



Jungfrau Region

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We print with «der Zukunft zuliebe»:



Merkur Druck AG

YOUR WORLD

Hiking or biking. Mountains or museums. Feasts for the eyes and for the belly. Relaxing or thrill-seeking. Children or adults. Rain or shine. Whatever the time. Whatever you do, whenever you do it and whomever you do it with, it's the variety on offer in the Jungfrau Region that makes it special.

Enjoy hiking under the gaze of the Eiger, Mönch and Jungfrau. Ride on the Eiger Express. Marvel at the view of more than 400 mountain peaks from the top of the Alpen tower. Walk through 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. Step into the shoes of Sherlock Holmes with the KrimiSpass Jungfrau Region. Conquer the famous – or rather, infamous – Lauberhorn downhill run on foot. Gaze in awe from the Jungfraujoch at the Aletsch Glacier, the largest sea of ice in the Alps. Visit the car-free villages of Mürren and Wengen, go climbing at Indoor Rope Park Grindelwald (Indoor Seilpark Grindelwald), indulge in some culinary treats and experience local traditions at first hand. The list goes on...

This guide contains lots of helpful information and tips about the Jungfrau Region. With so much variety on offer, you can put together a world of your own – and then go discover it.

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? Want to see webcams and maps of the Jungfrau Region, or the latest special offers? You can find out all this and more on our welcome page.

jungfrauregion.swiss/welcome





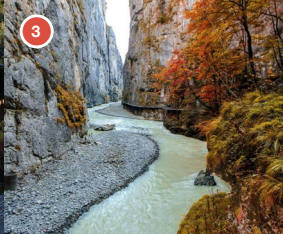
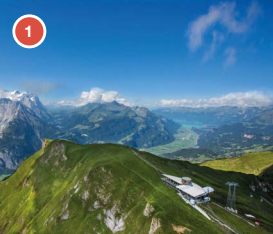
Wetterhorn
3701 m 12139 ft

Eiger
3970 m 13022 ft

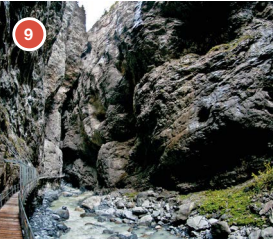
Mönch
4099 m 13445 ft

Jungfrau
4158 m 13638 ft

Alpen tower–Hasliberg Meiringen Aare Gorge Grimselwelt Grosse Scheidegg First–Top of Adventure Pfingstegg Grindelwald



Glacier Gorge Grindelwald Jungfrauoch–Top of Europe Männlichen–Royal Experience Wengen Lauterbrunnen Trümmelbach Waterfalls Mürren Schilthorn–Piz Gloria





THINGS YOU NEED TO EXPERIENCE



TOP 5 - WAY UP HIGH



1

1 TOP OF EUROPE

At 3,454 metres above sea level, the Jungfrauoch station is the highest station in Europe. This route passes through a seven-kilometre tunnel through the Eiger and Mönch. 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 is where the 1969 James Bond film “On Her Majesty’s Secret Service” is set – perhaps the best James Bond film of all time. The 360-degree revolving restaurant Piz Gloria got its name from the film.

2



3



3 A VIEW OF 401 MOUNTAIN PEAKS

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

4 TOP OF ADVENTURE

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 in less than an hour to the picturesque Bachalpsee.

4



5 A REGAL EXPERIENCE

The Royal Walk takes you from the mountain station to the summit of the Männlichen, and to the viewing platform that is shaped like a crown. The view from here, which encompasses the Eiger, Mönch and Jungfrau, is... fit for royalty.

5



TOP 5 - ALPINE LAKES

Mountain lakes are always a popular hiking destination. They are wonderful places to stop for a break and something to eat from your packed lunch. You might like to walk around them, take a quick dip, or “just” take photos. In the Jungfrau Region you have so many beautiful mountain lakes to marvel at. The Grimselwelt alone has eight reservoirs for you to discover.

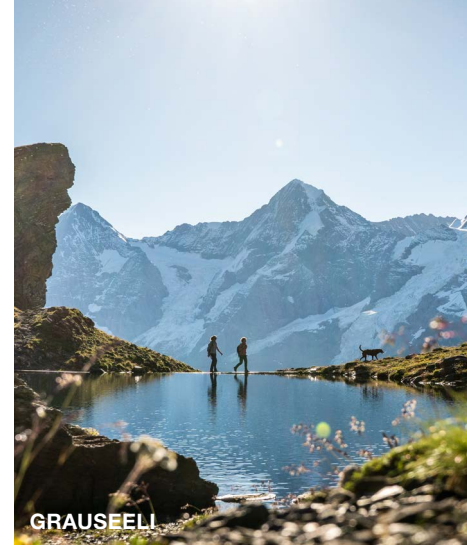
One of these is the **Engstlensee**, which you can get to in myriad ways. We recommend the approx. 3.5-hour hike along the Horizon Trail from the Alpen tower, which you can get to by gondola from Meiringen. A little tip: row boats are available at the lake and can be hired at the Hotel Engstlenalp reception.

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 via the Seewlifuhre down to the mountain lake. The idyllic setting of the lake, with the mountains mirrored on its surface, is a popular photo spot.

Speaking of photo spots: **Bachalpsee** is the most visited mountain lake in the Jungfrau Region. It’s known as the “blue jewel” – and for good reason. It takes just under an hour to get there on foot from the First Railway mountain station.

Or how about a walk to the **Sulsseeli**? You’ll need around 1.5 hours to get to the 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.

Less well-known but no less pretty is the **Gadelausee**. You have to earn the right to gaze upon it, but the peace and quiet when you reach the lake will be worth it. The approx. 4.5-hour hike from the bottom station of the Tälli funicular requires a good level of fitness.



GRAUSEELI



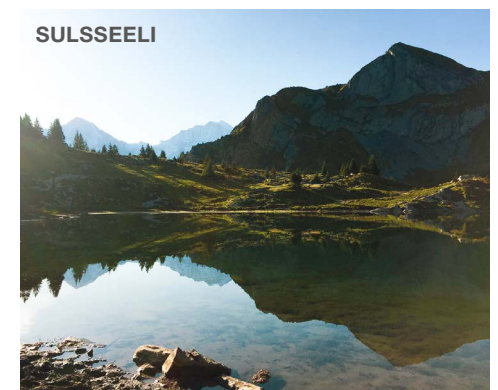
BACHALPSEE



ENGSTLEENSEE



GADELAUSEE



SULSSEELI

TOP 5 - WATERFALLS AND GORGES



1 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.

2 STAUBBACH WATERFALL

This 297-metre-high waterfall is the key landmark of Lauterbrunnen and is the highest free-falling waterfall in Switzerland. Because of the frequent thermals, the water is sprayed 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".

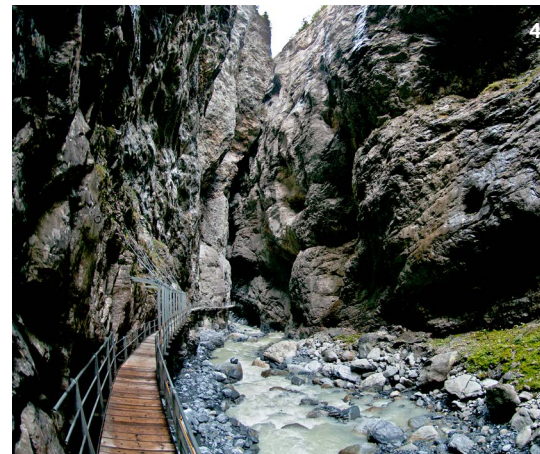


3 AARE GORGE

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

4 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 net that extends across the gorge at around the half-way point. It's an opportunity to test your nerve and walk 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.



5 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.



TOP 5 - HIKING TRAILS





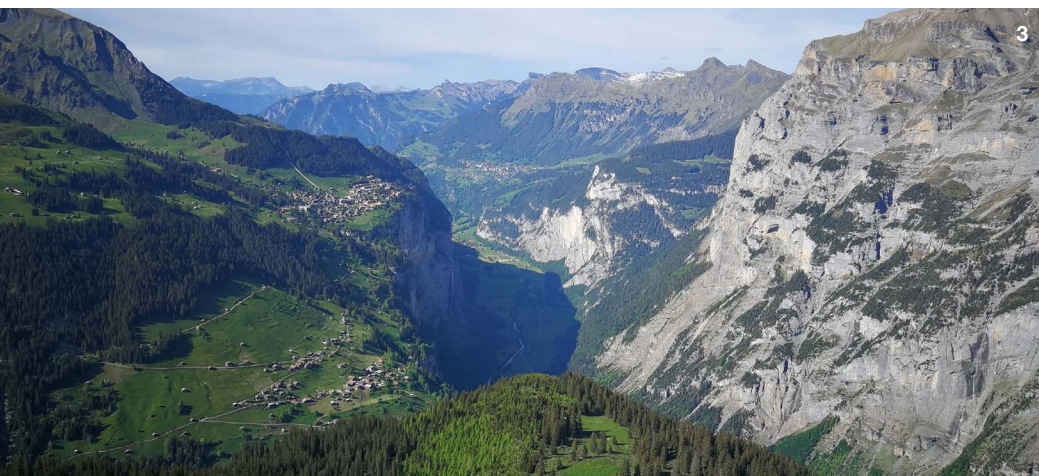
1 "ROMANTIC TRAIL" MÄNNLICHEN - ALPIGLEN

 Moderate  2h
 0vm  608vm
 7.35km
 Männlichen
 Alpiglen
jungfrauregion.swiss/romantictrail










2 LAUBERHORN TRAIL: KLEINE SCHEIDEGG - WENGEN








 Moderate  2h 49min
 260vm  1045vm
 8.16km
 Kleine Scheidegg
 Wengen
jungfrauregion.swiss/lauberhorntrail

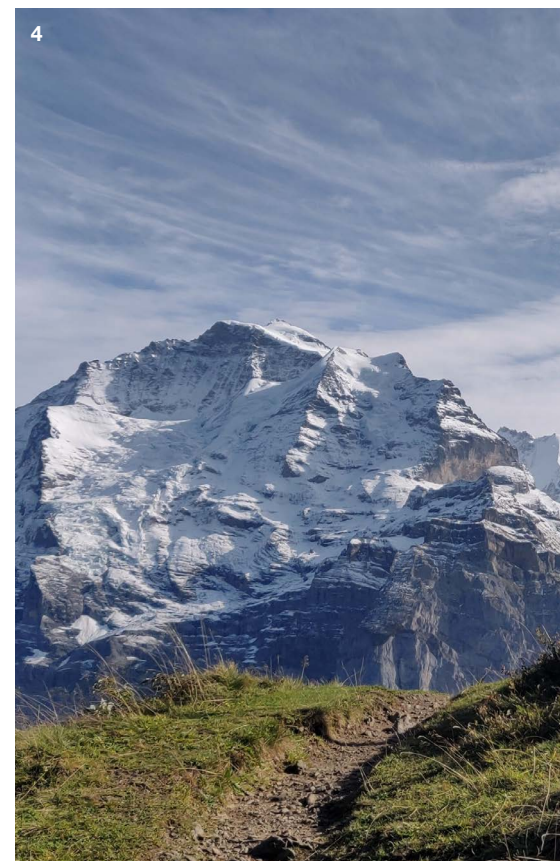
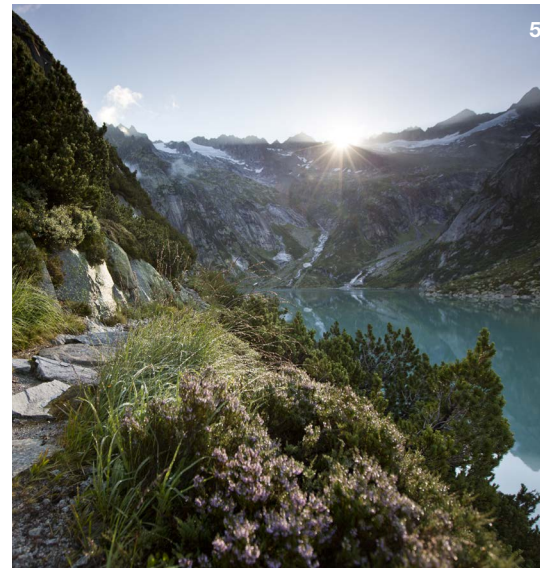


3 FROM GIMMELWALD TO THE TANZBÖDELI








 Moderate  5h 40min
 980vm  1440vm
 12.32km
 Gimmelwald
 Stechelberg
jungfrauregion.swiss/tanzboedeli/en

4 GRÜTSCHALP - ALLMENDHUBEL MOUNTAIN VIEW TRAIL

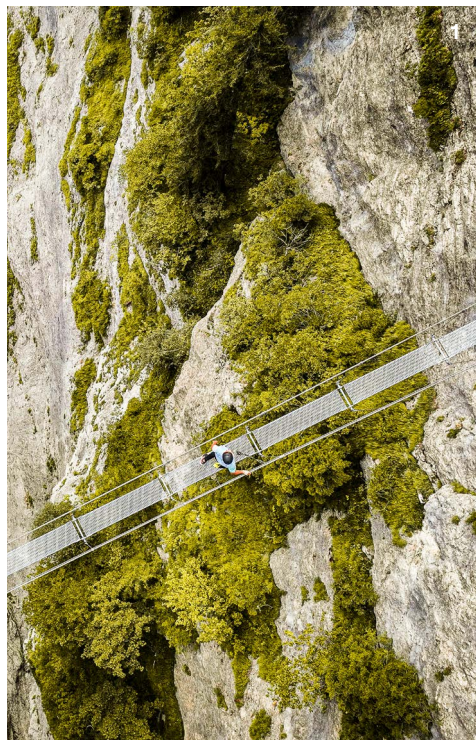
 Easy  2h
 492vm  68vm
 5.1km
 Grütschalp station
 Allmendhubel
jungfrauregion.swiss/mountainviewtrail



5 GELMERSEE CIRCULAR TRAIL

 Moderate  3h
 199vm  199vm
 8.96km
 Handegg, Gelmerbahn valley station
 Handegg
jungfrauregion.swiss/gelmersee/en

TOP 5 - VIA FERRATAS



1 MÜRREN

	K3		3h
	0vm (15 min)		340vm (2h 45 min)

→ Mürren, Schilthorn
cable car station

→ Gimmelwald, Schilthorn
cable car station

jungfrauregion.swiss/viaferratamuerren/en

2 TÄLLI

	K3		6h 30min
	1050vm (4h)		1050vm (2h 30 min)

→ Tällihütte mountain inn

→ Tällihütte mountain inn

jungfrauregion.swiss/viaferratataelli/en



4 TIERBERGLI

	K4 (T3)		5h 20min
	933vm (3h 5min)		933vm (2h 15 min)

→ Gadmen, Umpol car park

→ Gadmen, Umpol car park

jungfrauregion.swiss/viaferratatierbergli/en

5 ROTSTOCK

	K2 (T4+)		2h 45min
	450vm (2h)		450vm (45 min)

→ Eiger Glacier station

→ Eiger Glacier station

jungfrauregion.swiss/viaferratatorotstock/en

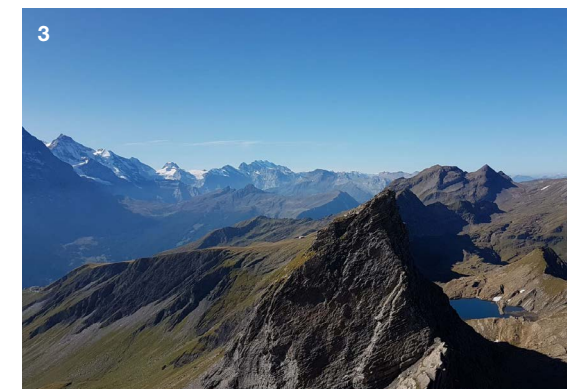
3 SCHWARZHORN

	K2-3 (T3)		5h
	928vm (3h 15 min)		928vm (1h 45 min)

→ Mountain station First

→ Mountain station First

jungfrauregion.swiss/viaferratasschwarzhorn/en



TOP 5 - BIKING SPOTS



1 GRÜTSCH TRAIL

	Difficult		16 min
	0vm		601vm
	2.97 km		
	Grütschalp		
	Lauterbrunnen		

jungfrauregion.swiss/gruetschtrail/en

2 GADMEN LOOP

	Moderate		3h
	1239vm		1239vm
	28.8km		
	Innertkirchen, train station		
	Innertkirchen, train station		

jungfrauregion.swiss/gadmenloop/en



3 FIRST LOOP

	Moderate		3h 30min
	1213vm		1213vm
	26.47 km		
	Grindelwald train station		
	Grindelwald train station		

jungfrauregion.swiss/firstloop

4 MÜRREN MITTELBERG

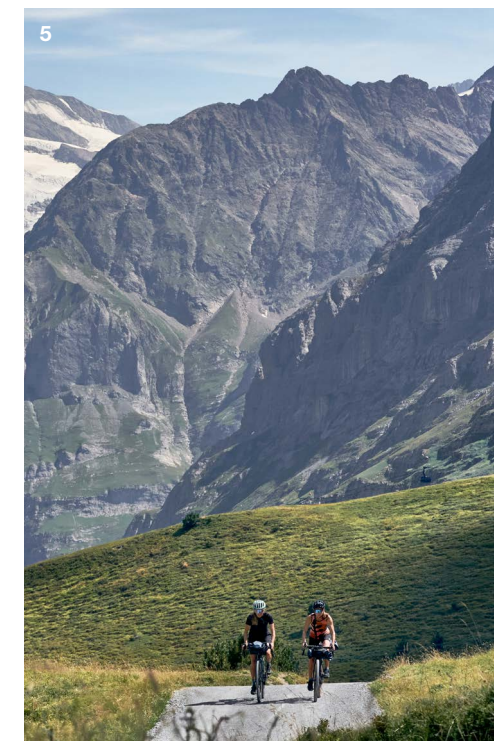
	Easy		1 h 30min
	368vm		368vm
	7.53km		
	Mürren, Schilthorn cable car station		
	Mürren, Schilthorn cable car station		

jungfrauregion.swiss/mittelberg

5 KLEINE SCHEIDEGG LOOP








	Difficult		5h 30min
	1775vm		1775vm
	42.26 km		
	Grindelwald train station		
	Grindelwald train station		

jungfrauregion.swiss/kleinescheidegg-loop










TOP 5 - RUNNING TRAILS

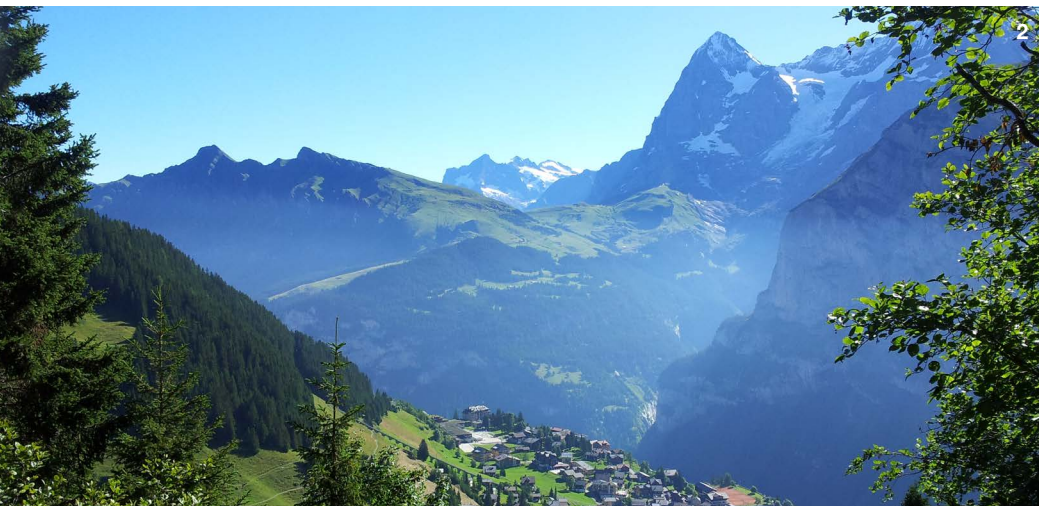
1 GEMSEN TROPHY

-  Difficult  1 h 30 min
-  497 vm  0 vm
-  4.67 km
-  Valley station aerial cableway Wengen-Männlichen
-  Mountain station aerial cableway Wengen-Männlichen
jungfrauregion.swiss/gemsentrophy










2 CHASING WATERFALLS

-  Moderate  3 h 40 min
-  500vm  500 vm
-  11.04 km
-  Alpine sports centre Mürren
-  Alpine sports centre Mürren
jungfrauregion.swiss/chasingwaterfalls










3 UPHILLTRAIL PFINGSTEGG

-  Easy  39 min
-  410vm  60 vm
-  2.5 km
-  Grindelwald sports centre
-  Mountain station Pfungstegg
jungfrauregion.swiss/uphillpfungstegg










4 EVENING RUN GRINDELWALD

-  Easy  1 h 43 min
-  386vm  386 vm
-  9.31 km
-  Grindelwald sports centre
-  Grindelwald sports centre
jungfrauregion.swiss/eveningrun



5 AT THE FOOT OF THE MOUNTAIN TRIO

-  Difficult  6 h 31 min
-  1938vm  1938 vm
-  30.18 km
-  Grindelwald sports centre
-  Grindelwald sports centre
jungfrauregion.swiss/trailrun31



TOP 5 - FOR RAINY DAYS

The Jungfrau Region, beautiful though it is, has its fair share of bad weather and precipitation. But even on the worst of days, there's no need to despair! After all, the rain only makes the many waterfalls and gorges more impressive. And what's more, for those times when staying warm and dry is the priority, there are lots of great indoor places to keep you entertained.

1 WENGEN CINEMA

Film fans will be spoilt for choice with all the latest Hollywood blockbusters, exciting documentaries, domestic productions and special screenings. The cinema in Wengen celebrates its 60th anniversary in 2023.

Phone number: +41 33 855 21 61
kinowengen.ch

2 LAUTERBRUNNEN VALLEY AND LEGENDS MUSEUM

The museum is located in one of the oldest houses in Lauterbrunnen. Here, you can find out lots of interesting facts about the history, culture and societal development of the Lauterbrunnen Valley. And how myths and legends shaped the lives of the people living there. In addition, there are organised hikes to places in the valley where strange events are said to have taken place.

Phone number: +41 33 855 35 86
talmuseum-sagenwelt-lauterbrunnen.ch



3 HASLI HERITAGE MUSEUM

Traditions and cultural artefacts are quickly forgotten about in today's fast-paced world. The Hasli Heritage Museum in Meiringen collects and documents them to ensure that they can continue to bear witness to the area's history. Special exhibitions highlight episodes and events from the Haslital's history.

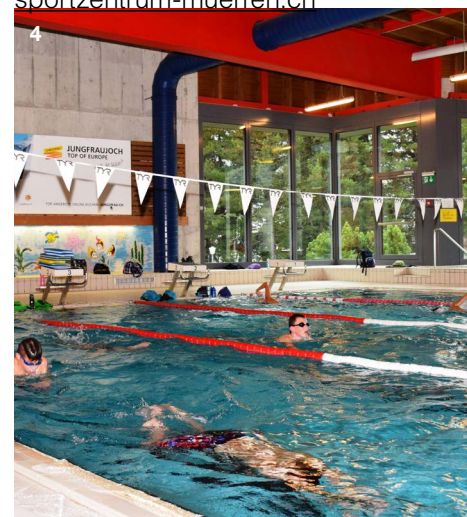
haslimuseum.ch



4 ALPINE SPORTS CENTRE MÜRREN

Fancy a dip in the pool, indulging in a sauna, massage or beauty treatment in the spa, doing a workout in the gym, playing curling or another sport, letting the children loose in the kids' paradise? Or perhaps you'd prefer a virtual snowball fight in the middle of summer? It can be arranged at Virtual Mürren Fun. And when you need some refreshment, the Hugs & Cups Café has plenty of treats to choose from. Our tourist information centre is also located in the Alpine Sports Centre Mürren.

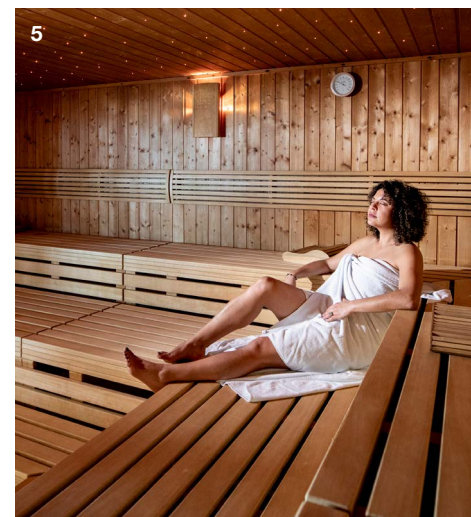
Phone number: +41 33 856 86 86
sportzentrum-muerren.ch



5 GRINDELWALD SPORTS CENTRE

From the indoor pool and sauna to the ice rink, from the bouldering area and indoor rope park to the weights room and gym, from badminton to ping pong – all this and more, including our tourist information centre, can be found at the Grindelwald Sports Centre.

Phone number: +41 33 854 12 30
sportzentrum-grindelwald.ch/en



TOP 5 - FILM LOCATIONS

The Jungfrau Region is the Hollywood of Switzerland. Its impressive waterfalls, snow-covered peaks and deep-blue mountain lakes make it the perfect film setting. No wonder our region has inspired so many authors and directors. The number of blockbusters that have used the region as a film location is evidence of just how well the region captures the imagination.

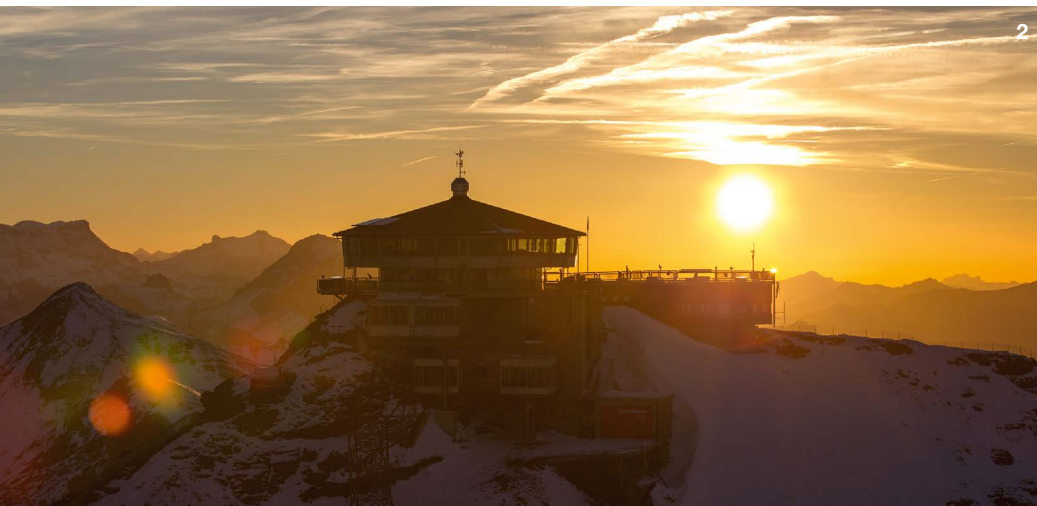
1 WHERE SHERLOCK HOLMES FELL INTO THE ABYSS

Fascinated by the Reichenbach Waterfalls, Arthur Conan Doyle, the creator of the brilliant detective, incorporated Meiringen and the waterfalls into the novel "The Final Problem".



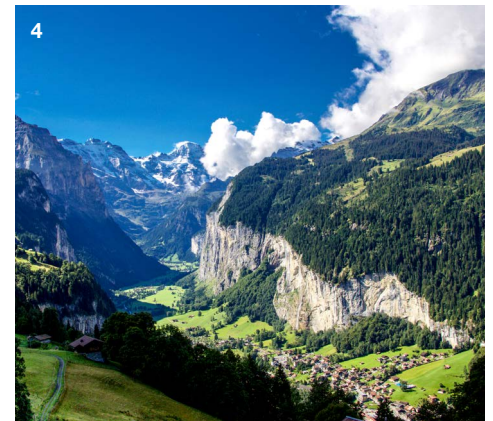
2 WHERE JAMES BOND DELIVERED ACTION-PACKED THRILLS

On the Schilthorn Piz Gloria, the headquarters of the villain Blofeld, 007 traded blows with his adversaries in the thrilling 1969 film "On Her Majesty's Secret Service".



3 WHERE THE FORCE IS WITH YOU

The mountain landscape around the Bachalpsee was the inspiration for Alderaan, the home planet of Princess Leia from the Star Wars films.

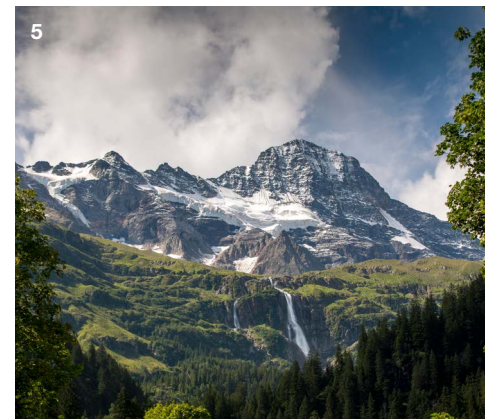


4 WHERE TOLKIEN WAS INSPIRED

The author J.R.R. Tolkien drew inspiration from his visit to the Jungfrau Region. Rivendell in "The Lord of the Rings" is very similar to the Lauterbrunnen Valley.

5 WHERE A PLACE AND A WIZARD SHARE A NAME

At the end of "Fantastic Beasts: The Crimes of Grindelwald" Gellert Grindelwald hides in his castle, Nurmengard. You can see the castle from Wengen.



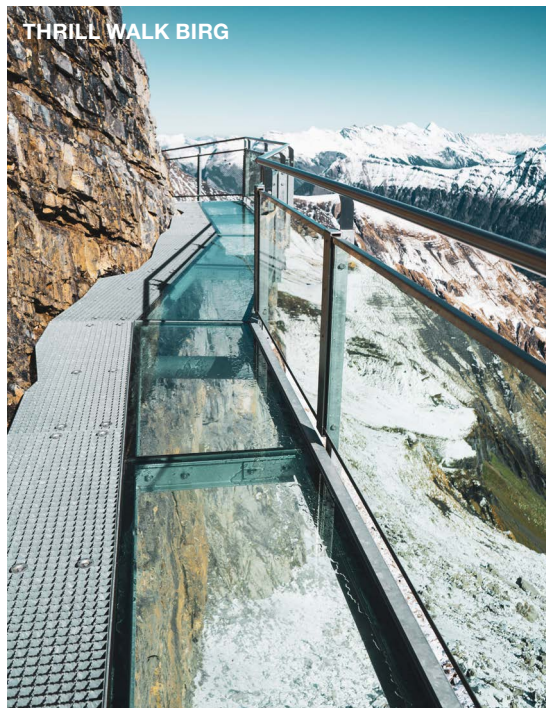
TOP 5 - ADVENTURES

Don't we all crave an adrenaline rush from time to time? That feeling when the initial fear is suddenly replaced with 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!

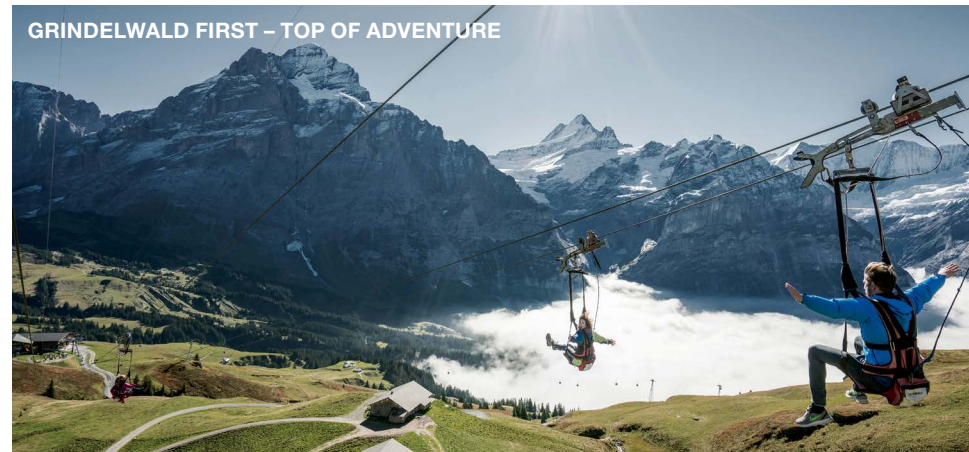
CANYON SWING AT GRINDELWALD
GLACIER GORGE



THRILL WALK BIRG



GRINDELWALD FIRST - TOP OF ADVENTURE



CANYONING GRIMSEL



PARAGLIDING



TOP 5 - FAMILY ACTIVITIES



1 MÜRREN'S OWN LITTLE MOUNTAIN

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. Right next to it, the water maze will be rebuilt in early summer. A paradise of play against an impressive mountain backdrop.

2 DWARVES' PLAYGROUND

Come and immerse yourself in the mythical world of the dwarves. It's waiting to be explored in Hasliberg. At the newly built Dwarves' Playground in Bidmi, it's all about these mythical mini creatures. This kids' paradise is packed with creative and historical features.

3 VENTURE INSIDE A GIANT COW

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

4 THE MARBLE RUN CHALLENGE

Receive more or fewer points depending on which way your marble rolls down the marble run. The winner is entered into a draw for some great prizes. The ten marble runs are located in and around Wengen. Marbles can be obtained from the Tourist Office.



5 SLEDGING FOR ALL - BIG AND SMALL

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. So what are you waiting for?



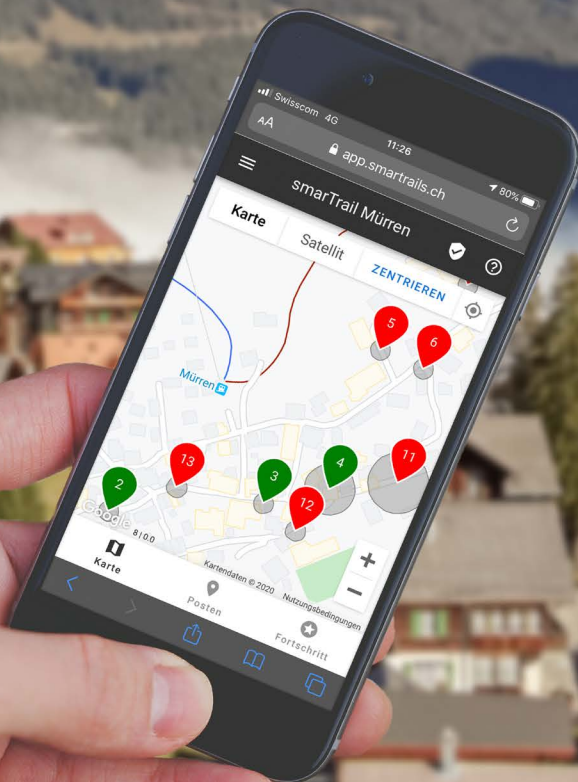
smarTrails®

smarTrails are digital puzzle and experience trails that are available at various locations in the Jungfrau Region.

Whether you fancy a multimedia walk to the top spots of Lauterbrunnen or an interactive puzzle trail through Meiringen, with smarTrails you can experience the Jungfrau Region in a whole new way.

All you need to participate is an internet-enabled smartphone. A virtual map guides you to various stations. As soon as you reach the matching coordinates, the digital content is shown on the smartphone display.

jungfrauregion.swiss/smartrails



SUSTAINABILITY

Tourism and sustainability are not always easy bedfellows. However, the Jungfrau Region strives to have a positive impact on nature, society and the economy.

AN ECOSYSTEM WORTH PROTECTING

Imposing mountain ranges, unspoilt valleys and the largest contiguous glaciated area in the Alps. The Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site is one of the most spectacular high-mountain landscapes in the world. Encompassing the Eiger, Mönch and Jungfrau, as well as the Great Aletsch Glacier, and covering an area of 824 km², it constitutes the heart of the Alps. The region comprises various habitats, ranging from glaciers to rocky steppes, and it is an arresting reminder of the effects of climate change. The important role it has played in European literature, art, mountaineering and Alpine tourism reflects this majesty. Few other places on this planet can boast such a variety of contrasts and splendid rarities.

The World Heritage label is the highest distinction that can be bestowed on a natural landscape and it comes with an obligation to preserve its splendour for the next generation. "This area needs to be preserved in all its diversity for today's generations and for those to come. The goal is economically, socially and environmentally sustainable development." That is also what is written in the charter signed by the 23 local communities – 15 from the Canton of Valais and 8 from the Canton of Bern, including 6 from the Jungfrau Region itself. The Swiss Federal Council's application for inclusion in the UNESCO World Heritage List was approved in 2001 – making the Swiss Alps Jungfrau-Aletsch area the first natural heritage site in the Alpine region. It consists mainly of high-mountain natural landscapes. Some 85 per cent of the area lies at an altitude of more than 2,000 m above sea level. Around 50 peaks here are higher than 3,500 m, and 9 are higher than 4,000 m. The proportion of unproductive vegetation and vegetation-free areas is almost 90 per cent. With a few exceptions (e.g. the Jungfrauoch research station and Jungfrauoch station, the SAC huts, the rear Lauterbrunnen Valley and some cattle-grazing Alps), the World Heritage Site is either uninhabited or only seasonally inhabited.



FACT

The Great Aletsch Glacier is almost 20 kilometres long, making it the largest ice flow in the Alps. At Konkordiaplatz, the ice is around 800 metres thick. You can get a good view of the "permanent" ice from the Jungfrauoch.



FACT

There are 1,463 glaciers in Switzerland. For now. More than 700 glaciers have melted away since the 1970s. Around 280 km² of the Swiss Alps Jungfrau-Aletsch

UNESCO World Heritage Site are currently covered by glacial ice. If we assume that temperatures will rise by 3 to 5 degrees Celsius, there will only be around 10 to 20 per cent of it left by the year 2100. This is all due to climate change.

SMALL IS ALSO BEAUTIFUL

But the Jungfrau Region has even more to offer than sweeping views. Every year, the Kulturlandschaftspreis (Cultural Landscape Prize) celebrates and showcases particularly precious landscapes. The winning landscapes are recognised for their ecological and aesthetic quality – and for the farmers' commitment to preserving our beautiful landscape.





OUT AND ABOUT WITH...

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

To the article:
jungfrauregion.swiss/alessandra



NEW!

INTERACTIVE PUZZLE EXPERIENCE

On our smarTrail “Wo bist du, kleiner Challifloh?” (“Little Challi flea, where are you?”) you’ll be accompanied by Rösi, the Sudeten Moor butterfly (*Erebia sudetica inalpina*), on a wonderful tour of the area above Grindelwald, during which you’ll learn all kinds of exciting things about nature and the animals that live here. This activity is particularly suitable for families with children aged five and upwards, but it can be enjoyed by everyone. The tricky puzzles to be solved along the way make it a fun adventure for adults, too.
jungfrauregion.swiss/challifloh



USING SUN, WATER AND WOOD TO GENERATE ELECTRICITY

OUT AND ABOUT WITH...

With its 13 hydroelectric power stations and 8 reservoirs, which can store around 195 million cubic metres of water, Kraftwerke Oberhasli AG in the Grimselwelt produces energy from natural resources on a massive scale. This energy store holds the same amount of water consumed by almost four million inhabitants of Switzerland in their own households each year. That’s 975 million bathtubs full to the brim.

Luzius Gartmann has been taking visitors around power plants, tunnels and construction sites in the Grimselwelt for ten years. It’s the Meiringen native’s dream job.

To the article:
jungfrauregion.swiss/luzius



FACT

The top of the Grimsel Pass is the site of the European watershed. The water flows here either through the Aare and Rhine into the North Sea or through the Rhone into the Mediterranean.

In other words: if you take a pee here, it could end up in two different seas. Well, in theory, anyway, as peeing outdoors is forbidden in Switzerland!



Holzwärme Grindelwald, meanwhile, produces energy from wood. With carbon-neutral district heating generated from local woodchips, Holzwärme Grindelwald supplies more than 50 hotels, public buildings and private households with thermal energy. Many railways, hotels and experience providers also generate energy from natural resources.





GREEN RAILWAYS

More rail, less road. The Jungfrau Region has excellent public transport connections – even from overseas. Many railways are implementing additional sustainable measures. Two of the region's prettiest villages – Mürren and Wengen – are practically car-free.

MADE IN THE JUNGFRAU REGION

Vegetables, fruit, meat, dairy products, honey, tea, beer, clothing, souvenirs and much more: producing and purchasing local products can contribute significantly to sustainability.

Lots of small things together add up to something substantial – many other businesses are committed to sustainability. Check out our website for an overview of sustainability in the region. You'll find more details on the issues mentioned above and discover further interesting facts.



All you need to know about sustainability:
jungfrauregion.swiss/sustainability

SWISSTAINABLE - A SIGNIFIER OF SERIOUSNESS

As a tourism organisation, we set a good example by supporting Switzerland Tourism's Swisstainable sustainability programme. We are currently a Level I provider, which means that Jungfrau Region Tourismus AG is committed to sustainable business management and is continuously developing its operations to be more sustainable.

JOIN IN!

Always leave nature just as you found it. Or, even better, leave it cleaner! If, for example, you discover litter by the wayside when you're out and about, don't just tut and

keep going: take a moment to pick it up. You won't have far to go to the next litter bin. Nature will thank you for it.

stnet.ch/swisstainable



DESTINATIONS AT A GLANCE



KrimiSpass Jungfrau-Region

THE DIGITAL OUTDOOR ADVENTURES “KRIMISPASS” ALLOWS YOU TO STEP INTO THE SHOES OF A POLICE DETECTIVE AND SOLVE CRIMINAL CASES IN THE JUNGFRAU REGION. YOU CAN TAKE PART IN THE GAMES FREE OF CHARGE.

CASES

In a forest car park, a forest ranger makes a chilling discovery. A woman is found dead in her apartment. A hiker finds a dead body in a remote place. A racing driver has a fatal accident. And there are many more cases for you to solve in the Jungfrau Region.

FIND OUT EVERYTHING YOU NEED TO KNOW ABOUT THIS INTER-ACTIVE CRIME CAPERS HERE:

jungfrauregion.swiss/krimispass



INFORMATION: most of the Krimi-Spass cases are currently only available in German.

GRINDELWALD

JUNGFRAUJOCH, FIRST AND PFINGSTEGG

In Grindelwald, the village nestling 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 2,328 m above sea level, in the heart of the hiking 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 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.

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

THE GREAT FIRE OF GRINDELWALD

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. Then, on top of that, a hurricane-like Föhn storm hit. When the roof of the Gasthof Bären caught fire, things took a sudden turn for the worse. 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.

THE EIGER NORTH FACE

"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, 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.

RECOMMENDATIONS



- » Salted peanut, apple and almond, coconut and chia seed, or banana and chocolate chip – Mel and Fel's handmade cereal bars contain no additives. You can buy them in Craftwerk at 123 Dorfstrasse.
- » The compact yet classy EigerBean roastery at 195 Dorfstrasse serves exceedingly good coffee – why not try a Firstfiler, Jungfrau-coffee or an Eigerespresso?



- » The Beehive – this extra-special youth hostel accommodation has spectacular views of the Eiger North Face Sleeping under an unobstructed starry sky is included free of charge!
- » Slumber on straw – for a sleep experience that's a bit different. Stay with the Wyss family and spend the night sleeping on straw, then wake up to a bountiful breakfast of farm produce.



- » Local is lovely – from breakfast right through to dessert, the menu at the Glacier Boutique Hotel features regional products where possible.
- » Summertime means ice cream – Gelateria di Marco offers 18 different types of ice cream, including vegan versions.



CHRISTIAN BIGLER | MASTER BAKER AT THE RING-GENBERG CAKE SHOP AND CAFÉ

Hike to the Berghaus Bäregg mountain inn

To get to the starting point of the hike, take the aerial cableway up to the Pfingstegg. Sporty types can, of course, also tackle the steep climb from the village to the mountain station on foot. From the Pfingstegg, the trail winds its way past the Mettenberg, high above the imposing glacial gorge. The view over Grindelwald and out towards the valley

is breathtaking. Along the way, you'll find out interesting facts about climate change and the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site. After the steep final ascent, I usually stop for a rest at the Berghaus Bäregg, a mountain inn, and to enjoy the impressive view over the lower Grindelwald glacier and the north face of the Fiescherhorn. From here, you can also see the Challi, where – so the story goes – the "Challigroosi" once lived. This mythical glacier giant was the inspiration for my "legendary" Challigroosi Chuechen – apple cake baked in a wooden ring.

HISTORY

A PLACE OF 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 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 resonates in this village at the foot of the Schilthorn. The top things to try 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 highlights of the Jungfrau Region.



INSIDER TIP!

**BARBARA UND MARKUS
PFEFFERLI | BUSINESSPEOPLE
FROM MÜRREN**

RECOMMENDATIONS



- » Vegan snacks and sweet treats – Café LIV, which is located at the heart of the village, may be small, but good things come in small packages.
- » Local beer – in the beer garden of Pension Gimmelwald, you can try Gimmelwald's own award-winning beer, "Schwarz Mönch". Nowhere else does a Schwarzbier taste as good than at the foot of Schwarzmönch.



- » Sleep in a yurt – when you open the doors of your nomadic tent next to the Schilthornhütte, you'll step straight into the magnificent mountain landscape of the Eiger, Mönch and Jungfrau.
- » Rustic charm – the Husmättli holiday home in Gimmelwald, which was built in 1658, is a protected historical monument. Accordingly, it has been renovated with great care. Its centrepiece is the Sitzofen (seating oven). Up to six people can stay here.



- » Souvenirs and gifts – knitted items, hand-picked wild-herb teas, syrups, herbal salt, beauty products, small baked goods and a public bookcase. The small shop MischMasch run by Ursula von Allmen has all this and more. You can find this shop, "the smallest shop with the biggest view", in Gimmelwald.
- » A village shop and bistro in one – The Alti Metzger stocks local products and fresh products. Gift baskets are available upon request. The wine cellar can also be booked for drinks.

The cheese dairy on Schiltalp Schiltalp is an easy hike from Mürren or Allmendhubel. This place really is balm for the soul – and somewhere we like to return to again and again. Take a break from your hike at the little shop, with its couple of tables and fabulous view of the mountain panorama. A very hospitable team welcomes guests all summer long, from when the cows

are driven up to the Alpine pastures to when they are brought back down again. The highlight for us is the cheese dairy. There, they turn the milk from the cows that spend the summer on the Schiltalp into various delicious cheeses. You might even be lucky enough to be there when the cheese is taken out and placed in the "Järb" mould. An interesting process and a fascinating technique.

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. In addition to the Staubbachfall Waterfall, the Trümmelbach Waterfalls and the Mürrenbach Waterfall, there are a further 69 (!) waterfalls dotted throughout the Lauterbrunnen Valley.

HISTORY

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 a great deal of 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, the plague tore through Lauterbrunnen Valley. Within four months, 360 of the 580 people living in the valley at the time had died.

RECOMMENDATIONS



- » Home-made dishes using local ingredients – from sourdough bread to French croissants, vegan sandwiches, cakes, cinnamon buns and brownies. From coffee made by baristas to mulled wine made with organic wine, as well as hot chocolate and kombucha. All made without any artificial additives. It's all there waiting for you at the Airtime Café.
- » Only available in Lauterbrunnen – the Valley Base beer, a pale ale brewed in the valley of 72 waterfalls and available at the Horner Pub.



- » Lacemaking: a tradition dating back to 1670 – every Friday, the lacemakers of Lauterbrunnen put their craft on display in the old schoolhouse and give you the chance to look over their shoulders as they work.
- » Jams, fresh Alpine products and a milk vending machine – that's what you'll find at Camping Breithorn in Stachelberg.



INSIDER TIP!

LISA HUTCHINS | MANAGER OF LAUTERBRUNNEN ADVENTURE & AIRTIME PARAGLIDING
Schwendi lookout point

I've lived in the Lauterbrunnen Valley now for twelve years, and there are so many wonderful places that I find it really hard to pick just one. Schwendi, which is often overlooked by hikers who prefer to go higher up into the mountains, lies just behind the end of the street in Stachelberg. There's a little bench there, where I like to sit and take in the absolutely breathtaking view of the Lauterbrunnen Valley; I never get tired of it. Sometimes, I continue further on to the Mountain Hostel past Gimmelwald, where I like to enjoy a local beer. For me, that's the perfect end to this short but sweet hike.



- » Berghotel Obersteinberg has no running water and no electricity, but plenty of romance and nostalgia. It is lit by candlelight and paraffin lamps, offers home-style cooking, has its own Alpine cheese dairy and gets its food and drink delivered by mules. You'll find it in the rear Lauterbrunnen Valley.
- » A wonderland of wood – the Holz100 (Wood100) rooms at Hotel Silberhorn truly live up to their name. They are 100 per cent made of wood. In fact, they are made of moon wood – wood that is only harvested when the moon is waning. Some of the Holz100 rooms have fantastic views of the Staubbach Waterfall.

WENGEN

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 has something 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.



DANIEL BINDER | MANAGER OF THE HOTEL ALPENROSE,
Breathtaking view into the Lauterbrunnen Valley

The gentle hike goes from Allmend railway station towards Dirrenberg/Brandmadweg. Along the way, you cut across the world-famous slalom slope and downhill run of the Lauberhorn Ski Races. From the bench at the Staubbach viewpoint I always stop to admire the magnificent view of the Staubbach Waterfall, the mountain scenery and the rear Lauterbrunnen Valley. It's not uncommon to see ibexes up close there. In the summer months, the Innerwengen chairlift runs at weekends. The trip down to the valley on the chairlift, from Allmend to the finishing area of the Lauberhorn Ski Races, is really something, with the breathtaking panorama over the Lauterbrunnen Valley.

HISTORY

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, so the residents had the idea of naming 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.

On the 1st of August 1811, the Meyers, together with the chamois hunters they hired in Lötschental, ascended to the Konkordiaplatz via the Lötschenlücke, thus reaching the Jungfrau from the south. They reached the summit by taking what is now considered the normal route. 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. Too bad it couldn't be seen from the valley below.

So basically, there was no proof. People didn't believe they had managed it. 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.

RECOMMENDATIONS



- » At the top of the Alpenruhe – the highest room in Hotel Alpenruhe is furnished with a “Max Moser Fauteuil (Max Moser Chair) by Embru and a new version of the legendary “Drei-Kant-Stabil-Schrank (Three-Sided Stable Cabinet) from 1935. It also boasts a unique panoramic view of the Bernese Alps, the Jungfrau and the Lauterbrunnen Valley.
- » Pure nature – authentic, quiet, far away from the hustle and bustle, and fairly basic: the Yeti-Hütten are a great place to switch off.



- » Fondue to go – at Wengen Tourismus, you can reserve a rucksack with all the ingredients you need to prepare a fondue on the hike of your choice.
- » It doesn't get closer than this – with its own kitchen garden and regular deliveries from regional farms, dairies, fishers and hunters, the Bären restaurant is all about the local supply chain.



- » Pralines and chocolate bars – the chocolate bars from the Bäckerei-Konditorei Vincenz have names like Jungfrauspitzli, Eiger Grüssli, Lauberhörnl and Gipfelwiiss. Or perhaps you'd like a Hundschopfbrot (Hundschopf bread)?
- » Sausages and cheese – and so much more. And best of all: if you spend 50 francs or more, the village shop in Wengen will deliver your shopping right to your door. We recommend you try the Staubbachtrockenwurst – an air-dried sausage.

HASLITAL

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, 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 wooden 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.



INSIDER TIP!

MENK RUFIBACH | FILMMAKER, MEIRINGEN

The invigorating Wannisbordsee

The vast mountain community of Guttannen is not exactly lacking in mountain lakes. Probably the most beautiful of these is Wannisbordsee; it lies 2,103 m above sea level and it's my favourite place in the Haslital. A mountain trail leads to the lake on the sunny side of the village. Personally, I prefer to go there after a mountain trip to the almost 3,000-metre-high Mährenhorn. On the descent, a dip in the cool waters of the lake is a must. Even at the height of summer, the lake temperature is invigorating and refreshingly cold.

HISTORY

SWITZERLAND'S FIRST GUEST HOUSE

Amidst a barren rocky landscape and above the turquoise-blue reservoir, the Grimsel Hospiz has stood the test of time. The earliest mention of it as the country's first guest house was in 1142. In 1852, it had to be rebuilt after it was burned down by the innkeeper. The construction of the huge hydroelectric power stations in this area led to major structural changes. In 1930, the old Hospiz had to make way for the expansion of the reservoir. To replace it, in 1932, the power stations established a new guest house on the upper cliff top, between the two dam walls. As the first electrically heated hotel in Europe it caused a sensation on its opening. Following a complete renovation between 2008 and 2010, the once formidable miners' hostel is now an extremely stylish hotel.

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 B-29 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.

RECOMMENDATIONS



- » It's all about the wool – WollReich in Meiringen offers wool products, guided tours and felting courses.
- » Modern tradition – Märthüsli continues to create traditional shirts and fabrics – now reinterpreting them in a modern way.



- » Inspired by field, forest and meadow, food is prepared with quality ingredients and great attention to detail at the Handeck Hotel and Nature Resort, which boasts 15 Gault-Millau points.
- » Feast against a stunning mountain backdrop – Sunday brunch in the Käserstatt mountain restaurant in Hasliberg is a real treat for the taste buds.

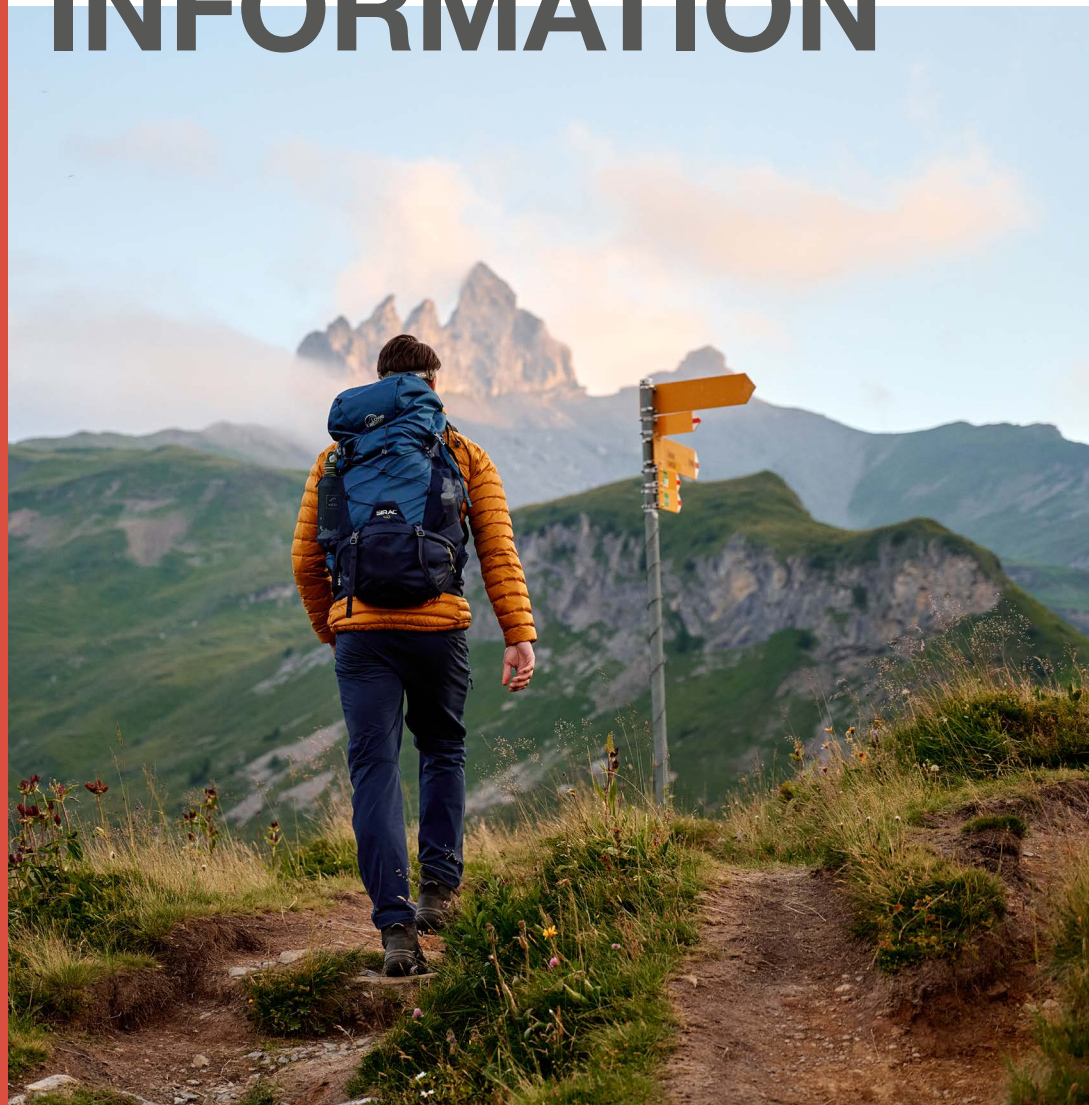


- » Ever wanted to sleep in a teepee? You can at the teepee village in Meiringen!
- » Wild and romantic – these are the best words to describe the mountain landscape around the historic Hotel Rosenlauri.

LOOKING FOR MORE LOCAL PRODUCTS?



PRACTICAL INFORMATION



IMPORTANT PHONE NUMBERS

112 EMERGENCY NUMBER
117 POLICE
118 FIRE SERVICE
144 AMBULANCE SERVICE
145 POISONS INFORMATION CENTRE
1414 SCHWEIZERISCHE RETTUNGSWACHT
(SWISS RESCUE SERVICE)

TCS BREAKDOWN SERVICE
+41 800 140 140
BUNDESAMT FÜR GESUNDHEIT BAG (FEDERAL OFFICE
OF PUBLIC HEALTH), INFOLINE CORONAVIRUS
+41 58 463 00 00
FEDERAL DEPARTMENT OF FOREIGN AFFAIRS HELPLINE
+41 800 24 7 365/ +41 58 465 33 33
SPITAL INTERLAKEN (INTERLAKEN HOSPITAL)
+41 33 826 26 26
INTERLAKEN WALK-IN-CLINIC
+41 33 826 21 00

SWISS FEDERAL RAILWAYS (SBB)
+41 848 44 66 88
SBB TRANSPORT POLICE
+41 800 117 117
JUNGFRAU RAILWAYS
+41 33 828 72 33
SCHILTHORN CABLEWAY
+41 33 826 00 07
BERGBAHNEN MEIRINGEN-HASLIBERG
+41 33 550 50 50

HOW TO GET HERE

GRINDELWALD

Arriving by public transport:

From Interlaken Ost railway station, you can reach Grindelwald without changing trains by taking the Bernese Oberland Railways (BOB) train. Important: you need to board at the back of the train because it splits at Zweilütschinen. If you get on at the front of the train, it will take you to Lauterbrunnen. The journey to Grindelwald Terminal (V-cableway) takes 29 minutes. Five minutes later, you will be at the terminus in the village.

Arriving by car:

Starting in Interlaken, follow the main road to Zweilütschinen. Turn left here to head towards Grindelwald. The journey takes about 30 minutes and involves a road that is partly winding.

Parking:

There are three public 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.



Grindelwald has three railway stations (Terminal, Grund and Dorf). The terminus (Dorf) is located in the centre of the village of Grindelwald.

WENGEN

Arriving by public transport:

From Interlaken Ost station, you can reach Wengen in 37 minutes. The blue and yellow Bernese Oberland Railways (BOB) train will take you to Lauterbrunnen. Important: you need to sit at the front of the train, because it splits at Zweilütschinen. If you sit at the back, you will take a detour to Grindelwald. In Lauterbrunnen, you will need to change to the yellow-green train of the Wengernalp Railway (WAB). This will take you to Wengen in 11 minutes.

Arriving by car:

Wengen is car-free. If you are travelling by car, you must leave your car in Lauterbrunnen and take the train from there. The journey from Interlaken to Lauterbrunnen takes about 20 minutes.

Parking:

There is a multi-storey car park directly below Lauterbrunnen station. Alternatively, you can use the car park at the church in Lauterbrunnen. There is a bus from here to the station every half hour. Walking takes about 10 minutes.

MÜRREN

Arriving by public transport:

From Interlaken Ost station, it takes 53 minutes to get to Mürren. The blue and yellow Bernese Oberland Railways (BOB) train will get you to Lauterbrunnen in 20 minutes. You need to board at the front of the train, because the back section splits off at Zweilütschinen and heads to Grindelwald. You then have two options. Via Grütschalp (gondola cableway and train): at Lauterbrunnen station, cross the street and take the gondola cableway to Grütschalp. Here, you'll transfer to a small train that will take you to Mürren. The journey from Lauterbrunnen to Mürren takes about 20 minutes. Alternative route via Stechelberg (bus and gondola cableway): in Lauterbrunnen, take the bus towards Stechelberg as far as the Schilthornbahn station. From here, the gondola cableway takes you to Mürren, via Gimmelwald, in ten minutes. This journey takes about 30 minutes in total.

Arriving by car:

Mürren is car-free. If you are travelling by car, you must leave your car in Lauterbrunnen or Stechelberg and take public transport from there. The journey from Interlaken to Lauterbrunnen takes about 20 minutes, and it takes 25 minutes to get from Interlaken to Stechelberg.

Parking:

In Stechelberg, there is a car park directly at the bottom station of the Schilthorn cableway. There is also a multi-storey car park below Lauterbrunnen station. Alternatively, you can use the car park at the church in Lauterbrunnen. There is a bus from here to the station every half hour. Walking takes about 10 minutes.

LAUTERBRUNNEN

Arriving by public transport:

The journey on the blue and yellow Bernese Oberland Railways (BOB) train from Interlaken Ost to Lauterbrunnen takes 20 minutes. You need to board at the front of the train, because it splits at Zweilütschinen. If you get on at the back of the train, it will take you to Grindelwald.

Arriving by car:

The journey from Interlaken to Lauterbrunnen takes about 20 minutes.

Parking:

There is a multi-storey car park directly below Lauterbrunnen station. Alternatively, you can use the car park at the church in Lauterbrunnen. The village has buses that are free to use.

HASLITAL

Arriving by public transport:

The Zentralbahn panoramic trains will take you directly to Meiringen in comfort, starting from Interlaken (31 minutes) or Lucerne (70 minutes). There are several PostBus connections available at Brünig-Hasliberg.

Arriving by car:

You can drive to the Haslital by car from Basel/Zurich/Geneva via Bern or Lucerne/Brünig (open in summer and winter). If you're travelling from the south, you can reach the Haslital via the Grimsel Pass or the Susten Pass (in summer only).

Parking:

The town of Meiringen has 835 public parking spaces in the village centre and at the valley 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.

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USEFUL LINKS

PUBLIC TRANSPORT TIMETABLES

» sbb.ch/en

JUNGFRAU RAILWAYS

» jungfrau.ch/en-gb

SCHILTHORN CABLEWAY

» schilthorn.ch/en/Welcome

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» meiringen-hasliberg.ch/en/Welcome

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