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Module:

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Switzerland 15 Day Trip Itinerary.

(Day am doing... 11-16)

This 15-day backpacking trip to Switzerland is designed to combine travel, learning, and cultural exploration. The journey will begin in Zermatt, where five days will be spent exploring the town and its surrounding alpine environment. Zermatt offers a unique setting to experience Switzerland's mountain landscapes, traditional architecture, and sustainable tourism practices. Activities during this stage of the trip will include sightseeing, visit historical sites, and learn about the cultural and environmental significance of the Swiss Alps.

The remaining days of the trip will be based in Geneva, a city known for its rich history, international influence, and educational institutions. Time in Geneva will focus on exploring historical landmarks, museums, and cultural sites, while also engaging with educational themes such as diplomacy, heritage preservation, and urban development. Overall, this backpacking trip aims to provide a balanced experience that combines adventure, historical understanding, and meaningful learning, offering deeper insight into Switzerland's cultural and social landscape.

Transportation

Zermatt is famous for its strict car-free policy. This creates a peaceful and unpolluted atmosphere. Only electric vehicles are permitted within the village. These vehicles include local buses and small electric taxis.

Walking will be the best option for this trip as Zermatt is not too big of a village every thing is close to each other. But they will be some days we will be taking bike and e-bikes which is great for exploring paths and getting around farther- flung spots

Day 11 – waking up Zermatt Hottel

The day begins with breakfast at the hotel, allowing students to acclimatise to the alpine environment and discuss the itinerary. At 12:00 pm, the group will travel on the Gornergrat Bahn electric cogwheel railway, ascending to 3,089 metres to observe the Matterhorn and surrounding glaciers (Gornergrat Bahn AG, 2023). This experience supports learning in alpine geology, glaciology and sustainable mountain transport, demonstrating how tourism and environmental protection are integrated in Switzerland (Bätzing, 2015).

In the evening, students will visit the Matterhorn Museum – Zermatlantis (CHF 12) to explore mountaineering history, the development of Zermatt as a tourist destination and regional cultural heritage (Matterhorn Museum, 2023). This will be followed by a walking tour of Zermatt's Old Town, highlighting traditional alpine architecture and the town's transition into a modern resort.

By 7:00 pm, the group will return to the hotel for dinner, supporting cultural immersion and group bonding. Overall, the day balances educational content with sightseeing, introducing both natural and cultural heritage while establishing a foundation for learning about sustainable alpine tourism.

The Gornergrat Bahn is historically significant to alpine tourism. Opened in 1898, it was Switzerland's first fully electric cogwheel railway and played a key role in making high mountain landscapes accessible while limiting

road based transport, contributing to the sustainable development of Zermatt as an international destination (Gornergrat Bahn AG, 2023).

the Swiss Alps, where railways were central to promoting sustainable access to fragile mountain environments (Tissot, 2011). Today, the Gornergrat Bahn remains a leading example of how heritage transport infrastructure can support education, tourism, and environmental responsibility.

The Matterhorn is one of the most iconic mountains in the world, standing at 4 478 metres above sea level in the Pennine Alps on the border between Switzerland and Italy.

Day 12 – Riffelhorn/Ritzengrat Hike and Alpine Experience

The day begins with a hiking excursion to the Ritzengrat, providing students with outdoor, experiential learning in an alpine landscape. Students are advised to wear warm, layered clothing suitable for high altitude conditions to ensure comfort and safety throughout the hike. During the walk, participants will have the opportunity to observe Blacknose sheep, a traditional alpine breed, offering insight into local agriculture, biodiversity and sustainable animal husbandry practices.

Following the hike, students will have free time for lunch, with the option to purchase affordable food from Coop. This allows them to experience Swiss grocery culture while managing personal budgets, encouraging independence and cost-conscious travel behaviour.

The evening is free and relaxed, enabling students to rest, reflect on the day's experiences or explore Zermatt village at their own pace. This flexibility supports self-directed learning and allows participants to consolidate their understanding of alpine ecosystems, local culture and mountain tourism.

Overall, the day balances physical activity, environmental education and cultural engagement, reinforcing learning objectives linked to sustainable alpine tourism and regional biodiversity (Tissot, 2011).

Day 13- Spa day/ Shopping/ Kirchbucke bridge/ five lakes hike/ packing day

Day 4 is Zermatt's final and most intensive day, combining early morning field learning with flexible leisure activities. The group departs at 8am for an alpine lakes hike, exploring high-altitude landscapes and learning about glacial formation, water management, and the role of natural landscapes in alpine tourism.

After the hike, students have free time to visit a local spa, explore markets, or take photographs, supporting wellbeing and independent learning. The day concludes with a group walk to Kirch Brücke, offering scenic views of Zermatt and reinforcing cultural and place awareness. The group then returns to the hotel to collect luggage before departing on the 6pm train to Geneva.

Justification of Activities and Transport:

Activities were selected to provide an educational, sustainable, and culturally immersive alpine experience. Zermatt's car-free status exemplifies low-carbon mobility, while the Gornergrat Bahn demonstrates how mountain transport can coexist with fragile environments. Hikes and outdoor learning promote engagement with natural landscapes, glacial processes, and water resources, while spa visits and market explorations reflect real tourist behaviour and the diversification of alpine tourism products. Together, these activities balance learning, sustainability, cultural awareness, and student wellbeing.

Welcome to Geneva

Day 14 in Geneva. Jet D'eau. St Pierre Cathedral, flower clock

On arrival in Geneva at approximately 9 pm, the group will transfer to the Ruby Claire Hotel for check-in and rest, marking the transition from alpine to urban learning contexts. On Day 14, the day begins with breakfast at the hotel restaurant at 8 am before boarding a local bus to view the Jet d'Eau, one of Geneva's most celebrated landmarks. Originally installed in 1886 as a hydraulic safety valve and later moved to its current lakeside site for aesthetic purposes, the Jet d'Eau now symbolizes the city and its engineering heritage, reaching up to 150 m above Lake Geneva's surface (Jet d'Eau, 2025). After this, the group will explore St. Pierre Cathedral, a

historic church dating from the 12th century and central to the Protestant Reformation; students may ascend to the top for panoramic views of the city and lake for a small fee (≈7 CHF) and visit the archaeological site beneath the cathedral, which reveals Geneva's earliest urban and religious development dating back to pre-Roman and Roman periods (St. Pierre Cathedral, 2025; archaeological site, 2025).

By mid-afternoon, the group will walk through Geneva's Old Town, encountering historic plazas and medieval streets, before proceeding along Rue du Rhône, known for its exclusive shopping district. From there, the itinerary continues to the Flower Clock (L'Horloge Fleurie) in the Jardin Anglais, a symbol of Geneva's watchmaking tradition made from approximately 6 500 seasonal plants (L'Horloge Fleurie, 2025). The day concludes with free time in the Jardin Anglais, allowing students to reflect on urban heritage, cultural identity and the integration of natural spaces in city tourism.

Day 15 Geneva

Palais des Nation, red cross Musee, cruise on Lake Geneva chocolate, and souvenir

Day 15 focuses on Geneva's role in global governance, humanitarian work, and cultural tourism. The morning includes a guided visit to the Palais des Nations, offering insight into international diplomacy and political tourism, followed by the International Red Cross and Red Crescent Museum, where students explore humanitarian history and ethical responsibility.

In the afternoon, students take a Lake Geneva cruise to observe the city's urban and natural landscapes and experience sustainable leisure tourism, followed by a Swiss chocolate activity highlighting national culture and creative tourism. The day concludes with time for souvenir shopping, allowing reflection on consumer behaviour and destination branding.

Day 16 – Cultural Heritage, Wellbeing and Departure (Geneva)

Day 16 is the final day in Switzerland, combining cultural enrichment, wellbeing, and a structured conclusion. The morning begins with a visit to the

Muse d'Art et d'Histoire, offering insight into European art, archaeology, and heritage tourism.

At 1 pm, students enjoy a spa and wellness experience, observing how such services are integrated into urban tourism. In the late afternoon, the group will prepare for a formal final meal at the Tabard Restaurant, reflecting on learning outcomes and fostering group cohesion. By 8 pm, the group departs Geneva via Eurostar, concluding the educational trip.

Researched back office

– Zermatt

Picture of accommodation



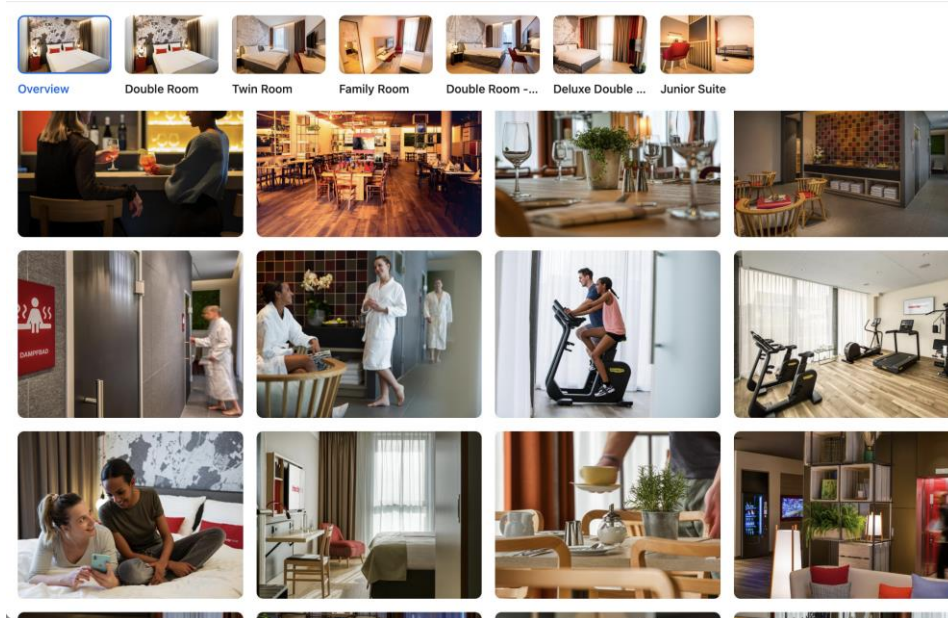
(Booking.com)

How meets the need of the group

- Cheaper compere to the other hotel

- Sible beds for everyone
- Breakfast included

– Geneva



(booking.com,2026)

- Morden
- Daily housekeeping service to maintain cleanliness and hygiene
- Central Geneva location with easy access to public transport
- Safe and secure environment suitable for group travel
- Laundry facilities
- Safe and secure environment suitable for group travel
- Cheaper and highest rating than the other hotel which helps to keep the cost low
- Close to the airport

Bedroom for lecturer



The picture on the bottom shows how much the hotel cost for the 18 students and how the rooms come with the bed, which are big enough for student.

This was also the cheapest hotel.

Recommended for 18 adults

4 x Double Room Price for: , , , Each unit has: Bed: 1 large double bed Non-refundable Pay online Breakfast £26 (optional)	£956 Includes taxes and charges	2 nights, 18 adults £2,375 Includes taxes and charges Reserve your selections You won't be charged yet
6 x Twin Room Price for: , , , , , Each unit has: Beds: 2 single beds Non-refundable Pay online Breakfast £26 (optional) We have 6 left	£1,419 Includes taxes and charges	

FOOD COST DETAILTS

- Coop market (CHF3-8Swiss franc)



(google.com)

- Tablard restaurants in Geneva



THE TANKARD		Sides	
The Grill		Pace (Mushy or Garden)	1.75
Cheese & Bacon Burger	18.50	Garlic Bread	4.95
Beef patty, bacon, american cheese, with onion & chips		Curry Sauce (Try it on chips!)	1.95
Crispy Chicken Burger	17.50	Onion Rings	3.75
Breaded chicken escalope, mayo, lettuce, tomato & chips		Hand Cut Chips	3.50
Veggie Bean Burger	14.50	Focaccia	2.50
Double bean patty, vegan cheese, onion & chips		Pub Classics	
Rump Steak & Oz	22.50	Bangers & Mash	14.95
Grilled meatloaf, side salad, plenty of chips		Cumberland sausages, served with onion, onion & onion	
Dessert.		Ham, Egg & Chips	13.95
Apple Crumble	6.90	Hand-cut succulent ham slices, two fried eggs & chips	
Sticky Toffee Pudding	6.90	Beer-battered Fish & Chips	16.95
Tiramisu Tart	6.90	Spry-risot, soft waffles potatoes, onion, onion & onion	
Spotted Dick	6.90	Mac & Cheese	15.95
111 Kensington Road, London, SW10 5AP		Classic pub grub, with a side salad & a slice of garlic bread	

(Google.com)

How does this meet the needs of the group

- Reduces pressure on group catering and fixed mealtimes
- Balances educational content with leisure and enjoyment
- Helps maintain motivation and engagement throughout the programme
- Introduces local food products, brands and pricing structures
- Encourages financial responsibility and independent decision making
- Allows flexibility for different dietary requirements such as vegetarian, vegan or halal

TRANSPORT COST

- RAIL



(Schönafinger, 2024)

The day pass allows you to travel through Switzerland on any form of transportation for a day. It can cost as little as CHF29 if you have the half fare travel pass, if you don't it will cost you about CHF52

How does this meet the needs of the group

Having a day travel pass that allows unlimited use of public transport across Switzerland meets the needs of the group in several important ways.

- Supports budget planning and transparency for students
- Allows students to explore destinations at their own pace during free time
- Supports wellbeing by reducing physical fatigue from long walks
- Helps students develop practical travel skills applicable to future international travel
- Supports time management by allowing flexible travel throughout the day
- Provides real world experience of an integrated national transport system
- Reinforces learning around sustainable tourism and responsible travel behaviour

Overall, the day travel pass supports the practical, financial, educational and wellbeing needs of the group while aligning strongly with sustainable tourism principles

1. ROAD/WALKING-START TO END, BOAT



(google.com)



(Aldemos webdesign, 2023)

How it meets the needs of the group

- Zermatt is a car free resort, which makes the roads and pathways especially safe, quiet and pleasant for walking
- Streets are wide, clean and well maintained, with clear pedestrian routes throughout the village
- Geneva has well designed pedestrian infrastructure with wide pavements and designated walking areas
- Walking views in Geneva are diverse and visually engaging
- Seasonal flowers, mountain backdrops and snow-capped peaks create a strong sense of place

- Green areas such as the Jardin Anglais provide scenic resting points
- Scenic bridges and riverside paths enhance the walking experience
- Walking distances between key attractions, hotels and restaurants are short and manageable for groups
- Pedestrian friendly zones reduce traffic and improve safety for groups
- Offers unique panoramic views that cannot be experienced from land
- Boats on Swiss lakes are well regulated, safe and reliable
- Allows easy access between multiple lakeside towns and attractions
- Creates strong opportunities for photography and reflection

EXCUTION AND ACXTIVITIES (Zermatt)

Matterhorn Museum:



(tripadvisor,2026)

Price range:

The Matterhorn Museum (Zermatlantis) in Zermatt, Switzerland, offers insights into the village's history and the iconic mountain, with prices usually around CHF 10 for adults, free for kids under 16, and potentially free with the [Swiss Travel Pass](#). You can find current pricing and ticketing details on the Zermatt Tourism website or the [Zermatt Bergbahnen](#) site when planning your visit. [🔗](#)

Old town walk (free)



(Zermatt, 2016)

Blacknose sheep



(Corina, 2022)

Prices:

Children 0 to 8.99 years free of charge

Children 9 to 15.99 years CHF 10.00

From 16 years CHF 20.00

(Tradition Julien Zermatt, 2024)

Spa Day



(booking.com)

How it meets the needs of the group

Spa day

- Supports physical and mental wellbeing after several active travel and hiking days
- Encourages relaxation, reflection and stress reduction, improving overall group morale

Meeting the Blacknose sheep

- Creates a relaxed and memorable experience that strengthens group bonding
- Provides a unique, hands on cultural and agricultural experience that many students would not encounter in an urban setting

Matterhorn Museum

- Suitable for all abilities, offering an indoor, weather independent activity
- Helps students contextualise the natural environment within its social and historical framework

EXECUTION AND ACTIVITIES (Geneva)

Flower clock (free)



Red Cross Museum



CHF 15 for full adult admission, with reduced rates of CHF 10 for youth (12-22), students, seniors (65+), and persons with disabilities, and free entry for children under 12, companions of disabled persons, and holders of various passes like the Swiss Travel Pass. ⓘ

(google,2026)

How it meets the needs of the group

- Demonstrates how public spaces and green tourism are integrated into urban environments
- Provides a calm outdoor setting that supports wellbeing and reflection within a busy city itinerary
- Encourages critical thinking about conflict, migration, human rights and international aid
- Balances outdoor leisure with structured educational learning
- Promotes empathy, awareness and ethical understanding alongside tourism studies
- Full day trip

Day Educational Itinerary

Route: Zermatt → Geneva

Theme: Sustainable Alpine and Urban Tourism

Day 11 – Arrival and Orientation in Zermatt

Location: Zermatt

Accommodation: Zermatt Youth Hostel

Meals: Breakfast

Morning

- Arrival in Zermatt and hotel check in
- Breakfast at the hotel
- Group briefing and discussion on:
 - Alpine environments
 - Sustainable tourism in car-free destinations
 - Learning objectives for the Zermatt programme

Afternoon

- 12:00 – Departure on the Gornergrat Bahn
- Ascend to 3,089 metres via electric cogwheel railway
- Observation of:
 - The Matterhorn
 - Surrounding glaciers and alpine landscapes
- Academic focus on:
 - Alpine geology and glaciology
 - Sustainable mountain transport

Evening

- Visit to the Matterhorn Museum – Zermatlantis (CHF 12)
 - Mountaineering history
 - Development of Zermatt as a tourism destination
 - Cultural heritage of the region
- Guided walking tour of Zermatt Old Town
 - Traditional alpine architecture
 - Historic settlement patterns
- 19:00 – Return to hotel and group dinner

Day 12 – Alpine Hike and Biodiversity Experience

Location: Zermatt

Accommodation: Zermatt Youth Hostel

Meals: Breakfast

Morning

- Preparation for alpine hike
- Departure for Ritzengrat / Riffelhorn hike
- Safety briefing and guidance on high-altitude conditions

Afternoon

- Guided hike focusing on:
 - Alpine ecosystems
 - Landscape interpretation
 - Biodiversity conservation
- Observation and interaction with Blacknose sheep
 - Traditional alpine farming
 - Sustainable animal husbandry
- Free time for lunch
 - Affordable food options at Coop supermarket

Evening

- Free and relaxed evening
- Optional independent exploration of Zermatt village
- Reflection on environmental and cultural learning outcomes

Day 13 – Alpine Lakes, Wellness and Cultural Landscapes

Location: Zermatt

Accommodation: Zermatt Youth Hostel

Meals: Breakfast

Morning

- 08:00 – Meet in hotel lobby

- Departure for Five Lakes / Alpine Lakes hike
- Educational focus on:
 - Glacial formation
 - Water management
 - Role of natural landscapes in alpine tourism

Afternoon

- Return to Zermatt village
- Flexible leisure options:
 - Spa and wellness facilities
 - Local markets and souvenir shopping
 - Destination photography
- Group walk to Kirchbrücke
 - Scenic viewpoints
 - Cultural identity and place appreciation

Evening

- Return to hotel (5;30pm)
- Packing and preparation for departure (6;30)
-

Day 13– Transfer from Zermatt to Geneva

Location: Zermatt Youth Hostel

Accommodation: Youth Hostel

Meals: Breakfast

Morning

- Breakfast at the hotel
- Free time in Zermatt
- Final reflections on alpine tourism and sustainability

Afternoon

- Collection of luggage
- Transfer to Zermatt railway station

- 18:00 – Train departure to Geneva

Evening

- Approximate arrival in Geneva at 21:00
- Hotel check in at Ruby Claire Hotel
- Rest and orientation in the city

Day 14 – Arrival and Urban Heritage Exploration (Geneva)

Location: Geneva

Accommodation: Ruby Claire Hotel

Meals: Breakfast

Evening Arrival

- Arrival in Geneva at approximately 21:00 following the train journey from Zermatt
- Transfer to Ruby Claire Hotel for check in

Rationale

This evening arrival allows students to transition from an alpine to an urban tourism context while minimising fatigue. Staying in a modern, centrally located hotel supports accessibility, safety and independent mobility, meeting the needs of a student group.

Day 15 – Urban Heritage and Global Tourism (Geneva)

Location: Geneva

Accommodation: Ruby Claire Hotel

Meals: Breakfast

Morning

- 08:00 – Breakfast at hotel
- Local bus travel to view the Jet d'Eau
 - Engineering and historical significance
- Visit to St Pierre Cathedral
 - Free entry
 - Optional tower climb (CHF 7)
- Visit to the Archaeological Site beneath the Cathedral (CHF 8)

Afternoon

- Guided walking exploration of Geneva Old Town
- Walk along Rue du Rhône
 - Luxury retail and destination branding
- Visit to the Flower Clock (Jardin Anglais)
 - Symbol of Geneva's watchmaking heritage

Evening

- Free time in the Jardin Anglais
- Independent leisure and reflection

Rationale

This day introduces students to Geneva as a cultural and heritage city, highlighting how history, religion, retail and public spaces are integrated into urban tourism. Walking and public transport support low carbon mobility while allowing immersive engagement with the destination.

Day 16 – Global Governance, Humanitarian Tourism and Departure

Location: Geneva → United Kingdom

Meals: optional

Morning

- Breakfast at the hotel
- Visit to the Palais des Nations
 - European headquarters of the United Nations
 - Guided learning on diplomacy, international cooperation and political tourism
 - Insight into Geneva's role as a global governance hub
- Visit to the International Red Cross and Red Crescent Museum
 - Exploration of humanitarian history
 - Discussion on human rights, conflict and ethical responsibility
 - Links to responsible tourism and global citizenship

Afternoon

- **Lake Geneva cruise**
 - Example of sustainable leisure tourism
 - Observation of urban development and natural landscapes from the water
- **Swiss chocolate experience**
 - Cultural identity and creative tourism industries
- Free time for souvenir shopping
 - Observation of tourist consumption and economic impact

Late Afternoon

- Final group meal and reflection
- Review of learning outcomes from the overall programme

Evening

- 20:00 – Departure from Geneva
- Return journey to the United Kingdom

Rationale

The final day consolidates learning by focusing on Geneva's global influence, humanitarian values and sustainable tourism practices. The combination of formal visits, leisure activities and reflection ensures a balanced and meaningful conclusion to the trip.

Costing Breakdown (Per PAX, 18 Students)

Accommodation:

- Zermatt Youth Hostel 3N: £139.65 pp
- Geneva Ruby Claire Hotel 2N: £150 pp

Transport:

- Flights (UK → Switzerland): £71 pp
- Swiss Travel Pass & local transport: £353 pp

Excursions & Activities:

- Gornergrat Bahn: CHF 95 (£78)

- Matterhorn Museum: CHF 12 (£10)
 - Spa: CHF 45 (£37)
 - Lake Geneva Cruise: CHF 30 (£25)
 - Palais des Nations: CHF 15 (£13)
 - Red Cross Museum: CHF 18 (£15)
 - Chocolate Experience: CHF 35 (£29)
 - Others (walking tours, Old Town, Flower Clock): Free / minimal
- Estimated Subtotal:** £230 pp

Meals:

- Breakfast included in hotels
 - Lunch & Dinner approx. £20–25 per meal per day for student group
- Estimated Subtotal:** £200 pp

Ground Handling & Services:

- Local guide/tour leader: £80 pp
- Entrance fees & tips: £50 pp
- Travel insurance: £20 pp

Total Estimated Nett Cost: £1,571 pp