



Switzerland: A Trekking Adventure Through the Bernese Alps

DURATION | 10 Days

TRIP LEVEL | Level 5 - Challenging

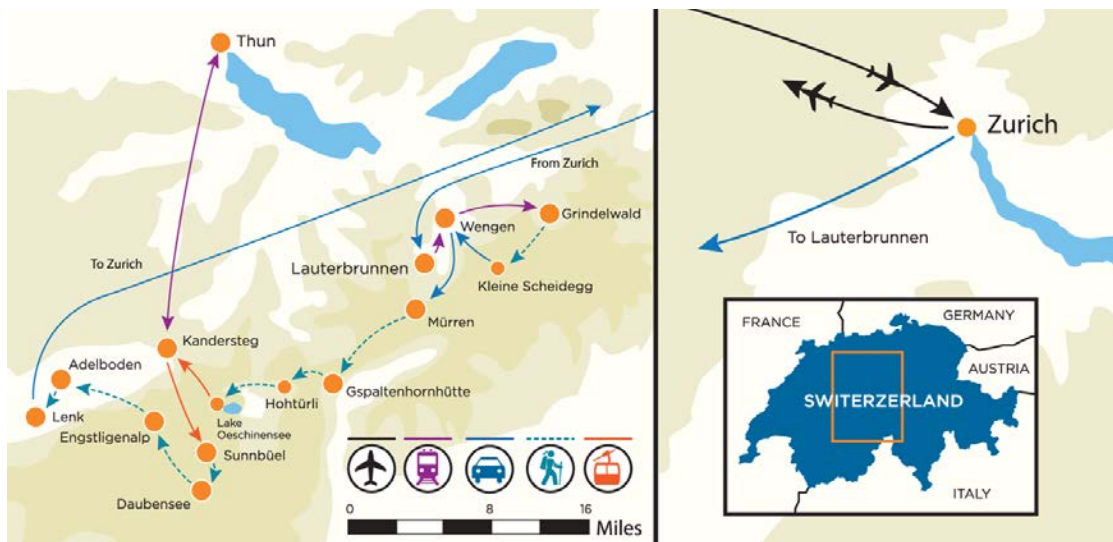
Trip Overview

Embark on a trekking journey with AdventureWomen through the Swiss Alps, where breathtaking landscapes and thrilling hikes await. From the stunning vistas of Lauterbrunnen Valley to the serene shores of Lake Oeschinensee, every step is a celebration of nature's beauty. You'll forge meaningful connections as you explore charming towns like Thun, sharing delightful experiences with local hosts. This adventure blends camaraderie and exploration, creating lasting friendships against the backdrop of the majestic Bernese Oberland. Each day's trek brings new challenges and rewards, culminating in a heartfelt farewell dinner, where you'll celebrate your shared experiences, and the bonds formed along the way.

Trip Highlights

- Embark on a thrilling hike to Lauterbrunnen Valley, ascending steeply to Gspaltenhornhütte, where breathtaking panoramic views of towering peaks await your discovery.
- Experience the tranquility of Lake Oeschinensee during a rewarding hike, surrounded by lush green landscapes and shimmering waters that capture the essence of the Alps.
- Explore the charming town of Thun, enjoying a delightful traditional "Zvieri" with a local host, before tackling varied trails to Engstligenalp and Adelboden, showcasing diverse alpine beauty.

Map View



Arrival: Arrive in Zürich, Switzerland (ZRH) on Day 1 by 12:00 PM.

Departure: Depart from Zürich, Switzerland (ZRH) on Day 10 after 3:30 PM.



Trip Itinerary



Day 1

Arrival in Zurich

Welcome to Switzerland! Arrive at Zurich Airport, where you'll meet your guide. Transfer from Zurich to Lauterbrunnen and enjoy a scenic train ride offering panoramic views of the valley to the car-free village of Wengen. Nestled among majestic mountains and accessible only by train, it offers a peaceful, pedestrian friendly environment for visitors. Enjoy an orientation walk and a short hike through the village, followed by welcome drinks and a briefing. End your day with a lively welcome dinner, sharing stories and discovering the unique reasons each woman in your group is excited to explore Switzerland's Bernese Oberland (Alps).

Meals: dinner | Overnight: Beausite Park Hotel & Spa



Beausite Park Hotel & Spa

The Beausite Park Hotel in Wengen is an elegant retreat offering sweeping views of the Jungfrau mountain range, surrounded by lush alpine landscapes. Known for its warm hospitality, the hotel also features a tranquil spa, perfect for relaxation in the heart of nature. Amidst Wengen's enchanting mountains, rolling hills, and majestic peaks, each moment here is a gift of serenity and joy. It's an experience that invites you to immerse yourself fully in the beauty of your surroundings, a reminder of the importance of cherishing life's precious moments.

Amenities: complimentary toiletries, bathrobes, safe, flatscreen TV, Wi-Fi



Trip Itinerary



Day 2

Bernese Oberland

Following breakfast at your hotel, travel through Zweilütschinen to Grindelwald, where today's hike begins. The hike starts by following the iconic Via Alpina trail, ascending through breathtaking scenery to Kleine Scheidegg, before descending into the stunning Lauterbrunnen Valley. You'll have lunch on your own at one of the mountain huts along the route. Enjoy a rewarding dinner served at your hotel. Hike roughly 9.5 miles over 5 1/2 to 6 hours with 3,740 ft of elevation gain and 2,570 ft of elevation loss.

Meals: breakfast, dinner | Overnight: Beausite Park Hotel & Spa



Trip Itinerary



Day 3

Kick off your Trek!

After breakfast, pack for the next two days of hiking, with your belongings sent to the next hotel. Ride by train and cable car system to reach Lauterbrunnen and Mürren, a car-free village serving as the starting point for our trek and offering stunning views of the Eiger, Mönch, and Jungfrau mountains. At 8,054 feet, it is an ideal place to rest before continuing on. Hike around 8 miles and 3,800 ft of gain to your stay tonight at Gspaltenhornhütte, with steep, rocky paths and narrow ridges and encounter beautiful alpine nature and picturesque waterfalls. Enjoy dinner with other travelers.

Meals: breakfast, dinner | Overnight: Gspaltenhornhütte



Gspaltenhornhütte

The Gspaltenhornhütte hut offers breathtaking panoramic views of the mountains and accommodates up to 60 guests in dormitory style rooms equipped with duvets and pillows for a comfortable stay. A spacious dining area serves hearty Swiss cuisine, often featuring locally sourced ingredients. Please be aware that hot water and showers may not be available, and overnight accommodation is in shared mixed dormitories. A silk travel liner or silk sleep sack, along with the provided indoor shoes, is required. Additionally, there is no guarantee of phone or Wi-Fi reception, nor the ability to charge electronic devices.

AMENITIES: bottled water, duvets and pillows, indoor shoes.

Trip Itinerary



Day 4

Glacial Trekking on High Altitudes

Prepare for a full day of hiking (around 9.5 miles with 3,215 ft of gain) beginning your day descending to the Gamchigletscher, a debris-covered glacier after breakfast. Journey over bridges spanning canyons carved by glaciers, then Embark on an impressive climb to Hohtürli and Blüemlisalphütte before lunch at a mountain hut. The final leg of today's hike follows the Via Alpina route on a high-altitude path where you'll witness stunning views of Lake Oeschinensee. Finish your day with a cable car descent to Kandersteg, renowned for breathtaking mountain scenery and picturesque alpine landscapes, with group dinner at the hotel.

Meals: breakfast, lunch, dinner | Overnight: Belle Epoque Hotel Victoria



Belle Epoque Hotel Victoria

Hotel Belle Epoque Victoria in Kandersteg is a historic treasure in the Swiss Alps, exuding timeless charm and elegance. Originally established as a post station in 1789, the hotel now offers a cozy chalet-style atmosphere with beautifully furnished rooms that blend vintage décor with modern comforts. Guests can indulge in fine dining, relax at the bar, and take in breathtaking mountain views, all while experiencing the rich cultural heritage of this storied guesthouse.

Amenities: complimentary toiletries, hair dryer, flatscreen TV, cable / satellite TV, free Wi-Fi



Trip Itinerary



Day 5

Castle Exploration in Thun

After several challenging days of hiking, take a break to explore the charming town of Thun, known for its beautiful castle. After breakfast at your hotel, you will travel by train to Thun, where a one-hour guided walking tour will provide insights into the town. (Please note that the castle entry fee is not included – entry fee varies from \$10-\$15 per person). Lunch is on your own, and then on your return journey, stop for a traditional home-hosted "Zvieri," a small meal typically enjoyed at 4 PM, in a 260- year-old farmhouse. Dinner will be at your leisure.

Meals: breakfast | Overnight: Belle Epoque Hotel Victoria



Trip Itinerary



Day 6

Cable Car Journey

Begin your day with a cable car ride from Kandersteg to Sunnbüel after breakfast, situated at 6,345 feet. Embark on a 7.2-mile hike through diverse high alpine landscapes, meadows, rocky outcrops, and panoramic vistas. Progress towards Gemmi Pass, both gentle slopes and more challenging terrain gaining 2,270 feet of elevation. Reach Daubensee, a serene alpine lake perfect for a rest. The path then descends slightly before the final ascent to Engstligenalp, an impressive plateau at 6,444 feet. Explore the plateau, admiring scenery with mountain walls, verdant pastures, and cascading waterfalls before enjoying local cuisine as a group at your hotel.

Meals: breakfast, dinner | Overnight: Berghotel Engstligenalp



Berghotel Engstligenalp

The hotel features comfortable, cozy rooms with rustic alpine decor and modern amenities. Its restaurant serves delicious Swiss cuisine made with fresh, local ingredients, offering guests the chance to dine while taking in magnificent mountain views. Engstligenalp is famous for its scenic meadows, cascading waterfalls, and diverse flora and fauna, making it a paradise for nature lovers. Please note that only shared twin rooms are available at this property.

Amenities: complimentary toiletries, hair dryer, free Wi-Fi



Trip Itinerary



Day 7

Chasing Waterfalls

Hike from Engstligenalp to Adelboden after breakfast, descending through verdant alpine meadows with panoramic mountain vistas. Along the way, witness Engstligen Falls, one of Switzerland's highest waterfalls and enjoy a photo opportunity and picnic lunch. Cross through dense forests and open clearings before transitioning into Adelboden, with rolling hills and lush valleys. Settle into the charming Swiss town known for traditional architecture and local culture before dinner. Hike 4.8 miles with 260 feet of elevation gain.

Meals: breakfast, boxed lunch, dinner | Overnight: Hotel Steinmattli Adelboden



Hotel Steinmattli Adelboden

Hotel Steinmattli in Adelboden is a charming 4-star retreat that seamlessly combines comfort, convenience, and Alpine charm. The hotel's traditional Alpine-style architecture, featuring warm wood accents, creates a welcoming and cozy atmosphere. Spacious, well-appointed rooms offer stunning panoramic mountain views. Guests can enjoy a restaurant serving Swiss and international cuisine, relax at the bar, and unwind with wellness amenities such as a sauna and steam bath.

Amenities: complimentary toiletries, flatscreen TV, safe, free Wi-Fi



Trip Itinerary



Day 8

Hike Among Mountain Farms

Enjoy a gentle ascent through meadows and forests after breakfast with panoramic views. Pass rolling hills, clearings, and traditional Swiss mountain farms. Enjoy Hahnenmoospass at 6,420 feet (1,957 meters), with breathtaking views of the Wildstrubel massif before lunch at a mountain hut. After, begin an enchanting descent, winding through meadows, brooks, and forests adorned with vibrant wildflowers leading to Lenk at 3,504 feet (1,068 meters) where the trail flattens into pastures alongside the Simme River. Finish in a charming village atmosphere, thermal bath, and stunning surroundings with dinner on your own tonight following 4.8 miles and 260 feet of gain.

Meals: breakfast, lunch | Overnight: Hotel Lenkerhof



Hotel Lenkerhof

This chic hotel, set in a breathtaking location, offers first-class service and award-winning Gault Millau cuisine. It blends the nostalgia of the historic «Bad Lenk» spa era with the modern luxury of a 5-star superior hotel. A vibrant atmosphere, paired with warm and friendly service, awaits guests. Embodying the Relais & Châteaux values of character, friendliness, tranquility, charm, and exceptional cuisine, the hotel creates a welcoming and inviting ambiance for all.

Amenities: complimentary toiletries, hair dryer, minibar, coffee / tea maker, bottled water, electric kettle, flatscreen TV, cable / satellite TV, safe, free Wi-Fi



Trip Itinerary



Day 9

Day in Lenk

Start your day with breakfast at the hotel. After a week of challenging hikes, take some time to relax in Lenk with a leisurely one-mile flower hike led by a local expert. Enjoy exploring the vibrant alpine flora on a gentle trail, unwinding in the soothing thermal waters at your hotel's spa, perfect for easing tired muscles and providing a well-deserved rest before lunch on your own. Conclude your day and hiking week with a gourmet farewell dinner at the hotel's acclaimed restaurant, savoring exquisite dishes and celebrating your adventures in a refined atmosphere.

Meals: breakfast, dinner | Overnight: Hotel Lenkerhof



Trip Itinerary



Day 10

Depart from Zurich

Transfer to Zürich by car (3 to 3.5 hours) and depart Zürich International Airport (ZRH) after 3:30 PM today. One group transfer is included after breakfast (time TBD); private transfers at other times are available for an additional fee.

What's Included

What's Included

- Accommodations as per itinerary based on double occupancy and dormitory rooms for one night on day 3
- All ground transportation
- All meals as listed in the itinerary
- Tap water, 1 glass of wine/beer or soft drink, 1 cup of coffee or tea with each included dinner
- Drinking water available from taps to refill personal bottles
- Luggage transfer from Wengen to Kandersteg, from Kandersteg to Adelboden and from Adelboden to Lenk, maximum 1 suitcase of max 33 pounds (15 kg) per guest
- One group transfer on arrival and departure
- Activities as indicated in the itinerary
- English-speaking guide(s) throughout the trip
- All gratuities except for the head and local guides

Not Included

- International airfare to and from Switzerland
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Snacks
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Optional activities
- Silk travel liner/silk sleep sack
- Gratuities for the head and local guides

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

