



THE LODGE | MOUNTAIN BIKING RETREAT IN THE ALPS

Virginia LIMITED
EDITION

6 - 13 SEPTEMBER 2026 | VERBIER, SWITZERLAND

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A wide-angle, high-altitude photograph of a mountain range. The foreground and middle ground are dominated by steep, green slopes covered in dense vegetation and scattered rocks. A narrow dirt trail winds across these slopes. Two cyclists are riding along the trail, moving away from the viewer. In the background, a vast valley opens up, showing a winding road and a dense forest of evergreen trees. The far background features majestic, rugged mountain peaks, some with patches of snow or light-colored rock, under a clear sky. The overall scene conveys a sense of adventure and outdoor recreation in a natural, mountainous setting.

THE EXPERIENCE

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This September, The Lodge launches a brand new [Mountain Biking Retreat in the Alps](#) created for riders who want more than just great trails. Hosted by two Swiss World Champions, the experience blends elite-level coaching, unforgettable Alpine riding and restorative downtime with the exceptional all-inclusive hospitality for which The Lodge is renowned.

Designed to suit all levels of ability, the retreat welcomes everyone from confident, performance-driven riders to those newer to mountain biking and keen to build skills and confidence. Guests are welcome to bring their own bikes or choose from a selection of provided bikes from [Thömus](#), including e-mountain bikes, allowing everyone to ride at their own pace and ability.

Each day is thoughtfully structured around riding, recovery and relaxation. Nutritious, flavour-led menus created by Michelin-trained chefs are designed to fuel performance, support recovery and still feel indulgent.

Whether your goal is to refine technique, explore iconic Alpine trails or simply soak up the unique atmosphere of The Lodge, this is mountain biking at its most refined.

For those joining with a non-cycling enthusiast, the full Lodge experience awaits - from spa time and relaxed afternoons on the terrace to exceptional dining and Alpine activities - all without taking part in the cycling programme.





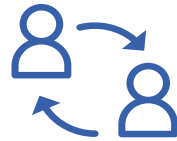
Hosted by Kathrin Stirnemann and Joris Ryf - elite Swiss World Champion riders and coaches.



Guided riding and coaching from Sunday evening (coaches arrive) to Friday (coaches depart).



Focus on downhill, enduro, E-MTB and cross-country.



Small groups with level-based coaching where appropriate.



Non-biking guests are welcome to enjoy hiking, spa, paragliding, and all The Lodge experiences.

Meet the hosts

Kathrin Stirnemann

Kathrin is one of Switzerland's most accomplished mountain bike athletes and coaches. She is Cross Country Eliminator World Champion (2014 and 2017), E-Bike Vice World Champion (2021 and 2025) and National Coach of the Swiss Women's Mountain Bike National Team. Her coaching style is calm, structured and highly effective, focusing on technique, efficiency and confidence across varied terrain.

Joris Ryf

Joris is a leading figure in the global E-MTB scene. He is E-Mountain Bike World Champion 2023, Vice World Champion 2025, a multiple World Cup winner, and technique coach for the Specialized Factory Racing Team. Joris brings a performance-driven yet accessible approach, helping riders refine flow, control and technical precision.



An all-inclusive escape designed for riders who want world-class trails by day and effortless luxury by night.

From **CHF 1,100** per room, per night for a minimum three-night stay. For those wishing to linger a little longer, a full-week stay is available from **CHF 1,000** per room, per night.

What's included?

- All food and drinks included, from hearty alpine breakfasts to après-ride cocktails and fine wines.
- One complimentary 30-minute sports massage per bike participant to help tired legs recover.
- Secure bike storage with charging points, so your kit is always safe and ready to roll.
- Exclusive 'The Lodge' cycling shirt or vest to take home as a memento of the ride.
- Complimentary bike testing from Thömus, giving you the chance to ride top tier bikes on iconic alpine terrain.





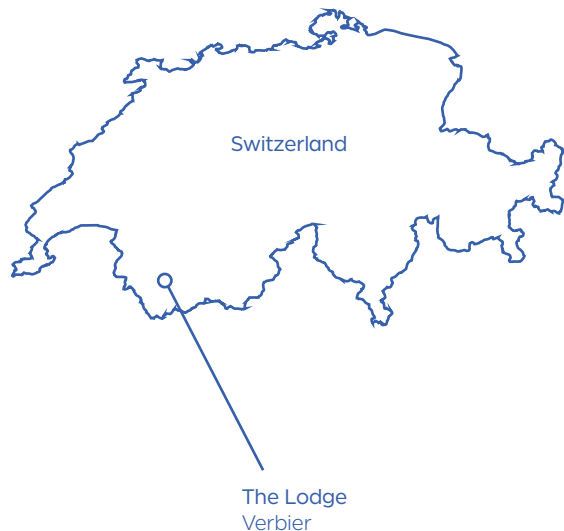
THE DESTINATION

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The Lodge is a stunning nine-bedroom mountain chalet in Verbier, Switzerland, one of the most exclusive resorts in the Alps. During the summer months, the Alps transform into a playground for hiking, biking, and fitness enthusiasts, offering endless activities and experiences with panoramic vistas. Those seeking a more relaxed pace can explore the quaint villages nearby or simply indulge in The Lodge's serene surroundings.

Location

Located at an altitude of 1,500m in the Valais region of south-western Switzerland, 51 miles east of Geneva. The Lodge is five minutes from Verbier, and 250m from the Medran lift station.



Overview

- Nine rooms and suites
- Indoor heated pool
- Indoor and outdoor hot tubs
- Outdoor cold plunge tub
- Gym
- Spa
- Games room
- Lounge area

Getting here

- Geneva International Airport is the nearest, about a 2-hour drive to The Lodge
- Swiss trains offer a fast, scenic route from Geneva to Martigny (pickups can be arranged) or Le Châble (15-minute drive)
- Geneva Airport has direct flights from New York City and major European hubs
- Zurich Airport is another option, about a three hour drive to The Lodge

Dining

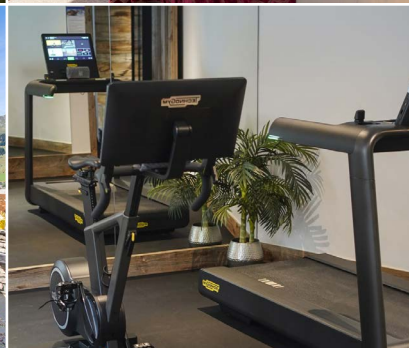
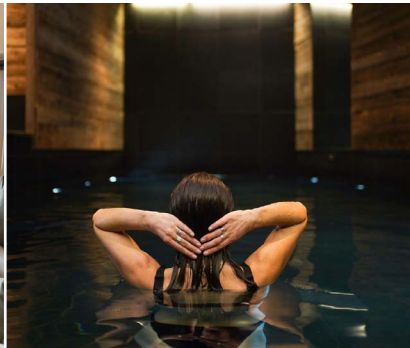
The Lodge highlights Swiss and international cuisine, making dining a key part of your stay. Meals during our retreat will feature delicious, health-focused menus crafted by Michelin-trained chefs. Dine al fresco on our terrace when the weather allows or indoors at our elegant communal dining table for 18. Dietary needs will be catered for, with fine wines served at dinner and refreshing non-alcoholic beverages available throughout your stay.

Accommodation

Nine bedrooms and suites sleep up to 14 guest.

- x2 Master Suites | 41-47 m²
Single occupancy
- x3 Bedrooms | 17-29 m²
Two single occupancy | One twin occupancy
- x4 Large Bedrooms | 28-33 m²
Twin occupancy





Val de Bagnes lies at the heart of Valais and is widely recognised as one of Switzerland's most diverse mountain biking regions. Flowing forest trails, high-alpine panoramas and technical descents come together in a landscape shaped perfectly for two wheels. With lift access, altitude and a long riding season, the valley delivers unforgettable experiences for riders of all styles.

Across Valais, iconic destinations such as Verbier, Crans-Montana and Zermatt reinforce the region's reputation as a European mountain biking hotspot, combining world-class infrastructure with dramatic scenery and a deep-rooted outdoor culture.

[World-class riding, Michelin-trained cuisine and relaxed Alpine luxury - the Mountain Biking Retreat in the Alps is a complete riding experience, on and off the bike.](#)



FUELLED BY FOOD



Food is at the heart of the [Mountain Biking Retreat in the Alps](#). Each day begins and ends around the table, with thoughtfully crafted menus designed to fuel performance, support recovery, and deliver genuine pleasure. Created by Michelin-trained chefs, every meal strikes a balance between nutrition and indulgence, utilising seasonal produce and Alpine influences to complement days spent in the mountains.

Breakfast: Generous and balanced, think fresh juices, seasonal fruit, eggs cooked to order, homemade granola, artisan breads and Swiss specialities; designed to set you up for the day ahead.

Lunch: Light sports lunches at The Lodge or trail picnics for those on the move, offering sustained energy without heaviness.

Snacks: Fresh homemade snacks to provide quick energy, sustained fuel and easy to eat on the move.

Dinner: Evenings begin with relaxed canapés and aperitifs, followed by a three-course dinner. Menus change daily, highlighting seasonal Alpine ingredients, refined cooking techniques and generous, flavour-led dishes designed to leave you satisfied, restored and ready for your next day on the mountain.

Drinks: All beverages included, from recovery smoothies and teas to handpicked wines and cocktails.

Our approach to food centres on high-calorie, nutrient-dense meals that are both easily digestible and deeply satisfying. Menus combine complex carbohydrates, lean proteins, and healthy fats to sustain long days in the saddle and support muscle recovery.

SAMPLE MENU

Menus are subject to seasonal ingredients and dietary needs.

BREAKFAST

Juices

Orange Juice

Freshly squeezed with a ginger shot

Green Goddess

Green apple, celery, ginger, silver beet, chia, and coconut water

Smoothies

Virgin Raw

Almond milk, raw cacao, linseeds, sesame seeds, almonds, banana, and agave

The Lodge Sunrise

Berries, banana, apple juice, orange juice, and organic yoghurt

Cold fuel from the buffet

Chia Pudding Pot

Granola, coconut yoghurt, and fruit pot

Fruit Bowl

Fresh fruits and organic yoghurt topped with roasted pistachios

Cooked breakfast fuel

Breakfast Porridge

Blueberry, banana, muscovado sugar, and bee pollen

Smashed Avocado on Toast

with poached eggs

Banana and Blueberry Pancakes

with maple syrup

Eggs (any style)

with your choice of bacon, sausages, tomatoes, mushrooms (or the lot!)

Eggs Benedict

Eggs Royale

LUNCH

Roasted Chicken Wraps

with cheese and avocado

Hummus and Grilled Vegetables

with warm flat bread

Quinoa Salad

with sweet potato

SNACKS

Oat Banana Bars

Sweet Potato Espresso Cakes

Cacao Nut Energy Balls

Selection of 'Clif' and 'BE-KIND' Bars

DINNER

Smoked Cured Salmon

Beetroot, white asparagus, and vinaigrette

6 Hour Cooked Beef Fillet

Caramelised shallot, morels, and bordelaise

The Lodge Banoffee

Our take on banoffee pie

Selection of Local Cheeses

from the local laiterie

Homemade Bread and Chutneys



ITINERARY

Sunday 6 September 2026

Arrival

PM Arrive at The Lodge, Verbier
Welcome drinks and orientation
Early evening group ride to Sarreyer
Or
Relax at The Lodge

Dinner Relaxed three-course menu

Monday 7 September 2026

Day one

Breakfast Performance-focused buffet and cooked options

AM Bike park downhill session (two level groups)

Lunch Light sports lunch at The Lodge
Or
Picnic

PM Bike mechanics and maintenance workshop
And | Or
Fuelling and nutrition talk
Afternoon tea

Dinner Seasonal three-course menu



Tuesday 8 September 2026

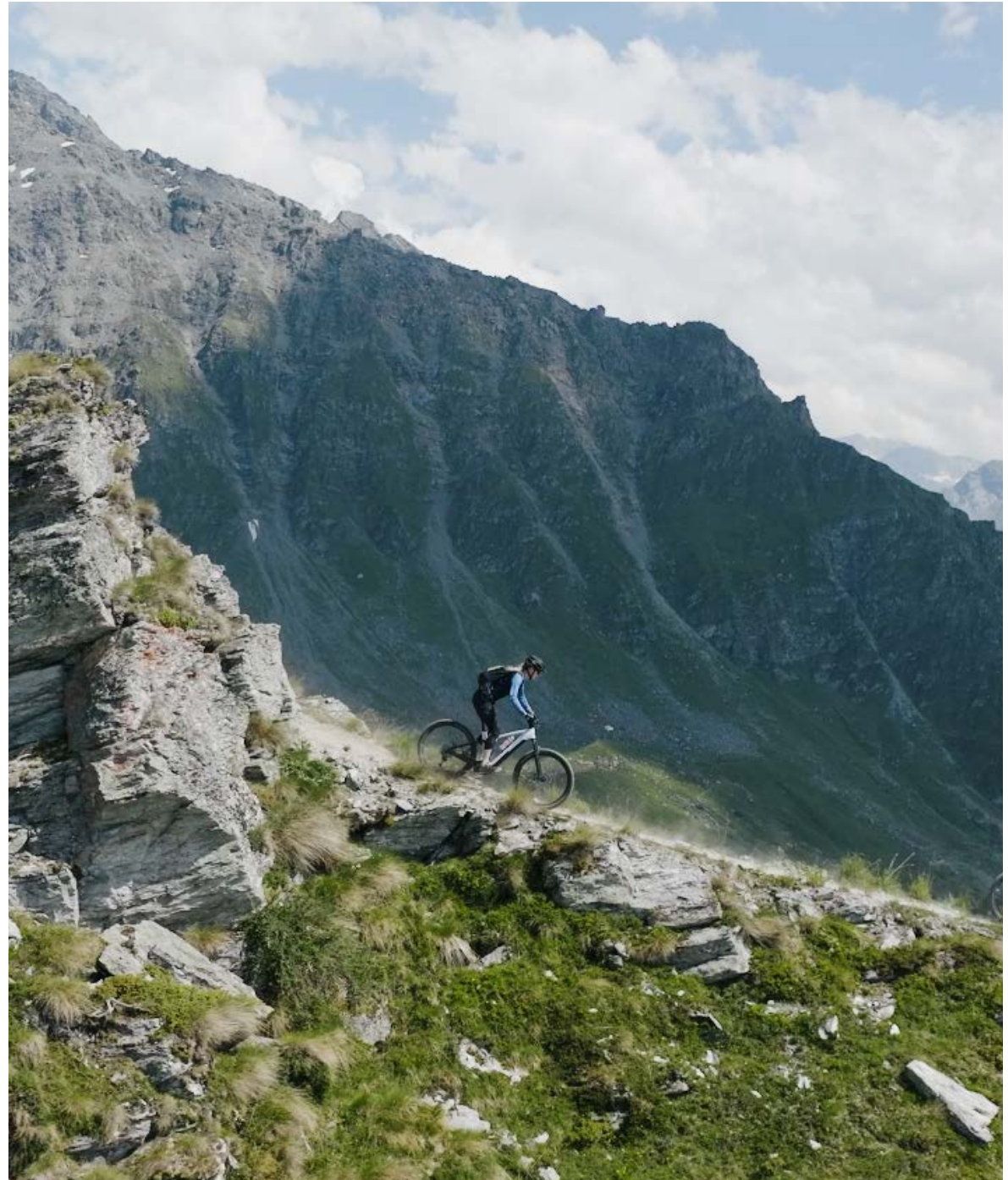
Day two

Breakfast	Performance-focused buffet and cooked options
AM	Col de Mille E-MTB ride Or Enduro riding (operation dependent)
Lunch	Trail picnic with panoramic views
PM	Spa treatment Or Recovery Afternoon tea
Dinner	Recovery and flavour-focused menu

Wednesday 9 September 2026

Day three

Breakfast	Performance-focused buffet and cooked options
AM	Bike park sessions Or Enduro trails around Verbier
Lunch	Light sports lunch
PM	Cold plunge course Or Additional enduro riding Swiss wine and cheese tasting
Dinner	Relaxed Alpine-inspired menu



Thursday 10 September 2026

Day four

Breakfast Performance-focused buffet and cooked options

AM Magic Charrat enduro

Or

E-MTB route

Cold dip at Martigny Gouilly

Lunch Picnic

PM Return to Verbier by train/bike

Optional Magic Charrat combined
with Sion wine tasting*

Dinner Celebratory three-course dinner

Friday 11 September 2026

Day five

Breakfast Performance-focused buffet and cooked options

AM Shlerondes trail ([intermediate](#))

Or

Vertigo trail ([advanced](#))

Uphill coaching session

Lunch Light sports lunch

PM Strength and recovery training workshop

Or

Spa treatment

Afternoon tea

Dinner Farewell dinner with hosts



Saturday 12 September 2026

Optional shuttle day

Breakfast	Buffet and cooked options
AM	Optional shuttle-supported riding day exploring the wider Valais (CHF 80 per guest)
Lunch	Picnic Or Lunch at The Lodge
	Afternoon tea
Dinner	Relaxed menu





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