

BERNESE OBERLAND HIKING TRAVERSE FROM INTERLAKEN TO KANDERSTEG

Day 1: ARRIVAL DAY – MEIRINGEN

Transfer to Meiringen from Zurich airport or other destinations.
Trip Briefing and Welcome Dinner.



Hotel in Meiringen

Dinner included

Day 2: MEIRINGEN

An early morning stroll through town, made famous by the fictitious death of Sherlock Holmes, Sir Conan Doyle's ingenious detective. A gentle walk up hill takes us to the cable car, allowing us to easily reach the Maegisalp, and the high pastures above Meiringen. Loop hike with spectacular views high above the lush pastures below. Lunch in a mountain inn before returning to the cable-car.



Hotel in Meiringen

Breakfast, Dinner included

Distance: 6km (3.75m), 2-3 hours, up / down: 150m (500ft)

Day 3: ROSENLAUI

We begin our walk by crossing the Aare River, heading due south, climbing through meadows and small hamlets past the Reichenball Falls, where Sherlock Holmes staged his own death, presumably falling from the top platform. Following the Reichenbach River, our trail takes us through forested sections above the gorge to the Rosenloui Hotel. First accepting guests nearly 240 years ago- they have since updated the rooms!



Hotel Rosenloui



Breakfast, Dinner included



Luggage delivered



Distance: 5km (3m), 3 hours, up 728m (2402ft)

Day 4: GRINDELWALD

Soaring above the Rosenloui Hotel are the cliffs of the Wellhorn and the Wetterhorn. Our trail allows us to discover meadows and fields of wildflowers, before reaching the obvious pass at the Grosse Scheidegg, with spectacular views out to the Eiger North Face. From Grosse Scheidegg, we descend steeply, making our way to the Grindelwald Valley and 4/5-Star hotel.



Hotel Bodmi



Breakfast, Dinner included



Luggage delivered



Distance: 9km (5.6m), 5-6 hours, up 850m (2805ft), down 1130m (3729ft)

Day 5: JUNGFRAUJOCH

From Grindelwald, our goal is the Eiger Bahn, leading to Kleine Scheidegg, a large plateau just below the North Face of the Eiger. We will then take a different train up to the Jungfrauoch and the Sphinx Observatory at nearly 3500m. The train tunnels into the rock, made famous by the classic Eastwood movie, The Eiger Sanction. If the weather does not allow for the train ride, an alternative hike will be chosen lower down. We stay in Grindelwald for a second night



Hotel Bodmi



Breakfast included



Distance: 6km (3.75m), 2-3 hours, up 140m (460ft), down 800m (2640ft)

Day 6: MÜRREN

Our train brings us back to Kleine Scheidegg, giving us an easy descent to Lauterbrunnen, past Wengen and stunning 19th century hotels. A steep cable-car ride followed by a short train journey or hike to Muerren and our hotel. Muerren is only accessible by train or on foot and remains a tranquil refuge from the crowds lower down in the Rhône Valley.



Hotel in Mürren



Breakfast, Dinner included



Luggage delivered



Distance: 12km (7.5m), 5 -6 hours, up 710m (2343ft), down 735m (2426sft)

Day 7: GRIESALP

Heading west out of town, our path is a wide, paved trail up towards Gimmela and the high pastures above Gimmelwald with the Breithorn in full view to the south. The trail snakes steeply to Bryndli where, a contour trail leads to the Rotstockhutte for an early lunch of organic soups and homemade pastries. In the afternoon, a steep climb of 600m leads us to the Sefinenfurgge. If the group is fit and the time allows, we will take a side-trail towards the spectacularly perched Gspaltenhornhuette, overlooking the Gamchigletscher, before heading down to Griesalp.



Hotel in Grindelwald



Breakfast, Dinner included



Luggage delivered



Distance: 17km (10.4m), 5 -7 hours, up 1400m (4620ft), down 1200m (4000ft)

Day 8: KANDERSTEG

Most of the morning will be spent walking steeply uphill to the Blümlisalphütte, where a delicious lunch will be our reward. Home-made cakes, coffee and great views of the Thuner Lake and Interlaken, complete the feast.

A steep descent on a trail hewn out of the rock face takes us past a series of hanging glaciers to the south, before leading us to a series of summer alps above the turquoise-coloured Oeschinen Lake, located just above Kandersteg. A beautiful trail leads us through Larch and Fir forests and down to Kandersteg.



Hotel in Grindelwald



Breakfast, Dinner included



Distance: 14.5km (9.1m), 6-7 hours, up 1333m (4400ft), down 1582m (5220ft)

Day 9: DEPARTURE

All guests will depart from Kandersteg depending at their own leisure. We can, of course, help with pre- and post-arrangements.



Breakfast included