

Hike & Yoga



Hike & Yoga

Url: <https://wildyakexpeditions.com/trips/hike-yoga/>

Duration

2

Max. Altitude

2,100m (6,889ft)

Difficulty

Easy

Group Size

Limited to 8 participants

Country

Switzerland

Region

Bernese Oberland

Accommodation

Swiss Alpine Lodge

Prime Activity

Yoga

Minor Activity

Hiking

Meals

All main meals

EXPERIENCE

- 2-day experience in the Bernese Alps
- Max 8 participants
- 3 yoga sessions for all levels (no previous yoga experience necessary)
- Overnight in a superior authentic alpine hotel

HIGHLIGHTS

- 2 days of **relaxation & adventure**
- Great experience to **refill your energy** in the mountain air
- **With Andrea Sherpa-Zimmermann & Valerie Horyna**
- **No need to be a yoga expert**
- **Small group**

Overview

Refill your energy in the Bernese Alps!

Tired? Do you need a break in your daily routine? Close your eyes and feel the fresh mountain air!

WILD YAK EXPEDITIONS presents an energizing weekend in the Bernese Alps. Discover the mountain paths of the Bernese Oberland and relax yourself at the different yoga session, specially selected for you.

Get inspired and go back home with a new energy!

Program

Show Detail Itinerary

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Day 01

Zweisimmen - Swiss Alpine Lodge - Gstaad

Start your first yoga morning session shortly after your individual arrival and check-in at the Alpine Lodge. And then get ready for the adventure part of the day!

Immerse yourself in the beautiful and authentic landscapes of the Bernese Oberland on the way to the renowned mountain village of Gstaad. Real Swiss clichés...But so nice. At a certain point, we make a well-deserved break to enjoy the WILD YAK surprise lunch, before coming back to Zweisimmen by train.

Back to the lodge, get ready for your evening yoga session.

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Day 02

Swiss Alpine Lodge - hike

Enjoy your first yoga session of the day before a hearty mountain breakfast. After the first day warm-up hike, let's start for a further hiking experience in this beautiful region.

There is also the possibility for those you want to relax a little more in this peaceful surroundings, to stay at the hotel and just take some time for yourself.

WILD YAK Services

- Organization of your Trip by WILD YAK
- 1 night in superior double room at Swiss Alpine Lodge
- All main meals
- Access to the wellness & spa of the Swiss Alpine Lodge
- 3 yoga session with Valérie
- 2 guided hiking tours with WILD YAK
- All taxes included

Logistics

WILD YAK EXPEDITIONS' PHILOSOPHY

WILD YAK EXPEDITIONS focuses on security and **quality**. We believe that this is the best way to guarantee **an excellent and relaxed alpine experience**.

In addition, we adapt the group size to the conditions in the mountains in order to guarantee the best security for you and our guide. Hence, we benefit from **greater flexibility** and can **better tailor personal support**.

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