



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. **Fully booked!**

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. **Fully booked!**

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 Waiser 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 last page for a glimpse of the stunning landscapes awaiting you...



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Bergün-Albula: imposing alpine landscapes, unspoilt villages

Sunday 21 to Friday 26 July 2019

Five days of guided hiking, including three from a comfortable hotel base. Meeting in Bergün at 18.00 on Sunday 21 July. If you're able to arrive earlier in the day, the Albula Railway Museum is worth the visit!

Highlights

- The scenic Palpuogna lake with its crystal-clear water, surrounded by larch forest.
- Climb to the summit of Piz Darlux and the panoramic trail with views of Piz Kesch and the Ducan group.
- Accommodation in the historic art-nouveau Kurhaus in the unspoilt village of Bergün with its picturesque houses decorated with sgraffito, frescoes and oriel windows.
- Wonderful panorama of the Bernina massif and the Engadine from the Es-cha Hut where we spend our last night.



Type of hiking

- **5 days of guided hikes** to discover the magnificent region of Bergün-Albula in the Parc Ela nature park.
- For enthusiastic walkers in good shape; **800–1200 m up and down and 5h to 6h30 of walking each day.**
- Technical level: T2 (Swiss Alpine Club grading) with a few short sections at T3.
- Accommodation in double rooms in the historic Kurhaus, Bergün plus one night's dormitory accommodation in the Es-cha Hut.

Price and booking

CHF 985 per person (min. 5, max. 8 participants), including: 5 days' guided hikes; 4 nights' accommodation in double rooms (hotel) and 1 night dormitory accommodation in a mountain hut, all with half-board. Supplement for non-members of Swiss Alpine Club or affiliated national alpine club: CHF 10.

With 1/2-price pass, allow about CHF 45 for local transport (bus, train, chairlift). Price excludes: transport, insurances, picnic lunches, drinks.

Booking deadline: 14 June 2019.



Historic Walser route, Grisons

Wednesday 31 July to Sunday 4 August 2019

A long-distance historic trail in the footsteps of the Walser people in the high valleys of the Grisons: 18 one-day sections to be spread over four summers! In 2019 we take five days to hike from San Bernadino via Nufenen, Vals and Safiental to Thusis, discovering en route the culture and fascinating history of the Walser folk.

Highlights

Historic alpine crossings; typical Walser settlements with wooden houses, barns and shingle roofing; varied trails taking us over scenic mountain passes and through species-rich alpine meadows, moors, stone pine and larch forests; the well preserved old village of Vals with its renowned thermal baths built from local quartzite; the calm and unspoilt natural landscape of Safiental.

Type of hiking

- 5 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic walkers in good shape; 150–1200 m ↑, 650–1300 m ↓ and 4.5–7.5 hours of walking per 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 possibly a few sections at T3.
- Overnight stays with half-board in dormitory accommodation or small rooms with showers available.

Itinerary

- **Wed 31 July (start c. 9.00 a.m.):** San Bernadino 1608 m – Alp Montagna – Alp da Val Massent – Nufenen 1569 m; c. 630 m ↑, 680 m ↓, 5 h.
- **Thurs 1 August:** Nufenen 1569 m – Valserberg 2503 m – Peital – Vals 1254 m; c. 1000 m ↑, 1300 m ↓, 7.5 h.
- **Fri 2 Augsut:** Vals 1254 m – Alp Tomül – Tomülpas 2412 m – Turrahus 1694 m; c. 1200 m ↑, 760 m ↓, 7 h.
- **Sat 3 August:** Turrahus 1694 m – Thalkirch – Camanaboden – Safienplatz – Glaspas 1846 m; c. 950 m ↑, 800 m ↓, 6.5 h.
- **Sun 4 August:** Glaspas 1846 m – Tschappina – Urmein – Thusis 697 m; c. 150 m ↑, 1300 m ↓, 4.5 h.

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

Price and booking

CHF 735 per person (min. 5, max. 8 participants), including: 5 days' guided hikes; 4 nights' accommodation in dormitory accommodation or small rooms with half-board.

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

Booking deadline: 22 June 2019.



Bivio and Parc Ela: lakes, passes and pure nature

Hotel-based hiking week, Sunday 4 to Saturday 10 August 2019

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** (Monday to Saturday), 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.

Meet at the hotel in Bivio on the evening of Sunday 4 August.

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 Grevaslvas 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 2019.



Over alpine passes: from St Luc to St Niklaus

Saturday 17 to Sunday 18 August 2019

Highlights

A weekend traversing two alpine passes with spectacular views of the Valais 4000 m peaks! From St Luc we cross the Meidpass and hike down to Gruben in Turtmanntal. Early next morning we head up again over the Augstbordpass and down to the tiny hamlet of Jungu, perched above St Niklaus in Mattertal.

Type of hiking

- 2 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 1250 m ↑ and 1050 m ↓ and 6 to 6.5 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

Itinerary

- Saturday 17 August: St Luc – Meidpass – Gruben.
- Sunday 18 August: Gruben – Augstbordpass – Jungu (descent to St Niklaus by cablecar).



Price and booking

CHF 290 per person (min. 5, max. 8 participants), including: 2 days of guided hiking; 1 night accommodation with half-board in 3-bed rooms; showers available.

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

Booking deadline: 26 July 2019.



Gurtnellen–Gotthard : 9 lakes, 4 mountain passes, 3 cantons!

Friday 23 to Tuesday 27 August 2019

A varied alpine traverse from Gurtnellen to the Gotthard pass via 9 lakes, 4 mountain passes, 3 cantons (Uri, Grisons, Ticino) and some wonderful landscapes !

Highlights

The wild, romantic valley of Fellital ; the source of the Rhine at Lai da Tuma ; the idyllic Portgerensee ; panoramic views from Piz Giübin (2776m)

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 reasonable form; 650–1100 m ↑, 500–800 m ↓ and 3 to 6 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); a few sections at T3.
- Overnight stays with half-board in dormitory accommodation (2 nights) or in 2- or 3-bed rooms. Showers available on two nights.

Itinerary

- **Friday 23 August:** Gurtnellen – Treschhütte, 1475 m; 780 m ↑, c. 3 h.
- **Saturday 24 August:** Treschhütte, 1475 m – Fellilücke, 2478 m – Lutersee – Oberalppass 2044 m; c. 1100 m ↑, c. 530 m ↓, c. 6 h.
- **Sunday 25 August:** Oberalppass 2044 m – Lai da Tuma – Pass Maighles 2421 m – Vermigelhütte 2042 m; c. 820 m ↑ and ↓, c. 6 h.
- **Monday 26 August:** Vermigelhütte 2042 m – Passo della Sella – Giübin 2776 m – Lago della Sella – Passo del San Gottardo 2091 m; c. 840 m ↑, c. 780 m ↓, c. 6 h.
- **Tuesday 27 August:** Passo del San Gottardo 2091 m – Lago d'Orsino – Laghi d'Orsirora – Laghi della Valletta 2468 m – Passo del San Gottardo 2091 m; c. 640 m ↑ and ↓, c. 5.5 h.

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

Price and booking

CHF 735 per person (min. 5, max. 8 participants), including: 5 days of guided hiking; 4 nights' accommodation with half-board in dormitories (2 nights) or small rooms. Supplement for non-members of Swiss Alpine Club or affiliated national alpine club: CHF 20.

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

Booking deadline: 19 July 2019.



The majestic Aletsch region: from Belalp to Bettmeralp

Saturday 14 to Monday 16 September 2019

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.

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.

Itinerary

- **Saturday 14 September:** Belalp cablecar station – Foggenhorn (2569 m) circuit, c. 5 h 30 min (excluding breaks).
- **Sunday 15 September:** Belalp – Riederalp via the Aletsch suspended footbridge and Aletschwald, c. 5 h.
- **Monday 16 September:** panoramic ridge walk above the glacier and descent to Bettmeralp, c. 3 h 30 min.

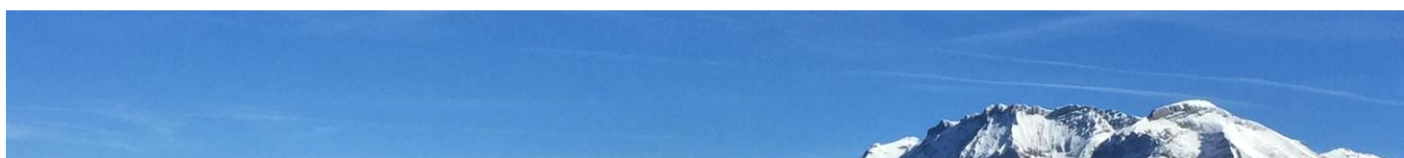
Itinerary may be modified to take account of local weather conditions or for the security of the group.

Price and booking

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

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

Booking deadline: 14 August 2019.



High above Lenk: long weekend of autumn hiking

Saturday 28 to Monday 20 September 2019

Highlights

Long weekend of autumn hiking high above Lenk and the Simme valley. Highlights: the idyllic turquoise lake of Iffigsee; the impressive Simme and “seven fountains” waterfalls; panoramic views of the Wildstrubel and Bernese mountains.

Type of hiking

- 3 days of guided hikes, with discovery of the local flora and fauna, geology, history and culture.
- For enthusiastic hikers on good form ; 530–1000 m ↑ and ↓ and 5-6 hours of walking each day (excluding breaks), plus need to carry rucksack with clothes, picnics and overnight kit for the 3 days.
- Technical level: T2 + some short sections at T3 (Swiss Alpine Club grading).

Itinerary

- **Saturday 28 September:** Lauenen 1240 m – Trütliisberg – Pt 2075 m – Betelberg –Stoos 1636 m, then down to Lenk by gondola; c. 920 m↑, 530 m ↓, 5h15.
- **Sunday 29 September:** Bim Höhe Hus 1105 m – Simmefäll – Sibe Brünne – Oberlaubhore 1999 m – Iffigenalp 1584 m; c. 1000 m ↑, 530 m ↓, 5h45.
- **Monday 30 September:** Iffigenalp 1584 m – Iffigsee – Iffighore 2378 m– Iffigenalp ; c. 840 m ↑ and ↓, 5h30.

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



Price and booking

CHF 445 per person (min. 5, max. 8 participants), including 3 days of guided hikes + 2 nights' accommodation in twin rooms with shared showers and half-board. Please also allow about 15 francs (with half-fare card) for gondola and bus.

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

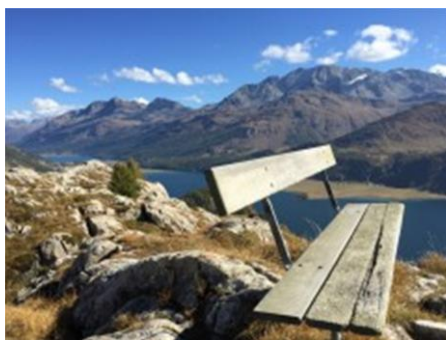
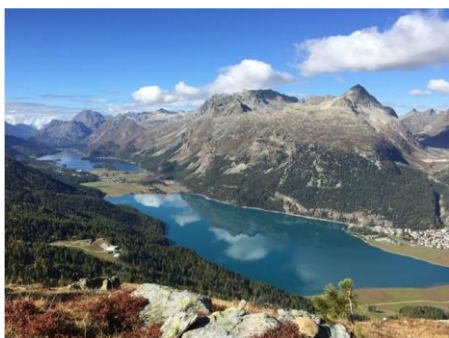
Booking deadline: 25 August 2019.



Autumn hiking in the Upper Engadine

Monday 7 to Saturday 12 October 2019

Autumn hiking on the panoramic trails of the Upper Engadine with wonderful views of turquoise lakes, glaciers, snow-covered summits, and larch forests. Five days from a comfortable hotel base in Silvaplana.



Type of hiking

- 5 days of guided hikes (Tuesday to Saturday) in the Upper Engadine.
- For enthusiastic walkers on reasonably good form; 600–1000 m up and down and 3.5h to 5.5 hours of walking each day.
- Technical level: T2 (Swiss Alpine Club grading).

Meet in Silvaplana on the evening of Monday 7 October.

Price and booking

CHF 1130 per person (min. 5, max. 10 participants), including: 5 days' guided hikes; 5 nights' accommodation in twin rooms (3* hotel) with half-board and wellness area for evening relaxation; free use of mountain lifts.

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

Booking deadline: 30 August 2019.

