

Sentierinsieme – Pathway Together – Route de l’Amitié – Miteinander unterwegs

19 - 22 / 25 July 2019

in Mürren BE / Switzerland

Mürren (www.muerrren.ch) is 15 km away from Interlaken. It is located at 1650 m a.s.l. and is the highest place in the Bernese Oberland that is inhabited all year round. It is a car-free mountain village and can only be reached by cable car and train. From Mürren, there are spectacular views of the famous Bernese Alps, in particular Eiger, Mönch and Jungfrau which rise at the opposite side of the valley. Above Mürren lies the Schilthorn at 2970 m a.s.l., famous for being the setting where the 007 classic 'On Her Majesty's Secret Service' was filmed. Mürren is a good starting point for all kinds of hikes.



View of Eiger, Mönch and Jungfrau

Accommodation/cost

Sportchalet Mürren Tel. +41 (0)33 855 18 32
CH-3825 Mürren www.sportchalet.ch

The Sportchalet, located in the middle of Mürren, offers low-cost accommodation and lots of common rooms. We have space for 90 people. There are mainly double rooms, some multi-bed rooms and two single rooms. Most rooms use common bathrooms, some have a private bathroom. The price is the same for all rooms.

Since it is a car-free village, camping cars are not allowed. Camping in tents is not possible, either.

Price per person/night CHF 82.-

The price includes breakfast, picnic lunch, dinner, visitor's tax and free entrance to the indoor swimming pool and spa. The picnic lunches can be prepared individually. We can bring our own wine and pay a so-called cork fee.

Additionally, there is a **lump sum of CHF 20.- per person** for administration (e.g. for the guided village walking tours, songbooks, cork fee, liability insurance and other costs).



Getting there

By train: International train connections via Bern-Spiez or via Luzern to Interlaken Ost. From there by train to Lauterbrunnen. From there by cable car to Grütschalp and then again by train to Mürren (Bergbahn Lauterbrunnen - Mürren BLM). Travel time Lauterbrunnen – Mürren approx. 20 min.

Cost Bergbahn Lauterbrunnen – Mürren BLM:
CHF 11.40 one-way (Swiss 1/2-tax and GA valid)

By car: Motorway A6/A8 to Interlaken, exit Wilderswil. From there it takes approx. 15 min. to Lauterbrunnen.



You can park the car in the covered car park in Lauterbrunnen (places can be reserved online: www.jungfrau.ch). That's quite expensive - 5.5-6 days cost CHF 82.-.

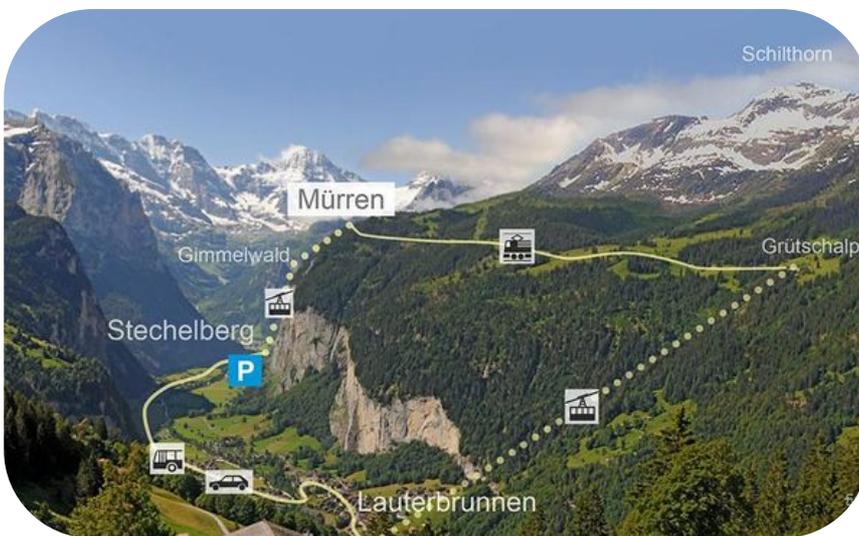
Therefore we recommend continuing to Stechelberg, where there is a large parking area by the cableway „Schilthornbahn“ (<http://www.stechelberg.ch/service/anreise/parkplatz-schilthornbahn.html>). You can buy a 7-

day prepayment ticket for CHF 40.- there which allows you to drive in and out as often as you wish. To buy this, you take a ticket at the entrance and go with it to the pay station. Select the button “prepayment” (Vorauszahlungsticket), then insert the ticket and pay the amount of CHF 40.- for 7 days.

Those who park the car in the car park in Lauterbrunnen should then take the Bergbahn Lauterbrunnen – Mürren BLM to Mürren. Those who park the car in the parking area in Stechelberg should then take the Schilthornbahn (cableway) LSMS via Gimmelwald to Mürren.

Cost Schilthornbahn LSMS:

CHF 11.20 one-way (Swiss 1/2-tax and GA valid)



Program and hikes on the weekend

On Saturday and Sunday, we will offer five hikes each day (also easy walking tours) with different difficulties and speeds. For all hikes, adequate mountain equipment is required.

If there is enough interest, we will climb the via ferrata (K3) that starts right behind the Sportchalet and leads down to Gimmelwald in approx. 3 h (<http://www.klettersteig-muerren.ch>). Please state when enrolling if you are interested (only for those who have climbed via ferratas before; equipment can be rented in Mürren).

We also offer a guided village walking tour on Friday and Saturday at 5 p.m. (languages DE, EN, FR) with a maximum of 15 persons per group. Please state when enrolling if you are interested in participating and on which day.

We will also keep some time free for learning songs and singing them together.

Trekkings

We plan five trekking groups from Monday 22.7. to Wednesday 24.7.2019. All groups meet again in the Sportchalet in Mürren to eat dinner together on Wednesday. Departure is on Thursday morning 25.7.2019 after breakfast.

1. Easy - (max. 12 participants):

This group can go for easy day walks and remains accommodated in the Sportchalet Mürren. There won't be a guide, but suggestions for excursions.

Cost (3 nights Mon-Thu): CHF 246.- for half board (hb) + picnic lunch in the Sportchalet. Plus maybe cable car/train fares.

2. Easy + (max. 14 participants incl. guides):

This group travels by train to Grütschalp (approx. 10 min.) the first day and walks from there to Isenfluh, from where the accommodation in Sulwald will be reached by cable car (simple alpine cabin; <http://www.sentiero.ch/alphuette-plattenweidli.htm>). The second day, we walk along the purling stream to the hut Lobhornhütte (<https://www.lobhornhuetten.ch>). On Wednesday, we walk back to Grütschalp via another trail and return to Mürren again by train.

Requirements: surefootedness, 2 - 3 h walking time per day, ascent approx. 200 - 500 m / descent approx. 50 - 700 m per day

Cost (3 nights Mon-Thu): approx. CHF 243.- – CHF 251.- (Plattenweidli approx. CHF 75.- for hb + Lobhornhütte CHF 58.- members alpine club/CHF 66.- non-members for hb + Sportchalet Mürren CHF 82.- for hb and picnic lunch + cable car Isenfluh-Grütschalp approx. CHF 8.- + train Mürren-Grütschalp return approx. CHF 20.-)

3. Medium - (max. 18 participants incl. guides):

On the first day, hike via Gimmelwald to the mountain guesthouse Tschingelhorn (<http://www.tschingelhorn.ch>). The second day, we walk again via Gimmelwald (but on another route) to the alpine guesthouse Spielboden (<http://www.spielbodenalp.com>), and on Wednesday in a large loop back to Mürren.

Requirements: experienced hikers, surefootedness, 4 - 5.5 h walking time per day, ascent approx. 400 - 800 m / descent approx. 600 - 700 m per day

Cost (3 nights Mon-Thu): approx. CHF 217.- – CHF 257.- (Tschingelhorn CHF 70.- in dormitory/CHF 95.- in double room for hb + Spielbodenalp CHF 65.- in dormitory/CHF 80.- in double room for hb + Sportchalet Mürren CHF 82.- for hb and picnic lunch)

4. Medium + (max. 18 participants incl. guides):

This group walks from Mürren via Gimmelwald to the mountain hotel Obersteinberg on the first day (<http://www.stechelberg.ch/schlafen-und-essen/berghotel/berghotel-obersteinberg.html>). The next day, we walk via Sefinental to the beautifully located, but very simple hut Rotstockhütte (<http://www.rotstockhuetten.ch>). The last day, the hike goes via Wisenegg and Bryndli back to Mürren.

Requirements: experienced hikers, surefootedness, 3.5 - 6 h walking time per day, ascent approx. 500 - 1000 m / descent approx. 600 - 900 m per day

Cost (3 nights Mon-Thu): approx. CHF 221.- – CHF 242.- (Obersteinberg CHF 69.- in dormitory/CHF 90.- in double room for hb + Rotstockhütte CHF 70.- for hb + Sportchalet Mürren CHF 82.- for hb and picnic lunch)

5. Hard (max. 12 participants incl. guides):

This group walks via the Sefinenfurgge to the hut Gspaltenhornhütte on the first day (<https://gspaltenhornhuetten.ch>). The next day, we walk via Gamchi to Hohtürli, then to Schwarzhorn and Bundstock up to the rustic mountain lodge Obere Bundalp (<https://www.bundalp.ch>). On Wednesday, the hike goes via Dürreberg and Telli up to the Schilthorn. Back to Mürren by cable car.

Requirements: experienced mountain hikers, absolute surefootedness and no fear of heights, 6 - 7 h walking time per day, ascent approx. 1100 - 1700 m / descent approx. 500 - 1700 m per day

Cost (3 nights Mon-Thu): approx. CHF 246.- – CHF 276.- (Gspaltenhornhütte CHF 67.- members alpine club/CHF 82.- non-members for hb + Obere Bundalp CHF 47.- in dormitory/CHF 62.- in double room for hb + Sportchalet Mürren CHF 82.- for hb and picnic lunch + descent cableway Schilthorn-Mürren approx. CHF 50.-)

Those who want to join the hard trekking must participate in one hike type "hard" on the weekend.

Details for all five trekking groups:

<https://www.dropbox.com/s/0s0qovipwdw44jm/Trekking%20en.zip?dl=0>

Enrolment

You can enrol online via the following link **from 03 Jan. 2019 to 26 Jan. 2019**:

http://fiabform.obima.it/view.php?id=58556#main_body

You will be informed by the end of January 2019 if you got a place - together with the account details for paying the fees.

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