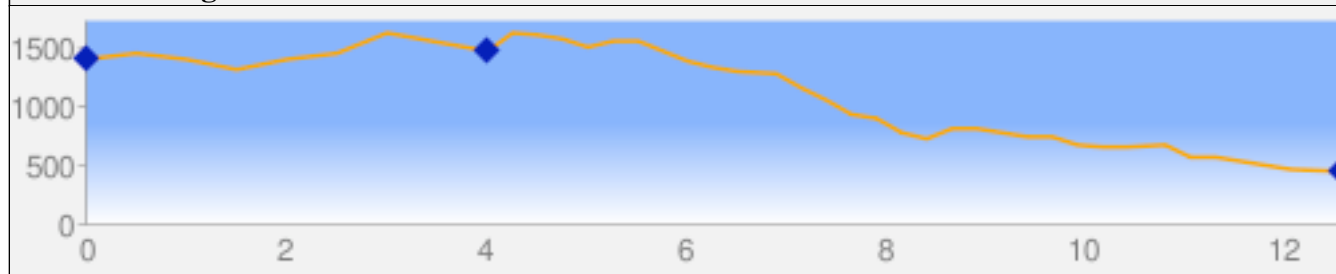


» Stages C1 to C13
Tour overview : C1 Sücka » Vaduz » C13 Kandersteg » Adelboden
Walking time : 103h15 Distance : 284.968 km ↗19823 m ↘19938 m
Day 1 Sücka » Vaduz - C1

Difficulty ##	Walking time 3h15	Distance 12.568 km	↗488 m	↘1464 m	
----------------------	----------------------	-----------------------	--------	---------	--

Description

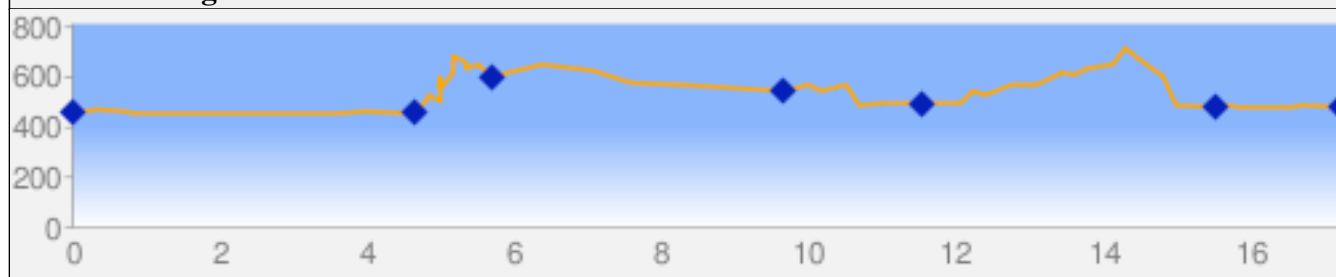
From Sücka, the route follows an almost even course via Silum through splendid flowered meadows and to Gaflei. In the shade of the mountain woodland, dip down from Gaflei past the Wildschloss castle ruins and Vaduz Castle, to the capital of Liechtenstein, to Vaduz. Vaduz Castle is the emblem of the town. It was built in the 12th century and today serves as the residence for the prince's family.

Altimetric diagram

Day 2 Vaduz » Sargans - C2

Difficulty 1	Walking time 4h50	Distance 17.2 km	↗616 m	↘605 m	
---------------------	----------------------	---------------------	--------	--------	--

Description

Leave Vaduz and head towards the south west, first crossing the Rhine plain and the national border to Switzerland. From Sevelen, head slightly uphill through the wood to Gretschins. Pass the villages of Fontnas, Azmoos and Vild heading alongside the foot of the Gonzen peak to reach Sargans, the stage destination.

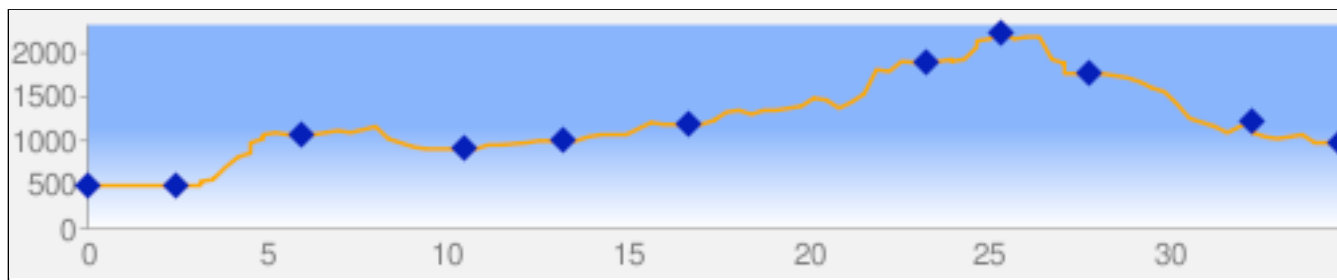
Altimetric diagram

Day 3 Sargans » Elm - C3


Difficulty ##	Walking time 12h20	Distance 34.7 km	↗2269 m	↘1779 m	
----------------------	-----------------------	---------------------	---------	---------	--

Description

Leave Sargans behind and pass Mels heading westward, climbing up on the right-hand side of the valley to Weisstannen. The Sargans - Weisstannen stretch can also be covered by bus. A gentle incline takes you to Alp Foo, from where the mountain trail leads steeply to the Foo pass. After crossing the pass, head to the right of the Raminerbach stream down to Elm, the stage destination.

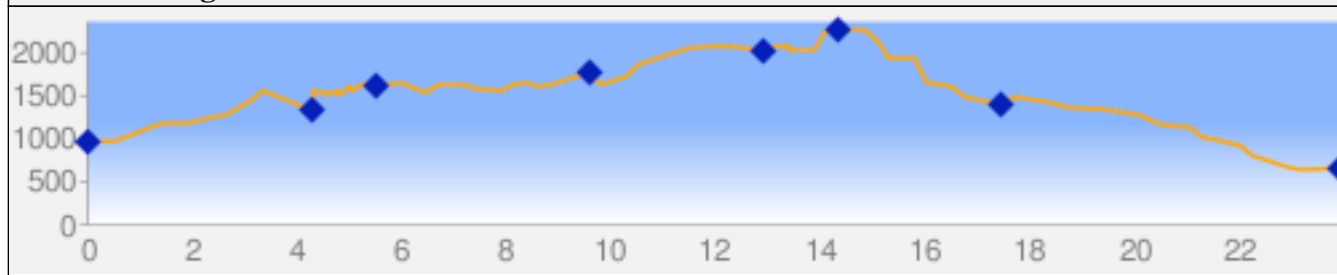
Altimetric diagram



Day 4 Elm » Linthal - C4

Difficulty 	Walking time 9h30	Distance 23.9 km	↑1662 m	↓1991 m	
--	----------------------	---------------------	---------	---------	--

Description

From Elm, the mountain trail climbs steeply westward to the Hängstboden pasture. From here, continue on an even course to Erbs. The mountain trail leads past the Wichlenmatt meadow to the Richetli pass. After the short, steep descent into the Durnachtal valley, then head on the right-hand side of the valley to Linthal, the stage destination.

Altimetric diagram

Day 5 Linthal » Urnerboden - C5


Difficulty 	Walking time 5h50	Distance 16 km	↑1196 m	↓465 m	
--	----------------------	----------------	---------	--------	--

Description

Either climb steeply from Linthal to the car-free Braunwald spa resort or take the rack railway. From here, the pastures trail - all on a level course - leads past Nussbüel to Stafel village. Immediately after crossing the Klausen-Pass road, follow the Flätschbach stream past the hamlet of Argseeli to the hamlet of Urner Boden, the stage destination.

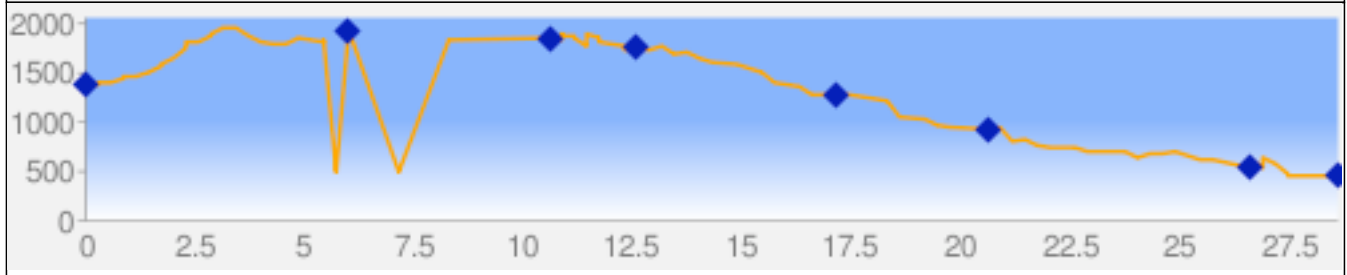
Altimetric diagram




Day 6 Urnerboden » Altdorf - C6

Difficulty 	Walking time 9h30	Distance 28.6 km	↑2450 m	↓3378 m	
--	----------------------	---------------------	---------	---------	--

Description

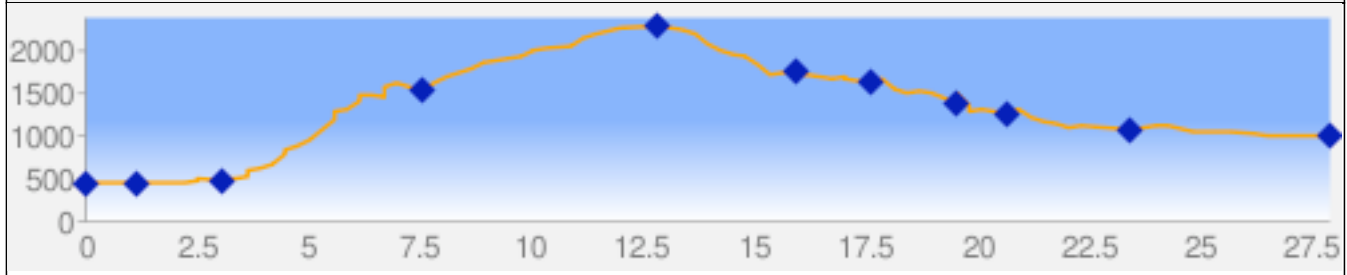
Leave the hamlet of Urner Boden heading westward and follow the old pass trail up to the Klausen pass. From the pass, follow the high-altitude trail past the Heidmanegg to Mettinen. A short, steep climb leads to Spiringen, from where the trail from the Schächental valley leads past Bürglen to Altdorf, the stage destination with its Tell monument.


Altimetric diagram

Day 7 Atdorf » Engelberg - C7

Difficulty 	Walking time 10h20	Distance 27.9 km	 1934 m	 1377 m	
--	-----------------------	---------------------	--	--	--

Description

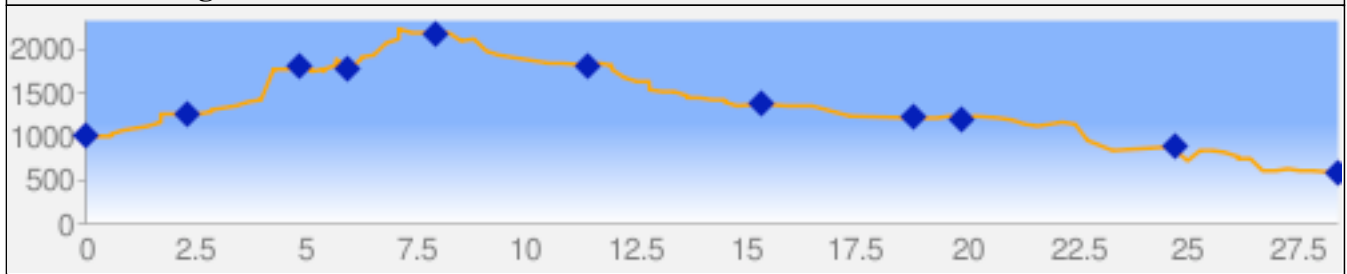
Leave Atdorf via the Reussebene plateau heading to Attinghausen and climb steeply up to Brüsti, or take the cable car. The ridge trail leads directly to the Surenen pass. From here, pass the Blackenalp on a gentle decline towards the valley. A walk along the right-hand side of the Engelberger Aa river takes you to Engelberg, the stage destination, with its famous Benedictine monastery.

Altimetric diagram

Day 8 Engelberg » Meiringen - C8

Difficulty 	Walking time 9h40	Distance 28.4 km	 1536 m	 1946 m	
--	----------------------	---------------------	--	--	--

Description

Leave Engelberg on a steep southward climb to the Gerschnialp. The mountain trail leads past the Trüebsee lake to the Joch pass. This section can also be covered using aerial cable cars. From the pass, continue down to the Engstlenalp and then into the Gental valley. At the end of this high valley, turn off to the right and pass Bergschwendi to arrive at Meiringen, the stage destination.

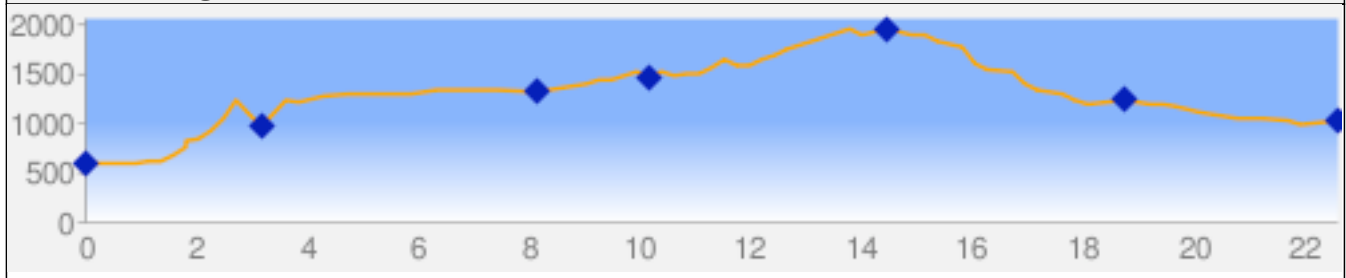
Altimetric diagram

Day 9 Meiringen » Grindelwald - C9

Difficulty 	Walking time 7h50	Distance 22.6 km	 1542 m	 1143 m	
--	----------------------	---------------------	--	--	--

Description

Leave Meiringen in the direction of the Reichenbachfälle waterfalls, which gained world renown thanks to Sherlock Holmes. Head up via Rosenlauri to the Grosse Scheidegg pass. The gentle descent at the foot of the Wetterhorn leads to Grindelwald, the

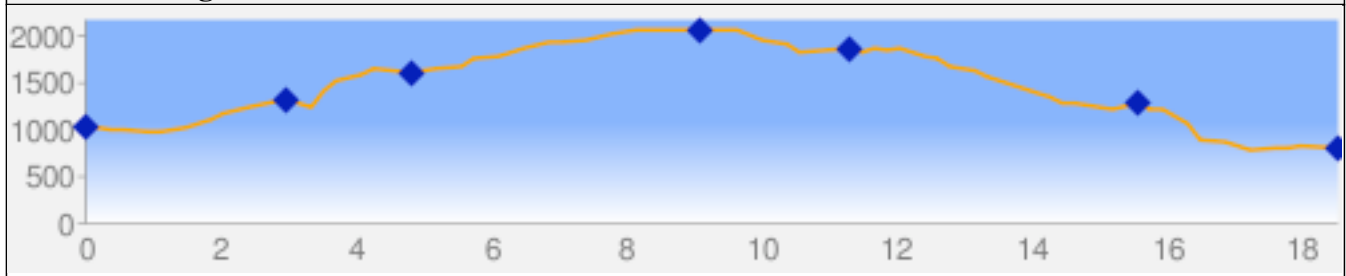
stage destination. It is possible to take the Meiringen-Grindelwald bus at practically every point in this stage.

Altimetric diagram

Day 10 Grindelwald » Lauterbrunnen - C10

Difficulty 	Walking time 6h50	Distance 18.5 km	 1218 m	 1394 m	
--	----------------------	---------------------	--	--	--

Description

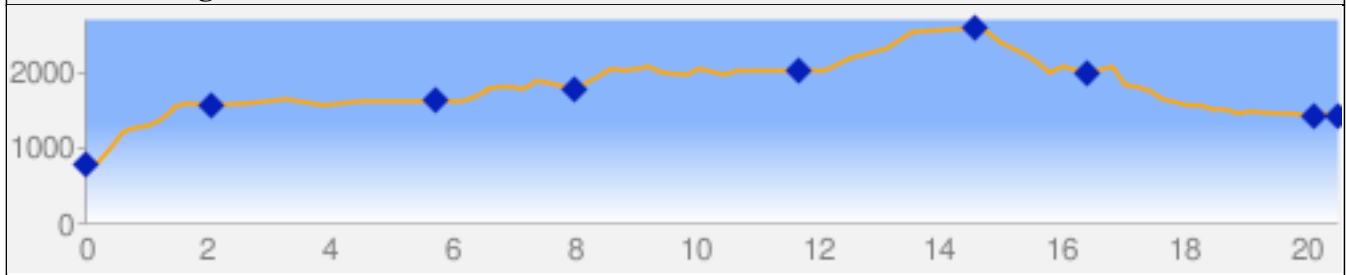
Leave Grindelwald following the "Kleiner Scheidegg" railway and climb directly below the Eiger north face up to the Kleiner Scheidegg. From the pass, head slightly downhill past the Wengernalp to Mürren. A short but steep climb down or a journey with the rack railway takes you to Lauterbrunnen, the stage destination.

Altimetric diagram

Day 11 Lauterbrunnen » Griesalp - C11

Difficulty 	Walking time 9h00	Distance 20.5 km	 2162 m	 1558 m	
--	----------------------	---------------------	--	--	--

Description

Leave Lauterbrunnen heading southward and climb uphill past rock faces and the Staubbach waterfalls to Mürren. It is also possible to take the rack railway to Mürren. A gentle incline takes you to the Poganggen Alp and later the Sefinenfurgge gap, from where a first view of the Blüemlisalp opens out. Pass the Dürreberg peak and head down to Griesalp, the stage destination.

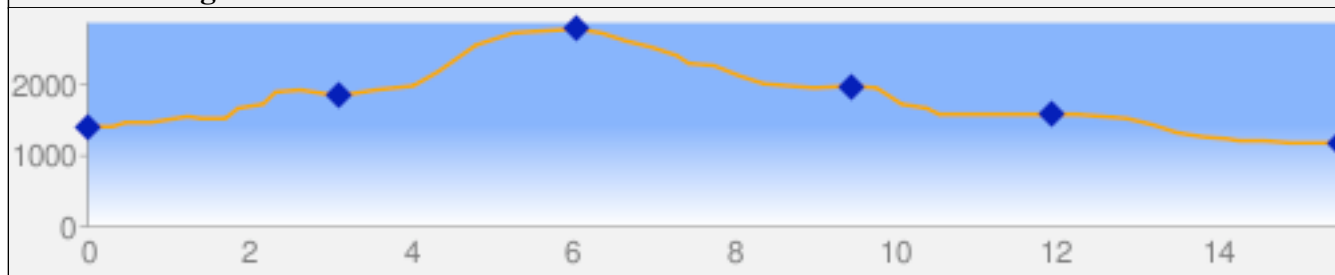
Altimetric diagram

Day 12 Griesalp » Kandersteg - C12

Difficulty 	Walking time 7h10	Distance 15.5 km	 1343 m	 1595 m	
--	----------------------	---------------------	--	--	--




Description

Leave the Griesalp heading southward and climb up past the Bundalp to the Hohtürli pass, the highest point on the Via Alpina trail through Switzerland. Below the Blüemlisalp glacier, walk down to the Öschinensee lake. Follow its outlet - the Öschinenbach stream to reach Kandersteg, the stage destination.

Altimetric diagram



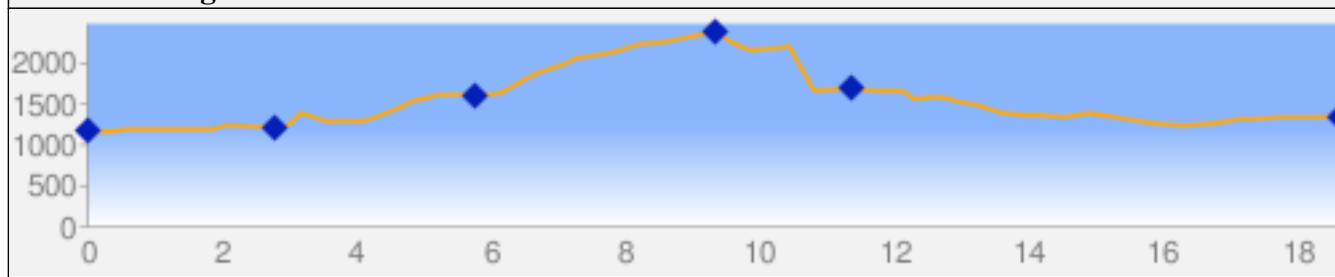
Day 13 Kandersteg » Adelboden - C13

Difficulty 	Walking time 7h10	Distance 18.6 km	 1407 m	 1243 m	
--	----------------------	---------------------	--	--	--

Description

Leave Kandersteg and head southward along the railway line, climbing alongside the Alpbach stream to Usser Üschine hamlet. From here, the mountain trail leads steeply up to the Bunder Chrinde. Climb through the steep couloir behind the pass down to the Bunderalp, and then continue to Adelboden, the stage destination.

Altimetric diagram



Bibliography

Links	Maps	Guidebooks
- http://www.tourismus.li	- <i>Wanderkarte Liechtenstein</i> ~ Liechtensteinische Fremdenverkehrszentrale (1:25'000)	- <i>St. Gallen-Appenzell Fürstentum Liechtenstein</i> , Werner Zöbeli ~ Kümmerly und Frey AG (ISBN 3-259-03671-7)
- http://www.alpenverein.li	- <i>LK 238 Montafon</i> ~ Bundesamt für Landestopographie, 3084 Wabern (1:50'000)	- <i>20 Bergwanderungen Region Ostschweiz</i> ~ Werd Verlag TA Media AG (ISBN Werd Verlag)
- http://www.bergwerk-gonzen.ch/	- <i>WK 371</i> ~ Freytag&Berndt (1:50'000)	- <i>Glarnerland</i> ~ Bergverlag Rother (ISBN 3-7633-4166-8)
- http://www.pizol.ch/sargans/	- <i>237 T Walenstadt</i> ~ Swisstopo (1: 50'000)	- <i>Glarner Ueberschreitungen</i> ~ Rotpunktverlag (ISBN 3-85869-204-2)
- http://www.geopark.ch/	- <i>Glarnerland Walensee</i> ~ Hallwag Kümmerly und Frey AG / ISBN 3-259-00865-9 (1: 60'000)	- <i>Wanderbuch Uri</i> ~ Gisler Druck AG (ISBN 3-906130-17-7)
- http://www.afom.ch/	- <i>Wanderkarte Flumserberge-Walensee</i> ~ Kantonal st. Gallische Wanderwege / ISBN 3-906606-08-0 (1: 25'000)	- <i>20 Bergwanderungen Region Zentralschweiz</i> ~ Werd Verlag TA Media AG (ISBN
- http://www.geopark.ch/	- <i>247 T Sardona</i> ~ Swisstopo (1: 50'000)	
- http://www.weg-der-schweiz.ch/	- <i>Glarnerland-Walensee</i> ~ Hallwag Kümmerly und Frey AG / ISBN 3-259-00865-9 (1: 60'000)	
- http://www.museen-uri.ch/	- <i>246 T Klausenpass</i> ~ Swisstopo (1:50'000)	
- http://www.kloster-engelberg.ch/	- <i>Uri</i> ~ Hallwag Kümmerly + Frey, ISBN 3-259-00873-X (1:60'000)	
- http://www.aareschlucht.ch/	- <i>Wanderkarte Glarnerland</i> ~ Glarner Wanderwege (1:50'000)	
- http://www.ballenberg.ch/	- <i>Urner Wanderwegverein</i> ~ URI, Schächental, ISBN 3-906130-14-2 ()	
- http://www.sherlockholmes.ch/	- <i>245 T Stans</i> ~ Swisstopo (1:50'000)	
- http://www.reichenbachfall.ch/		
- http://www.rosenlauri.biz/		

-	- 255 T Sustenpass ~ Swisstopo (1:50'001)	3-85932-375-X)
http://www.unseco-welterbe.ch/	- 254 T Interlaken ~ Swisstopo (1:50'000)	- Berner Oberland Ost ~
-	- Jungfrau Region 18 ~ Hallwag Kümmerly + Frey, ISBN	Bergverlag Rudolf Rother
http://www.unseco-welterbe.ch/	3-259-00886-1 (1:60'000)	GmbH (ISBN 3-7633-4012-2)
	- 264 T Jungfrau ~ Swisstopo (1:50'000)	- Jungfrau-Region Brienersee,
	- 253 T Wildstrubel ~ Swisstopo (1:50'000)	Oberhasli ~ Berner
	- Saanenland-Simmental Frutigland ~ Hallwag Kümmerly	Wanderwege BWW (ISBN
	+ Frey, ISBN 3-259-00805-5 (1:60'000)	3-259 03096-4)
	- 263 T Wildstrubel ~ swisstopo (1: 50 000)	- 20 Bergwanderungen Region
	- Saanenland-Simmental Frutigland ~ Hallwag	Berner Oberland ~ Werd
	Kümmerly + Frey, ISBN 3-259-00805-5 (1: 60 000)	Verlag TA Media AG (ISBN
		3-85932-276-1)
		- Thunersee-Frutigland ~
		Berner Wanderwege BWW
		(ISBN keine)
		- Berner Oberland West ~
		Bergverlag Rudolf Rother
		(ISBN 3-7633-4282-6)
		- 20 Bergwanderungen Region
		Bernder Oberland ~
		WERD Verlag (ISBN
		3-85932-276-1)
		- Wanderland Schweiz Band 1
		Via Alpina ~ <a>
		href="www.shop.wandern.ch/?3
		68-7" (ISBN
		978-3-03800-368-7)

Warning

This data contains the information published on the website www.via-alpina.org at the time of the download. The data have been collected by a large number of local partners in each of the Alpine regions. They are updated at varying intervals depending on the region. We are aware that there are still some inaccuracies and differences in quality and we would be grateful if you made us aware of any that you find by using the "comments" section included on each stage sheet of the website.

Credits: see www.via-alpina.org/en/credits

Export date : 2010-01-07