

Wild Switzerland Trek
Vast alpine landscapes, high mountain passes and glacial lakes.



Highlights

- 6 days hiking through high alpine, majestic mountain terrain
- Glorious alpine meadows, vast landscapes and stunning panoramas
- An exploration through the formation and history of the Alps- through the unique geology and spectacular high mountain passes
- Experience a range of Swiss alpine accommodation chosen for its authentic character
- Small group size (max 8)



The Route

Day	Start	End	➔	⬆	⬇	Hrs
1	Arrival Bergün 17:00					
2	Bergün	Chamanna Ela	7km	1000m	126m	5
3	Chamanna Ela	Alp D'Err	11km	650m	750m	5
4	Alp D'Err	Alp Flix	10km	500m	700m	5
5	Alp Flix	Julier Pass	10.5km	830m	570m	7
6	Julier Pass	Septimer Pass	13km	880m	810m	7
7	Septimer Pass	Bivio	6.8km	0m	540m	3

“The path is the goal”

As always our goal is to appreciate all the little things along our routes- scenery, culture and the magic of the great outdoors.

Activity level requirements

Previous hiking experience in alpine terrain, steady footing & a head for heights, fitness for walking 5- 8 hours with up to 1000m ascent/ descent per day.



Accommodation

Accommodation along this route has been selected for its character, traditional atmosphere and scenic location. We overnight in private guest houses or alpine refuges – sometimes in shared dorms or 2-4 bed rooms. Bedding and towels are provided most nights. A hut sleeping bag and small towel are needed for 3 nights.

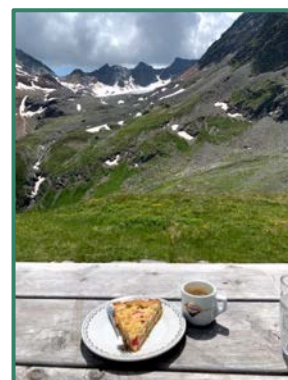


Food

Most accommodations across the Alps can cater for most food allergies e.g. gluten free, celiac etc if they have the information in advance - please let us know upon booking or latest 2 weeks before! Vegetarian options are also mostly readily available. Vegan eaters won't go hungry, but will have limited options (this is the land of cheese, after all!) - we recommend packing extra snacks.

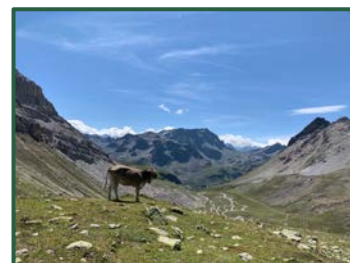
Included:

- ✓ 7 days personalised guided hike & guiding with German and English speaking mountain and travel guide
- ✓ 6 nights lodging in private mountain guest houses/ refuges
- ✓ 6 x breakfast, 6 x evening meal
- ✓ Transfers within tour
- ✓ Pre-tour information package (including local information, packing & travel guide)
- ✓ Special 4elements' trek souvenir
- ✓ Tour photo album



Not included (please ask if you need any advice):

- Snacks, lunches (packed lunches available for purchase at accommodation)
- Drinks
- Personal insurance (travel insurance and personal accident insurance)
- Tips



Travel

Meeting point: KurhausBergün Hotel, 17:00

The easiest, most environmentally friendly and by far most spectacular route is via train. In fact, it is worth the journey in itself.

The closest airport is via Zurich. It is a 3hr train journey from Zurich airport and costs from 30 CHF each way.

Finish: Bivio, approx. 12:00



Your guide, Ceri Temple

A British/German outdoor enthusiast who has spent years working and playing in Bavaria, the Alps and Northern Italy. Ceri is a state certified hiking guide, International Mountain Leader and outdoor educator. She has a passion for long-distance hiking and the balance being in nature brings to well-being in everyday life –elements of mindfulness and appreciation of the natural world flow through her events. Ceri looks forward to a fun and inspiring journey with you.



The Parc Ela, situated in the heart of Graubünden, is the largest Nature Park in Switzerland. Our trek takes us on a geological journey through the formation of the Alps. With steep mountain peaks and vast landscapes surrounded by glaciers and mountain lakes, walking in this area is as wild as you get in the Alps.

The alpine villages and mountain passes reveal the long history of trade between southern and northern Europe. Home to three languages of Romansch, German and Italian, the influence of all these cultures adds a fascinating dimension to the culture and cuisine of the region.

The high point of our trek is reaching the Lunghin Pass, the triple watershed. A drop of rain here, could end up in the Rhein, Po or Inn rivers; flowing to the North Sea, Mediterranean or Black Sea respectively.



Mountain refuge accommodation – What to expect!

During our tour we stay three nights in mountain refuges in stunning and remote locations.

All rooms are comfortable but basic- warm blankets and pillows are provided- it is a requirement to bring your own sleeping bag liner.

We have three hut nights during our trek:

- 1 self-catered hut (shared dorm & group cooking)
- 2 nights catered hut (1 shared dorm/ 1 4-bed room)

Water and electricity at these altitudes is also limited. There are washrooms but no showers available.

Dietary Information

Please let us know any dietary information upon booking so that we can pass information on to accommodation in good time.

N.B. Most mountain refuges cater for a range of dietary requirements and preferences. That said due to the location of the huts, resources are limited and therefore the range of choice can be somewhat limited.

Your flexibility is appreciated if it is not a medical issue.

Trek packing list

- Waterproof hiking boots with ankle support and good profile (B/C category)
- Rucksack (25-35l)
- Waterproofs – *preferably 2.5-3 layer system* (Jacket with hood and trousers)
- One pair of long hiking trousers/ zip-off trousers
- 2 pairs hiking socks
- 1 Long sleeved shirt/ T-shirt (synthetic or merino wool/ quick-drying)
- 2 T-shirts (synthetic or merino wool/ quick-drying)
- Fleece, extra warm layer or soft shell jacket
- Underwear
- Gloves and hat
- Sun protection (Sunglasses, sunhat, sun cream, lip salve)
- A hard-wearing drinking bottle / thermos/ hydration pack (2 litres)
- Headlamp/ torch
- First aid set and personal medication
- Hiking poles (*can be hired if needed*)
- Mobile phone/ camera & charger
- Hut sleeping bag/ sleeping bag liner
- Wash kit, soap, flannel and lightweight towel
- Hut shoes/ slippers
- Ear plugs
- Snacks
- Wallet including cash (most huts do not accept cash)
- Personal insurance details (please ensure that your insurance covers you for alpine activities up to 3000m- if you need advice in this area- get in touch!)