Switzerland's Wildstrubel Circuit

Trip Code: SGWC

Version: Self-Guided Switzerland's Wildstrubel Circuit

WALK & TREK	SELF-GUIDED	8 CHALLENGING

HIGHLIGHTS

- Trek on the iconic Via Alpina long-distance route between Kandersteg and Lenk
- Walk the exhilarating Bisse du Ro from Lac du Tseuzier to Crans-Montana and cross its breathtaking suspension bridge
- Experience the contrasts of the Swiss Valais and the Bernese Oberland in one week
- Immerse yourself in the vibrant mountain resort of Crans-Montana

- Enjoy a fantastic circuit trek to rival the Tour du Mont Blanc

AT A GLANCE

- 5 days trekking
- Max altitude 2,429m
- Daily departures
- Suitable for 2+ travellers
- Join at Crans-Montana

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 6 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The majestic Wildstrubel of the Swiss Alps rises to an altitude of 3,244m and straddles the cantons of Valais and Bern, showcasing the fascinating variety between these two faces of the massif. In the Valais, you will find lush Alpine meadows with the heady scent of wildflowers, pretty chalets in charming villages, along with productive vineyards in the Rhône Valley; while in the Bernese Oberland, there is a notable change of scenery to otherworldly landscapes of dramatic cliff faces, hanging waterfalls and glacial lakes – inspiration for JRR Tolkien's Middle-Earth.

On this one-week self-guided trekking tour of the Wildstrubel Massif, you will experience a breathtaking 100km journey through the Swiss Alps, and take in a section of the famous Via Alpina in the Bernese Oberland. As part of the challenge this week, you will tackle crossings of the Gemmi Pass (2,268m) and the Rawil Pass (2,429m) and hike the incredible Bisse du Ro that will be sure to take your breath away.

Trail running aficionados will recognise the circumnavigation of this massif as part of the UTMB World Series, with the Wildstrubel races now becoming a mainstay in the trail running calendar, building athletes up to the pinnacle UTMB Mont-Blanc race.

Is this holiday for you?

This self-guided trip is perfect for you if you are an active walker keen to get your teeth into your next challenging Alpine circuit trek, with the flexibility to go at your own pace and with only your daypack to carry.

This is a sustained trek in an Alpine environment, covering an average distance of 20km per day over 5 days, with significant daily ascents and descents of 1,000m on average. You will be hiking around 7 hours each day. You must have a high level of fitness, surefootedness and a good head for heights, with experience of hiking in mountainous terrain. Signposting and waymarking in Switzerland is excellent; nevertheless a sound knowledge of map reading is highly recommended, particularly in changeable conditions. Occasionally in the early season you may come across patches of late snow which will need careful navigation.

The terrain is varied, including straightforward paths across meadows, forest trails, steep rocky tracks, and routes across slopes with loose moraine scree. There are sections on balcony paths with cable

handrails set in the cliff wall - these routes can feel exposed which can be difficult for those suffering from vertigo.

For safety in the high mountains and on more remote trails, this trip is suitable for groups of 2 or more travellers.

Itinerary

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DAY 1

Arrive in Crans-Montana, high above the Rhône Valley in the Swiss Valais.

After a scenic journey through magnificent landscapes, you will arrive in the twinned resorts of Crans and Montana, positioned on a sunny plateau high above the Rhône Valley and one of the premier holiday destinations in the Valais. At an altitude of 1,500m, Crans-Montana is an outdoor adventurer's dream, offering a natural playground with a wealth of opportunities including hiking, biking and water sports, set against an incredible backdrop of mountain ranges from the Matterhorn to Mont Blanc. Depending on your time of arrival, you may have time to enjoy a refreshing paddle in one of the lakes, or explore the surrounding forested trails. Once you have oriented yourself and maybe stocked up on some last-minute trail supplies, you can take your pick from the many excellent restaurants on offer in this resort town and enjoy some delicious local specialties, perhaps with a glass of fine Valais wine.

Accommodation
Hotel

DAY 2

Trek above the Rhône Valley to the spa town of Leukerbad, and soothe your muscles at the Leukerbad Thermal Baths.

Waking bright and early, you will be eager to set off on your hike this morning! Striking out from your hotel, you will make your way through the town and follow the route ascending gradually to pick up the Valais Sun Trail (Walliser Sonnenweg) at the Bovèreche River. The trail ascends along the Bisse du Tsittoret, with jagged summits of the Valais peeking between tall trees of pine and larch, before reaching the Buvette Cave du Sex (1,873m) with the opportunity to stop for some refreshments on its welcoming outdoor terrace.

Continuing on your way, the scenic high trail crosses pretty meadows and idyllic forest, with sumptuous sweeping views of the surrounding peaks and of the Rhône Valley beneath. Eventually the path starts to descend, passing the small chapel of Theodul at 1,860m, then proceeds in a northerly direction heading into the Dala Valley. Beneath the imposing rock face of the Chäller, the balcony path hugs the mountain flank, with sections of cable handrails for additional security along the breathtaking trail. The trail crosses a number of mountain streams before you arrive at the resort town of Leukerbad, a renowned spa town thanks to its natural thermal springs. As a treat after a chunky first stage of hiking, entrance to the Leukerbad Thermal Baths is included today for you to relax and recuperate your muscles.

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Hotel	730M	845M	7-8 hours	23KM

DAY 3

Tackle the Gemmi Pass (2,268m) to cross from the Valais into the Bernese Oberland.

Feeling refreshed after a restful night's sleep, fuel up on breakfast before embarking on another big hiking day. You will first tackle the imposing Gemmi Pass (2,268m), positioned in the saddle between the Daubenhorn (2,942m) and the Plattenhorn (2,855m). The dramatic cliffs above Leukerbad were considered insurmountable until 1739, when a path was blasted in the mountainside to create one of the most important mule trails in the Alps, forming the link between Leukerbad in the Valais to Kandersteg in the Bernese Oberland. The way is steep yet spectacular, and you can go at your own pace. Reaching the top of the pass, you could even treat yourself to some snacks and refreshments at the Gemmi Lodge, and perhaps brave a photo opportunity at its airy viewing platform set over the precipice. From this high point, your route will take you along the shimmering lake of the Daubensee and on a long descent through ever-spectacular scenery to reach Kandersteg in the Bernese Oberland, where you will rest up for the night, tired yet proud of the day's achievement.

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Hotel	1020M	1230M	7-8 hours	21KM

DAY 4

Cross the Bunderchrinde Pass (2,383m) and descend to Adelboden.

Leaving the popular holiday resort of Kandersteg, you will head south on a charming path along the Kander River, and pick up the Via Alpina 1 waymarkings to start your ascent along the Alpbach River. You will gain height quickly as you make your way up switchbacks beneath the Hinder Lohner (2,928m), and follow the red and white flashes through fields of scree to reach the Bunderchrinde Pass (2,383m). From the pass, a gravelly path descends beneath striated cliffs and over more scree fields before it starts to wend its way across meadows and wooded trails to reach the bottom of the valley. While a little shorter in distance, the steep ascents and descents involved today add their own element of challenge. Arriving at your welcoming hotel in Adelboden, you'll be glad to kick off your boots and relax with a refreshing drink - you've earned it!

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Hotel	1270M	1100M	7 hours	17KM

DAY 5

Trek over the Hahnenmoos Pass (1,950m) to reach Lenk in the lush Simmental Valley.

You have an exciting day in store today, with your objective being the Simmental Valley, the official home of the Wildstrubel and considered one of Switzerland's most beautiful valleys.

Striking out from your hotel this morning, you will climb the Sillerenbühl by way of the Chuenisbärgli, and hike along its ridge with wonderful panoramic views of the peaks of the Bernese Oberland. Contouring beneath the summit of Laveygrat (2,248m), you will head toward the Hahnenmoos Pass (1,950m). From this vantage point you can enjoy an awesome view across to the Wildstrubel (3,244m), the Wildhorn (3,250m) and perhaps as far as the Sommet des Diablerets (3,216m). You can trace the wide path that crosses the rolling pastures below as it descends into the Simmental Valley. In the winter this area is a hugely popular ski resort, with groomed pistes easily reached by gondola or chairlift; you will also pass a number of cosy chalets, restaurants and bars on your way to the vibrant village of Lenk in the valley bottom, where your day concludes.

Meals: **B**

Accommodation
Hotel

Ascent
910M

Descent
1190M

Time
7 hours

Distance
18KM

DAY 6

Conquer the Rawil Pass (2,429m) on a tough yet exhilarating day to complete your circuit of the Wildstrubel.

Today is the final push to complete your challenging circuit trek around the Wildstrubel! In the morning, you will take a shared shuttle bus (journey time approx. 15 mins, payable locally) from Lenk to Iffigenalp (1,585m) where your hike will commence. Disembarking the bus, tighten up your bootlaces, limber up, and deploy your walking poles ready for the rigorous day ahead - you will tackle exciting terrain that any Alpine enthusiast would love to get their teeth into; your surefootedness and head for heights will surely be called into action on today's exhilarating route.

The path climbs steeply from the beginning, but the stunning surroundings will help to take your mind off what may feel like a relentless ascent. Jaw-dropping views from spectacular balcony paths, waterfalls, alpine flowers and impressive rock formations all serve to keep you motivated on your climb to reach the Rawil Pass (2,429m). Once over the pass, the descending gradient eases off, through scented meadows and pastures filled with languorously grazing cattle, and past glacial lakes that invite you for a cooling dip. With the peak of the Wildhorn (3,248m) in sight, you take a steep descent to the Lac de Tseuzier and arrive once more into the canton of Valais. Traversing the dam wall that holds back this turquoise body of water, you still have more thrills in store on such an outstanding day of hiking. You will take the incredible Bisse du Ro, a vertiginous path built onto the cliff face that will undoubtedly be one of the most memorable experiences of your trip. Back in Crans-Montana, you can settle in to your hotel and take a celebratory meal in a restaurant of your choice, and toast your achievement over the

last week with a glass of delicious local wine.

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Hotel	1190M	1280M	9 hours	23KM

DAY 7

Departure Day.

Enjoy a leisurely breakfast before checking out of your accommodation and making your onward journey. Additional nights can be arranged if you wish to stay longer in Crans-Montana - just speak with our Sales Team for more details.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Entrance to Leukerbad Thermal Baths (3 hours) on Day 2
- Discount code to the value of CHF 10 when booking your train with Swiss Federal Railways (www.sbb.ch/en)
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to/from Crans-Montana
- Visas (if applicable)
- Tourist taxes may apply and are usually under CHF 10 per person per night
- Some meals as described in the Meal Plan
- Cable car Silleren - Sillerenbüel on Day 5 (allow approx. CHF 15 per person if you want to take the cable car)
- Bus from Lenk to Iffigenalp on Day 6 (allow approx. CHF 18 per person)
- Any other local transfers by bus/rail/cable car (please note Post Buses only accept cash for on the spot purchases)
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Joining Arrangements & Transfers

The trip starts and ends in Crans-Montana. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Geneva Airport, served by many departures from UK regional airports.

The Swiss Federal Railways network is extremely efficient and offers excellent connections all over the country (https://www.sbb.ch/en).

From Geneva Airport, you can take the very scenic train journey along the shore of Lake Geneva to Sierre/Siders, from where you can take the funicular or the Post Bus up to Crans-Montana. The entire journey usually takes under 3 hours.

It is also possible to travel flight-free from the UK by taking the Eurostar train to Paris Gare de Lyon where you can change to pick up TGV connections to Switzerland.

A Swiss Half-Fare Card is available to purchase which offers savings on the Swiss transport network. You might like to consider this particularly if you are planning an extended holiday in Switzerland. For more information visit the SBB website: https://www.swissrailways.com/en/buy-swiss-half-fare-card.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

You can purchase supplies for a picnic lunch from local shops, or you can pre-order a packed lunch from your accommodation the evening before. Alternatively, there are mountain huts along the route where you can enjoy the local delicacies. Not all huts can take card payments so having a supply of cash would be recommended. It would also be a good idea to bring a few additional trail bars and snacks with you; these can of course be purchased along the way however it is sometimes nice to have your favourite hill food with you.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Swiss food is a blend of French, German and Italian cuisine, which is hardly surprising given the country's location surrounded by all three countries. In particular, Switzerland is a cheese and chocolate lover's dream destination and is home to some of the world's finest cheese producers and chocolatiers. Yet there is much more to Swiss food than cheese and chocolate.

The great Swiss staple, the cheese fondue, is a dish all visitors must try and is almost a rite of passage. A mix of delicious melted Gruyere and other Swiss cheeses, white wine and herbs, it is the meal the Swiss Cheese Union claims 'creates a good mood' - unless you are first to drop your bread in the fondue that is! Tradition states that the poor soul who drops their bread in first, must foot the bill.

Although cheese fondue is delicious, it is certainly not the only yummy cheese dish on the menu here in the Valais. Whilst it is found throughout Switzerland, Raclette is particularly associated with the Valais, having originated here. A huge half of Raclette cheese is gently heated to melt the outside edge where the cheese has been cut, before the deliciously unctuous melted edge is scraped off one layer after another and is typically served with boiled potatoes, small pickled cornichons and silverskin onions - gorgeous, and even better with a glass of the local Fendant wine. For a typical dish of the Bernese Oberland, Berner Platte is a traditional celebratory dish, consisting of a large plate with a variety of sauerkraut, meats, buttery potatoes and vegetables.

Other national delights include Rösti (a fried grated-potato dish served with anything from eggs to apples) and Zürcher Geschnetzeltes (which translates as 'meat cut Zurich style' and consists of slices of veal cooked in a creamy mushroom sauce). Although traditional food is generally rich and hearty, you will find many lighter options too such as soups, salads and fresh fish from the region's lakes.

Of course, if you are keen to embrace the cake and coffee culture, you will find a range of delightful sweet treats, many containing the fresh fruits grown in Switzerland, and of course the renowned Käsekuchen (cheesecake). Go on, you've earned it!

Accommodation

On this one-week trekking holiday you will stay in carefully chosen chalet hotels and traditional Alpine guesthouses typically of 3-star standard, each selected for their welcoming hospitality and outstanding locations. Nestled in picturesque mountain resorts with a backdrop of magnificent landscapes, you can rest and rejuvenate at the end of your day's hike and enjoy the buzz of these Alpine hubs. Your stay each night will be on a bed & breakfast basis in comfortable double or twin rooms, typically with Austrian style twin beds (two beds within one bed frame, and separate bedding). Single rooms are available at a supplementary cost.

IIt is possible to arrange additional nights' accommodation at either end of your trip if you would like to extend your stay in Crans-Montana. Please speak with our Sales Team for further details.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure your luggage is limited to one piece under 20kg per person, and that your luggage is ready for collection each morning.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace, however getting some additional exercise before going on an active holiday makes a lot of sense After all, the fitter you are, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 7 hours in a day, for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

Daytime temperatures at the elevations at which you will be hiking in this region tend to be quite warm, ranging between 10 and 25 degrees Centigrade. It can be cool in the evenings, dropping to as low as 5 degrees Centigrade, particularly at higher elevations. The weather is usually stable during the hiking season between July and September, however mountainous areas do generate their own weather systems and occasional rain and even stormy weather cannot be ruled out. You should be prepared for all eventualities!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Switzerland in Tolkien's Middle-Earth - M.S. Monsch

Slow Train to Switzerland - Diccon Bewes

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks

- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags

- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note our 'from price' listed is based on 4 persons on double or twin occupancy, however this trip is suitable for groups of 2 or more travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

A stupendous circuit trek for Alpine aficionados that like to travel independently, and who may be considering an alternative to the Tour du Mont Blanc.In the spirit of the Wildstrubel Ultra race, experienced long-distance trail runners could even undertake this as a one-week mountain-running holiday. Regardless of whether you walk or run, we have included entry to Leukerbad Thermal Baths so you can relax and soothe those muscles!

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change