



Switzerland Bernese Oberland Trek

8 Days



The Adventure Company | EST. 1969


MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Switzerland Bernese Oberland Trek

MT Sobek brings back an old favorite! Traverse the breathtaking alpine terrain of the Bernese Oberland, home to some of the world's most striking mountains — Jungfrau, Monch, and Eiger. Kick off the weeklong trek through Switzerland from the spectacular Rhone Valley and make your way along sweeping slopes, endless meadows, and massive cliffs. Witness glistening glacial lakes high up from a ridge on the Chindbetti pass and travel back in time at idyllic villages that showcase panoramic views. Explore picturesque alpine hideaways and spend an unforgettable night on a rustic farm.

Details

Arrive:	Geneva, Switzerland
Depart:	Geneva, Switzerland
Duration:	8 Days
Group Size:	6-16 Guests
Minimum Age:	18 Years Old
Activity Level:	

Testimonials

"Great experience every time with some of the most knowledgeable guides in their fields. We always come home with wonderful memories of the people we meet and things we see."

Bob J.

"Traveling with MT Sobek is like gaining a new set of close friends that have shared an incredible experience together."

Mark N.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ info@mtsobek.com

Why Take This Trip With Us?

REASON #01

MT Sobek has more than four decades of experience leading trips in the Alps and our expert guides in the region are among our very best.

REASON #02

We first went to the Bernese Oberland over 25 years ago and have taken this classic trek out of the vault for our 50th year.

REASON #03

With carefully selected lodgings every night, you'll be sure of a comfortable and rewarding end to demanding days on the trail.

What to Expect



ACTIVITIES

Long strenuous hikes through magnificent alpine landscapes, riding cable cars and cog-wheel trains, and unwinding at spas.



LODGING

Charming family-run inns and alpine hotels with well-appointed rooms, spas, and regional cuisine, plus a night's stay in a rustic farmhouse.



CLIMATE

The days can quickly change from hot to cold and wet. Snow is likely at the high passes. Come prepared for everything.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Laurent hails from Normandy, France, having grown up in Argentan. In 1991, he obtained his European Mountain Leader certification, and in 1995 he was awarded the coveted patch of the Compagnie des Guides. Laurent has been guiding for MT Sobek since 1995, and is a senior guide on our Alps trips, he has hiked the Tour du Mont Blanc close to 100 times! When he isn't guiding for MT Sobek, he teaches First Aid and Mountain Rescue to mountain and hiking guides. During the winter, he's a ski patrol monitor in the mountains above Chamonix.

Laurent Langoisseur

A native of Chamonix, Florence is a descendant from two of the area's oldest families. After growing up in the Chamonix Valley, "Flo" spent several years in the south of France, and then traveled abroad to South America and Asia. She returned to her ancestral home, where the mountains now form an integral part of her life. She has led nearly 50 trips to the Alps, not counting how many times she has done this trip for her own fun! In addition to being an accomplished hiking guide, Flo is a skier and climber. As a member of the Compagnie des Guides, she follows in the footsteps of her forefathers.

Florence Simond

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Itinerary

DAY 1

ARRIVE IN GENEVA & JOURNEY TO CRANS

Arrive in Geneva, meet your private bus outside the customs and immigration area at the airport, and transfer to the hillside resort town of Crans, a popular destination for outdoor enthusiasts, situated above Sion in the Swiss Alps. In the late afternoon, gather in the hotel lobby for an orientation before enjoying dinner together.

Meals: D

DAY 2

EXPLORE LAKE TZEURIER, SIMMENFALLE & LENK

Start the hike above Crans in Plan Mayen along the famous Ro irrigation canal that the Swiss call "bisse," then rejoin Lake Tzeurier on a scenic trail that crosses the alpine meadows of Laurantse and Armeillon. At the Plan des Roses, start the ascent up a gentle slope to the Rawill Pass (7,924'), which showcases a grandiose panorama of the Bernese Oberland. After you take in the view, descend toward Iffigenalp, take a minivan and transfer to Lenk near the Simmenfalle, a series of cascading waterfalls.

Activity: 7.5 hours/11 miles hiking with 2,970' elevation gain & 2,750' elevation loss

Meals: B, L, D

DAY 3

TREK FROM LENK TO ENGSTLIGENALP MEADOWS

Follow the torrents and cascades of the Simme River and start the long trek up toward the Ammertten Pass. In the distance see the resplendent Wildstrubel massif (10,640'), whose peaks offer a surprising contrast to the flat green plains of the Engstligenalp meadows. This is where you leave the trail for the day, and check into the mountain inn.

Activity: 6 hours/9 miles hiking with 4,400' elevation gain & 1,580' elevation loss

Meals: B, L, D

DAY 4

HIKE FROM ENGSTLIGENALP TO THE VILLAGE OF KANDERSTEG

Start early this morning and trek up towards the majestic Tschingelhortighorn Mountain, skirting around its iconic summit. Follow a stunningly beautiful ridge, with views of glittering glacial lakes below, until you reach the Chindbettipass. As you descend toward the high-altitude resort village of Kandersteg, take in the gorgeous scenery of cliffs and verdant plains all around.

Activity: 7 hours/13 miles hiking with 2,400' elevation gain & 4,900' elevation loss

Meals: B, L, D

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DAY 5

HIKE FROM KANDERSTEG TO THE MEADOWS OF KIENTAL

Today features a long ascent but with enough gems along the way to make it easier. Early on, come to Lake Oeschinen, at the foot of the Bluemlisalp Massif, and meadows that are worth a stop. Reach the impressive tongues of the Bluemlisalpgletscher glacier and the Hohturli Pass (8,882') with its 360-degree view over the Kandertal and Kiental. The descent into the Kiental meadows is steep and constant at first. Today's destination is Bundalp, a farmhouse inn tucked away in a splendid mountain setting.

Activity: 7 hours/13 miles hiking with 3,700' elevation gain & 3,100' elevation loss

Meals: B, L, D

DAY 6

HIKE FROM KIENTAL TO THE VILLAGE OF MURREN

Descend briefly to the Bundstag Bridge, where you rejoin the Sefinenfurgge route. The companions in the distance are nothing short of majestic — take in the Jungfrau (13,669'), the Monch (13,468'), and the Eiger (13,025'). Follow a long descent toward the Rotstock meadows and Murren, which is the birthplace of modern alpine racing. From here, walk another 1.5 hours on the famed North Face Trail, rich with mountaineering history. Stop in the cozy village of Murren to rest for the night. If the cloud cover stays away, take in an enchanting sunset.

Activity: 7.5 hours/12 miles hiking with 3,960' elevation gain & 2,650' elevation loss

Meals: B, L, D

DAY 7

TAKE A CABLE CAR & COG-WHEEL TRAIN TO GRINDELWALD

Leave the heights of Murren and descend by cable car into the majestic Lauterbrunnen valley, flanked by massive, sheer cliffs and with more than 70 waterfalls falling into the meadow below. Follow the course of the Weisse Lu-tschine River, hike up along the Trummel gorges and arrive at the foot of the Jungfrau, the Monch, and the Eiger. Ascend to the mountain pass of Kleine Scheidegg (6,772') by the only method of local transport — cog-wheel train. Marvel at the view, then head down to Grindelwald, which has a long history as a mountaineering base.

Activity: 7.5 hours/12 miles hiking with 3,700' elevation gain & 1,650' elevation loss

Meals: B, L, D

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DAY 8

BID FAREWELL TO THE BERNESE OBERLAND & RETURN TO GENEVA

After breakfast, transfer to Geneva airport for homeward-bound flights.

Meals: B

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Dates

Aug 14 - 21, 2022

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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