

Switzerland's Wildstrubel Circuit

Trip Code: SGWC

Version:



WALK & TREK



SELF-GUIDED



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 into the vibrant mountain resort of Crans-Montana

- Relax and rejuvenate in the Leukerbad Thermal Baths with entry included
- A fantastic circuit trek to rival the Tour du Mont Blanc

AT A GLANCE

- Self-Guided
- 5 days trekking
- Luggage transfer
- Included entry to Leukerbad Thermal Baths
- GPS Travel App
- Max altitude 2429m
- Daily departures available
- Suitable for 2+ travellers
- Join at Crans-Montana

ACCOMMODATIONS & MEALS

[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 two Cantons of Valais and Bern, with fascinating variety between these two faces of the mountain. 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 shaped 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 Alps of Switzerland, 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 event in the trail running circuit, 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

Version:

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
- Discount code to the value of CHF 10 when booking your train with Swiss Federal Railways (www.sbb.ch/en)
- Entrance to Leukerbad Thermal Baths on Day 2
- Navigation App
- GPX tracks available

What's not Included

- Travel insurance
- Travel to/from Crans-Montana
- 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 will only accept cash)
- 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
- 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 with many departures from regional UK airports.

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

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

It is also possible to travel flight-free from the UK via the Eurostar to Paris and on to Geneva, from where you can make use of the highly efficient Swiss Railway service to travel around 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.sbb.ch/en/tickets-offers/tickets/guests-abroad/swiss-half-fare-card.html>

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 but it is sometimes nice to have your favourite hill food with you.

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 an amalgamation of French, German and Italian cuisine which is hardly surprising with cantons of each language too; and not to mention that Switzerland is a cheese and chocolate lover's dream destination with some of the world's finest cheese makers and chocolatiers calling it home.

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

Although cheese fondue is delicious, it is certainly not the only yummy dish on the menu. Other national delights include Rosti, a fried potato dish which is served with anything from eggs to apples; Zurcher Geschnetzeltes, which translates to 'meat cut Zurich style' and made using slices of veal cooked in a mushroom cream sauce. Traditional food is generally rich and hearty but you will find many lighter options too such as soups, and fresh fish from the surrounding lakes. For a typical dish of the area, Berner platte is a traditional celebratory dish, consisting of a large plate with a variety of sauerkraut, meats, buttery potatoes and vegetables.

Of course, if you are to embrace the cake and coffee culture, you will tuck in to sweet treats such as apple strudel or the renowned Käsekuchen (cheesecake). Go on, you've earned it!

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.

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.

It 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 one of 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 contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Currency

The unit of currency in Switzerland is the Swiss Franc.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, 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

The temperatures that we can expect to encounter during the day will be reasonably warm, ranging between 10°C to 25°C. It can be cool in the evenings, dropping to as low as 5°C particularly at higher elevations. The weather is usually stable during the hiking season between July and September, but 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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.

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 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, who may also be considering an alternative to the Tour du Mont Blanc. And in the spirit of the Wildstrubel Ultra race event, experienced long-distance mountain trail runners could even undertake this as a one-week running holiday!

Please Note This document was downloaded on 13/08/2025 and the trip is subject to change