

Guided Lite Route: Day 7 / Solothurn to Zofingen

To Follow: National routes 5 and 8 (they run together here)

Map: Route 5 Book pages 34,32 and our own map of Zofingen detour

GPS points: 5.1 - 5.49

Distance: 47 KM

Watch out for: Turn off to Zofingen at 5.47

Points of Interest:

POI Aarburg: Just after the bridge at GPS 5.48

Today we'll be following the Aare, Switzerland most important river. It is the only river that begins and ends entirely within the country. It's an artery on which many important Swiss merchant cities were built and later Swiss industry made use of its current to power their factories. Later hydro-electric plants were built and the once mighty Aare has now slowed down to the point that it almost looks like it has stopped moving entirely.

The morning's ride will be quite bucolic...forests, pastures and the Aare.

The only town of real note today is Aarburg, home of one of Switzerland's largest castles and a heritage site of national significance. Too bad there are 300 steps to climb.

Now it's time to veer off the map book and the standard routes in order to get to your overnight spot of Zofingen. Just continue following the GPS and refer to our own Bike Switzerland Map (Day 5/6, Map 4)

Zofingen is a walled city and home of an ancient monastic settlement. The town was founded in 1201 by the counts of Frohburg. Its old town and city hall are listed as a heritage site of national significance. It's a lovely city to walk through and the parks outside the walls are a good place to stretch sunburned legs on a sultry summer evening. My apologies if the weather is otherwise.

Our meal at the Hotel XXX was rather unmemorable last year and the local youth hostel is planning on welcoming us for a BBQ in their garden (meat, fish and vegetarian).