



**SUNRISE TRAVEL**

*Hiking Adventures*

## Swiss Base Camp: June 16 – 25, 2022:

This is a slight variation of the successful base camp in the Bernese Oberland that we led a few years ago. Instead of staying the entire time in the Alps, we added some time in Basel on the Rhine where our gentle walks include international border and Rhine crossings as well as sites of cultural and historical significance. Once we arrive in the Bernese Oberland, our hikes are more demanding as we explore this beautiful landscape, often using mountain railways, trams, or lake steamers to/from our trailheads. Our hotel in Basel is located squarely in the center of town in a set of buildings that date back to the early Middle Ages, while our hotel in Wilderswil offers fantastic views of the Jungfrau mountain.



### **Day 1 – Thursday, June 16: Zurich - Basel**

Arrive Zurich Airport, meet the leaders and continue by train (1<sup>st</sup> class) and streetcar to our hotel in the historic heart of Basel. Welcome party followed by dinner.

### **Day 2 – Friday, June 17: Basel**



Ed leads a morning city walk of his hometown that was founded in the mid-1<sup>st</sup> century BC. We'll follow him through narrow lanes to the city hall, cross the Rhine on a ferryboat, and see the thousand year old minster church.

In the afternoon we visit Basel's art museum, one of the oldest public art galleries in the world. Dinner at a local inn.

### **Day 3 – Saturday, June 18: Basel**



We leave Basel through an ancient city gate and walk north along the Rhine to the French suburb of Huningue. We cross the river on a bridge reserved for bicycles and pedestrians and arrive in Weil am Rhein, Germany. We continue by bus into the foothills of the Black Forest for lunch at a moated castle. We walk along an easy,

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CHB22itinerary: Updated 7/1/2020

mostly forested trail back to Riehen in Switzerland and visit, time permitting, the Fondation Beyeler, a private collection of modern art. Return to the hotel. Dinner on your own.

**Day 4 – Sunday, June 19: Basel - Wilderswil:**



After an early breakfast we take a streetcar to the village of Muttenz, notable for its fortified church, and walk up to a ruined castle atop a forested hill. We continue along country lanes to the town of Liestal where, after almost 10 mi. we board our afternoon train to Interlaken and Wilderswil. Walk to the hotel for a welcome drink followed by dinner.

**Days 5 - 9 Monday June 20 – Friday, June 25: in the Bernese Oberland**

During our 5 days in the Bernese Oberland we'll have a veritable smörgasboard of hikes to choose from. We'll fit the schedules to the weather, wildflowers, and the abilities of the participants and may on some days offer both an easy and a difficult hike. What follows is a list of possible daily programs. Breakfast and dinner are served at the hotel.



**Explore Wilderswil and Interlaken**



Morning discovery walk of Wilderswil to see the village's most beautiful chalets as well as the grand hotels of the Belle Epoque along Interlaken's "main drag," the Höheweg. Afternoon trip by funicular to the Harder mountain for classic views of the Alps and the lakes of Brienz and Thun.

## Eiger North Face and Jungfrauoch



Travel to the Männlichen mountain by train and aerial tramway and walk along an easy scenic trail to Kleine Scheidegg. En route we have excellent views of the Eiger North Face. Afternoon excursion to the Jungfrauoch, Europe's highest railroad station at over 11,000 ft. A walk on the glacier depends on weather and ice conditions. Return by train to Wilderswil.

## Rengglipass



A bus takes us up to the hamlet of Saxeten from where we hike over the Rengglipass to Aeschi. This 14km/8.7 mi. hike is rated moderate to strenuous. En route we pass alps where local cheeses are made and where the sound of cowbells never ends, cross a steep pass and see some waterfalls. Return by bus and train to Wilderswil.

## Rosenloui and Reichenbach Falls



By train and bus to Rosenloui. We visit the dramatic gorge of the same name and stop for lunch at the historic Hotel Rosenloui, where the first guests arrived in 1771. Delightful walk down the valley to the Reichenbach Falls where -- according to Arthur Conan Doyle -- a fight between Sherlock Holmes and Dr. Moriarty ended fatally. Return by train to Wilderswil. Dinner on your own. Drawing by Guillem Mari.

## Schilthorn



By train and aerial tramway to the Schilthorn at 3000m/9843' to take in the fantastic views. From here, those looking for an easy hike descend to by aerial tramway Mürren, walk through the village, take the funicular to Allmihubel and continue for 5km/3.1 mi. on a scenic trail down to Grütschalp (descent 1772'). From there, it's by tram and train back to Wilderswil.

Those looking for an adventurous 10km/6.21 mi. walk take the tram from the Schilthorn to Birg (2683m/8802') and then descend on foot to the Schilthorn refuge (2433m/7982'), climb to the Bietenlücke (2639m/8658'), and then hike through

wild country all the way down to the village of Isenfluh (1162m/3812'). Return to Wilderswil by bus and train.

## **Obersteinberg**



We reach our trailhead in Stechelberg by train and bus. Here, at the very end of the Lauterbrunnen Valley, we're in an area protected since the 1960s. Our trail climbs sometimes steeply through meadows and forests and passes a number of impressive waterfalls. After about 3.5

hours, we reach the restaurant and hotel Obersteinberg where we either picnic or order lunch. Locally made cheese is for sale, too. We return to Stechelberg on a different route and return to Wilderswil in the late afternoon.

An easy alternative to the strenuous hike to Obersteinberg is an easy walk from Stechelberg to the Trümmelbach Falls for a visit of this natural phenomenon where water from the Jungfrau glacier has carved a passage inside the bedrock, making for a spectacular sight. Continue walking to the Staubbach Fall that has been painted and described in grandiose terms since the 18<sup>th</sup> century.

## **Niederhorn**



We travel to nearby Spiez where we visit its lakeside castle and then continue for a short cruise across the Lake of Thun to Beatenbucht from where a funicular and gondolas take us to the top of the Niederhorn at a comfortable 1950m / 6398'. We take in the panorama that, weather permitting, ranges from the Swiss Alps all the way to the Jura mountains and the Black Forest.

After a picnic lunch amidst great scenery we have a choice between a moderate 8km/5 mi. walk down (820m/2690') to Waldegg, and from there by bus back to the hotel. A more adventurous and strenuous 6h hike of 14km/8.7 mi. climbs

650m/2133' and drops an impressive 1450m/4757'! Taxis bring us back to the hotel.

### Giessbach



We take the morning steamer from Interlaken to Giessbach and ascend to the falls on an historic funicular. We have time to take in the waterfalls as well as the beautifully restored hotel from yesteryear. Then we begin our mostly level walk along the Lake of Brienz back to Wilderswil. We reach the fishing village of Iseltwald after 7km/4.35 mi from where we could return by

public transit to the hotel, or continue along the lake to Bönigen after 14km/8.7 mi, where there's another transit stop, or walk all the way back to the hotel at 17km/10.56 mi.

### Day 10 – Saturday, June 26: Wilderswil – Zurich Airport

Our early morning train to Zurich Airport allows for flights departing at noon or later.

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We are planning to stay at these hotels:



Basel: Hotel au Violon \*\*\*  
*"once a monastery"*



Wilderswil: Hotel Jungfrau \*\*\*  
*"room with a view"*

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**Included Services:** Guided city walk, all transportation from/to Zurich Airport (first class on main line trains) 2<sup>nd</sup> class in the Berner Oberland) as shown in the itinerary; luggage handling of one suitcase; breakfast and 4-course dinner daily with a beverage; accommodation in 3 star hotels, sharing twin/bath.

**Not Included:** Air transportation, all items of a personal nature such as passport fees, laundry, and telephone fees; inoculations and medications of any kind; beverages not mentioned above as included, hotel minibar charges, transportation

not explicitly mentioned in the itinerary, any accident/baggage/cancellation insurance. **Cancellation and medical insurance is strongly recommended.**

**Approximate cost**, based on sharing twin/bath: US\$3.500. Single room occupancy available at extra cost. It is impossible to give a firm tour cost more than 2 years before the trip. The final cost will be announced in spring of 2021.

Please send an email to [hiking@sunriseteam.com](mailto:hiking@sunriseteam.com) and we'll add your name(s) to our preliminary list of participants. A reservation form with complete terms and conditions as well as a request for a deposit in the amount of \$1,000 will be mailed in spring of 2021.