



# Iconic Hiking Trail Via Alpina

## VIA ALPINA - THE BEST OF SWITZERLAND | 7 DAYS

Experience the adventure of a lifetime: a hiking trail through the heart of Switzerland. Hike over a glacier, experience the famous Titlis Cliff Walk and many more attractions while enjoying the world-renowned mountain panorama. The trail leads you over famous passes like "Grosse Scheidegg" close to the stunning Eiger North face to beautiful mountain lakes like "Engstlensee" and connects well known destinations such as Lucerne, Interlaken and Montreux. Enjoy the hospitality of authentic Swiss mountain huts and luxurious hotels and discover cultural and traditional highlights along the path.

### TECHNIK

#### **beginner-intermediate**

A continuous route, sure-footedness and initial experiences of mountain hiking required;  
Terrain: mostly moderately steep with short steeper sections (T2); Alpine technique: experience is not necessary

### KONDITION

#### **intermediate**

Duration from 2 to 5 hours, up to approx. 700 vertical meters, approx. 250 vertical meters per hour. Longer hikes possible but optional. Cable car can be used as an alternative.

### GROUP

8 - 12 participants per mountain guide

### INCLUSIVE

- Certified Mountain Guide from Mammut Alpine School
- Halfboard in traditional to luxurious hotels
- All transfers
- Luggage transport
- Welcome apero
- Personal certificate and Mammut giveaway
- Insurance

### EXCLUSIVE

- Flight to Switzerland
- Lunchbox and drinks

### TRADITIONAL TO LUXURIOUS HIKING HOTELS

H+ Hotel & Spa Engelberg Hotel Engstlenalp Parkhotel Du Sauvage Meiringen Hotel Falken Wengen Eurotel Montreux

### DEPARTURE

Montreux, Hotel.

### UNTERKUNFT

H+ Hotel & SPA Engelberg (<https://www.h-hotels.com/de/hplus/hotels/hplus-hotel-engelberg>) Hotel Engstlenalp (<https://www.engstlenalp.ch/de/>) Parkhotel Du Sauvage Meiringen (<https://sauvage.ch/>) Hotel Falken Wengen (<http://www.hotelfalken.com/de/>) Eurotel Montreux (<https://www.eurotel-montreux.ch/de/>)

### PROGRAMM

**Day 1** Welcome at the airport or as defined. Transfer to Engelberg where the Mammut Alpine School Mountain Guide will join the group. Opening apero and briefing in the local Mammut store. Welcome dinner and then overnight in the scenic H+ Hotel & Spa Engelberg with spacious wellness area.



**Day 2** By gondola to Titlis. Experience the breathtaking cliff walk, then back to have lunch at Trübsee where you can plunge into the turquoise water. Up by hiking or gondola to the Jochpass at 2207m. On the way, chamois, marmots and even ibexes are a common sight. The day's destination will be the beautiful Engstlen mountain lake. Enjoy your overnight staying in a nostalgic mountain lodge in a very quiet and remote area. (Distance: 3.5km. Hiking time: 2h. Alt. diff. Down: 450m.)

**Day 3** Enjoy a beautiful hike on the ridge high above Meiringen, through blooming mountain meadows with a stunning view to the Bernese mountains such as world-renowned Eiger, Mönch and Jungfrau. From Planplatten by gondola to Hasliberg and Meiringen. Optional routes to Melchsee Frutt available. Stay overnight in the picturesque and exquisite Parkhotel du Sauvage. (Distance: 10km. Hiking time: 3.5h. Alt. diff. Up/Down: 650/300m.)

**Day 4** From Meiringen by the funicular to the mighty Reichenbachfalls. Then by postalcar to Grosse Scheidegg with a visit of the majestic Rosenluis glacier gorge and the venerable Rosenluis hotel, one of the first hotels of Switzerland. Enjoy then your ride down to Grindelwald and further to Wengen with the Eiger Northface directly in front of you. Enjoy the hospitality of the traditional and family-run Hotel Falken and linger a while in its sun-blessed spa. (Distance: 2km. Hiking time: 1.5h. Alt. diff. Up/Down 130/130m.)

**Day 5** As an unforgettable highlight, you hike above a glacier. By train to Jungfraujoch, the Top of Europe. On the prepared slope to the Mönchsjuochhut. Get roped together and experience a breathtaking glacier trekking on the Ewig Schneefeld. After lunch in the Mönchsjuochhut back to Jungfraujoch and to Kleine Scheidegg. A nice walk takes you further to Männlichen. Enjoy the royal ride in open air gondola down to Wengen. Another overnight stay at Hotel Falken. (Distance: 6-8km. Hiking time: 3-4h. Alt. diff. Up/Down: 700/400m.)

**Day 6** Visit the beautiful town of Interlaken. By train to Spiez, Zweisimmen and on board of the famous Montreux Oberland train on the GoldenPass route to splendid Montreux. Overnight stay at the magnificent Eurotel Montreux.

**Day 7** Hike the last mile of the Via Alpina from Rochers de Naye down to Montreux. Visit the majestic Château de Chillon. Farewell dinner with your Mountain Guide in the exquisite restaurant La Rouvenaz. (Distance: 13km. Hiking time: 4h. Alt. diff. Up/Down: 100/1650m.)



## Technische Ausrüstung

- ☐ Backpack approx. 30l with rain cover
- ☐ Telescopic trekking poles (optional)

## Bekleidung

- ☐ Hardshell jacket (wind- and waterproof)
- ☐ Hiking pants
- ☐ Soft shell and/or fleece jacket
- ☐ T-shirt or shirt
- ☐ Underwear
- ☐ Cap/headband and hat
- ☐ Gloves (wind- and waterresistant)
- ☐ Functional socks and spare socks
- ☐ Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

## Übernachtung

- ☐ Clothes and shoes for the evening (for wearing in the accommodation and in the village)
- ☐ Own toiletries, ear plugs if required

## Verpflegung

- ☐ Breakfast and dinner at the hotel
- ☐ You need to bring your own hot drinks and lunch or you can buy them in the village
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

## Diverses

- ☐ Sunglasses
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera and binoculars (optional)
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements