





# Via Alpina Bear Trek

## Discover Alpine Switzerland at its most impressive

Spectacular passes, grandiose glaciers and deep gorges - on the Bear Trek in Alpine Switzerland, true mountain hikers get their money's worth. The Via Alpina leads through lush green valleys dotted with colourful flowers. The further up you hike, the deeper the gorges to the left and right of the trails become.

Of course, the three proud Swiss mountains Eiger, Mönch and Jungfrau cannot be missed on the Via Alpina. Once you have left the three mountains behind you, you will finally reach the holiday resort of Adelboden-Lenk. By the way, despite the name "Bear Trek", you will probably not see any bears in the wild. Rather, the trek owes its name to that long ago time when you could still encounter wild animals.

# Details about walking holidays on Switzerland's Via Alpina Bear Trek

Good mountain boots, sufficient fitness and a lot of puff - you will need these on the trekking tour on the Via Alpina in Switzerland. You will spend countless metres in altitude and hours in the fantastic mountain world. One peak follows the next and one view is more beautiful than the other.

## The highlights of the Via Alpina Bear Trek walking holiday at a glance:

- **Eiger, Mönch and Jungfrau:** These are the most famous peaks of the Bernese Oberland and form a striking trio visible from afar.
- **Blüemlisalphütte:** At 2,843 metres it lies, the hut on the glacier. After a strenuous climb, you deserve lunch with a magnificent view.
- **Aerial cableway to Allmenalp:** With the cableway you float towards the Bunderspitz. At the top, enjoy the panoramic view of the surrounding Swiss Alps.

## Interesting facts about hiking on the Via Alpina Bear Trek

A hiking stage on the Via Alpina can take up to six hours. In addition, you have to be prepared for several hundred metres in altitude and about 13 kilometres of distance per day. So the tour is not for the faint-hearted. Are you a die-hard mountain enthusiast? Then get going and explore the Swiss mountains from Meiringen to Lenk.

This tour has been graded as **Trekking**. Find out more about our **walking holiday difficulty levels**.

### Tour information



Athletic



8 Days / 7 Nights



Self-Guided

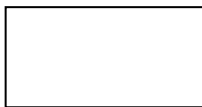


Luggage transfers included















Total walking distance: approx. 96 km

### To the online version







# Itinerary

DAY 1	Arrival in Meiringen	
DAY 2	Meiringen – Grindelwald	approx. 14 km   4.5 hours
By bus to Rosenlaui, from where the first hiking route via Grosse Scheidegg to Grindelwald opens, in front of the magnificent panorama of the Eiger, Mönch and Jungfrau peaks.		
<div><div> approx. 4.5 h</div><div> approx. 14 km</div><div> 700 m</div></div> <div> 980 m</div>		
DAY 3	Grindelwald – Wengen	approx. 17 km   5.5 hours
The hiking route first takes you past the Eiger North Face up to Kleine Scheidegg. You soon leave the tourist hustle and bustle behind you and hike on easy paths to Wengen.		
<div><div> approx. 5.5 h</div><div> approx. 17 km</div><div> 1'155 m</div></div> <div> 915 m</div>		
DAY 4	Wengen – Griesalp/Pochtenalp	approx. 22 km   7.5 hours
Short detour to Lauterbrunnen and from here by train to Mürren. The trekking route leads past the Spillbodenalp to the Rotstockhütte. After a short stop for refreshments, you climb the Sefinenfurgge and descend to the Pochtenalp or Griesalp. A spectacular stretch.		
<div><div> approx. 7.5 h</div><div> approx. 22 km</div><div> 1'315 m</div></div> <div> 1'415 m</div>		

DAY  
5**Griesalp/Pochtenalp –  
Kandersteg**approx. 17 km | 7  
hours





Today you tackle the "king's stage" - the ascent to Hohtürli. After a long and steep ascent to 2,843 m, you will be rewarded with a fortifying lunch at the Blüemlisalphütte.

Over the Hohtürli and on the moraines of the Blüemlisalp glacier you then descend to Lake Oeschinen. Continue to Kandersteg (alternative variant from Lake Oeschinen: ride the cable car down to the valley).

 approx. 7 h       approx. 17 km       1'450 m  
 1'685 m





DAY  
6**Kandersteg – Adelboden**      approx. 12 km | 4.5 hours

Take the cable car to Allmenalp, then hike up to the Bonderchrinde. Enjoy the magnificent panoramic view of the surrounding Alpine panorama. Then hike down into the valley to Adelboden.

 approx. 4.5 h       approx. 12 km       835 m  
 1'220 m

DAY  
7**Adelboden – Lenk**      approx. 14 km | 4.5 hours

On the last stage you hike from the well-known winter sports resort of Adelboden over the Hahnenmoospass into the Simmental.

 approx. 4.5 h       approx. 14 km       700 m  
 980 m

DAY  
8**Departure or extension**



# Route information

Surefootedness, head for heights and good physical condition for alpine hikes are necessary.  
In bad weather, some shortcuts are possible by bus/cable car.





# Prices and dates

Price calculation and check availability: **Via Alpina Bear Trek**

Place of arrival: Meiringen

	Season 1 31.08.2024 - 15.09.2024 Daily	Season 2 29.06.2024 - 30.08.2024 Daily
Via Alpina Bear Trek, Cat. A, CH-BDWML-08A		
Base price	1,229.00	1,249.00
Single room surcharge	349.00	
Single room surcharge	329.00	
Via Alpina Bear Trek, Cat. B, CH-BDWML-08B		
Base price	1,109.00	1,159.00
Single room surcharge	239.00	239.00

Hotel information:

**Category A:** 6 x middle-class hotels, 1 x traditional mountain hotel (shared toilets and showers).  
**Category B:** 7 x family-run guest houses, shared toilets and showers.

# Additional nights

Place of arrival: Meiringen

	Season 1 Aug 31, 2024 - Sep 15, 2024 Daily	Season 2 Jun 29, 2024 - Aug 30, 2024 Daily
Meiringen		

	Season 1 Aug 31, 2024 - Sep 15, 2024 Daily	Season 2 Jun 29, 2024 - Aug 30, 2024 Daily
Double room p.p / Cat. A	99.00	99.00
Single room surcharge	45.00	45.00
Lenk		
Double room p.p / Cat. A	109.00	109.00
Single room surcharge	45.00	45.00
Meiringen		
Double room p.p / Cat. B	85.00	85.00
Single room surcharge	45.00	45.00
Lenk		
Double room p.p / Cat. B	89.00	89.00
Single room surcharge	45.00	45.00

Prices per person in GBP



# Included services and travel information

## Services

### Included:

- 7 overnight stays incl. breakfast in the booked category
- Daily luggage transfers (max. 1 piece of luggage, 20 kg)
- Cost for luggage pick-up at the station (for direct arrival and departure)
- Subsidy for arrival by train
- Carefully elaborated route description
- Travel documents (1 x per room) incl. SwitzerlandMobility Plus subscription
- Service Hotline

### Please note:

- Journeys by post bus, mountain railways and cable cars approx. CHF 45.- with Half-Fare Card (depending on the journeys used)
- Tourist tax, if due, is not included in the price!

## Information

### Arrival | Departure:

- Arrival by public transport in Meiringen. For direct arrival: Suitcases must be handed in at the luggage counter by 10:00 a.m. at the latest.
- Departure by public transport from Lenk. For direct departure: Suitcases must be returned to the luggage counter by 5:00 p.m. at the latest