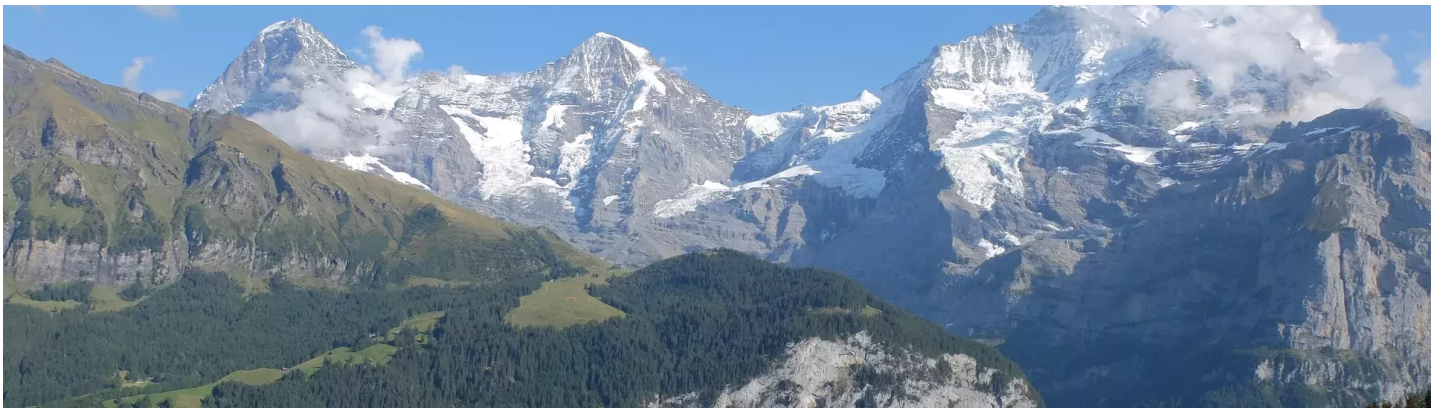
THE OBERLAND HAUTE ROUTE self-guided

At the foot of the Swiss giants

Reference · 299

Document generated on 07/11/2026



DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**With luggage transfer**
ACCOMMODATION	**LEVEL**	**FROM**
Classic or comfort	**4/4 ★★★★**	**870 €**

This is the complete crossing of one of the most prestigious balconies in the Alps, from Adelboden to Grindelwald. A week to admire the extraordinary faces of the Wetterhorn (3701 m), the Eiger (3970 m), the Mönch (4029 m), the Jungfrau (4158 m) and the Breithorn (3782 m)! The trails covered during this crossing offer an infinite variety of mountain landscapes - balconies, green valleys, traditional and flowery villages, high lakes. The "trek of the Alps", to discover or rediscover for your greatest pleasure... the light back! The stops in the small Swiss villages or on the alpine pastures add to the happiness of this exceptional hike.

You will love

- A hike in the country of Tolkien, where the high faces draw an extraordinary landscape
- The high mountains in the background, an accessible hike in a majestic setting !
- Crossing major mountain passes on very well maintained paths
- Remarkable traditional architecture

Day-by-day itinerary

DAY 1

ADELBODEN - ENGSTLIGENALP - SCHWARENBACH

The hike starts at the bottom of the Adelboden valley with an incredible trail that leads through cliffs and waterfalls to reach the Engstligenalp, a vast mountain pasture. It then climbs to the Chindbetti pass (2623m) in a high mountain lunar setting before descending on the glacial lake Tällisee. A final crossing ends the day in style at the Berghotel Schwarenbach, a historic stopover between Oberland and Valais. Overnight at the refuge in dormitory, **without luggage.**

6h walk / Elevation : +1350 m ; - 680m/ 12 km

4h30 walk / Elvation : +800 m ; - 680 m/ 10 km taking the Unter dem Birg cable car

DAY 2

GÄLLIHORE – KANDERSTEG

From the refuge, walk up to the Schwarzgratli pass to reach the Wyssie Flue (2471m) and follow the ridge of the Üschenegrat, between the two wild valleys of the Gastertal and the Spittelmatte. A small round trip to the top of the Gällihore (2283m) to enjoy the splendid panorama and then a long descent between vast alpine pastures, wild forest and woodland clearing! Possibility to descend directly on Kandersteg through the wide valleys of Spittelmatte and Waldhus. Overnight accommodation in Kandersteg.

6h walk / Elevation : +600 m ; -1450 m / 14 km

DAY 3

OESCHINENSEE - HOHTÜRLI - BUNDALP / GRIESALP

The highlight of the crossing is the ascent of the Hohtürli, at an altitude of 2778m! After a cable car ascent, the day begins along the spectacular Oeschinensee lake, deep blue and fringed with cliffs - one of the most beautiful in the Alps. Climb the moraines to the pass, then make a diversion to the Blümlisalphütte hut and the eternal ice, before returning to the green pastures of the Kiental.

Overnight in a dormitory in the Bundalp mountain hut - or in a hotel in Griesalp (in comfort version)

6h15 walk / Elevation : +1250 m ; -1210 m / 13.5 km

7h walk / Elevation : +1225 m ; -1510 m / 16.5 km (to Griesallp)

DAY 4

COL DE SEFINAFURGGE – GIMMELWALD / MÜRREN

Splendid stage for this day that starts 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 panorama on the iconic peaks of the Jungfrau, the Eiger and the Mönch which finally reveal themselves in their entirety and which accompany the whole descent on Gimmelwald, beautiful traditional mountain village.

Overnight accommodation in Gimmelwald or Mürren (comfort version) **without luggage.**

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

7h30 walk / Elevation : +1340 m ; -1100 m / 17 km (from Griesalp)

DAY 5

KLEINE SCHEIDDEG - ALPIGLEN

Start with the Gimmelwald cable car to reach the Lauterbrunnen valley, wedged between immense sheer cliffs. Short bus transfer (in option) to the Trümmelbach path. The route continues at the foot of the 3 majestic peaks to the Kleine Scheidegg, via the spectacular Trummelbach waterfalls. From the pass, the landscape opens out into the wide Grindelwald valley. The path descends gently towards Alpiglen, where you will spend the night at an altitude of 2061m, as close as possible to the legendary Eiger North Face. Overnight in refuge, in dormitory.

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

DAY 6

ALPIGLEN – GRINDELWALD

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 that make it possible to reach the summit! After a short descent to the village gates, the crossing continues along the Wetterhorn to the hamlet of Mühlebach, on the heights of Grindelwald.

Overnight in a hotel in B&B, **without luggage**.

5h walk / Elevation : +650 m ; -1050 m / 12 km

DAY 7

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 or by the lift.

4h walk / Elevation: +550 m - 350m / 12 km

5h30 walk / Elevation: +900 m; -700 m / 14 km for the Schwarzhoren tour

End of the hike at the Grindelwald bus station around 3pm.

The programme has been drawn up according to the last elements known at the time of its writing; imponderables are always possible and situations beyond our control can alter its unfolding.

Dates and prices

DEPARTURE AND PRICE

Departure from 4th July to 19th September 2027

Without luggage transport

870 € per person, in classic accommodation

1140 € 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 days 1, 4 and 6), in classic accommodation

Group of 2 people : **1395 €** per person

Group of 3 people : **1215 €** per person

Group of 4 people : **1125 €** per person

Group of 5 people : **1085 €** per person

Group of 6 people : **1050 €** per person

With luggage transport (except on days 1, 4 and 6), in comfort accommodation

Group of 2 people : **1665 €** per person

Group of 3 people : **1485 €** per person

Group of 4 people : **1395 €** per person

Group of 5 people : **1355 €** per person

Group of 6 people : **1320 €** per person

Optional extras:

- Return journey from Grindelwald to Frutigen or Adelboden by taxi: approx. **€ 250** (up to 8 people)

THE PRICE

The price includes:

- Organization and booking fees;
- The road book: description and maps (1 complete road book per group);
- Meals on half board, except the dinner of the sixth day (at your expense) ;
- Nights in refuge, gite or hotel;
- The transport of your personal belongings (except on days 1, 4 and 6) ; if you have chosen the option;

The price does not include:

- Personal expenses (drinks, etc.), visits;
- The lunch picnics;
- The dinner of the sixth day (included in comfort version) ;
- Road transfers and ski lifts (approximately CHF 120);
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

Altitude Montblanc · 62 Passage du Nant Devant · 74110 Montriond
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Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

The journey

LEVEL ****

Elevation: +/- 1000 m approximately per day.
Walking time: 6 to 7 hours per day.
Type of trek: mountain route on well-marked paths. A few airy sections that do not present any particular technical difficulty. The high cols are equipped with wooden steps. The difference in altitude and the length of some of the stages require a good level of mountain walking experience.

Good physical preparation is essential if you are to enjoy these beautiful ‘haute randonnée’ routes.
Practise an endurance sport regularly, such as walking, running or cycling, 6 to 8 hours a week. Your physical preparation will make your stay easier and help you to appreciate it even more.
Please find the description of the levels by clicking here: levels of difficulty

The route in general is well indicated, and the Roadbook provided sufficiently complete to allow you to hike in complete safety. However, it is essential to be able to read an 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.).
You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with a satellite connection.
Please note: some névés will be present on the paths until beginning of July as a minimum, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

ROAD BOOK

Before departure, we send you a travel folder containing:
- IGN maps with the route highlighted.
- 1 road-book containing all the necessary information for the trek.
- 1 waterproof map holder.
- Accommodation list.

ACCOMMODATION

CLASSIC
4 nights in gite or refuge in dormitory
2 nights in gite or hotel, in a 2 to 3 people bedroom

COMFORT
6 nights in a 2 people bedroom, in mountain hotel or gite (bed linen and towels included).

All accommodations is equipped with hot showers however, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation except the dinner of the sixth day.
Picnics are not included and can be ordered the day before in each accommodation. You can also buy supplies in small local shops.

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

MAPS

Vanderkarte 1/50000ème Berner Oberland 5004
Et Gstaad – Adelboden 1/50000ème 5009

Practical information

ACCESS TO DEPATURE POINT

Start of the hike in Unter dem Birg, Adelboden. Plan for the first night without luggage.

BY TRAIN

Visit the Swiss Railways website: www.cff.ch

Ticket purchase: sbb.ch/en/home.html

Outward journey: Paris - Bern - Spiez- Frutigen, then bus to Adelboden.

Return journey: Grindelwald - Interlaken - Bern - Paris

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 and at petrol stations.

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.

Please note that the vignette is compulsory on Swiss motorways, and can be purchased at the border and at petrol stations (€ 46).

End of the hike in Grindelwald around 3pm.

RETURN TO DEPARTURE 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

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

Do not hesitate to contact us if you want us to reserve accommodation for you.

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 EUROP ASSISTANCE 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 EUROP ASSISTANCE 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.

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 baggage will be transported daily between accommodation except days 1, 4 and 6 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 LUGGAGE

On nights 1, 4 and 6, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.

Details

HOW TO REGISTER

- Online: www.altitude-montblanc.com

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

- By post: please provide your contact 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 HAUTE ROUTE self-guided**
Number of days	**7**
Insurance	
Trip price	**870 €**
Estimated deposit (30%)	**261 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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