

# ZERMATTERS

## ALPINE SCHOOL

# Via Alpina: Hike and E-Bike

## THE PERFECT OUTDOOR ADVENTURE (CH) | 3 DAYS

From the monastery village of Engelberg on foot and by e-bike to the glacier village of Grindelwald. On the most famous long-distance hiking trail in Switzerland, the Via Alpina, you hike past the crystal-clear Engstlensee, enjoy the overwhelming view of the Eiger, Mönch and Jungfrau and master the Grosse Scheidegg easily on an e-bike. You swap the hotel for a tent and experience lonely evening moods, overwhelming starry skies and wonderful sunrises. Pure nature! A perfect outdoor adventure for all those who want to escape from everyday life.

**Technique** **beginner-intermediate**

A continuous route, sure-footedness and initial experiences of mountain hiking required; Terrain: mostly moderately steep with short steeper sections (T2); Alpine technique: experience is not necessary

**Condition** **beginner-intermediate**

Duration from 4 to 6 hours, up to approx. 1,000 vertical meters, approx. 250 vertical meters per hour.

**Meeting place** 9.00 a.m. Engelberg train station

**Departure** approx. 5 p.m. Grindelwald train station

### Services

**Included** Guiding and supervision by a mountain guide, breakfast and dinner, E-Bike from BMC (Speedfox AMP or Trailfox AMP), tent and camping mat

**Not included** Travel to the course, transport, rental equipment, snacks and drinks

# ZERMATTERS

## ALPINE SCHOOL

### Program

- Day 1**
- After the welcome, you will take the gondola up to the spectacular Trübsee at the foot of the Titlis. From here the path leads up to the Jochpass 2207 m, which marks the border between Central Switzerland and the Bernese Oberland. Through a sea of alpine roses you reach the idyllic Engstlensee, which is considered a place of power, pass the nostalgia hotel Engstlenalp and continue, slightly ascending, to Tannalp. Here you will set up your first tent camp and enjoy an unforgettable night under the starry sky. (walking time: 3.30 h, distance: 9.5 km, ascent/descent: 650/475)
- Day 2**
- The ridge hike over the Balmeregghorn impresses with a magnificent view of the Eiger, Mönch and Jungfrau. From Planplatten over gentle alpine pastures to Bidmi. You can end the day in a cosy atmosphere and spend the night high above the Aaretal valley. (walking time: 4.15 h, distance: 13.25 km, ascent/descent: 500/1050)
- Day 3**
- You take the gondola to Meiringen. Now you saddle your e-bike, pedal lightly and buzz off to the Reichenbach Falls and under the spell of the Wetterhorn past the nostalgic Rosenlaui Hotel with a detour into the impressive glacier gorge. Thanks to the support of your e-bike, you can easily master 1400 metres of altitude difference before you enjoy the impressive panorama from Grosse Scheidegg and, of course, the downhill ride to Grindelwald. Closing aperitif and farewell. (Travel time: 3 h, distance: 25 km, ascent: 1400)

# ZERMATTERS

## ALPINE SCHOOL

### Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented:

- ☐ Sleeping bag

### Technical equipment

- ☐ Backpack approx. 30l with rain cover
- ☐ Telescopic trekking poles (optional)
- ☐ Tent (included)
- ☐ Camping mat (included)

### Clothing

- ☐ Hardshell jacket (wind- and waterproof)
- ☐ hiking pants
- ☐ Soft shell and/or fleece jacket
- ☐ t-shirt or shirt
- ☐ underwear
- ☐ Cap/headband and hat
- ☐ gloves (wind- and waterresistent)
- ☐ Functional socks and spare socks
- ☐ hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

### Various

- ☐ Sunglasses and ski goggles
- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera and binoculars (optional)
- ☐ half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements