden and ride down along the forest street to the Schwendistrasse. Continue to Heiligenschwendi, past the Bernische Höhenklinik in direction to Ringoldswil. At the oberen Krinde turn left and follow to Tüelen, Aeschlenallmi, Margel and to Stalden, down to Tschingel and to the starting point Sigriswil.

Distance: about 25 km

Mainly asphalt streets, fantastic view, a varied trail. Well trained bikers will manage the route easily, less trained people will take it easy and will manage the Long Ride as well. Who ever thinks it takes too long may follow the route "Flower Tower" from Schwanden Säge.

