



**TRIP DOSSIER**  
**SWITZERLAND**



**'Swiss self-guided walk - Heidiland Trekking,  
Grisons'**

Land only £750 per person

Departure Dates Early July to Late September

**Tour Grade: C**  
**(luggage transferred on all walking dates)**

## **Heidiland Trekking - Grisons**

### ***8 Days Zurich to Zurich***

**\* on nights when you have to carry overnight belongings your main luggage is transferred to the following hotel.**

**Please be aware that although we will do our best to adhere to this itinerary occasionally events out of our control may prevent us from following the exact schedule. Please be assured that the clients' best interests will be foremost in any changes that may occur. Late or early snow falls may prevent the crossing of high mountain passes but rest assured alternative routes will be arranged and little walking lost. A degree of flexibility is essential in travelling on such holidays!**

Who doesn't know Heidi?!!! But perhaps few know that this famous girl, whose touching story is well known around the world, was born and lived in the Grison mountains, the only part of Switzerland where three languages are spoken in the same region. This also means that three different cultures exist alongside one another within a relatively small, confined area. In the Southern valleys, Italian is spoken, whereas in most other valleys of the region, an old, Latin language called "Romantsch" is still alive. Where immigrants from the West, who came here in the late Middle Ages, have settled German is the common language. Apart from these different cultures who have co-existed here peacefully for centuries, Heidiland has always been a link between North and South, as many transit routes cross the region, over which goods were transported as people travelled on their way from Italy to Germany or vice versa. All these different influences have made this easternmost region of Switzerland a culturally diverse and rich area, which is embedded in one of the most magnificent Alpine sceneries one could think of. The tour "Heidiland Trekking" links all three languages and touches a number of important valley systems which all offer a different character and atmosphere. Between the valleys, you cross high and remote passes offering fantastic views and you will agree after your week, that this tour is truly one of the most rewarding trekking experiences in the Alps.

#### **Day 1: Davos**

Travel from Zurich airport to Davos and spend the first night in this famous little town. **Hotel, Davos**

#### **Day 2: (Davos) – Dürrboden – Sertig (19 km; 6h; 850 m)**

By taxi or bus, you transfer from lively Davos into the quiet and remote Dischma Valley. You start your walk by tackling your first crossing, the Scalettapass, which leads into the secluded Val Funtauna from where you ascend to the saddle of the Sertigpass, the gateway to the very picturesque Sertig valley. Spend the night in the comfort of a very cosy guesthouse. **Guesthouse, Sertig, B,D**

#### **Day 3: Sertig – Bergün (18 km; 6 ½h; 1050 m)**

Next to an impressive waterfall, you climb an equally impressive rocky step which leads you into the different world of the Ducan valley, a typical hanging valley, whose entrance lies considerably higher than Sertig. Over the "Ducanfurrga" you cross into the Val da Stugl and descend to the tiny village of Latsch which sits prominently on an outcrop above Bergün, your destination for tonight. **Hotel, Bergün, B**

#### **Day 4: Bergün – Savognin (18 km; 8h; 1450 m)**

There are not many other walks in Switzerland which surpass the grandeur of the crossing from Bergün into its neighbouring valley, the Oberhalbstein. One of the many attractions of the walk is the sight of the enormous limestone faces of the "Bergünerstöcke" which will probably remind you of images you have seen from the mighty Dolomites. Passing the tiny Ela Hut, you ascend to the col of the Pass d'Ela, from where you start a descent down the Val d'Err to Savognin. A comfortable hotel awaits you here, a most welcome luxury after a challenging, but unforgettable day. **Hotel, Savognin, B**

#### **Day 5: Savognin – Sur (16 km; 5h; 650 m)**

Today's stretch is relatively short and allows you to relax and fully enjoy the views. Over alpine meadows, you stroll from Savognin to Alp Flix, from where a short descent takes you down to Sur, a tiny village on the Julier pass road, a route already known to the Romans. **Hotel, Sur, B**

### **Day 6: Sur – Bivio (21 km; 7h; 1350 m)**

From Sur, a short walk leads to neighbouring Mulegns (which means mill), a collection of a few houses situated in the entrance of a narrow gorge. From here, you walk on a comfortable track to the plains of the Alp Fuller. Along a wild river the walk continues through a fantastic valley over which mighty Piz Platta thrones. When you reach the saddle Fuorcla da Faller, you are in the Avers valley which features the highest, year-round inhabited village of Europe, called Juf. No time however to visit Juf, as you cross over to the next pass, the Stallerberg from where an easy walk leads you to Bivio. Bivio means “junction” and is the place, where the routes over the Julier and over the Septimer pass separate. Originally, Bivio was an Italian speaking village, even though most people nowadays are of German tongue. **Hotel, Bivio, B**

### **Day 7: Bivio – St. Moritz (12 km; 5h; 550 m)**

Tracing the steps of Roman soldiers and traders, you walk from Bivio on a broad track to the Septimerpass. This route was restored several years ago and on some stretches, the underground is made of stones laid here to enable carriages to be pulled over the Septimerpass by horses. From the saddle, you have the choice of descending into the Val Bregaglia, a fantastic Southern valley, where Italian is spoken. From Casaccia, the first (or last) village in this valley, you take the bus to St.Moritz. Alternatively, you cross from the Septimerpass via the Pass Lunghin (optional climb of Piz Lunghin, 2780 m) to Maloja, for a short bus ride to St. Moritz, where you spend the final night of the tour. **Hotel, St Moritz, B**

### **Day 8: Return**

Return from St. Moritz to Zurich Airport for your flight home. **B**

### **Included in the price**

- Train from Zurich airport to Davos and return from St Moritz.
- All accommodation.
- All breakfasts.
- Meals as in individual itineraries
- Baggage transfers where indicated.
- Route notes and maps.

### **Extra expenses**

- Flights and airport taxes.
- Any meals not indicated in the individual itineraries
- Travel Insurance.
- Drinks.
- Souvenirs and personal spending.
- Any extra transfers.

## Clothing and Equipment Lists.

On trek you must not worry about how you look: comfort and protection against bad weather are of prime importance. Because mountain weather is so very variable, we recommend a number of thin layers rather than a few thick ones. Take old, well-worn clothes rather than rushing out to buy new ones, since they will probably get rough treatment on trek. We do not expect any really cold conditions, but please bear in mind you might stay in high mountain huts where there might be chilly evenings outside.

CLOTHING	NUMBER	Check	EQUIPMENT	Check
Walking boots	1 pair		Torch / spare batteries	
Casual shoes/sandals	1		Camera, film & accessories	
Socks	3+		A variety of plastic bags (Rucksacks/kitbags are not waterproof)	
Underwear	3+		Sunglasses	
"T" shirts	3		Binoculars (optional)	
Long trousers / trackies	1		Washing & shaving kits	
Short trousers	1		Water Bottles 2 litres min	
Long sleeve shirt	1		Water purifying tablets (iodine based are best)	
Light sweater / inner fleece layer	1		First aid kit, with blister protection	
Water / wind proof jacket	1		Towel	
Water/wind proof trousers	1		Walking Poles, (optional but recommended)	
Thermal underwear	Optional		Clothes for casual wear	
Sunhat and woolly hat	1		Day pack for water proofs and lunches	
Warm jacket / outer fleece layer	1			
Swimming costume	1			
Gloves	1 pair			

*The following items are most useful and those **in bold type are essential***

ITEM	Check	ITEM	Check
Moisturising cream		Insect repellent	
Safety pins / sewing kit		Small mirror	
Penknife (not in hand luggage)		Earplugs (against snorers!)	
Sweets / favourite snacks for energy		Padlock for your kitbags	
Reading material / notebook diary		<b>Loo paper</b>	
Nail clippers / Scissors (not in hand luggage)		<b>Suncream - lots of it!</b>	
Cold water detergent		<b>MONEY / Travellers cheques</b>	
Spare glasses or contact lenses		<b>PASSPORT</b>	
Money belt/pouch		<b>FLIGHT TICKETS</b>	
Matches / lighter			
'Dry' handwash/sanitiser			