

Finsteraarhorn

4,274 m above sea level

# Jungfrau Region Guide

Bachalpsee

2,266 m above sea level

Grindelwald  
Wengen  
Mürren  
Lauterbrunnen  
Haslital

Jungfrau Region 

## Räterichsbodensee

1,767 m above sea level





# Experiences

Paradise for hikers and adventurers p. 6

# Water

Thundering waterfalls and peaceful lakes p. 24

# Skiing areas

The steepest slope and the longest sledging run p. 38

# Destinations

Mountain village variety: from bustling streets  
to calm and car-free havens p. 60

# Information

Getting there and back again p. 82

# Welcome to the Jungfrau Region

Summer or winter. Hiking or biking. Skiing or sledging. Mountains or museums. Feasts for the eyes and for the taste buds. Relaxing or thrill-seeking. Children or adults. Blue skies or grey skies. Rain or snow. Whatever the time of day. Whatever you do, whenever you do it and whoever you're with, it's the variety on offer in the Jungfrau Region that makes it special.

Enjoy winter hiking under the gaze of the Eiger, Mönch and Jungfrau. Ride on the Eiger Express. Marvel at the view of over 400 mountain peaks from the top of the Alpen tower. Try cross-country skiing in the valley of 72 waterfalls. Follow in the footsteps of James Bond on the Schilthorn. Feel like royalty on the Männlichen. Experience the adrenaline rush as you ride on the First Glider and the First Flyer. Conquer Big Pintenfritz, the longest sledging run in the world. Enjoy more than 275 kilometres of slopes in the skiing areas of the Jungfrau Region. Step into the shoes of Sherlock Holmes with the KrimiSpass Jungfrau Region. Race down the notorious Lauberhorn downhill run. Gaze in awe at the Aletsch Glacier, the largest expanse of ice in the Alps, as you take in the panoramic vista from the Jungfraujoch. Visit idyllic, car-free Mürren and Wengen. Go climbing at Grin-

delwald Indoor Rope Park (Indoor Seilpark Grindelwald). Treat yourself to some culinary delights. Experience local tradition up close. The list goes on...

**This guide contains lots of helpful information and tips about the Jungfrau Region. We can't wait to see you here!**

Want to know whether the mountain railways are running or the hiking trails are open? Need information about events, the weather and travel planning, or an overview of the top attractions? Keen to explore webcams and maps of the Jungfrau Region, or take advantage of the latest special offers? Then check out our website, where you can find all this and much more.



Lauterbrunnen

802 m above sea level

Wengen

1,274 m above sea level

Mürren

1,650 m above sea level



# Paradise for hikers and adventurers



Out and about  
on the Sulsalp

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# Top 5 Excursions

1

Top of Europe  
**Jungfrauoch**

At 3,454 metres above sea level, the Jungfrauoch station is the highest station in Europe. This route winds through a seven-kilometre tunnel burrowed deep within the Eiger and Mönch mountains. Once you reach your destination, you will find yourself in the midst of a wonderland of ice, snow and rock.



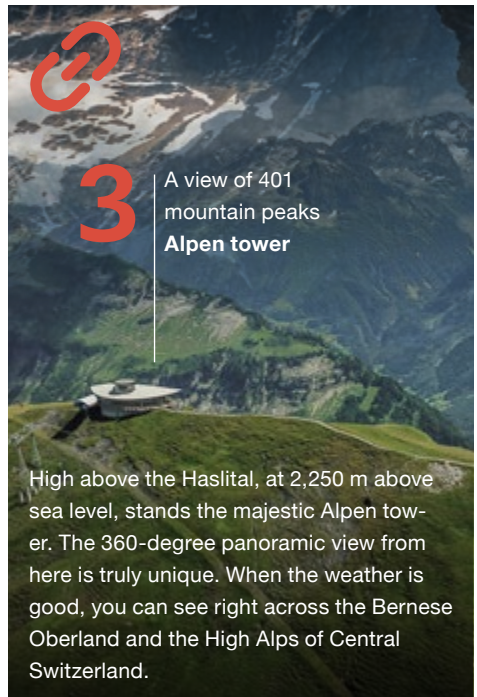




**2** Follow in the footsteps of James Bond  
**Schilthorn**

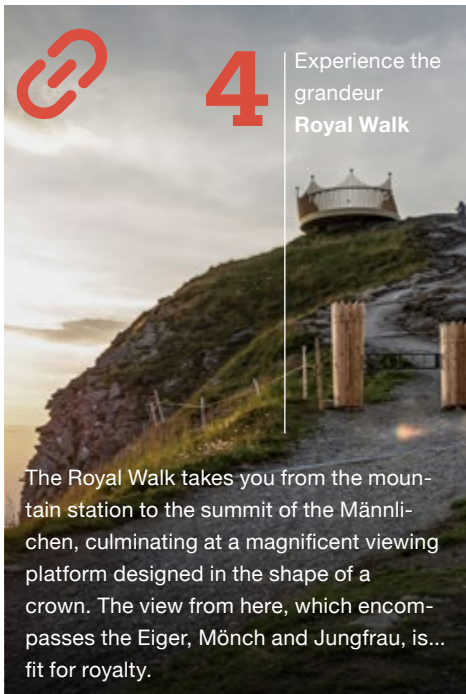
The Schilthorn summit will not be accessible from Birg between 14 October 2024 and 15 March 2025.

In 1969, the Schilthorn was the filming location for the classic James Bond film “On Her Majesty’s Secret Service”. What is now the 360-degree revolving restaurant was the villain Blofeld’s base in the film. It was given the name Piz Gloria, which has stuck to this day.



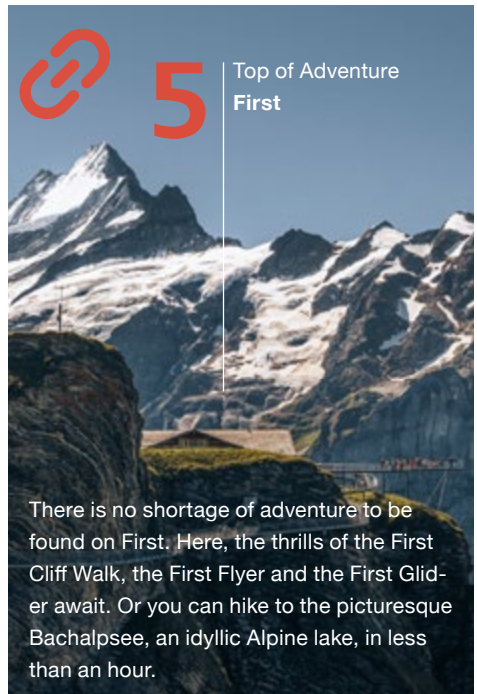
**3** A view of 401 mountain peaks  
**Alpen tower**

High above the Haslital, at 2,250 m above sea level, stands the majestic Alpen tower. The 360-degree panoramic view from here is truly unique. When the weather is good, you can see right across the Bernese Oberland and the High Alps of Central Switzerland.



**4** Experience the grandeur  
**Royal Walk**

The Royal Walk takes you from the mountain station to the summit of the Männlichen, culminating at a magnificent viewing platform designed in the shape of a crown. The view from here, which encompasses the Eiger, Mönch and Jungfrau, is... fit for royalty.



**5** Top of Adventure  
**First**

There is no shortage of adventure to be found on First. Here, the thrills of the First Cliff Walk, the First Flyer and the First Glider await. Or you can hike to the picturesque Bachalpsee, an idyllic Alpine lake, in less than an hour.

# Top 5 Hikes



1

## Long-distance hike

Schynige Platte –  
Faulhorn – First

Difficulty ☆ hard

Route ↔ 16,2 km

Duration ⌚ 6:00 h

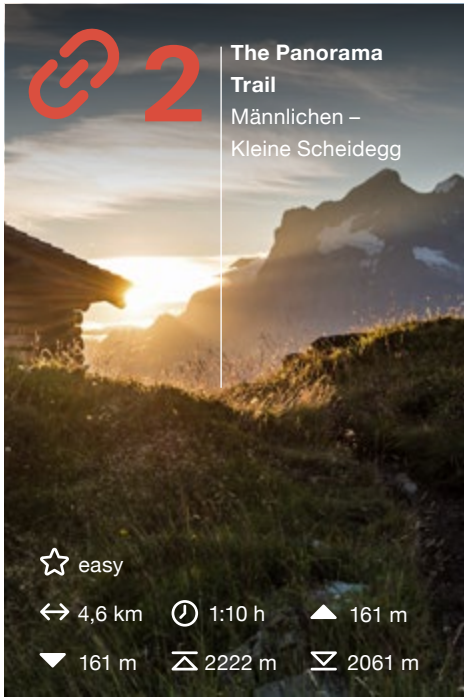
Ascent ▲ 825 m

Descent ▼ 639 m

Highest point ⚓ 2680 m

Lowest point ⚓ 1910 m

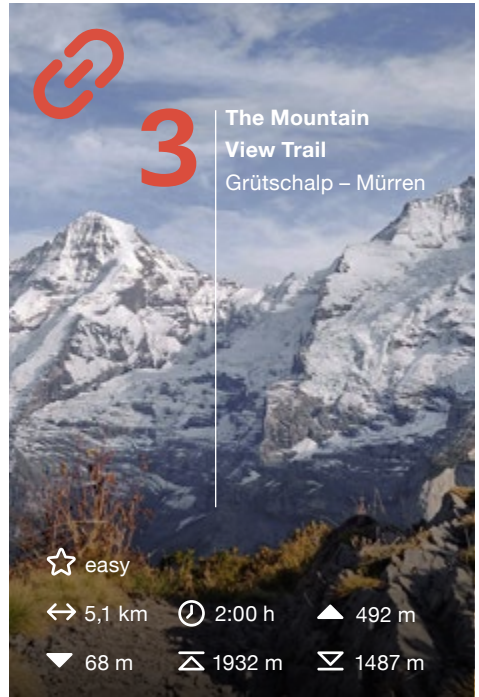




**2** | **The Panorama Trail**  
Männlichen –  
Kleine Scheidegg

☆ easy

↔ 4,6 km ⌚ 1:10 h ▲ 161 m  
▼ 161 m ⚡ 2222 m ▼ 2061 m



**3** | **The Mountain View Trail**  
Grütschalp – Mürren

☆ easy

↔ 5,1 km ⌚ 2:00 h ▲ 492 m  
▼ 68 m ⚡ 1932 m ▼ 1487 m



**4** | **The Horizon Trail**  
Alpen tower –  
Engstlenalp

☆ mediocre

↔ 10 km ⌚ 3:30 h ▲ 219 m  
▼ 614 m ⚡ 2255 m ▼ 1820 m



**5** | **Gelmersee circular trail**

☆ mediocre

↔ 9 km ⌚ 3:00 h ▲ 199 m  
▼ 199 m ⚡ 1895 m ▼ 1401 m

# Top 5 Bad weather activities

1

## Museums

Our home, nature and  
Sherlock Holmes

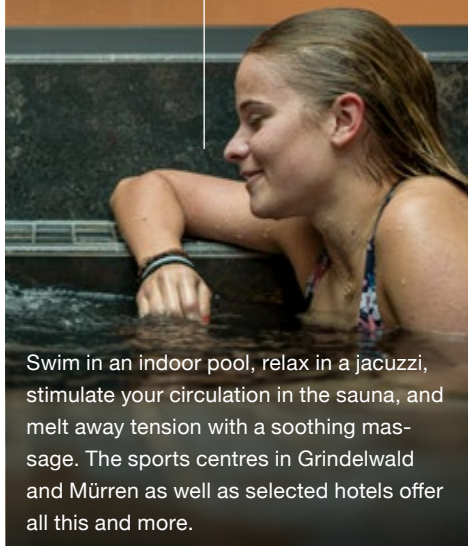


To all  
**bad weather offers!**

Want to know more about the history of the Jungfrau Region? Are you interested in the local wildlife? Maybe you'd like to follow in the footsteps of Sherlock Holmes? Then you should definitely check out the museum.

## 2 Pure relaxation

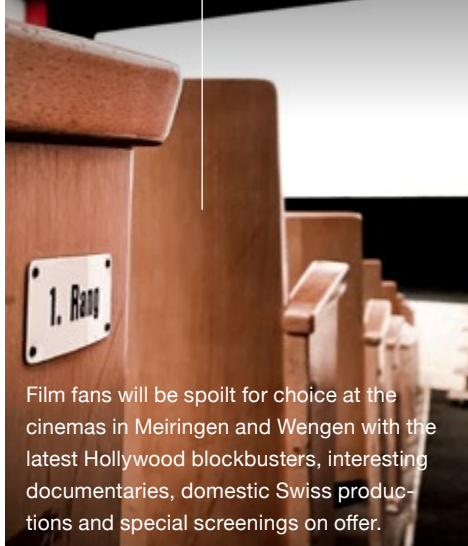
Treat yourself



Swim in an indoor pool, relax in a jacuzzi, stimulate your circulation in the sauna, and melt away tension with a soothing massage. The sports centres in Grindelwald and Mürren as well as selected hotels offer all this and more.

## 3 Cinemas

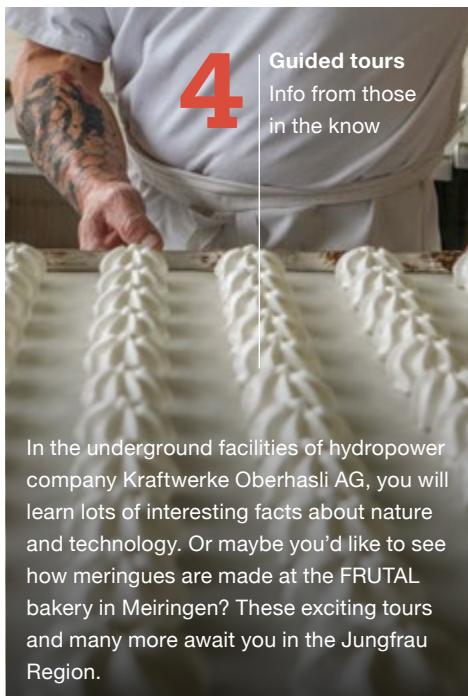
A good film and some popcorn



Film fans will be spoiled for choice at the cinemas in Meiringen and Wengen with the latest Hollywood blockbusters, interesting documentaries, domestic Swiss productions and special screenings on offer.

## 4 Guided tours

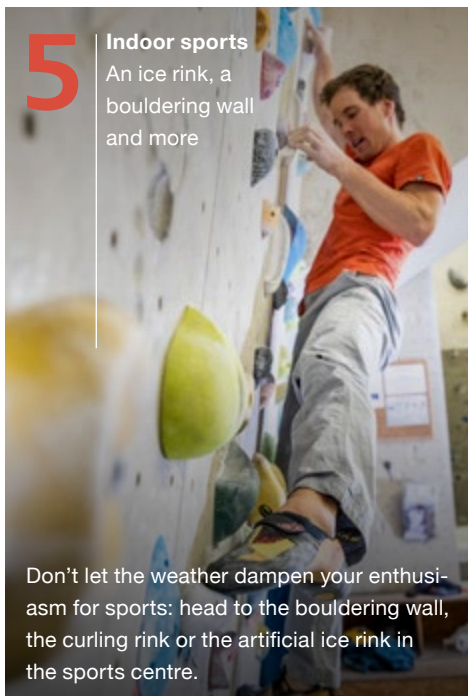
Info from those in the know



In the underground facilities of hydropower company Kraftwerke Oberhasli AG, you will learn lots of interesting facts about nature and technology. Or maybe you'd like to see how meringues are made at the FRUTAL bakery in Meiringen? These exciting tours and many more await you in the Jungfrau Region.

## 5 Indoor sports

An ice rink, a bouldering wall and more



Don't let the weather dampen your enthusiasm for sports: head to the bouldering wall, the curling rink or the artificial ice rink in the sports centre.

# Top 5 Adventures

1

**Canyon Swing**  
Grindelwald Glacier Gorge

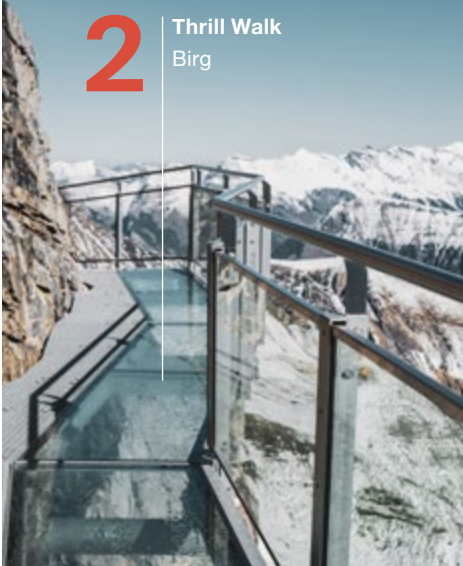
Don't we all crave an adrenaline rush from time to time? That exhilarating feeling when fear gives way to an unexpected rush of happiness hormones? The Jungfrau Region has lots of activities that will provide that rush. You can swing through a glacier gorge at up to 120 km/h, abseil down a canyon or zip down a steel cable while sitting in a harness suspended up to 50 metres above the ground. And there's lots more besides. So let's go!





2

Thrill Walk  
Birg



3

Top of Adventure  
Grindelwald First



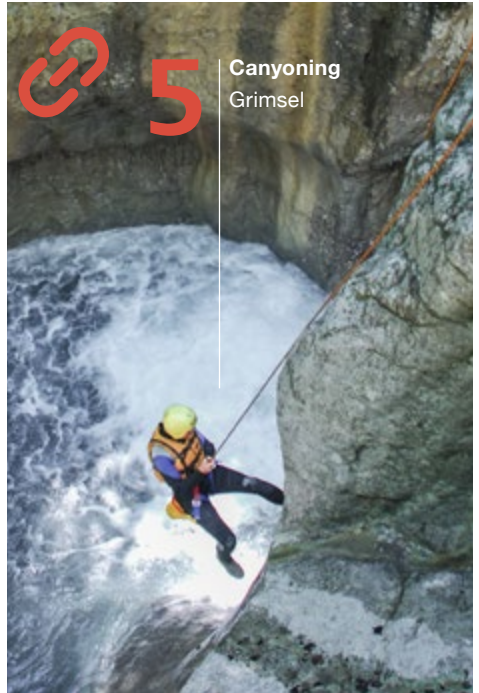
4

Paragliding  
Grindelwald



5

Canyoning  
Grimsel



# Top 5 For Families

## 1 Tobogganing for all – big and small Pfungstegg

A small aerial cableway will take you up from Grindelwald to Alp Pfingstegg in less than five minutes. Behind the mountain station, you will find a 725-metre-long toboggan run. What are you waiting for?

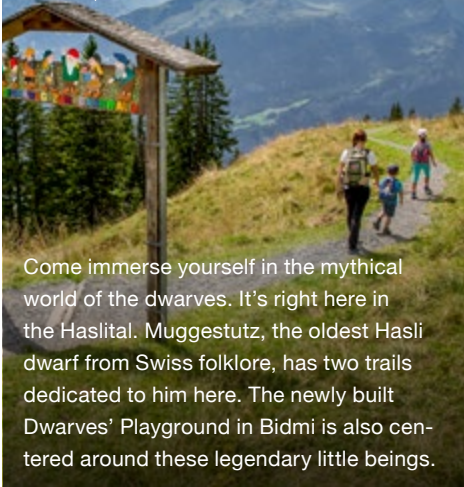


To all  
family offers!



# 2

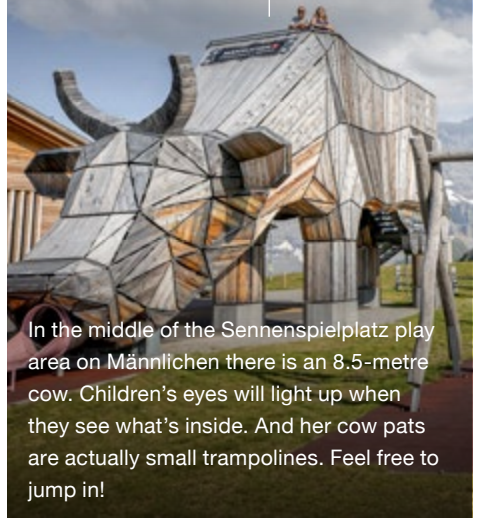
**On the trail of Muggestutz, the magical dwarf Hasliberg**



Come immerse yourself in the mythical world of the dwarves. It's right here in the Haslital. Muggestutz, the oldest Hasli dwarf from Swiss folklore, has two trails dedicated to him here. The newly built Dwarves' Playground in Bidmi is also centered around these legendary little beings.

# 3

**Venture inside a giant cow Männlichen**



In the middle of the Sennenspielplatz play area on Männlichen there is an 8.5-metre cow. Children's eyes will light up when they see what's inside. And her cow pats are actually small trampolines. Feel free to jump in!

# 4

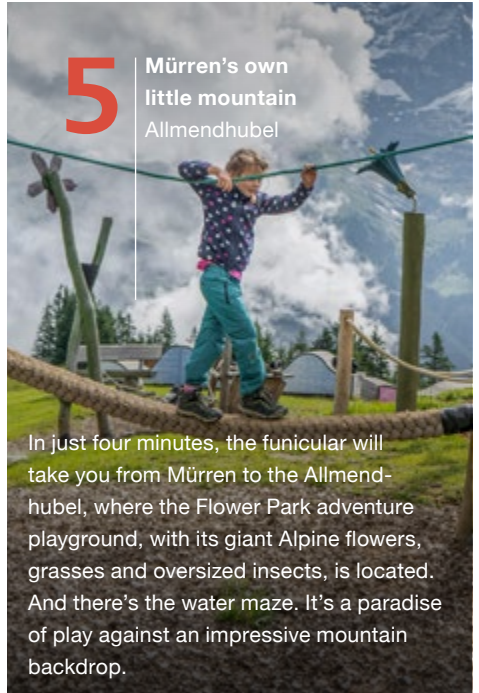
**A magical marble run Hasliberg**



Along the hiking trail from Bidmi to Hasliberg-Reuti, eleven exciting and varied marble runs await you. Fun for the whole family.

# 5

**Mürren's own little mountain Allmendhubel**



In just four minutes, the funicular will take you from Mürren to the Allmendhubel, where the Flower Park adventure playground, with its giant Alpine flowers, grasses and oversized insects, is located. And there's the water maze. It's a paradise of play against an impressive mountain backdrop.

# Top 5 Events

# 1

**Inferno**  
Triathlon and ski race



A 3.1-km swim, 97 km on a road bike, 30 km on a mountain bike and a 25-km mountain run. All the way from Thun up to the Schilthorn This is the Inferno Triathlon. With an elevation gain of 5,500 metres, it's one of the toughest triathlons in the world. The Inferno Triathlon is held in August, while the Inferno Races – the biggest amateur race in Alpine skiing – commence in January, right at the spot where the Inferno Triathlon concludes. It's a 14.9-km downhill run with uphill climbs and flat sections, from the summit of the Schilthorn to Lauterbrunnen.



Go to all  
events!



2

The international  
Lauberhorn Races

Tens of thousands of spectators watch these races on the ski world cup slopes every year in mid-January. The undisputed highlight is the downhill race held on the Saturday – on the longest downhill run on the ski world cup circuit.



3

Jungfrau Marathon  
From Interlaken to the  
Eiger Glacier

The world's most beautiful marathon course runs from Interlaken to the Eiger Glacier at 2,333 metres above sea level. The runners have to cover 42.195 km and 1,953 metres in altitude. The Jungfrau Marathon is held in September every year.



4

Velogemel  
World  
Championship

Velogemel – a piece of sports equipment only found in Grindelwald. The name is a combination of the words Velo, which is Swiss German for bicycle, and Gemel, which means sledge in the Grindelwald dialect. The Velogemel World Championship is held in February – anyone who wants to can take part.



5

The  
Alpabzug  
Livestock  
adorned  
in finery

Every year, thousands of cows, sheep and goats spend the summer on the Alpine pastures in the Jungfrau Region. When they return to the valley with their herders, a celebration is held every year as part of a centuries-old tradition. This is called the "Alpabzug". During the processions, which usually happen in September, the cows, sheep and goats are decorated with colourful flower arrangements.

# Top 5 Cuisine

1

Sky Dinner  
Pfungstegg

Start off with a delicious aperitif at the bottom station, then take the aerial cableway up the mountain and enjoy an exclusive meal with sensational views of Grindelwald. Back down in the valley, you will be served a dessert with coffee and a digestif before gliding back up to Pfingstegg for a second time.





**2** **Haute cuisine**  
The finest restaurants

Not surprisingly, the Jungfrau Region is featured in the prestigious Gault Millau gourmet guide. Five restaurants here have earned 15 points or more. We also have a Michelin-starred chef working in the Jungfrau Region.



**3** **Cheese, cheese**  
and more cheese

In the Jungfrau Region, you can enjoy fondue on a gondola cableway or take a rucksack full of fondue with you on your next hike. You can even be there when the cheese is being made! Sound interesting?



**4** **Local products**  
Sustainable shopping

Made in the Jungfrau Region. Buy meat, dairy products, honey, tea, beer, jam, syrup, lace, souvenirs and much more. Producing and purchasing local products can contribute significantly to sustainability.



**5** **Brunch**  
with a view

The Schilthorn summit will not be accessible from Birg between 14 October 2024 and 15 March 2025.

Try the breakfast buffet at the Alpen tower Panorama Restaurant or the Schilthorn brunch at the 360-degree revolving restaurant Piz Gloria. Indulge in a mountain brunch on the Männlichen or the famous Sunday brunch served at Käserstatt mountain restaurant. It's the perfect way to start the day.

# Digital Experiences



## Explore the Jungfrau Region digitally

You can discover the Jungfrau Region in 3D, solve a criminal case with KrimiSpass or try one of our smarTrails. All you need is an internet-enabled smartphone.

To help you crack the cases and solve the digital riddles on the digital adventure trails, a virtual map will guide you to various stations. As soon as you reach the matching coordinates, the digital content is shown on the smartphone display.

And last but not least: all of the digital experiences on this page are completely free of charge!



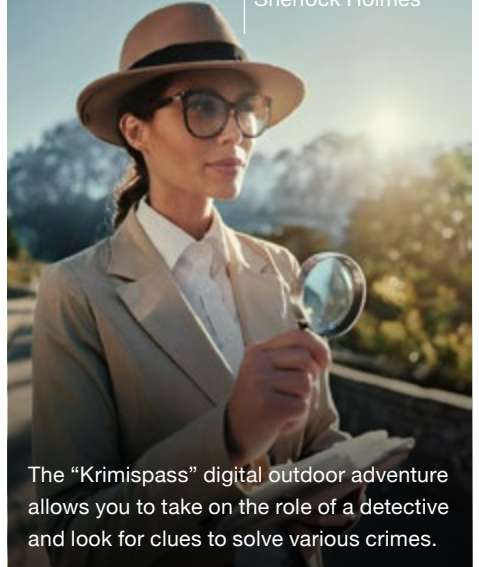
Explore the Jungfrau Region  
in 3D!



1

### KrimiSpass

Become the Jungfrau Region's Sherlock Holmes



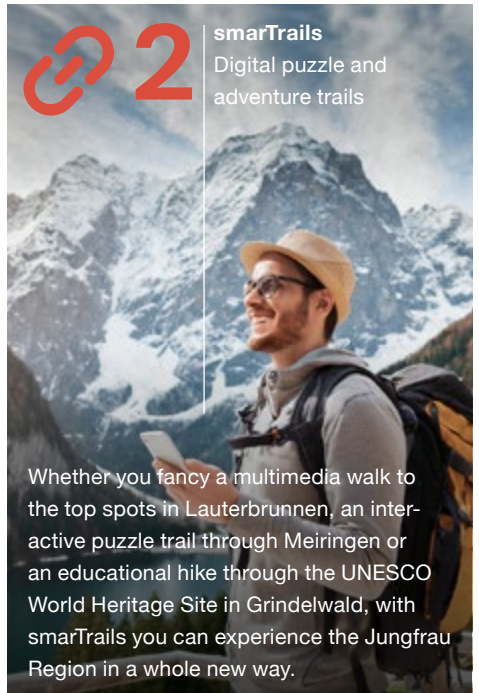
The “Krimispass” digital outdoor adventure allows you to take on the role of a detective and look for clues to solve various crimes.



2

### smarTrails

Digital puzzle and adventure trails



Whether you fancy a multimedia walk to the top spots in Lauterbrunnen, an interactive puzzle trail through Meiringen or an educational hike through the UNESCO World Heritage Site in Grindelwald, with smarTrails you can experience the Jungfrau Region in a whole new way.

# Thundering waterfalls and peaceful lakes

View of the  
**Grimselsee**

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# Summer card

Alpen tower  
Hasliberg



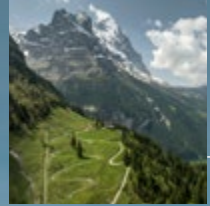
Aare Gorge



Grosse Scheidegg



Pfingstegg



Meiringen



Grimselwelt



First  
Top of Adventure



Grindelwald



Grindelwald  
Glacier Gorge



Jungfrauoch  
Top of Europe



Lauterbrunnen



Mürren



Männlichen  
Royal Experience



Wengen



Trümmelbach  
Waterfalls



Schilthorn  
Piz Gloria



# Mountain lakes



Mountain lakes are always a popular destination for hikes. These picturesque spots are perfect for taking a break and enjoying something to eat from your packed lunch. You might like to walk around the tranquil waters, take a quick dip, or simply capture the beauty with your camera lens. The Jungfrau Region has so many beautiful mountain lakes to marvel at. In the Grimselwelt alone, there are eight reservoirs waiting to be explored.

## **Engstlensee**

One of these is the Engstlensee, accessible through a variety of routes. We recommend the approx. 3.5-hour hike along the Horizon Trail from the Alpen tower, which you can reach by gondola cableway from Meiringen. A little tip: row boats are available at the lake and can be hired at the Hotel Engstlenalp reception.

# A challenge – the Grauseeli Loop

Take a ride on the Schilthorn cableway for a bird's-eye view of the Grauseeli. Of course, you can also access it on foot. This easy hike goes from Birg station down to the mountain lake via the Seewlifuhre. Or you can opt for the more challenging Grauseeli Loop. The idyllic setting of the lake, with the mountains mirrored on its surface, is a popular photo spot.

☆ mediocre

↔ 11,1 km ⌚ 7:30 h ▲ 964 m

▼ 964 m ⚖ 2599 m ⚓ 1636 m



Grauseeli



Sulsseeli



Gelmersee



## Sulsseeli

Or how about a walk to the Sulsseeli? You'll need around 1.5 hours to get to this mountain lake from the mountain station of the Isenfluh – Sulwald cableway. A stop at the nearby Lobhornhütte is a must – have a bite to eat and marvel at the view. You can practically reach out and touch the Eiger, Mönch and Jungfrau here.

## Gelmersee

The Gelmersee is another reservoir in the Grimselwelt. You can reach it by taking the Gelmer funicular, the steepest open funicular in Europe. The scenery here will make you want to stay a while. It's also a good starting point for hikes and mountaineering tours. The Gelmersee circular trail is one of the most popular hikes (see our top 5 hikes).

# Circular trail to the “blue jewel”

The Bachalpsee is the most visited mountain lake in the Jungfrau Region. It's known as the “blue jewel” – and for good reason. The mountain landscape around the Bachalpsee was the inspiration for Alderaan, the home planet of Princess Leia from the “Star Wars” films. It takes just under an hour to get there on foot from the First Railway mountain station.

☆ easy

↔ 5,8 km ⌚ 1:40 h ▲ 202 m

▼ 202 m ⚡ 2.280 m ⚓ 2.164 m



Bachalpsee



# Waterfalls



Listing all the waterfalls in the Jungfrau Region here would go beyond the scope of this guide. There are 72 waterfalls in Lauterbrunnen Valley alone. But we have picked out a few gems for you.

## **Trümmelbach Waterfalls**

The ten glacier waterfalls inside the mountain here, which are accessible by a tunnel lift, make the Trümmelbach Waterfalls unique. They are considered to be the largest underground waterfalls in Europe. You'll be astounded by the power of the water and the deafening noise. The Trümmelbach drains the huge glacier walls of the Eiger, Mönch and Jungfrau at a rate of up to 20,000 litres of water per second.





**Staubbach  
Waterfall**

**Reichenbach  
Waterfall**

Lauterbrunnental

Grindelwald

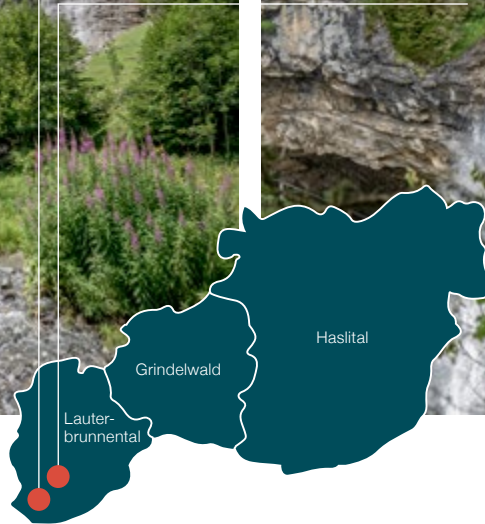
Haslital

### **Staubbach Waterfall**

This 297-metre waterfall is the key landmark of Lauterbrunnen and the highest free-falling waterfall in Switzerland. Because of the frequent thermals, the water sprays in all directions like dust, which is how the waterfall got its name (“Staub” means dust). The Staubbach Waterfall is illuminated during the peak season. In summer, you can view it from behind the water thanks to a specially designed viewing gallery. Entry is free of charge. Even the world-famous poet Johann Wolfgang von Goethe was inspired by the impressive waterfall and in 1779 wrote the poem “Song of the Spirits over the Waters”.

### **Reichenbach Waterfall**

The nostalgic, 24-seater wooden wagon of the Reichenbach Funicular, which is an exact replica of the original 19th-century wagon, will take you right up to the imposing, 120-metre-high Reichenbach Waterfall. Once you reach the top, you can enjoy the breathtaking view of the waterfall and the Haslital from the three viewing platforms. A trip up here is also a must for fans of Sherlock Holmes. The epic struggle between the famous detective and his arch-enemy Professor Moriarty, which ended with a plunge into the abyss, took place at this very waterfall.



## Mürrenbach Waterfall

There's high, and then there's the Mürrenbach Waterfall. At Stechelberg, the water of the Mürrenbach Waterfall thunders 417 metres down into Lauterbrunnen Valley. This is Switzerland's highest waterfall and it is at its most spectacular after the snow melts each spring and following heavy thunderstorms in summer. At other times, the Staubbach Waterfall steals the show. Although not as towering, it cascades in a much more picturesque manner than the Mürrenbach Waterfall, which is hidden between rocks.

## Sprutz Waterfall

You will find the Sprutz Waterfall between Mürren and Gimmelwald. The descent to the waterfall is steep and often a little slippery. Since the path takes you behind the waterfall, many people stop to freshen up with a quick splash, to enhance the experience.

# More waterfalls than anywhere else

Lauterbrunnen Valley is the only place where you can marvel at three of the most impressive waterfalls in the Jungfrau Region on an easy hike that is suitable for pushchairs and takes less than two hours. Starting at the Staubbach Waterfall, the trail takes you along the White Lütschine River to the Mürrenbach Waterfall via the Trümmelbach Waterfalls.

☆ easy

↔ 6,8 km ⌚ 1:45 h ▲ 117 m

▼ 3 m ⚡ 914 m ⚡ 797 m



Staubbach Waterfall



# Gorges



Grindelwald  
Glacier Gorge

Rosenlaui  
Glacier Gorge

Lauter-  
brunnental

Grindel-  
wald

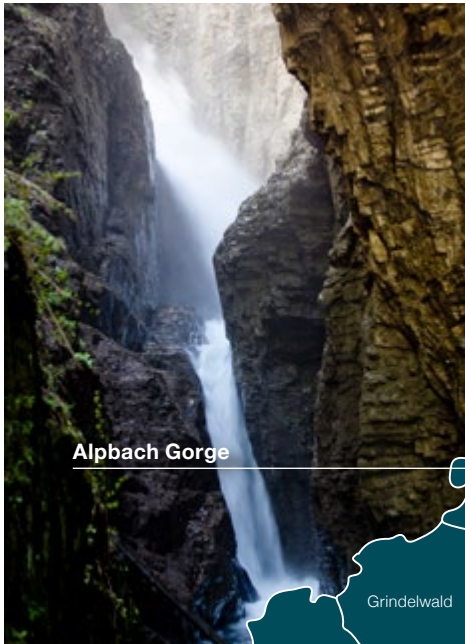
Haslital

## Grindelwald Glacier Gorge

Walk through the gorge of the Lower Grindelwald Glacier, which was once covered by glacial ice, passing through rock galleries and tunnels. If you are looking for something even more thrilling, venture out onto the walkable net that extends across the gorge at around the half-way point. It's an opportunity to test your nerve and step out over the thundering Lütschine river. Another way to get your kicks is to leap from a platform into the gorge while attached to a cable and then swing through it like an oversized pendulum. An injection of pure adrenaline! The Grindelwald Glacier Gorge stays open until 10 pm on Fridays.

## Rosenlaui Glacier Gorge

This narrow gorge below the Rosenlaui Glacier is part of the UNESCO World Heritage Site Swiss Alps Jungfrau-Aletsch. Here, a secured 573-metre-long path, with several tunnels and a height difference of 155 metres, has been blasted into the rock. It takes you past mighty waterfalls, romantic grottos and bizarre rock formations. You can only walk through the gorge upwards. On the way back to the starting point, you will walk through a pristine mountain forest.



Alpbach Gorge



Aare Gorge



### Alpbach Gorge

Venturing into the Alpbach Gorge between Meiringen and Hasliberg requires steady feet and a good head for heights. This via ferrata-like path embedded in the rock walls above the rushing stream is not for the faint of heart. The starting point is the Bergbahnen Meiringen-Hasliberg bottom station. You can only walk through the gorge from the bottom upwards. A normal hiking trail takes you back to Meiringen.

### Aare Gorge

In the Haslital, the Aare river has carved its course through the limestone rock over tens of thousands of years, spanning the stretch between Meiringen and Innertkirchen. In doing so, it has created a gorge 1.4 kilometres long, up to 200 metres deep, and narrowing to only 1 to 2 metres wide at certain points. You can walk the whole of the Aare Gorge, starting from Meiringen or Innertkirchen. Tip: in July and August it is open and illuminated until 10 pm on Fridays and Saturdays.

# The steepest slope and the longest sledging run





A sea of mist  
above Lauterbrunnen Valley

# Winter map

Alpen tower



Meiringen



Grosse Scheidegg



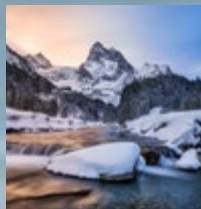
Bussalp



Hasliberg



Reichenbachtal



First  
Top of Adventure



Grindelwald





Männlichen  
Royal Experience



Wengen



Mürren



Birg  
Thrill Walk



Jungfrauoch  
Top of Europe



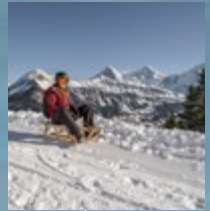
Lauterbrunnen



Schilthorn  
Piz Gloria



Isenfluh-Sulwald



Eiger 3070 m 10026 ft    Mönch 4107 m 13475 ft    Jungfrau 4158 m 13638 ft



# Grindelwald- Wengen

## Conquer the longest downhill run on the ski world cup circuit

After the racing is finished in mid-January, the perfectly groomed slope of the Lauberhorn downhill run at the skiing area is always opened to the public. Don't miss this unique opportunity! To get there, take the Wengernalp Railway from Wengen to Kleine Scheidegg and then continue with the chairlift to the Lauberhorn. The mountain station is located at 2,394 m above sea level. You can grab some refreshments at the Start Bar before heading to the starting point. Take a deep breath, followed by one or two more, and then go!

**The Lauberhorn**  
downhill run



## Getting there

The Eiger Express takes you from the Grindelwald Terminal to the Eiger Glacier – which sits at 2,328 metres above sea level – in just 15 minutes. You can also reach the skiing area from Grindelwald and Wengen by rack railway (Wengernalp Railway) or by cableway (Grindelwald-Männlichen Gondola Cableway or Wengen-Männlichen Aerial Cableway).

## Skipass

Jungfrau Ski Region Ski Pass – includes journey from Interlaken-Ost



## Total length of slopes in km

104

## Number of ski lifts

21

## Practice area

Kleine Scheidegg  
Swiss Ski & Snowboard School



Snowgarden (Figeler) Wengen  
Swiss Ski & Snowboard School  
Sliberhorn Centre



Ski school Skiparadies Männlichen



# Did you know?

## You can record your very own skiing video

Measure your time and film your descent on slope number 3 (Männlichen).

## Speed check

Measure your speed on slopes 21 and 45 (Kleine Scheidegg).

## Photo spots

The skiing area has various photo points where you can scan your ski pass and take a panoramic photo.

## Ski depot

Rent a heated ski depot at the terminal in Grindelwald – by the day, for a season or for the whole year.

## For the little ones

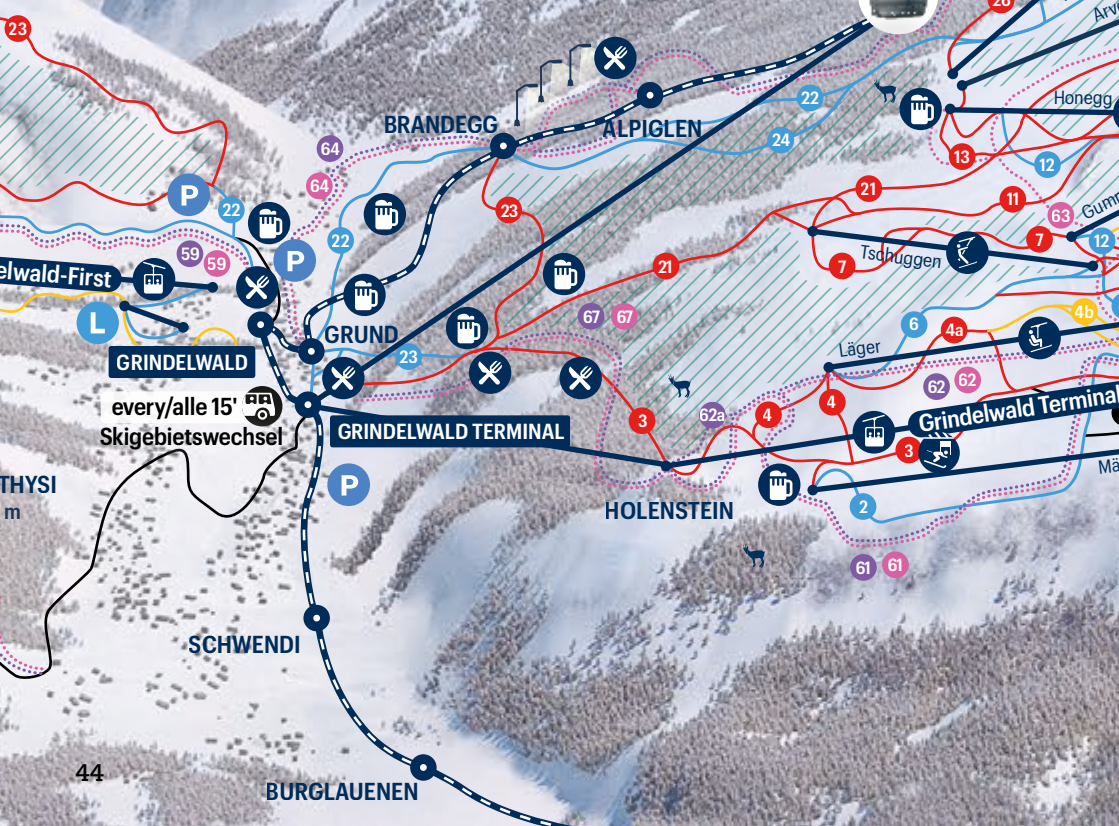
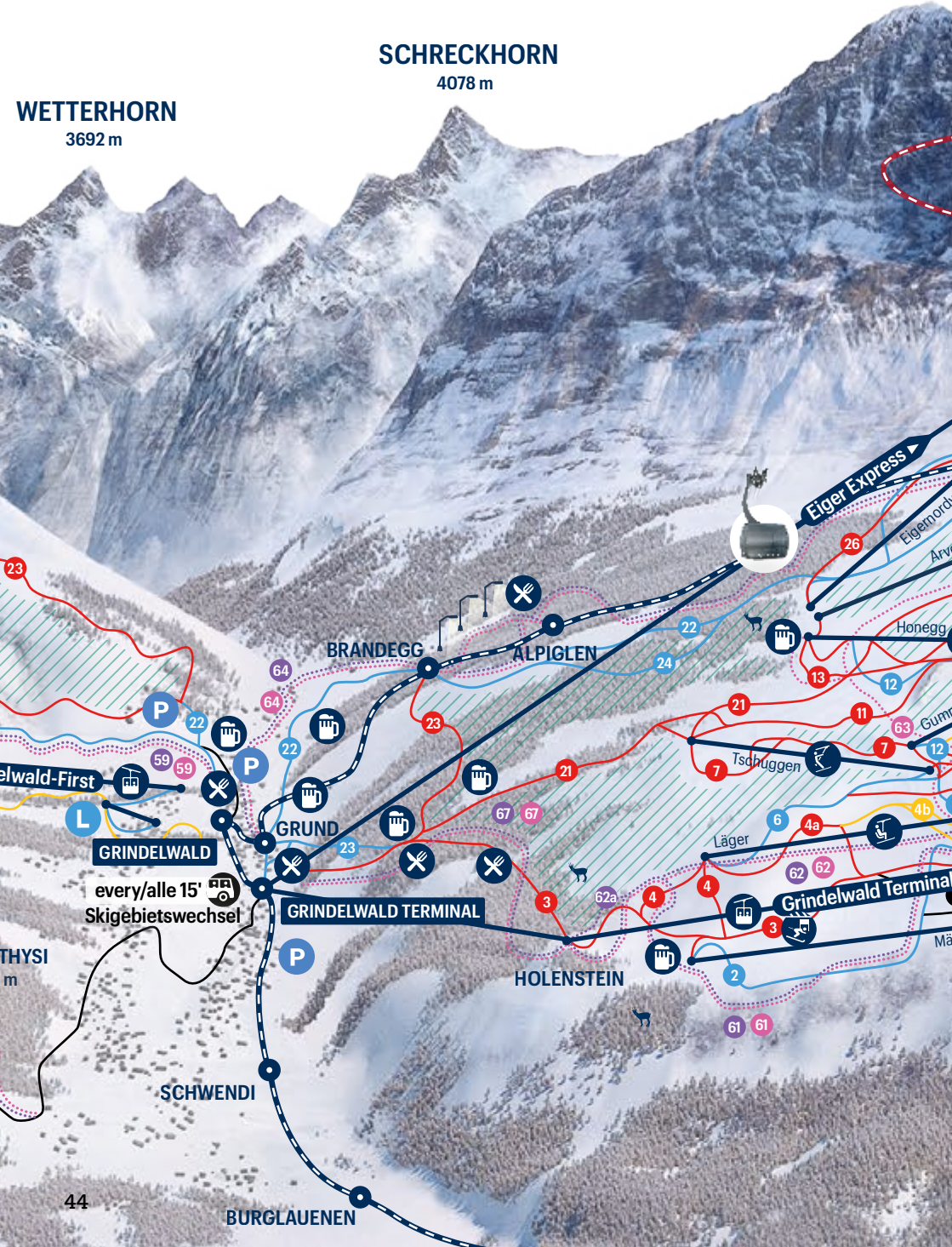
The Lily Pump Track and Lily Family Slope on the Kleine Scheidegg are sure to bring a smile to the faces of young and old alike.

# SCHRECKHORN

4078 m

# WETTERHORN

3692 m



**MÖNCH**  
4107 m

**JUNGFRAU**  
4158 m

**JUNGFRAUJOCH  
TOP OF EUROPE**  
3454 m

**SILBERHORN**  
3695 m



**EIGERGLTSCHER**  
2333 m

**KLEINE SCHEIDEGG**  
2061 m

**WENGERNALP**

**ALLMEND**

**WENGEN**

**MÄNNLICHEN**  
2230 m

**LAUTERBRUNNEN**

**GRÜTSCH**

# Grindelwald-First

## A halfpipe with a view of the Eiger North Face

Whether you're a beginner or a pro, Snowpark Grindelwald-First has the perfect facilities for you. The centrepiece of the Oberjoch facility is the 130-metre-long and 5.60-metre-high halfpipe with a view of the Eiger North Face. The park also has kickers, rails, bonks and boxes. The person in charge of the park is none other than Olympic halfpipe champion Gian Simmen.

**The Eiger North Face**  
Over 1,800 m high



## Getting there

You can reach the First in about 25 minutes by taking the gondola cableway from Grindelwald.

## Ski pass

Jungfrau Ski Region Ski Pass – includes journey from Interlaken-Ost



## Total length of slopes in km

55

## Number of ski lifts

7

## Practice area

bodmiARENA  
Outdoor Switzerland AG



# Did you know?

## Racing run

Slope number 1 is a public racing run with timekeeping.

## Ski cross

At the Schilt ski lift, you can try out this Olympic sport on an 800-metre-long slope.

## Powder snow/freeriding slopes

Slopes 5 and 14 are only groomed from the second day after snowfall.

## Avalanche rescue

At the ATC Avalanche Training Centre, you can practise avalanche victim search and rescue techniques using avalanche transceivers and avalanche probes.

## For the little ones

The figures, waves and banked turns of the Lily Fun slope help children to improve their snow sports skills in a fun way.

## An injection of pure adrenaline

With the First Flyer and First Glider (included in the Jungfrau Ski Pass) you can enjoy an adventurous flight from First or Schreckfeld.

# SCHWARZHORN

2928 m

Skipass Jungfrau





# SCHRECKHORN

4078 m

# ERHORN

392 m



Eiger Express

BRANDEGG

ALPIGLEN

GRUND

GRINDELWALD

GRINDELWALD TERMINAL

HOLENSTEIN

SCHWENDI

every/alle 15'  
Skigebietswechsel

# Mürren- Schilthorn

## Steep, steeper, Direttissima

Slope 9, the “Direttissima”, guarantees an adrenaline rush! With an 88 per cent incline, it is the steepest slope in the Jungfrau Region. This daring descent starts at Birg station and takes you directly down to Engetal. It goes without saying that only experienced skiers should attempt the Direttissima.

**The steepest slope**  
of the Jungfrau Region



## Getting there

You can reach the skiing area by cableway from Lauterbrunnen and Stechelberg.

## Ski pass

Jungfrau Ski Region Ski Pass – includes journey from Interlaken-Ost



## Total length of slopes in km

55

## Number of ski lifts

13

## Practice area

Allmendhubel  
Schilthornbahn AG



Snow sports in Mürren  
Mürren-Schilthorn Swiss Ski School



# Did you know?

## There's high, and then there's the Schilthorn

Mürren-Schilthorn is the highest skiing area in the Bernese Oberland, therefore ensuring exceptionally reliable snow conditions. The highest point is at almost 3,000 metres above sea level.

## You can record your very own skiing video

Measure your time and film your descent on slope number 4.

## For the little ones

Ski over waves and past obstacles – Lily's Magical Kids' Slope is a skiing paradise for children on the Allmendhubel.

## Snowpark

Rails, boxes and a kicker line for every skill level. The Skyline Snowpark at the Maulerhubel/Winteregg resort has all this and more.

# The Schilthorn cableway is being completely renovated!

The Schilthorn summit will therefore not be accessible from Birg between 14 October 2024 and 15 March 2025. The ski area between Birg and Mürren will be open as normal. Follow the construction progress here.



Morgenhorn  
3627 m

Wyssi Frau  
3650 m

Blüemlisalphorn  
3661 m

Hundshorn  
2929 m

**1** VIEW  
Schilthorn  
Piz Gloria  
2970 m  
Spy World  
Walk of Fame

**2** THRILL  
Skyline Walk  
Thrill Walk  
Birg  
2677 m

**3** CHILL  
Allmendhubel  
1907 m  
Kidslope  
Sonnenberg  
Bob Run

Gimmelwald  
1813 m

Schiltgrat  
2145 m

Blumental

Waseneegg

Apollo

Schiltgrathüsi

Start Inferno

Skyline Walk  
Thrill Walk

Birg  
2677 m

MÜRREN - SCHILTHORN 1322

Kidslope  
Sonnenberg  
Bob Run

Suppenalp

Allmendhubel  
1907 m

MÜRREN - ALLMENDHUBEL 157

ALLMIBODEN 121

Station Schilthornbahn  
1638 m

Station Allmendhubelbahn

Station BLM  
1638 m

Mürren

Station BLM  
1638 m

Station BLM  
1638 m

Station BLM  
1638 m

Station BLM  
1638 m

Station BLM  
1638 m



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LAUTERBRUNNEN - MÜRREN 842



Lauterbrunnens 3

796 m

RIGGLI 309

Schilthornhütte

Obere Hubel  
2439 m

MUTTLEREM 204

KANDIARH 245

Maulerhubel  
1930 m

Skimovie

MAULERHUBEL 135

Skyline Snowpark

WINTEREGG 351

Grütschalp  
1486 m

Winteregg  
1578 m

LAUTERBRUNNEN - MÜRREN 842

# Meiringen- Hasliberg



Night skiing  
at the Hasliberg

## Well-lit even at night

A unique experience in the Jungfrau Region: on selected days from January to March, slopes number 14 and 23 from Mägisalp to Reuti are illuminated until 10 pm. Before and after your night of skiing, enjoy an evening at the Mägisalp mountain restaurant, complete with musical entertainment.

## Getting there

You can reach the skiing area from Meiringen by cableway – or from Brünig-Hasliberg by PostBus.

## Ski pass

Morning passes, afternoon passes, day passes, multi-day passes



## Total length of slopes in km

60

## Number of ski lifts

13

## Practice area

Skihäsliland Bidmi  
Meiringen-Hasliberg  
Swiss Ski School



# Did you know?

## Ski race centre

Who is the fastest? Find out at the ski race centre.

## For the little ones

At Skihäsliland, children can discover the joy of skiing in a playful and secure environment, overseen by a dedicated team from the snow sports school.

## Balis Park

The perfect combination of ski cross (with dips and jumps) and an obstacle course with boxes and rails.

## Free taxi

Regular service between Twing-Halti and Skihäsliland Bidmi included in the ski pass.

## Check your elevation stats

When you return in the evening, wouldn't it be helpful to know how many metres in altitude you've covered, how many kilometres of slopes you've skied and how many ski lifts you've used? Skiline can tell you.

## Avalanche rescue

The ATC Avalanche Training Centre at the "Spycher" below Mägisalp is the perfect place to train with emergency equipment.

Hochstollen  
2480 m

Chingstuel  
2117 m

Hochsträss  
2180 m

2433m

Hohbiel  
2030 m

Käserstatt  
1840 m

1903m

Balisalp

Lischen

Bidmi

Hasliberg Wasserwendi

Hasliberg Hohfluh

Hasliberg Goldern

TWING

Hausen

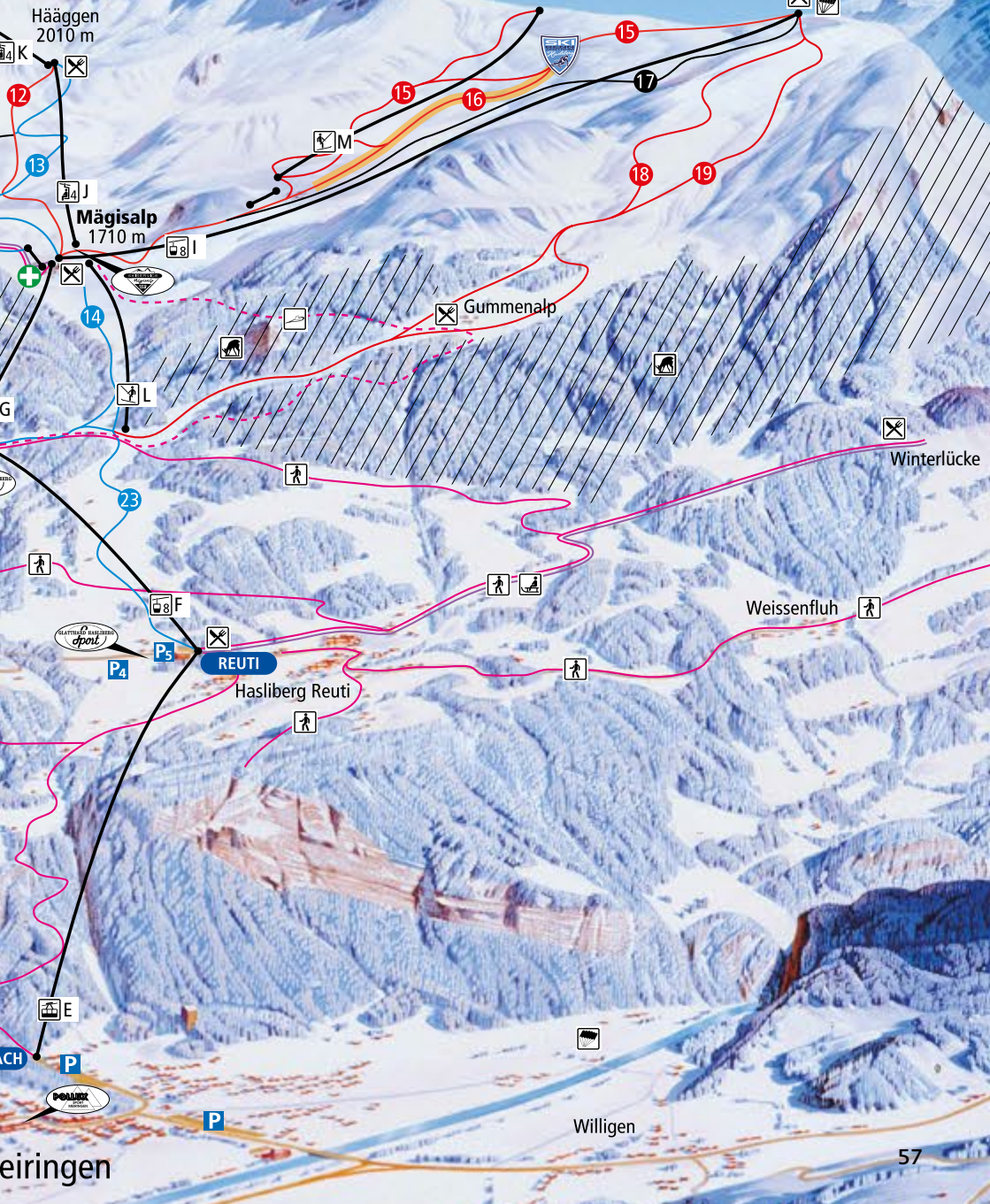




Rothorn  
2525 m

Alpen tower  
Planplatten  
2250 m

Titlis  
3239 m



# Sledging and more

The Jungfrau Region also has plenty to offer away from the ski slopes in winter.

1

Long, longer,  
Big Pintenfritz

The world's longest sledging run, measuring 15.4 kilometres in length, goes from the Faulhorn to Grindelwald. You'll descend 1,600 m in altitude in total, with moments along the way where a bit of effort may be required to navigate the terrain. The Jungfrau Region has many other classic sledging runs to try – from the Apollo Run to the City Run and the Fox Run.





# 2

## Winter hiking through snow-covered landscapes



Soak up the astounding silence and vastness of the Reichenbachtal. Hike up the gentle ascent from Gschwantenmad past snow-covered Alpine huts, centuries-old cheese-storage huts and mighty sycamores to the Schwarzwaldalp. Now head into the valley. You will always have the imposing Wellhorn in sight. This is just one of well over 20 fantastic winter hikes in the Jungfrau Region.



# 3

## Snowshoeing by the triumvirate



Hike from Mürren up to Chänelegg and back again. The stunning views are the main attraction of this snowshoe hike, with the triumvirate of the Eiger, Mönch and Jungfrau always in sight. Find out more about this and many other snowshoe hikes in the Jungfrau Region.



# 4

## Cross-country skiing with the Wetterhorn at your back

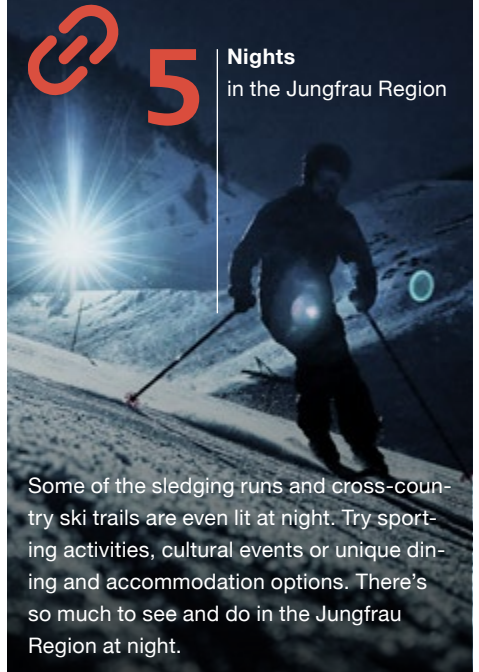


The cross-country ski trail in Grindelwald takes you through snow-covered forests and through open areas. It has plenty of variety and is suitable for both classic and skating styles of cross-country skiing. On your route, you will have a majestic mountain landscape at your back. You will also find perfectly groomed sections in Haslital and Lauterbrunnen.



# 5

## Nights in the Jungfrau Region



Some of the sledging runs and cross-country ski trails are even lit at night. Try sporting activities, cultural events or unique dining and accommodation options. There's so much to see and do in the Jungfrau Region at night.

# From bustling streets to calm and car-free havens



The village centre  
Mürren

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# Grindelwald



**Eiger**

3,970 above sea level



## Jungfrauoch, First and Pfingstegg

In Grindelwald, the village nestled at the foot of the Eiger, you'll find the most modern terminal in the Alps, featuring two cableways, links to public transport, a car park and a shopping centre. The Eiger Express, the world's most state-of-the-art tri-cable gondola, takes just 15 minutes to transport up to 2,200 guests per hour up to the new Eigergletscher mountain station, located at 2,333 m above sea level, in the heart of the hiking and skiing area. Here, guests can transfer to the Jungfrau Railway to continue up to the Jungfrauoch – Top of Europe, where they can marvel at the ice palace and the Aletsch Glacier – the largest glacier in the Alps. The bottom station for the Grindelwald – First gondola cableway can be found in the centre of the village. The hike from the mountain station to the Bachalpsee is a major highlight. Adventure-seekers are in for a treat on First. The First Flyer and First Glider will really get the adrenaline pumping. Other unique attractions include the First View viewing platform and the First Cliff Walk. Small but perfectly formed is an apt description of Pfingstegg. Reachable in under five minutes by cableway from Grindelwald, it features a 725-metre-long toboggan run and a fly-line. Not far from the centre of Grindelwald village, there is also an impressive glacial gorge you can visit.

# History and tradition

## The day Grindelwald burned

The 18th of August 1892 was a dark day in the history of Grindelwald. The weather was scorching hot and it hadn't rained in a long while. Suddenly a fierce Föhn storm descended upon the town with hurricane-like force. As the roof of the Gasthof Bären caught fire, the situation took a sudden turn for the worse. In a devastating chain of events, the buildings went up in flames, one after another. Grindelwald was ablaze. Even the sun was obscured on this fateful 18th of August. In just under two hours, 116 buildings were consumed by the flames. The fire of 1892 left more than 400 locals homeless.

## Drama on the Eiger

"If the face of the mountain can be climbed, we will climb it – or die trying!" This statement, made by Edi Rainer and Willy Angerer in 1936 about the Eiger North Face, tragically proved prophetic for both of them – they did, indeed, die trying. The first ascent attempt in the summer of 1936 turned out to be the most famous drama the Eiger North Face has ever seen. Together with Andreas Hinterstoisser and Toni Kurz from Germany, the two Austrians died on the mountain. The Eiger North Face was finally conquered in 1938.

## The velogemel – a triumph of Grindelwald

These days, when snow falls, modern machines quickly clear it from roads and paths. But things weren't always so efficient. A hundred years ago, it was rather more difficult to get around after heavy snowfall. Christian Bühlmann, a woodcarver and sawyer from Grindelwald, who had a disability that made it difficult for him to walk, found getting home on foot from his weekly rehearsals with the village music group very difficult. In 1911, determined to find a solution, he made himself a snow bicycle that would get him to his destination more quickly on flat and downhill routes. This innovative contraption had a wooden frame with two runners and could be steered using the handlebars at the front. To propel it forward, Bühlmann simply pushed off the ground with his legs. He named it the velogemel. The name is a combination of the words Velo, which is Swiss German for bicycle, and Gemel, which means sledge in the Grindelwald dialect. You can still find velogemels on the sledging runs in Grindelwald today.

**Want to try it?** You can hire a velogemel at the station and in selected sports shops.







Village Street  
Grindelwald



## My insider tip

### Alessandra Lochmatter

Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site Foundation

### Local delicacies and grazing Alpine ibex

One of the most impressive mountain hikes for me is the ascent to the Glecksteinhütte. Starting from the Gleckstein junction in Grindelwald, it takes about an hour to hike to the mountain station of the Wetterhorn aerial cableway. Switzerland's first public aerial cableway, this was short-lived as it ceased operations during the First World War. Next, the trail takes you over steep, exposed rock formations, through a refreshing waterfall and across lovely Alpine meadows. After around three hours, you'll reach the Glecksteinhütte, where you can try some local delicacies and watch the Alpine ibex graze. The steep, dizzying climb is definitely worth it because your reward is spectacular mountain scenery and a fascinating world of ice around the Upper Grindelwald glacier in the middle of the UNESCO World Heritage site.

### “Out and about with...”

Bringing children closer to nature and introducing them to the topics of sustainability and biodiversity – this is biologist Alessandra Lochmatter's goal when visiting the UNESCO World Heritage Site Swiss Alps Jungfrau-Aletsch (SAJA) with school groups. We spent some time watching the World Heritage guide at work, on a hike from Grosse Scheidegg to First.



Read the whole  
story!

# Lauterbrunnen





**Staubbach waterfall**  
Lauterbrunnen

## The valley of 72 waterfalls

The 297-metre-high Staubbachfall Waterfall is the key landmark of Lauterbrunnen and the highest free-falling waterfall in Switzerland. Even the world-famous poet Johann Wolfgang von Goethe was inspired by the impressive waterfall and, in 1779, wrote the poem “Song of the Spirits over the Waters”. It was a similar story in 1911, when the then 19-year-old J.R.R. Tolkien visited the Lauterbrunnen Valley. It’s a little-known fact that this is where he drew his inspiration from for the landscape described in “The Lord of the Rings”. Yes, really: anyone who has read the books and seen the films will feel like they have landed in Middle-earth in the Lauterbrunnen Valley. The Staubbachfall Waterfall is not the only highlight in this area – the Trümmelbach Waterfalls also deserve a special mention. The ten glacier waterfalls inside the mountain can be accessed by a tunnel lift. They are considered to be the largest underground waterfalls in Europe. The Mürrenbach Waterfall – the highest in Switzerland, at 417 metres – is also in the Lauterbrunnen Valley. Apart from the Staubbachfall Waterfall, the Trümmelbach Waterfalls and the Mürrenbach Waterfall, the Lauterbrunnen Valley boasts an astounding array of 69 waterfalls.

# History and tradition

## The famous bell

Lauterbrunnen Valley comes under the economic, judicial and – as part of the parish of Gsteig near Interlaken – ecclesiastical jurisdiction of the monastery. The valley inhabitants built their first church in 1487, without permission from the parish of Gsteig. They received considerable help and support from their relatives in Lötschental. The Lötscherglocke (Lötscher Bell) was already cast five years before construction began. The 200-kilogram bell was then carried over the Wetterlücke saddle on foot. When the old church was demolished in 1830, the framework that was used to carry the bell was found. The lower lip of the bell was damaged during transport, probably because it had to be dragged over the particularly steep sections. Today, it can be found in the Valley Museum.

## The plague

In 1669, an outbreak of plague tore through Lauterbrunnen Valley. Within four months, 360 of the 580 people living in the valley at the time had died.

## Lauterbrunnen lace-making studio

According to Wikipedia, bobbin lace making (known here as “Klöppeln” is a handicraft technique in which various types of lace are made using (usually wooden) bobbins with yarn being wound onto them.” This type of lace making originated in 16th-century Venice. It spread from Italy to many regions of Europe. One of those regions was the Lauterbrunnen Valley, where lace making served as an additional source of income for many poor families. Today, efforts are being made to keep the tradition alive. Every Friday afternoon and every first and third Tuesday evening of the month, a group makes lace items such as jewellery, scarves, hats and decorations in the old schoolhouse in Lauterbrunnen. Visitors are invited to observe the lace makers at work and marvel at their skill. Lessons are also offered.



Church  
from the 15th  
century



## My insider tip

**Fritz Bühlmann**

Hiking Trail Manager

### Observation point and Alpine flora

This circular hike takes around 2.5 hours and covers 490 metres in altitude. It starts in Isenfluh. From the bus stop, head up to By Spycheren, where the Fluhweg path branches off to Sulwald. Continue along an easy mountain trail through pastures and past stables into the local forest. From here, you hike steadily uphill through a beautiful spruce forest until you reach the first reservoir in Sulwald. The trail runs along a small stream up to the mountain road. Heading east, you come to the Sulwald observation point, directly above the steep rock face. Now follow the mountain road west. Before you reach the Sulwaldstübli restaurant at the mountain station of the cableway, your path branches downwards and off to the left. You pass meadows with beautiful Alpine flora. At the “Ankeweidli” meadow, you reach a wooded area again. Heading west, you cross the old merchant trail to Suls and enter a magical mountain forest. Soon, you too may encounter dwarves, elves and gnomes in the Guferwald forest, and with a bit of luck and keen eyes you might even catch a glimpse of a lady’s slipper orchid. You then cross the forest road to reach the old merchant trail to Sous. Along the footpath back to Isenfluh, you’ll be transported back in time, tracing the footsteps of herdsmen with hobnailed boots, and mules and muleteers, as they trod along the age-old trail. Soon you will be back in Isenfluh where you can quench your thirst at Restaurant Waldrand.

### “Out and about with...”

Without his work, we would lose our way sooner or later. Quite literally. Fritz Bühlmann is responsible for ensuring that the signposts and markings in the Lauterbrunnen Valley are clearly visible to everyone. We tagged along with the sprightly pensioner as he carried out his work



Read the whole  
story!

# Mürren



**Tennis court**  
700 metres above  
the abyss



## Follow in the footsteps of James Bond

Mürren (1,650 m above sea level) is the highest consistently inhabited place in the Bernese Oberland – and it's car-free. The 1969 Bond film "On Her Majesty's Secret Service" was shot here. The film's success still permeates the atmosphere in this village at the foot of the Schilthorn. The top attractions in Mürren are the 360-degree revolving restaurant at the top of the Schilthorn and the THRILL WALK. The rock footbridge on Birg offers plenty of thrills under the watchful eyes of the Eiger, Mönch and Jungfrau. In terms of panoramic views, the funicular to the Allmendhubel, Mürren's own little mountain, and the train journey from Mürren to the Grütschalp also figure among the absolute highlights of the Jungfrau Region.

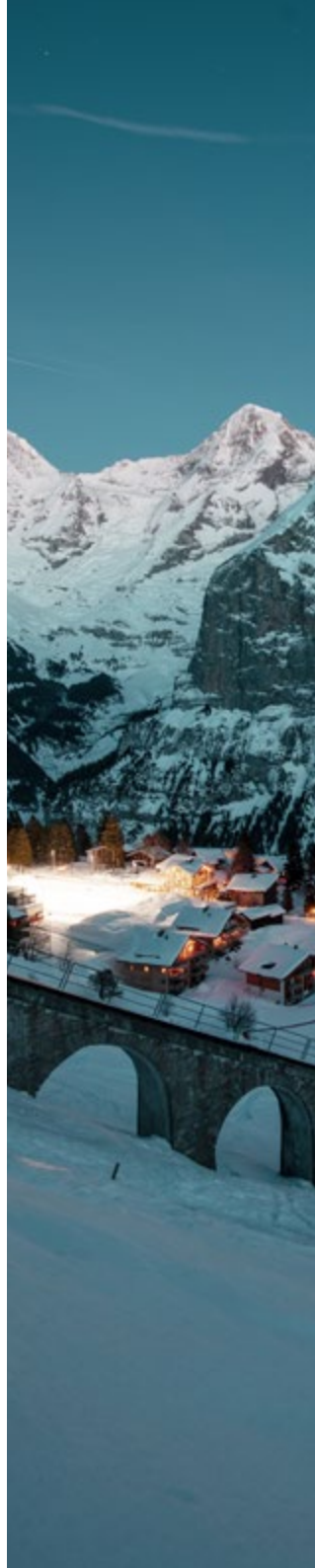
# History and tradition

## **A refuge for soldiers**

Mürren hosted the first British tourists in the early 20th century. The winter of 1910/11 was the first time the Mürren railway operated throughout the season. But the outbreak of the First World War brought tourism to a standstill. The decision to intern British soldiers in its hotels and chalets was therefore a stroke of luck for Mürren. That's because they brought their ski equipment with them, transforming the village into a skiing mecca. After their return to Britain, the soldiers told others about their winter experiences in Mürren and made the village famous throughout their home country.

## **The first slalom in history**

"It was here in Mürren that Arnold Lunn set the first slalom in 1922 and organised the first world championship in downhill and slalom racing in 1931" – so reads an inscription on a memorial in Mürren. There's no doubt that the British peer, Sir Arnold Lunn, is closely tied up with the history of both modern slalom racing and Mürren itself. He, too, found himself in Mürren during the First World War, after a climbing accident left him unfit for military service. While there, he looked after sick and injured British soldiers and officers. He also entertained detainees by organising ski courses and competitions. And he campaigned – successfully – for recognition of Alpine ski racing. In January 1922, he set up the first slalom in history in the Allmendhubel area. He developed the modern rules for downhill and the slalom, which were adopted by the FIS in 1928. In 1931, the first FIS World Championships with downhill, slalom and combined were held in Mürren. These were the first ever FIS races. The Kandahar Club, which was founded back then and has club locations in London and Mürren, still produces top ski racers in the Ski World Cup today. The current top skiers are Daniel Yule from Switzerland and Dave Ryding from Great Britain.







The Allmendhubel  
funicular railway  
to Mürren's own  
mountain



## My insider tip

**Yanick Wyss**

Slope Groomer

### **A beer with a view**

In summer, when our snow groomers are parked in the garage, the mountain landscape around Mürren is a hiker's paradise. You can walk from Mürren to Grütschalp in just over an hour or take the Lauterbrunnen-Mürren Rail & Cableway (BLM-Bahn). This part of the route is a must-see, but it's not our insider tip. That part starts at Grütschalp. The hike takes about two and a half hours, passing through the Marchegg forest to Marchegg, then through Soustal to Sousläger, and finally going up to Alp Suls and onwards to the Lobhornhütte. This is a fantastic place to have a beer and enjoy the view. Bonus tip: Not far from the SAC hut, you will find the stunning mountain lake Sulsseel.

### **“Out and about with...”**

It's 3 pm and we're travelling from Interlaken to Stechelberg. Against the flow of traffic. A steady stream of cars approaches from the opposite direction. Many who were out and about in Grindelwald, Wengen or Mürren today are already on their way home. But not Yanick Wyss. We met him at the bottom station of the Schilthorn cableway. When others are winding down their day, his work is just beginning. Yanick Wyss is a slope groomer.

PS. Yanick Wyss now works in Wengen – on the other side of the valley – as a slope groomer.



Read the whole  
**story!**

# Wengen

A high-angle, panoramic view of the Lauterbrunnen Valley in Switzerland. In the foreground, a village with traditional Swiss chalets and dark wooden buildings is nestled on a green hillside. The middle ground shows a deep, forested valley with a river winding through it. In the background, majestic, snow-capped mountains rise against a cloudy sky. The overall scene is a classic representation of the Swiss Alps.

View of  
Lauterbrunnen Valley



## The Lauberhorn downhill run, the Royal Ride – and hardly any cars

What a route! We could say this about the beautiful train journey, which goes from Grindelwald via the Kleine Scheidegg to Wengen. We could also say it about the famous Lauberhorn downhill run. The village of Wengen at the foot of the Jungfrau owes its fame to this notorious course. But the only way you can get to whizz around here is on the ski slope in winter, as Wengen can only be reached by public transport. Just a few cars operate in the village. In summer, you can conquer the longest downhill run on the ski world cup circuit on foot. Wengen also offers an experience fit for kings and queens – or, at least, for those who just want to feel regal. Take the Royal Ride – a trip on the open-air balcony of the Männlichen – Wengen aerial cableway. Then, when you get to the mountain station, the Royal Walk takes you from there to the summit of the Männlichen, and to the viewing platform shaped like a crown.

# History and tradition

## **The invisible flag**

The name Jungfrau appeared in a historical document for the first time in 1577 – in Thomas Schöpf's "Chorographia ditionis Bernensis". In this book, the author describes the mountain as being stiff with eternal snow and ice, and completely inaccessible, prompting the residents to name it after an untouched virgin. But on the 3rd of August 1811, the Jungfrau became the first four-thousand-metre peak in Switzerland to be conquered – by brothers Johann-Rudolf and Hieronymus Meyer from Aarau and the Valais mountain guides Joseph Bortis and Alois Volken. The pioneers stuck a pole with a black linen cloth attached to it into the pristine snow on the summit as proof of their achievement. Unfortunately the symbolic gesture couldn't be seen from the valley below, so there was no tangible evidence. Consequently, many people doubted their success. One year later, on the 3rd of September 1812, the two chamois hunters repeated the feat with Johann-Rudolf's son, Gottlieb. This time, the flag they raised could be seen from the valley, and it remained visible until 1842.

## **Mendelssohn's sketch of the Jungfrau**

The German composer, organist and pianist Felix Mendelssohn visited Switzerland four times in all. During his visit in August 1842, he produced his famous sketch of Wengen and the Jungfrau. Today, there is a monument on the spot where he drew it. Wengen's connection to Mendelssohn remains alive and well to this day, and is also celebrated with music. The Mendelssohn Music Week is held here every year. Several concerts are held in his honour in the Reformed Church in Wengen during this special week.

## **"Swissness" on Männlichen**

Celebrating what it means to be Swiss is a big deal in Wengen. The community celebrates Swiss folklore with various festivals – especially on the Männlichen. There's the sound of Alphorns, Schwyzerörgel (Swiss accordions) and yodelling, as well as traditional costume groups, waving flags and much more. The Bergfrühlingsfest (mountain spring festival) in June, the Trachtenfest (traditional costume festival) in July, and the Alphorntreffen (gathering of Alphorns) and Fahenschwingertreffen (flag-waving gathering) in August make this time of year extra Swiss!



**"Figeler"**  
practice area  
run by Wengen Ski  
School



## My insider tip

**Werner Künzi**

Ice Rink Maintenance Manager

### **Grilling cervelats in front of four-thousand-metre peaks**

It's idyllic, romantic, varied, and a bit off the beaten path: in less than an hour you can hike from Wengen to Obere Lische, with a short detour to the Hunneflue observation point included. There are so many options here. A five-minute walk through the forest will take you to the Leiterhorn, another impressive observation point. Or you could stop a while at the BBQ area. Grilling cervelat sausages with a view of the four-thousand-metre peaks and the Lauterbrunnen Valley – what more could you want? But you could also hike on to the Spätenalp and treat yourself to a meal served by the Rubin family. Even celebrities like Robbie Williams have stopped by here. Yet another option is to head back from the Obere Lische. There are many ways to get back to Wengen. For example, you can take the forest road to the Äussere Almi Alpine hut, then turn left at the fork towards Mesti and then follow a small, idyllic path to the old Männlichen railway via the Mendelssohn memorial. It's worth making a detour to the swimming pool here, which is a listed building. Just a few minutes later you will be back in the village centre.

### **“Out and about with...”**

It's still dark when we take the train from Lauterbrunnen to Wengen. Arriving at our destination at just under 1,300 metres above sea level, we make our way to the artificial ice rink. The car-free village is still asleep, but work is already underway here. We're tagging along with Werner Künzi. He has been working as an ice rink maintenance manager in Wengen for 20 years.



Read the whole  
story!

# Haslital

A scenic view of the Haslital valley. In the background, the Vorderer Zinggenstock mountain peak is visible, partially covered in snow. The foreground shows a lake reflecting the sky and the surrounding mountains. The sky is a clear, pale blue.

Vorderer Zinggenstock  
2,921 m above sea level



## The Alpen tower, the Grimselwelt – and Sherlock Holmes

High above the Haslital, at 2,250 m above sea level, stands the majestic Alpen tower. The 360-degree panoramic view is exceptional. On a good day, you can see 401 mountain peaks from here. What's more, Hasliberg is a hive of child-friendly activities. Its two Dwarf Trails and a Marble Run are just some of the amenities that make it a paradise for families. The Grimselwelt region, too, is part of the Haslital. Electricity is generated here from a total of eight reservoirs. One of these is the Gelmersee. It can be reached from Handegg via the Gelmer funicular. With an incline of 106 per cent, it is the steepest open funicular in Europe. The Aare Gorge in Meiringen and the Rosenloui Glacier Gorge in the unspoilt Reichenbachtal are some of the other sights worth seeing in the Haslital. For fans of Sherlock Holmes, a visit to the Reichenbach Waterfall is a must. A nostalgic wagon – an exact replica of the original wooden wagon – runs along the waterfall to the top. Right to the spot where Sherlock Holmes, in his final showdown, fell to his death. In Meiringen, there's even a museum devoted to the famous master detective created by the author Sir Arthur Conan Doyle.

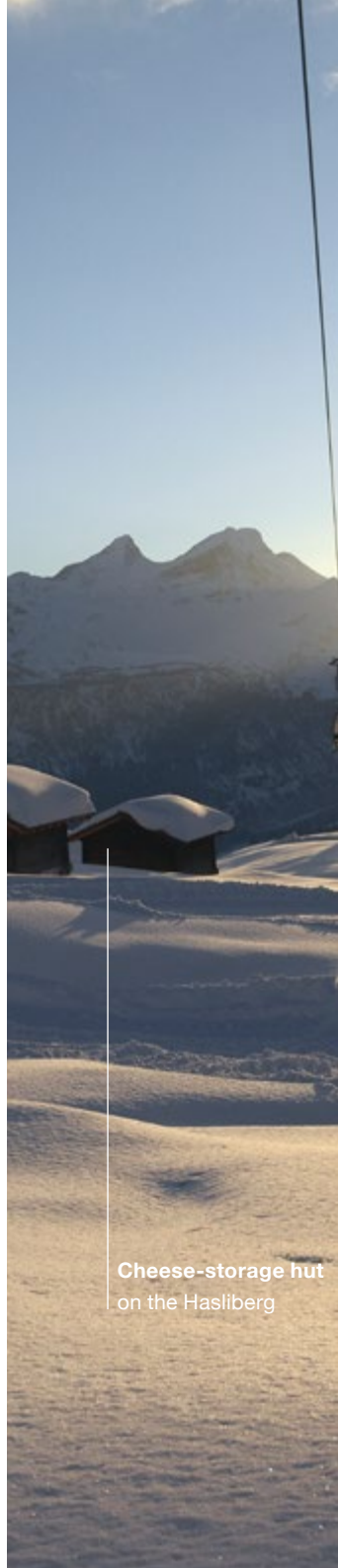
# History and tradition

## **The first ever Alpine air rescue**

On the 18th of November 1946, an American Dakota C-53 aircraft took off from Vienna with twelve passengers; the flight was bound for Pisa. Following a stopover in Munich, the pilot decided to fly over the Swiss Alps – but he misjudged the altitude conditions. Because the aircraft was flying too low, it hit the Gauli Glacier at a height of 3,350 metres while flying at a speed of 280 km/h. It skidded through the deep snow, past crevasses, before finally coming to a standstill, without any life-threatening injuries being caused. As the radio was still intact, the crew was able to issue a Mayday call. However, nobody knew where the plane was. By coincidence, a few days later, a spotter plane sighted the wreck of the Dakota. The rescue mission could finally begin. It has since gone down in history as the largest rescue operation in the Alps. After various attempts by American mountain troops to reach the crash site failed, a Swiss captain took over and coordinated the rescue operation from the air, marking the start of the air-rescue service in the Alps. After six days, all of the Dakota's passengers and crew were rescued from the glacier and the members of the rescue team were hailed as heroes in the media.

## **Driving out the evil spirits**

At the end of each year, the Haslital villagers partake in the tradition of using masks and cow bells to chase away the evil spirits that haunt the village. It's an ancient tradition of Celtic origin dating from pre-Christian times, when the inhabitants of the mountain valleys used to ring cow bells to keep evil spirits away from their villages during the longest nights of the year. They have kept up the tradition to this day and are passing it down to the next generation. This special week at the end of the year starts on the night of 25–26 December and ends on the second last working day of the year, known as the "Übersitz". During this week, various trychel (cow bell) processions impressively march through the villages of Haslital to drive away the evil spirits. Every day, the trychel processions grow and the noise gets louder until the climax on the night of the "Übersitz".



**Cheese-storage hut**  
on the Hasliberg





## My insider tip

**Luzius Gartmann**

Grimselwelt Guide

### **Start with stunning views – end with a real gem**

This hike begins on the Grosse Scheidegg, which you can reach by PostBus from Meiringen. You'll reach 2,006 metres above sea level where there's a breathtaking view towards Haslital and Grindelwald, with the Mittellegi ridge of the Eiger right in front of you. The trail takes you northwards, past the Gratschärm and the Alpine settlement of Scheidegg Oberläger on the beautiful, gently sloping Romantic Trail. You should definitely make a short stop at the Gibelplatti to enjoy the view of the Reichenbachtal valley. The trail then descends quite steeply on stair-like steps to the Pfanni and then onwards to the Brochhütte Alpine hut. You can either stop here for refreshments or you can press on for the last 15 minutes of this approximately 2.5-hour hike and then enjoy a bite to eat at the Chalet-Hotel Schwarzwaldalp (1,441 metres above sea level). From there, you can take the comfortable PostBus back to Meiringen. But before you do, be sure to visit the historic Schwarzwaldalp sawmill. It's a real gem, especially for anyone who enjoys seeing old technology in operation.

### **“Out and about with...”**

Luzius Gartmann has been guiding visitors through power stations, tunnels and construction sites in Grimselwelt for almost ten years. It's a dream job for the 75-year-old from Meiringen. We tagged along with him on a tour.



Read the whole  
**story!**

# Getting there and back again

**Eiger Express**

Modern and fast

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# How to get there



We recommend taking public transport. Within Switzerland, trains run to the Jungfrau Region every half hour.

Thun

Spiez

Thunersee

## Great value public transport passes

There are many cost-effective public transport passes you can use to get around the Jungfrau Region, including the Swiss Travel Pass, Swiss Half Fare Card, Berner Oberland Pass and Jungfrau Travel Pass.

## Park & Ride

If you are driving to Grindelwald, Wengen, Lauterbrunnen or Mürren, you can park your car in Matten bei Interlaken (day parking only) or in Wilderswil (24/7 parking). From there, you can reach your desired destination by public transport. You can get to Lauterbrunnen in around 20 minutes, to Grindelwald and Wengen in around half an hour and to Mürren in around 50 minutes.

## Travel without luggage

Fancy travelling light? Swiss Federal Railways (SBB) can transport your luggage, bags or skis from station to station or even from door to door.



## Parking at your destination

**Grindelwald** has three public covered car parks: Parkhaus Eiger+ multi-storey car park (252 parking spaces), Parkhaus Sportzentrum multi-storey car park (160 parking spaces) and the Terminal Parking of the V-cableway (1,000 spaces). Alternatively, you can use the car park at Grindelwald Grund.

**Lauterbrunnen** has a multi-storey car park below the train station. Alternatively, you can use the car park at the church in Lauterbrunnen.

**Wengen and Mürren** are car-free villages. If you are travelling by car, you must leave your car at one of the following car parks: the Matten bei Interlaken Park & Ride, the Wilderswil Park & Ride, the Lauterbrunnen covered car park or the Schilthorn cableway car park in Stechelberg.

**In the Haslital**, the municipality of Meiringen has 835 public parking spaces in the village centre and at the bottom station of Bergbahnen Meiringen-Hasliberg. There is also a large multi-storey car park in Hasliberg-Wasserwendi, right next to the gondola cableway to Käserstatt

Find out all you need to know about travelling to and within the Jungfrau Region here!



# Important Phone Numbers

**112** Emergency number

**117** Police

**118** Fire service

**144** Ambulance service

**145** Poisons Information Centre

**1414** Swiss Air-Rescue REGA

**140** TCS breakdown service

Federal office of public health

**+41 58 463 00 00**

Interlaken hospital

**+41 33 826 26 26**

Interlaken walk-in clinic

**+41 33 826 21 00**

Swiss federal railways (sbb)

**+41 848 446 688**

Jungfrau railways

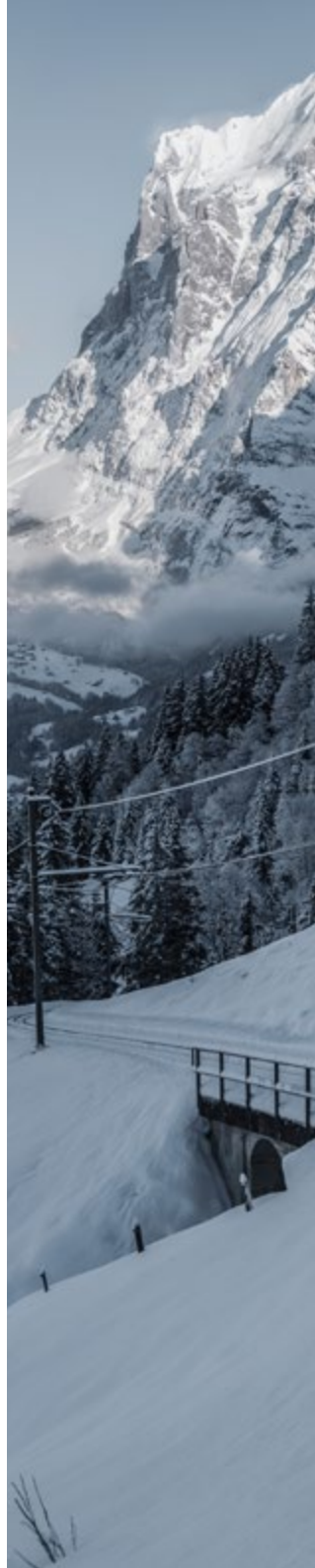
**+41 33 828 72 33**

Schilthorn cableway

**+41 33 826 00 07**

Bergbahnen Meiringen-Hasliberg

**+41 33 550 50 50**





**Wengernalp Railway**  
Get around on rails

## Contact

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Grindelwald  
Wengen  
Mürren  
Lauterbrunnen  
Haslital

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