



Hiking the Gastlosen Range Bernese Alps

Course Description

From learning risk management to navigating in a mid-range mountain environment, this exclusive course will teach you the skills you need for future adventures.

Features

- Duration 10 days
- Minimum Age 16
- Group size 4-10 Participants/1-2 Instructors
- Tuition 3790 CHF
- Accommodation Double rooms and mountain huts
- Elevation range 1000 – 2500 m

Overview

This spectacular hike leads us through the Gastlosen mountain range and via the Pays d'Enhaut to the Wildhorn mountain range. We will do proper trail hiking, facing varied and often steep trails with our backpacks. Furthermore we have multiple opportunities as we go along to climb some of the Peaks like the Wandlfue (2133m), Vanil Noir (2389m) or the Giferspitz (2542m). Expect to hike for around 6 hours a day while climbing up to 1200m.

On the trip we spend 9 nights in the field. Accommodation ranges from self-catering mountain huts to half board accommodation in basic mountain lodges. This allows travelling with fairly light packs especially since there are ample opportunities on the way to purchase provisions.

This trip includes pre- and post-trip lodging at the Sports lodge in Gstaad, offering en-suite double room accommodation.

Learning Goals

OLCS courses not only teach technical climbing skills but also teach leadership skills in challenging outdoor environments. Our students have the chance to apply these skills and hence have the chance for a positive transformational experience. In consequence our students take ownership of their own learning process.

At OLCS we design courses so that students are able to assume leadership roles, learn to make thoughtful decisions and manage risks, respect other team members, develop confidence, communicate effectively and appreciate simple living in the outdoors.



Weather and other Challenges

The Alps are known for extreme weather conditions. Early autumn is usually a great hiking time, since temperatures are not too hot and thunderstorms are rare. But students should expect anything from consistent rain, to a cold spell with snow. Weather changes can occur in a matter of minutes or can last for several days. There may be times when you are cold and wet, but you will learn to adapt and manage these situations. To help you keep warm and comfortable make sure you bring the appropriate gear from our equipment list.

Terrain

During this course you will be travelling in a mountainous area characterized by steep slopes and rocky terrain. Loose rock can be a hazard, adding to the challenge of climbing and hiking.