

Alps 2003

Itinerary details and route descriptions

Day 4 Friday 29 August
Mürren to Griesalp via the Sefinenfurgge (2612m)

Possible peak .. Schilthorn (2970m)

The Sefinenfurgge is one of the classic non-glacial passes of the Bernese Oberland, and its crossing is one of the highlights of the Alpine Pass Route (Section 8). Kev Reynolds describes the route ...

Distance:	14 km
Height gain:	974m
Height loss:	1205m
Likely time:	6½ hours

From the station on the edge of Mürren take the lower of the two main streets through the village, and at its southern end wander uphill along a narrow tarmac road between sloping meadows and follow signs for Gimmelwald, where the paving finishes and a track continues. Beyond the few farm buildings of Gimmelwald, you cross the Schiltbach stream and head south past a small restaurant. Now the trail narrows to climb in a series of zig-zags up a spur to the Bryndli viewpoint at 2020m. Although it's a steep haul, it's a short one and the path soon eases along the left-hand slopes.

The path now contours across a large area of pasture, grazed in summer by cattle, and eventually brings you to the Rotstock Hut (2039m, 2h10min, refreshments). Ahead lies a bowl of rough pasture speckled with boulders. Cross to the western side and begin to gain height over grassy hillocks into a wild patch of country. The path continues clearly, if somewhat narrow in places, while ahead a wall of rock is eased in just one place with a saddle .. the Sefinenfurgge. The way steepens and the final stretch is gained by zig-zagging up a slope of gritty black scree (2612m, 3h30min).



Drop directly down the steep, loose-rock sides below the pass, where fixed cables, railings and steel ladders give added confidence. At the foot of the long scree slopes, the path resumes across more rough pastures on the right bank of a stream, passing the alp hut of Obere Dürrenberg (1995m, 4h35min, refreshments) squatting on the bank above the stream. Just below this hut cross the stream and follow the winding path down a steep grassy hillside with fine views up to the Blümlisalp seen across the depths of an imposing valley.

Eventually the path brings you to a small farm, Bürgli, at a junction of valleys. Bear right and cross the stream previously followed and take the farm road down towards Griesalp, where we're booked into the Berghaus Golderli. The phone number is 0041 33 676 2192 and the website is at www.golderli.ch.

Possible peak ... Schilthorn (2970m)

If the weather is with us, I suggest that we take the cable car from Mürren up to the Birg (2677m), then make the ascent of the Schilthorn from there. We'd descend its western ridge as far as the Rote Hård, then descend southwards to meet the track heading from the Rotstock Hut to the Sefinenfurgge. The next peak on this ridge, the Hundshorn, is too rocky to tackle, so we must drop down into its eastern corrie and re-ascend to the Sefinenfurgge pass which is between the Hundshorn and the next peak southwards, the Bütasse. You can read about the Schilthorn and its cableway on www.schilthorn.ch .. well worth a visit if we can!

We'd descend from the pass to the Berghaus Golderli as described above .. and probably take round about the same time as the walking route from Mürren.
