



WalkingWomen Discover the very heart of Switzerland in September

Dates: Saturday August 31st to Thursday September 5th 2024

Duration: 5 nights

Goat guide: 4 goats

Price: £1640

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About this trip

We offer you this exciting, unique chance to walk through the heart of Switzerland - from the Alppi-Alp to the Bernese Alps. Expect to be stunned with the scenery and the alpine wildflowers in a more unknown part of the stunning Swiss Alps. In the words of a guest from last year .. " I would definitely do it all over again. It was a really magic week for me. I loved all the chats and laughs and the bond between us that developed over the days was very special. The group dynamic which began on the first evening swimming in the lake in Sarnen just grew and grew into a camaraderie which was very special to be part of. Claudia is a great guide. It was an unforgettable experience" Do join us to have your own magical experience - you won't regret it!

This is a wonderful hike through an area of Switzerland that is not one of the usual locations for tourists so not too busy. Because we are hiking through remote areas we will be carrying our own backpacks – you need to be used to mountains and have strong legs and backs! Definitely 4 Goats!

We will provide a kit list but prepare to travel light making sure you have a sleeping sheet, water bottle, sun hat , sandwich wrap(something light to carry sandwiches) and layers of clothes. We hike from the centre of Switzerland to the "giants" of the Bernese Oberland.

The view extends from Pilatus and Rigi in Central Switzerland with views of the mountains of Susten and Grimsel to Rosenlauri, Schreckhorn, Finsteraarhorn, Eiger, Mönch and Jungfrau. For thousands of years, the River Aare has made its way through the rocks in the Aare Gorge – prepared to be impressed. This is a stunning hike.

Our meeting point

The hike starts in Sarnen – a small town about 1 hour 30 minutes by train south from Zurich. You could arrive at a different airport and we can help with travel plans.

Return trip

We return from Schynige Platte, the highest mountain railway in Switzerland which connects with the Bernese Oberland railway trains from Interlaken. You can make connections to return to Zurich in approximately 2 hours. We end this hike at approx 4pm.

Programme :

This hike is one for those who would love to see some stunning, breathtaking landscapes of central Switzerland and enjoy both walking up and down and along ridges. We walk from place to place and walks will be between 3 and a half hours to 7 hours a day. The highest ascent is 1350m with steepest descent 960m. These are Goat 4 walks or T2 and T3 if you are familiar with Swiss grading. All paths are clearly marked and the pace will be steady. You do need to have strong legs and stamina. Bring with you – Picnic, drink, snacks, layers of clothes , spare clothes, rain protection, sun protection, sunglasses, gloves, headband, hut sleeping bag, small towel, toothbrush, etc.

Insurance

All participants are responsible for adequate travel, accident and health insurance.

Safety

BergFrau , our local partner, has the legally prescribed permit as a hiking and snowshoe guide and the required liability insurance. BergFrau works with mountain guides for high-altitude tours.

Trip Overview

Dates: Saturday August 31st to Thursday September 5th 5 nights/5 days of walking as we hike across the very centre of Switzerland. You will visit hidden villages – this is a real gem of a hike.

Arrive: In Sarnen by 17.00, which is approx. 1.5 hours from Zurich by train. Overnight at Hotel Krone, Brunigstrasse 130 in Sarnen, before starting our hike on Sunday after breakfast. Our walk is expected to be a leisurely 6 hours to start at a steady pace

Departure: Departure is after we finish our walk on Thursday. Expect to reach Interlaken by 16.00 in time for trains back to Zurich. If you have flights to catch, we suggest staying in Zurich overnight and getting flights on Friday or Saturday – we can help with accommodation. You may want to spend more time in Switzerland, and we can help.

If guests would like to arrive earlier or stay longer to explore more of Switzerland, just let us know, and we can help organise.

Guide: BergFrau (MountainWomen), Yvonne Ling. English and German-speaking.

Walking Grade: 4 goats at a very steady pace. For women looking to stretch themselves and have a challenge in a very supportive company. This is one of those lifetime experiences. We do use Gondola and local buses and trains to help us over some of the higher ascents. Bring sturdy walking boots/shoes.

Base: Accommodation is different hotels and some mountain huts each night as we walk from Sarnen to the Bernese Alps.

Packages

Single person £1640 per person for the holiday to include:

- Experienced English-speaking local Guide from BergFrau – Claudia
- One night's bed and breakfast accommodation on 1st night
- Four nights of bed and breakfast accommodation in twin rooms (mountain hotels). There is an option for a single room on a couple of nights, so let us know if this is your preference. It will be an extra cost.
- Local Travel needed for our journey
- 3 x dinners
- Entrance fees to national parks

Not included:

- Travel to the starting point in Switzerland and return travel from the endpoint. People may come by different routes, so we have left this flexible.
- Snacks, picnics, and drinks can be bought en route rather than carrying too much.
- Tips
- Local travel if required

Itinerary

The following programme is to give an indication of what to expect. It may change due to weather conditions and at the discretion of our guide. We always trust our guides! We ask you to trust our guides as they are highly experienced and they will always plan to give you the best holiday.

Saturday

Arrive in Sarnen approx 17.30 for a night in a hotel.

Local Dinner together. There is a fast train from Zurich taking 1hr and 14mins and for those travelling that way we suggest the 16.10.

Sunday

4 hours 4 mi / 6.5 km. 870 m up and 300m down

The bus takes us to the end of the Melchtal. From here we climb along the Innenbachtal up to Frutt. We reach Älggi, the centre of Switzerland, over a small pass. Overnight in Älggi

Monday

5 hours 6.2 mi / 10 km. 900m up and 300m down.

At Alp Älggi we watch the dairymen of the Alpine cooperative over their shoulders while they are making cheese. The hike leads to the Seefeldsee and to the Abgschütz. From the Hochstollen at 2480m altitude we let our gaze wander to the Rosenlauri and Wetterhorn. Descent to Hochsträss and then on to Kaserstatt. We take a Gondola and bus to Goldern and overnight there.

Tuesday

3 hours 6.5 mi / 10.5km 1050m up and 350m down.

Descent to the Aare Gorge. We hike through this natural wonder and go to Meiringen. The Aare Gorge has eaten its way into the limestone cliffs for 10,000 years. The gorge is up to 200 meters deep and sometimes only 2 meters wide. In Meiringen, we encounter the stories of Sherlock Holmes. By bus to Schwarzwaldalp where we stay overnight.

Wednesday

5 hours 6.5 mi / 10.5 km 1050m up and 350m down.

Today is a long and promising day. We climb up to a small lake, Hornseeli and continue on a panoramic trail that leads us to First. We take the cable car down to Grindelwald. Overnight in Grindelwald.

Thursday

5.5 hours 5.5 mi / 9 km 1450 up and 160m down.

We spend our last hiking day directly below the 1600m high world famous Eiger North Face. With a little luck we will see the climbers in the middle of the wall. The Eiger Trail offers wonderful views. Return from Grindelwald with the cable car. Journey home from Grindelwald. Train connections to Interlaken and on to Zurich or to other major cities for airports.



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