



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Switzerland - Via Alpina Bear Trek Hiking Tour (2025)
Individual Self-Guided
8 days/7 nights



Discover Switzerland's most impressive parts. When hiking on the Beartrek you travel a unique route that passes glaciers and spectacular passes. The route "Via Alpina" leads along the three most famous Swiss mountains Eiger, Mönch and Jungfrau through valleys and canyons to the well-known ski resort of Adelboden-Lenk. Most likely you won't meet any bears on this tour but the route has its name from the time when only game could walk these paths. Today the trails are in a very good condition but still this tour is not an easy walk. During the course of your hike you reach peaks and summits where the spectacular beauty to the Swiss Alps rewards you for your efforts.

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Itinerary

Day 1: Individual arrival to Meiringen



Day 2: Meiringen – Grindelwald 15 km + 615 m - 920 m

The bus takes you to Rosenlaui where the first hike starts. You walk up to the “Grosse Scheidegg” from where you have a magnificent view to the mountains Eiger, Mönch and Jungfrau. From here you continue to Grindelwald.

Day 3: Grindelwald – Wengen/Lauterbrunnen 16 km + 1095 m - 856 m

The trail leads up to the „Kleine Scheidegg“. A sunny trail leads you towards the car free resort Wengen. Small paths lead past the spectacular Trümmelbach-waterfall down to Lauterbrunnen.

Day 4: Wengen/Lauterbrunnen – Griesalp/Pochtenalp 20 km + 1135 m - 1840 m

Early in the morning the cable car brings you up to Mürren. In the early months of the summer there is often still snow on the Sefinenfurgge. You walk past a breath taking Alpine scenery.



Day 5: Griesalp/Pochtenalp – Kandersteg 17 km + 1475 m - 1715 m

The ascent to the Blüemlisalp is the most spectacular leg on your hiking tour. After a long and steep walk up to 2,843 meters you may enjoy an excellent meal at this Swiss mountain pasture. From here the trails lead on glacier moraines down to Lake Öschinen. Now Kandersteg is within short walking distance. (Easy option: ride with the cable car into the valley).

Day 6: Kandersteg – Adelboden 13 km + 835 m - 1220 m

You take the cable car up to Allmenalp from where you hike up to “Bonderchrinde”. The view on the surrounding peaks is breath taking. The trail leads down into the valley to Adelboden.

Day 7: Adelboden – Lenk 14 km + 700 m - 980 m

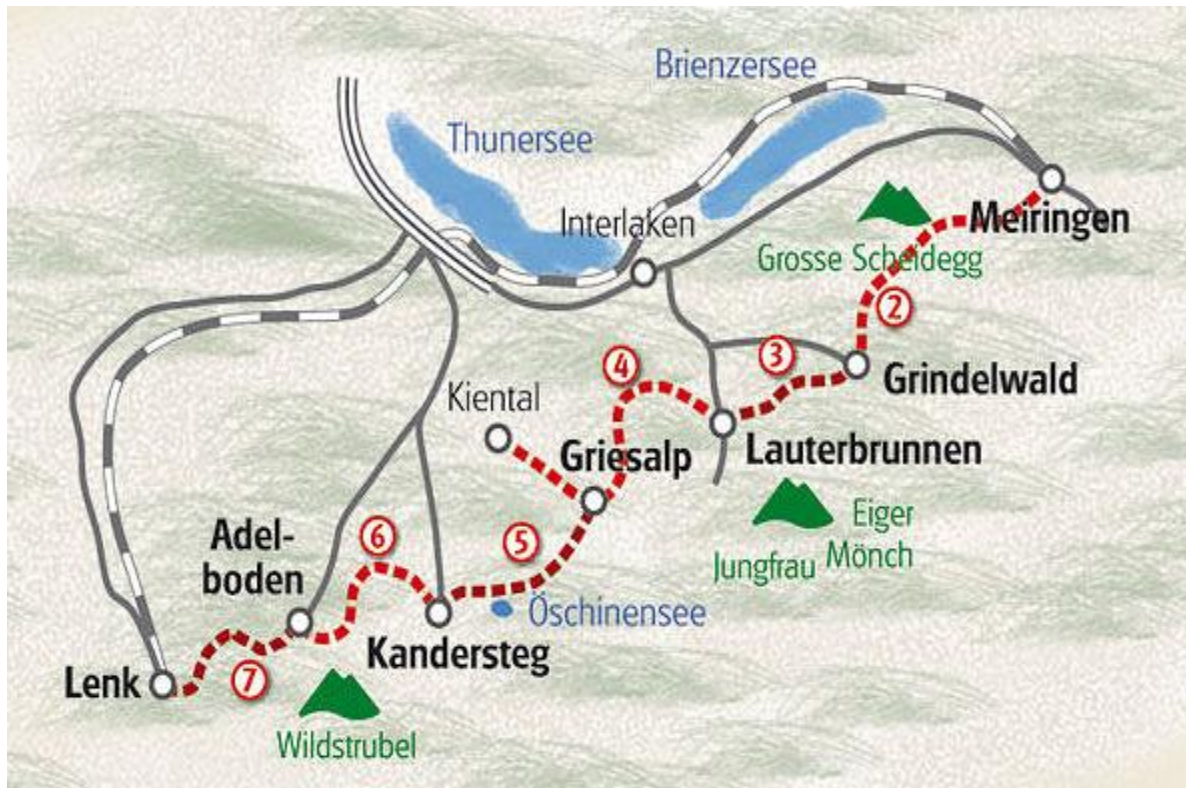
From the widely-known village of Adelboden you walk towards the Hahnenmoospass. Wonderful views to the peak of mount Wildstrubel guide your way down to the valley Simmental. You will spend one last night in the Bernese Oberland.

Day 8: Individual departure



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Route



Technical Characteristics:

Route Profile: Difficult. Surefootedness and good condition are mandatory. You must not be afraid of heights to go on this alpine tour. Parts of the tour can be cut short in the case of bad weather.

Total Distance: 99 km

Travel Season: Daily arrival: 28.06. – 14.09.

Season 1: 30.08. - 14.09.

Season 2: 28.06. - 29.08.



Prices per person:

Category A

Category B

Season 1 Double Occupancy B&B	€ 1406	€ 1295
Season 2 Double Occupancy B&B	€ 1470	€ 1360
Single Room Surcharge	€ 400	€ 250
Extra Nights Meiringen	On request	
Extra Nights Lenk	On request	

All prices subject to confirmation on booking

Accommodation:

Category A: 6 x middle class hotels, 1 x traditional mountain hotel (shared toilets and showers)

Category B: 7 x family-run guest houses, shared toilets and showers

Included:

- overnight stays according to the itinerary incl. breakfast in the booked category
- Daily luggage transfers (max. 1 piece of luggage, 20 kg)
- Costs for luggage pick-up at the station (for direct arrival and departure)
- Subsidy for arrival by train
- Carefully elaborated route description
- Travel documents (1 x per room)
- Navigation app and GPS data available
- Switzerland Mobility-Plus subscription for one year
- Service Hotline

Not Included

- Journeys by post bus, mountain railways and cable cars approx. CHF 45.- with Half-Fare Card (depending on the journeys used)
- Tourist tax, if due, is not included in the price!

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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