

ZERMATTERS

ALPINE SCHOOL

Via Alpina: Altdorf to Kandersteg

THE HEART OF IT ALL (CH) | 7 DAYS

The heart of the Via Alpina connects Altdorf with Kandersteg. A seven-day hike from the monument to Swiss national hero William Tell to the monastery village of Engelberg, past the charming Engstlenalp and with magnificent views of the Eiger, Mönch and Jungfrau to Meiringen. From Giessbach Falls to the imposing Rosenloui Glacier Gorge, the route continues via Grosse Scheidegg to Grindelwald and under the spell of the Eiger North Face into the Lauterbrunnen Valley. The best part is saved for last as you head over the isolated Sefinefurgge to the mountaineering village of Kandersteg.

Technique	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
Condition	intermediate Duration from 5 to 7 hours, up to approx. 1,200 vertical meters, approx. 300 vertical meters per hour.
Meeting place	9.15 a.m. Altdorf train station (bus arrival 9.06 Altdorf train station)
Departure	approx. 3.30 p.m. Kandersteg train station
Accommodation	H+ Hotel & SPA EngelbergHotel EngstlenalpHotel Victoria Meiringen / Hotel MeiringenHotel Derby GrindelwaldHotel Steinbock LauterbrunnenPension Golderli Griesalp

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a hiking guide• Accommodation with half board: 6x hotel (standard double room)• Luggage transport• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to the course• Transport• Snacks and drinks

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Program

- Day 1** After meeting up in Altdorf and a short transfer to Attinghausen, the first steep step will be in the comfort of a cable car to the Brüstli mountain station. You'll hike over a panoramic ridge to the historic Surenen Pass. The rock formations at Brunnistock and the Blackenalp Valley are impressive. A valley path on mixed terrain leads to the monastery village of Engelberg. (Duration: 5.3 hours. Distance: 14 km. Ascent/Descent: 1,175/750)
- Day 2** Over two elevation zones you'll quickly rise up to the spectacular Trübsee Lake at the foot of the Titlis. From here the path leads up to Jochpass (2,207 meters), which marks the border between Central Switzerland and the Bernese Oberland. You can already glimpse today's destination: Engstlenalp – a beloved, idyllic place with a lake, a nostalgic hotel and endless fields of alpine roses. (Duration: 3 hours. Distance: 7 km. Ascent/Descent: 500/450)
- Day 3** Through the alpine flora to Tannalp with its cheese store, inn and lake. The ridge hike over the Balmeregghorn offers a glorious view over the Eiger, Mönch and Jungfrau. Gentle alpine meadows from Planplatten to Bidmi, then by ski lift over Hasliberg to Meiringen. (Duration: 5 hours. Distance: 16.5 km. Ascent/Descent: 700/1,100)
- Day 4** You will cross the first steep step with the cog railway up to Reichenbach Falls. After the rock barrier, the path runs along the flat valley floor. Under the spell of the Wetterhorn, you will pass the nostalgic Hotel Rosenlauri and the glacier gorge. You will arrive at Grosse Scheidegg, passing through beautiful moorland areas. Then you'll head to Grindelwald in the Jungfrau region by PostBus. (Duration: 4.5 hours. Distance: 12 km. Ascent/Descent: 1,175/75)
- Day 5** A gentle ascent over rolling meadows to Kleine Scheidegg, with the massive rock and ice backdrop of the Eiger North Face nearby. A sunny trail up to Wengen, then descent into the Lauterbrunnen Valley with its steep rock faces and spectacular waterfalls, either on foot or in the comfort of a train. (Duration: 6.3 hours. Distance: 19 km. Ascent/Descent: 1,175/1,400)
- Day 6** The Mürren sun terrace directly faces the Eiger, Mönch and Jungfrau peaks. Passing alpine meadows, panoramic terraces such as Bryndli and rustic huts such as Rotstock, we'll continue to Sefinenfurgge, the impressive crossing into the Kien Valley. (Duration: 6.3 hours. Distance: 16 km. Ascent/Descent: 1,125/1,350)

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Day 7

The crowning glory over the 2,778-meter-high Hohtürli. A worthwhile detour to the Blümlisalp Hut and the eternal glacier ice. Downhill over moraines to the spectacular deep blue Oeschinensee, one of the most beautiful mountain lakes in the Alps, surrounded by steep rock faces. Then a comfortable train ride to Kandersteg. Farewell and journey home. (Duration: 6.45 hours. Distance: 13.5 km. Ascent/Descent: 1,475/1,200)

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Technical equipment

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

Clothing

- ☐ 1x Hardshell jacket (wind- and waterproof)
- ☐ 1x Hiking pants
- ☐ 1x Soft shell and/or fleece jacket
- ☐ T-shirt or shirt
- ☐ Underwear
- ☐ Cap/headband and hat
- ☐ Gloves (wind- and waterresistent)
- ☐ Functional socks and spare socks
- ☐ Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

Overnight cottage

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

Food

- ☐ 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)

Various

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