



## BERNESE OBERLAND TRAVERSE, SWITZERLAND: INN-TO-INN HIKING TOUR

**MEET:** Meiringen  
**DEPART:** Gasterntal  
**LENGTH:** 11 days. (Also available as a 6 day, 5 night, Part A or B tour)  
**HIKE RATING:** Strenuous, 5–8 hours/day, 2500'–4500' elevation gain/loss

This tour covers the most scenic and challenging sections of the Alpine Pass Route across the Bernese Oberland, our home region in Switzerland. This route, which is also known as the via alpina, was recently named the “World's best hike” by Backpacker magazine, and we agree! Our tour differs from other tours of the Bernese Oberland by adding a couple of memorable detours to areas that should not be missed. This tour is a beautiful collection of supreme alpine scenery, remote inns, and quiet trails.

On our inn-to-inn tours we'll move to a new location nearly every day, crossing many passes, and we'll stay in a combination of 3-star village hotels (5 nights) and traditional country inns (5 nights). We'll have two nights without our luggage when we will need to carry a few extra things, and on other days it is transported separately, so you can hike unencumbered. Our typical day starts with a continental buffet breakfast at our inn—delicious fresh baked bread, local cheeses, cereal, fruit, coffee and juice—which gives us the energy needed for a full day of hut-to-hut hiking. Soon we'll be out on the trail for 6–8 hours, where often you'll get to choose between an easier or more strenuous hike for the day and we explore the Alpine Pass Route. Each morning, you'll be handed a lunch to carry, and at a mid-point along the way we'll choose a beautiful spot to stop and enjoy our picnic. We get a lot of compliments on our imaginative lunches—making them something to look forward to as well!

We should finish our hike around 4–5 pm, giving you time to wash up and relax. You'll have your own room every night, often with private bathroom. Each evening we'll enjoy dinner together at our inn. These are multi-course feasts, featuring local specialties like bratwurst, rösti, or cheese fondue, and will definitely be hearty, filling, well-earned and very delicious.

Actual hikes vary from trip to trip, but our itinerary will go something like this:

### DAY ONE

Arrive in Switzerland, and transfer by train to the quiet town of Meiringen to start the Bernese Oberland tour. We'll meet in the afternoon and take a bus ride up to our remote inn to start the tour. Waterfalls and imposing mountains watch over us in this relaxing corner of the Alps. (Schwarzwaldalp Inn)

### DAY TWO

After a hearty breakfast, we'll hike over the Grosse Scheidegg pass and enjoy our first views of the Eiger and of the Grindelwald valley. With 10,000 vertical feet separating valley from peak, Grindelwald sits at the base of one of the most impressive vertical mountain walls in the world. Perhaps we'll detour via the postcard-perfect Bachsee lake before winding down to the glacier village and our lovely 3-star hotel. (Hotel Wolter or Derby)

### DAY THREE

Today we'll explore the Grindelwald valley and hike to the famous Kleine Scheidegg pass. The entire day is dominated by great close-up views of the Eiger North Face—perhaps the most notorious climb in the Swiss Alps. We'll descend to the quiet village Wengen for a restful night. (Hotel Bären)



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### DAY FOUR

We'll enjoy spectacular views of the Jungfrau and surrounding mountains on the way down from Wengen. Our trail winds through flowery meadows and dense woods to the lush Lauterbrunnen valley floor. After a break for lunch, we'll hike to a wild and isolated corner of the Lauterbrunnen valley for a memorable night in a remote mountain inn in one of the most spectacular corners of the Bernese Oberland. (Obersteinberg Inn)

### DAY FIVE

We have a couple of trail options today—the first, a panoramic climb over a high ridge with breathtaking views in every direction, the second, a beautiful wooded hike filled with waterfalls. Both lead through sleepy Gimmelwald to the car-free village of Mürren, with its unparalleled cliffside views of the surrounding mountains. This marks the end of Part A of the tour. Stay in a comfortable 3-star hotel. (Hotel Jungfrau or Edelweiss)

### DAY SIX

There are numerous dayhike possibilities around Mürren. One beautiful trail leads up to the local peak, Birg, for superb all-around views, and past a small glacial tarn. Or feel free to just unwind in one of the most scenic and relaxing villages in the Alps. (Hotel Jungfrau or Edelweiss)

### DAY SEVEN

Our trail meanders to the deep recesses of the Sefinen valley before crossing the first of two major passes, Sefinenfurke, into the tiny hamlet of Griesalp. A moderate but long climb past Rotstock hut and over the pass, followed by a very steep descent, is rewarded by a friendly welcome at our rustic but pretty inn. (Gorneren Inn)

### DAY EIGHT

We'll need an early start for our most challenging day of the tour. Crossing our second major pass, Hohturli, we'll hike past glaciers and high mountain peaks to the jewel-like Oeschinen lake—an emerald-green lake surrounded by cliffs which has to be seen to be believed. We stay in a 3-star hotel in the quiet village of Kandersteg for the night. (Hotel Adler or Alfa Soleil)

### DAY NINE

We'll quickly escape town on a quiet path leading south towards the Klus gorge. The power of the Kander river is impressive as we climb through this narrow gorge into the hidden Gasterntal valley. This is a picture-perfect hide-away—a small, U-shaped valley, carpeted with wildflowers and guarded by savage cliffs. Waterfalls bursting from the sides of cliffs add to the scenery. Stay in a pleasant inn with great mountain and waterfall views. (Steinbock Inn)

### DAY TEN

For our grand finale we'll choose from a couple great hikes. One of our favorites is a strenuous climb to the nearby Lötschen pass. Old Roman trails lead us through meadows and woods, with a short stretch across a glacier, to the small hut at the pass where the views to the south are superb! We'll return to the same inn at the bottom of the valley that night. A fitting way to end a great tour. (Steinbock Inn)

### DAY ELEVEN

Today we say good-bye to the Bernese Oberland and depart for Kandersteg and our post-tour destinations.