

EXPLORE!



Self-Guided Walking in the Bernese Oberland

SWITZERLAND - TRIP CODE WSOS

WALKING AND TREKKING

Why book this trip?

Walk the most famous Balcony in the Alps, from Lenk to Grindelwald on this self-guided walking holiday. Admire the mighty peaks; follow paths offering a great variety of mountain landscapes and traditional villages filled with colourful flower-filled window boxes and stunning high altitude lakes.

- **Exhilarating Alpine hiking** - Walk the impressive Bernese Oberland
- **Variety of mountain landscapes** - Balconies, green valleys and stunning high altitude lakes
- **Lenk, Aldelboden and Kandersteg** - Traditional flowered villages



INCLUDED MEALS
Breakfast: 6
Dinner: 5



TRIP STAFF
None



TRANSPORT
On Foot



ACCOMMODATION
6 nights
comfortable hotel



WALKING GRADE:
Challenging

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Trip starts Lenk

Your accommodation for the first night of this trip is in Swiss village of Lenk. Set in stunning mountain scenery the Alpine town of Lenk has its own thermal pools. If you arrive early today you may wish to hike to the foot of the Wildstrubel massif which takes between 3 and 6 hours and is between 7.4km to 23.5km, depending on the route you choose.



ACCOMMODATION:
Hotel Garni Alpenruh (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Hike from the Swiss village of Lenk across the Hahenmoos pass to Adelboden

Leaving Lenk today you take a beautiful ascent up to the pass of Hahenmoos (1956m). From here you hike downhill into the pastures all the way down to the village of Adelboden where you spend the night. This charming chalet village is home to a 15th century church and largest fondue parlour in the region!

Today's 14km walk is expected to take approximately 5 hours and you will ascend 1000m and descend 1250m.



ACCOMMODATION:
Pension Sonne (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND DINNER

DAY 3 - Trekking from Adelboden to Kandersteg

Today you have a challenge ahead of you with a demanding but rewarding hike. The walk starts off passing through the cow-filled meadows of Allmenalp, with the path slowly getting steeper as you rise up towards the top of the pass. Here you will be able to soak in the beautiful scenery and amazing views over the Alps. Cross the Bunderspitz pass at 2,546m and enjoy the scenic but steep descent into the Ueschinen Valley to Kandersteg where you spend the night.

Today's walk is between 16 km walk is expected to take approximately 7 hours and you will ascend 1250m and descend between 700m to 1350m.



ACCOMMODATION:
Hotel Alpenblick (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND DINNER

DAY 4 - Walk from Kandersteg to Griesalp mountain inn

Travel to the highest point of the trip with the pass of the Hohtürli (2778m), at the foot of the Blümlisalp massif (3663m). Start by taking the chair lift to a lake which is fed by a series of mountain creeks and its power harnessed to help provide electricity and water to a local village. From here you walk to Griesalp, where you will spend the night at a welcoming mountain inn.

Today's 14km walk is expected to take approximately 6.5 hours and you will ascend 1200m to 1600m and descend 1400m.



ACCOMMODATION:
Pension Golderli (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND DINNER

DAY 5 - Walk from Griesalp via Mürren, train to Lauterbrunnen

Walk through the middle of rich pastures with decorated chalets with a backdrop of glaciers and high mountains, dominated by the Grosshorn (3754m) and Breithorn (3785m). The route takes you along a pass and then descending to Murren where you take the train down to Lauterbrunnen where you spend the night.

Today's 14km walk is expected to take approximately 6.5 hours and you will ascend 1210m and descend 975m.



ACCOMMODATION:
Hotel Oberland (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND DINNER

DAY 6 - Hike from Lauterbrunnen to Grindelwald

Start with a climb up to the waterfalls of Trümmelbach, a series of ten glacial-waterfalls carved inside the mountain. Next this spectacular stage due to the numerous waterfalls and views nearby peaks goes along the north face of the Jungfrau, Mönch and Eiger mountains using a pass at 2061 metres. Descend to Grindelwald where you spend the night.

Today's 20km walk is expected to take approximately 7 hours and you will ascend 1250m and descend 1050m.



ACCOMMODATION:
Central Hotel Wolter (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND DINNER

DAY 7 - Circular walk from Grindelwald. Trip ends Grindelwald.

After breakfast, the organised part of your holiday comes to an end.

If you have extra time we suggest that you go and discover the Faulhorn (2680m), a first class summit you can approach in four different ways and which offers an exceptional view of the high peaks around and further to the valley and its lakes. You can walk directly from the hotel, take a cable car to 2168m or take the local bus and a trail at the foot of the Weitherhorn Mountain. Alternatively you could take the rack railway. This is a 21km walk is expected to take approximately 7 hours. This can be shortened depending on which route you take.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Switzerland

Climate

Summers are generally warm, or even hot, with a three-month period when rain rarely falls. When it does rain in this season, it is heavy and often accompanied by thunder. There are as much as eleven to twelve hours' sunshine a day in summer, but as with anywhere in mainland Europe it can occasionally be cold and wet. Early and late summer is generally the best times to visit this region.

Time difference to GMT	Plugs	Religion	Language
+1	3 Pin Round	Catholic	German

Budgeting and packing

Clothing

Light clothes suitable for walking in warm weather are recommended (July and August can be extremely hot). However early and late in the season (May/June/September/October) also bring warm clothing in case of drops in temperature or the odd shower. A fleece jacket is a good thing to have at any time of year when in the mountains.

Footwear

Well worn, sturdy walking boots with good ankle support are essential for the walks. We recommend bringing sandals and trainers for relaxing in the evenings.

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you may need to carry your luggage at times so don't overload yourself. When travelling on public transport you should always keep your luggage with you.

Luggage transfer

Included between hotels.

Equipment

Bring a personal water bottle (at least 2l capacity) and sun protection for use during the walks. You may find a trekking pole useful over the downhill sections. You may also wish to take a swimming costume and towel.

Tipping

Local fees

Cable cars and chair lifts can be used to alter the distances of the walks. These will need to be paid on the spot locally.

Day 2 - Sillenrenbül to Bergläber = 10 CHF

Day 3 Adelboden to Oye = 4 CHF or you can take the bus.

Allmenalp to Kandersteg = 11 CHF

Day 5 - Stechelberg to Murren = 11.4 CHF

Day 7 - Grosse Scheidig to First = 30 CHF

Switzerland

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£16	£23	£5.2	£1.5

Foreign Exchange

Local currency	Recommended Currency For Exchange
Swiss Franc.	Euros.

Where To Exchange

Most major towns - your Tour Leader will advise you on arrival

ATM Availability

Local currency can be obtained using credit cards in ATM's.

Credit Card Acceptance

In major restaurants.

Travellers Cheques

Not recommended.

Transport, Accommodation & Meals

Transport Information

On Foot

Recommended airport

For this trip you can fly into and back from Bern, Geneva, Basel or Zurich airports.

Flying to your destination

We recommend flights into and back from Bern, Geneva, Basel or Zurich airports which are served by the budget airlines Ryanair and Easyjet, from multiple airports in the UK. You can also use a non-budget airline (including British Airways) from multiple airports in the UK.

Arrival and departure information

At the start of your trip you can fly into Bern, Geneva, Basel or Zurich airports.

You can take a train from these airports to Lenk. The shortest journey is from Bern to Lenk the train takes 2 hours, Geneva is the slowest taking 3 hours 40 minutes.

You can return from Grindelwald to Lenk using the Interlaken train which leaves every 30 minutes after 2pm.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

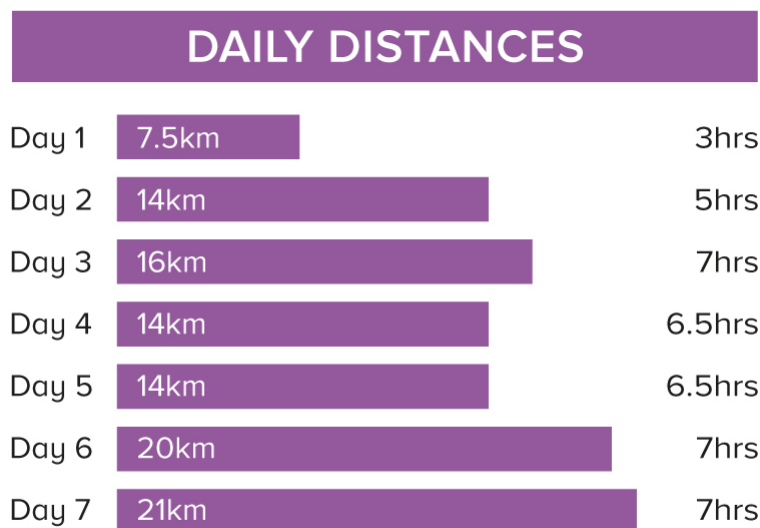
On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Switzerland

Vaccinations

Nothing compulsory; Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Walking and Trekking information



WSOS Distance Chart

Walking grade

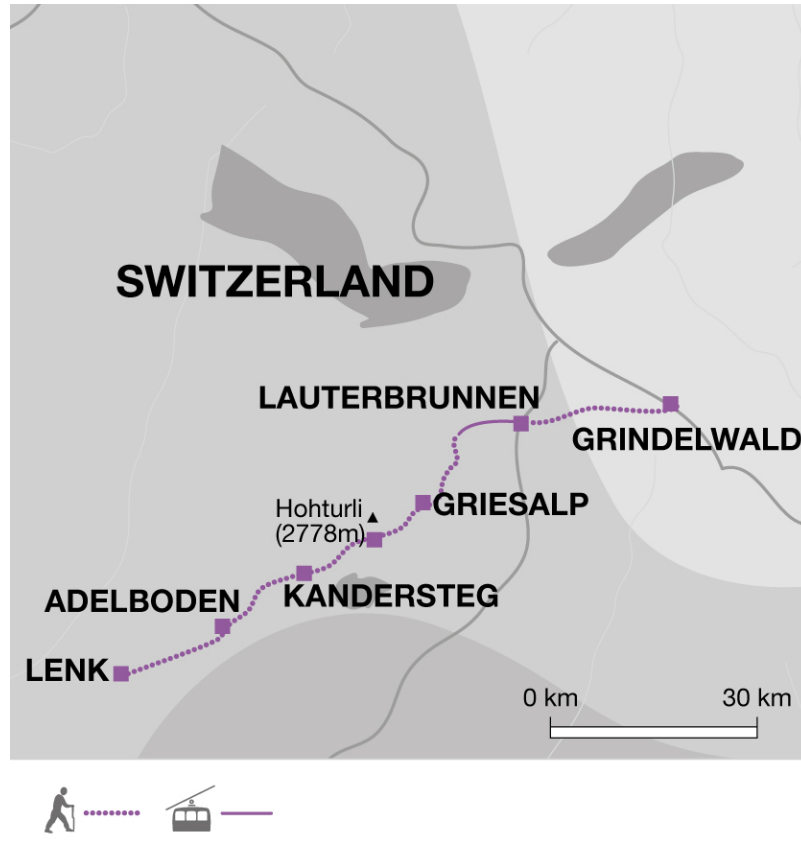
Challenging



Trek details

On this journey you walk 99km over 6 days (an average of 16.5km a day). You follow well-marked hiking trails. The route involves some steep ascents and descents of up to 1250m in a day and some

of the days are very long. There are no technically difficult sections nor scrambling required, but the trip is not suitable if you suffer from vertigo as there are sections where you could feel exposed. We have graded this route as challenging.

Additional Information



 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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