

Excursion to Jungfrauoch and the High Altitude Research Station

Destination	<p>Jungfrauoch – Top of Europe, and the High Altitude Research Station Jungfrauoch at 3454 meters above sea level.</p> <p>For an overview of the Jungfrau region and the routes to Jungfrauoch:</p> <p>http://www.jungfraubahn.ch/en/DesktopDefault.aspx/tabid-70/236_read-1008/</p> <p>For the research station: http://www.ifjungo.ch/</p>
Date	Saturday, September 16, 2006
Meeting point and time	Hotel Sunstar Grindelwald, Lobby, at 08.30 a.m.
Duration	<p>Train from Grindelwald to the Jungfrauoch: approx. 1 hour 40 minutes.</p> <p>Departure from Grindelwald: 09.02 a.m. Arrival at Kleine Scheidegg (change train): 09.36 a.m. Departure from Kleine Scheidegg: 09.45 a.m. Arrival at Jungfrauoch: 10.37 a.m.</p> <p>Return:</p> <p>Departure from Jungfrauoch: 03.45 p.m. Arrival at Kleine Scheidegg (change train): 04.30 p.m. Departure from Kleine Scheidegg: 04.48 p.m. Arrival at Grindelwald: 05.28 p.m.</p>
Departure from Jungfrauoch	<p>Gathering of the participants at the railway station at 03.30 p.m.</p> <p>We will have reserved seats in the train leaving Jungfrauoch at 03.45 p.m. Please be sure to be on it!</p>
Guides	<p>Prof. Rudolf von Steiger, ISSI (excursion); Mr. and Mrs. Kurt and Gertrud Hemund, Custodians, for the Research Station.</p>
Costs	<p>Costs of the excursion: CHF 40.- per person. To be paid in cash at the symposium registration desk, where you will get the train tickets.</p>

Guided tour	11.00 a.m.: Start of the guided tour of the research station and the Sphinx laboratories by a staff member of the research station. Duration: approx. 90 minutes.
Visits	After lunch, there will be sufficient time for you to enjoy the Ice Palace and other tourist attractions on your own (weather permitting).
Meals and drinks	Upon arrival at Jungfrauoch you will be served tea, coffee or mineral water (included). Lunch will be served at the Restaurant Crystal (to be paid individually).
What to bring	For the excursion you will need warm winter clothing; coat or warm jacket; sturdy, warm shoes or boots; cap or hat; gloves, sunglasses, suntan lotion and a protective, moisturizing lipstick may also be a help for those with sensitive skin. Tip: It is a good idea to take a bottle of non-carbonated mineral water or tea along with you. There are no drinks sold in the train, and there won't be enough time between stops for a coffee break. Having enough liquid will make it easier to cope with the rapid change in altitude.
Toilets	Between Grindelwald and Kleine Scheidegg there are no toilets in the train. In the train between Kleine Scheidegg and Jungfrauoch there will be two short stops for a close view of the glaciers. Toilets are available at these two stops.
Please note	The body's efficiency is noticeably reduced at 3500 meters. It's very advisable to be cautious in moving about and reasonable in your choice of food and drink. And please keep in mind: there's no need to hurry!
Disclaimer	If you have heart trouble or any other health problem that could be aggravated by high altitudes (Jungfrauoch is 3500 meters above sea level), please consult your physician before registering for this excursion. We can assume no responsibility for health problems arising as a result of the excursion.

Have an enjoyable day at Jungfrauoch !