



## Three magnificent mountain regions: Grisons, Valais and Bernese Oberland!

### Multi-day guided hikes, summer & autumn 2019

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 hiking tour in summer 2019. In English, en français, auf Deutsch. I look forward to sharing my passion for the Swiss mountains with you!

### Ten varied options to choose from

**8–11 June: Spring in Ticino** (accommodation in 2- to 4-bed rooms)

- Four days' hiking; for enthusiastic hikers on good form; up to 1000 m ↑ and ↓, 3–6 hours walking per day.
- Cost CHF 595 per person. **Booking deadline: 10 May 2019.**

**29–30 June: 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 ↓, 5–6 h walking per day.
- Cost CHF 290 per person. **Booking deadline: 31 May 2019.**

**21–26 July: Bergün–Albula – alpine landscapes, unspoilt villages** (4 nights in historic hotel + 1 night dormitory)

- Five days' hiking; for enthusiastic walkers in good shape; 800–1200 m ↑ and ↓, 5–6.5 h walking per day.
- Cost CHF 985 per person. **Booking deadline: 14 June 2019.**

**31 July–4 August: historic Walser route, Grisons** (dormitory accommodation)

- Five days' hiking; for enthusiastic walkers in good shape; 150–1200 m ↑, 650–1300 m ↓, 4.5–7.5 h walking per day.
- Cost CHF 735 per person. **Booking deadline: 22 June 2019.**

**4–10 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 2019.**

**17–18 August: over alpine passes... from St Luc to St Niklaus** (accommodation in 3-bed rooms)

- Two days' hiking; for experienced, sure-footed hikers on good form; up to 1250 m ↑, 1050 m ↓, 6–6.5 h walking per day.
- Cost CHF 290 per person. **Booking deadline: 26 July 2019.**

**23–27 August: Gurnellen–Gotthard : 9 lakes, 4 mountain passes, 3 cantons** (dormitory accommodation)

- Five days' hiking; for experienced, sure-footed hikers on reasonable form; 650–1100 m ↑, 500–800 m ↓, 3–6 h per day.
- Cost CHF 735 per person. **Booking deadline: 19 July 2019.**

**14–16 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 walking per day.
- Cost CHF 420 per person. **Booking deadline: 14 August 2019.**

**28–30 September: high above Lenk: long weekend of autumn hiking** (accommodation in 2-bed rooms)

- Three days' hiking; for enthusiastic hikers on good form; 530–1000 m ↑ and ↓ and 5–6 hours walking per day.
- Cost CHF 445 per person. **Booking deadline: 25 August 2019.**

**7–12 October: autumn in the Upper Engadine** (comfortable hotel base)

- Five days' hiking; for enthusiastic hikers with reasonable fitness; 600–1000 m ↑ and ↓, 3.5–5.5 h walking per day.
- Cost CHF 1130 per person. **Booking deadline: 30 August 2019.**

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

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



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