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★★★★★ (4)

Via Alpina „Bear Trek“

EIGER, MÖNCH AND JUNGFRAU.

Explore alpine Switzerland at its most impressive: The Bear Trek is a unique route over spectacular passes and along grand glaciers. Via Alpina leads through valleys and gorges, past the three "proud Swiss" Eiger, Mönch and Jungfrau right to the Swiss holiday resort Adelboden-Lenk. Do not count on meeting any bears nowadays. The name derives from old times when only bears and wolves were able to trot this routes. And today it is your turn: the Bear Trek is more than a walking tour. You cross several passes. The summits and plateaus reward your alpinist efforts. Enjoy the perfect magnificent beauty of the Alps!

- Find out more about the wonderful hiking region in the [Bernese Oberland](#).
- All facts and details about [hiking in the Alps](#) at a glance.

Trekking



8 Days / 7 Nights



Self-guided Tour

To the online version



Itinerary

DAY

1

Arrival in Meiringen

DAY

2

Meiringen – Grindelwald

Take the post bus to Rosenlauri, where the first route commences via Große Scheidegg to Grindelwald, always with the magnificent panorama of the Threesome Eiger, Mönch and Jungfrau.



approx. 4,5 hours



14 km



700 m



980 m

DAY

3

Grindelwald – Wengen/Lauterbrunnen

Start the day with an ascent to Kleines Scheidegg. Follow the steep path past spectacular Trümmelbach falls, down to Lauterbrunnen (easier option: downhill to Lauterbrunnen via Wengen or train Kleine Scheidegg – Lauterbrunnen).



approx. 6,5 hours



19 km



1.200 m



1.400 m

DAY

4

Wengen/Lauterbrunnen – Griesalp/Kiental

Take to cable car to Mürren. The route crosses Sefinenfurgge, which often is snow covered until early summer. Enjoy marvellous alpine scenery.



approx. 7 hours



22 km



2.000 m



1.400 m

DAY

5

Griesalp/Kiental – Kandersteg

Today you join the Queen's stage – a climb up to Blüemlisalp. After a long and steep ascent up to 2.843 m the alpine cabin on Blüemlisalp offers sustaining meals. Via Hohtürli and the moraines of Blüemlialp glacier you walk down to Oeschinen Lake. Continue to Kandersteg (alternative from Oeschinen Lake: take the cable car downhill).



approx. 7,5 hours



15 km



1.450 m



1.730 m

DAY
6*Kandersteg – Adelboden*

Take the mountain railway up to Allmenalp, then ascent to Bonderchrinde. A stunning panorama view of the surrounding summits is a well earned reward. Continue downhill to Adelboden.



approx. 5,5 hours



16 km



1.350 m



1.170 m

DAY
7*Adelboden – Lenk*

Today you end the Bear Trek with a walking tour from Adelboden via Hahnenmoos to Simmental. At the foot of the Wildstrubel you spend the last night in the beautiful Berner Oberland.



approx. 4 hours



13 km



730 m



980 m

DAY
8*Departure or extension*

Tour character

Sure footedness, a good head for height and good fitness level is required for this alpine hiking tour. Some shortcuts are available if the weather is bad.



Prices and events

Place of arrival: Meiringen

	Season 1 27.06.2021 - 03.07.2021 18.09.2021 - 26.09.2021 Arrival daily	Season 2 04.07.2021 - 17.09.2021 Arrival daily
Via Alpina „Bear Trek“, 8 days, Cat. A, CH-BDWML-08A		
Base price	84900	92900
Surcharge single room	29900	29900
Via Alpina „Bear Trek“, 8 days, Cat. B, CH-BDWML-08B		
Base price	79900	87900
Surcharge single room	21900	21900

Category A: pretty middle class hotels, 1x traditional mountain inn (shower/toilet partly on the corridor)

Category B: pretty guesthouses and B&Bs (shower/toilet partly on the corridor)

Additional nights

Place of arrival: Meiringen

	Season 1 Jun 27, 2021 - Jul 3, 2021 Sep 18, 2021 - Sep 26, 2021 Arrival daily	Season 2 Jul 4, 2021 - Sep 17, 2021 Arrival daily
Meiringen		
Double room p. P. Cat. A	8500	8500
Surcharge single room	3900	3900
Lenk		
Double room p. P. Cat. A	7500	7500
Surcharge single room	3900	3900

Season 1

Jun 27, 2021 - Jul 3, 2021 | Sep 18, 2021 - Sep 26, 2021 |

Arrival daily

Season 2

Jul 4, 2021 - Sep 17, 2021 |

Arrival daily

Meiringen		
Double room p. P. Cat. B	7500	7500
Surcharge single room	3900	3900
Lenk		
Double room p. P. Cat. B	7500	7500
Surcharge single room	3900	3900

Prices per person in EUR

Services and infos

Services

Included:

- 7 overnight stays in booked category, breakfast included
- Luggage transfer (1 piece of luggage per person)
- Carefully elaborated route description
- Detailed travel and tour documents 1x per room (German, English)
- Service-Hotline

Infos

Arrival / Parking / Departure:

- By train to Meiringen and in a few walking minutes or short taxi transfer to the starting hotel.
- Parking: chargeable car park at the mountain railway, approx. EUR 5 per day. No reservation.
- Return from Lenk to Meiringen by train, duration approx. 3 hrs.

Things to note:

- Tourist tax, if due, is not included in the price
- Fares with public transport, mountain railways and cable cars, approx. EUR 60 per person
- Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



**Angelika Tiefenthaler, Travel
specialist**

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Book now

