

# BREITEN HIKING WEEKS 2007

7 days in the upper valais, up from CHF 627.—

## Between Matterhorn and Aletsch glacier

# A LETSCH



Wallis • Schweiz



This exceptional walking tour takes you through some of the most spectacular areas of the Swiss Alps. You will also have the opportunity during the walks to exchange cultural values with a lot of Swiss guests who mostly speak English.

### HIKING WEEKS 2007

- ❶ 16. to 23. June
- ❷ 14. to 21. July
- ❸ 28. July to 4. August
- ❹ 11. to 18. August
- ❺ 25. August to 1. Sept.
- ❻ 1. to 8. September
- ❼ 15. to 22. September
- ❽ 29. Sept. to 6. October

Every evening, you will return to your spa hotel and take a well-deserved thermal bath in the 33°C saline pool. Other facilities include an indoor bowling, gym, sauna, steam bath and tennis court. Your host speaks fluently English. The guides, most of them speaking good English, will



present two different walks for each day's activity, one being up to 5 hours walk and one up to 3½ hours. You simply have to choose on the day, which walk will be most suited to you, depending on how you are feeling. Bearing in

mind that the maximum elevation gain for a "harder walk" is 800 m per day and 4000 m for the easier walks.



### Blasenhorn

Transfer to Oberwald. From Unterwassern we walk in the direction of the Gerental and then go up through an enchanted wood to Blasen, a small, unknown alp at the bottom of the Blasenhorn. While we pick-nick we will enjoy the beautiful view over the valley of Conche. Afterwards we go down along an old bisse (water channel) to the Loch, near Ulrichen. Ascent/descent c.a. 600m, time c.a. 4 hours. Shorter tour by the balconies of the Vallée de Conche.

### Belalp/ Gorge of the Massa

Transfer to Blatten. rambling trip from Rischinen to the hamlet of Eggen and from there to

the Holzji, a beautiful sightseeing point over the Aletsch glacier. From there we proceed to the old, historic hotel Belalp and to the lake Lüsger, to go then back to the alp Bel. Possibility to go further down to Blatten. Ascent/descent 800m/150m, time c.a. 4½ hours. The easier tour goes from Blatten to the dam of the Gebidum. From there we follow the old bisse through the Gorge of the Massa to Ried-Mörel. Ascent/descent 150/300m, time c.a. 3½ hours.

### Lötschental: Cabin and lake Anu

Transfer to the Lötschental and the Fafleralp (1795m). Hiking tour to the mouth of the Läng glacier. Ascent to the marvellous sightseeing point near the Anu cabin (2366m). Back by the alp Guggi. Shorter trip by lake Anu. Ascent/descent 600m, time c.a. 4½ hours. Shorter trip: ascent/descent 420m, time c.a. 3½ hours.

### Wednesday : day off

### Heida bisse, one of the oldest water channels of the Alps

From the heights of Visperterminen, the Giw, we go up to the Gebidum pass. From there we follow the old bisse to the Fülmoos. Ascent/descent 450m, time c.a. 4½ hours.

### Unesco World Heritage Aletsch

Hiking tour in the Aletsch to the



Lake Märjelen, which is located directly on the glacier. You can touch the ice with your hands! Ascent/descent c.a. 450m, time c.a. 4½ hours. Shorter hiking tour by yourself.

### General informations

The number of participants is a maximum of 16 persons, who walk in two different groups.

### HIKING WEEK

Our package price is per person for 7 days.

HOTEL SALINA	MARIS****
<b>Double room</b>	€ CHF
With breakfast	667 1066
With half board	810 1288
<b>Single room</b>	€ CHF
With breakfast	799 1276
With half board	942 1498
<b>Additional week</b>	€ CHF
Double room	493 784
Single room	620 987

### Holiday apartment IM GRÜNEN

For 2 persons	€ CHF
With breakfast	394 627
With half board	533 849
For 1 person	€ CHF
With breakfast	493 777
With half board	628 999

### Included services

- Room with bath / toilet, balcony or terrace and breakfast
- In the Salina Maris hotel also TV, radio and mini bar
- Welcome-drink
- 5 guided tours incl. transportation (bus, train, cable car)
- Free entrance to the spa pool and the gym
- parking space for your car

### In addition in the hotel SALINA MARIS:

- Accommodation in spacious, bright hotel-rooms
- Use of the bath-robe
- direct access to the spa and wellness area (lift)
- All entries in the wellness area Aquamarine (sauna, steam bath, gym, tea bar), etc.

Meals (according to the program) are served in the nearby restaurant 'La Taverne'



# Self-guided hiking weeks



For over 30 years we are with great success the main organizer for guided hiking weeks in the region. As we don't offer them the whole year through and on the other hand more and more guests want to hike individually by themselves, we have created a new program that enables our hiking-guests to spend an unforgettable hiking-week in our region by themselves.

# Snowshoe hiking weeks



For over 30 years we offer our clients hiking weeks. In 2004 we completed our programme with winter snowshoe-hiking weeks. Also this winter we offer you every week between christmas and eastern a programme with 5 snow-shoe tours.

They leads us from Bettmerhorn to Riederalp with a full view of the Matterhorn and the surrounding Alps, on Tunetschalp with its beautiful and untouched landscape, in the Aletsch wood, the UNESCO world heritage area, on Moosalp in the Matterhorn-valley, etc. And between the hiking you enjoy the wellness programme of the Hotel Salina Maris (all included in the offer).



## Prices winter hiking weeks

The global prices cover **7 nights a person half-board included.**

**Spa hotel SALINA MARIS\*\*\*\***  
Double room standard 1066.—  
Single room standard 1276.—

**Holiday apartment IM GRÜNEN**  
Studio for 2 persons 627.—  
Studio for 1 person 777.—

**Half-board + 222.—**

**Included in the package are:**  
– 7 nights in the chosen accommodation  
– Rich breakfast buffet  
– 5 guided snowshoe-tours  
– All transports (bus, train, etc.)  
– Welcome-drink  
– Free entrance to the spa (pool, sauna, steambath, gym)  
– Parking space for your car

# 6 days CHF 834

## HIKING by yourself

The global prices in CHF cover **6 nights a person** in the chosen accommodation.

**Hotel SALINA MARIS\*\*\*\***  
Double room 834.—  
Single room 1014.—  
Garden view-room + 54.—

**Holiday apartments**  
Studio for 2 persons 381.—  
Studio for 1 Person 556.—

**Supplements**  
Half-board + 211.—  
5 take-away lunches + 60.—

**Included in the package is:**  
– 6 nights in the chosen accommodation  
– Rich breakfast buffet  
– Welcome-drink  
– 5 tours with detailed description and card material  
– Use of the saline pool and the fitness in Salina Maris also use of steam bath and sauna etc.  
– All transports (bus, train, etc. as described)  
– Breakfast-buffet  
– parking space for your car  
– When half-board: 4 courses menu at the Taverne  
– etc.

We prepare the whole week for you. Shortly after booking you receive from us different hiking propositions. Out of these you can choose 5 tours. You can choose from a selection that covers the whole Upper-Valais. The hiking time varies from 2½ to 5 hours. Different tours have a shorter/longer option.

At your arrival you will get from us a detailed description of the tours you have chosen, card material, all the tickets for the public transports, time-tables and a lot of good tips, so that you can start your hiking week individually.

## You can choose from the following tours five of your taste!

- Aletschwald (3 h.)
- Massaschlucht (3 or 4 h.)
- Eggishorn (2½ h.)
- Tunetschalp (1½/3 h.)
- Gommer balcony (3-5 h.)
- Gommer Rottenweg (3 h.)
- Stockalper path (1½ - 6 h.)
- Gondo valley (3½ h.)
- Holy waters (3/5 h.)
- Foggenhorn (4½ h.)
- Sparrhorn (3020m) (5½ h.)
- Moosalp (2/4 h.)
- Lötschentaler balcony
- Visperterminen (2-4 h.)

# An island lost 3 nights in the sea of time

Are you overworked? Have you not slept for ages? Or did you



eat too many fatty foods? When restlessness and stress rule your life, it's time to take a time out, to care for yourself, to relax and find the way back to your roots. This program offers you shelter against the rough winds of our hectic times and enables you to build up new forces to give you the right swing, to accept the challenges of life. You don't have time for a whole week? Of-

ten even just a short stop can do wonders. Tense muscles relax, the smoothness returns to your skin, your whole physical system is regenerated and your soul sings the song of happiness. Take a deep breath and feel it: I am well.

**4 days to relax from everyday stress:** The global prices per person in CHF covers

- 3 nights with buffet breakfast
- direct access to the spa and wellness area (lift)
- All entries in the spa salt bath
- All entries in the wellness area Aquamarine (sauna, steam bath, gym, tea bar)
- 1 massage (Mon - Fri) or 2 beauty or curative-bath
- 1 x tanning bed
- 1 x inhalation, etc.

**Hotel SALINA MARIS\*\*\*\***  
Double room 405.—  
Single room 495.—  
Garden view-room + 30.—  
Half-board + 105.—