THE OBERLAND BALCONIES, self-guided

In the heart of the Bernese Alps

Reference · 203

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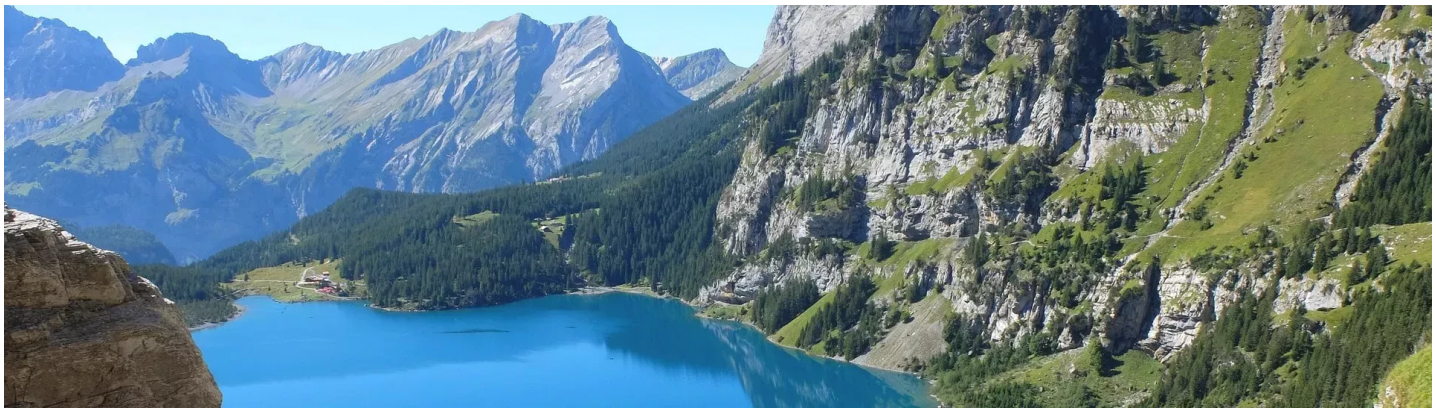

DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic or comfort	**3/4 ★★★☆**	**880 €**

From Adelboden to Grindelwald, we offer you a week on the balconies of the Bernese Oberland, to make the most famous crossing of the entire Alps. t's a journey that encapsulates the soul of the Swiss mountains, from the lush green, rounded pre-Alps to the world's most famous mountaineering peaks: the Eiger, the Mönch and the Jungfrau. It's all there: wooden chalets with flower-filled balconies, herds of cows and their bells that beat out the rhythm of the hiker's steps, alpine cheese served with a Schwyzerdütsch accent and, of course, the company of these impressive walls of rock and ice all along the way!
There are two versions of this itinerary, with more or less alpine aspects, which can be done earlier or later in the season.

You will love

- The proximity of iconic peaks: Eiger, Jungfrau, Mönch
- The permanent contrast between opulent alpine pastures and "fearsome icy mountains to behold"
- Traditional architecture, from wooden chalets to Belle-Epoque hotels
- The mountain lifestyle of Switzerland
- A very preserved environment and rich in wildlife

Day-by-day itinerary

DAY 1

ADELBODEN - BUNDERSCHRINDE - KANDERSTEG

The route starts gently through the rolling pastures of Adelboden to the huge scree slope below the Bunderschrinde. On arrival at the col, the show begins with the splendid panorama of the Kandertsteg valley and the high peaks that dominate it. A leisurely descent through mountain pastures and limestone cliffs takes you back to the village. Settle into a gîte in Kandersteg for 2 nights.

6h15 walk / elevation : +1150 m -1200 m / 13 km

DAY 2

OESCHINENSEE

A day around the spectacular Oeschinensee lake, one of the jewels of the Alps, deep blue and nestled in a setting of breathtaking cliffs! After taking the cable car up to the lake, the route takes in a loop facing Bluemisalphorn mountain range and can end with a trip in a rowing boat ! Return to Kandersteg for the night.

5h walk / Elevation: +350 m -850 m / 12 km (Loop)

DAY 3

KANDERSTEG - KIENTAL

From Mittholz, the hike starts through meadows and forest to the Alp de Giesene. The steep climb is largely rewarded by the arrival in the large circus that opens at the foot of the “hore” ... Zallers, Salz, Sattel...: fantastic rock faces and vast pastures! After passing the col, the landscape opens wide on the Kiental valley and Lake Thun. Overnight in half-board in a mountain hut or in bed and breakfast in a hotel.

6 to 7h walk / Elevation: + 1350 m ; - 950 m to - 1200 m / 11 to 15 km

DAY 4

CHISTIHUBEL

The trail continues through the unspoiled Kiental Valley before branching off to the west toward the Chüegwindli, which leads to the summit of Chistihubel at an elevation of 2,215 meters. From the summit, you can enjoy a breathtaking view of the upper Kiental Valley. The trail continues gently downhill through the wild Dünde Valley to reach Bundalp or Griesalp.

Overnight stay at a mountain hut or hotel.

5 to 6.5 hours walk / Elevation : + 1150 m ; - 430 m to - 740 m / 11 to 16 km (classic version)

6 to 7.5 hours walk / Elevation : + 1090 m to + 1120 m ; - 810 m to - 1110 m / 13 to 18 km (comfort version)

DAY 5

SEFINAFURGGE – MURREN / GIMMELWALD

Another splendid high altitude section begins in the impressive Gamchi valley. The meadows gradually give way to the mineral atmosphere of the Sefinafurgge pass (2612m) and the climb ends in a world of glaciers and high mountains. Extraordinary views of the iconic peaks of the Jungfrau, Eiger and Mönch, finally revealed in their entirety, accompany the long descent to Gimmelwald. Overnight in a gite **without luggage**.

7h walk / Elevation: +1150 m -1350 m / 15 km

7h45 walk / Elevation : +1340 m -1100 m / 17 km (from Griesalp)

DAY 6

STECHELBERG - KLEINE SCHEIDEGG - ALPIGLEN

After a descent by cable car on Stechelberg, the day begins between the steep cliffs of the Lauterbrunnen valley, along the spectacular Trummelbach waterfalls. The path then reaches the Petit Sheidegg pass, at the foot of the majestic Oberland giants and leads to the wide Grindelwald valley. A last descent leads to the refuge of Alpiglen for a night as close as possible to the north face of «l'Ogre» ! Night in refuge, in dormitory.

7h walk / Elevation : +1350 m -600 m / 17 km

DAY 7

EIGER TRAIL - GRINDELWALD

The tour ends with a day on the balcony above Grindelwald on the Eiger Trail. The path follows the foot of the Eiger, dominated by its imposing north face and the impressive climbing routes leading to the summit! After a short descent to the edge of the village, the hike can be extended to the foot of the glacial valley of the Oberer Grindelwaldgletscher, before leaving the vertical walls of the Wetterhorn to reach Grindelwald via the gentle grazing of its pastures.
5h walk / elevation: +620 m -1050 m / 12 km

Optional extra day at the end of the hike in Grindelwald

GROSSE SCHEIDEGG - BACHSEE LAKE - GRINDELWALD

Departure by local bus to reach the Grosse Scheidegg pass. The itinerary ends on a high note with this final stage to Lake Bachsee, the pearl of the Bernese Alps, reflecting all the legendary peaks of the massif! The lake can be reached directly or by walking around the Schwarzhoren. Descent to the village of Grindelwald is partly by bus.
4h walk / Elevation: + 550 m - 350m / 12 km
6h walk / Elevation: +900 m; -700 m / 14 km for the Schwarzhoren tour

End of the hike in Grindelwald.

The programme has been drawn up on the basis of the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.

BERNE
INTERLAKEN
SPIEZ
GRINDELWALD
KIENTAL 3
ALPIGLEN 6
FRUTIGEN
MÜRREN 5
Eiger
3967 m
Mönch
4110 m
KANDERSTEG 1 2
4 BUNDALP
ADELBODEN
Jungfrau
4158 m
SUISSE
graphisme © Adeline Pihuit

Dates and prices

DEPARTURES AND PRICES

Departure from 5th July to 17th September 2027, Mondays to Fridays

Without luggage transport
880 € per person, in classic accommodation
1070 € per person, in comfort accommodation (6 nights in a 2-person bedroom)
Single traveller supplement : **40 €** in classic version and **120 €** in comfort version

With luggage transport (except on day 5), in classic accommodation
Group of 2 people : **1480 €** per person
Group of 3 people : **1280 €** per person
Group of 4 people : **1180 €** per person
Group of 5 people : **1140 €** per person
Group of 6 people : **1100 €** per person

With luggage transport (except on day 5), in comfort accommodation
Group of 2 people : **1670 €** per person
Group of 3 people : **1470 €** per person
Group of 4 people : **1370 €** per person
Group of 5 people : **1330 €** per person
Group of 6 people : **1390 €** per person

Optional extras :
- Extra day in Grindelwald (D8) : **+ 130 €** per person (classic accommodation) or **+ 170 €** per person (comfort accommodation)
- Return journey from Grindelwald to Frutigen or Adelboden by taxi: approx. **€ 250** (up to 8 people)

THE PRICE

The price includes:

- Half board ccommodation in gîtes, refuges and small hotels, from dinner the first evening to breakfast on the last day (except for dinner on day 3 if staying in a hotel);
- A road book: description and IGN maps (1 road book per group);
- Daily luggage transport between accommodation (except day 5), if you have chosen this option;
- Organisation and booking fees;
- Tourist tax.

The price does not include:

- Picnic lunches;
- Bus and train transfers and cablecars (approximately CHF 130);

- Personal expenses (drinks, etc.), touristic visits;
- Potential shower tokens in accommodation;
- Your return journey from your home to the point of departure/end point;
- Cancellation insurance.

The price is all inclusive from the hike departure to end point.

The journey

LEVEL ***

Elevation: +/- 850m approximately per day.
Walking time : 4 to 6.5 hours per day.
Type of trek: a mountain trail on signposted paths, including gravel paths. Some aerial sections equipped with cables.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.
Your physical preparation will enable you to enjoy your trek to the maximum.
Please find the description of the levels by clicking here: levels of difficulty

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an IGN 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until beginning of July as minimum, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

ROAD BOOK

Before departure, we will send you a travel folder containing:
- 1 topographical map (1/50 000) with the route highlighted
- 1 road-book containing all the information necessary for the trek
- 1 waterproof map holder
- Accommodation list

ACCOMMODATION

CLASSIC
3 nights in a dormitory, in a gîte or refuge.
3 nights in a gîte or hotel, in a room for 2 to 6 people.
COMFORT
6 nights in rooms for 2 people, in a hotel, gîte or refuge.

All accommodation is equipped with hot showers, but due to recurrent dry spells, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation (except for dinner on day 3 if staying in a hotel).
Picnics are not included and can be pre-ordered at each accomodation in the evening. Possibility of refuelling en route at farms, mountain refuges and villages along the way.

Please inform us about your food allergies and special diets **at the time of booking.**
The accommodation do their best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

LUGGAGE TRANSPORT

There are 2 options available:
Without baggage transport : all your luggage is transported by you.
With luggage transport : your luggage is transported to your accommodation every day by a logistics vehicle (except day 5).

MAPS

Vanderkarte 1/30000 : 3304T Gstaad- Adelboden
Vanderkarte 1/30000 : 3323T Jungfrau Region

Practical information

ACCESS TO DEPARTURE POINT

Start of the hike in Adelboden, Switzerland.

BY TRAIN

Outtward journey: Paris – Basel or Geneva - Frutigen by train; then line bus (about 8€, 30 minutes transfer) to Adelboden.
Return journey: Grindelwald - Interlaken - Basel or Geneva - Paris
Visit the Swiss Railways website for the up to date timetable and tarifs.

BY PLANE

Geneva Cointrin International Airport, Basel Mulhouse or Zürich.
Then transfer by train to Frutigen and by bus 230 to Adelboden.

BY CAR

Refer to the itinerary on www.viamichelin.fr
From the north: access by Basel, Lucerne.
From the west: access by Frasnes, Neuchâtel, Bern
From the south: access by Geneva, Lausanne, Bern. Please note the **mandatory sticker on Swiss motorways**, to be bought at the border or at petrol stations (46 €).
Where to park your vehicle ?
Paying parkings in Frutigen (CHF 44 per week). Then bus to Adelboden, then Unter dem Birg (no free long-term parking in Adelboden).
In Grindelwald, Grindelwald Terminal car park: approx. CHF 250 per week or Wilderswil Park and Ride: approx. CHF 45 (30-minute train transfer from Grindelwald)
Paid car park in Spiez (P+R at the train station) : around 80 CHF per week.

End of the hike in Grindelwald.

RETURN TO THE STARTING POINT

Return from Grindelwald to Frutigen or Adelboden: train from Grindelwald to Frutigen via Interlaken and Spiez (1h40 journey) then very regular bus to Adelboden (30 min journey). Another solution if you are by car, is to park on the way to Spiez, then take the train to Frutigen (13 minutes), and the bus to Adelboden. On the way back, train line from Grindelwald to spiez (very regular, 1h08 journey with a change in Interlaken). Transfer in taxi approx €250 (up to 8 people)

ACCOMMODATION BEFORE AND AFTER STAY

Frutigen : Hôtel Landhaus Adler - http://www.landhaus-adler.ch/ - Hôtel National
Adelboden : Hôtel Hari - https://www.hotelhari.ch/fr/
Grindelwald : Hôtel Steinbock - Grindelwald Youth Hostel - www.youthhostel.ch/grindelwald
Swiss National Tourism Office: +41 800 100 200 29

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance IMPACT EVASION that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with IMPACT EVASION whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE / IMPACT EVASION.

CONTACT US

If you are late, contact the agency: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

LUGGAGE TRANSPORT

You are allowed 1 soft, sports type bag, with all your possessions inside, of **10kg maximum per person**. Your luggage will be transported daily, except on day 5, between accommodation by our logistics vehicle where access is not always easy.
Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!

YOUR BACKPACK FOR THE NIGHTS WITHOUT YOUR LUGGAGE

On night 5, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to add to your backpack (about 2 kilos are enough!):
- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

Details

HOW TO REGISTER

- Online: http://www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

> Altitude Mont-Blanc
> 62 Passage du Nant Devant
> 74110 MONTRIOND
> FRANCE

Please specify whether you wish to take out an optional cancellation insurance.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% in association with your account details at Altitude Mont-Blanc
('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**THE OBERLAND BALCONIES, self-guided**
Number of days	**7**
Insurance	
Trip price	**880 €**
Estimated deposit (30%)	**264 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

+33 (0)4 50 79 09 16 · info@altitude-montblanc.com

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