

The Mountaineers
Trek Switzerland's Via Alpina

Itinerary

September 1-25, 2014

This is a daily plan for our outing. Generally, we will fly from the USA to Zurich, tour Zurich, train from Zurich to Sargans, trek Switzerland's Via Alpina from east to west, train from Montreux to Geneva, tour Geneva, and then fly home. We have scheduled this outing at the optimal time of year for the climate, fewer tourists, less snowpack, lower creek crossings, and no bugs. However adventure travel may bring changes to the itinerary. This itinerary may change depending on the weather, trail condition, medical issues, your health, political situation, or other circumstances. Please print and bring the final itinerary with you.

Date	Trek Day	Activity	Hours	Lodging	Meals
M Sep 1		Fly from the USA to Zurich.			
T Sep 2		Arrive at Zurich Airport.		Hotel Biber	D
		Exchange money at an airport bank.			
		Train to Zurich's <i>Hauptbahnhof</i> (main train station).			
		Walk to hotel.			
		5:45pm Meet in hotel lobby for walk to a welcome dinner.			
W Sep 3		Layover day in Zurich.	4	Hotel Biber	
		9:00am Optional guided walking tour of Zurich's historic center.			
Th Sep 4	1	Train from Zurich to Sargans at 482 meters.	1		
		Trek to Weisstannen at 1,004 meters.	4	Hostel	L,D
F Sep 5	2	Trek to Elm at 962 meters.	7	Hostel	B,L,D
Sa Sep 6	3	Trek to Linthal at 648 meters.	8	Hostel	B,L,D
Su Sep 7	4	Trek to Braunwald to Urnerboden at 1,372 meters.	5	Hostel	B,L,D
M Sep 8	5	Trek to Altdorf at 447 meters.	7	Hostel	B,L,D
T Sep 9		Layover day in Altdorf at 447 meters.		Hostel	
		Optional boat cruise on Lake of Lucerne.			
W Sep 10	6	Trek to Engelberg at 1,002 meters.	7	Hostel	B,L,D
Th Sep 11	7	Trek to Meiringen at 595 meters.	10	Hostel	B,L,D
		Optional walk to Aareschlucht and/or Reichenbach Falls.	1		
F Sep 12	8	Trek to Grindelwald at 1,034 meters.	8	Hostel	B,L,D
Sa Sep 13		Layover day in Grindelwald at 1,034 meters.		Hostel	
		Optional cog railroad to Jungfrauoch and/or			
		Optional hike under the Eiger's North Face and/or			
		Optional cog railroad up Schynige Platte.			
Su Sep 14	9	Trek to Männlichen, Wengen, and Lauterbrunnen at 797 meters.	8	Hostel	B,L,D
M Sep 15		Layover day in Lauterbrunnen at 797 meters.		Hostel	
		Optional cablecar up Schilthorn-Piz Gloria and/or			
		Optional hike up Lauterbrunnen valley to waterfalls.			
T Sep 16	10	Trek to Griesalp at 1,408 meters.	9	Hostel	B,L,D
W Sep 17	11	Trek to Kandersteg at 1,176 meters.	8	Hostel	B,L,D
Th Sep 18	12	Trek to Adelboden at 1,356 meters.	7	Hostel	B,L,D
F Sep 19		Layover day in Adelboden at 1,356 meters.		Hostel	
Sa Sep 20	13	Trek to Lenk at 1,068 meters.	7	Hostel	B,L,D
Su Sep 21	14	Trek to Gsteig at 1,189 meters.	8	Hostel	B,L,D
M Sep 22	15	Trek to Col des Mosses at 1,440 meters.	9	Hostel	B,L,D
T Sep 23	16	Trek to Montreux at 395 meters.	8	Hostel	B,L,D
W Sep 24		Train from Montreux to Geneva.	1	Hotel	B,D
		Optional guided walking tour of Geneva.			
		Farewell dinner celebration.			
Th Sep 25		Fly from Geneva to the USA.			
		Arrive home.			