

## Recommended equipment

### Clothes

- |  |                                 |
|--|---------------------------------|
| 1 pair trousers, shorts                  | T-shirt - 1 pullover - 1 anorak |
| 1 rain mantle or poncho                  | Cap, socks                      |
| 1 comfortable suit for the accommodation | 1 hiking boots                  |

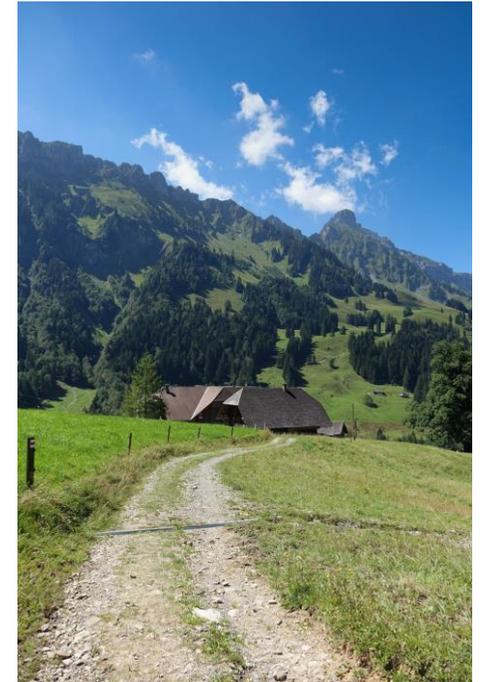
### Diverse

- A small rucksack for the daily tour, to put flask, K-Way, pullover into
- 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
- Picnic for the first day's lunch

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

## Between lake, Emmental and biosphere Start on May 10th, 2018

Anyone looking for strong contrasts will be served during this short stay. Indeed, the route I propose will start from the shores of Lake Thun to reach at first the Zulg Valley, near the Emmental. We will then take the height to cross the high swamps of Rotmoos before diving into the Emme Valley and back up again to join the Entlebuch on the canton of Lucerne. Starting at Marbach we will enter the UNESCO Biosphäre Entlebuch Park which aims to preserve the natural jewels that can be found in this region. We will also see what cultural difference has resulted in what type of traditional development.



### Destination Montagne

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**Day 1 Merligen - Innereriz**

This first day will be the longest of the whole stay. Indeed, we will leave the edge of Lake Thun to climb up between two characteristic peaks of the region: Sigriswilgrat and Siben Hängste (the seven stallions). After having reached the small pass of the Sichle, we will descend to the bottom of the basin of Innereriz.

(1150m, 6h, hotel)

**Day 2 Innereriz - Marbach**

From the Zulg valley, we will first reach the swamps of Rotmoos before descending towards the Emme. The views will then be more and more wide on the peaks of Hoghant and Schrattenflue. It will take a little more courage and a little climb to get over the Hubel and reach Marbach.

(350m, 4h, hotel)

**Day 3 Marbach - Flühli**

During this third day we will encounter other landscapes of swamps and peat bogs. Indeed, the Hilferen is a well-known region for its wetlands. We will then reach Flühli and I will tell you why the famous glassworks had settled in Hergiswil, at the edge of Lake Lucerne.

(550m, 4h 30, hotel)

**Day 4 Flühli - Schüpfheim**

To reach Schüpfheim, we will follow the valley of the Waldemme. Although the road is quite busy, we will manage to avoid sections with heavy traffic, and above all, we will be able to enjoy views of the Lammschlucht gorge.

(200m, 3h)

**Price:** CHF 630.-, € 560.- (adult) / CHF 570.-, € 505.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back. Picnic for the first day's lunch.

Beverages, personal expenses.

The cancellation fees insurance: CHF 31.50 (optional, must be requested at enrolment).

**Level: 4 days**

This Trekking takes place on paths without difficulties. Without backpack means that the tours are made with a small rucksack with the gear for one day. The remainder will be carried from lodging to lodging by taxi.

**Accommodation and meals:** Hotel with half-board. Picnic is taken in the rucksack. Beverages are not included.

**Topographic maps:**

- CN 1:25 000 no. 1169 Schüpfheim
- CN 1:25 000 no. 1188 Eggiwil
- CN 1:25 000 no. 1189 Sörenberg
- CN 1:25 000 no. 1207 Thun
- CN 1:25 000 no. 1208 Beatenberg

**Registration deadline:** April 8th, 2018

**Appointment**

9:00 AM at Merligen

**If you come by train**

Via Bern. Timetable on the Internet: <http://www.cff.ch>

**If you come by car**

Motorway via Bern and Thun. Cross Thun and reach Merligen.

**End**

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

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

Schlossberg, Thun, <http://www.schlosshotelthun.ch>

Schneehas, Innereriz, <http://schneehas-eriz.ch/>

Hotel Sporting, Marbach, [www.hotelsporting.ch](http://www.hotelsporting.ch)

Kurhaus, Flühli, [www.kurhaus-fluehli.ch](http://www.kurhaus-fluehli.ch)