

Member Exclusive Bernese Oberland Guided Walking Holiday

Tour Style: European Centre Based
Destinations: Switzerland & Alps
Trip code: ANLML
2 & 4



HOLIDAY OVERVIEW

Switzerland's Bernese Oberland is the epitome of glorious Alpine scenery - just made for being explored on foot via balcony paths, along narrow ridges and in high meadows. Our base for the week is the village of Adelboden in the heart of Bernese Alps, surrounded by wonderful flower meadows, green valleys and snow-capped peaks at the head of the Engstligen Valley. There are walks in the Kandersteg Valley and the option to walk across one of the longest suspension bridges in Europe – if you dare! A gondola ride to the beautiful Oeschinensee Lake is sure to be a highlight as is a visit to Engstligenalp – a vast expanse of flower-studded Alpine pasture. There is also the option to reach the summit of Elshorn from where there are panoramic views of the surrounding peaks and down to the valley floor below.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day
- All transport to and from the walks
- The services of experienced HF Holidays' leaders

- "With flight" holidays include return flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms
- Half Board - continental breakfast and evening meal

HOLIDAYS HIGHLIGHTS

- High alpine meadows, tranquil valleys and spectacular waterfalls form this most picturesque of mountain landscapes
- Walk the balcony paths above Oeschinensee where the lake changes colour from azure to emerald based on the cloud cover
- Have a go at playing the Alpine horn at the hotel
- Test your nerve - walk across one of the longest suspension bridges in Europe, the Hostalde
- Enjoy warm hospitality and excellent meals at the family-run Hotel Hotel Steinmatti

TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 5 to 9 miles (8 to 14½km) on good paths through valleys and high meadows. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) with some steep and rough ascents. Up to 3,000 feet (900m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Waldhaus-Huldi. Unpack and settle in.

Day 2: Above Adelboden

These walks venture onto the high meadows of Tschenteneegg above Adelboden, and both walks offer excellent views of the Engstligen valley, with Adelboden far below and the surrounding mountains, where many of the walks to be enjoyed later in the week, can be identified.

Option 1 - Tschentenegg, The Hörnliweg And Schermtanne

Distance: 8 miles (13km) with 1,200 feet (360m) of ascent and 1,400 feet (420m) of descent

Total ascent: 1,200 feet (360m)

Total descent: 1,400 feet (420m)

In summary: We take the Tschenten gondola to the upper slopes and, after soaking up the panoramic views, return to Adelboden ascending gradually through meadows to Hörnli Alpine Garden with its rich array of wild flowers. From here we traverse above the village through woodland before descending to follow the river back to the hotel in time for afternoon refreshments.

Highlight: Panoramic views above the Engstligen valley.

Option 2 - The Hörnliweg, Schwandfelspitz And Schermtanne

Distance: 9 miles (14½km)

Total ascent: 2,400 feet (720m)

In summary: From the hotel we ascend through woodland before picking up the route of the easier group as we traverse above Adelboden to the Hörnli Alpine Garden. After enjoying the beautiful array of flowers, we ascend through meadows to the Tschenten restaurant and zigzag our way to the summit of Schwandfelspitz for superb panoramas. The great views continue as we make our descent into Adelboden.

Highlight: Reach the summit of Schwandfeldspitz, an impressive spur with views in all directions.

Day 3: The Hahnenmoos Pass

The broad grassy saddle at the Hahnenmoos pass is the historic route between Adelboden and the village of Lenk. The pass was once the site of a local festival where villagers from the two valleys met for trade and athletic contests. From Adelboden we take a long gondola ride of 3 miles to the upper station and restaurant at Sillerebühl, situated at an altitude of just under 2,000 metres.

Option 1 - Sillerenbühl, Flower Trail, Hahnenmoos Pass And Geils

Distance: 7 miles (11km)

Total ascent: 800 feet (240m)

Total descent: 2,500 feet (750m)

In summary: From Sillernbühl we follow a wonderful floral trail to the Hahnenmoos Pass where we will get great views and also spot some of the locals flying model gliders. We continue through the Pommern Pass to descend to Berglager and our gondola back to Adelboden.

Highlight: Discover the profusion of wild flowers

Option 2 - Hahnenmoos Pass, Ridges Above Geils

Distance: 9 miles (14½km)

Total ascent: 2,100 feet (630m)

Total descent: 3,700 feet (1,110m)

In summary: We ascend to Laveygrat with views down to Lenk, before descending to the Hahnenmoos Pass. We follow a track towards the Pommern and bypass the prominent peak of Regenbolshorn. We then follow a spectacular ridge down to Bütschi and up to Tronegg for more great views over to Engstilgen Falls before starting our descent to Berglager and our gondola back to Adelboden.

Highlight: the path across the narrow ridge to Hundersattel with the precipices of the Rostock away to the right.

Day 4: Kandersteg And Oeschinensee

The village of Kandersteg lies in the adjacent valley to Adelboden, just a few miles away as the crow flies. The bus has to go via Frutigen and on the way we will stop to visit one of the longest pedestrian suspension bridges in Europe. Both walks take a gondola and head to Oeschinensee, a picture-postcard mountain lake in spectacular surroundings that change colour from azure to emerald depending on the cloud cover.

Option 1 - Kandersteg And Oeschinensee

Distance: 5 miles (8km)

Total ascent: 600 feet (180m)

Total descent: 2,300 feet (690m)

In summary: Our route leads us to the Senn Hutte overlooking the beautiful Oeschinensee before heading around the northern side of the lake up to a lovely mountain hut at Unterbargli where we can enjoy a spot of lunch. We retrace our steps to the lake shore and continue to the Berghotel, a popular tourist spot, before descending down the valley to Kandersteg and well-earned refreshments.

Highlight: Enjoy lunch at a typical mountain hut.

Option 2 - Kandersteg, Oeschinensee And High Mountain Alps

Distance: 7 miles (11km)

Total ascent: 1,300 feet (390m)

Total descent: 2,700 feet (810m)

In summary: The harder route takes us along a spectacular path, traversing high above the lake to the huts at Oberbargli perched on a hanging valley. From here we descend to the hut at Unterbargli and on to the Berghotel where we follow a similar path to the easier group to Kandersteg to join them for refreshments.

Highlight: Spectacular views

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. You may wish to use the efficient Swiss transport system to visit the attractive lakeside resorts of Interlaken, Thun or Spiez. Alternatively, you could hire a bike in Adelboden and cycle in the local area.

Day 6: Engstligen Valley And Waterfall

The impressive Engstligen Waterfall is one of the area's most impressive sights and is clearly visible from the hotel balcony. The falls drop around 600 metres making them the second highest in Switzerland. Above the waterfalls is the Engstligenalp, a vast expanse of alpine flowers and pastures that was once an ancient glacial lake. The lofty summits and glaciers of the Wildstrubel surround this impressive hanging valley.

Option 1 - Engstligen Valley, Engstligenalp And Falls

Distance: 7 miles (11km)

Total ascent: 1,000 feet (300m)

In summary: Today we take the cable car to ascend to Engstligenalp. We take a leisurely walk in the hanging valley taking time to admire the scenery and Alpine flowers. After lunch we descend using the cable car and continue our walk through woodland to the lower falls where we can appreciate their power. We continue on the path to the bus stop to catch the return bus to Adelboden.

Highlight: View the impressive Engstligen waterfalls

Option 2 - Engstligen Valley, Hinterberg, Engstligenalp And Falls

Distance: 9 miles (14½km)

Total ascent: 2,600 feet (780m)

In summary: We ascend through the dramatic Hinterberg corrie over a spur to the beautiful pastures of Engstligenalp. We spend some time walking on the high valley before descending, we cross the foot of the upper falls continuing to the lower falls and our bus back to Adelboden.

Highlight: Potentially spot marmots, ibex or chamois

Day 7: On The Slopes Of The Elsighorn

The Elsighorn is the northernmost significant summit on the high ridge that separates the Engstligen and Kander Valleys. We go to Elsigbach by minibus and take a cable car to the slopes above.

Option 1 - Elsigenalp, Bonderalp And Lohnerfalls

Distance: 7 miles (11km)

Total ascent: 1,000ft (300m)

Total descent: 2,800ft (840m)

In summary: Our walk uses a traversing route that heads across the mountainside to the Bunder Hutte for lunch and then to the foot of Lohner Falls by rougher paths. The return to Adelboden is then by good tracks through Alpine forests and valley meadows.

Highlight: Visit the impressive Lohner Falls.

Option 2 - Elsiehorn, Golitschenpass And Stand

Distance: 8 miles (13km)

Total ascent: 2,800 feet (840m)

In summary: We ascend to the summit of Elsiehorn, at 2,341m the highest point of the week, which goes on to the Golitschenpass and another summit, Stand, with spectacular views all the way. The descent is via Elsigsee and the friendly Elsiehutte taking the cable car part way down, before walking a little further down to catch the bus back.

Highlight: Spectacular views from the summit of Elsiehorn.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Steinmattli - Bernese Oberland

The 4-star Hotel Steinmattli is a modern chalet-style property located in a peaceful part of this charming village. All 63 comfortable bedrooms offer a balcony or terrace, en-suite bathroom and beautiful views. A delicious 4-course evening meal is served each day in the hotel's Alpen Chic Restaurant. The shops and bars of Adelboden are just a short walk away.

Accommodation Info

Rooms

There are 63 well equipped bedrooms to make your stay exceptional. Each room features:

- Private balcony or terrace
- Television with a range of English channels
- Free Wi-Fi
- Room safe
- Hairdryer
- Toiletries

Facilities

The hotel features:

- Wellness centre with sauna and whirlpool
- Fully stocked bar with large comfortable seating area
- Restaurant Alpen Chic with stunning mountain views
- Free bike hire

Food & Drink

Our holidays in the Bernese Oberland are Half Board including breakfast and dinner each day.

BREAKFAST

Breakfast is an extensive buffet with hot and cold options served in the main restaurant. The coffee is excellent.

LUNCH (Payable Locally)

The hotel offers picnic lunches at a small charge that can be made up at breakfast time. Alternatively, ingredients can be purchased from the local shops and on certain days it may be possible to eat out at a local café or hut. Your leaders will advise you of the best options each day.

EVENING MEAL

On your arrival day the hotel will serve an extensive buffet with a range of meat, fish and vegetarian options. On other nights a 4-course meal is served to the table and ordered A La Carte. The restaurant Alpen Chic produces food of an exceptionally high standard; a range of red and white wines are available to accompany your meal. There is the option of cheese rather than a sweet dessert each night.

The hotel has signed up to a new initiative in Switzerland that aims to reduce food waste and pride themselves on wasting nearly nothing at all. For this reason portions are kept fairly modest but you are welcome to request a larger portion when you order or even ask to be served the same course twice if you are very hungry. This will be explained to you by the hotel team on arrival.

Your Evenings

The friendly atmosphere of our guided walking holidays continues into the evening.

Enjoy a glass of wine or local beer whilst listening to our leaders outlining the next days walks. After dinner you can take a stroll into the village to sample the local bars or just have a coffee and relax in the bar with your fellow guests.

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' and choose between Heathrow and Manchester flights to Geneva airport.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 3 hours to the Hotel Steinmattli.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

There are many UK flights to Geneva but we would recommend joining our airport transfer due to the long journey into the Bernese Oberland.

Transfers are not included in the price for without flight holidays to Adelboden, however we can book you a seat on the **HF Holidays' transfer coach** from Geneva airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £48.

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

Essential Information

Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.

- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Trip Information

We are committed to running our Guided Walking holidays in a safe manner and your co-operation with this is much appreciated. No outdoor activity can be 100% risk free; however, if you take sensible precautions and adhere to your leaders' instructions, your holiday will be both safe and enjoyable. On the first evening of your holiday (dependent on arrival time), the leaders will give a short talk about safety on the walks – we would ask everyone to attend.

Walking as a group: Our leaders always consider the safety of the group as a whole, and will show more caution over potential risks (such as bad or exceptionally hot weather) than an individual or couple might make on a private outing. Walks may be modified or cancelled following the leaders' assessment of the day-to-day situation. Your leaders will refuse to accept any guest whose clothing, equipment, behaviour or walking ability is considered unsuitable, and where it could affect the safety and enjoyment of other guests on the proposed walk. It is your responsibility to follow the leader's guidelines, for the benefit and safety of the group as a whole. If you leave the group, then your leader will no longer have responsibility for you. For safety reasons, we stipulate a minimum party size of two guests in addition to the leader. First aid: In line with current practice, each leader carries a group first aid kit but is not able to supply any 'medication', including aspirin, paracetamol, antihistamines and antiseptic cream.

Hydration: In warm weather it is very important to keep hydrated. You will need to carry a minimum of two litres of water with you on walks, more during hot weather or on more demanding walks. One good way of hydrating is to use a two litre hydration pack which allows drinking without constant stopping. This can then be filled up from additional water sources as required. Your leader will inform you of the possibilities for replenishing your water during the walks.

Your health: It is essential that you describe on your guest registration form any health condition or disability you may have. The leaders will treat this confidentially and may be able to take it into account on the walks; for example, by not delaying lunch if they know they have someone with diabetes in their party.

Your walking leaders: HF Holidays' leaders are a pivotal feature of our Guided Walking holidays. During the day they will guide you on the walks in a caring and considerate way, showing you places of interest en route. All our leaders have been selected on an intensive residential course so you can relax and enjoy your holiday knowing that you are in safe hands. Our leaders welcome your comments on the holiday survey; constructive suggestions for things that they might do differently are very helpful. We take pride in the quality of our holidays and work closely with all our providers to ensure our holidays meet your expectations. If for any reason you are not satisfied with any element of your holiday, our leaders are the best people to help.

Useful Information

Language:

Swiss and German (most people speak English but German is the language used by locals).

Currency:

Swiss Franc

Changing Money:

There is an ATM machine in Adelboden where you can obtain money.

Electricity:

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap Water:

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone Code:

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Swiss number 0041

Swiss and German (most people speak English but German is the language used by locals).

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Swiss number 0041

Local Currency

The local currency is the Swiss Franc.

Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There is an ATM machine in Adelboden where you can obtain money.

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 – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

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.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full 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: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

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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