

SWITZERLAND – BERNESE OBERLAND

8-day / 7-nights - centre-based guided walking based at Adelboden – a choice of graded walks each day



The picture-perfect Swiss village of Adelboden offers stunning views down the Engstligen Valley and is surrounded by impressive waterfalls and imposing peaks. Adelboden offers outstanding walking at all levels. On this holiday, explore high alpine meadows, tranquil valleys, mountain huts and refuges, and glacial lakes. There are a variety of magnificent mountain walks, using gondolas, cable cars and chairlifts where necessary to access higher terrain. We can cross the Hostalde suspension bridge, one of the longest in Europe at 153 metres, and have a go at playing the Alpine horn at our traditionally-styled Swiss hotel.

Cost from: \$6085 per person (twin share) Single room supplement from \$475

Departures: 28 June, 26 July, 16 August, 2026

Included: 7 nights in comfortable ensuite hotel room, 7 breakfasts, 7 evening meals, local transport to/from the walks, experienced walks leader offering a choice of guided walks on 5 days.

Not Included: Meals & drinks not mentioned, personal expenses, excursions on your free day. Airport transfers from Zurich at set times can be pre-booked at extra cost - ask for details when booking.

Accommodation: We stay at the Hotel Steinmattli (or similar), a friendly 4-star hotel, situated on the edge of Adelboden village, 600m from the main square and 300m from the nearest gondola. The hotel has 63 rooms with ensuite bathrooms, most with balconies and views across the valley to the spectacular cliffs of the Gross Lohner. At the end of your walks relax in the wellness centre or enjoy free use of the village's outdoor swimming pool.



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Trip grading: Walk moderate or longer distances. Some sections over rough or steeper terrain. Walking at high Alpine elevations requires reasonable fitness. Choice of easier walks of 8-13km with ascents up to 360m and descents up to 840m or harder walks of 11-16km with up to 900m ascent and 1100m descent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day.

Suggested itinerary:

Day 1: Arrival day

Plan to be at the hotel by mid-afternoon (contact us to pre-book airport transfers from Zurich airport at extra cost). The group will meet for dinner and walk leaders will brief you on the plans for the week ahead.

Day 2: Above Adelboden

Discover the beauty of the high alpine meadows, carpeted with wildflowers, above Adelboden, with stunning views of the valley and surrounding mountains. You may choose to walk or ascend by gondola lift.

Day 3: Hahnenmoos Pass

Ascend to the Hahnenmoos Pass, the historic route between Adelboden and the village of Lenk. From the top there are panoramic views over the Wildstrubel-Wildhorn massif and of the Obersimmental Valley.

Day 4: Kandersteg and Oeschinensee

Coach to the quaint village of Kandersteg, take a gondola and then walk to picturesque Oeschinensee, a mountain lake that varies in colour from azure to emerald depending on the cloud cover.

Day 5: Free day

No walks are organised. You may choose to relax in the hotel and village, explore the nearby lakeside resorts of Thun and Spiez, or perhaps visit the Gothic cathedral and medieval centre of the Swiss capital, Bern. There are several mountain railways in the area which allow access to breathtaking alpine scenery.

Day 6: Engstligen Valley & waterfalls

Walk to the spectacular Engstligen Waterfalls, the second highest in Switzerland, and visit Engstligenalp, an expanse of alpine meadows that was an ancient glacial lake surrounded by the summits of the Wildstrubel.

Day 7: The Elsighorn

Traverse the slopes of the Elsighorn on the high ridge that separates the Engstligen and Kander Valleys. You may choose to summit the Elsighorn, or take the lower route across to Lohner Falls and then back to Adelboden.

Day 8: Departure day

Tour ends after breakfast – departure transfer to Zurich airport available at extra cost.

Outdoor Travel offers many iconic walks in Europe and the UK including the **Zillertal Alps** in Austria, the **Tour de Mont Blanc** in Switzerland, the **Polish Tatras** or the **Camino de Santiago** from France or Spain through the Pyrenees, the **Via Francigena** pilgrim's road to Rome in Italy, Wainwright's challenging **Coast-to-Coast** in England, or the Scottish classic **West Highland Way**.

Contact Outdoor Travel for more details and reservations:

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