

Top 3 "How to" Activities Jungfrau Region

1) Skiing

Jungfrau Ski Region

3 resorts in one:

Grindelwald-Wengen, Grindelwald-First and Mürren-Schilthorn

Two valleys, three mountain ranges and 211 kilometres of perfectly prepared pistes. In the Jungfrau ski region snow fans can enjoy activities of all types and be in their element. The winter paradise with the backdrop of Eiger, Mönch and Jungfrau offers skiers and snowboarders everything their hearts desire: gentle slopes, steep drops, snow and fun parks, racing tracks and powder parties.

Operation data Jungfrau Ski Region

Kleine Scheidegg: 11.11.23 - 28.04.24

Männlichen: 09.12.23 - 07.04.24

Grindelwald-First: 16.12.23 - 01.04.24

Mürren-Schilthorn: 09.12.23 - 21.04.24

[Live Slope Data](#)

Ski Area: Grindelwald-Wengen

With a direct view of the ice giants Eiger, Mönch and Jungfrau, a unique panorama awaits you in the Grindelwald-Wengen ski area. Energetic winter sports enthusiasts can let off steam on the approximately 103 kilometres of pistes. Due to the predominantly red-marked slopes, the skiing area in the Bernese Oberland has a lot to offer, especially for advanced skiers. Experienced skiers also have the opportunity to race down the world-famous Lauberhorn World Cup run.

Despite all this, beginners are not left out: a long blue run leads from the mountain station over Kleine Scheidegg to Brandegg.

Ski Area: Grindelwald-First

Visitors with a particular thirst for sunshine will get their money's worth in the Grindelwald-First ski area. The sunniest ski area in the Jungfrau Region has 56 kilometres of pistes and is directly connected to the Grindelwald-Wengen ski area. The highlights of this ski area in the Bernese Oberland include the snow park for freestylers, which has routes for both beginners and professionals. As a visitor to Grindelwald-First, you also have to see the skicross course. Pure adrenalin!

Ski Area: Mürren-Schilthorn

Mürren-Schilthorn is the highest skiing area in the Bernese Oberland, and it is precisely this mountain that James Bond also skied down - because around 56 years ago the filming of the legendary Bond film "On Her Majesty's Secret Service" took place here.

Both beginners and professionals can prove their skills here on around 50 kilometres of pistes.

Links:

[Jungfrau Ski Region | jungfrau.ch](#)

[Ski resorts in the Bernese Oberland | Jungfrau Region](#)

[Ski Rental](#)

2) Sledging

Fox Run Wengen

Sledging fun next to and above the famous Lauberhorn downhill run.

4.5 kilometre sledging run right next to the Lauberhorn descent: There's nowhere else that sledgers come as close to racing drivers as here. On the challenging, carefully prepared route they can drive as tactically as racing drivers too. Which is the best racing line? How can the swing be better exploited? If you think like a fox on the Fox Run, you will hit the right tempo on the Wengernalp from the start and reach the finish at Wengen train station like a shot. Just to go back up again and do it even better next time.

You can find the current live status of the Fox Run as well as all other hiking and tobogganing runs in the [slope data](#).

Sledge Rental

No sledge? No problem!

You are in the Jungfrau Region but don't have a sledge with you? You can find one in these sports shops for a small fee. Or you can find out in advance whether it's possible to hire a sledge locally.

[Sports shops](#)

Safety first

Sledging does not require any special skills. Sledging is fun for young and old. However, good equipment is a must. Waterproof shoes with a good tread, warm and also waterproof clothing, gloves and headgear. And we definitely recommend wearing a helmet.

Tip: Food is not a must, however, as numerous [huts](#) invite you to warm up, drink tea and eat fondue.

Links:

[Fox Run | jungfrau.ch](#)

[Sledging in the Jungfrau Region](#)

[Fox Run Wengen \(jungfrauregion.swiss\)](#)

3) Winter hiking

All we need are the right clothes and shoes to be able to immerse ourselves in the white snow of the Jungfrau Region.

Follow the pink signs and posts:

We need a single skill to enjoy all that winter has to offer here: we have to be able to walk. Well, let's assume this is a given. Everything else that comes after that is fairly straightforward and hassle-free. The winter hiking trails are marked with pink signposts and well maintained. The easiest way to experience winter firsthand.

Winter hike: First – Schreckfeld – Bort (Nr. 53 & 55)

The sunny First area perched above Grindelwald offers a magnificent view of the Wetterhorn, Schreckhorn and Eiger North Face. The hiking trail goes through Schreckfeld down to Bort against this spectacular backdrop.

From the gondola station, the trail first runs along and then parallel to the ski slope in the direction of Schreckfeld. The winter hiking trail is clearly marked with green poles. From Schreckfeld the trail goes slightly downhill on the sledging run or ski slope. Hungry hikers can have a bite to eat in the restaurant on Bort where it is usually sunny. Two trails go back down to the valley or you can take the gondola.

[Status of the winter hiking trails](#)

Links:

[Winter hiking in the Swiss mountains | Jungfrau Region](#)

[First - Schreckfeld - Bort \(Nr. 53 & 55\) \(jungfrauregion.swiss\)](#)