

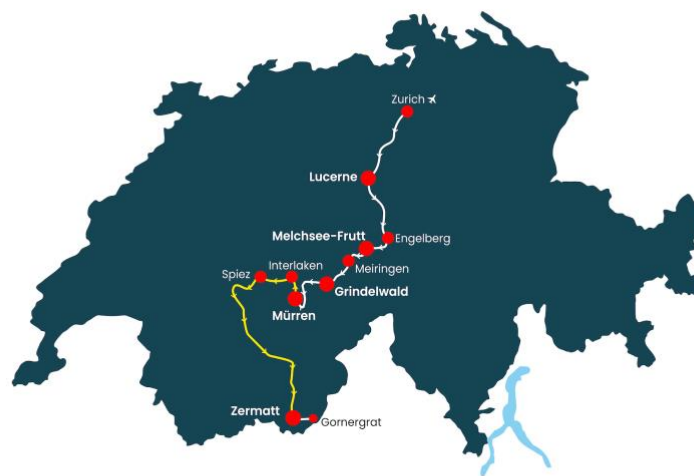


8-Day Via Alpina Hiking Trip Itinerary for 2024

Dates: Flexible departure dates

Price: from \$3,274

Private Semi-Guided Hiking Tour



Day 1 – Zurich Airport Meet & Greet

Our ECHO Rails guide will meet you outside the customs area. Look for a person in a red or white T-shirt and a ball cap. After a warm welcome, the guide will help you carry the luggage and take you to the airport train station. They will also assist you on the train transfer to Lucerne and help you get to your hotel comfortably. Our guide will give you a detailed briefing of the itinerary and provide you with all the documentation for the trip. The rest of the day is on your own to explore Lucerne.

Day 2 – Lucerne to Engelberg & Hike to Melchsee-Frutt

Our Guide will meet you at the hotel at 7:45 am.

Place your luggage by reception with the ECHO Rails Tags in place. It will be transferred to your next hotel in Melchsee-Frutt. You'll take a 45-minute train ride from Lucerne to Engelberg. Then, we'll begin the day's hike.

Our guide will accompany you on today's hike to help you familiarize yourself with the Swiss hiking trails and trail signs. You have the entire day to ask all your questions about how the hiking trails in Switzerland work. By the time you reach Melchsee-Frutt, you will feel very confident to continue your hike independently.

Today's Hike

The hike is flexible and your guide can adjust the route depending on your fitness level.

On average:

- 4 to 5 hours total hiking;
- 8 miles distance;
- total day's ascent 1,400 ft;
- total day's descent 1,600 ft.

After your first full day of hiking, relax and recharge at your comfortable hotel with an indoor swimming pool, sauna, and steam rooms.

Day 3 – Hiking from Melchsee-Frutt to Meiringen & Grindelwald

At an elevation of 6,300 ft, Melchsee-Frutt offers you that "Swiss Alps experience" you envisioned. It's nestled in between green mountain pastures, the air is filled with clanging cowbells, and the air smells impossibly clean and fresh. No wonder: this place is only accessible on foot or by cable car.

Today's hike will be gorgeous. There will be alpine peaks in the distance and green valleys and pastures below. One of the Swiss hiking guides describes this segment as a "**Hike near to heaven,**" with the Swiss peaks of the Wetterhorn, Mittelhorn, and Rothorn in your sights.

First, you will hike from Melchsee-Frutt to Mägisalp cable car station and take a ride down to Meiringen. Next, you will take the local postal bus from the Meiringen train station to the resort of Grindelwald. The guide will explain the options for getting to Grindelwald. You will want to choose the safest route given the weather conditions.

Today's

Hike

On Average:

- total hiking time: 3 to 4 hours
- 6 miles distance
- 700 ft up and hiking on level ridge trail.

In the afternoon, you reach the alpine village of Grindelwald, surrounded by the majestic trio: Monch, Jungfrau, and Eiger.

Day 4 & 5 – Grindelwald & the Jungfrau Region

The Jungfrau region is a world-famous mountain getaway that faces the Eiger, Mönch & Jungfrau mountain peaks.

You will spend two days here, during which you can hike a selection of summit trails showcasing the best of the Jungfrau region. If you wish to do so, you can take the famous Jungfrau Bahn to visit Jungfraujoch, located at a staggering 11,362 ft. above sea level. From here, you can admire the panorama of Aletsch, Europe's largest glacier. Your Half-Fare card provides you a reduction on the Jungfrau railway.

During the briefing with our guide in Lucerne, we will discuss the many safe, sign-posted mountain trails. This way, you choose your daily hikes according to prevailing weather conditions and your energy levels.

Insider tip: we have local English-speaking guides in Grindelwald available. They are experts on all the trails and will make this part of the tour even more stunning.

Day 6 – Lauterbrunnen & Mürren

Today you will depart via train to Lauterbrunnen valley, famous for its 72 waterfalls. While here, we highly recommend a visit to the Trümmelbach falls gorge.

Afterwards we recommend that you ride a cable car or a train to Mürren. This mountain village located at 5,450 ft not only provides an eye-level view of the Eiger, Mönch & Jungfrau, but also presents you with a panorama of more distant mountain peaks. Once in Mürren, you can continue your trek, hiking on some of the most beautiful Swiss Alpine trails.

Optionally, you can take the gondola up to the 9,744 ft Schilthorn and enjoy one of the most amazing Swiss Alps summit views. Your half-fare card also provides you reductions on cable cars and trains.

Day 7 – Mürren

You have a full day to experience the beauty of Mürren and its surroundings. Your itinerary will contain some of our favorite hiking options in the region. If you didn't have time to do it the day before, today you will have time to visit Schilthorn, a mountain peak above Mürren. Here, a James Bond movie, "On Her Majesty's Secret Service", was filmed.

Enjoy a 360-degree panorama through the window of the rotating restaurant at the summit. If the weather is good, here you can admire of the best Alpine vistas in the region. Here, too, you can use your Half-Fare card and receive a reduction on the cable car rate.

Day 8 – Departure

Departure to your next destination after breakfast. We suggest that you coordinate the luggage transfer to the train station with the hotel desk. Remember to include enough buffer time. Take the train to Grütschalp and the cable car down to Lauterbrunnen. From here you can take the train to Interlaken and other destinations. Your Swiss Half-Fare card offers you a 50% reduction on all Swiss public transportation.