



Three magnificent mountain regions: Grisons, Valais and Bernese Oberland! Multi-day guided hikes, summer 2017

A hikers' paradise, the cantons of the Grisons, Valais and Bern offer some of the most varied and spectacular mountain walking in Switzerland. Meadows and marshland, forests and lakes, glaciers and rocky summits, plus a wonderful diversity of alpine flowers and mountain animals and a rich local culture.

Join me for a multi-day guided hiking tour in summer 2017. In English, en français, auf Deutsch. I look forward to sharing my passion for the Swiss mountains with you!

Seven varied options to choose from

22–23 July: Panoramic hiking weekend, Bernese Oberland (accommodation in 3-bed rooms)

- Two days' hiking; for enthusiastic walkers with reasonable fitness; 600–850 m ↑, 650–1300 m ↓ per day.
- Cost CHF 290 per person. **Booking deadline: 30 June 2017.**

25–28 July: Kandersteg circuit: passes, waterfalls and historic trails (dormitory accommodation)

- Four days' hiking; for experienced walkers in good shape; up to 1300 m ↑ and ↓, 5–7 h walking per day.
- Cost CHF 590 per person. **Booking deadline: 20 June 2017.**

31 July–5 August: Engadine peaks... 6, 7, 8 x Piz! (comfortable hotel base)

- Five days' hiking; for sure-footed experienced hikers on good form; up to 1500 m ↑ and ↓, 5.5–8 h walking per day.
- Cost CHF 1090 per person. **Booking deadline: 26 June 2017.**

6–12 August: Bivio and Parc Ela — lakes, passes and pure nature (comfortable hotel base)

- Six days' hiking; for enthusiastic walkers in good shape; max. 1000–1200 m ↑ and ↓, 3–7 h walking per day.
- Cost CHF 1280 per person. **Booking deadline: 30 June 2017.**

15–18 August: high above Zermatt (dormitory accommodation)

- Four days' hiking; for enthusiastic walkers in good shape; up to 1000 m ↑ and ↓ per day, 3–6.5 h walking per day.
- Cost CHF 595 per person. **Booking deadline: 10 July 2017.**

20–24 August: National Park and Lower Engadine (dormitory accommodation)

- Five days' hiking; for experienced walkers in good shape; up to 1150 m ↑, 1250 m ↓, 4–7.5 h walking per day.
- Cost CHF 725 per person. **Booking deadline: 15 July 2017.**

16–18 September: the majestic Aletsch glacier region — from Belalp to Bettmeralp (dormitory accommodation)

- Three days' hiking; for enthusiastic walkers in reasonably good shape; max. 850 m ↑ and ↓, 3.5–5.5 h per day.
- Cost CHF 420 per person. **Booking deadline: 14 August 2017.**

Simply click on the “Book now” button on the corresponding tour page on [my website](#) to reserve your place!

And turn to the last page for a glimpse of the stunning landscapes awaiting you...



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Panoramic hiking weekend, Bernese Oberland

Saturday 22 to Sunday 23 July 2017

Highlights

Hiking weekend above the impressive Lauterbrunnen valley. Panoramic views of Eiger, Mönch and Jungfrau; flower-filled meadows; waterfalls; nature reserve; overnight stay in the delightful village of Gimmelwald.

Type of hiking

- 2 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic walkers with a reasonable level of fitness; 600–850 m up, 650–1300 m down and 4–6 hours walking each day (excluding breaks).
- Technical level: mostly T2 (Swiss Alpine Club grading), with possibly some short sections at T3.

Itinerary (details will depend on the local weather conditions and capacities of the group)

- **Saturday 22 July:** Grütschalp to Gimmelwald panoramic trail.
- **Sunday 23 July:** Gimmelwald–Obersteinberg–Stechelberg.



Price and booking

CHF 290 per person (min. 4, max. 8 participants), including: 2 days' guided hikes; one night's accommodation in 3-bed rooms with half-board.

Price excludes: transport, insurance, picnic lunches, drinks.

Booking deadline: 30 June 2017.



Kandersteg circuit: passes, waterfalls and historic trails

Tuesday 25 July to Friday 28 July 2017

A four-day circular trek beginning and ending in the pretty village of Kandersteg.

Highlights

Long views of the high summits of the Bernese Oberland; the wild Gasterntal gorge; the historic route to the Gemmi Pass; a wonderful ridge path above the high plateau of mountain pastures at Engstligenalp; the 600-m high Engstligen waterfall; and an airy traverse over a rocky pass to bring us back our starting point.

Type of hiking

- 4 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For experienced sure-footed hikers on good form; up to 1200 m ↑ and ↓ and 5–7 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 4 days.
- Technical level: mostly T2 (Swiss Alpine Club grading) with a few exposed sections at T3.
- Overnight stays with half-board in dormitory accommodation, sometimes with showers available.

Itinerary

- **Tuesday 25 July, meet Kandersteg 8.45:** Kandersteg 1176 m – Waldhus – Schwarenbach 2060 m – Gemmipass 2346 m; c. 1200 m ↑, 7 h.
- **Wednesday 26 July:** Gemmipass 2346 m – Rote Chumme – Chindbettipass 2623 m – Entschligegrat – Ärtelgrat – Engstligenalp 1937 m; c. 700 m ↑, 1100 m ↓, 5.5 h.
- **Thursday 27 July:** Engstligenalp 1937 m – Entschligefäll – Unter dem Birg 1400 m – Bonderalp 1755 m; c. 700 m ↑ and 900 m ↓, 5.5 h.
- **Friday 28 July:** Bonderalp 1755 m – Bunderchrinde 2385 m – Alpschele – Usser Üschene 1595 m – Allmenalp 1723 m, then descent by cablecar; c. 830 m ↑ and 860 m ↓, 5.5 h (or from Usser Üschene descent on foot to Kandersteg; c. 600 m ↑, 1200 m ↓, 6 h).

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 590 per person (min. 5, max. 8 participants), including: 4 days' guided hikes; 3 nights' accommodation in dormitory accommodation with half-board.

Price excludes: transport, insurance, picnic lunches, drinks.

Booking deadline: 20 June 2017.



Engadine peaks... 6, 7, 8 x Piz!

Hotel-based hiking, Monday 31 July to Saturday 5 August 2017

Five days of hiking in breath-taking Engadine scenery from a comfortable hotel base in Pontresina.

We'll take advantage of our passes for mountain lifts to hike above the tree line, enjoy a rich alpine flora, and access numerous peaks with stunning views of turquoise lakes, glaciers, snow-covered summits, and larch forests.

Type of hiking

- 5 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For experienced sure-footed hikers on good form; up to 1500 m ↑ and ↓ and 5.5 to max. 8 hours of walking each day (excluding breaks).
- Technical level: a mix of T2 and T3 (Swiss Alpine Club grading) with some exposed sections and rock fields.

Examples of day tours

Choice will depend on the local weather conditions and capacities of the group. We'll usually start the day with a short journey by bus/train/mountain lift (cost is included in the overall price).

- [Piz Languard](#), 3262m: wild and beautiful Val da Fain, rocky landscapes around Fuorcla Pischa (and perhaps some ibex), airy climb to the peak (c. 1300 m ↑, 1050 m ↓, 7 h).
- [Piz Mezdi](#), 2992 m, & [Piz da l'Ova-Cotschna](#), 2716 m: rich alpine flora, trail high above the Engadine with its turquoise lakes, wonderful panorama of the snow-covered Bernina massif and glaciers (c. 1330 m ↑ and ↓, 7.5 h or c. 1460 m ↑, 1420 m ↓, 8 h).
- [Piz Padella](#), 2857 m: impressive limestone cliffs, flower-rich alpine pastures, stunning wide views of the Engadine and as far as Bergell (c. 1050 m ↑ and ↓, 6 h).
- [Piz Chüern](#), 2689 m: panoramic views of the Upper Engadine, picnic by calm, sparkling lake Sgrischus (c. 950 m ↑ and ↓, 6 h).
- [Piz Lagalb](#), 2959 m: wild, lonely Val Minor with its marmots and lakes, summit viewpoint high above the Bernina pass and Lago Bianco (c. 1080 m ↑ and ↓, 7 h).
- [Munt Pers](#), 3207 m: lakes, high alpine flora, spectacular views of Morteratsch glacier, Piz Bernina & Piz Palü (c. 1500 m ↑, 580 m ↓, 7 h or c. 1180 m ↑, 460 m ↓, 5.5 h).
- [Las Sours](#), 2979 m: airy peak in ibex territory, Engadine views painted by the artist Segantini, descent in Muottas Muragl historic funicular railway (c. 1340 m ↑, 700 m ↓, 6. h).

Price and booking

Cost CHF 1090 per person (min. 5, max. 9 participants), including: 5 days' guided hikes; 5 nights' hotel accommodation with half-board in double rooms; free use of local transport and mountain lifts.

Price excludes: transport (except as mentioned), insurances, picnic lunches, drinks.

Booking deadline: 26 June 2017.



Bivio and Parc Ela: lakes, passes and pure nature

Hotel-based hiking week, Sunday 6 to Saturday 12 August 2017

Highlights

Historic passes, imposing summits, shimmering lakes, alpine pastures, fascinating geology, shady forests, an amazing diversity of alpine flowers... A hotel-based week of varied hiking amidst the breath-taking scenery of Parc Ela, the largest natural park in Switzerland and a unique biotope to explore on foot. We stay in the very comfortable and welcoming Hotel Post in Bivio, a small village situated on the historic Julier and Septimer pass routes. I look forward to sharing this wonderful region with you!

Type of hiking

- 6 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic walkers on good form; max. 1000–1200 m up and down and 3–7 hours' walking per day (excluding breaks).
- Technical level: mostly T2 (Swiss Alpine Club grading), with rare short sections at T3.

Examples of day tours (choice will depend on the local weather conditions and capacities of the group)

- **Alp Flix:** Veia Surmirana forest route; wonderful views from Kanonensattel; discovery of Alp Flix and its lakes.
- **Spectacular pass route into Engadine:** Roman Septimerpass and the triple watershed of Pass Lunghin; sparkling Lake Lunghin, the charming hamlet of Grevasalvas and down to the beautiful Sils lake in Engadine.
- **Geological tour** from the historic Julierpass back to Bivio: wild landscapes, a cool lake at 2700 m, pastureland; discovery of world history as we pass rock formations from the ancient African continent and the Tethys ocean.
- **Stallerberg and Valletta da Beiva:** up to Stallerberg and Uf da Flüe, perched high above the valley of Avers and Walser village of Juf; return via Valletta da Beiva and picnic beside the scenic Lake Columban.
- **Val d'Err circuit:** beautiful calm valley surrounded by 3000-m peaks (Piz Mitgel, Piz d'Err, Piz Ela); rich flora (fire lilies, edelweiss, orchids) and animals.
- **Roccabella:** Bivio's "home" peak, offering stunning views in all directions.

Price and booking

CHF 1280 per person (min. 5, max. 10 participants), including: 6 days' guided hikes; 6 nights' accommodation in double rooms with half-board (4-course dinner); hotel sauna; Ela Card giving free use of local buses.

Price excludes: transport (except with Ela Card), insurance, picnic lunches, drinks, single-room supplement.

Booking deadline: 30 June 2017.



High above Zermatt

Tuesday 15 to Friday 18 August 2017

Four days of hiking high above Zermatt, surrounded by 4000-m peaks and glaciers. Not only home to the legendary Matterhorn, Zermatt also boasts a diverse flora and fauna, larch and stone-pine forest, over 150 lakes, a fascinating geological history, and a rich local culture.

Highlights

Steep-sided Trift gorge with botanical path and an astounding variety of wild flowers; Höhbalmen high-level panoramic trail opposite the Matterhorn; the three-lake tour, including the beautiful calm Schwarzsee with its little chapel; and a high-level climb to the 3414 m summit of the Oberrothorn, with 360° views of the 4000-ers.

Type of hiking

- 4 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic hikers on good form; up to 1000 m ↑ and ↓ and 3–6.5 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 4 days.
- Technical level: mostly T2 (Swiss Alpine Club grading) with possibly a few sections at T3.
- Overnight stays with half-board in dormitory accommodation.

Itinerary

- **Tues 15 August:** Zermatt 1616 m – Trift 2337 m; c. 720 m ↑, 2.5 h (possible alternative, depending on group's capacity and wishes: Zermatt – Chüeberg – Wisshorn 2936 m – Trift, c. 1300 m ↑, 600 m ↓, 6.5 h).
- **Wed 16 August:** Trift 2337 m – Höhbalmen 2665 m – Schwarzläger – Stafelalp – Schwarzsee 2583 m; c. 850 m ↑, 650 m ↓, 6 h.
- **Thurs 17 August:** Schwarzsee 2583 m – Furi 1867 m – Grünsee 2300 m – Stellisee – Fluhalp 2618 m; c. 900 m ↑ and ↓, 6.5 h.
- **Fri 18 August:** Fluhalp 2618 m – Furggji – Oberrothorn 3414 m – Unterrothorn 3104 m, then descent by cablecar; c. 940 m ↑, 450 m ↓, 4.5 h (or optional extra: descent to Sunnegga or Zermatt via Ritzengrat).

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 595 per person (min. 5, max. 7 participants), including: 4 days' guided hikes; 3 nights' dormitory accommodation with half-board.

Price excludes: transport, insurances, picnic lunches, drinks.

Booking deadline: 10 July 2017.



National Park and Lower Engadine: five-day trek

Sunday 20 to Thursday 24 August 2017

Five days of trekking from Zernez via S-charl to Sur En. Experience nature in all its diversity in the largest protected area in Switzerland and discover the beautiful wild landscapes of the Lower Engadine!

Highlights

Deer, ibex, bearded vultures and rare plants in their natural habitats; Tamangur, the highest stone pine forest in Europe; turquoise mountain lakes near Fuorcla Sesvenna; and the spectacular path hewn into the cliffs above the gorges of Val d'Uina. If you have time, it's worth arriving early in Zernez on the first day to visit the National Park Visitor Centre.

Type of hiking

- 5 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For experienced hikers on good form; up to 1150 m ↑, 1250 m ↓ and 4–7.5 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 5 days.
- Technical level: mostly T2 (Swiss Alpine Club grading) with a few sections at T3.
- Overnight stays with half-board in dormitory accommodation or small rooms.

Itinerary

- **Sunday 20 August:** Zernez 1473 m – Prasüra – Chamanna Cluozza 1882 m; c. 800 m ↑, 400 m ↓, 4 h.
- **Monday 21 August:** Chamanna Cluozza 1882 m – Fuorcla Murter 2545 m – Spöltal – Punt la Drossa – il Fuorn 1794 m; c. 1150 m ↑, 1250 m ↓, 7.5 h.
- **Tuesday 22 August:** Ofenpass 2149 m – Valbella – Fuorcla Funt. da S-charl – God Tamangur – S-charl 1810 m; c. 500 m ↑, 850 m ↓, 5.5 h.
- **Wednesday 23 August:** S-charl 1810 m – Fuorcla Sesvenna 2819 m – Sesvennahütte 2256 m; c. 1000 m ↑, 600 m ↓, 6 h.
- **Thursday 24 August:** Sesvennahütte 2256 m – Passo di Slingia 2299 m – Il Quar – Uina Dadaint – Sur En 1124 m; c. 50 m ↑, 1200 m ↓, 5 h.

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 725 per person (min. 5, max. 8 participants), including: 5 days' guided hikes; 4 nights in dormitory accommodation or small rooms with half-board. Supplement for non-members of Swiss Alpine Club or affiliated national alpine club: CHF 10.

Price excludes: transport, insurances, picnic lunches, drinks.

Booking deadline: 15 July 2017.



The majestic Aletsch region: from Belalp to Bettmeralp Saturday 16 to Monday 18 September 2017

A long weekend of hiking in the stunning scenery surrounding the largest glacier in the Alps. I look forward to sharing this amazing region with you!

Highlights

- Spectacular and varied panoramas of the majestic Aletsch Glacier.
- Foggenhorn peak at 2569 m with long views of the Valais 4000ers.
- Impressive suspended foot bridge crossing the deep, ice-free gorge at the glacier's end.
- Paths winding through the protected Aletschwald and its gnarled ancient trees, some over 600 years old.
- Visit to the Pro Natura Center Aletsch exhibition and alpine garden.

Type of hiking

- **3 days of guided hikes**, with discovery of the secrets of the Aletsch Glacier, its history and the surrounding natural environment.
- For enthusiastic walkers in reasonably good shape; **max. 850 m up and down and 3 h 30 to 5 h 30 of walking each day**, plus need to carry rucksack with clothes, picnics and overnight kit for the 3 days.
- Technical level: T2 (Swiss Alpine Club grading) with a few short sections at T3.
- Overnight stays in comfortable dormitory accommodation with showers available on Belalp and at Riederfurka (Villa Cassel).

Itinerary

- **Saturday 16 September:** Belalp cablecar station – Foggenhorn (2569 m) circuit, c. 5 h 30 min (excluding breaks).
- **Sunday 17 September:** Belalp – Riederfurka via the Aletsch suspended footbridge and Aletschwald, c. 5 h.
- **Monday 18 September:** visit to Pro Natura Center Aletsch, then panoramic ridge walk above the glacier and descent to Bettmeralp, c. 3 h 30 min.

Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

CHF 420 per person (min. 5, max. 8 participants), including: 3 days' guided hikes; 2 nights' dormitory accommodation with half-board, entry to the Pro Natura Center Aletsch.

Price excludes: transport (including cablecar Blatten–Belalp and Bettmeralp–Betten), insurances, picnic lunches, drinks.

Booking deadline: 14 August 2017.

