

## DAY TRIP TIPS

① CHECK OUT THE LOCAL TV OR MOUNTAIN PEAK LINE WEBSITE TO SEE IF IT'S SUNNY ON TOP WHERE YOU'D BE HANDED. IF NOT AVAILABLE - ASK AROUND. SINCE FUNICULAR AND CABLECAR FEES RANGE FROM \$20 - \$20, IT'S WORTH A CHECK EVEN IF IT MAY BE CLOUDY BELOW.

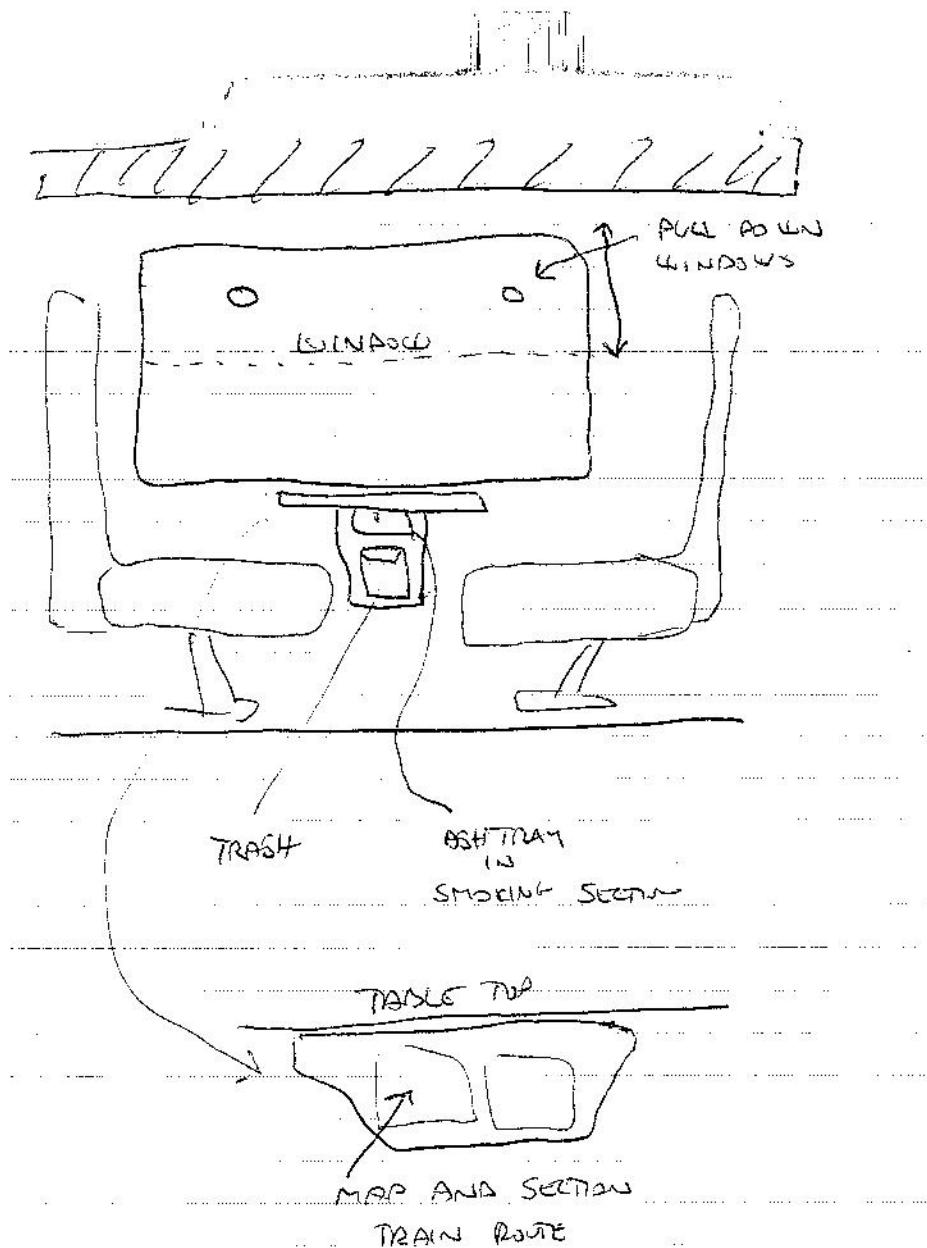
### ② PAY PACK

I PREFER A LUMBAR PACK WHICH NESTS ON YOUR WAIST, WITH OPTIONAL STRAPOTS TO HELP CARRY HEAVY LOADS. I LIKE TO LEAVE A BOLT CASE ACCESSORY BLOOM FOR QUICK ACCESS TO CAMERA AND BINOCULARS.

HERE'S A LIST OF WHAT I BRING:

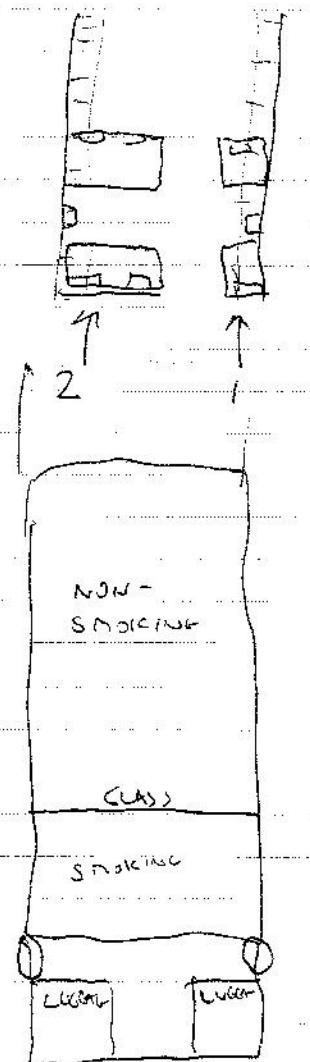
- LUMBAR PACK
- RAIN COAT WITH HOOD
- HAT
- DISINFECTANT
- NO WASH SOAP
- VET OR
- UMBRELLA
- 2 BOTTLES OF WATER
- CAMERA
- BINOCULARS
- TISSUES
- PLASTIC
- EMERGENCY BLANKET  
(OPTIONAL TABLECLOTH FOR PICNIC)
- EXTRA BATTERIES
- 1 TUBE OF SPORT GEL OR EMERGENCY ENERGY BOOST
- 2 BARS OF SUGAR OR BEEFSTICKS

TRAIN TRAVEL TIPS

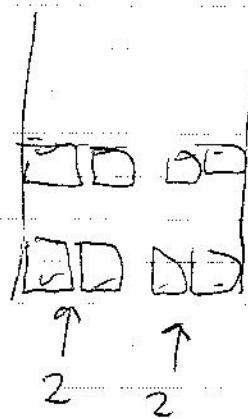


TRAIN TRAVEL TIPS

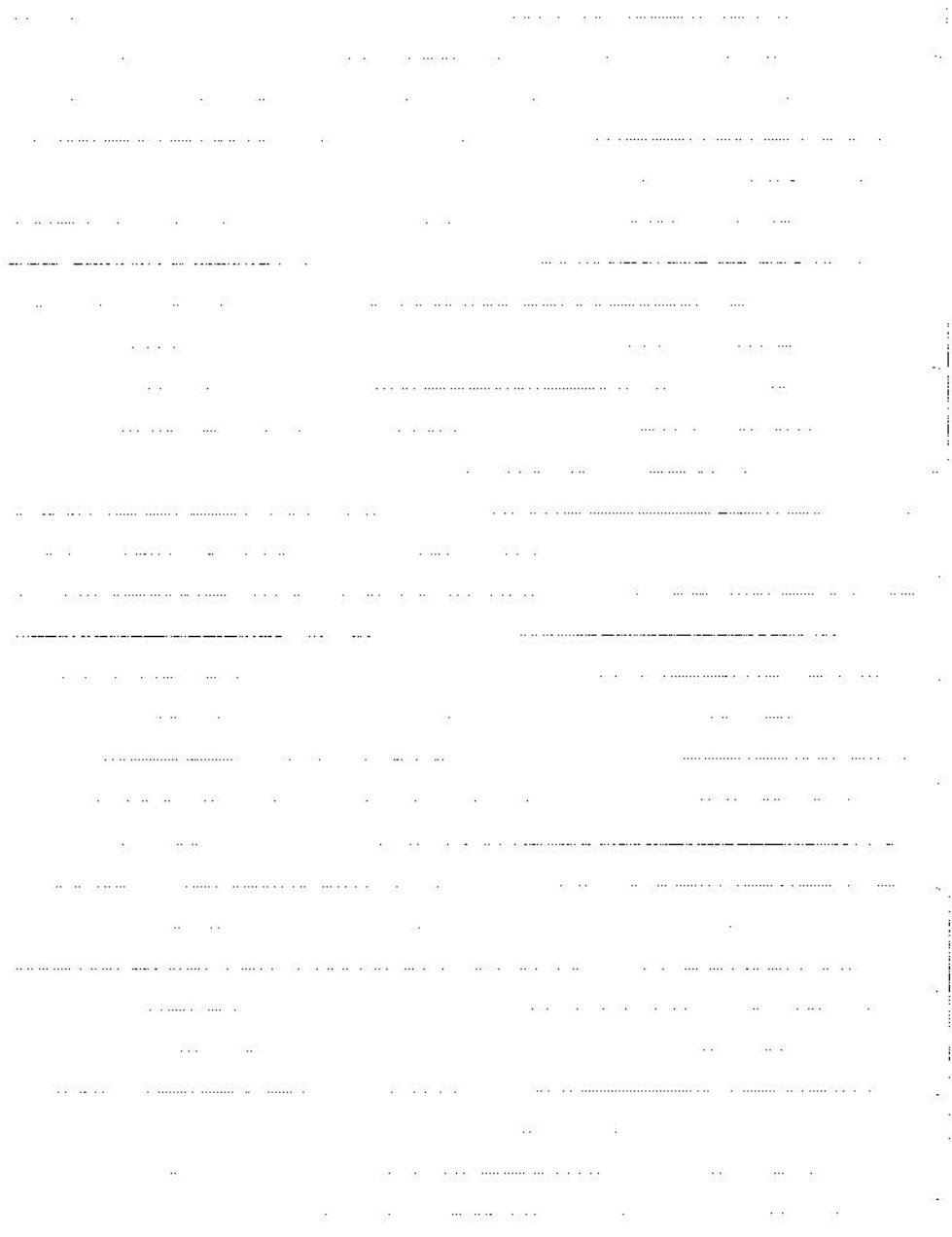
1ST CLASS



2ND CLASS



# Tour de Alps - Switzerland - September 2005



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(5) SUMMER & FALL - off season  
LIFT TIMES

BE AWARE OF THE FOLLOWING:

(a) SWISS PASS DISCOUNT

(b) SOME HOTELS OFFER A  
DISCOUNT CARD - ALWAYS  
ASK.

(c) LIFTS CLOSE ANYWHERE BETWEEN  
4:45 TO 5:00 P.M.

(6) LIFT - CLIMB - HILL - XMAS  
OPTIONS:

TAKE THE LIFT UP TO CLIMB  
MOUNTAINS, THEN HAVE DOWN  
TO ANOTHER CARS/UP OR  
MAIN STATION TO GET DOWN  
TO YOUR DESTINATION.

③ TO START THE DAY

② APPLY SUNSCREEN LOTION

④ ENVIRONMENTAL CONSIDERATION

⑤ ALTITUDE + ACCLIMATIZATION

⑥ TEMPERATURE

⑦ RAIN

⑧ JUNRISE - SUNSET

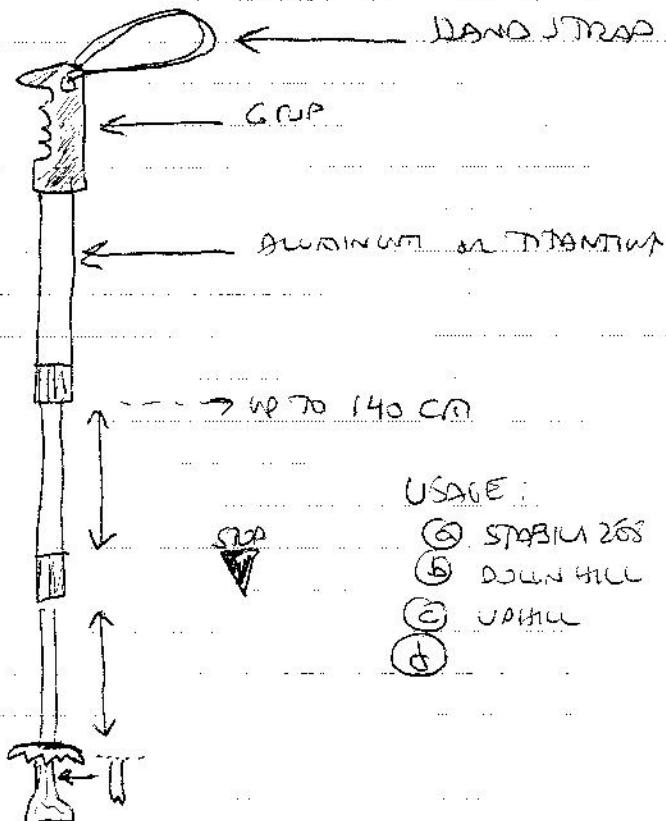
EFFECTED BY THE HIGH  
ALPS - THE SUN MAY NOT BE  
SEEN UNTIL 9 IN THE MORN.  
AND SET AS EARLY (HANSEN IN  
PEAKS) AT 4:30 5:00 PM.

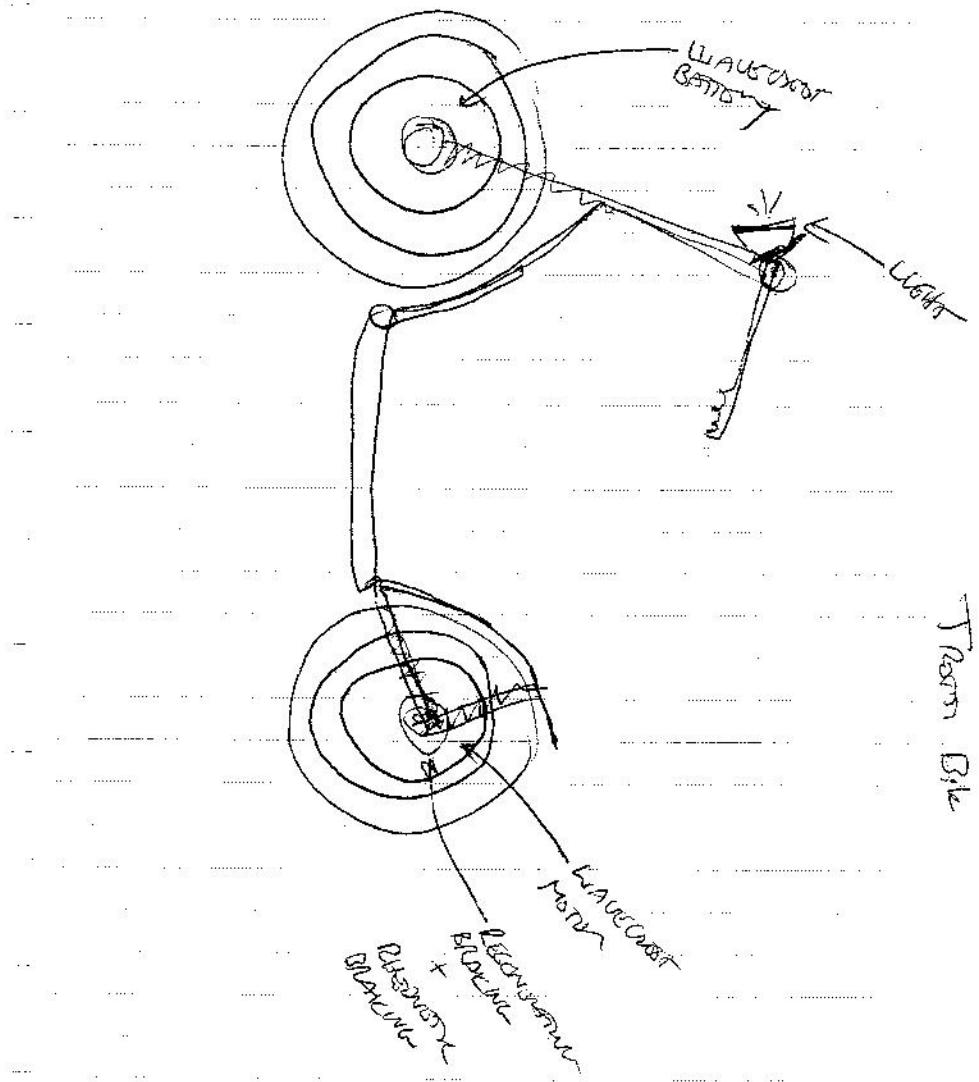
⊕ WALKING STICKS:

ALL SPORTS SHOES IN  
ALPINE REGIONS OFFER  
WALKING STICKS. THESE ONCE  
HAVE CONVENTIONAL, ADJUSTABLE  
HEIGHT (LENGTH), COMFORTABLE  
GRIP (WITH SNAKE) AND RUBBER  
FOOT WHICH CAN BE REMOVED TO  
PROVIDE A CLEAN GRIP FOR USE ON  
SLIPPERY CONDITIONS.

CHF 40 ALUMINUM

CHF 80 + TITANIUM





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Zermatt - Murren  
9/20

10:30 4:45 4A

11:30

12:30



Zermatt BMG MGB  
12:30 13:51 (1) R242

B216 WALK WALK

MGB - TO BVZ PLATFOR

→ B216 14:13 (2) ICE 880  
SOIEX 15:16 (3) ICE 277

SOIEX 15:41 (1) ICE 277  
(INTERURKEN OST)

(INTERURKE OST 16:20 (2A) R175  
LANDSRUNNEN 16:40

WALK TO

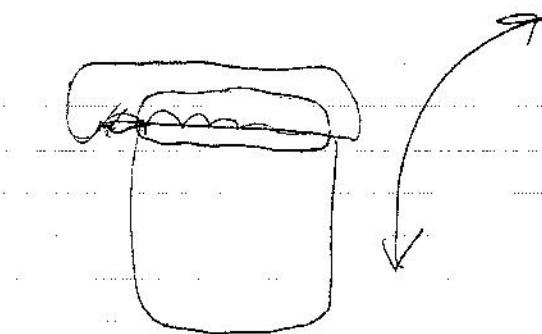
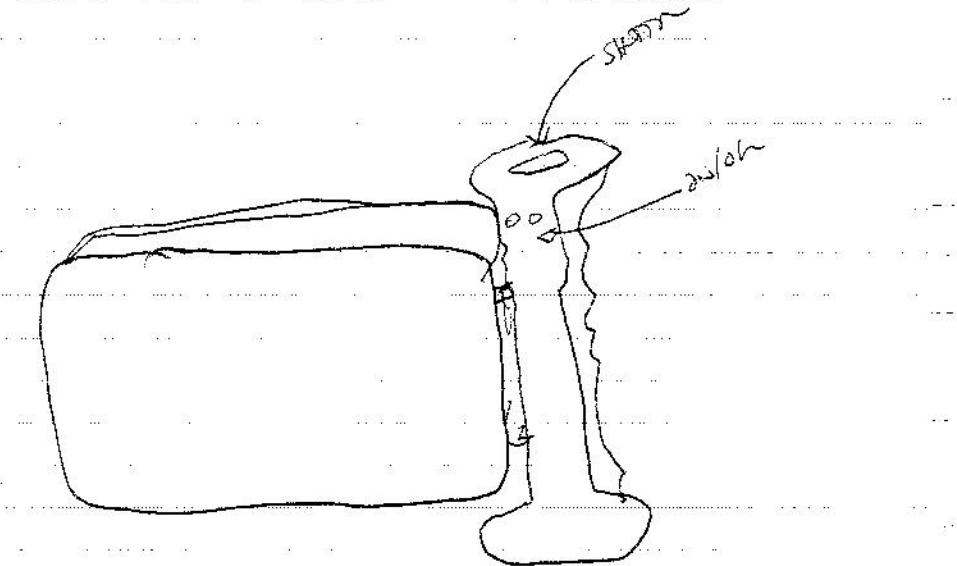
LANDSRUNNEN BLM 16:47 R335  
MURREN BLM 17:15

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