



## OBERLAND HAUTE ROUTE


At the foot of the Swiss giants





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 mountaint lakes.

The "trek of the Alps", to discover or rediscover for your greatest pleasure... with a lighter back! The stops in the small Swiss villages or on the alpine pastures add to the happiness of this exceptional hike.

 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic or comfort

 Level : \*\*\*

 From : 1360€

### You will like

- A hike in the country of Tolkien, where the high peaks draw an extraordinary landscape
- The high mountains in the background, an accessible hike in a majestic setting!
- Crossing major passes on well-marked trails
- Remarkable traditional architecture

# The route

## Day 1

Meeting at Frutigen station at 9.30am. Taxi transfer to the start of the hike. Pack for a night without luggage.

### 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, an immense 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 stop between Oberland and Valais.

Overnight at the refuge in dormitory, **without luggage**.

6h walk / Elevation: + 1350m -680m/ 13km

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

## Day 2

### GÄLLIHORE – KANDERSTEG

From the hut, walk up to the Schwarzgratli pass to reach the Wyssie Flue (2471m) and follow the ridge 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 pasture, wild forest and buccal clearing! Possibility to shorten the stage with the bus from Waldhus.

Overnight accommodation in Kandersteg.

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

## Day 3

### OESCHINENSEE - HOHTÜRLI - BUNDALP

The highlight of the crossing is the ascent of the Hohtürli and its 2778m altitude! After a cable car ascent, the day begins along the spectacular Oeschinensee lake, deep blue and bordered by cliffs - one of the most beautiful in the Alps. Climb the moraines up to the pass and then take a nice detour to the Blümlisalphütte refuge and the perpetual ice, before finding the green meadows of the Kiental. Overnight in refuge in the Bundalp mountain pasture, in dormitory.

6h walk / Elevation: + 1200 m -1050 m/11km

## Day 4

### COL DE SEFINAFURGGA – GIMMELWALD

a splendid stage for this day that starts in the impressive Gamchi valley. The meadows gradually give way to the mineral atmosphere of the Sefinafurgga 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 to Gimmelwald, a beautiful traditional alpine village. Overnight accommodation in a gîte in Gimmelwald **without luggage**.

7h15 walk / Elevation: +1150 m; -1350 m/ 16km

## Day 5

### KLEINE SCHEIDDEG - ALPIGLEN

The route continues at the foot of the 3 majestic peaks, between the steep cliffs of the Lauterbrunnen valley and the Kleine Scheidegg, via the spectacular Trummelbach waterfalls. From the pass, the landscape opens onto the wide valley of Grindelwald. The trail descends quietly towards Alpiglen to spend the night at 2061m altitude, closest to the mythical north face of the Eiger. Night in refuge, in a dormitory.

6h30 walk / Elevation: +1350 m; -550 m/ 15km

## Day 6

## **EIGER TRAIL – 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 lead to the summit! After a short descent to the village gates, the traverse continues along the Wetterhorn to reach the hamlet of Mühlebach, above Grindelwald. Overnight in a hotel, in dormitory, **without luggage**.

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

## **Day 7**

### **BACHSEE LAKE - GRINDELWALD**

Departure by local bus to reach the Grosse Scheidegg pass.

The itinerary ends in beauty with this last stage that goes to Lake Bachsee, the pearl of the Bernese Alps! This lake, placed on the alpine pasture, reflects the surrounding high peaks to offer one last superb panorama. Depending on the shape of the group, it is even possible to tour the Schwarzhoren (2927m) and the lakes along the way. Descent to the village of Grindelwald, partly by gondola.

5h00 walk / Elevation: + 450 m - 850m / 14km

6h00 walk / elevation: +900 m ; -700 m / 14km for the tour of the Schwarzhoren

**End of the hike at the Grindelwald bus station around 4pm.**

The programme has been prepared 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.

Personalised tour available, contact us...

# The trip

## 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.

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](#)

## ACCOMMODATION

6 nights in dormitory. All accommodation offers hot showers.

Comfort version: room for 2 people (subject to availability). Supplement of 150€ per person on a double room base.

## GUIDING

Between 6 and 14 participants supervised by a qualified professional (mountain leader).

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, consisting in a variety of salads and local products. For the nights without luggage, the picnics are ordered in the refuges.

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 1/50000<sup>ème</sup> Berner Oberlans 5004

Et Gstaad – Adelboden 1/50000<sup>ème</sup> 5009

## Practical information

### ACCESS TO THE STARTING POINT

**Meeting point Sunday in Frutigen at 9.30. Bus transfer to Adelboden, start of the hike.  
Pack for the first night without luggage.**

#### BY TRAIN

Visit the [Swiss Railways](#) website to [buy tickets](#)

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

Return: Grindelwald - Interlaken - Bern - Paris

#### BY CAR

Refer to the itinerary on [www.viamichelin.fr](http://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 car?**

All car parks in Frutigen are chargeable. Weekly season tickets are available for 25CHF.

There are 3 free long-term car parks in Grindelwald (end of hike): Maennlichen, Jungfaujoch Kl and First Pfingstegg.

Pay car parks in [Thun](#) and Adelboden, approx. 80CHF per week.

**The tour ends in Grindelwald at around 4pm on Saturday.**

### RETURN TO THE STARTING POINT

Return from Grindelwald to Frutigen: train from Grindelwald to Frutigen via Interlaken (1h40 journey).

Alternatively, if you're travelling by car, you can park in Thun on the outward journey, then take the train to Frutigen (very regular, 1 hour journey). On the return journey, take the train from Grindelwald to Thun (very regular, 1 hour journey).

A group return journey by taxi can be organised (to be arranged with your guide during the week).

### ACCOMMODATION BEFORE AND AFTER STAY

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.

### TO CONTACT US

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

## Dates & prices

**Comfort option** (room for 2 people), subject to availability : +150€ per person

From 07/07/24 to 13/07/24	Open departure	1360 €
From 21/07/24 to 27/07/24	Guaranteed at the next registration	1360 €
From 04/08/24 to 10/08/24	Open departure	1360 €
From 18/08/24 to 24/08/24	Open departure	1360 €
From 15/09/24 to 21/09/24	Open departure	1360 €

## THE PRICE

### The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and simple snacks during the day;
- Accommodation in gites, refuges and small hotels, shower tokens in accomodation;
- Daily luggage transport between accommodation (exept days 1, 4 and 6) and bus transfers;
- The road transfers and ski lifts mentioned in the day-by-day programme.

### The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Your return journey from home to the point of departure/end point;
- Cancellation insurance (4.2% of the total cost).

**The price is all inclusive from the meeting to the end point.**

# Equipment and baggage

## 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 approximately 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity documents) and a little room for a change of clothes and toiletries (1 to 2 kg max.) for the night without luggage.

## 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.

**Luggage 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 BAGGAGE

**For the nights 1, 2 and 6**, your luggage won't be dropped off at your accommodation (you'll find it the following night, generally). Here are the things to bring with you (around 2 kg is enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the next day (just the bare essentials!) and comfortable clothes/shoes for the evening.

## HOW TO REGISTER

- On our site: <http://www.altitude-montblanc.com/>
- By post: form to be filled in below.
- By phone : +33 (0)4 50 79 09 16

Please specify if you wish to take out cancellation insurance (4.2% of the price of the trip).

We will then send you, by e-mail, a proforma invoice (per couple) with a request for a 30% deposit, together with the details of your account with Altitude Mont-Blanc ("my account" section). You can pay by credit card, bank transfer, cheque or holiday vouchers. You will then receive confirmation of your registration.  
The balance of the stay must be paid 1 month before departure, without any reminder from us. Following your payment, we will send you your roadbook file.

The terms & conditions of sale, cancellation etc. are available on our website.

We remain at your disposal for any information.





## Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE