



## JUNGFRAU + MATTERHORN REGIONS, SWITZERLAND: VILLAGE-BASED WALKING/HIKING TOUR

**MEET:** Mürren  
**VISIT:** Murren, Grindelwald, Zermatt, Leukerbad  
**LENGTH:** 13 days, 12 nights in 3-star hotels  
**HIKE RATING:** Moderate–Strenuous, 5–7 hours/day, 1000'–3500' elevation gain/loss

This two-week guided tour takes us to the heart of the most breathtaking mountain scenery anywhere! Start in Mürren, for the best hiking in the Swiss Alps, at the foot of the Jungfrau. Then it's on to Grindelwald, nestled at the base of the fearsome Eiger North Face. Afterwards, we'll stay in the world-famous hiking center Zermatt, tucked against the Alps' most striking mountain, the Matterhorn. Finally, we'll finish with 2 days in unassuming Leukerbad, a small village famed for its spas and healing waters. This tour has a little of everything, and is a perfect introduction to the Swiss Alps.

### DAY ONE

Arrive in Switzerland, and transfer by train to our meeting point in Mürren. There is a train station in both the Zurich and Geneva airports, and transferring to Mürren will be an easy introduction to Swiss precision and friendliness. The trip itself is incredibly scenic, and takes about 4 hours. Mürren is an idyllic, car-free village, perched atop a sheer 3000ft. cliff above the waterfall-filled Lauterbrunnen valley (picture Yosemite with a Swiss village on top). We'll meet and talk about our tour before settling in for our welcome dinner at the Hotel Jungfrau. (Hotel Jungfrau)

### DAY TWO

One of our favorite hikes starts in town, and gently meanders up the hills to the pastoral setting at Spielboden. Here we cross the Schiltbach stream, and start a steep and invigorating ascent to the local peak of Bryndli. We'll take our lunch enjoying birds-eye views of

Mürren and the Lauterbrunnen valley, perhaps with a soaring golden eagle for company. From here the trail levels off, and becomes a relaxing stroll through flowery meadows to a quiet alpine hut at Bogangen. The trail back leads over a small ridge for more great views, before dropping back down to Mürren. (Hotel Jungfrau)

### DAY THREE

The Upper Lauterbrunnen valley curls back beneath the white-capped Breithorn—considered by many to be the most perfect mountain in the region. It's also a nature preserve, and contains many wonderful hiking trails. One of our favorites takes us to the small farm at Obersteinberg, where the proprietors keep cows and make cheese by the same simple methods that have been used for centuries. This part of the valley also contains some of the area's prettiest waterfalls. (Hotel Jungfrau)

### DAY FOUR

We may start with a morning stroll through the sleepy village of Gimmelwald. From here a wooded trail leads down past impressive waterfalls to the floor of the Lauterbrunnen valley. After a relaxing picnic lunch, a flat hike takes us through the center of this amazing valley. 3000' cliffs tower on either side of us, bursting with some of Switzerland's most famous waterfalls. After arriving in the town of Lauterbrunnen, we can transfer by cablecar back to Mürren. (Hotel Jungfrau)

### DAY FIVE

A morning transfer brings us to the classic resort village of Grindelwald. Fronted by the impressive rock wall of the Bernese Alps, the ridge behind Grindelwald hosts some of the greatest panorama hiking in the Alps. The Bachalpsee, a small glacial lake, provides the perfect mirror for enjoying the surrounding mountain scenery. We'll follow less traveled trails through rocky fields and old pine forests to this lake and other favorite viewpoints. (Hotel Wolter or Derby)



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### DAY SIX

Another energetic hike takes us right into the heart of the Grindelwald mountains. It starts with a densely wooded climb to the impressive Gletscherschlucht—a steep narrow gorge gouged out by the lower Grindelwald glacier. From here, our path continues up, out of the woods, along an airy trail to Bäregg. This sunny perch sits in a cirque among the mountains, and is a wonderful place to watch birds soar as avalanches crash onto the glacier far below. (Hotel Wolter or Alte Post)

### DAY SEVEN

After breakfast together, we'll say good-bye to Grindelwald, and board the train for Zermatt. You'll have a chance to check out the town, take a short walk around Zermatt, or enjoy the wonderful pool and spa before settling in for our welcome dinner at the very friendly Hotel Europe. (Hotel Europe)

### DAY EIGHT

It's nice to start with a walking tour of the village that takes you past 400 year-old houses and into the history of this fascinating town. Then perhaps up to the Findeln glacier, hiking through larch forests and passing numerous small lakes with the Matterhorn towering in the distance. Afterwards, we'll enjoy exquisite food and great Matterhorn views from our hotel on the outskirts of town. (Hotel Europe)

### DAY NINE

Taking quiet trails through fields and forest, we have a range of choices up to the wide ridge of Gornergrat, past marmots and small glacial lakes, to what has to be one of the finest viewpoints in Europe. The jumbled mass of the Gorner glacier stretches out before us, and behind that, Dom, Monte Rosa, the Breithorn, and the Matterhorn form a spectacular backdrop. (Hotel Europe)

### DAY TEN

There are many peaceful trails criss-crossing the larch forests outside of Zermatt. We can take one that leads us to a suspended wooden walkway through a narrow river gorge. After a harrowing walk through the gorge, we emerge and continue on to the enchanting, centuries-old hamlets of Zum See and Zmutt. Perhaps we'll make the strenuous climb to the Schwarzsee lake, or even up to the Hornli hut (a sort of Matterhorn base camp) to enjoy fabulous, close-up views of the Matterhorn and a sweeping look back at the valley below. (Hotel Europe)

### DAY ELEVEN

Leaving Zermatt, scenic train and bus ride in the morning brings you to the end of a neighboring valley and the quiet village of Leukerbad. Here you'll enjoy the slower pace of this tiny village to go with your gorgeous mountain views. One short hike leads toward the end of the valley to Fluekapelle, a tiny chapel tucked below impressive cliffs. (Hotel Escher)

### DAY TWELVE

A long and dramatic hike climbs leads up a serpentine path to the historic Gemmipass. Visit a small inn on the edge of an alpine lake and savor the high mountain views before returning to the village by cablecar. (Hotel Escher)

### DAY THIRTEEN

After breakfast at our hotel, we'll say our good-byes and leave for our post-trip destinations.