

Pre- and Postprogram IPPNW World Congress 2010

Preprogram: Mon, August 23 – Wed, August 25, 2010

Postprogram: Mon, August 30 – Wed, September 01, 2010

Itinerary: Basel – **Bern** – **Geneva** – Lausanne – Brig – Andermatt – Göschenen – Flüelen – by boat to **Lucerne** – **Zurich** – Olten – Basel



The diversity of the landlocked, mountainous country is the essence of Switzerland and gives the country its unique identity. Still, it is best known for its financial institutions, fine cheeses and chocolate, watch making industry, for its scenery and an excellent network of public traffic. You will visit the Capital of Switzerland (Bern), Geneva, the most international city, where the European seat of the UNO is based, Lucerne, the gateway to central Switzerland and Zurich, the “metropolis of experiences”.

Program

1st day **Basel – Bern - Geneva**

Travel by train to Bern. Not many cities have managed to retain their historic features quite as successfully as Bern, the capital of Switzerland. The old town of Bern has been entered in the list of UNESCO Cultural World Heritage Sites and thanks to its 6 kilometres of arcades - the locals refer to them as 'Lauben' - boasts one of the longest weather-sheltered shopping promenades in Europe. On a discovery tour through Bern's Old Town (optional) you will visit the most beautiful sights of the Swiss capital, and some less well-known ones too.



You will continue the journey through the region of Fribourg to Geneva.

Embedded between nearby Alpine peaks and the hilly terrain of the Jura, the French-speaking city of Geneva lies in the bay where the Rhone leaves Lake Geneva. With its humanitarian tradition and cosmopolitan flair, the European seat of the UNO and headquarters of the Red Cross is known as the “capital of peace”. The symbol of the «world’s smallest metropolis» is the “Jet d’eau” – a fountain with a 140-metre-high water jet at the periphery of Lake Geneva. Most of the large hotels and many restaurants are situated on the right-hand shore of the lake. The old town, the heart of Geneva with the shopping and business quarter, holds sway over the left-hand shore. It is dominated by St. Peter’s

Cathedral, however the actual centre of the old town is the Place du Bourg-de-Four, which is the oldest square in the city.



Overnight at the hotel “Cristal” in Geneva.

2nd day

Geneva – Lausanne – Brig - Andermatt – Göschenen – Flüelen - Lucerne

The most comfortable and relaxing way of discovering Switzerland is by train and by boat. A panoramic rail trip through the Alpine scenery, a romantic boat trip on one of the famous Swiss lakes can be an unforgettable experience. The Matterhorn Gotthard Bahn (MGBahn) is the Alpine adventure railway par excellence. The line is 144 km long and leads from Zermatt to Andermatt and Göschenen, covering a difference in altitude of 3300 m, passing through 33 tunnels and galleries and crossing 126 bridges and viaducts en route. The lowest point of the journey is Visp, at 625 m above sea level, and the highest the Oberalppass at 2033 m above sea level.



On a boat trip from Flüelen to Lucerne you will be able to admire nature at its best: gently rolling meadows, idyllic bays, dramatic fjords, and near-vertical cliffs. Add to this natural spectacle some of Switzerland's most significant historic landmarks: Ruetli Meadow, where the Swiss Confederation was founded in 1291, William Tell's Chapel and the Schiller Rock.



Lucerne, the gateway to central Switzerland, sited on Lake Lucerne, is embedded within an impressive mountainous panorama. Thanks to its attractions, its souvenir and watch shops, the beautiful lakeside setting and the nearby excursion mountains of the Rigi, Pilatus and Stanserhorn, the town is a destination for many travel groups and individuals on their journey through central Switzerland.

Overnight at the hotel “Drei Könige” in Lucerne.



3rd day

Lucerne – Zurich – Olten – Basel

After breakfast you will travel by train to Zurich. As a “metropolis of experiences” by the water, with a magnificent view of the snowcapped Alps on the horizon, Zurich Downtown Switzerland offers a unique mixture of attractions – over 50 museums and more than 100 art galleries, international fashion labels and Zurich designs and the most flamboyant and lively nightlife in Switzerland.



A guided tour (optional) through the Old Town is a rewarding journey of discovery. Get to know Zurich's past on the basis of a selection of buildings, stories and anecdotes. You too will be fascinated by the rich testimonies to bygone days, which document the early international significance of the city.

In the late afternoon/evening you will return to Basel.

Prices (per person)

Package-price sharing double room	CHF 569.00
Package-price single occupancy	CHF 669.00

The package-price includes:

- three days travel by train/boat (2nd class)
- guided city-tours in Bern, Geneva and Zurich
- two nights accommodation in middle-class hotels
- breakfast, service and taxes at the hotels

Not included:

- lunch and dinner
- personal expenses