



In the Eiger's Shadow

Hut to hut in Switzerland's Jungfrau Region

August 18, 2013 – September 1, 2013



Eiger and Mönch Alps

OVERVIEW

Join us in an unforgettable trek through the Jungfrau region of Switzerland, home of some of the most famous alpine peaks in Europe. According to Kev Reynolds, the pre-eminent alpine travel writer of our times, “The view from Schynige Platte is one of the finest in all the Alps... it includes the Eiger, Mönch, and Jungfrau peaks.... Much of this backdrop forms part of a UNESCO World Natural Heritage Site, the first in the Alps to be granted this status, in recognition of the extraordinary beauty of its landscape.”

The Jungfrau region itself is located approximately half way between Geneva and Zurich. The well-known resort towns of Grindelwald, Mürren, Lauterbrunnen and Interlaken have been attracting visitors since the birth of alpine tourism in the 18th century.

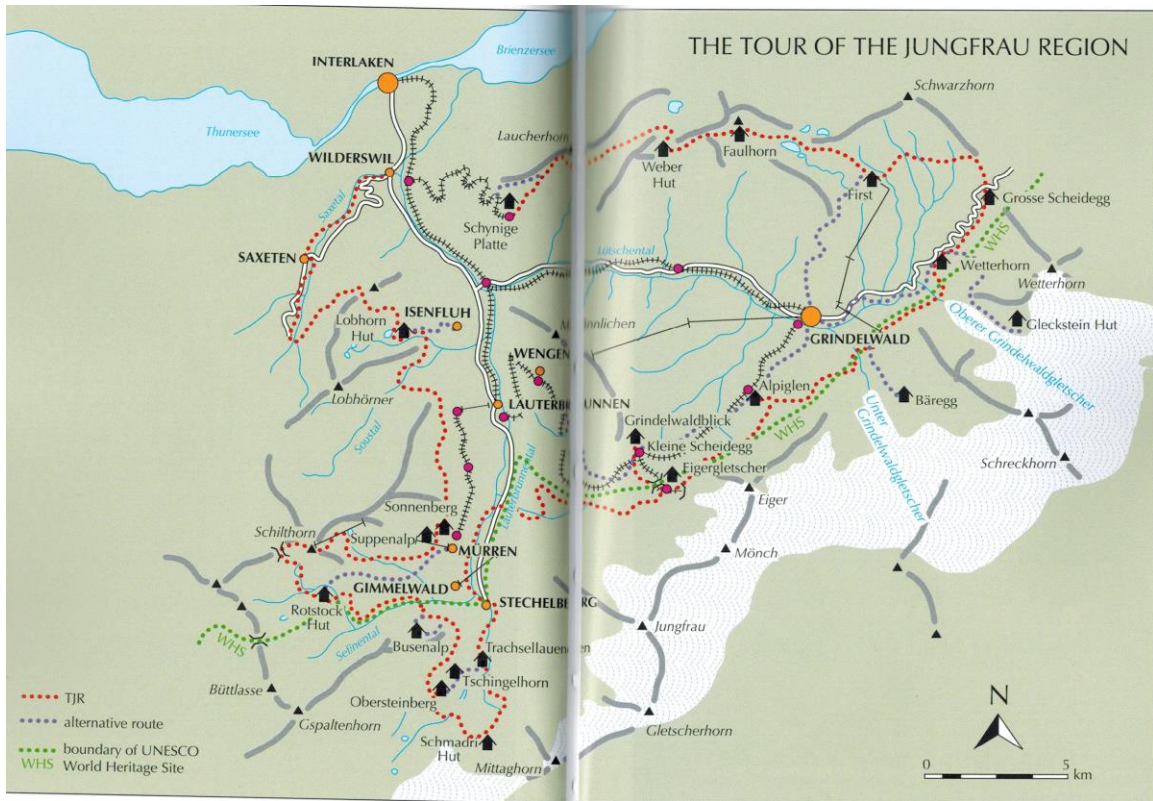


Our journey will maximize our exposure to the natural beauty of the region as we hike day by day through this enchanting region. We will stay in hostels, hotels, and mountain huts similar to the AMC's with the important difference that they all serve wine and beer and most have hot showers.

Trip leader Steve Cohen lived in Switzerland for three years and is competent in both German and French. In recent years he has hiked several of the well-known treks in and around Switzerland including the Tour de Mont Blanc and the Haute Route (from Chamonix, France to Zermatt, Switzerland).

TRIP ITINERARY

Our travels will follow the Tour of the Jungfrau Region as described in Kev Reynolds in the guide book, published in 2010 by Cicerone Press, of that name. We will start our adventure at dinner time in the town of Interlaken and end 14 days later. To ease our adjustment to European time we will spend the first full day in Switzerland exploring Switzerland's past at the open air museum in Ballenberg. Over 100 buildings brought from all over Switzerland recreate its traditional village-oriented agricultural heritage.



Below is a day by day summary of the trek:

Day#	Stage	Booktime (hrs)	Distance (km)	Elevation Gain (m)	Elevation Loss (m)	Lodging	Notes
1.0						Fly to Europe	
2.0						Interlaken	1
3.0						Interlaken	2
4.0	1.0	6.0	15.0	714.0	514.0	First	
5.0	2a	5.0	11.0	759.0	609.0	Gleckstein Hut	
6.0	2b	2.5	5.0		1089.0		
		3.0	5.0	547.0		Berghaus Baregg	
7.0	3.0	0.8	2.0		389.0		
		5.0	11.0	837.0	445.0	Alpiglen	
8.0	4.0	4.0	8.0	700.0	259.0	Kleine Scheidegg	
9.0	5.0	5.0	15.0		1297.0	Stechelberg	

10.0	6.0	5.5	9.0	1215.0		Obersteinberg
11.0	7.0	5.0	10.0	1096.0	835.0	Rotstock Hut
12.0	8.0	5.0	10.0	931.0	1108.0	Blumental
13.0	9.0	3.5	10.0	332.0	349.0	Slus-Lobhorn Hut
14.0	10.0	4.0	10.0	500.0	500.0	Interlaken
15.0						Depart for the US
		54.3	121.0	7631.0	7394.0	Total (kilometer/meter)
			100	23656.1	22921.4	Total (miles/feet)
		4.9	11.0	693.7	672.2	Average/day (kilometer/meter)
			6.8	2150.6	2083.8	Total (miles/feet)

Notes:

- 1 Arrival by train in Interlaken - afternoon free to explore the town and lakes
- 2 Travel to Ballenberg, a large scale outdoor museum dedicated to exploring the Switzerland of yesteryear. Over one historical buildings brought from all over Switzerland. More information at: <http://www.ballenberg.ch/>

The leaders reserve the right to change the itinerary for reasons such as weather, trail conditions, availability of accommodations, group preference, etc.

A typical day will have us waking up at 6:30AM and on the trail by 8:00AM. We may pass other huts along the way and indulge in homemade strudel as a lunch time snack. We aim to arrive at our destination by 3-4PM each afternoon. Almost all huts/hotels have showers and all serve beer or wine. Dinner is at 6:30 or 7:00PM. The cuisine is Swiss-German. Most people are in bed by 9-10PM.

PARTICIPANT PROFILE

You should enjoy traveling and be comfortable traveling in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, we guarantee that you will have a great time.

This is a moderately strenuous hike geared towards the outdoors adventurer. Since breakfast, dinner and lodging are provided we will be traveling light, with backpacks in the range of twenty to twenty-five (max!) pounds fully loaded. The average day is seven miles long with a gain/loss of 700m (2,200'). Some days we will climb/descend up to 1200 meters and traverse up to 15km (~10 miles). You should have at least intermediate to advanced hiking skills. While no technical climbing is required, there are areas with narrow trails bordered by steep drop-offs. We may use ladders bolted to the mountain side for short ascents of steep terrain. For more specific information about the kind of experience we are looking for, please read about the Experience and Risks below.

ACCOMMODATIONS

We will spend every night in either hotels or mountain huts. Blankets and pillows will be provided. Participants must bring a sleeping bag liner (a.k.a. sleep sack) to be used instead of sheets. Accommodations are typically in a bunkroom with 4 to 10 persons.

COST

The trip cost is \$TBD for AMC members. Non-members can join for \$50, and get the same price. This will cover the following items:

- Lodging, breakfasts and dinners from the welcome dinner in xx to the farewell lunch in xx.
- ???
- AMC major excursion fee
- Emergency medical and evacuation insurance coverage

All lunches, trail snacks, alcohol, cable/gondola rides, and other personal expenses are NOT included.

Your transportation to Interlaken and back is your responsibility. Convenient airports include tbd, tbd and tbd. The trip leaders will advise you as much as you need and will facilitate group travel. At this time, we estimate that the cost for a non-stop round trip ticket between the East Coast and Europe will be in the vicinity of \$1100 - \$1300.

The final trip cost will be adjusted in accordance with the best final arrangements we can make and currency fluctuations. Any savings we achieve, as well as any cost increases, will be passed back to you. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase.

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. The subsidy from each participant is limited to 20% of one leader's costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Major Excursions, including the trip's publication in *AMC Outdoors* for several months. The AMC overhead fee is 20% of land costs; air travel is not included in the calculation.

The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does *not* include insurance for travel delay, interruption, or cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Any unspent funds will be refunded to the participants. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included.

REGISTRATION and CANCELLATION

To apply, you must request, complete, and submit the Application, Confidential Medical form, and Acknowledgement and Assumption of Risk and Release form (all available on request), enclosing a registration deposit of \$500. You will not actually be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you

and the trip seem to be a good match. A second payment of \$500 is due two weeks after your acceptance. The final balance of \$950 is due July 1, 2013. Deposit checks from wait-listed applicants will not be cashed until we accept them AND they confirm continued interest. Please make payments by check payable to the *Appalachian Mountain Club*.

Our cancellation policy is based on several considerations. Cancellation will not be allowed to raise the cost to the other participants or to the leaders. Published minimum penalty schedule: zero before February 2012, \$250 in February-April, and \$500 after April 2013. If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant.

We expect a group size of 12 people, including the 2 leaders. This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip.

We are good communicators and will try very hard to keep everyone well informed. We will be using email as our primary source of communication.

In the unlikely event that the trip is cancelled because not enough acceptable participants apply, everything you have paid will be refunded in full.

EXPERIENCE and RISKS

Climbing high mountain passes is physically very demanding. Most of our travels will be between 6,000 and 10,000 feet. Although these elevations should not be high enough for properly conditioned people to contract acute mountain sickness (AMS), the combination of physical exertion and slightly lower oxygen levels require that we pace ourselves and pay attention to proper nutrition and hydration. People wishing to participate in this trip must have previous backpacking experience, at the intermediate level or higher. Several of the days are long (up to 10 miles) and strenuous. You need to be prepared to commit yourself to keeping in shape between the time you sign up for the trip to the time you depart on it.

When you participate in this activity, you should be prepared both physically and mentally, and equipped with the appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. We are not responsible for your safety; you are. Prior to your being accepted as a participant in this trip, you will be asked to discuss your capabilities and experience with us. Please do not be offended by our questions.

The weather is likely to be temperate and sunny, although there is always a possibility of some precipitation. That said, mountain climate is unpredictable and can range from 25 to 75 degrees. Snow can fall in every month of the year.

QUESTIONS and REQUESTING APPLICATION MATERIALS

If you have any questions, please feel free to contact us. We prefer to handle your questions by phone unless you think the answer is likely to be straightforward. Certainly e-mail works well for requesting application materials. The contact information is immediately below, with the leader biographies.

TRIP LEADERS

Steve Cohen leads three season hikes for the Hiking/Backpacking Committee of the AMC Boston Chapter. He has been a participant on many major excursions in the last seven years including trips to Alaska, the Smoky Mountains, Maroon Bells (near Aspen, CO), Grand Tetons/Yellowstone, Tour du Mont Blanc, Escalante Canyons (Utah), etc. In 2010 he organized and led a 14 day non-AMC trek along the Haute Route from Chamonix, France to Zermatt, Switzerland. He lived in Europe for four years and has a good command of both the French and German languages. In September, 2011 Steve spent two weeks in the Dolomites hiking and rock climbing. Steve can be reached at 617 641-9954 or scohen1234@gmail.com.

Eva Borsody Das **TBD**

EQUIPMENT LIST

Below is a list of the required and recommended gear for as well as a list of items which some people will bring and

Required and Essential Gear

- broken-in waterproof hiking boots
- at least 2-3 set of hiking socks with liners
- non-cotton shorts (or long pants if you prefer) and shirt for hiking
- backpack (aim for 35 liter)
- sleeping bag liner (a.k.a sleep sack)
- waterproof wind and rain gear (tops and bottoms)
- wool sweater, or synthetic pile/fleece jacket
- long underwear top and bottom
- hat for warmth, and gloves or mittens
- polypropylene, Coolmax, Bergelene or other synthetic extra layer clothing
- sunglasses
- hat or bandanna for sun protection
- sunscreen
- Tevas, Crocs or other sandals (to wear in rifugi, which do NOT permit the wearing of hiking boots outside of the public areas)
- headlamp or flashlight with fresh batteries
- unbreakable bottles or hydration bladder (at least 2 liters total capacity)
- waterproof pack liner and/or pack cover
- high-energy trail snacks
- toiletry kit (many rifugi do not supply soap or shampoo)
- camp towel (many, but not all rifugi supply towels)
- ear plugs



the trip,
share.

Optional Gear

- casual clothing for use in a rifugio
- personal first aid kit (leaders will have group first aid kits)
- gaiters (for rain)
- hiking poles
- whistle
- knife
- camera

Join us on this great adventure in one of the world's most spectacular mountain regions!