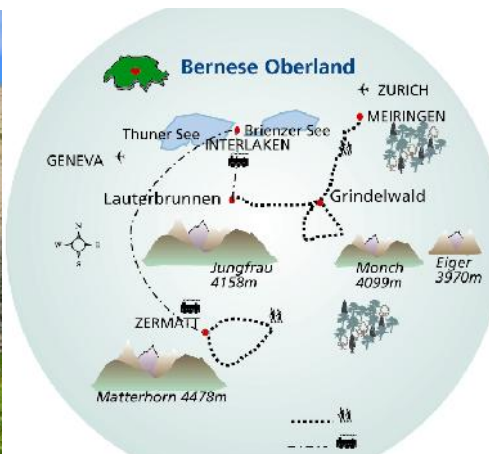


SWITZERLAND – ALPINE WALKING IN THE BERNESE OBERLAND

8-day / 7-night **SELF-GUIDED** inn-to-inn walking holiday with departures from July to September



The majestic European Alps can often seem intimidating for those not used to high mountain peaks. This tour however is an ideal introduction to walking in the Swiss Alps, offering a range of walks each day at differing levels or grades and varying distances. Choose a route each day, be it a high mountain trek along a Berweg mountain path, or a chalet stroll on a Wanderweg lower level trail. There are opportunities for sightseeing, using the extensive mountain transport system of chairlifts, cable cars and postal buses or trains – an ideal way to shorten walks – or to relax, enjoy the scenery and good food in the valley towns and mountain villages.

On this walk see two of the most spectacular and classical regions of the Swiss Alps. The peaks of the Eiger, Monch and Jungfrau overlook the valley towns of Grindelwald and Lauterbrunnen. Scenic Zermatt lies just below the magnificent peak known as the mighty Matterhorn. Take the mountain railway to the Jungfrauoch, the highest rail station in Europe at nearly 3500 metres, and walk through the flower-strewn alpine meadows in summer around the villages of Wengen and Murren and upon the Schynige-Platte – an unforgettable experience.

Departs: Daily on demand from 23rd June to 22nd September 2019

Cost from: **\$1955** per person twin share
Single room supplement from \$225, solo traveller supplement from \$270.

Starts: Meiringen **Ends:** Zermatt.

Includes: 7 nights' accommodation, 7 breakfasts, 1 dinner, route notes and maps (one set per room), luggage transfer (1 bag per person, up to 20kg) on days 2 and 4, emergency assistance.

Not included: Lunches, 6 dinners, drinks, entry fees and personal expenses. Local transfers including trains to and from the hotel are not included nor are other local trains/cable cars within Switzerland (unless indicated otherwise). From Lauterbrunnen to Zermatt you must take your luggage with you. The cost of a train from Lauterbrunnen to Zermatt is approx. CHF45 with Swiss Card* or approx. CHF90 per person without.

* Swiss Card allows travel from airport of arrival or Swiss border town to your first hotel and from the last hotel back to the airport, and a 50% discount on trains, post-buses, lake steamers and many cable cars too. This is a good investment even if you have no other travel plans within Switzerland. Please contact us for full details.

Grading: Moderate; anyone used to hill walking with a daily height gain/loss of up to 1000 metres should find the tour within their capability. Most days are a lot easier than this with an average 6 hours' walking per day. Many of the walks can be shortened if desired by the use of cable cars and local post-buses. In late June and early July there can be snow patches on higher trails (above 1800m), while new snowfalls are possible in September.

The hotels described are our usual choice, however, if these are not available then alternatives are used and on occasion a small supplement may apply – we will let you know when booking.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested Itinerary:

Day 1: Arrive Meiringen

Meiringen is easily reached by train from Zurich and the journey is spectacular, passing Lake Luzern and the Brienersee. Settle into your central 3-star hotel. Dinner is included.

Day 2: Meiringen to Grindelwald

walking up to @ 25km

There are several choices. You can walk the full distance to Grindelwald, up to the spectacular Reichenbach Falls en route; then the lush green valley of Grindelwald opens up. Or, take the train to Wilderswil, then the mountain train to Schynige Platte, and walk to Grindelwald via the Faulhorn. Ease the long descent from Faulhorn to Grindelwald by using the Firstbahn gondola. Or, take the train to Brienz and cruise on the Brienersee. The magnificent Giessbachfall waterfall is nearby. Then take the train from Interlaken to Grindelwald. In Grindelwald, spend two nights in a cosy chalet-hotel with a spectacular view of the Eiger.

Day 3: Around Grindelwald

various walking options

There are several options today. Perhaps take a trip on the Jungfrau railway (paid locally, approx. CHF185 in 2nd class), the highest in Europe, to Jungfraujoch station (3454m), for magnificent views on a clear day. Alternatively, walk the ridge route to Bussalp or Schynige Platte, take the cable car or walk to Mannlichen summit, or do the 'two glaciers' trip for spectacular views of moraine, crevasses and glaciers.

Day 4: Grindelwald to Lauterbrunnen

walking @ 21km

Ascend to Kleine Scheidegg then descend to Lauterbrunnen via the car-free boutique town of Wengen. You walk under the North Face of the Eiger and get some fantastic views over the Bernese peaks. You can make the day harder by taking the Eiger trail from Alpigen to Kleine Scheidegg or easier by taking the train to Alpigen. Your next two nights are in a 3-star hotel with views of the Jungfrau and the valley's waterfalls.

Day 5: Around Lauterbrunnen

various walking options

This popular valley boasts spectacular waterfalls. Perhaps visit Murren, the highest village in the Bernese Oberland, then take the cable car to the Schilthorn for a 360° panorama, from the Jura to the Black Forest. There are again plenty of walks to choose from.

Day 6: Lauterbrunnen to Zermatt

no walking

After breakfast in Lauterbrunnen, take the early train to Zermatt (taking your luggage with you), the quintessential Swiss mountain town. Your hotel in Zermatt for two nights is in typical Swiss chalet style, a comfortable and informal family-run hotel with a pleasant terrace garden and a sauna.

Day 7: Around Zermatt

various walking options

Various inspiring walks await – the only difficulty is choosing one. Perhaps walk in the shadow of the Matterhorn.

Day 8: Departure day

Tour ends in Zermatt after breakfast. There are frequent rail connections to Zurich or Geneva.

Outdoor Travel offer many walking holidays (guided in small groups or self-guided with inn-to-inn luggage transfers and meals) in many parts of Europe including in Switzerland the **Tour du Mont Blanc**; in Italy Tuscany, Lake Como and the Dolomites; in France the **Loire Valley**, **Provence**, or **Dordogne**. We offer the **Way of St James** or **Camino de Santiago** from Le Puy to Santiago, or the **Via Francigena** pilgrims' road to Rome.

Contact Outdoor Travel for more details and reservations:

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