



kandersteg
international scout centre

eiger trail

Difficulty: Medium

UK Groups: Terrain 0 or 1

Time: 3 1/2 hours (Main Route) / 3 hours (UK Route)

Description:

The Eiger, Mönch, and Jungfrau (the Ogre, Monk and Maiden) – the world famous trio of mountain peaks – is the impressive backdrop to the Jungfrau region and has attracted tourists and mountaineers to the Bernese Oberland since pioneering days. The Jungfrau Railway is no less impressive, while the northern flank of the Eiger, with its vertical drop of more than 1600 metres, has always attracted the world's best climbers.

Those with the courage and the desire to get just that little bit closer to the breathtaking Eiger North Face and tackle a superlative high alpine adventure can take the Jungfrau Railway.



Follow the LNT principles to reduce your recreation impact.

- 1. Plan Ahead And Prepare**
- 2. Travel and Camp on Durable Surfaces**
- 3. Dispose of Waste Properly**
- 4. Leave What You Find**
- 5. Minimize Campfire Impacts**
- 6. Respect Wildlife**
- 7. Be Considerate of Other Visitors**

Please note that this route description is intended solely as an aid for planning your route. It is NOT a substitute for properly planning your route and having the necessary equipment, skills and knowledge.

The Centre accepts no responsibility for variations in the information given for whatever reason, including the route on the ground.



Berweg (Terrain 1) Route:

Starting point at Eigergletscher

By train from Kandersteg (3hours)

By car from Kandersteg to Grindelwald (1hour) and taking a train from Grindelwald Grund to Eigergletscher Station (50minutes)

Destination: Grindelwald (Main Station)

By train from Grindelwald to Kandersteg (2 hours)

By car from Grindelwald to Kandersteg (1 hour)

The Bergweg route starts from the station at Eigergletscher and sets out on the Eiger Trail. Shortly after starting on this route, you'll find yourself right in front of the famous rock face itself, and above you to the right you'll notice the metal ladders that climbers use to gain access. From here on, the trail runs for an hour, along the foot of the Eiger North Face, with a beautiful view over the Wetterhorn and the Grosse Scheidegg ahead of you.

Difficult sections are secured with ropes. If you have brought your binoculars, you'll be able to see the climbers up against the rock face. The train station sells postcards that show all the routes up this mountain.

Towards the end of the tour the trail zigzags boldly down to Alpiglen train station. From here you only need to follow the track down to Grund Train Station in Grindelwald.

Wanderweg (Terrain 0) Route:

Starting point at Kleine Scheidegg

By train from Kandersteg to Kleine Scheidegg (2hours 50minutes)

By car from Kandersteg to Grindelwald (1hour) and taking a train from Grindelwald Grund to Kleine Scheidegg (40minutes)

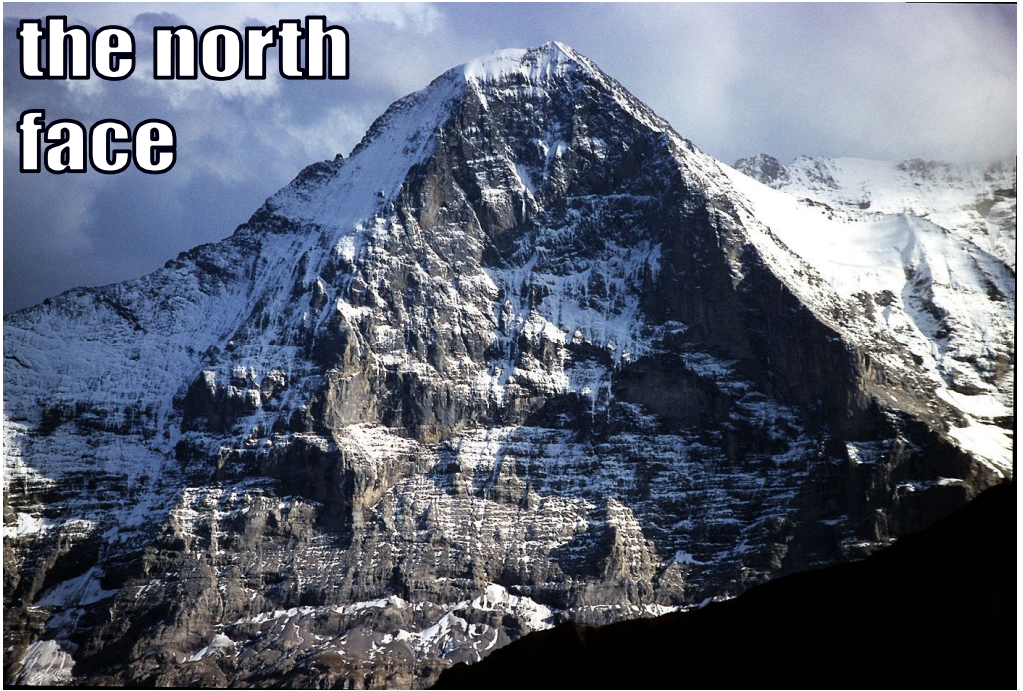
Destination: Grindelwald (Main Station)

By train from Grindelwald to Kandersteg (2hours)

By car from Grindelwald to Kandersteg (1hour)

The Wanderweg route is easier and starts from the station at Kleine Scheidegg and follows the path down to Alpiglen train station. This route is well signposted and is a wide track the whole way.

the north face



The huge mountain in front of you is the Eiger. It is famous throughout the world because of its mighty North Wall. Many, many years ago, people thought this wall was impossible to climb, and so it was a great surprise when a team of mountaineers succeeded in making the first ascent in 1938. The two Germans, Anderl Heckmaier and Wiggerl Vörg, and two Austrians, Heinrich Harrer and Fritz Kasperek, were claimed as great heroes all over the world.

They had to spend three nights on the North Wall to reach the summit. They used braided ropes and climbing boots with nail-studded soles. Their clothes were made of wool or heavy material. There were no climbing harnesses or helmets in those days. Today's equipment is far lighter and the mountaineers also know the route up the wall, so they can climb much faster. The fastest is Dani Arnold who summited in 2 hours 28 minutes.

Every evening, two lights can be seen shining on the Eiger. One burns in the Eigerwand station, a stop for the train that climbs through a tunnel in the Eiger, on its way to the Jungfrauoch. The second one comes is on the ridge to the left of the summit, this is the Mittellegi Hut.

EIGER TRAIL

Safety Checklist

Terrain:

Wanderweg + Bergweg

UK Groups:

Terrain 0 or 1

Specific activity information: Unguided hike on marked paths

Minimum Age: Wanderweg (10 years) / Bergweg (12 years)

Group Size: Maximum of 12 to 15 people
UK Groups to follow their own hike regulations

Weather

Daily weather forecast to be consulted. The following conditions require attention:

- Bad weather (e.g. thunder/storms/snow).
- Hot weather - check you have enough water, plenty of sun cream and have a cap or sun hat on. Keep an ongoing observation of your group

Hot Spots

The Eiger trail is well marked and maintained, but it is a Bergweg so reasonable fitness and good leadership is required. The main route itself is exposed to height so take care over this section and make use of the cable handrail. Make sure you rest the group before descending.

Extra Guest Requirements

Confidence and previous hiking experience useful.

Fill out a route card at Reception.

Special Equipment Needed

Refer to hiking equipment list as detailed in the KanderActive.

Cancellation Decision

- Weather conditions (as detailed above) should be taken in consideration.
- Inadequate equipment.
- Poor behaviour of the group.
- Poor leadership.
- Any member of the group suffering from health problems.
- Any situation which may jeopardise the safety of your group.

What do you need?

Rucksack
Boots (with ankle support)
Waterproof Jacket **AND** Trousers
Water Bottle (full, min 2 Litres)
Sun Hat
Sun Cream
Sun Glasses
Warm Hat

Gloves
Special Medication
Food (Packed Lunch)
First Aid Kit
Map, Compass & Whistle
Tickets
Mobile Phone
Money

In the event of an emergency:

Don't Panic!

Administer (basic) First Aid

***Contact the Centre (0041 33 675 82 82) for advice
and help in alerting the Emergency Services***

