



THE OBERLAND BALCONIES, self-guided


In the heart of the Bernese Alps




From Adelboden to Grindelwald, we offer you a week on the balconies of the Bernese Oberland, to make the most famous crossing of the entire Alps. It's a journey that encapsulates the soul of the Swiss mountains, from the lush green, rounded pre-Alps to the world's most famous mountaineering peaks: the Eiger, the Mönch and the Jungfrau. It's all there: wooden chalets with flower-filled balconies, herds of cows and their bells that beat out the rhythm of the hiker's steps, alpine cheese served with a Schwyzerdütsch accent and, of course, the company of these impressive walls of rock and ice all along the way!

There are two versions of this itinerary, with more or less alpine aspects, which can be done earlier or later in the season.

 7 Days

 Self-guided / without guide

 With or without luggage transportation

 Accommodation : Classic or comfort

 Level : ***

 From : 710€

You will like

- The proximity of iconic peaks: Eiger, Jungfrau, Mönch
- The permanent contrast between opulent alpine pastures and "fearsome icy mountains to behold"
- Traditional architecture, from wooden chalets to Belle-Epoque hotels
- The mountain lifestyle of Switzerland
- A very preserved environment and rich in wildlife

The route

Day 1

ADELBODEN - BUNDERSCHRINDE - KANDERSTEG

The route starts gently through the rolling pastures of Adelboden to the huge scree slope below the Bunderschrinde. On arrival at the col, the show begins with the splendid panorama of the Kandertsteg valley and the high peaks that dominate it. A leisurely descent through mountain pastures and limestone cliffs takes you back to the village. Settle into a gîte in Kandersteg for 2 nights.

6h15 walk / elevation: + 1150 m -1200 m / 13km

Day 2

OESCHINENSEE

A day around the spectacular Oeschinensee lake, one of the jewels of the Alps, deep blue and nestled in a setting of breathtaking cliffs! After taking the cable car up to the lake, the route takes in a loop facing Bluemisalhorn mountain range and can end with a trip in a rowing boat ! Return to Kandersteg for the night.

5h walk / Elevation: +350m /-850m / 12km (Loop)

Day 3

KANDERSTEG - KIENTAL

From Mittholz, the hike starts through meadows and forest to the Alp de Giesene. The steep climb is largely rewarded by the arrival in the large circus that opens at the foot of the "hore" ... Zallers, Salz, Sattel...: fantastic rock faces and vast pastures! After passing the col, the landscape opens wide on the Kiental and Lake Thun. Overnight in Ramslauenen in a gîte.

6h walk / Elevation: + 1350 m - 950 m / 11km

Day 4

KIENTAL - BUNDALP

The route continues through the unspoilt Kiental valley, winding its way gently up small roads and country lanes, through small forests and traditional farmhouses. To reach Griesalp, the route crosses Europe's steepest road several times, with a gradient of 28%... and it's served by public transport! The arrival at the magnificent Bundalp mountain pasture rounds off this peaceful day in style. Overnight in a dormitory in the refuge.

5h walk / Elevation: +750 m -350 m / 12km

Day 5

SEFINAFURGGA – MURREN / GIMMELWALD

Another splendid high altitude section begins in the impressive Gamchi valley. The meadows gradually give way to the mineral atmosphere of the Sefinafurgga pass (2612m) and the climb ends in a world of glaciers and high mountains. Extraordinary views of the iconic peaks of the Jungfrau, Eiger and Mönch, finally revealed in their entirety, accompany the long descent to Gimmelwald. Overnight in a gîte **without luggage**.

7h walk / Elevation: +1150 m -1350 m / 15km

Day 6

STECHELBERG - KLEINE SCHEIDEGG - ALPIGLEN

After a descent by cable car on Stechelberg, the day begins between the steep cliffs of the Lauterbrunnen valley, along the spectacular Trummelbach waterfalls. The path then reaches the Petit Scheidegg pass, at the foot of the majestic Oberland giants and leads to the wide Grindelwald valley. A last descent leads to the refuge of Alpiglen for a night as

close as possible to the north face of «l'Ogre»! Night in refuge, in dormitory.

7h walk / Elevation: +1350 m; -600 m / 17km

Day 7

EIGER TRAIL - GRINDELWALD

The tour ends with a day on the balcony above Grindelwald on the Eiger Trail. The path follows the foot of the Eiger, dominated by its imposing north face and the impressive climbing routes leading to the summit! After a short descent to the edge of the village, the hike can be extended to the foot of the glacial valley of the Oberer Grindelwaldgletscher, before leaving the vertical walls of the Wetterhorn to reach Grindelwald via the gentle grazing of its pastures.

5h walk / elevation: +620 m -1050 m / 12km

Optional extra day at the end of the hike in Grindelwald

GROSSE SCHEIDEGG - BACHSEE LAKE - GRINDELWALD

Departure by local bus to reach the Grosse Scheidegg pass. The itinerary ends on a high note with this final stage to Lake Bachsee, the pearl of the Bernese Alps, reflecting all the legendary peaks of the massif! The lake can be reached directly or by walking around the Schwarzhorn. Descent to the village of Grindelwald is partly by bus.

4h walk / Elevation: + 550 m - 350m / 12km

6h walk / Elevation: +900 m; -700 m / 14km for the Schwarzhorn tour

End of the hike in Grindelwald.

The programme has been drawn up on the basis of the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.

The trip

LEVEL ***

Elevation: +/- 850m approximately per day.

Walking time: 4 to 6.5 hours per day.

Type of trek: a mountain trail on signposted paths, including gravel paths. Some aerial sections equipped with cables.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.

Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

ROAD BOOK

Before departure, we will send you a travel folder containing:

- 1 topographical map (1/50 000) with the route highlighted
- 1 road-book containing all the information necessary for the trek
- 1 waterproof map holder
- Accommodation list

ACCOMMODATION

CLASSIC : 6 nights in a dormitory, hotel, refuge or gite

COMFORT : 6 nights in a room for 2 (or 3) people, in a refuge, hotel or gite

MEALS

Breakfast and dinner are provided in each accommodation, except dinner on night 5 (classic accommodation), or on days 1 and 2 in Kandersteg (comfort accommodation).

Picnics are not included and can be pre-ordered at each accommodation in the evening. Possibility of refuelling en route at farms, mountain refuges and villages along the way.

Please inform us about your food allergies and special diets **at the time of booking**.

The accommodation do their best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

LUGGAGE TRANSPORT

There are 2 options available:

Without baggage transport: all your luggage is transported by you.

With luggage transport: your luggage is transported to your accommodation every day by a logistics vehicle (except day 5).

MAPS

Vanderkarte 1/30000 : 3304T Gstaad- Adelboden

Vanderkarte 1/30000 : 3323T Jungfrau Region

Practical information

ACCESS TO DEPARTURE POINT

Start of the hike in Adelboden, Switzerland.

BY TRAIN

Outward journey: Paris – Basel or Geneva - Frutigen by train; then line bus (about 6€, 30 minutes transfer) to Adelboden.
Return journey: Grindelwald - Interlaken - Basel or Geneva - Paris
Visit the [Swiss Railways](https://www.sbb.ch/en) website for the up to date timetable and tariffs.

BY PLANE

Geneva Cointrin International Airport, Basel Mulhouse or Zürich.
Then transfer by train to Frutigen and by bus 230 to Adelboden.

BY CAR

Refer to the itinerary on www.viamichelin.fr

From the north: access by Basel, Lucerne.

From the west: access by Frasnès, Neuchâtel, Bern

From the south: access by Geneva, Lausanne, Bern. Please note the **mandatory sticker on Swiss motorways**, to be bought at the border or at petrol stations.

Where to park your vehicle? Possibility of week passes for parking in Frutigen (25CHF per week). Then bus 230 to Adelboden (no free long term parking in Adelboden).

In Grindelwald, Grindelwald Terminal car park: approx. CHF 245 per week or Wilderswil Park and Ride: approx. CHF 35 (30-minute train transfer from Grindelwald)

End of the hike in Grindelwald.

RETURN TO THE STARTING POINT

Return from Grindelwald to Frutigen or access to the starting point: many trains via Interlaken and Spiez (1h40 journey).
Bus between Frutigen and Adelboden (30 minutes).
Optional taxi transfer: approx. €250 for 2 to 8 people.

ACCOMMODATION BEFORE AND AFTER STAY

Frutigen : Hôtel Landhaus Adler - <http://www.landhaus-adler.ch/> Hôtel National - <https://www.national-frutigen.ch/en/>

Adelboden : Hôtel Hari - <https://www.hotelhari.ch/fr/>

Grindelwald : Hôtel First Lodge - <https://berggasthausfirst.ch/first-lodge> Grindelwald Youth Hostel - www.youthhostel.ch/grindelwald

Swiss National [Tourism Office](#): +41 800 100 200 29

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

If you are late, contact the agency: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

DEPARTURES AND PRICES

Departure from 3rd July to 7th Septembre 2025, Mondays to Fridays

Without luggage transport

710€ per person, classic accommodation

With luggage transport (except on day 5)

2/3 persons : **1235€** per person, classic accommodation

4/5 persons : **980€** per person, classic accommodation

6 persons : **890€** per person, classic accommodation

Comfort version: (6 nights in a room for 2 or 3 people, of which 2 on B&B): **+180€** per person

Optional extra day in Grindelwald (D8) : **+120€** per person (classic accommodation) or **+160€** per person (comfort accommodation)

THE PRICE

The price includes:

- Half board ccommodation in gîtes, refuges and small hotels, from dinner the first evening to breakfast on the last day, except dinner on night 5 in Gimmelwald;
- A road book: description and IGN maps (1 road book per group);
- Daily luggage transport between accommodation (except day 5), if you have chosen this option;
- Organisation and booking fees;
- Tourist tax.

The price does not include:

- Picnic lunches;
- Dinner on day 5 in Gimmelwald (classic accommodation), or on days 1 and 2 in Kandersteg (comfort accommodation);
- Bus and train transfers and cablecars (approximately CHF100);
- Personal expenses (drinks, etc.), touristic visits;
- Potential shower tokens in accommodation;
- Your return journey from your home to the point of departure/end point;
- Cancellation insurance (4.2% of total tour cost).

The price is all inclusive from the hike departure to end point.

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

LUGGAGE TRANSPORT

You are allowed 1 soft, sports type bag, with all your possessions inside, of **10kg maximum per person**. Your luggage will be transported daily, except on day 5, between accommodation by our logistics vehicle where access is not always easy.

Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!

YOUR BACKPACK FOR THE NIGHTS WITHOUT YOUR LUGGAGE

On night 5, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

Details

HOW TO REGISTER

- Online: <http://www.altitude-montblanc.com>

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 Passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.

The balance must be paid one month before departure without a reminder from us.

For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE