



The secrets of the Emmenthal

Heart route: Napf Loop

4 Days / 3 Nights
Individual single tour
Approx. 155 cycling kilometers

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Heart route: Napf loop

Sparsely populated and almost untouched lies the Emmental, the backcountry of Lucerne and the biosphere Entlebuch at the feet of the Swiss Alps. The most imposing rising in this region is the Napf, which will be completely surrounded on the Herzschaufen tour (Napf heart loop). But the actual high-light which you pass on this tour, are the genuine villages and the stunning, lone standing farmhouses of the Emmental. From the culinary centre of the Emmental you travel to Langnau, the cultural heart of these region. A little side trip to the main place of the biosphere of Entlebuch completes this journey around the Napf.

Day-by-Day

1. Day: Arrival at Willisau

Put yourself in the right mood with a Willisauer Ringli (Willisauer biscuit) for the tour around the Napf. Also there is no reason why you should not pay a visit to the Diwisa distillery. Not only will Willisau surprise you in a culinary aspect, but also awaits you a spruce old town.

2. Day: Willisau - Langnau im Emmental, appr. 55 km

The foothills of the Alps could't be more beautiful. You follow a ridge and enjoy the view over the midland. From Wyssachen the landscape gets more rough and you follow the Herzschaufe (heart loop) of Napf in a steady up and down until you reach Sumiswald. A short break gives you enough energy for the climb to the Lüderenalp. From now on you wheel relaxed through the Gohldike to Langnau in the Emmental.

3. Day: Langnau in the Emmental - Entlebuch, appr. 50 km

First you visit the regional museum in Langnau in the Emmental. Afterwards you cycle past Trubschachen with the Kambly-factory and numerous covered bridges. Now steep uphill on a mountain range where you have an unrestricted view on the summit of the Napf. Driving past secluded farmyards and then a fast descent down to Escholzmatt. Now you drive along the sunny downhill side of the Entlebuch until you reach the biosphere's principle town of the same name.

4. Day: Entlebuch - Willisau, appr. 50 km | Departure

The day's stage starts wild and solitary through the Fontanne valley. Afterwards you crest the Menzberg and with it the Napf's main ridge. Now it's getting exciting, because the drive through the Luthertal (Luther valley) comes close to a roller coaster ride. On the very last meters of the Napf heart loop the Entlebuch and the Emmental show itself from a rough side. Enjoy this section, which takes you back to Willisau. Departure is individual.

Character

The latest track of the heart loop is extremely topographically challenging. Therefore the utilisation of an electric bike is again recommended, in order that you can enjoy the beauty of the Emmental on nearly traffic-free streets to the full.

Schedule 2018

Daily: from 05.05. – to 13.10.

Season 1: 27.05. - 23.06. | 16.09. - 13.10.

Season 2: 05.05. – 26.05. | 24.06. - 15.09.

No minimum number of participants

Prices 2018

(all Prices per person in CHF, incl. VAT)

Season 1 (DZ/ÜF)	369.-
Season 2 (DZ/ÜF)	399.-
Surcharge single room	119.-
Rental bike	65.-
Electric bike	139.-
Booking code	CH-ZSRWW-04X

Category: 3*-Hotels & guesthouses

Services

- ✗ 3 overnight stays incl. breakfast
- ✗ Daily luggage transport
- ✗ Optimally worked out route guidance
- ✗ Detailed tour documentation
- ✗ GPS-Data available
- ✗ Service-Hotline

Arrival | Parking | Departure

- ✗ Rail travel to Willisau
- ✗ Park & Ride at Willisau train station. CHF 6.-/Day.

Extra nights

(all Prices per person in CHF, incl. VAT)

Willisau	75.-
Zuschlag Einzelzimmer	39.-