

## 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 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.

## In the land of the big-holed cheese (Emmental) Start on October 9th, 2010

The Emmental is first of all known for its cheese. This cheese which is produced huge (80 Kg) wheels and which become bulging when mature. This cheese has also been many times imitated. To the extent that some do no longer know what the true origin of this cheese is.



The Hohgant and the Schratzenflue

Emmental is a region located in the hearth of Switzerland that shows a relief which is completely different from the Alps or the Jura. One finds numerous hills parted by valleys in whose the villages are located. It is also a region that is less known for its other traditional activities such as washing gold or producing charcoal. I invite you, here, for a hiking tour that will happen between Emmental (the valley of the Grosse Emme) and

Entlebuch (the valley of the Kleine Emme).

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**Day 1 Trubschachen - Turner - Escholzmatt**

Another climb and we will reach Canton of Lucerne. On the ridge, we will enjoy the view onto the region, but also onto the Bernese Alps.

We will then go down towards Escholzmatt, village with a strange name, since its meaning is different whether it is spoken or it is written.

(500m, 4h, hotel)

**Day 2 Escholzmatt - Gsteig - Flühli**

This last day we will climb a bit higher. Simply in order to enjoy more the view that is provided. We will therefore be able to have a look at Pilatus, which range starts at the neighbouring Schrattenflue.

At the end of the tour, we will take the bus and the train to go back to Langnau, where we will get back our luggage.

(700m, 5h 30)

**Price:** CHF 250.-, € 165.- (adult) / CHF 225.-, € 145.- (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 (minibus) from Bernex to Trubschachen: CHF 35.-

Beverages, personal expenses.

Picnic for the first day's lunch.

The cancellation insurance: CHF 13.- (must be asked for at registration).

**Level: 2 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 remainder will be carried from lodging to lodging by car.

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

**Topographic maps:** CN 1:25 000 no. 1168 Langnau i. Emmental  
CN 1:25 000 no. 1169 Schüpfheim

**Registration deadline:** September 24th, 2010

**Appointment**

9:00 AM at CFF train station in Trubschachen

**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. Exit Muri and take towards Lucerne.

**End**

At about 4:00 PM - 5:00 PM in Trubschachen

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

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