

INTERNATIONAL SKI CLUB OF GENEVA (SCIG)

LENK TO KANDERSTEG *WEEKEND OF 26 AND 27 JULY 2025 –* *MEDIUM/DIFFICILE*

We follow the Via Alpina from Lenk to Kandersteg over beautiful mountain landscapes and staying in the popular resort of Adelboden.

Day 1- Saturday, 26th July 2025 (14km, +700m/-1000m, 5 hours) – Lenk im Simmental to Adelboden



We take an early train from Geneva to Lenk, with its famous backdrop of the Wildstrubel massif and waterfalls. We will start to ascend from Lenk through pasture lands and chalets towards the Hahnenmoss pass, which, at 1,950m, is our highest point for the day and offers us good views of the Wildstrubel and Plaine Morte glacier. The route will start descending into Adelboden along through forests and creeks. Adelboden offers a bowling alley or outdoor pool for anyone who still wants to burn off some energy. We will have our well-earned dinner together and spend the night in Adelboden.

Day 2- Sunday, 27th of July 2025 (16km, +1400m/-1250m, 7 hours) – Adelboden to Kandersteg



From Adelboden we slowly ascend up through meadows, past creeks and Bunderalp to the Bunderchrinde pass at 2,382m, which is the highest point of the weekend and where we might spot some chamois. From

here we follow the ridge for some time and start descending down to Kandersteg along spectacular and scenic hiking trails, which can be steep at times. There will be ample picture moments along the route and time allowing, we will have a coffee in Kandersteg before heading back to Geneva.

Inscription: before Thursday, July 24th, 6pm by email to Matthias.rittmeier@live.com or via whatsapp message to +41 76 2882393

Please send with your email:

- *Your full name*
- *Email/Mobile Phone number*
- *Confirmation that you are generally fit and can hike for around 7 hours per day without difficulty*
- *Indication if you are SCIG member*

To bring: Toiletries and essentials for overnight stay, sufficient layers, Jacket/Jumper for evening, Picnic for day 1, snacks, hiking poles (recommended), sturdy hiking boots (your choice but I recommend over ankle as day 2 has steep sections), suncream, sunglasses, hat/cap, raincoat. If you have dietary requirements please bring your own suitable snacks and let me know in advance if you want to join the group for dinner.

Transport and Meeting Point: Train/Bus from Geneva to Montreux on Saturday and back from Kandersteg on Sunday. All participants are responsible for their own tickets for arrival and departure and tickets can be purchased in advance on www.sbb.ch. **Meeting point at 7.15 am Saturday on Platform 5 at Geneva Cornavin station.** Departure at 7.23 to Montreux and via Zweisimmen to Lenk. The total journey will take around 4 hours and I will meet the group in Lenk. Anyone who wishes to travel the night before is welcome to do so, meeting point is Lenk station at 11.30am on the Saturday morning.

Return Journey: We will travel back from Kandersteg at 16.41 or 17.41 hours, depending on the progress we make on the day. The journey back is around 3 hours 15 minutes.

Price and Deposit: CHF 5 club tax (members) per day or CHF 15 per day for non-members, train tickets (to be purchased individually) plus food and accommodation.

Accommodation: Hotel/Hostel of your choice in Adelboden. Please arrange your own accommodation for the night of 26 July to 27 July. Rooms can be shared. I can send out the participant list a few weeks before the trip so you can arrange yourselves at your own leisure. Some choices are Hotel Crystal, Wildstrubel Lodge, Aparthotel Adelboden Dorfplatz or the Kurve Apartments and Lounge.

Maximum participation: 11 persons + leader

Leader: Matthias Rittmeier

Phone: 076 288 2393

Email: Matthias.rittmeier@live.com

Rain/Bad Weather: The weekend will be cancelled in case of heavy rain but go ahead in case of light showers or mixed weather. Matthias will send an email with a decision on the Thursday evening before the weekend.