

Jungfrau Peaks & Glaciers

Hotel-to-hotel  independent walking

- Some of the finest high level walking trails in Europe
- Switzerland's most famous trio of mountains: Eiger, Mönch, Jungfrau
- High quality ★★★ hotels throughout - excellent cuisine
- Thundering waterfalls, rolling glaciers, luxuriant red spruce forest, stunning range of flowers and wildlife
- Blissfully quiet, traffic-free villages – many with pools



This walking holiday explores some of the Alps' most dramatic scenery. The sheer scale of it is breathtaking: the 4000m peaks of the Eiger, Mönch and Jungfrau cloaked in rolling white glaciers tower magnificently over the Lauterbrunnen Valley, the deepest U-shaped valley in the world, lined with 73 rushing waterfalls.

You're in for a succession of unique experiences: passing so close to the ice-clad flank of the Mönch you feel you can touch it, rambling through meadows fragrant with wolfsbane, trumpet gentian and purple monkshood, being lulled by the sound of tinkling cowbells and deafened by the thundering power of a corkscrew waterfall, venturing into cool dark gorges and contemplating vast heart-lifting Alpine panoramas.

Where you stay provides some pleasing contrasts: from the disarmingly pretty car-free village of Mürren, to the bustling world-famous resort of Grindelwald with its two glaciers. Our friendly hoteliers all speak English and will happily advise on routes.

The paths and trails are well signposted and waymarked, and nowhere in the Alps is there a better provision of mountain lifts and railways, offering almost unlimited walking choices. On the higher slopes, the lammergeier has recently been re-introduced. Look out too for alpine accentor and golden eagle cruising the thermals.



JUNGFRAU PEAKS & GLACIERS | DAY BY DAY

Day 1 Arrive in Wilderswil

We meet you and take you to your hotel in time for dinner

Day 2 Wilderswil to Mürren 16km/10mi/6hr

A valley path climbs through oak forest (look out for red deer) to the sleepy hamlet of Isenfluh for the first view of the Jungfrau, over 3000m of ice-clad, rocky wilderness! Walking through meadows dotted with golden hawksbeard, you reach our hotel in Mürren with great views over the Eiger and Jungfrau.

Day 3 At Mürren

With its pretty pedestrian streets, and stunning views over the Big Three, Mürren has inspired famous travellers for centuries. It's easy to laze the day here, or there are various walks, from a fragrant ramble in the Blumental meadow to a hike up Sefinenfurgge pass (2612m). Alternatively, take the cable car to the James Bond revolving restaurant on the Schilthorn for views over Germany, Italy and Switzerland.

Day 4 Mürren to Wengen 18km/11mi/6hr

A long descent past cows munching green meadows (they still cut hay with scythes here) into the Lauterbrunnen valley and the Trümmelbach falls, an amazing 'corkscrew' waterfall thundering inside the mountain. Ascending past the Mönch, choked with rock and ice, takes you past Agnes and Willi's farm. Why not stop for a cool drink under the shadow of the Jungfrau before arriving in Wengen?

Day 5 At Wengen

You could relax savouring the view over Lauterbrunnen valley from the hotel terrace complete with whirlpool bath (pay locally), but it's a shame not to take Europe's highest railway to the icebound Jungfrauoch (3454m), for a panorama over the Great Aletsch glacier, Germany's Black Forest and the Italian Alps. Alternatively take the Bira cable car for 360° view over the whole region.

Day 6 Wengen to Grindelwald 18/km/11mi/6hr

Today's walk over the Kleine Scheidegg Pass follows the footsteps of Goethe, Byron and Tchaikovsky. The ascent enjoys views over the ice walls of the Mönch. After lunch, you descend in the shadow of the Eiger's sheer north face - stunning views all round.

Day 7 At Grindelwald

The most exciting option is to take the cable car to Pfingstegg from where you'll enjoy the most spectacular views of the Grindelwald Valley. You then follow a path hewn out of pink, purple and green marble to the sun trap restaurant terrace at Baregg, an oasis of green in the lower of Grindelwald's twin glaciers. A good chance of spotting ibex on the slopes and golden eagles circling overhead.

Day 8 Grindelwald to Wilderswil 16km/10mi/5hr or 18km/10mi/6hr

By gondola to the start of the one of the Alp's most panoramic walks. First stop, Bachsee Lake, then a climb through rocky high-mountains bright with saxifrage to the Faulhorn (2680m), and a heart-lifting panorama over the Bernese Oberland. After lunch in the restaurant, you descend through grassy marmot country to the railway station at Schynige Platte (2067m) to arrive in Wilderswil and your hotel in the timber-clad houses of the old town.

Day 9 Return home



"The organisation of the holiday was excellent, everything went so smoothly."

Mr D Howarth

Dates and Prices

Departs every two days **Tour Only**

2012 departures

Jun 10-16, Sep 16-18	\$3,194
Jun 18-30, Sep 10-14	\$3,244
Jul 2-10, Aug 29-Sep 8	\$3,299
Jul 12-Aug 27	\$3,372

Singles: Add \$21 per night in a single room.

Child: This holiday is unsuitable for children under 12.

Room upgrade: Prices from \$30 per person, per night, based on 2 sharing.

Holiday type: Independent walking, hotel-to-hotel, no minimum group size, however station and luggage transfers are subject to at least 2 people (in total) booked on each departure.

Departs: Every two days from Jun 10 to Sep 18.

Duration: 9 days (8 nights).

Meals: Continental breakfast and evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Zurich Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Interlaken West train station at 15:51 (transfer to hotel, 10 mins, provided). **Return:** Interlaken West train station by 11:05.

Rail options: Zurich airport to Interlaken West (via Bern) 13:40/15:51. **Return: Rail Interlaken West to Zurich Airport 11:05/13:16.**

Second Class Swiss Rail: Add \$373 per person, round trip.

First Class Swiss Rail: Add \$566 per person, round trip.

Tour only: Transfers included from Interlaken West train station at 15:51, and back to Interlaken West train station departing hotel at 10:30.

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JUNGFRAU PEAKS & GLACIERS | WHERE YOU STAY



Hotel Baeren
★★★
Wilderswil



Hotel Alpenruh
★★★
Mürren



Hotel Bellevue
★★★
Wengen



Chalet Hotel Alte Post
★★★
Grindelwald

Days 1+8

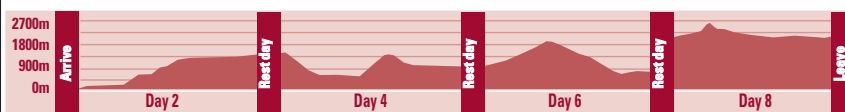
Days 2+3

Days 4+5

Days 6+7

For extra nights we recommend Wilderswil, Wengen and Grindelwald.

JUNGFRAU PEAKS & GLACIERS | WALKING DETAILS



Superbly varied and well signposted walking along valley bottoms and in the high mountains (up to 2700m). A good fitness level is required. Walking boots are essential, and we strongly recommend wet-weather gear and a compass.



Average daytime temperature (°C):

16 18 17 14
JUN JUL AUG SEP



Average monthly rainfall (mm):

55 55 65 50
JUN JUL AUG SEP

Note: The walk on day 8 is not possible in early/late season, however full route notes will be provided for alternative options.

Further details at www.breakaway-adventures.com