

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

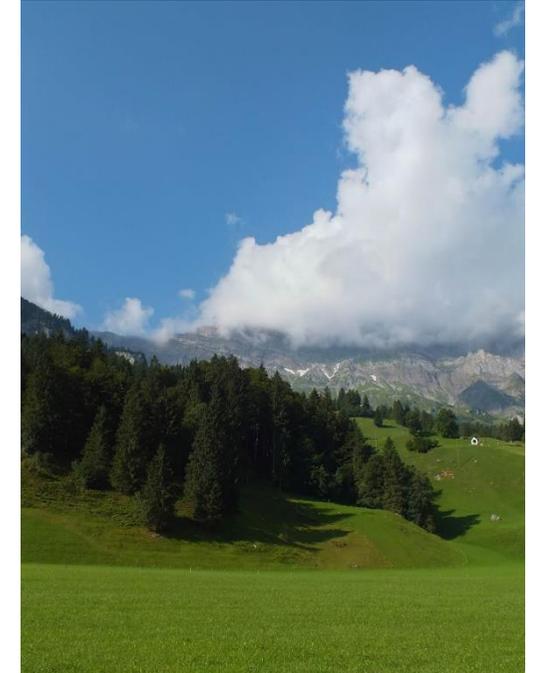
Diverse

- A rucksack
- 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
- Headtorch

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

Through the heart of Switzerland without backpack Start on July 1st, 2018

The four-day trek that is suggested here will lead you through the picturesque landscapes of Central Switzerland. It will start from the Valley of Engelberg (among one of the last territory that has joined Switzerland) to make a trip into the Cantons of Uri and Nidwald, two Cantons at the origin of Switzerland. You will also appreciate the stark look of Titlis and Spannörter and contemplate the beauty of Vierwaldstättersee. You will also have the opportunity to have a taste of the local specialties: the cowherd's macaroni (Aelplermagronen) and the herb's brandy (Chrüter).



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The day before (day of meeting) Climbing to Fürenalp

The appointment will be set at the end of the afternoon in Engelberg, so that we can take the last cable car to Fürenalp.

(mountain lodge)

Day 1 Surenenpass

This day will start with a short going down towards "Stierenbach" (the bull's river), legendary place of this region. Then we will start a long climb to Surenenpass. The going down will not be made along the historic path, but along the "Grat", more picturesque, to reach Brüsti

(700m, 5h, shower, mountain inn)

Day 2 On Lake Uri

This will be a very contrasted day. First we will go down by cable car. Then we will, as in times before the road was built, we will cross the Lake of Uri. The climb into Isenthal is magnificent. The last climb to Gitschenen can also be shortened using mechanical ways.

(0m going down, 1100m climbing, 4h, shower, mountain inn)

Day 3 Over the Chaiserstuel, reach Bannalp

The top of the throne of the emperor (Chaiserstuel) is deserving its name. The tops that are providing such a nice view and such comfort are scarce. To reach it, we will however, have to take an alpine route (marked white-blue-white). The Lake Bannalp is a magnificent place of steep walls overlooking the stretch of water.

(870m, 4h30, shower, mountain inn)

Day 4 Over Spiseegg, returning to Engelberg

A path crosses the hillside overlooking the Bannalp. The crossing of the "Walengraben" is impressive. The climb of "Spiseegg" is a bit tough due to the tiredness. But what a pleasure to cross the hillsides overlooking the valley of Engelberg.

(600m, 4h30)

Price: CHF 700.-, € 656.- (adult) / CHF 630.-, € 590.50 (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back. Transportation by the organiser (4 seats available) from Bernex to Engelberg: CHF 60.-

The cancellation fees insurance: CHF 35.- (optional, must be asked for at registration).

Beverages, personal expenses.

Picnic for the first day's lunch.

Level: 4 hiking days

This Trekking takes place on paths without particular difficulties. Without backpack means that the tours are made with a small rucksack with the gear for one day. The rest sent via a taxi to the next lodging.

Accommodation and meals: Mountain lodges with half-board. Picnic is taken in the rucksack. Beverages are not included. Except for the first evening, all lodges have showers. A sleeping bag liner or a sewed up sheet is enough (blankets are available at the lodges).

Topographic maps: CN 1:25 000 no. 1191 Engelberg
CN 1:25 000 no. 1192 Schächental
CN 1:25 000 no. 1171 Beckenried

Registration deadline: July 1st, 2018

Appointment

15: AM at ZB train station in Engelberg

If you come by train

Via Olten and Lucerne. Timetable on the Internet: <http://www.cff.ch>

If you come by car

Via Gotthard's highway, exit Stans Ost.

End

At about 3:00 PM - 4:00 PM in Engelberg

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

Pension Alpenclub

For more information: <http://www.engelberg.ch>