

Scenic Swiss Alps

Trip style: Guided Walking Holidays

Destination: 📍 Switzerland

Trip code: ADL07-LCL09

Grades: 1, 2 & 4

Carbon Footprint: 🌱 354kg CO2



HOLIDAY OVERVIEW

With invigorating Alpine air, dramatic scenery, and nothing but the sound of tinkling cowbells for company, Switzerland is perfect for those looking for a memorable mountain holiday. The Bernese Oberland region boasts walking opportunities through gentle alpine hills and beneath the snow-capped peaks of the Engstligen Valley, plus the chance to walk across one of the longest suspension bridges in Europe. There'll also be a gondola ride to the beautiful Oeschinen Lake and an ascent up the 2,341-metre summit of Elsighorn.

WHAT YOU'LL LOVE

- Walking the balcony paths above Oeschinen Lake
- Taking a gondola ride to the lake
- The Alpine scenery of Engstligenalp
- Taking in views from almost 2,000 metres above sea level
- Walking between high peaks on the Hahnenmoos Pass
- Exploring the Kander Valley

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- 7 nights' accommodation in Adelboden
- 7 breakfasts & 7 dinners
- All in-destination transport

TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13 km) on good paths through valleys and high meadows. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) with some steep and rough ascents. Up to 3,000 feet (900m) of ascent in a day.

ITINERARY

Day 1: Arrival day

Welcome to Hotel Steinmattli. Unpack and settle in.

Day 2: Above Adelboden

These walks venture onto the high meadows of Tschentenalp above Adelboden, and both walks offer excellent views of the Engstligen valley, with Adelboden far below and the surrounding mountains, where many of the walks to be enjoyed later in the week, can be identified.

Day 3: The Hahnenmoos Pass

From Adelboden we take a long gondola ride of 3 miles to the upper station and restaurant at Sillerebühl, situated at an altitude of just under 2,000 metres. Now called the Vogellisi, or 'Bird Lady Mountain', from here we follow the famous flower trails to Hahnenmoos. The broad grassy saddle at the Hahnenmoos pass is the historic route between Adelboden and the village of Lenk. The pass was once the site of a local festival where villagers from the two valleys met for trade and athletic contests.

Day 4: Kandertal and Oeschinensee

Kandertal is the adjacent valley to Adelboden, just a few miles away as the crow flies. Both walks take a gondola and head to Oeschinensee, a picture-postcard mountain lake setting that changes colour from azure to emerald depending on the cloud cover. Today we will be surrounded by majestic mountains including Bluemlisalp, Fruenderhorn and Doldenhorn.

Day 5: Free day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. You may wish to use the efficient Swiss transport system to visit the attractive lakeside resorts of Interlaken, Thun or Spiez. Alternatively, you could hire a bike in Adelboden and cycle in the local area.

Day 6: Engstligen valley and Waterfall

The impressive Engstligen Waterfall is one of the area's most impressive sights and is clearly visible from the hotel balcony. The falls drop around 600 metres making them the second highest in Switzerland. Above the waterfalls is the Engstligenalp, a vast expanse of alpine flowers and pastures that was once an ancient glacial lake. The lofty summits and glaciers of the Wildstrubel surround this impressive hanging valley.

Day 7: On the slopes of the Elshorn

The Elshorn is the northernmost significant summit on the high ridge that separates the Engstligen and Kander

Valleys. We go to Elsigbach by minibus and take a cable car to the slopes above.

Day 8: Departure day

We hope to see you again soon.

Hotel Steinmattli - Bernese Oberland

The 4-star Hotel Steinmattli is a modern chalet-style property located in a peaceful part of this charming village. All 63 comfortable bedrooms offer a balcony or terrace, en-suite bathroom and beautiful views. A delicious evening meal is served each day in the hotel's Alpen Chic Restaurant. The shops and bars of Adelboden are just a short walk away.

The hotel features:

- Wellness centre with sauna and whirlpool
- Fully stocked bar with large comfortable seating area
- Restaurant Alpen Chic with stunning mountain views
- Free bike hire

Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider

packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)
