



Wildflowers of the Bernese Oberland

Trip Length	9 days, 8 nights
Difficulty	Moderate
Starting Point	Meiringen
Finishing Point	Adelboden

A true celebration of summer with a myriad of wildflowers and an explosion of colours! Pleasant day hikes immerse us in the extraordinary mountain scenery of the Bernese Oberland, one of the most spectacular regions in the Swiss Alps. Mountain ranges with several peaks, surpassing 4000 meters/13000 feet in height, enclose lush valleys and emerald blue lakes. The greatest array of the most delicate wildflowers, blooming in perfect harmony from mid-June to mid-August turn grazing pastures and mountain slopes into a colourful palette. The glaciated sentinels of the Eiger, Mönch and Jungfrau, create a stark contrast and frame this idyllic environment. Hiking on well-maintained trails and paths, we reach vantage points where the panoramas are simply superb, and where we have ample time for reverie and for an appreciation of the perfection of Nature. Starting in Meiringen, a beautiful town, part of the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage property, we journey across this splendid area, concluding our days in the exquisite and characteristic towns of Grindelwald, Kandersteg and Adelboden.

YOUR JOURNEY

Day 1, 2 ■ Meiringen

Meiringen's proximity to several natural wonders, and the infinite hiking possibilities in its surroundings, made it a foremost tourist destination in the 19th century. In an effort to sustain and protect this unique high-alpine region for generations to come, in 2007 Meiringen was included in the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage property. This enchanting small town is also the birthplace of the meringue. In fact, in the pre-Revolutionary 18th century, an Italian baker by the name of Gasparini invented a baked concoction of egg whites, sugar and cream, and named it after Meiringen, the scene of his inspiration. Louis the 15th liked Gasparini's creation, whereupon the French name "meringue". Spectacular alpine trails across summer grazing pastures filled with colourful wildflowers, past alpine lakes and along mountain ridges, a 360-degree, breathtaking beauty of the Bernese Alps, encompassing glaciated peaks such as the Finsteraarhorn, Oberaarhorn, Wetterhorn. learn about the art of cheese making in the mountains. We are now truly in "Heidi" country. Transfers by public transport.

Accommodations - Hotel Victoria, Meiringen www.victoria-meiringen.ch/en

Day 3, 4 ■ Grindelwald - Eiger – Mönch - Jungfrau

The Rosenlauri valley is a spectacle of sheer waterfalls, caves and cliff formations, which stand in testimony to the work carried out by the glacial waters. A spellbinding contrast between alpine meadows and a desert of rock and ice surround us, as we hike on a panoramic path through the most renowned area of the Bernese Oberland. The majestic silhouettes of Eiger, Schreckhorn and Wetterhorn frame the Grindelwald valley, isolated until the late middle ages, when a migration from the Valais started to penetrate in the area. In the 19th century, the town became internationally renowned, and it enjoyed a reputation of “glacier village”. The famous north face of the Eiger, a background of ice and rock has challenged many climbers throughout the years. Hard to imagine, as we leisurely hike along, that this imposing rock face has taken so many lives since the first summit attempts in the early 20th century. In 1938, Heinrich Harrer and three other alpinists successfully summited the mountain and, today, we can be on the lookout for climbers and spot the windows of the Jungfrau railway, one of the locations of James Bond’s “The Eiger Sanction”. Our panoramic hike amongst the wildflowers gives us constantly different perspectives over this splendid world and that of the Bernese Oberland. Transfers by public transport.

Accommodations - Sunstar Hotel, Grindelwald <http://grindelwald.sunstar.ch>

Day 5, 6 ■ Lauterbrunnen Valley - Kandersteg

The Lauterbrunnen valley, included in the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage property, is one of the most impressive glacial valleys in the Alps. Home to the largest Nature Reserve in Switzerland and a protected area, it embraces seventy-two waterfalls, three hundred and eighty rivers, crystal-clear mountain lakes and the impetuous Lütschine, the main river. Sheer rock walls rise up from the valley floor, and a cirque of glaciated mountains frames many secluded and unspoiled valleys, as well as magnificent alpine meadows strewn with wildflowers. Our hike takes us through conifer forests and open alpine pastures, before we reach Mürren and Gimmelwald, enchanting villages sitting on an open balcony. Once a small hamlet with only an inn and an oratory, where wayfarers could find solace and spiritual support, Kandersteg, through the centuries, has developed into the small but prosperous town we see today. A wonderful hike takes us into a glacial valley and to vantage points, from which the view over the surrounding glaciated peaks is simply astounding, spanning from the Blüemlisalp to the Gemmi Pass. At a summer farm, we enjoy a very simple consisting of their own cheese and local meats. The spectacular cirque of mountains framing Oeschinensee, a unique and splendid alpine lake, once upon a time was the bottom of an ancient ocean. Numerous fossils found in the area testify to forms of life of the original sea. Wild orchids, lilies, gentians, alpine roses, and edelweiss here find their ideal habitat. Hiking in silence, we may spot ibexes, chamois (wild goats) and marmots. Transfers by public and private transport.

Accommodations - Belle Epoque Hotel Victoria, Kandersteg www.hotel-victoria.ch

Day 7 ▪ Adelboden Surroundings

Adelboden is an exquisite traditional Swiss village, tucked away in a secluded valley. Perched on a sunny terrace, the small town is immersed in a splendid and thriving alpine, natural environment. Forests, green alpine meadows, plateaus, and grazing pastures offer to the eye the typical serene, Swiss setting. Hiking through this extraordinary area, we have one last blast of vibrant wildflowers. We pass farmhouses and pastures where cheese is produced in an artisanal way during the summer months. We hike above one of the most impressive waterfalls in the Bernese Oberland, to a peaceful glacial amphitheatre echoing with the sound of cowbells. We follow the official "Alpauzug" (the way to the pasture), which every year, in early summer, sees a few hundred cows make their way up to the alpine pastures, skirting the waterfall. We will be below the Wildstrubel, a glaciated plateau soaring above the Simmen Valley. Transfers by public transport.

Accommodations - Hotel Steinmattli, Adelboden www.hotel-steinmattli.ch

Day 8 ▪ Departure

The trip ends in Adelboden. After breakfast, transfer on your own the destination of your choice. If you need to return to Zurich Airport, we will advise you on public transportation.

Meals - Breakfast.

TRIP PRICE

SFr. 3890 per person (10-12 participants)

SFr. 4090 per person (7-9 participants)

SFr. 4590 per person (4 -7 participants)

SFr. 5090 per person (3 participants)

SFr. 5790 per person (2 participants)

SFr. 600 Single supplement

Prices are based on sharing double accommodations. If you wish to have a single room, the single supplement applies.

WHAT IS INCLUDED IN THE PRICE OF THE TRIP

English-speaking Swiss guide for the duration of the trip • accommodations as per itinerary • tourist taxes • rescue and evacuation insurance • seven breakfasts, seven lunches, five dinners • water, coffee/tea with group meals • Public and private transport as per itinerary • luggage transfers

WHAT IS NOT INCLUDED IN THE PRICE OF THE TRIP

Airport transfers • any insurance other than rescue/evacuation • two dinners • personal expenses (sodas/alcoholic beverages, telephone calls, etc.) • additional expenses due to unexpected changes to the itinerary or added activities • anything else not mentioned in “What is Included in the Price of the Trip”

Unused transportation during the tour will not be reimbursed.

TRIP DIFFICULTY

This is an active trip for people who like to hike up to five hours each day, for six consecutive days, in an alpine environment and trails. We hike on very well-maintained paths and trails that across spectacular landscapes. However, that trails in the Alps by nature are rocky, and hiking in the mountains requires careful attention and concentration. Sometimes they can be steep, but there are no extreme ascents or descents. Strong ankles and knees, and good balance are key ingredients for the enjoyment of this trip. Weather is unpredictable in the mountains, and one needs to be prepared both physically and mentally for rainy days at any time of summer. For your safety, the guide has the right to change any of the hikes on any given day, based on weather or the overall fitness of the participants. The hours of hiking per day listed in the itinerary are based on a good level of fitness, and on a very comfortable pace. They do not include stops for lunch or to take photograph.

TERMS AND CONDITIONS

PLEASE NOTE: due to the COVID-19, currently our Terms and Conditions are very flexible. You can safely book the tour with us. In the event of governmental travel restrictions during our tour dates, you will not lose your non-refundable deposit or any cancellation fees. We will transfer the money you already paid to the same tour as soon as travel is permitted again, and we have secured new dates. However, if travel is permitted and you choose to cancel the tour for other reasons, the above does not apply.

For a detailed itinerary and our Terms & Conditions, please contact us at
tours@alpsandbeyond.com