

Mountain biking on the Pilatus

Information for MTB riders.

If you're looking for a guided tour, we can put you in touch with a local guide.

MTB hire Need a mountain bike? No problem! Our two external partners can hire you one (as well as road bikes, etc.). Just let us know the type of bike you'd like to hire two days before your arrival – please note that we cannot guarantee last-minute requests. Prices from CHF 20.00 / day.

Cycle storage – security Our hotel benefits from a secure cycle room in the underground garage. Access to it is restricted to guests with bikes, and the entrance to the room is covered by CCTV.

Cycle storage – facilities Our cycle room is located in the hotel's underground garage (same building). Access is via stairs or a lift. You can cycle directly to the street via the garage's entrance/exit.

Weather Consult the MeteoSwiss app (www.meteoschweiz.admin.ch) for the latest weather forecast, or feel free to ask at Reception.

Touring maps Online touring maps of the region may be found at www.gps-tracks.com or www.mountainbiker.ch. We can also suggest tours – and we have relevant maps of Central Switzerland available for purchase.

Public transport / mountain railways/cableways The travelcard issued by the hotel lets you travel free of charge throughout Lucerne's public transport network in Zone 10. Please note: an additional ticket is required if you take your bike with you. Information on the operating times of mountain railways/cableways is available at Reception.

Guided tours Need a guide? We can organise an experienced guide for you. Price on request.

Cycle cleaning A cleaning area for muddy two-wheelers is provided in the inner courtyard. Cleaning utensils (hose with spray, bucket and brushes) are kept in the cycle room. Light cleaning (wiping of bike/components, etc.) can be done in the cycle room. Please leave the room clean.

Cycle repairs If you wish to carry out minor repairs yourself, a selection of tools complete with workbench and cycle maintenance stand are available in the cycle room. Please leave the tools in the room, and leave the latter as you found it. Our external partner, Velociped in Kriens, also has a customer workshop facility for which there is a small charge. Please ask at Reception.

Consumables and repair materials A selection of consumables and repair materials is kept at Reception. If we don't stock what you need, we can obtain it from our external partner. Please let us know and we'll take care of it.

Cycle shop / external partner for bigger repairs We've teamed up with Velociped (www.velociped.ch) in Kriens. Please ask at Reception.

GPS navigation / online maps We can lend you a GPS navigation device against payment of a deposit. We only have a limited number available.

E-bike / charging point A power socket for e-bikes is provided in the cycle room. Guests are asked to provide their own charging cables.

Food / packed lunch Rooms can be booked with breakfast and full- or half-board. Even without full- or half-board, we can supply a packed lunch provided six hours' notice is given at Reception (where you can also specify the contents). CHF 12.00 per lunch / person.

Laundry service / wet cycling shoes / helmet Sportswear can be left at Reception until 6 p.m.; please use the laundry bag provided. The items will be returned to you, washed and dried, by 9 a.m. the following morning. CHF 12.00 per sportswear bundle for one person, e.g. socks, leg/arm warmers, cycling jersey and tights/trousers, warm jacket, rainwear, etc. If you include your wet cycling shoes and helmet, we'll dry them overnight.

Shower on day of departure If you're doing a tour on the day of departure and would like to come back for a shower before checking out, please ask in advance at Reception about booking a 'day use' room.

Cycle/luggage shuttle We can send your bicycle/luggage home to you by post or train (price on request). Equally, you can send your bicycle/luggage from home directly to the hotel – and we'll even collect it from the railway station free-of-charge.

Cycle/luggage transfer Would you like a transfer from the Continental Park to a different hotel? Please ask at Reception. Price for driver and vehicle per hour: CHF 50.00 plus CHF 0.65 per km, luggage limited only by space in the vehicle.

Quoted prices include statutory VAT

Information and MTB rules of conduct

Mountain bikers are welcome on the Pilatus. To help preserve the amazing natural surroundings and allow everyone to enjoy the great outdoors, mountain bikers are asked to observe a few simple rules. That way, future generations of MTBers can continue to enjoy the mountain experience.

The municipalities and other bodies responsible for the Pilatus have waymarked designated MTB routes. In the interest of agriculture and forestry, nature and landscape conservation, as well as hunting and walkers, riders must not stray from these designated routes. Thank you for your cooperation. We wish you every success with your MTB adventures in this uniquely beautiful terrain.

MTB code of conduct

1. RIDE ONLY ON DESIGNATED TRAILS

No cross-country riding; help preserve the environment by keeping to the designated routes. Observe local route closures: they are there for a reason.

2. BE CONSIDERATE – GIVE WAY

Give advance warning of your presence so as not to startle other people. Reduce your speed when passing them and be ready to stop if necessary. A cheery greeting from you will help maintain good relations with your fellow outdoor enthusiasts, including those who aren't so fond of sharing it with mountain bikers!

3. WATCH OUT FOR ANIMALS

Keep a sharp look out for fauna in forests and fields. If you see an animal, stop and wait for it to get away safely. Re-close any fence lines you have to pass through.

4. LEAVE NO TRACE OF YOUR PASSING

Try not to skid when braking, as this can cause erosion. Also, take your litter with you and dispose of it responsibly.

5. EXPECT THE UNEXPECTED

Keep your riding focused and under control. Adapt your speed to the circumstances. You should always be able to stop in the distance you can see to be clear. Keep in mind that someone or something may suddenly appear around the next bend.

6. RIDE SAFE

Begin your tour on your doorstep or use public transport wherever possible to get to your starting point. Check your equipment and be realistic about your abilities; plan ahead by researching the area you're heading for. Never ride alone in remote areas. Be prepared for unexpected situations: pack some tools, a first aid kit and a mobile phone. For your own safety always wear a helmet and gloves.

Important numbers

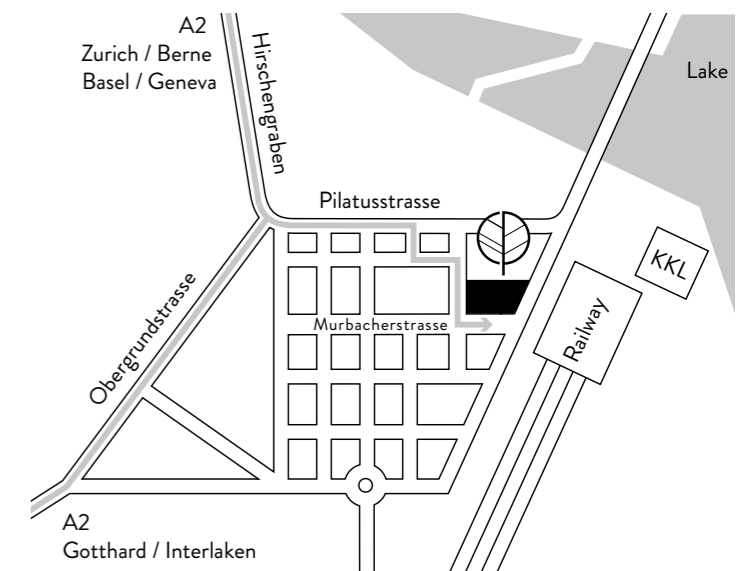
Ambulance 144
Police 117
Rega air rescue 1414

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In and around Lucerne



Important information for cyclists, plus three
Pilatus route suggestions for mountain bikers.



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