WIN A FREE ENTRY FOR THE 2021 IRONMAN 70.3 SWITZERLAND

Take a picture with the M-Dot and keep this unique experience forever in mind. To be eligible for the draw, please fulfill the following steps:

• Take a picture with the M-Dot
• Upload it on Instagram
• Tag @ironmanswitzerland
• Use the hashtags #im703switzerland & #im703switzerlandmdot
• Follow @ironmanswitzerland

We’ll pick a winner by a random draw and will notify you on Instagram via DM. The next page will show you where to find the M-Dot’s.
In the Children’s Zoo of Circus Knie, special emphasis is placed on the interaction between human and animal. Visitors can feed the monkeys, pet the rhinoceros, ride the camels, look into the eyes of the giraffes at the giraffe terrace, give elephants a shower and pet the ponies. It is even possible to get a selfie with the sea lions if they are not busy performing their artistic feats within the show.

While riding on a pony or, if you want to go higher, on a two hump camel you can experience close contact with the animals. The very brave even dare to ride on the back of an elephant. More Information is available here.

**KNIES CHILDREN’S ZOO**

**PRICE**
Adults 19 CHF
Children 6 CHF

You can find the way there here:
4 minutes on foot from the event area
OLD TOWN TOUR

A picturesque little town from the Middle Ages awaits you here; The small and quaint alleys of the medieval old part of the town invites visitors to a charming stroll or spot of window-shopping. Discover the City of Roses on a guided tour trough alleys and over squares. The local city guides would love to proudly tell the city’s history as well as little anecdotes and legends of the past.

The tour lasts about 90 minutes and is available in German and English. Tickets (while stocks last) can be bought directly at the Visitor Center at the Fish Market Square, don’t miss to use the voucher of a 50% discount at the end of this booklet.

IRONMAN SPECIAL DISCOUNT

50 % Discount - Adults CHF 10 instead of CHF 20

The voucher is located at the end of the guide.
Not cumulative with other discounts.
MINIGOLF

A beautiful mini golf course for young and old with a picturesque view on the lake is located right next to the IRONMAN transition area. Please find more information here.

PRICE
Erwachsene CHF 6.00
Kinder CHF 4.00

S A & W E 1:30PM – 6PM / S U 11AM - 6PM
Since 1871 there is supervised deer park on Lindenhof, hosting 10 to 15 fallow deer in memory of the legend of the city's foundation. Don't miss to marvel the wildlife there, on the castle hill. For more information click here.
The striking entrance of the Stadt Museum already provides an idea of the successful way in which the past is colliding with the present within this museum. The new building combines a 14th century tower with a 15th century town palace, both of them serve as exhibition space.

While the historical character of the rooms has been preserved, the exhibition design proves to be surprisingly modern and is of significant importance for the cultural memory of the city. A model shows the city 200 years ago, handicraft and industrial objects tell of the change in production. Of course, the Circus Knie, which is homebased in Rapperswil-Jona, is not left unmentioned. Further, the windows offer a magnificent view over the city. For more information please see here.

**TOWN MUSEUM**

**P R I C E S**

Adults: CHF 6.00 - Children: free entry

You can find the way there here: 18 minutes on foot from the event area.
WOODEN BRIDGE

A beautiful walk across Lake Zurich from Rapperswil to Hurden.

On the bridge between Rapperswil and Hurden you can walk in the footsteps of the pilgrims to St. James. Since the 19th century, a passable dam allows cars to cross the lake between Rapperswil and Hurden. In April 2001, an 841-metre long and modernly designed wooden bridge for pedestrians was inaugurated on the site of the old footbridge. It is the longest wooden bridge in Switzerland standing on 233 piles. Except from some construction elements (yoke beams, barriers, connecting parts), the entire bridge is made of untreated oak wood. More details can be found here.
The Enea Tree Museum is in an impressive park near Lake Zurich in Rapperswil-Jona. It combines landscape, botany, architecture, art and design. The idea of establishing a tree museum arose from Enzo Enea's work as a landscape architect. All trees in the museum were initially intended to be deforested. However, thanks to Enzo Enea, they can now continue to thrive after extensive transportation. The Museum hosts over 50 trees of over 25 species, some of which are over 100 years old and thus create an aura of imperishability. Another 100 trees and plants can be found in the park surrounding the Tree Museum. More information here.
There is one thing guaranteed at the Alpamare: When you go downhill, there is no stopping! The water slides in the indoor pools offer an incomparable experience for adults, children, professionals and beginners. However, not only speed fans get their money’s worth on the slides, it also has funny slow slides available, making sure you have fun. Whether with a lot of power or somewhat more leisurely: Slide as often as you like. More details can be found here.
Pure nature! Let off steam on the toboggan run, the rope park or on the bungey trampoline. On the adventure trail of sparrow Männi children accompany the clever, brave and sometimes quite cheeky sparrow Männi on his adventures. The trail leads from the top station of the chairlift down to the bottom station. The adventure trail is designed for children from two to ten years old. Another adventure is the Toppogan Run measuring about 700m length and containing 17 curves, while going 126m down from the top of the chairlift to the bottom station. For more information please click here.
Immerse yourself in the world of dinosaurs. The saurian museum has real skeletons from their own excavation, life-size models, special themes such as amber, fossil woods, and much more.

Furthermore, there is a multimedia show and an outdoor area called "DinoGiardino" for barbecue, picnic and funny games. For more information see here.

**Prices**

Adults 21 CHF

Children 11 CHF

**T U - S A  1 0 A M - 5 P M /  S U  1 0 A M - 6 P M**

**SAURIAN MUSEUM**
The popular circular trail around Lake Pfäffikon in the Zurich Oberland leads through unique nature with typical moorland plants, pasts the romantic farming village of Seegräben and ends on the pulsating lake promenade of Pfäffikon. The trail takes about two hours and is 10km long.
The RappiTrail guides the guests of the City of Roses on their smartphone through the old town and presents different places, stories and attractions. The app automatically recognizes the position of its user and shows the location in a map directing the journey. On the way, you can learn interesting facts about the places the app is leading you in the form of pictures, short texts or an audio. The quiz accompany you on the journey ensures excitement. With the right answers to the questions, you can collect points on your tour. If you achieve a certain number of points, you will receive a small present at the tourist information center. The app called “drallo” is available in German, English or French. It can be downloaded for free in the App Store or Google Play Store.
The FoodTrail is an enjoyable scavenger hunt across Rapperswil. By solving puzzles you will reach six stations where local and regional specialties (to eat or drink) can be enjoyed. The trail takes about 3 - 4 hours. Tickets can be purchased directly at the counter of the Tourism Visitor Center. For groups of 9 or more people, advance reservation is required. More details can be found here.
The Bächlihof adventure farm is located just a few minutes' walk from the shore of the upper Lake Zurich. Little adventurers can let off steam here in the natural playground, storm a castle made of bales of straw, or feed the goats in the petting zoo.

In between you can fortify yourself with a slide of cake of the farm shop or enjoy fine seasonal dishes at lunchtime. The farm shop not only sells regional specialties, the shop also has the farm's own fruit – as well as the schnapps distilled from it to offer.

For more information please click [here](#).
IRONMAN SPECIAL VOUCHER

50% DISCOUNT ON THE OLD TOWN GUIDED TOUR

VALID ON SATURDAY, SEPTEMBER 12TH, 2020 AT 2PM

THE TOUR CAN BE BOOKED IN THE VISITOR CENTER. THE OFFER IS NOT VALID WITH OTHER DISCOUNTS OR SPECIAL OFFERS

VISITOR CENTER ZÜRICHSEE, FISCHMARKTPLATZ 1, 8640 RAPPERSWIL, PHONE: 055/225 77 00, INFO@RZST.CH
HAVE FUN!