



Switzerland Hiking Adventure

8 Days



Day 1 | Zurich to Interlaken

Willkommen to Switzerland

Plan to arrive in Zurich (ZRH) by mid-afternoon. The train system from the airport to Interlaken is very efficient with departures every 30 minutes (*we have to make our way independently to the hotel). Interlaken is a sylvan resort town in Bernese Oberland, a region (or canton) that is naturally sandwiched between Lake Thun and Lake Brienz.

At 6:30 p.m. we meet in the Hey Hotel for an official welcome drink and comprehensive trip briefing with our Wild Women guide. Our guide will instruct us on how to reorganize our luggage and repack for tomorrow night's stay at the remote hike-in only Mountain Hotel Faulhorn. We are responsible for carrying our own overnight necessities (toiletries, pajamas, etc.) as well as water, lunch, snacks and extra layers for the hike up Schynige Platte. The rest of our luggage will remain secure at the Hey Hotel which we return to on Day 3.

Included Meals

Dinner

Accommodations

The Hey Hotel

Travel

Train (30 minutes) from Zurich Airport to Interlaken



Day 2 | Wilderswill

A Hike-in Only Hotel Stay

After an early bird breakfast (7 a.m.) we will take a super scenic one-hour train ride from Interlaken to Wilderswill aboard a whimsical early 20th-century rack (cogwheel) railroad up to the Schynige Platte.

Double knot your hikers or trail runners as we strike off from the distinct terrace that hovers above Interlaken. Here, the peaks of the Bernese Alps poke into the indigo skyline at 13,123 feet (4,000 m). Eiger, Mönch and Jungfrau will soon be familiar friends.

The path along the crete (mountain ridge) snakes around the cliff to reveal the surreal teal depths of Lake Brienz. It will be a full day of fresh air and selfies with cows before we reach the remote Faulhorn in the late afternoon. The cozy embrace and simplicity of one of the oldest mountain hotels in the Alps (established in 1830) is a favorite stay among hikers.

Included Meals

Breakfast, boxed lunch and dinner

Accommodations

Mountain Faulhorn Hotel

The Hike

7.2 miles (11.5 km) or 4.5 hours depending on the group's pace, with an ascent of 3,510 feet (1,070 m) and a descent of 1,247 feet (380 m)



Day 3 | Grindelwald

Swiss Cheese

We strike off at 7:30 a.m. to the crystalline marvel of Lake Bachalpsee.

The iconic PostBus (listen for its trademark horn) will transport us to Grindelwald, where we walk below the daunting presence of Eiger through the vibey mountain village that's typically feverish with ramped-up climbers anticipating their ascent up the iconic north face of Eiger. It is still one of the most difficult climbs in the Alps.

After a picnic lunch, we meet Martina, a goat shepherd and cheesemaker who lives in the idyllic mountain pasture of Steessiboden, high above Grindelwald. Martina will demonstrate the goat cheese making process—and yes, there will be samples to taste!

Late afternoon, we catch a bus to Grindelwald, where we can poke around the shops and find a place to eat or take the train back to Interlaken and the Hey Hotel. Dinner is not included tonight.

Included Meals

Breakfast and boxed lunch

Accommodations

The Hey Hotel

Travel

PostBus (30 minutes), bus (30 minutes), train (30 minutes)

The Hike

Six miles (10 km), which takes about 3.5 hours, with an ascent of 919 feet (280 m) and a descent of 3,773 feet (1,150 m)



Day 4 | Top of Europe

Shaken, Not Stirred

After a satiating fill of Bircher muesli, we board a train that will slice us through the glacier-incised Lauterbrunnen valley to Gimmelwad. Here, we follow the trail to the ribbon of waterfall known as the “Sprutz.”

At Bryndli, we absorb the panoramas of Lauterbrunnen valley below and carry onward (and downward) to the car-free village of Mürren. A gondola takes us to the top of Piz Gloria (10,000 ft/3,048 m above sea level). For 007 fans, the 1969 James Bond flick *On Her Majesty's Secret Service* comes alive in Spy World's interactive exhibits. Bond fan or not, we can sip martinis shaken, not stirred, in the world's first revolving restaurant.

A cable car brings us back to Mürren for dinner at the timeless Restaurant Regina. Afterwards, we return to Interlaken to repack for tomorrow night's stay at the Gemmi Lodge 2350.

Included Meals

Breakfast, boxed lunch and dinner

Accommodations

The Hey Hotel

The Hike

5.5 miles (8.8 km), which takes about 5 hours, with an ascent of 2,953 feet (900 m) and a descent of 2,100 feet (640 m)



Day 5 | Gemmi Plateau

A Genuine Gem

We board the train to Kandersteg at 8:30 a.m for a 90-minute journey. At the end of the 19th century, during the bougie Belle Epoque era, Kandersteg was a magnet for European holiday makers, romantics and dreamers. Everything was extravagant and excessive. *La belle époque* means “the beautiful age” and the feeling is still tangible in the grandeur of the Belle Epoque Hotel Victoria property.

A cable car will take us to Sunnbühl, where we can opt for an easy hike through the vast plain of Gemmi, stands of mountain pine and along the silver Daubensee. Alternatively, we can hike up to Üschenengrat ridge, a remote alpine route of challenging terrain down to Daubensee. Both hikes end at Gemmi Lodge 2350, our cool hotel smack dab on a rocky cliff high above Leukerbad.

Tonight we'll indulge in a Valais specialty—the classic Gemmi Fondue! From the beautiful age to beautiful aged cheese!

Included Meals

Breakfast, boxed lunch and fondue!

Accommodations

Gemmi Lodge 2350

The Hike

The first hike option is 6.6 miles (10.6 km), with an ascent of 2,034 feet (620 m) and a descent of 4,035 feet (1,230 m). The second hike option is 7.9 miles (12.7 km), with an ascent of 3,590 feet (1,094 m) and a descent of 2,260ft (689 m).



Day 6 | Zermatt

Car-free and Carefree

By 8 a.m. we effortlessly float on a silent gondola over the rock cliffs down to Leukerbad. We take a PostBus then a train to the arid wine-growing valley of Valais. From Visp, we board the Glacier Express Line, which connects St. Moritz to the resort town of Zermatt, where the pyramid-shaped Matterhorn looms large. This trip takes three and a half hours.

We have an early lunch in the “mountaineer metropolis” of Zermatt before taking a cable car to Trockener Steg. We hike the glacier trail that winds in front of the Theodul and Furgg glaciers next to the monster Matterhorn. The trail will slice through a periglacial environment—we take pause here to learn more about the impact of climate change and glacier recession.

At day's end, we retreat to our chic, playful hotel in the buzzing nerve center of car-free Zermatt. Dinner is not included tonight, so we can forage for raclette or more fondue!

Included Meals

Breakfast and boxed lunch

Accommodations

Hotel Zermama

The Hike

4.1 miles (6.6 km), which takes about 2.5 hours, with an ascent of 723 feet (220 m) and a descent of 1,870 feet (570 m)



Day 7 | Thrift and Zermatt

Chasing the Matterhorn

We start with an early cable car ride from Schwarzsee at 7:45 a.m. where we pass over undulating mountain meadows before reaching the Staffel pasture. Here, we follow a high trail

that will take us over the opposite valley towards Trift. The view towards the dominant Matterhorn is a stunner—as are the peaks of the entire Monte Rosa massif. Switzerland’s impressive bragging rights include 48 peaks that measure over 13, 123 feet (4,000 m).

In Trift, we stop at the landmark pink Berggasthaus Trift hotel to rehydrate before continuing on the path that descends through the Trift gorge down to Zermatt.

We have time for steamy showers and a refresh before gathering for a sumptuous farewell dinner at 6:30 p.m. It’s time to clink glasses, celebrate and reminisce about our alpine experience and challenging hikes conquered.

Included Meals

Breakfast, boxed lunch and dinner

Accommodations

Hotel Zermama

The Hike

10.1 miles (16.3 km), which takes about 6 hours, with an ascent of 1,969 feet (680 m) and a descent of 5,348 feet (1,630 m)



Day 8 | Departure

Double-Knotted Friendships

Sigh. Departure day. After a decadent breakfast (at your leisure, and in accordance with Hotel Zermama's breakfast service time), you can take the train to either the Zurich airport (ZRH) or Geneva Airport (GVA). Trains are available every 30 minutes.

You can schedule your departure flight anytime after 2 p.m. today or continue on your merry fondue journey in the Alps.

It's time to swap emails, AirDrop photos, give and receive big hugs and start planning a reunion with your alpine Wild Women crew!

Included Meals

Breakfast (you won't want to miss this one!)



Trip Details

Know Before You Go

For all of the logistical details you'll need to know prior to departure—including the packing list, arrival and departure details and suggested tipping information, click [HERE](#).

Itinerary version as of March 22, 2024.