

INTERNATIONAL SKI CLUB OF GENEVA (SCIG)

Lauterbrunnen

2024 AUGUST 1-4 THURSDAY-SUNDAY
MOYEN-DIFFICILE

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.)

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

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

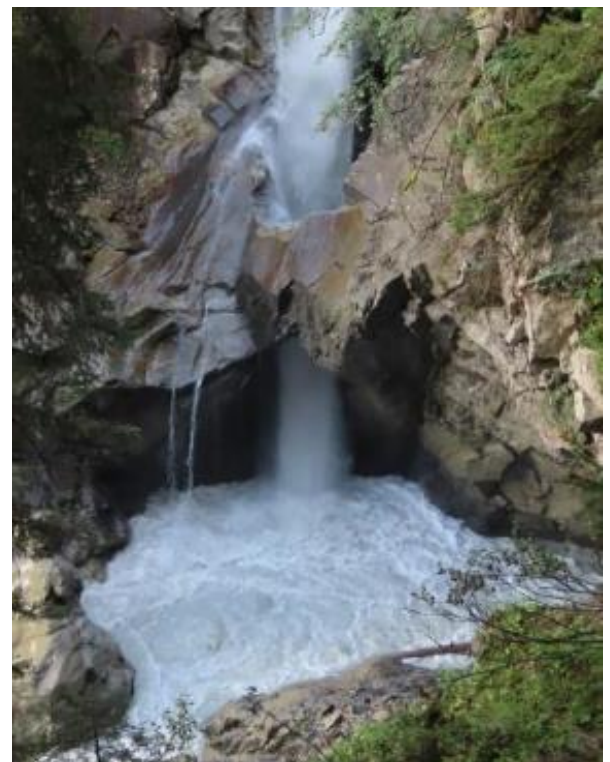
Thursday August 1 – Allmihubel

We drop our luggage in Lauterbrunnen. Lockers are 5 or 7 CHF and take 1 or 2 CHF coins. 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

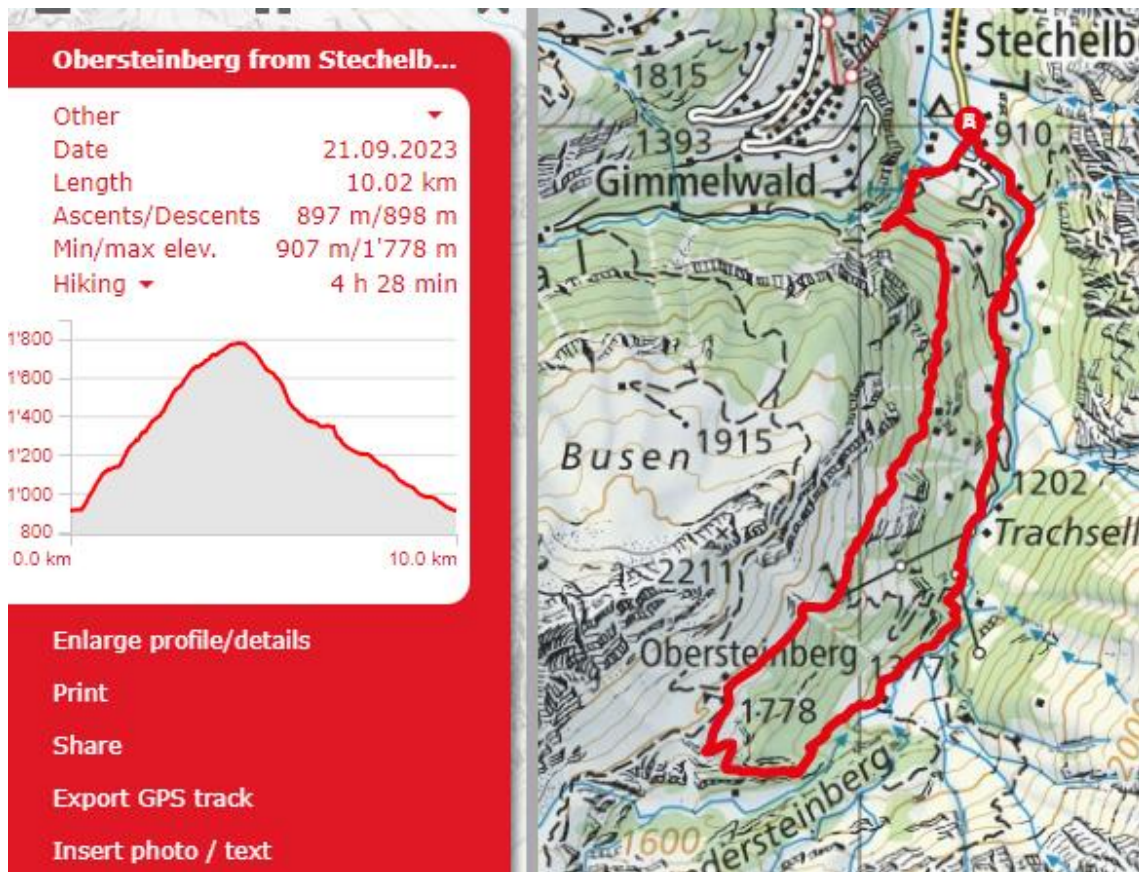


cable car to Lauterbrunnen.

Friday August 2 - Hotel Obersteinberg



Buy your bus tickets Lauterbrunnen to Stechelberg (Roundtrip) 8:05, **8:35**, 9:05, which takes 22 minutes. At Stechelberg we view Mürrenbachfall, the tallest waterfall in Switzerland. We hike from Stechelberg (910) 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/> 033 855 2033), where we have lunch. We descend to the impressive Talbachfall. Then there is a long descent to Stechelberg. Take the bus from Stechelberg at xx:05, xx:35. Optionally we visit the amazing Trümmelbach Falls (<https://www.truemmelbachfaelle.ch/e/>) located inside a mountain, open until 18.00.



Saturday August 3 – Bäregg Hut

Buy your ticket Lauterbrunnen to Grindelwald, Gletscherschlucht. Trains at 8:02, **8:32**, 9:02.

We hike up with views of the impressive Gletscherschlucht (Glacier Gorge). We take a bridge across it, then ascend in forest to 1400 meters where we have increasingly spectacular views of the Gletscherschlucht below us, waterfalls spouting from the mountainside and the Ischmeer glacier above us. We reach a fantastic view of the Ischmeer glacier from the Bäregg Hut (079 121 0909 <https://www.baeregg.com/>) where we eat lunch. We descend to Pfingstegg (1400) and take the cable car (xx:15 & xx.45), a bus and two trains back to Lauterbrunnen.

Station/stop	Time	Boarding point	Travel with	Information
Lauterbrunnen	dep 08:32	PL2	R 62 130	Direction: Interlaken Ost NF
Zweilütschinen	arr 08:41	PL1	R 62 130	
Transfer				
Zweilütschinen	dep 08:48	PL1CD	R 61 245	Direction: Grindelwald NF
Grindelwald	arr 09:10	PL1	R 61 245	
2' Walking route				
Grindelwald, Bahnhof	dep 09:16	StopD	B 122 122037	Direction: Grindelwald, Gletscherschlucht NF
Grindelwald, Gletscherschlucht	arr 09:27		B 122 122037	

Bäregg for SCIG

Other
 Date 29.06.2024
 Length 7.17 km
 Ascents/Descents 860 m/498 m
 Min/max elev. 1'014 m/1'774 m
 Hiking 3 h 27 min



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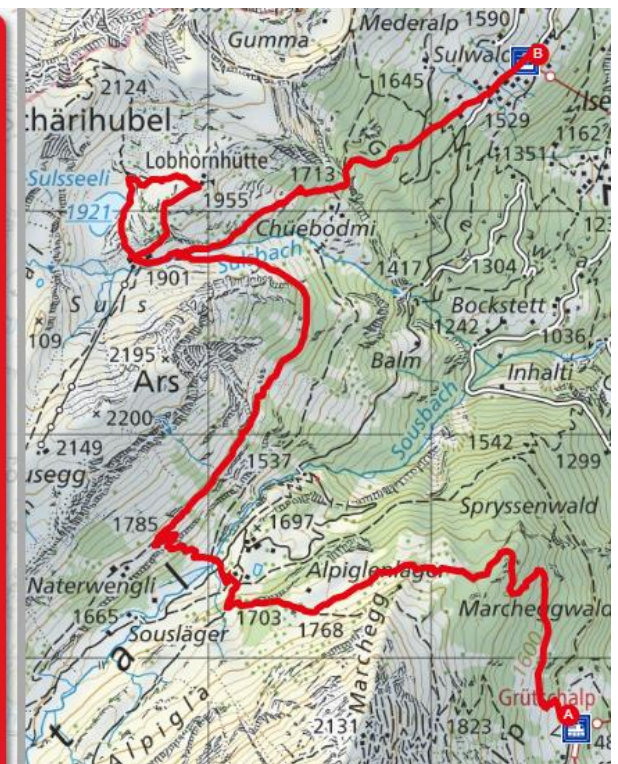
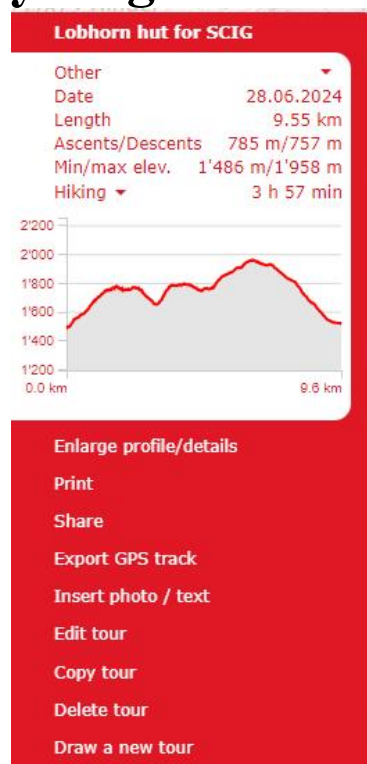
Station/stop	Time	Travel with	Information
Pfingstegg	dep 15:45	PB 2442 202	aerial tramway 2442 Richtung: Grindelwald (Pfingsteggbahn) NF
Grindelwald (Pfingsteggbahn)	arr 15:50		
		🚶	2' Walk 38 m
Grindelwald, Pfingsteggbahn	dep 16:06	B 122 122118	Bus 122 Richtung: Grindelwald, Bodmi NF 🚗
Grindelwald, Bahnhof	arr 16:11	Stop F	
		🚶	2' Walk 89 m
Grindelwald	dep 16:17	Pl. 1 R 61 262	Regio 61 Richtung: Interlaken Ost NF
Zweilütschinen	arr 16:39	Pl. 1	
		🚶	Change
Zweilütschinen	dep 16:47	Pl. 1AB R 62 177	Regio 62 Richtung: Lauterbrunnen NF <
Lauterbrunnen	arr 16:56	Pl. 2	

Duration: 1 h 11 min



Sunday August 4 - Lobhorn Hut

Put your luggage in a locker in Lauterbrunnen. We again take the cable car from Lauterbrunnen to Grütschalp. We hike up to the pretty Sulsseeli (lake) and then the Lobhorn Hut (<https://lobhornhuetten.ch/en/hut/0796565320>) with very pretty views including of the Eiger, Mönch and Jungfrau.. We lunch there. We hike down to Sulwald. We take the cable car to Isenfluh and the bus to Lauterbrunnen. Buy your tickets Isenfluh, Dorf to Lauterbrunnen, Dep at xx:13 till 18:13 It's 18 min. to 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.