

Alps 2003

Itinerary details and route descriptions

Day 8 Tuesday 2 September
Engstligenalp to Lenk (1068m) via the
Ammertenpass (2443m)

Possible peak ... Ammertenspitze (2613m)

The Ammertentenpass crossing has a good reputation among experienced mountain walkers, who enjoy the challenge of personal discovery. What better finish to our tour of the Berner Oberland? Kev Reynolds describes ...

Distance:	15 km
Height gain:	480m
Height loss:	1375m
Likely time:	5½ hours

The path to the pass is clearly marked and will take two hours from Engstligenalp. On the far side of the pass, descend with care through the wildly romantic Ammertentäli, joining other paths lower down and coming to the spectacular Simmenfälle cascades 2½ hours from the pass. A clear, but often greasy, path leads alongside the stream issuing from the falls and brings you to the floor of the valley at Oberried. The continuing path takes you along the left bank of the stream all the way to Lenk, where we're booked into a place known as KUSPO .. Kurs-und Sportzentrum (Sports and Training Centre). The phone number there is 0041 33 733 2823 and the website is at www.kuspo.ch .

Possible peak

The Ammertenspitze at 2613m is allegedly just a bump on the Ammertengrat ridge. We'd turn northwest from the Ammertentenpass to visit, then retrace to pick up the descent route. Might be a fitting end to the tour if everyone went to this summit for the final photo?? Have a look at the height profile at <http://rjd.home.cern.ch/rjd/walk/ammerten.html> .
