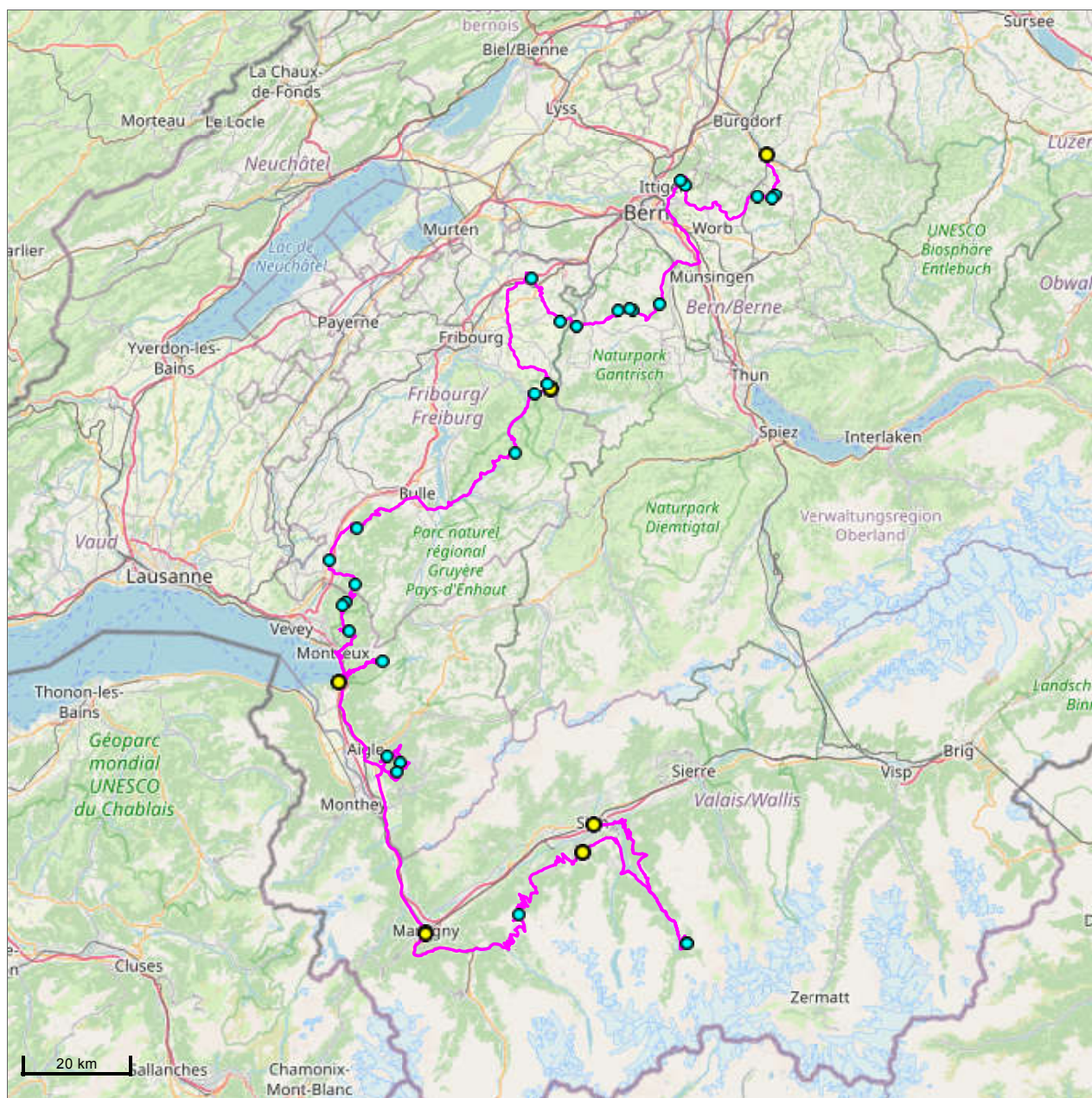
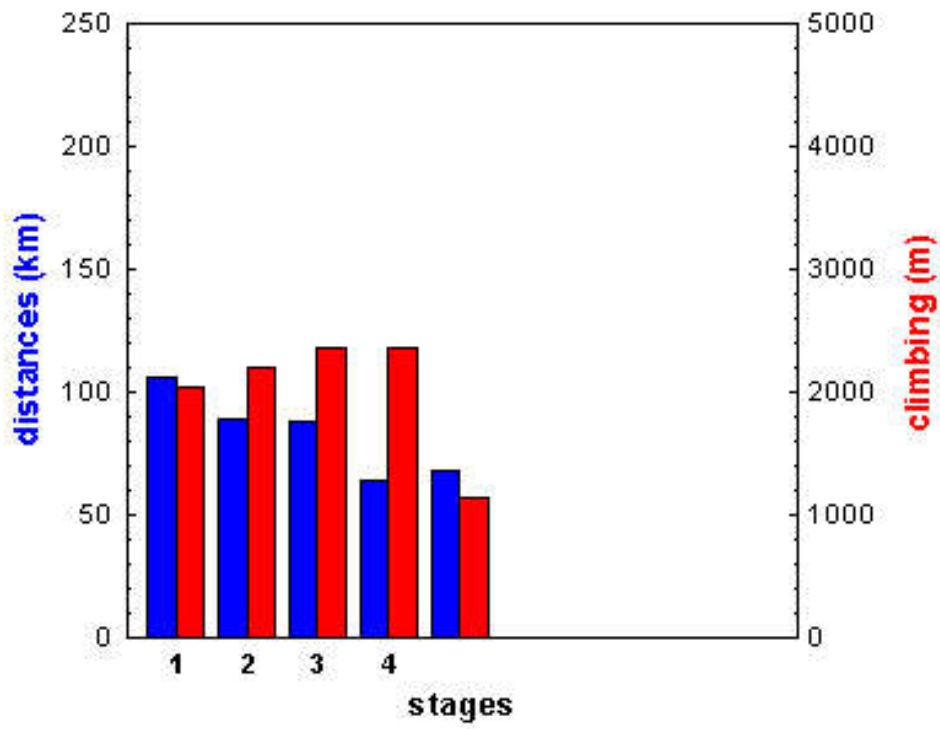


Bicycle tour 2022, 11 - 15 August

Patrick Schlepfi

stage	distance (km)	climbing (m)
Hasle-Rüegsau - Belp - Schwarzenburg - Plaffeien	106	2030
Plaffeien - Broc - Les Paccots - Villeneuve	89	2100
Villeneuve - Chaudes - Ecovets - Martigny	88	2360
Martigny - Croix-de-Coeur - Nendaz - Veysonnaz	64	2350
Veysonnaz - La Forclaz - St-Martin - Sion	68	1140
total	415	9980





Brüggensteig (to the left) as seen from Vorderfulligen



In the Charmey valley



The Tinière valley and Villeneuve as seen from Col de Chaude



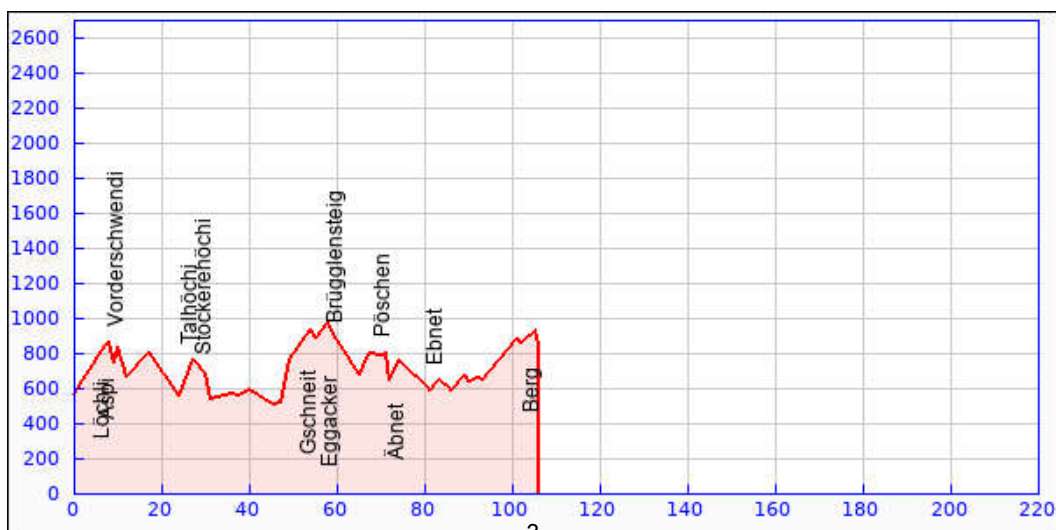
From the Forclaz pass towards Évölène

Stage 1 (11 August 2022): Hasle-Rüegsau - Belp - Schwarzenburg - Plaffeien

The plans for my 2022 tour were not very different from the past years because i still have some road passes to climb in Switzerland. On the one hand these are small, little-known passes, but also passes that you cannot, or cannot easily, ride over with a road bike. This means passes where you either have to go back and forth, or you have to ride on unpaved roads. The start was at Hasle-Rüegsau station in the Emmental, with **Löchli** and, nearby, **Aspi** as the first passes. Then **Vorderschwendi** on another ridge a little further west. This hilly region was beautiful, but the small roads was sometimes quite steep. I then continued westwards, where two small passes awaited me near the Bantiger hill. The first one, **Talhöchi**, was very nice but quite steep while the second one, **Stockerehöchi**, had much more traffic.

I was then in the suburbs of Bern and headed south to cross the Aare towards Belp. After this town, i took a small road that turned out to be extremely steep. This was the beginning of the longest climb of the day, which took me to the **Gschneit** pass. There i took a short break on the terrace of the restaurant. In fact, the mere sight of the drought-browned meadows and pastures was enough to make me thirsty! After this, it was easy to reach the next two passes, **Eggacker** and **Brügglensteig**. Then came a nice descent to cross the Schwarzwasser river, but then of course it was necessary to ride up the other side, towards Schwarzenburg. After a slight pass at **Pöschen**, the road went steeply downhill to another river, the Sense. On the Fribourg side, i climbed up to the **Äbnet** pass and then headed for its almost homonymous **Ebnet**. But this was only a diversion, so i headed back south. After Tafers, i chose to ride over Rechthalten, which made me go again through a pass, in **Berg**. In the meantime it was really hot, but i was already in sight of the goal of the day: Plaffeien.

	distance (km)	altitude (m)	climbing (m)
Hasle-Rüegsau	0	570	
Löchli	7	850	280
Aspi	8	860	10
Jegerlehn	9	750	
Vorderschwendi	10	840	90
Bigenthal	12	670	
Bangerten	17	810	140
Stettlen	24	560	
Talhöchi	27	770	210
Stockerehöchi	30	690	
Bolligen	31	540	
Rütibühl	36	570	30
Gümligen	37	560	
Allmendingen	40	590	30
Vehweid	45	510	
Belp	47	520	10
Niederhäusern	49	770	250
Gschneit	54	940	170
Oberbütschel	55	890	
Tiefenbrünnen	58	980	90
Eggacker	59	910	
Brügglensteig	60	880	
Rossgabenbrücke	65	680	
Elisried	67	800	120
Schwarzenburg	70	790	
Pöschen	71	800	10
Sodbach	72	650	
Äbnet	74	760	110
Mühletal	81	590	
Ebnet	83	650	60
Friseneit	86	590	
Rütihubel	89	680	90
Heitiwil	90	640	
Angstorf	92	660	20
Taferns	93	650	
Rechthalten	101	890	240
Brügi	102	860	
Berg	105	930	70
Plaffeien	106	850	
total	106		2030

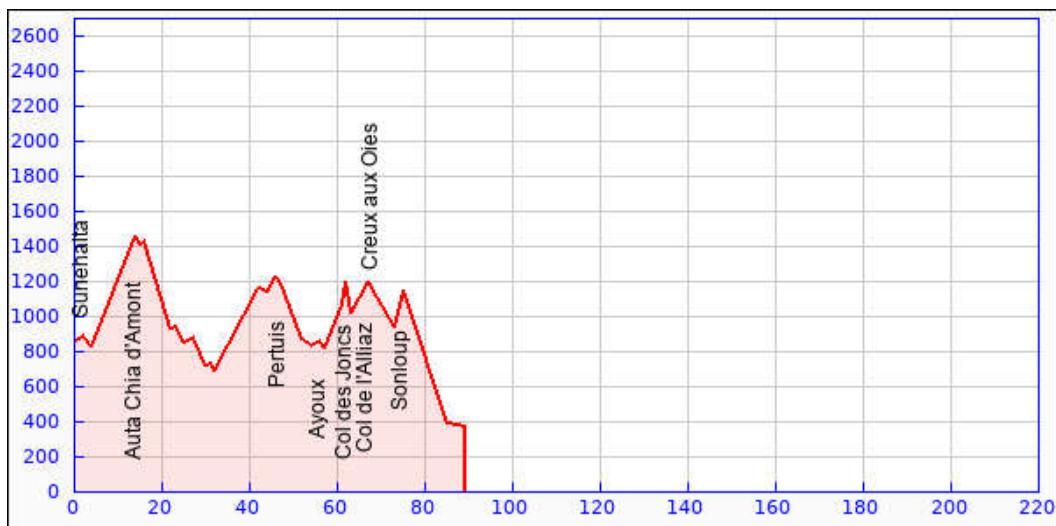


Stage 2 (12 August 2022): Plaffeien - Broc - Les Paccots - Villeneuve

For this second stage, i was able to start at 8 o'clock and still enjoy the cool morning air. I drove towards Plasselb via the slight [Sunehalta](#) pass. I then headed south and climbed up a small road that was mostly in the forest. Towards the top, a section was gravel, then the last 500 metres was a path requiring some pushing. I arrived at [Auta Chia d'Amont](#) and enjoyed the view over the Charmey valley. The descent was entirely on a good road, narrow and steep until the convent of Valsainte, wider and less steep afterwards. I headed towards Broc, Bulle, then the north-western slopes of the Alpettes mountain. This climb was beautiful but quite hard, with some very steep passages and others not tarmacked. I was able to reach the [Pertuis](#) pass, before descending to Semsales. From there, it was a very rolling part towards Châtel-St-Denis, with the passage from the Rhine basin to the Rhône basin at [Ayoux](#).

From Châtel-St-Denis to Les Paccots, it was seriously uphill, then even more so towards the [col des Joncs](#). Nothing attractive at this place in summer. My next goal was to ride over two passes in the region of Les Pléiades. I could have gone back and made a big detour or continued and made a lesser detour via gravel roads, but i took the shortest way, via trails requiring about half an hour of pushing the bike. I crossed the Veveyse de Fégire river by a footbridge before going up the other side. After a few more gravel sections, i reached the [Alliaz](#) pass, then a little further on [Creux aux Oies](#). The only thing left for me was the descent to Lake Geneva. But as i was early, i decided to go through the pass of [Sonloup](#), which i had never done before from the Villard-sur-Chamby valley. I finally descended via Les Avants, Glion and the steep road to Montreux. I finished the stage at the end of the lake, in Villeneuve.

	distance (km)	altitude (m)	climbing (m)
Plaffeien	0	850	
Sunehalta	2	890	40
Sageboden (Plasselb)	4	830	
Auta Chia d'Amont	14	1460	630
La Guisolanda	15	1410	
Gros Chomiaux	16	1430	20
Les Riaux	22	930	
L'Adde (Cerniat)	23	940	10
La Savignière (Crésuz)	25	850	
Châtel-sur-Montsalvens	27	880	30
La Perreire	30	720	
Broc	31	730	10
Les Marches	32	690	
Le Dèvin	42	1160	470
Le Cergny	44	1140	
Les Esserts	46	1230	90
Pertuis	47	1190	
Semsales	52	870	
La Maraîche	54	830	
Ayoux	56	860	30
Châtel-St-Denis	57	820	
Les Paccots	61	1070	250
Col des Joncs	62	1200	130
Passerelle Fégire	63	1020	
Col de l'Alliaz	67	1200	180
Creux aux Oies	68	1160	
Saumont	73	940	
Sonloup	75	1150	210
Territet	85	390	
Villeneuve	89	370	
total	89		2100



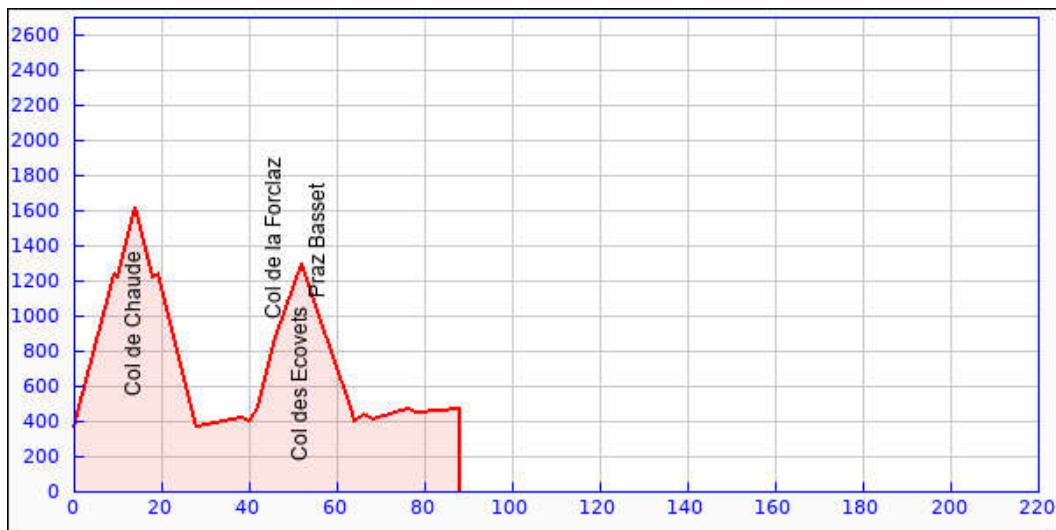
Stage 3 (13 August 2022): Villeneuve - Chaude - Ecovets - Martigny

From Villeneuve to Martigny, it is not even 40 km, but when you are looking for passes next to the Rhone valley, it can obviously get longer. Already above Villeneuve is the [Col de Chaude](#). With a road bike, it can practically only be done as a round trip. Even if it's not the way i prefer, i wanted to go. After only 1 km of climbing, a sign indicated that the road was closed due to road works a few kilometres further on. Also for bikes? No details, of course. In fact, as it was Saturday, the construction site was at rest and the barriers were put aside. So I was able to enjoy a very quiet ascent on a road that had been largely rebuilt. Counting a few breaks to take pictures, it still took me nearly 2 hours to reach the pass and enjoy the magnificent view on the valley, the mountains in front (in particular the Dents du Midi) and Lake Geneva. The descent was also very nice, but with the steep slope, the brakes were well used.

The other passes of the day could be done as a loop from Ollon. The first one was one of the [Forclaz](#) of the region. But the climb continued on a small road to reach the [Ecovets](#) pass. It was on the descent, at Chésières, that i joined a road with more traffic. Passing Huémoz, i did not miss the few meters that separated me from the [Praz Basset](#) pass. And the descent continued towards Ollon. There i met two cyclists who wanted to go towards the Grand-St-Bernard and we rode together to St-Maurice, after which we chose different routes to Martigny. As this part of the route was entirely in the valley, the wind was a decisive factor.

And as the weather was good, the wind was blowing upstream and helped me a lot. So without too much effort i arrived at the stage town of the day, Martigny.

	distance (km)	altitude (m)	climbing (m)
Villeneuve	0	370	
Les Collondaires	9	1240	870
En Herniaulaz	10	1220	
Col de Chaude	14	1620	400
En Herniaulaz	18	1220	
Les Collondaires	19	1240	20
Villeneuve	28	370	
Aigle	38	420	50
En Châlex	40	400	
Ollon	42	480	80
Col de la Forclaz	46	880	400
Col des Ecovets	52	1300	420
Praz Basset	56	1000	
Ollon	63	480	
Villy	64	400	
Les Glareys	66	440	40
Bex	68	410	
La Preyse	76	470	60
Evionnaz	78	450	
Martigny	88	470	20
total	88		2360



Stage 4 (14 August 2022): Martigny - Croix-de-Coeur - Nendaz - Veysonnaz

After three days of sun and warmth, the weather for the fourth stage was overcast. I first rode up to Sembrancher and then Bagnes and Verbier. This resort was alive with two different events. I continued the climb and found a little quieter roads. It was just before 11 o'clock when i arrived at the [Croix-de-Coeur](#). The sky was dark and rain seemed to be coming from the west. So I didn't waste any time before descending to La Tzoumaz. On the other side of the valley, i climbed again to pass above Iséables and continue towards Nendaz. Then came another descent into the Nendaz valley, partly on very chaotic roads, partly even on gravel. The last climb then took me to the resort of Veysonnaz.

	distance (km)	altitude (m)	climbing (m)
Martigny	0	470	
Les Valettes	6	630	160
Bovernier	7	610	
Sembrancher	12	710	100
Charençon (Bagnes)	15	830	120
Le Glairier (Le Châble)	17	800	
Verbier	26	1490	690
Croix de Coeur	33	2170	680
La Tzoumaz	42	1500	
Pont de la Fare	44	1490	
Le Plantorny	46	1290	
Le Dzardi (Nendaz)	50	1520	230
Basse-Nendaz	58	990	
Beuzon (Nendaz)	59	970	
Veysonnaz	63	1230	260
Magrappé (Veysonnaz)	64	1340	110
total	64		2350



Stage 5 (15 August 2022): Veysonnaz - La Forclaz - St-Martin - Sion

As the last stage of this tour, i wanted to go up to the Val d'Hérens. To do this, i had to start by descending towards Vex. On the way to Euseigne, i could admire the famous pyramids near the village. Shortly after Euseigne, i caught up with a cyclist who was riding to Evolène. We did this whole part of the route together. I was a bit surprised by the amount of traffic going up, but that was because that Monday was a holiday and a religious festival was taking place in Evolène. Further on, it was quieter. And after Les Haudères, it became steeper. I arrived without any problem at [La Forclaz](#), the last pass of this tour. Of course i took the time to take some pictures of this village and the surrounding alpine landscapes, before riding back down to the valley. Just after a tunnel, i turned right to climb towards St-Martin, which made me stay on the right side of the Val d'Hérens. From Suen, i started a long descent that brought me to Bramois. The traffic was guided differently than i remembered, but i still found my way to Sion, where this beautiful tour in Swiss regions so close but so different ended.

	distance (km)	altitude (m)	climbing (m)
Magrappé (Veysonnaz)	0	1340	
Veysonnaz	1	1230	
Pt. 1119	3	1120	
Les Trois Rois	4	1150	30
Vex	8	940	
Le Sauterot	13	940	
Euseigne	15	980	40
Bella Plache	19	1110	130
Evolène	24	1390	280
Les Haudères	28	1450	60
La Forclaz	31	1730	280
Les Haudères	35	1450	
Evolène	39	1390	
Bella Plache	44	1110	
St-Martin	48	1400	290
Suen	49	1430	30
Mase	52	1340	
Bramois	63	510	
Sion	68	490	
total	68		1140

