

ZERMATTERS

ALPINE SCHOOL

Via Alpina: Kandersteg - Montreux

THE FINAL (CH) | 6 DAYS

The finale of the Via Alpina leads from Kandersteg to Montreux. Undescribable landscapes line the way. Surrounded by breathtaking mountain scenery, you hike in six days from the traditional holiday resort of Kandersteg past the picturesque mountain village of Lenk and on to sophisticated Gstaad. Cross the language border to reach the cheese village of L'Etivaz and conquer the Rochers de Naye in the stage finale before crossing the finish line of the Via Alpina in Montreux.

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	intermediate Duration from 5 to 7 hours, up to approx. 1,200 vertical meters, approx. 300 vertical meters per hour.
Meeting place	8.45 a.m. Kandersteg train station (train arrival 8:45 a.m. Kandersteg train station)
Departure	approx. 3.30 p.m. Montreux train station
Accommodation	Hotel Bristol AdelbodenSporthotel Wildstrubel LenkSporthotel Victoria GstaadHotel Du Chamois L'EtivazHotel Le Coucou Caux

Services

Included	<ul style="list-style-type: none">• Guiding and supervision by a mountain guide• Accommodation with half board: 6x hotel (standard double room)• Luggage transport• 15% discount on mammut.com
Not included	<ul style="list-style-type: none">• Travel to course• Transport• Snacks and drinks

ZERMATTERS

ALPINE SCHOOL

Program

- Day 1** From Kandersteg with its traditional and romantic wooden chalets, the route leads over alpine meadows rich in flowers and several steep steps up to the Bunderchrinde, the breathtaking transition to the Engstligental and Adelboden. On the way you will be impressed by the steep cliffs of the Lohners, where with a bit of luck you can observe chamois. The Bunderchrinde, with its unique rock formation reminiscent of a cauldron, immediately makes you forget the sweaty ascent. (Duration: 7 h, Distance: 16.2 km, Ascent/Descent: 1400/1220)
- Day 2** The gentle ascent leads along the Gilsbach, through fairytale-like forests and impressive moorland up to the Hahnenmoospass. After the ascent you can strengthen yourself in the restaurant of the same name. From here you can watch many model flying enthusiasts do their aerobatics when the wind is good. The destination of the stage is Lenk in the Hinteren Simmental. The picturesque mountain village is surrounded by the perfect backdrop of the Wildstübel massif and spectacular waterfalls. (Duration: 4.30 h, Distance: 14 km, Ascent/Descent: 690/970)
- Day 3** Following the Wallbach, the path leads through an impressive gorge at the beginning. Through damp limestone cart tracks you finally reach the Trütlisbergpass, which connects Lenk with Gstaad. The horizon is wide and boundless. First you descend along a winding bog path, while you dive deeper and deeper into the lovely and untouched Turbachtal valley. The destination of the stage is sophisticated Gstaad with an unmistakable touch of glamour and luxury. (Duration: 7 h, Distance: 22 km, Ascent/Descent: 1070/1090)
- Day 4** With the Gummfluh, the symbol of Saanenland, behind you, you hike up to the Col de Jable on narrow paths. Not only does the German-French language border run up here, the view from Les Diablerets to Rochers de Naye will delight any hiker's heart. Following the course of the valley, you leave the lush meadows behind you on the descent to L'Etivaz and sink into the shady forest. In L'Etivaz cheese lovers will be delighted: the cheese of the same name is made here by selected cheese dairies according to traditional recipes and by hand. (Duration: 7 h, Distance: 17 km, Ascent/Descent: 1270/1180)
- Day 5** At the beginning, the trail leads through the idyllic moorland of La Lécherette and along the deep blue waters of Lac de Hongrin. Its imposing dam rises on the opposite side of the valley and fills you with wonder. The destination of today's stage, the Rochers de Naye, can already be seen in the distance. The hike becomes not only more sweaty with every step, but also more impressive. Surrounded by a spectacular scenery that stretches over the entire horizon, you will also complete the last meters of altitude. (Duration: 8.30 h, Distance: 23 km, Ascent/Descent: 1780/1000)

ZERMATTERS

ALPINE SCHOOL

Day 6

The stage finale starts on the Rochers de Naye with a panorama of hundreds of jagged peaks. On the last few metres of the Via Alpina, you will be accompanied by a view of Lake Geneva, the Mont Blanc massif and the Jungfrau mountains. The steep ridge and limestone rock trail gives way to Mediterranean heights. At the very end you turn into the streets of Montreux and solemnly cross the finish line of the Via Alpina. What an achievement! (Duration: 4 h, Distance: 14 km, Ascent/Descent: 80/1670)

ZERMATTERS

ALPINE SCHOOL

Technical equipment

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

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)

Overnight cottage

- ☐ Clothes and shoes for the evening (for wearing in the accommodation and in the village)
- ☐ Own toiletries, ear plugs if required

Food

- ☐ Breakfast and dinner at the hotel
- ☐ You need to bring your own hot drinks and lunch or you can buy them in the village
- ☐ Snacks (e. g. energy bars, dried fruit, dried meat)
- ☐ Protective masks
- ☐ Sanitizer
- ☐ Towel

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