



TOUR OF THE JUNGFRAU REGION

10 days trekking in the Bernese Oberland

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Author: **Kev Reynolds**

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This guide describes a 111km circuit amid some of the most spectacular mountain scenery in all the Swiss Alps. The Tour of the Jungfrau Region takes 9-10 days and is growing in popularity as one of the classic walks of Europe. It is an exciting trek of challenging mountain walking with several short, exposed sections, most with fixed cable. No technical skills are needed. It is best undertaken in late June to the end of September and is easily accessible.

During this trek in the Bernese Oberland the walker visits pastures, ridges, summits and passes, skirts exquisite mountain lakes and gazes on waterfalls, gorges and glaciers – all in the shadow of such iconic peaks as Wetterhorn, Eiger, Mönch and Jungfrau.

Accommodation is both plentiful and atmospheric, and the route has lots of bad-weather alternatives. The guide includes a full description of the route and places of interest, including the Jungfrau-Aletsch-Bietschhorn UNESCO World Natural Heritage Site. Also includes plenty of planning advice, an accommodation directory, and a useful German–English glossary.

Key marketing points

- An increasingly popular trek
- Highly respected author has ensured excellent support and promotion in Switzerland

About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer. A prolific compiler of guidebooks, his first title for Cicerone Press (Walks & Climbs in the Pyrenees) appeared in 1978; he has since produced many more titles for the same publisher, with others in the pipeline. A member of the Outdoor Writers' Guild, the Alpine Club and Austrian Alpine Club, his passion for mountains and the countryside remains undiminished after a lifetime's activity, and he regularly travels throughout Britain to share that enthusiasm through his lectures.

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