

INTERNATIONAL SKI CLUB OF GENEVA

RÜEGGISBERG – GUGGISBERG

SATURDAY 04 MAY 2024

17KM - ELEVATION GAIN /LOSS 820M /620M

MOYEN

Rüeggisberg is located in the middle of the Gantrisch Nature Park, which is about 400 km² in size and heavily influenced by agriculture and forestry management. The hike provides wonderful views of the Bernese Alps and passes through meadows and forests to the panoramic Guggershorn with its famous 'Vreneli'.

With magnificent views of the Alpine range the route climbs up to Riedstettwald forest past farmhouses, nestled between hills and through the Rossgaben ravine, which was carved by the Schwarzwasser River. Rossgaben is reached through a lovely forest, past charming Weidligaben ravine and Schwandbach bridge. Later, you cross the Sense River over the Rossgaben bridge. Both bridges were designed by engineer Robert Maillart and admitted to the list of art antiquities in 1984. The concrete bridges are considered to be masterpieces.



The route passes through Elisried and Schwarzenburg, the regional centre of the pre-alpine Gantrisch area, located in the triangle formed by the cities of Bern, Thun and Fribourg. The path follows an asphalt road for approximately 3 km and leads to Schiltberg. Then comes the steepest part of the hike: During the next two hours or so, you will ascend more than 500 meters, alternating between forest and meadows, until you get to Guggershorn. Once you reach the col, there is a steep wooden staircase leading to the rocky spur at the top 'Vreneli'. Here at 1283 m, you have an amazing view of the surrounding mountains, such as the Eiger, Mönch and Vanil Noir. On the north side, the Chasseral and Mont Racine are visible. The last descent on a well-maintained path ends in Guggisberg, the destination of today's 6-hour hike.

Inscription: by email to ctruesdell@hotmail.com. Hike is limited to 12 people

I need to know:

- 1) Your first and last name
- 2) An email address you can be reached on the weekend
- 3) **Your mobile number**
- 4) Comparable hikes you have done this season; are you able to walk up and down hills for 5hrs. at normal speed?
- 5) Are you a SCIG member?
- 6) Where you will meet group, if not at Cornavin

To Bring: good boots, hat, picnic lunch, drink, warm coat, rain gear, sunscreen, sunglasses, collapsible poles (optional)

Price: Train (**to be bought individually**) from Cornavin to Rüeggisberg, Post 33.50 chf. Return journey from Guggisberg, Post to Cornavin 33.70 CHF; plus ski club tax: 5 CHF (members) 15 CHF (Non-members);

Rendezvous: For 07:59 departure at Cornavin station on the platform, currently platform 6. Train direction Luzern and change trains in Bern for Köniz. Take bus B 631 from Köniz to Rüeggisberg, Post arrival at 10:46. Take the second car from the back of the train from Cornavin. Caroline will meet group in Lausanne.

Return: Buses from Guggisberg depart at 55 mins past the hour to catch connection to Geneva. We will aim for the 17:55 which should arrive in Cornavin at 21:01.

Leader: Caroline Truesdell ctruesdell@hotmail.com +41 79 290 5068

Walking time: About 5 hours **Transport:** train

Confirmation or cancelation of the hike: If the weather forecast is bad, I will cancel before 18:00 Friday evening.

- By registering, you agree that you are fit for this level of hike and/or that you have previously participated in a hike with SCIG.
- By registering, you confirm that you carry insurance against accidents and mountain rescue, in particular 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 any and all liability for accidents related to this hike.