

# Welcome to Alp and Fjell - Hiking Tours

## Hiking and Trekking Tours in the Swiss Alps and in Norway

Discover alpine hikes off the beaten tracks. Enjoy the majestic nature of the Alps or the wilderness of the Norwegian mountains Alp & Fjell is an experienced tour operator for hiking in Switzerland and in Norway.

Our program: Self-guided Hiking Tours - We plan your Tour Do you prefer the independence of a self-guided tour with friends or with your family? Alp & Fjell helps you with choosing the route and planning all aspects of your hiking tour: detailed route description, travel information, local hiking map, accommodation (including reservation of mountain cabins) as well as a comprehensive information about the area such as plant and animal life, geology, history, culture etc. Personalized planning package from € 28,- per group Norway - Hiking on the Lofoten Islands A hiking tour on the fascinating Lofoten islands above the Polar Circle. Here, you can experience nature in its wildest form: green mountains with razorback ridges, chalksand beaches and the rich blue color of the open ocean. The wilderness is rugged but accessible, the climate is mild considering the northern latitudes, and the daylight lasts almost all night – a paradise for hikers. Planned date: August 2013, 990 €; p.p. Switzerland: Hiking in Ticino Four-day trek in the wild and rugged valleys of the Ticino canton in the Italian-speaking part of Switzerland. With their rich vegetation and their traditional hamlets the valleys northwest of the Lago Maggiore are a paradise for hikers interested both in nature and culture. No date available

Switzerland: Lischana Trek (Lower Engadin) Four-day trip in the Lower Engadin dolomites. The tour leads you through a variety of fascinating landscapes into the Swiss National Park, to a high plateau with coloured rocks and alpine lakes and to scenic passes and summits. Alp & Fjell recommends the ascension of the Piz Lischana (3105 m) to experienced hikers. No date available Switzerland: Border Trail Simplon - Binntal

The southern side of the Upper Valais has no famous peak names to offer but this wild and impressive area is perfect for alpine hikers. Starting at the Simplon pass, the tour crosses several alpine passes between Switzerland and Italy and ends in the romantic Binntal valley. Rugged mountains alternate with charming valleys and see landscapes. The pass climbs are challenging but the hiker is rewarded by the fantastic views at the top. No date available