



# HIKES AND LEGENDARY SWISS TRAIN 7 days self-guided


A week between hiking trails and railways



Cho chooooo... Steam locomotives have given way to electric motors on the Swiss red trains but the magic is still working. In the heart of the Alps, the different lines weave between the valleys, passing from viaducts to tunnels, from forests to alpine pastures and leading to the most beautiful hiking spots. It is an opportunity to leave your car at home but above all to travel the country long, wide and across to take the time to contemplate the landscape. The various stops will allow you to soak up the local atmosphere, very diverse in this multilingual country, and to hike at your own pace!

This week's trip covers some of the most beautiful lines in the Alps: the Simplon tunnel, the Centovalli blue train on the border with Italy, the famous Bernina line, a UNESCO World Heritage Site, and the Glacier Express line that runs from the Rhine Gorge to the Oberalppass. While staying in Switzerland, stops take you from the Italian-speaking Ticino Great Lakes region to the snowy mountains of the Romansh Grisons.

 7 Days

 Self-guided / without guide

 Without baggage transportation

 Accommodation : Comfort (room)

 Level : \*\*\*

 From : 1160€

## You will like

- Mythical lines daily in the Centovalli, the Bernina and the Rhine Gorge
- Hiking above Lake Lugano
- Hiking in the heart of Grisons
- The reliability and aesthetic appeal of Swiss trains
- A car-free holiday with the Interrail pass included

# The route

## Day 1

**Departure at 10.56 am or 12.28 pm from Basel station.**

**Departure at 10.24 am or 12.05 pm from Geneva station.**

### **TUNNEL DU SIMPLON - CENTOVALLI - LUGANO**

This first day by train takes you to the Great Lakes region. After crossing the 100-year-old Simplon tunnel, the little blue train takes you to the heart of the Centovalli (departure at 15h26), winding its way through forests and wild gorges to Locarno. The journey ends along Lake Maggiore and finally in Lugano, where you will set down your luggage for the next 3 nights.

5.30 hours train journey from Basel/Geneva to Lugano

## Day 2

### **SAN SALVATORE - MORCOTE**

From Lugano the view of Monte Salvatore is reminiscent of the Sugar Loaf of Rio de Janeiro. Today's hike climbs to the summit and continues south along a series of forest paths to Alpe Vicania and finally the small port of Morcote. Back to Lugano by bus or boat (50min)!

6 hours walk / Elevation: +900m -900m

## Day 3

### **BRE AND BOGLIA MOUNTAINS**

After a morning visit to the town, climb up to the small village of Bre and its narrow streets overlooking the lake. The funicular makes it possible to shorten the stage by climbing to the summit. The hike continues along the ridge and the views gradually open up: Monte Rosa, Malcantone, Ticino... Once at the summit, there's just a long descent to Lugano.

6.30 hours walk / Elevation: +1250m -1250m from Lugano

5.30 hours walk / Elevation: +750m -1350m by taking the funicular

## Day 4

### **TRAIN RIDE ON THE BERNINA LINE**

The day starts with a bus ride to Tirano along Lake Como. From this village, you can board the famous UNESCO-listed Bernina train: viaducts, lakes, villages, alpine pastures and glaciers link up to the Bernina pass at an altitude of 2250m. Descent to St Moritz and crossing the Albula tunnel to reach Bergun using many viaducts and tunnels at the end of a deep valley. Overnight in a hotel in the heart of the village.

3 hours bus journey along Lake Como

4 hours train journey on the Bernina line

## Day 5

### **LAKES OF RAVAIS - KESCH-HUTTE**

Small transfer in the Val Thuors in the morning. Start of the hike in the hamlet of Chants and its small chalets where were shot several series of Heidi. The path goes up the wild valley of Ravais-ch to the lakes of Ravais. The bravest can climb to the Sertigpass. The trail then leads to the Kesch refuge at the foot of the Porchabella glacier.

Night in a refuge on half board, **without luggage.**

4.30 hours walk / Elevation: +950m -150m - (+/- 200m +2km +1h walk with the Sertigpass ascent)

## Day 6

### **THUORS - BERGUN BALCONY**

The tour continues along the balcony path overlooking the village of Bergun. The path leads to the micro station of Darlux and the wild Val da Tisch. Possibility to take the chairlift of Darlux to save a bit of descent.

6.30 hours walk/ Elevation: +400m -1650m

## **Day 7**

### **GORGES DU RHIN - OBERALPPASS**

Last day along the Glacier Express line linking St Moritz and Zermatt through the typical Swiss landscape. The route alternates between castles, the astonishing gorges of the Anterior Rhine and finally the alpine pastures up to the Oberalppass at 2000m altitude. From Andermatt you can return to Geneva via the upper Rhone valley or directly to Basel via Lake Lucerne.

3.5 hours by train from Bergun to Andermatt

**End of the tour in the early afternoon at Andermatt**

# The trip

## LEVEL \*\*\*

Elevation: +/- 800m - 1200m approximately per day.

Walking time: 4 to 6 hours per day.

Type of trek: mountain hike on trails including gravel paths.

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](#)

## ROAD BOOK

Before departure, we send you a travel folder containing:

- Swiss maps with the route highlighted.
- 1 road-book containing all the necessary information for the trek.
- 1 waterproof map holder.
- Accommodation list.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

In Switzerland, the hiking trails are very well signposted, with regular panels pointing the way.

It is preferable to be able to read a topographic map 1/25000.

## LUGGAGE TRANSPORT

**Without luggage transport:** you carry all your luggage with you.

## ACCOMMODATION

5 nights in a hotel in a room for 2 people

1 night half-board in a dormitory in a mountain refuge (or night in hotel in B&B bedroom for 2 persons)

All accommodation offers hot showers.

## MEALS

Breakfast is provided in each accommodation.

Dinners are not included (except on day 5 if you chose the night in refuge) and can be taken in the various outlets or restaurants.

Picnics are not included and can be ordered the day before in some accommodation.

You can buy supplies in 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.*

## CURRENCY

During your stages in Switzerland, some shops do not accept euros, so you will need to bring Swiss francs with you.

## MAPS

Swiss Map 3328T Lugano-Mendrisiotto 1/25 000 et 258 Bergun 1/33 3

## Practical information

### ACCESS TO DEPARTURE POINT

**Departure from Geneva or Basel in the morning.**

#### BY TRAIN

To and from the departure point: regular trains from Paris to Basel or from Lyon to Geneva.  
*The timetables given are for information only and must be checked with the [SNCF](#).*

Basel - Domodossola: departure at 10:56 or 12:28 (approx. 3 hours' journey)  
Geneva - Domodossola : departure at 10h24 or 12h05 (approx. 3h15 journey time)  
'Train Bleu Centovalli' Domodossola - Locarno : departure at 15h26 (approx. 2h journey)  
Locarno - Lugano: departs at 17:52 (30-minute journey)  
*The timetables given are for information only and must be checked with [SBB.CH](#).*

**End of the hike in the afternoon in Brig or Andermatt.**

### ACCOMMODATION BEFORE AND AFTER

On request we can book a bedroom for you before and/or after your tour.

### 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 please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07**

# Dates & prices

## DEPARTURES AND PRICES

Departures from 27th June to 15th September 2025

**€1160** per person in comfortable hotel accommodation, based on 2 people

**€300** per person single room supplement

**€165** per person as an extra fee for the non-residents in Europe.

*NB: The Interrail pass only works for residents in Europe so, it will be replaced by the Swiss Travel Pass for the non-Europeans, for an extra fee of 165 euros per person.*

## THE PRICE

The price includes:

- Accommodation in B&Bs from the night of the 1st day to breakfast on the last day;
- The dinner of day 5 if you have chosen the option in refuge;
- Road book: description and Swiss maps (1 road book per registration pack);
- The 3-D Swiss interrail ticket, which gives access to all trains in Switzerland;
- Bus reservation for access to the Bernina line;
- Tourist taxes;
- Organisation and booking fees.

The price does not include:

- Picnic lunches;
- Drinks, visits, etc.;
- Panoramic wagon reservations ;
- All transfers not specified in the program;
- The journey from your home to the start of the tour and back;
- Cancellation assistance insurance (4.2% of the total cost of the stay).

**The price applies from departure to end point.**

# 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 documents) and please keep a little room to carry a picnic and snacks.

## LUGGAGE TRANSPORT

Your extra belongings will have to be transported between the stations and the accommodation (max 1km). Please bring a suitcase in addition to your rucksack.



## HOW TO REGISTER

- Online: [www.altitude-montblanc.com](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 (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% 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.



## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE