

Eiger to The Matterhorn Guided Trail

Tour Style: Trails

Destinations: Switzerland & Alps

Trip code: XDLDW

Trip Walking Grade: 4



HOLIDAY OVERVIEW

Discover the magnificent Lauterbrunnen Valley and experience an overnight trek to a traditional mountain refuge. The Eiger and the Matterhorn are two of the most recognisable and infamous mountains in the world. Both have magnificent, steep north faces and have witnessed many mountaineering feats of heroism and tragedy. Our trip makes a journey between the two enabling you to see two very different alpine regions – the Bernese Oberland and the high mountains of the Valais. We take hikes that see waterfalls, rivers, lakes, forests, meadows and the highest peaks in Switzerland. It is picturesque chocolate-box country with pretty villages, flowers and high pastures where you may see goats or ibex grazing.

WHAT'S INCLUDED

- All transport and luggage transfers
- Experienced IML Guide
- Full Board en-suite accommodation*
 - 7 breakfasts, 6 lunches, 4 evening meals
- Cable car lift to Oeschinensee

*1 night in a twin room at a mountain refuge with shared shower and toilets

HOLIDAYS HIGHLIGHTS

- Superb hiking amongst chocolate-box scenery of Switzerland
- Seeing two iconic mountains - Matterhorn and Eiger
- Stay one night in a mountain hut in the heart of the high mountains

TRIP SUITABILITY

This trip is graded Activity level 4. We follow established paths with some sustained ascents and descents. The paths are well maintained and there is no exposure at any point.



ITINERARY

Day 1: Arrival In Geneva

Transfer to our hotel in Lauterbrunnen at the entrance to the magnificent Lauterbrunnen Valley. It is a classic glaciated valley with towering cliffs and 72 waterfalls – a UNESCO World Heritage Site. The small town has a few restaurants, bars and outdoor equipment shops.

Day 2: Lauterbrunnen - Stechelberg - Murren

After breakfast we walk along the Lauterbrunnen Valley to Stechelberg – this is a 6km walk along the valley

bottom and gives a real feel for the enormity of the surroundings. We then make our way up through the pretty forest to the picturesque village of Murren perched on high cliffs. The town is car-free and has great views of the Eiger, Jungfrau and Mönch and a number of other north-facing peaks. After a picnic lunch we walk back to the valley floor – or if you prefer you can take the cable car down. 12 miles (18km) if you do the full walk – less if you take the cable car down – with 2,750 feet (840m) of ascent and descent.

Day 3: Holdrifall And Talbachfal Waterfalls

We head up to Stechelberg and then hike towards Trachsellauenen and on to the magnificent waterfalls of Holdrifall and Talbachfal. The walk takes us through the forest and on to meadows. If you prefer you can take an optional excursion to the top of the Jungfrauoch, via the Eiger railway: the line is dug through the Eiger and takes you to the glacier at the top.

8 miles (13km), with 2,600 feet (800m) of ascent and descent.

Day 4: Kandersteg And Lake Oeschinensee

We take a short transfer to Kandersteg (1,176m), with great views of the Bernese Oberland and Lake Thun. Kandersteg is a sleepy village, typical of the region, tucked under huge limestone cliffs. We take the gondola lift to gain some height and then walk above Lake Oeschinensee situated at 1,570m. The lake is deep blue and is surrounded by high cliffs. We take a hike high above the lake where there are Alpine meadows, fields of flowers and great views. We then take the long descent, walking back through the forest and meadows to Kandersteg.

7 miles (11km), with 1,300 feet (400m) of ascent, and 2,870 feet (875m) of descent.

Day 5: Kandersteg - Zermatt

We transfer to Zermatt. Our journey takes us through the famous Lötschberg Tunnel and then up the long Mattertal Valley. Zermatt is at an altitude of 1,600m and is surrounded by Switzerland's highest mountains. The Matterhorn looms above Zermatt and is magnificent from all angles.

Once we have left our luggage at the hotel we will head out for an afternoon hike. We will walk to Winkelmaten and the traditional village of Findeln. Once back in Zermatt you can explore the car-free town at your leisure: you could visit the Alpine museum, the Alpine graveyard or one of the many bars and restaurants.

6½ miles (10km), with 1,475 feet (450m) of ascent and descent.

Day 6: Trek To Trift Mountain Refuge

We take a stiff walk out of Zermatt through Alpine pastures and then follow a crashing river as we gain altitude. We pass through thick larch forests and on to a steep-sided valley where the Alpine flowers are varied and bright. We take our time as we ascend to admire the views and enjoy this spectacular and varied walk. We reach our destination - Trift Hut (2,337m) - in time for lunch. Famed for its iced tea and generous hospitality, it is a wonderful place to spend the night. In the afternoon, there is an optional walk to climb a peak for 360° views of the huge mountains in this region.

4 miles (6km) with 2,427 feet (740m) of ascent (6 miles (10km) with 3,772 feet (1,150m) of ascent including the afternoon hike).

Day 7: Hike Under The North Face Of The Matterhorn

From Trift, we have a small climb to Hohbalmen (2,700m) where we are rewarded with the finest close up views of the Matterhorn. The North Face and all the main ridges can be closely observed as we continue along the path. This is wild country with high cliffs inhabited only by mountain sheep and marmots. Our descent takes past a waterfall and then along a wide valley back to the hotel.

10 miles (16km), with 1,475 feet (450m) of ascent, and 3,937 feet (1,200m) of descent.

Day 8: Departure Day, Zermatt – Geneva

Free leisure time until your transfer to the airport.

ACCOMMODATION

Hotel Oberland - Eiger To The Matterhorn

This friendly, family run hotel is in the centre of Lauterbrunnen, only a 5 minute walk from the train station, not far from the famous "Staubbach" waterfall. All rooms are non-smoking with private facilities, hairdryers and TV. Free 24 hour WIFI throughout the hotel and free tea and coffee making facilities are available in the sitting room on the 1st floor.

Hotel Alpina - Eiger To The Matterhorn

The Hotel Alpina is located at the edge of the very pretty, historic Kandersteg village centre. The hotel offers stunning panoramic views of the Blümlisalp and the neighbouring peaks of the alpine UNESCO world heritage site.

Hotel Tannenhof - Eiger To The Matterhorn

The family-run Hotel Tannenhof enjoys a quiet location right in the centre of Zermatt, only a few minutes from the cable cars and hiking trails. Free Wi-Fi is available in public areas. All rooms are non-smoking with private facilities.

Trift Hut - Eiger To The Matterhorn

The Trift Mountain Hut has a number of double rooms and a 30 place dormitory, all equipped with duvets and pillows. There are two joint washrooms with cold flowing water and flush toilets. The cost of the use of hot water showers is included during your stay. Towels are not provided so guests will need to bring their own. We suggest a light, compact camping towel. As the Trift valley is 700m above Zermatt, drinks, food, fuel and other goods are transported via helicopter. The Trift Hut is not linked up to the public power supply system. The hall is heated via a wood stove, the food is cooked on a gas oven and the energy for the lighting is produced via a power aggregate and solar power.

USEFUL HOLIDAY INFORMATION

Food & Transport

A group transfer is included in the price for those who have booked the "with flight" option. If you are travelling independently but would like to use this transfer, please contact our Reservations team for details.

Start: For those who have booked our "with flight" holiday, a coach transfer from Geneva Airport direct to your first accommodation is automatically included. A representative of our partner agent will meet you upon arrival and direct you to your transfer.

Finish: Similar arrangements apply. A coach transfer to Geneva Airport will be arranged to connect with the HF Holidays flight.

Please note that these transfers will be timed to connect with the HF Holidays' flights. We cannot make separate arrangements for guests arriving/departing at different times.

Transfer times:

Arrival day - transfer departs from Geneva Airport (details to be confirmed)

Departure day - transfer arrives at Geneva Airport (details to be confirmed)

If you are travelling independently, please re-confirm these timings, 2 weeks prior to departure.

Dinner is included for the first three nights in Lauterbrunnen and for the night at the Trift Hut above Zermatt. In most instances it will be a set meal featuring local dishes of the region. Dinner is not included in Kandersteg or Zermatt, but there are good restaurants in both towns.

A picnic lunch is provided on all walking days: each member of the group carries part of the picnic ingredients and we make it up when on the hill.

Vaccinations & Health

There are no compulsory vaccinations required for Spain, however Tetanus is recommended. Further information can be found at www.traveldoctor.co.uk

Local Currency

Swiss Francs.

Electricity

The electric current in Switzerland is 230V; 50Hz. Power points have two round holes. You will need an adaptor for any appliances brought from the UK.

ATM Availability

Either change money before you travel or use the ATMs at Geneva Airport, Lauterbrunnen and Zermatt. Credit cards are widely accepted.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the

itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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