

## Recommended equipment

### Clothes

1 pair trousers, shorts  
1 rain mantle or poncho  
1 comfortable suit for the accommodation

T-shirt - 1 pullover - 1 anorak  
Cap, socks  
1 hiking boots

### Diverse

- A backpack
- Camera
- Sun cream - sunglasses
- A pocket knife for the picnic
- Thermos bottle or flask
- Change of underwear
- Toiletries
- A warm mountain jacket or an anorak
- A small first-aid kit
- Toilet paper
- Telescopic walking or ski sticks
- Half-price or full-year ticket

Take what you think is necessary (in a reasonable quantity) and do not forget the good mood... It would be a pity.

## Between Gruyères, Simmental and Saanenland Start on August 17<sup>th</sup>, 2018

The pre-Alps are interesting because the places can be easily reached using public transportation. As a result, one can easily plan multi-day hikes leveraging on this fact.

Here we will leave Gruyère to cross, not the Jaun pass, but the Reidige to reach Boltigen.

The rest of our journey will take us to Jaunpass before reaching Gstaad.

This famous resort is up in the of the Sarine valley, at the junction of Saane, Louwenental and Turbachtal.



### Destination Montagne

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**Day 1****Jaun – Reidige – Boltigen**

From the village of Bellegarde, we will follow the bottom of the valley that leads to Abländschen. We will leave this valley to climb towards the Rieneschli at the foot of the Bäderhore. The mountain pass leading to Reidige was in the old times preferred to the neighbouring Jaunpass, because it is less marshy.

(780m, 5h, shower, hotel)

**Day 2****Boltigen – Jaunpass – Zweisimmen**

Speaking of the Jaunpass, we will climb it from Weissenbach. Then, we will hike by Ruere from where we will be able to appreciate the view on the Spillgerte.

The descent on Zweisimmen will lead through different pastures.

(950m, 6h, shower, hotel)

**Day 3****Zweisimmen – Rüwli pass – Gstaad**

This last day will see us climb Rüwli pass. The reason for this choice is that we will this way avoid the region of Rinderberg, somewhat made ugly by the skillifts. From the pass, we will have a view of the Giferspitz before descending towards Turbach and Gstaad..

(900m, 6h30)

**Price:** CHF 550.-, € 490.- (adult) / CHF 495.-, € 440.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back.

The cancellation fees insurance: CHF 31.50 (optional, must be asked for at registration).

Beverages, personal expenses.

Picnic for Friday noon.

**Level: 3 days hiking without heavy backpack**

The level is easy.

The daily hikes are performed with a small backpack. The remainder of the luggage will follow by taxi.

**Topographic maps:** CN 1226 Boltigen  
CN 1246 Zweisimmen

**Registration deadline:** July 22<sup>nd</sup>, 2018

**Appointment:** 9:30AM at Jaun (Bellegarde)

**If you come by train**

At Fribourg train station, take the bus to Jaun

**If you come by car**

Highway to Fribourg. Exit Bulle and take the direction to Jaunpass.

**End**

At 4:00 PM in Gstaad

**If you wish to come the day before or to extend your stay**

- Hôtel de la Cascade, Jaun +41 26 929 82 06  
- Hotel Simmental, Boltigen +41 33 773 60 51  
- Gasthof Derby, Zweisimmen +41 33 722 14 38