



 **ACTIVE
TRAVEL**
for Cultural
Explorers

Switzerland's Alpine Majesty

FROM INTERLAKEN TO NYON

PRESENTED BY



McGill

Alumni
Association

June 25 – July 4, 2025



Dear alumni and friends,

Embark on an epic journey through two distinct and culturally diverse regions of Switzerland: German-speaking Interlaken and French-speaking Nyon. Be prepared to travel by cogwheel, train and gondola to coveted treasures and follow scenic paths to inspiring views. This program will appeal to active travelers.

Your tour begins in gorgeous Interlaken, nestled in the heart of the Bernese Oberland. From here venture out to explore the breathtaking scenery and sights. Immerse yourself in local culture and wander through picture-perfect towns that evoke images from storybooks. Then it's on to lakeside Nyon, where you will enjoy a cruise on shimmering Lake Geneva and visit Château de Chillon. Along the way, indulge in the region's delectable Swiss milk chocolates and cheeses and sip fine vintages at a cellar tucked in the Lavaux region. There will also be an opportunity to cross over into France to visit idyllic Annecy, a charming lakeside town.

With an experienced Travel Director on hand to manage the details, you're free to focus on each day's exciting, new experiences. And along the way, informative lecturers and guides will offer rich details to enhance your understanding.

A journey as remarkable as this will fill up quickly. Guarantee your spot by reserving today.

Sincerely,

Gabrielle Korn
Executive Director
McGill Alumni Association

Please note: The McGill Alumni and Friends Travel Program welcomes McGill alumni, their family and friends. Not all trips are exclusive to McGill; some trips may include travellers from other alumni associations or educational organizations.

Your personal information is never released to our travel partners. Revenue generated through the travel program supports student and alumni events and initiatives. If you prefer not to receive future mailings, please email records.alumni@mcgill.ca, or send a note to: McGill Alumni Association, Alumni Records at 1430 Peel St., Montreal, Quebec, H3A 3T3.

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UNESCO World Heritage

1. Swiss Alps Jungfrau-Aletsch
2. Lavaux, Vineyard Terraces

UNESCO Intangible Culture of Humanity

Alpine pasture season



High-altitude pasture



Lavaux



A World of Discovery



Snowcapped Alpine mountains, crystal clear waterways that mimic unfettered blue skies and fields of greenery await! Uncover rich cultural diversity and intriguing lifestyles on this journey through Switzerland's diverse cantons, each with its own distinct charms, unique historical traditions, customs and dialects. Whether nibbling cheese, hiking through wildflowers or relaxing during a scenic train journey, rise each day to excitement and wonder!

Top: Schilthorn | Above: Swiss fondue
Cover: Lauterbrunnen Valley
Mail panel: Hiking | Château de Chillon

Inspiring Moments



- Discover the unique cultures, cuisines and traditions of **German- and French-speaking Switzerland**.
- Journey by train, bus, boat and foot through **spectacular Switzerland**.
- Gaze at sprawling mountain scenes from the **top of the Schilthorn**.
- Feast your eyes on soul-stirring landscapes of the **Bernese Oberland**.
- Surround yourself with the natural wonders of the **Lauterbrunnen Valley**.
- Sip crisp wines in the celebrated **Lavaux-wine region** and tempt your palate with milk chocolate and cheese in **Gruyères**.
- Visit the beautiful French city of **Annecy**.
- Experience two **UNESCO World Heritage sites** and one **Intangible Cultural Heritage of Humanity tradition**.

ALUMNI CAMPUS
ABROAD®



Interlaken

Day 1 | In Transit

Depart gateway city for Zürich, Switzerland. 🚗

Day 2 | Zürich, Switzerland | Interlaken

Upon arrival, transfer 🚗 to Interlaken and check in to the elegant Hotel Carlton-Europe.

Discover Interlaken. Gather for an introductory tour of this appealing destination. Join us for a Welcome Reception and Dinner.

Day 3 | Kandersteg | Oeschinensee

Lake Oeschinen. A train journey takes you to Kandersteg to begin a discovery of the Bernese Oberland. Here, a gondola whisks you toward Lake Oeschinen nestled nearly 5,200 feet above sea level. Stretch your legs and delight in a gentle hike to the cerulean glacial lake. Along the way, pass meadows bursting with vibrant wildflowers and cows and sheep lazing amid sun-drenched pastures. Pause to breathe in fresh, mountain air and enjoy the view.

Enrichment: Swiss Icons. Join a local lecturer to learn about the history of Switzerland and discover what makes this mountainous country unique among its European neighbors.

Day 4 | Lauterbrunnen | Mürren

Lauterbrunnen Valley. Hop aboard a train for a ride to the idyllic Lauterbrunnen Valley; then transfer to a cable car and ride to Grütschalp. Hike along a pleasant forest path to Winteregg and on to Mürren, a tranquil, car-free town with traditional chalets and a population of only 350 residents. On a clear day, you might witness the imposing north face of the Eiger peak as well as the peaks of Mönch

and Jungfrau. Take a moment to slow down and truly delight in the storybook views before you! Next, you're in for a special treat as you ride the cable car up the Schilthorn, one of the longest aerial cableways. Spend time enjoying the 360-degree views atop this high summit. Later, descend by aerial cable car, traversing fanciful mountain scenery.

Enrichment: Mountaineering. Learn about Switzerland's pastime of mountain climbing.

Day 5 | Interlaken

Free Time: Soak up the many pleasures of Interlaken at your own pace.

This evening, gather for dinner in a local restaurant on the Harder Kulm mountain top.

Day 6 | Gruyères | Nyon

After breakfast, begin your journey from the German-speaking region of Switzerland to the country's French-speaking region.

Lauterbrunnen Valley





Jet d'Eau, Geneva

 **AHI Connects | Swiss Cheese.** Visit a countryside dairy farm. Watch a demonstration on making handmade Gruyère cheese and sample this decadent product.

Free Time: Make your own discoveries in Gruyères during leisure time. The town boasts many intimate souvenir shops and restaurants.

Swiss Chocolate. Your discovery of local flavors continues at a Swiss chocolate factory. During an interactive tour, learn about how chocolate came to Europe and see how the raw ingredients of cocoa beans and cocoa butter become concoctions of milk, dark and white chocolate. Indulge in samples of the premium confectionery.

Continue to Nyon and check in to your hotel.

Day 7 | Montreux | Lavaux

Château de Chillon & Montreux. Embark on a tour of this 13th-century castle, noted as one of the most visited historic buildings in Switzerland. The castle features wall paintings from the 14th century, three courtyards and subterranean vaults. Continue to the lakeside

resort of Montreux, known for its stunning promenade and awe-inspiring backdrop.

Lavaux Vineyards. Head into the fertile, UNESCO-listed Lavaux vineyard region, where sun-kissed hills and rolling terraces melt into a fairy-tale landscape. Learn about the region's viticulture, visit a winery and appreciate a wine tasting and lunch.

Free Time: Make your own discoveries during an evening at leisure.

Day 8 | Annecy, France | Nyon

A Journey to the French Alps. Cross into France to visit the eye-catching lakeside gem of Annecy. Explore the winding cobblestones of the old town, passing pastel houses and crêperies, canals and tiny bridges, historic churches and clock towers. Learn about local life, followed by a satisfying lunch.

Day 9 | Geneva

Geneva City Tour. Gorgeous Geneva awaits to charm you! Switzerland's second most populated city is a modern financial center

Annecy





and diplomacy capital. On a walking tour, gaze at the symbolic Jet d'Eau, set on the Jetée des Eaux Vives, and explore the culture-filled old town, filled with terraces, coffee shops and bubbling fountains. Join a guided visit to the Palais des Nations (Palace of the Nations), the European headquarters of the United Nations. See the Assembly Hall, the Human Rights Room and more.

Cap off the day with a leisurely cruise back to Nyon on sensational Lake Geneva.

Free Time: Make your own discoveries in Geneva. Take a walk by Geneva's Flower Clock, the world's second-largest working clock, relax in Bastion's Park or pick up some traditional Swiss souvenirs along Geneva's pedestrian-friendly streets.

Tonight, celebrate the end of a wonderful journey at a Farewell Reception and Dinner.

Day 10 | In Transit

Transfer ➡ to the Geneva airport for the return flight ✈ to your gateway city.

Note: Itinerary may change due to local conditions.

✈ Flights and ➡ transfers included for AHI FlexAir participants.

ACTIVE TRAVEL

This **Active Program** is designed for people who are in good health and can comfortably participate in a demanding daily schedule of physical activities. For more details, please call or visit our website.

Excursions on this program require:

- walking distances of up to 3-5 miles
- walking on unpaved paths and/or uneven surfaces
- getting on/off motor coaches, boats and/or trains, gondolas and funiculars
- tolerating high altitude conditions

Included Features



Accommodations {with baggage handling}

- **4 nights** in Interlaken, Switzerland, at the first-class Hotel Carlton-Europe.
- **4 nights** in Nyon at the first-class Hotel Real Nyon.



Transfers {with baggage handling}

- Deluxe motor coach transfers during the Land Program.

Extensive Meal Program

- 8 breakfasts, 3 lunches and 4 dinners, including Welcome and Farewell Dinners; tea or coffee with all meals, plus wine with dinner.

Your One-of-a-Kind Journey

- **Small group:** Sized just right at 28 guests.
- **Enrichment by expert speakers** enhances your insight into the region.
- **Engaging excursions** showcase the local culture, heritage and history.
-  **AHI Connects | Local immersion.**
- Welcome and Farewell Receptions to mingle with fellow travelers.
- Custom Rail Pass.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.
- Complimentary travel mementos.
-  **AHI Sustainability Promise:**
We strive to make a positive impact wherever we travel.

Montreux



Accommodations



Hotel Carlton-Europe | Interlaken



Our travel experts have carefully selected these first-class properties for their prime locations. They are ideally located for exploring the region's renowned landmarks, while providing opportunities to immerse yourself in local life.



Hotel Real Nyon | Nyon



Nyon



Reserve your trip today!

To book your journey,
please call our AHI Travel Experts
at **1-800-323-7373** or
visit **mcgill.ahitravel.com**.

Program Dates

Travel dates ✈

June 25 – July 4, 2025

✈ Travel dates include any overnights required for international travel. These dates may vary depending on air schedules.

Tour dates*

June 26 – July 4, 2025

* Tour dates begin on the scheduled arrival date at your destination and end on the scheduled departure date from your destination.

Land Program

Full Price	\$5,540
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Special Savings	\$750
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Early Booking Special Price*	\$4,790
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*Early Booking Special Price valid if booked by date on address panel and paid in full at booking. If you pay only your deposit by early booking date, you still save \$250 per person.

VAT in the amount of \$295 per person is included in the above prices. All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Special offers, promotions and discounts cannot be combined.

Single accommodations are an additional \$895 (limited availability).

Please note: Program-specific terms and conditions are available at <https://mcgill.ahitravel.com/destinations/1903A?schoold=88>. You can also request a copy from our travel experts.

Any payment to AHI Travel constitutes your acceptance of the terms and conditions set out therein, including but not limited to the cancellation terms.

AHI FlexAir

Let us arrange your flights

Our experts are ready to assist you in booking flights. Our personalized air program offers the following advantages:

- **price guarantee** to protect you from fuel surcharge increases after ticket purchase
- arrival and departure **transfers** on group dates
- **flexibility** to change or cancel your reservation before departure on most flights (Fees may apply).
- **assistance** in the event of schedule changes or delays



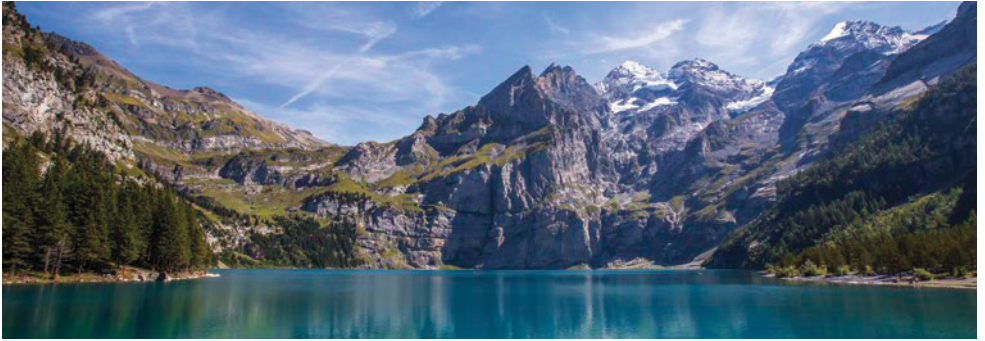
Spectacular views from cablecar to Schilthorn



Gruyères



Lavaux



Lake Oeschinen

AHI Travel Expertise



From your reservation to your return home, we are here to ensure you have the adventure of a lifetime.

Before you go:

Travel Consultants stand ready to answer your questions as they guide you through the reservation process.

Travel & Air Coordinators each offer their personalized assistance with flights, electives and special requests.

Travel Information provides pre-departure details and enrichment about your destination.

Once you arrive:

Your Travel Director, a seasoned, multilingual professional, manages daily logistics so you enjoy a seamless experience.

Handpicked Expert Guides offer fascinating insights and share their passion for their country with you.

Knowledgeable Lecturers deepen your appreciation for the region and its history, culture and current events.



Palace of the Nations, Geneva



Flower clock, Geneva



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Discover the beauty of the Swiss & French Alps!

AHI Travel's mission is to deliver inspirational, educational and cultural programs that delight travelers.

With AHI you can rely on:

- Experienced Travel Directors who attend to every detail of your journey.
- An exceptional travel value.
- Unique access to local sites.
- Flexibility and customization.
- Safety and security.



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