

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.

Between Valais and Berner Oberland Start on October 9th, 2010

The bernese Alps, although spectacular, are containing quite a number of passes that enable to reach the Canton of Berne starting from Valais. The most famous is certainly the Gemmi, because of its audacious Layout of the path on the side of Leukerbad. Nevertheless, some other passes are worth being crossed.

The pass of Rawil is among them. This one enables to reach the end of Simmental, near Lenk, starting from the plateau of Ayent.

The contrasts are very strong, between the dry slopes of Ayent and the green valleys of Simmental.



Wildhorn. Photo Dwight Peck, www.dpeck.info

Destination Montagne

1233 Bernex

Phone.: +41 22 757 67 57

Fax: + 41 22 757 67 58

Mobile: +41 79 629 02 62

E-Mail: lehmann.charles@destination-montagne.ch

<http://www.destination-montagne.ch>

Day 1 **Barrage du Rawil - Rawilpass - Iffigenalp**

The border mountain chain between Valais and the canton of Berne has not prevented, despite its altitude, people from the one or the other side to cross them. Thus, at Schnidejoch, a neighbouring pass that allows to reach the end of the Iffigen vale starting from Rawil, one has recently found artefacts that are going back to the same period as Ötzi.

The Rawil pass has therefore been travelled since centuries.

(900m, 5h, hotel)

Day 2 **Iffigenalp - Oberlaubhorn - Rezlibergli - Lenk**

The change in scenery will here be obvious. In fact, the day before we have climbed up the dry slopes of Valais in order to enter a mineral environment that is close to the high mountains. Here we will go down into the Simmental, a highly verdant valley that is displaying smooth relief.

(500m, 4h 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.

It is highly recommended to use the public transportation, since the return from Lenk to Sion is troublesome.

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. 1266 Lenk
CN 1:25 000 no. 1267 Gemmi
CN 1:25 000 no. 1286 St-Leonard

Registration deadline: August 20th, 2010

Appointment

9:30 AM at CFF train station in Sion

If you come by train

Via Bern.

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

If you come by car

Highway towards Valais and exit Sion.

End

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

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

Öko-Hof Schönengrund, Lenk, +41 33 733 39 57

Hôtel Eden, Anzère, +41 27 399 31 00

Bergrestaurant Iffigenalp, Lenk, +41 33 733 13 33