

Guided Yoga and Hiking Holiday 04.-08.9.2022



Experience an unforgettable five days in the beautiful postcard sceneries of Jungfrau and in the village of Wengen - join us on this unique yoga trek and let this enchanting and peaceful area enchant you!

The Jungfrau area is very diverse in terms of hiking trails and the terrain is also great for outdoor yoga. Yoga Saimaa's sympathetic and nature-loving Tanja Lajunen will be a yoga teacher on the trip. Tanja is a versatile sports professional, who relaxes mainly in nature all year round.

Sanna Arnold from Fins-Tours is our hiking guide in Switzerland. Sanna has brilliantly taken several of our hikes and is a well-liked guide among our clients. As a Bernian, Sanna knows the area's hiking trails very well and, after more than 25 years in Switzerland, can also tell you a lot of interesting things about the country and its inhabitants.

Alpine hiking is carried out in the Bernese Oberland, and in the Jungfrau region. We stay in the wonderfully located Arenas Resort Hotel Victoria-Lauberhonn, in the heart of the car-free mountain village of Wengen, in the heart of the inspiring Jungfrau region. The spa hotel is an ideal starting point for day trips and hikes.

Numerous world-famous attractions such as the Eigernordwand, the Jungfrauoch or the UNESCO World Heritage Site «Schweizer Alpen The Jungfrau-Aletsch » are at your fingertips. This area is like the most beautiful postcard - green valleys and meadows with cows, flower meadows and snow-capped mountains.

For the hiker, the Jungfrau area is really diverse - three giants rise around Wengen, Jungfrau (4178 m), Mönch (4107 m) and Eiger (3970 m). There are many of the most famous and amazing hikes in the world, such as the Faulhornweg, Eigertrail, Kleine Scheidegg and Männlichen.

The days are planned so that they begin with an awakening Vinyasa Yoga class. Departure after breakfast is around 10am. From the early afternoon, we enjoy outdoor yoga along the hiking trail, followed by lunch at a beautiful vantage point in nature. Return to the hotel between 4-5pm, depending on the day's hiking route. A soothing and restorative Yin Yoga class before dinner, followed by the gentle steam of the hotel's saunas and relaxation in the various pools. Dinner is served in the hotel's cozy restaurant around 7/8pm depending on the day's program. The restaurant has themed dinners and the three-course dinner always consists of portions and a standing table.





Day 1, Sunday, September 4, 2022

Gathering at Helsinki-Vantaa Airport at 6.30. Finnair's flight AY1511 departs from Helsinki-Vantaa at 7.55 and lands in Zurich at 9.45 local time (-1 hour).

Bus transfer from Zurich to Lauterbrunnen, from where we continue by train to the car free Wengen. The train ride takes ten minutes. The hotel is just a couple of minutes from the train station walk. Accommodation and lunch at the hotel. In the afternoon, we will make a tour of the village in Wengen and get to sniff the fresh mountain air. After the tour, a quiet outdoor yoga class, after which free time and the opportunity to visit, for example, the hotel's sauna department and spa. We enjoy dinner in the hotel restaurant.

During dinner, our hiking guide Sanna will tell us about the program for the whole week and give detailed instructions for the next day's trip. Overnight at Arenas Resort Hotel Victoria-Lauberhorn.

Day 2, Monday, September 5, 2022

A morning Vinyasa Yoga class on the hotel's stunning terrace. After breakfast, we take a large gondola lift to the top of Männlichen at an altitude of over 2000 meters. We first ascend to the vantage point, from where it is possible to take the first photographic memories of the trip. From the vantage point, we move on to the area's famous panoramic route that takes us to the village of Kleine Scheidegg. The route is wider, in good condition and easy to navigate. The majestic Eiger, Mönch and Jungfrau open up in front of us. Along the route a quiet outdoor yoga class, after which we enjoy lunch. We hike about 2,5-3 hours today and return in the afternoon from Kleine Scheidegg by train to Wengen.

Early evening relaxing Yin Yoga class, followed by the opportunity to sauna and swim. We enjoy dinner at the hotel's restaurant.



Day 3, Tuesday, September 6, 2022

A pre-breakfast Vinyasa Yoga class on the hotel's stunning terrace. After breakfast train ride to Grindelwald. We walk through the lively mountain village to Firstbahn station, from where we take the gondola lifts up to First Mountain (2168 m). From here you have a spectacular view of the snow-capped Bernese Alps, e.g. Wetterhorn, Schreckhorn, Finsteraarhorn and Grindelwald Glacier. The dizzying walk on the First is partly "empty" Cliff Walk - a dizzying experience you will never forget!

On today's route, we first walk along a steadily ascending, well-maintained and wide path to Lake Bachalpsee (2265 m). The lake and the surrounding mountains are very familiar from several Swiss landscape calendars. And this is the best place to do yoga. After the yoga class we enjoy lunch. From the lake, the journey continues through Waldspitz to Bortti, from where we return by gondola to Grindelwald and from there by train to Wengen.

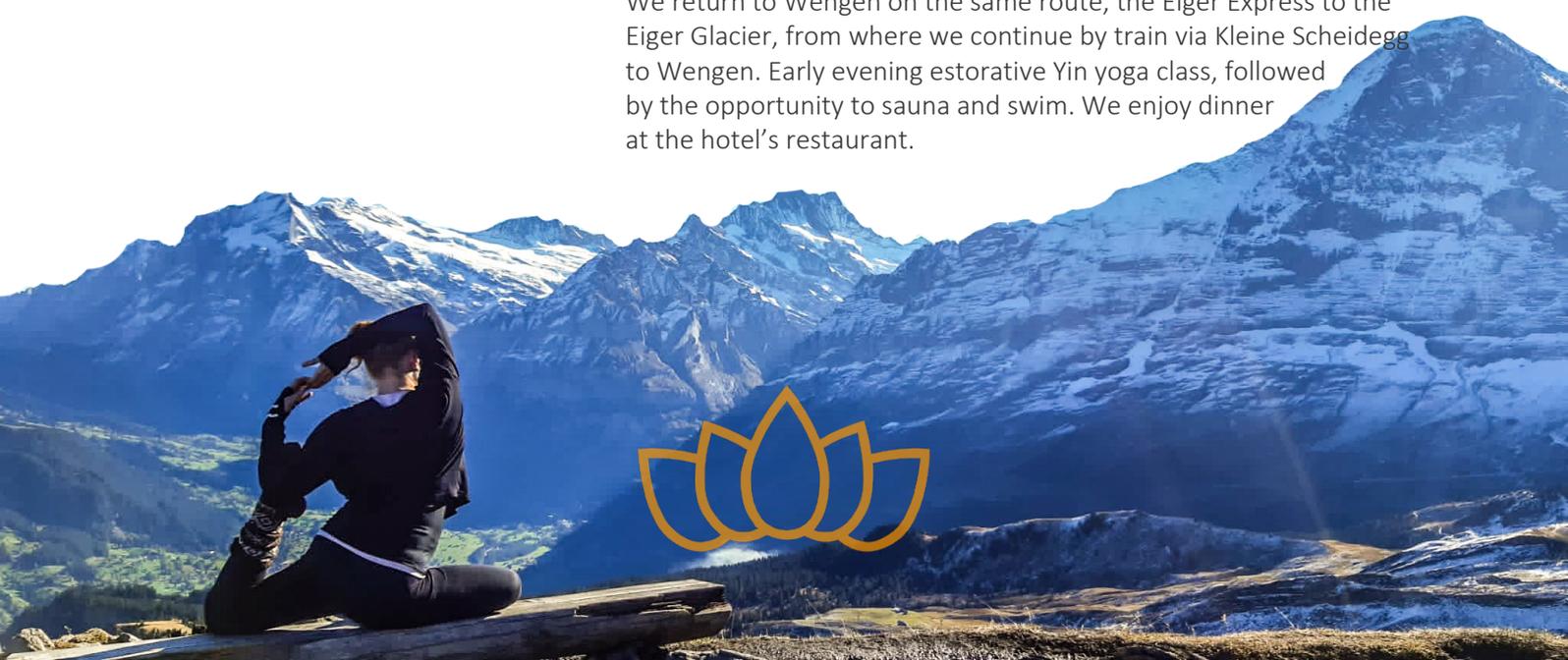
Early evening relaxing Yin Yoga class, followed by the opportunity to sauna and swim. We enjoy dinner at the hotel's restaurant.

Wednesday, September 7, 2022

Morning Vinyasa yoga class on the hotel's stunning terrace. After breakfast, a short train ride to Wengenalp, from where we walk an hour on a flat and easy route to Kleine Scheidegg. From Kleine Scheidegg station we continue by train to Jungfrauoch - Top of Europe 4354 m, which is the highest train station in Europe. A train ride on a small red train passes

Inside the Eiger in the tunnel and this train ride is already a tremendous experience. From the station on the Eiger Glacier, we continue our journey to the top with the new and Eiger Express gondola lift - the route opened in December 2020. An unforgettable experience awaits us on the so-called European roof, such as the Sphinx observation deck, the ice palace, the Aletschgletscher glacier, the Alpine Sensation exhibition and the Jungfrau Panorama 360 film. Possibility to walk to the Mönchsjoehütte hut if the schedule allows, the duration of the hike is 1 hour per direction. Who can say they did yoga on the roof of Europe? Participants in this trip can after this day. Unforgettable experience! After the yoga class we enjoy lunch.

We return to Wengen on the same route, the Eiger Express to the Eiger Glacier, from where we continue by train via Kleine Scheidegg to Wengen. Early evening estorative Yin yoga class, followed by the opportunity to sauna and swim. We enjoy dinner at the hotel's restaurant.





Day 5, Thursday, September 8, 2022

A pre-breakfast Vinyasa Yoga class on the hotel's stunning terrace. After breakfast we take a walk of just over an hour in the so-called Staubbach tour to the beautiful viewpoint of the Staubbach waterfall. We stand right next to the finish line of the world-famous Lauberhorn downhill race. We enjoy lunch at the hotel restaurant.

In the afternoon a short train ride to Lauterbrunnen, from where we continue by a shuttle bus to Zurich Airport. Finnair flight AY1514 departs from Zurich at 19.10 and arrives Helsinki-Vantaa at 22.50 local time.

Group size:
20 people in order of registration

Registration: By May 31, 2022

EUR 1830.- In a double room
EUR 1930.- In a single room

The price includes:
Finnair flights, luggage 23+ 8 kg, services of Finnish travel guide guides all the way, 4 nights at Arenas Resort Hotel Victoria-Lauberhorn, everything mentioned in the program, guided hikes, 2-3 yoga classes/day, lift tickets and train and bus journeys, full board and Jungfrau's "Top of Europe" tour.

NOTE PLEASE!

Hiking trips require normal basic fitness and are not suitable for people with reduced mobility or fear of high places. If you have a permanent illness and constant medication, we recommend that you have a medical check-up before the trip and ask if any differences in height affect your medication.

Weather conditions may cause changes to the itinerary.





Additional information
and bookings

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