

SWITZERLAND – BERNESE OBERLAND

8-day / 7-nights - centre-based guided walking based at Adelboden – a choice of graded walks each day



The picture-perfect Swiss village of Adelboden offers stunning views down the Engstligen Valley and is surrounded by impressive waterfalls and imposing peaks. Adelboden offers outstanding walking at all levels.

On this holiday, explore high alpine meadows, tranquil valleys and mountain lakes. There is a variety of magnificent mountain walks, using gondolas, cable cars and chairlifts where necessary to access higher terrain. We have the opportunity to cross the Hostalde suspension bridge, one of the longest in Europe at 153 metres, and to have a go at playing the Alpine horn at our hotel.

Our centre-based or one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option. There is usually a free day midweek to relax or explore the area.

Cost from: **\$3030** per person (twin share) Single room supplement from \$235

2023 Departures: 2, 9, 23, 30 July, 5 August

Tour includes: 7 nights in comfortable ensuite hotel room, 7 breakfasts, 7 evening meals, local transport to/from the walks, experienced walks leader offering a choice of two levels of guided walks on 5 days.

Not Included: Meals drinks not mentioned in the itinerary, personal expenses, transport and/or excursions on your free day. Airport transfers from Geneva at set times can be pre-booked at extra cost – we recommend you take these. From Geneva airport the onward journey by coach to Adelboden takes approximately 3 hours - please ask for details and costs when booking.

Accommodation: Hotel Steinmattli is a friendly 4-star hotel, situated on the edge of Adelboden village, only 600m from the main square and 300m from the nearest gondola lift. The hotel has 63 rooms with en-suite bathrooms, most with balconies and views across the valley to the spectacular cliffs of the Gross Lohner. At the end of your walks relax in the wellness centre or enjoy free use of the village's outdoor swimming pool.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Footpath and walking information:



Easier Walks: 8 to 15km on good paths, through valleys and high meadows with up to 360m of ascent in a day.



Harder Walks: 11 to 16km with some steeper sections and rougher ascents and descents with up to 900m of ascent in a day

The itinerary below is a suggestion only as there are at least two grades of guided walk each day and the final selection of walks is made by your walking leaders.

Suggested itinerary:

Day 1: Arrival day, plan to be at the hotel by mid-afternoon (contact us to pre-book airport transfers from Geneva at extra cost). The group will meet for dinner and walk leaders will brief you on the plans for the week ahead.

Day 2: Discover the beauty of the high alpine meadows, carpeted with wildflowers, above Adelboden, with stunning views of the valley and surrounding mountains. You may choose to walk or ascend by gondola lift.

Day 3: Ascend to the Hahnenmoos Pass, the historic route between Adelboden and the village of Lenk. From the top there are panoramic views over the Wildstrubel-Wildhorn massif and of the Obersimmental Valley.

Day 4: Coach to the quaint village of Kandersteg, take a gondola and then walk to picturesque Oeschinensee, a mountain lake that varies in colour from azure to emerald depending on the cloud cover.

Day 5: Free day – no walks are organised. You may choose to relax in the hotel and village, explore the nearby lakeside resorts of Thun and Spiez, or perhaps visit the Gothic cathedral and medieval centre of the Swiss capital, Bern. There are several mountain railways in the area which allow access to breathtaking alpine scenery.

Day 6: Walk to the spectacular Engstligen Waterfalls, the second highest in Switzerland, and visit Engstligenalp, an expanse of alpine meadows that was an ancient glacial lake surrounded by the summits of the Wildstrubel.

Day 7: Walk the slopes of the Elsighorn, on the high ridge that separates the Engstligen and Kander Valleys. You may choose to summit the Elsighorn, or traverse across to the Lohner Falls and then back to Adelboden.

Day 8: Tour ends after breakfast – departure transfer to Geneva airport available at extra cost

CHALLENGING HIGH PEAKS WEEKS: At Adelboden on selected dates we offer **High Routes** weeks tackling some of the best summits on offer. These challenging walks may use cable cars and rough steep paths that may be exposed or have fixed ropes. These **High Routes** holidays may give the opportunity to attempt some 3,000m peaks if weather conditions allow. They are not for everyone; they require a high level of fitness and stamina with challenging walking of 13 - 21km per day with ascents of up to 1380m – ask for details and dates.

Outdoor Travel offers many iconic walks in Europe and the UK including the **Zillertal Alps** in Austria, the **Tour de Mont Blanc** in Switzerland, the **Polish Tatras** or the **Camino de Santiago** from France or Spain through the Pyrenees, the **Via Francigena** pilgrim's road to Rome in Italy, Wainwright's challenging **Coast-to-Coast** in England, or the Scottish classic **West Highland Way**.

Contact Outdoor Travel for more details and reservations:

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