

INTERNATIONAL SKI CLUB OF GENEVA (SCIG)

Lauterbrunnen (provisional)

2024 AUGUST 1-4 THURSDAY-SUNDAY

MOYEN-DIFFICILE

After reconns in early July an updated flier will be posted. But the hikes will be the same or similar and still based in Lauterbrunnen. We do four hikes above Lauterbrunnen with spectacular views of the iconic Eiger, Mönch and Jungfrau, huge glaciers, pretty mountain lakes and Mürrenbachfall, the tallest waterfall in Switzerland.

Inscription: by email to bill_larson@bluewin.ch. **A 50 CHF deposit (for the club fee & the cable cars) must be paid on or before July 22** to my UBS bank account CH65 0027 9279 C710 91350 or TWINT 079 373 4686. **Please write "Lauterbrunnen" and your name.**

I need to know:

- Your first and last name
- Your email address
- Your mobile phone number
- If I don't know you, are you fit enough to hike for 5 hours at normal speed? Please give evidence of your recent hiking experience
- Are you a SCIG member?
- Will you eat at the huts on days 2, 3 & 4 or bring a picnic?
- Whether you have an Abonnement General or a demi (for the lifts)
- Your hotel (Near the Lauterbrunnen gare is better. We are staying at the Schützen.)



Rendezvous: **7:30** at Cornavin train station platform 4 for a **7:42** departure. **Board the second to last car.** Bill and Françoise will board in Lausanne at 8:19.

Buy your own train ticket individually in advance: Geneva to Lauterbrunnen round trip.

To Bring: good boots, picnic for day 1, water, snacks, coat, rain gear, sunscreen, sunglasses, collapsible hiking pole(s) optional

Leader: Bill Larson 079 373 4686, bill_larson@bluewin.ch, assistant: Françoise Samuel

Price: CHF 20 club tax (CHF 60 for non-members). **You buy your own train tickets individually.**

Maximum: 16 participants

Accommodation: **Find your own hotel in Lauterbrunnen.**

Transport: Trains, buses, funiculars and cable cars

In case of rain: The hike will be modified in case of rain

Thursday August 1 – Allmihubel

We drop our luggage in Lauterbrunnen. We take the 11:23 cable car to Grütschalp. We hike with fantastic views of the steep rock faces and mighty glaciers of the Eiger, Mönch & Jungfrau. High above the impressive glacially carved Lauterbrunnen Valley, the route leads past flower-filled alpine meadows to Allmihubel. We take a funicular to Murren, a train to Grütschalp and the cable car to Lauterbrunnen



Station/stop	Time		Travel with	Information
Genève	dep 07:42	Pl. 6	IC 1 711	InterCity 1 Richtung: St. Gallen ✖ FA BZ FS RZ R
Bern	arr 09:26	Pl. 8		
				Change
Bern	dep 09:34	Pl. 7	IC 6 1063	InterCity 6 Richtung: Brig FA BZ FS RZ R
Spiez	arr 10:02	Pl. 3		
				Change
Spiez	dep 10:05	Pl. 2	RE 9 4216	RegioExpress 9 Richtung: Interlaken Ost
Interlaken Ost	arr 10:26	Pl. 8		
				Change
Interlaken Ost	dep 10:34	Pl. 2A	R 62 153	Regio 62 Richtung: Lauterbrunnen NF <
Lauterbrunnen	arr 10:56	Pl. 2		

Duration: 3 h 14 min

Friday August 2 - Lobhorn Hut

Buy your tickets (one way) Lauterbrunnen to Saxeten, Schulhaus
RDV 7:45 Lauterbrunnen gare Train platform 2 at 8:02. (Sorry, this is the only connection before 11:32. 😞)



Station/stop	Time		Travel with	Information
Lauterbrunnen	dep 08:02	Pl. 2	R 62 128	Regio 62 Richtung: Interlaken Ost NF
Wilderswil	arr 08:17	Pl. 2		
			🚶	1' Walk 25 m
Wilderswil, Bahnhof	dep 08:42	Stop C	B 111 11105	Bus 111 Richtung: Saxeten, Schulhaus PL
Saxeten, Schulhaus	arr 09:03			

Duration: 1 h 1 min

From Saxeten, we climb through the forest and later take a rocky path over two alps, up to the Tschingel mountain basin. This crosses a sloping mountain path. In some places the trail is



secured with cables. There are patches of karst at Alp Bällen. We lunch at the Lobhorn hut (https://lobhornhuetten.ch/en/hut/079_656_5320) with views of the Eiger, Mönch and Jungfrau. Then a steep and stony forest paths run down to Sulwald with a small restaurant (and a cable car to Isenfluh for those who are tired). We descend over another steep step to Isenfluh. We take the bus down to Lauterbrunnen.

Buy your tickets Isenfluh, Dorf to Lauterbrunnen, Dep at xx:13 till 18:13 It's 18 min. to Lauterbrunnen

Saturday August 3 – Bäregg Hut

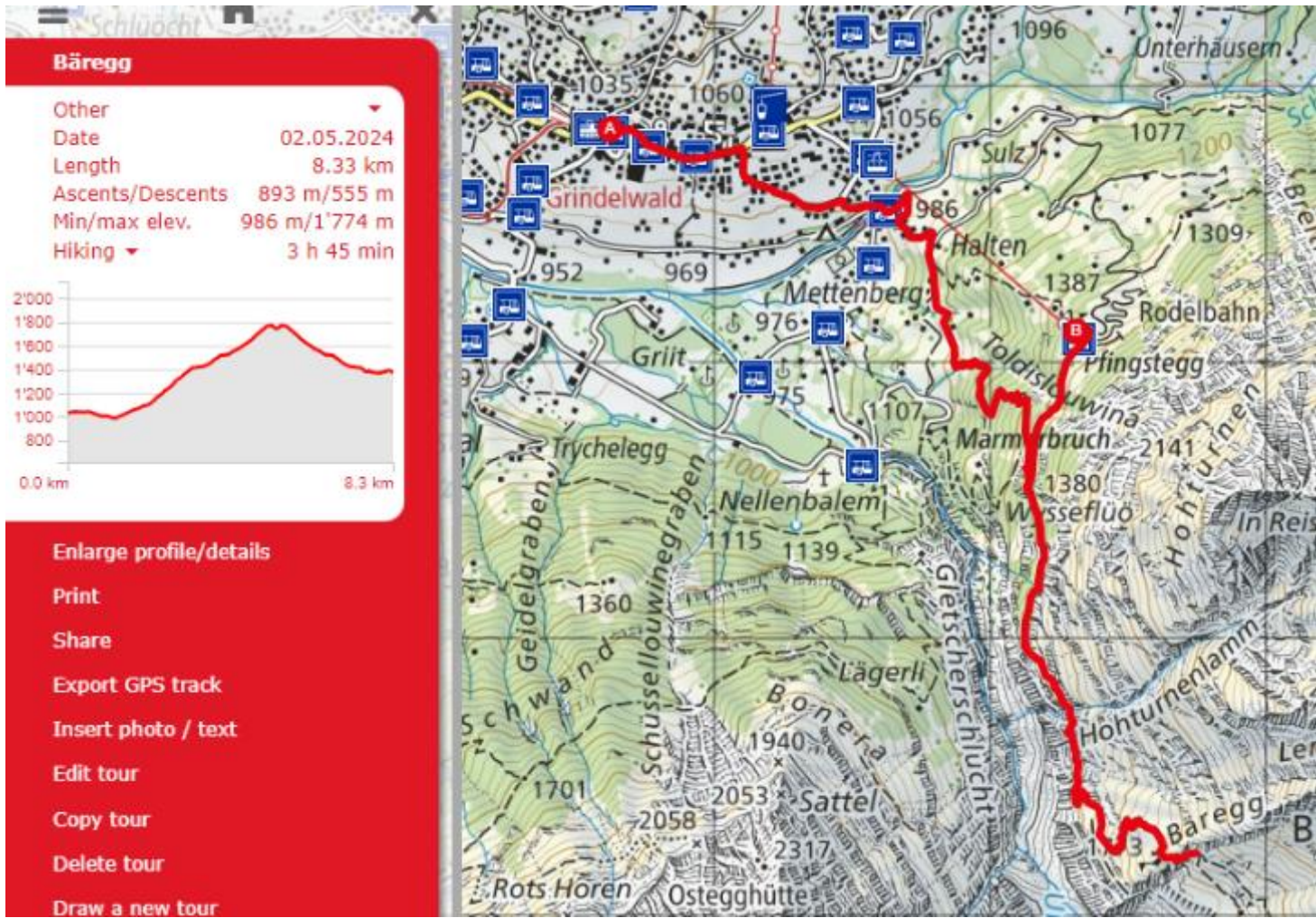
Buy your ticket Lauterbrunnen to Grindelwald (Roundtrip)

Trains at 8:02, 8:32, **9:02**, 9:32 The train takes 38 minutes.

The trail winds up above the Gletscherschlucht (canyon), and the setting is really spectacular: waterfalls spouting from the mountainside, snowy peaks, and glaciers. The trail is slightly exposed in places. We reach a fantastic view of the Ischmeer glacier from the Bäregg Hut (079 121 0909

<https://www.baeregg.com/>) where we eat lunch.





Sunday August 4 - Hotel Obersteinberg

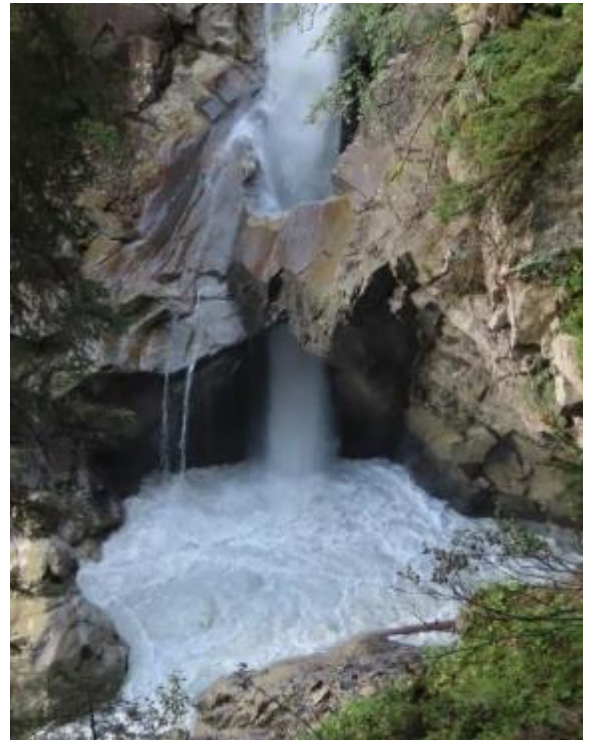
Put your luggage in lockers at the train station.

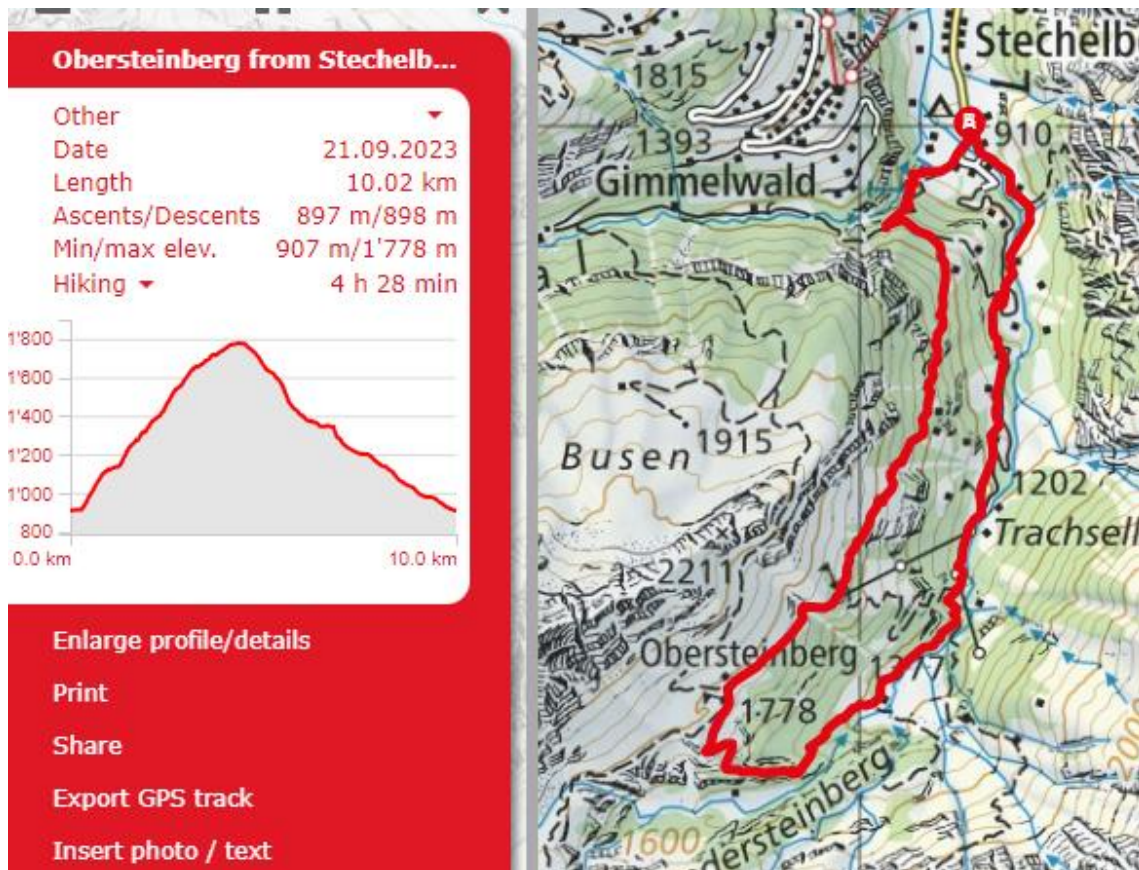
Buy your bus tickets Lauterbrunnen to Stechelberg (Roundtrip)

We hike from Stechelberg (910), from where we view Mürrenbachfall (the tallest waterfall in Switzerland). We hike in forest until we get to the picturesque Berggasthaus Tschingelhorn with a spectacular view of the glacier on the Jungfrau. We continue to the nearby Berghotel Obersteinberg

(<http://www.stechelberg.ch/index.php?id=51&L=1>), where we have lunch. We descend to the impressive Talbachfall. Then there is a long descent to Stechelberg.

Bus to Stechelberg 8:05, 8:35, 9:05, 9:35 which takes 22 minutes.





Buy your ticket Stechelberg to Lauterbrunnen. Take the bus from Stechelberg at xx:05, xx:35. Pick up your luggage in Lauterbrunnen. (We have 9 minutes in Lauterbrunnen), then it's about 4 hours to Geneva.

- By registering, you agree that you are fit for this level of hike and/or that you have previously participated in a similar hike with SCIG.
- By registering, you confirm that you carry insurance against accidents and mountain rescue, including helicopter rescue operations. (See REGA: <https://www.rega.ch/en/home.aspx>) Check with your employer to see if you are properly insured.
- The hike leader and SCIG disclaim all liability for accidents related to this hike.