



Jungfrau Region



We print with "the future in mind":



Merkur Druck AG

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YOUR WORLD

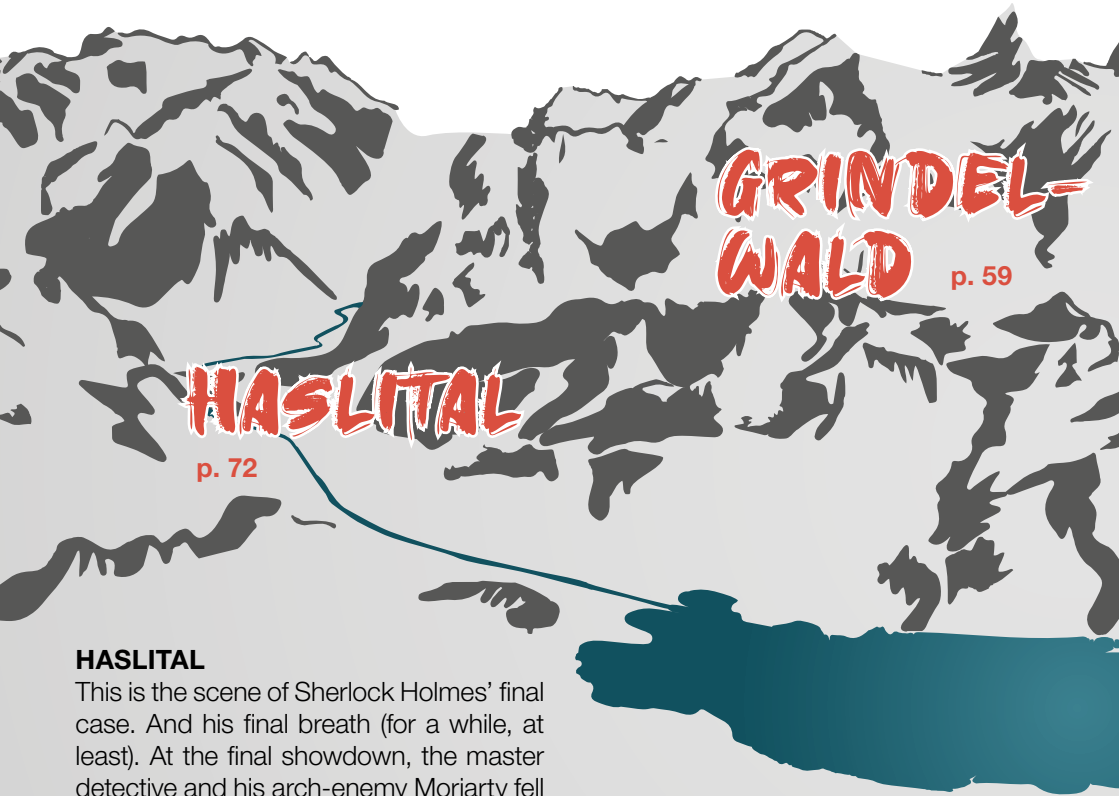
Hiking or biking. Mountains or museums. Feasts for the eyes and for the belly. Relaxing or thrill-seeking. Children or adults. Rain or shine. Whatever the time. Whatever you do, whenever you do it and whomever you do it with, it's the variety on offer in the Jungfrau Region that makes it special.

Enjoy hiking under the gaze of the Eiger, Mönch and Jungfrau. Ride on the new 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!



HASLITAL

This is the scene of Sherlock Holmes' final case. And his final breath (for a while, at least). At the final showdown, the master detective and his arch-enemy Moriarty fell down the Reichenbach Waterfall together. Later, author Sir Arthur Conan Doyle resurrected his fallen hero.

GRINDELWALD

The village at the foot of the Eiger. The north face of this 3,970-metre-high peak is a place where heroes are forged, but it has also been the setting for some mountaineering dramas. The community is witnessing the retreat of the two Grindelwald glaciers at first hand. But it has also witnessed the birth of a tourism industry that is now thriving.

WENGEN

What a route! That's probably the best way to describe the scenic train journey from Grindelwald via the Kleine Scheidegg to Wengen. You could say the same of the notorious Lauberhorn downhill run. The village of Wengen at the foot of the Jungfrau owes its fame to this notorious course. In Wengen, the only people you'll find speeding are the skiers. Wengen is car-free.

**WENGEN**

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MÜRREN

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**LAUTER-
BRUNNEN**

p. 64

MÜRREN

Neighbour to Wengen on the other side of the valley and the Jungfrau Region's second car-free village. 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.

LAUTERBRUNNEN

From Wengen and Mürren, you can look down over the Lauterbrunnen Valley. In 1911, the 19-year-old J.R.R. Tolkien explored this area. It's a little-known fact that he drew his inspiration for the landscape of "The Lord of the Rings" from here. 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.

Wetterhorn
3701 m 12139 ft



Alpen tower-Hasliberg **Grimselwelt** **Grosse Scheidegg** **First-Top of Adventure**



Aare Gorge



Reichenbach Waterfall



Rosenlauri Glacier Gorge



Glacier Gorge Grindelwald



Eiger
3970 m 13022 ft

Mönch
4099 m 13445 ft

Jungfrau
4158 m 13638 ft

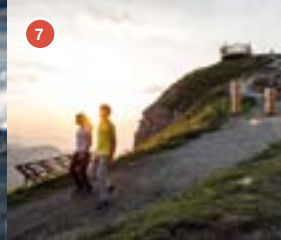


Pflingstegg

Jungfrau-joch – Top of Europe

Männlichen – Royal Experience

Birg, Schilthorn – Piz Gloria



Trümmelbach Waterfalls

Staubach Waterfall

Weisse Lütschine

Sprutz Waterfall





“THINGS YOU NEED TO EXPERIENCE”



TOP 5 - EXCURSION DESTINATIONS



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.





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 WHERE WATER BECOMES POWER

We've always had plenty of water around the Grimsel Pass. So why not use it to generate power? When you visit Kraftwerke Oberhasli AG, you can take a look behind the scenes and wander through a labyrinth of tunnels.



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.



TOP 5 - HIKING TRAILS



1

1 FIRST – BACHALPSEE – FIRST

	Easy		1 h 40 min
	202 vm		202 vm
	5.84 km		
	First		
	First		
	jungfrauregion.swiss/first-bachalpsee/en		



2








2 GRÜTSCHALP – WINTEREGG – MÜRREN

	Easy		1 h 30 min
	150vm		0vm
	4.43 km		
	Grütschalp		
	Mürren village		
	jungfrauregion.swiss/gruetschalp-muerren/en		










3

3 LAUTERBRUNNEN – STECHELBERG








-  Easy  1 h 45 min
-  122 vm  8 vm
-  6.79 km
-  Train station Lauterbrunnen
-  Bus station Stechelberg
jungfrauregion.swiss/stechelberg-so/en

4 ROUND TRIP GELMERSEE

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



5 "PANORAMA TRAIL" MÄNNLICHEN – KLEINE SCHEIDEGG

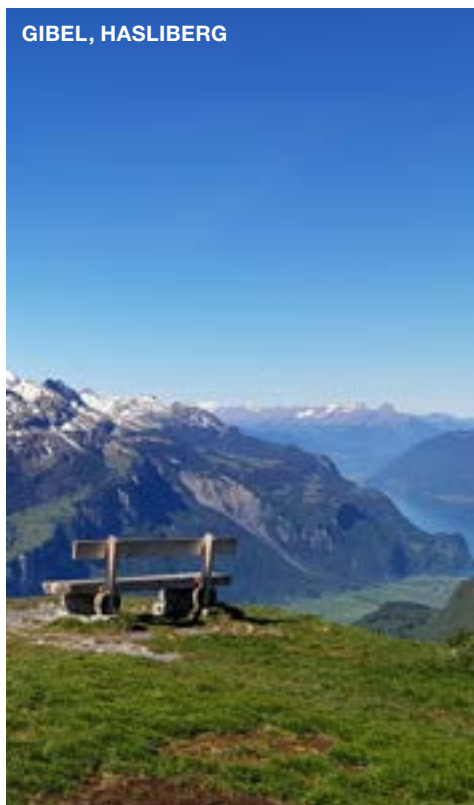
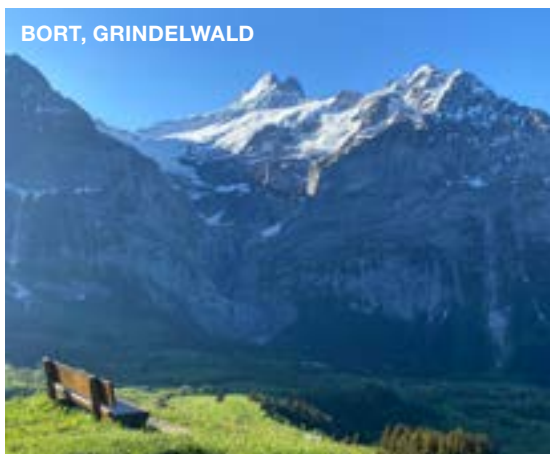
-  Easy  1 h 10 min
-  0 vm  161 vm
-  4.63 km
-  Männlichen summit station
-  Kleine Scheidegg
jungfrauregion.swiss/panoramaweg/en

TOP 5 - 'BÄNKLI'

Bänkli (benches) are a Swiss tradition – a piece of Swiss cultural heritage. They offer so much more than just an opportunity to sit. The way most of them are positioned makes it seem like they are eager to show you the landscape themselves. They are there for you when you need a break on a hike, or when you are looking for a good spot for a picnic. But they are also there for you when you just want to be alone – away from the hustle and bustle. Many a decision has been reached on them, and many an intense conversation has taken place. They have seen laughter, kisses, arguments and reconciliations. If Bänkli could talk, they'd surely have lots of great stories to tell...

BRYNNDLI, MÜRREN




STAUBBACHBENCH, WENGEN**GIBEL, HASLIBERG****BORT, GRINDELWALD****LEITERHORN BENCH, WENGEN**


TOP 5 - VIA FERRATAS



1 MÜRREN

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

 → Mürren, Schilthorn
 cable car station

 → Gimmelwald, Schilthorn
 cable car station

jungfrauregion.swiss/viaferratamuerren/en

2 TÄLLI

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

 → Tällihütte mountain inn

 → Tällihütte mountain inn

jungfrauregion.swiss/viaferratataelli/en





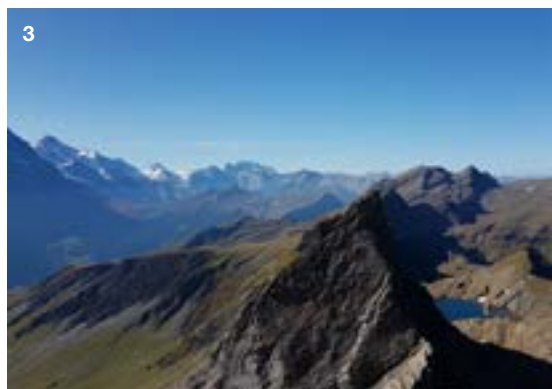
3 SCHWARZHORN

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

Mountain station First

Mountain station First

jungfrauregion.swiss/viaferrataschwarzhorn/en



4 TIERBERGLI

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

Gadmen, Umpol car park

Gadmen, Umpol car park

jungfrauregion.swiss/viaferratatierbergli/en

5 ROTSTOCK

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

Eiger Glacier station

Eiger Glacier station




jungfrauregion.swiss/viaferratatorotstock/en










TOP 5 - BIKING SPOTS

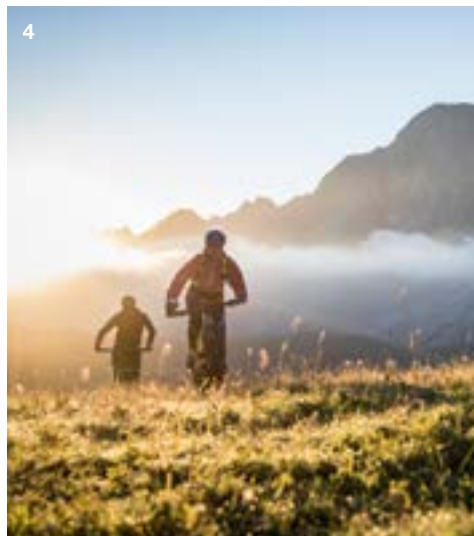


1 GRÜTSCH TRAIL








	Difficult		16 min
	1 vm		601 vm
	2.97 km		
	Grütschalp		
	Lauterbrunnen		
	jungfrauregion.swiss/gruetschtrail/en		

2 GADMEN LOOP

	Moderate		3 h
	1239 vm		1239 vm
	28.8 km		
	Innertkirchen, train station		
	Innertkirchen, train station		
	jungfrauregion.swiss/gadmenloop/en		





3 ROTSTOCKHÜTTE LOOP

-  Moderate  3h
-  968 vm  968 vm
-  15.27 km
-  Mürren, Schilthorn cable car station
-  Mürren, Schilthorn cable car station

jungfrauregion.swiss/rotstockhuetteloop/en

4 MEIRINGEN – GRINDELWALD

-  Moderate  6h
-  1900 vm  1450 vm
-  37.71 km
-  Railway station Meiringen
-  Railway station Grindelwald

jungfrauregion.swiss/alpinebike/en

5 BUSSALP LOOP








-  Difficult  3h 30min
-  932 vm  932 vm
-  18.36 km
-  Grindelwald train station
-  Grindelwald train station

jungfrauregion.swiss/bussalploop/en










TOP 5 - TRAIL RUNNING

1 GRINDELWALD TRAIL 21








	Moderate		4 h 37 min
	1434 vm		1434 vm
	21.05 km		
	Grindelwald sports centre		
	Grindelwald sports centre		
	jungfrauregion.swiss/trailrun21/en		

2 BONERA TRAIL NR. 22

	Moderate		4 h 55 min
	1365 vm		1365 vm
	24.74 km		
	Grindelwald sports centre		
	Grindelwald sports centre		
	jungfrauregion.swiss/trailrun22/en		










3 SCHWENDIBIEL RUNDE NR. 12

-  Easy
  3h 4 min
 766 vm
  766 vm
 14.92 km
 Grindelwald sports centre
 Grindelwald sports centre
jungfrauregion.swiss/trailrun12/en










4 UPHILLTRAIL KLEINE SCHEIDEGG U3

-  Moderate
  2h 13 min
 1118 vm
  0vm
 8.77 km
 Grindelwald Grund station
 Railway station Kleine Scheidegg
jungfrauregion.swiss/uphillkleine_scheidegg/en



5 GRINDELWALD TRAIL14

-  Moderate
  3h 42 min
 1140 vm
  1140vm
 17.27 km
 Grindelwald sports centre
 Grindelwald sports centre
jungfrauregion.swiss/tipp14/en



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

Telefonnummer: +41 33 855 21 61
kinowengen.ch



2 SPORTS CENTRE GRINDELWALD

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





3 BOULDERING HALL MEIRINGEN

Telefonnummer: +41 33 971 39 00
kletterhalle-haslital.ch



4 ALPINE SPORTS CENTRE MÜRREN

Telefonnummer: +41 33 856 86 86
sportzentrum-muerren.ch

5 KRAFTWERKE OBERHASLI AG TOUR

Telefonnummer: +41 33 982 26 26
grimselwelt.ch/en/tours

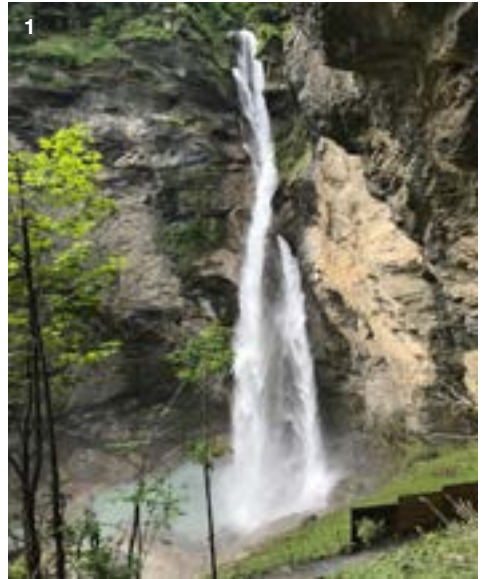


TOP 5 - FILM LOCATIONS

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

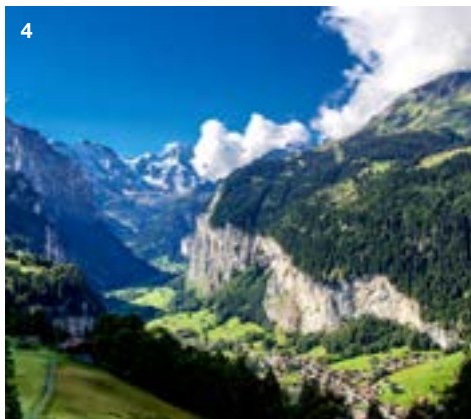
On the Schilthorn Piz Gloria, the headquarters of the villain Blofeld, 007 traded blows with his adversaries in the thrilling 1969 film "On Her Majesty's Secret Service".





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!

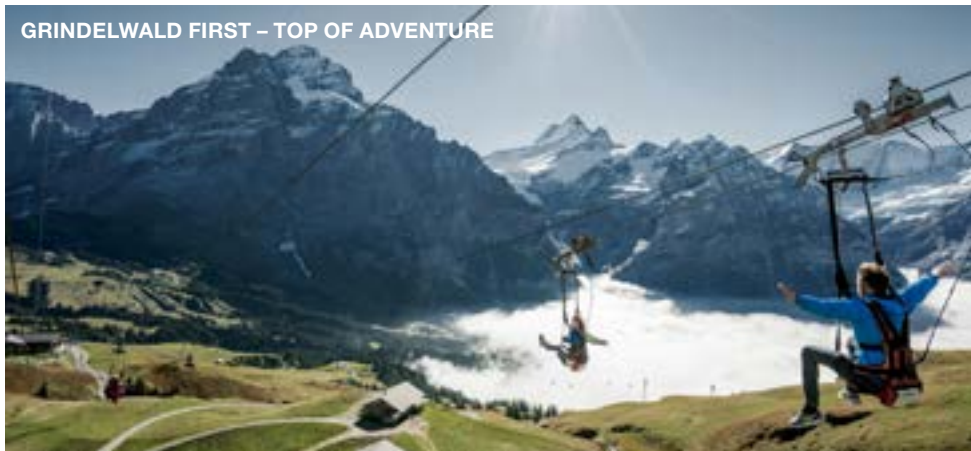
**CANYON SWING AT GRINDELWALD
GLACIER GORGE**



THRILL WALK BIRG



GRINDELWALD FIRST – TOP OF ADVENTURE



CANYONING GRIMSEL



PARAGLIDING



TOP 5 - FAMILY ACTIVITIES



2

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. A paradise of play against an impressive mountain backdrop.

2 WALKING THE MUGGESTUTZ TRAILS

Come immerse yourself in the mythical world of the dwarves. The dwarves of Haslital, to be precise. Muggestutz, the oldest Hasli dwarf, has two trails dedicated to him here.



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 A MAGICAL MARBLE RUN

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



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?



TOP 5 - BRUNCH SPOTS

1 A MOUNTAIN BRUNCH ON MÄNNLICHEN

Combine selected regional products with a picturesque landscape and magnificent views to create the perfect Sunday experience.

2 JAMES BOND BRUNCH ON SCHILTHORN

Culinary fireworks à la James Bond – at the 360-degree revolving restaurant on Schilthorn. Features many delicacies, regional products and phenomenal mountain scenery.





3

4

3 AN ALPINE BREAKFAST ON WINTEREGG

Try a hearty buffet breakfast on a Sunday morning, featuring local specialities, traditional entertainment and great views of the Eiger, Mönch and Jungfrau.

4 BREAKFAST WITH PANORAMIC VIEWS AT THE ALPEN TOWER

The Alpen tower sits high above Haslital. If you start your day with breakfast here, you'll be all set for a fantastic day.

5 FEAST AT KÄSERSTATT MOUNTAIN RESTAURANT

Having Sunday brunch amidst the amazing mountain scenery is something of a tradition here. The restaurant has something delicious to suit every taste.



TOP 5 - MUSEUMS

1 MINIMUSEUM MÜRREN

Mürren is home to Switzerland's first museum of shop windows. It offers glimpses into the village's history, tells stories, presents cultural and social topics that have played an important role in shaping the village and creates a link from past to present. The exhibition is updated annually.

minimuseummuerrren.ch

2 GRINDELWALD MUSEUM

In this museum, you can learn more about the history of Grindelwald. You can learn how the community at the foot of the Eiger evolved from a mountain farming village into a tourist resort. In addition to historical facts, the museum covers topics such as the myth of the Eiger and mountaineering in general, agriculture and Alpine farming, winter sports, railways, technology, crafts and Alpine painting. The museum is right next to the village church and makes a great subject for photos.

grindelwald-museum.ch

3 LAUTERBRUNNEN VALLEY AND LEGENDS MUSEUM

The museum building is called "Die Mühle" or "The Mill". Grain was still being milled here until the middle of the 19th century. The millstone is still there on the small square in front of the building. The Valley Museum has been located right here, in one of the oldest houses in Lauterbrunnen, since 1984. Here, you can find out lots of interesting facts about the history, culture and societal development of Lauterbrunnen Valley. The permanent exhibition is all about life and work in the mountain landscape, including agriculture, Alpine farming and domestic crafts – with a specific focus on the famous local craft of bobbin lace-making. The development of tourism, the most important economic sector in the valley, is also given a prominent place in the museum. There are also special exhibitions on a regular basis.

In the Legends Museum, you will learn how myths and legends shaped the lives of the people in the valley. These stories may be told in a variety of places, including in cosy rooms in the museum and on hikes to places in the valley where miraculous events are said to have taken place.

talmuseum-sagenwelt-lauterbrunnen.ch





4 BALLEMBERG SWISS OPEN-AIR MUSEUM

A walk through time. Here, the past becomes a tangible experience, with more than 100 centuries-old buildings from all parts of Switzerland, 250 native farm animals, original gardens and fields, as well as demonstrations of traditional crafts and special events. And these are also the things that make Ballenberg unique. The museum is not only an important cultural, research and tourism institution but also one of the most important employers in the region, with almost 200 employees during the season.

ballenberg.ch/en

5 MUSEUM OF THE HASLI LANDSCAPE

Traditions and cultural artefacts are quickly lost in today's fast-paced world. The 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 Haslital's history.

haslimuseum.ch



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.



“HERE THERE’S WATER”



GORGES



1 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 courage and walk 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! Every Friday, the Grindelwald glacier gorge stays open until 10 pm.

2 ROSENLAUI GLACIER GORGE



This narrow gorge below the Rosenlaui Glacier is part of the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site. Here, a secured 573-metre-long path, with several tunnels and a height difference of 155 metres, has been blasted into the rock. It will take 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.

3 ALPBACH GORGE



To venture into the Alpbach Gorge between Meiringen and Hasliberg requires a good head for heights and steady feet. 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.

4 AARE GORGE



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 km 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: it is open and lit until 10 pm on Fridays and Saturdays in July and August.

MOUNTAIN LAKES



Mountain lakes are always a popular destination for hikes. They are wonderful places to stop for a break and something to eat from your packed lunch. Some people like to walk around them, others go in for a dip, and still others “just” take photos. The Jungfrau Region has so many beautiful mountain lakes to marvel at. Here are just a few of them. The first lake in our selection is the Engstlensee, which is used as a reservoir. Our second lake is also a reservoir – the Gelmersee. You can reach it using Europe’s steepest funicular. All in all, the Kraftwerke Oberhasli power plants have a total of eight reservoirs to draw upon. And how ab-

out a visit to Hasliberg swimming lake (Badesee Hasliberg)? It really lives up to its name – there’s nothing more inviting than taking a dip in its cool waters in the summer. When you ride the Schilthorn cableway, you get a bird’s-eye view of the Grauseeli, then there’s the Bachalpsee, nicknamed the “blue jewel”, and the Oberhornsee, which almost completely dries up in summer. Or how about a walk to the Sulsseeli? At the nearby Lobhornhütte, the Eiger, Mönch and Jungfrau feel close enough to reach out and touch. Or you could go to the Fallbodensee, or so many others...



- 1 **GRAUSEELI** Mürren
- 2 **SULSSEELI** Sulwald
- 3 **OBERHORNSEE** Stachelberg
- 4 **BACHALPSEE** First
- 5 **GELMERSEE** Grimselwelt
- 6 **ENGSTLEENEE** Engstlenalp
- 7 **TRIFTSEE** Grimselwelt

WATER FACTS AND FIGURES

3 GLACIAL MELTING HAS CREATED THREE NEW LAKES: THE TRIFT-SEE, THE GAULISEE AND THE GLACIAL LAKE NEAR THE LOWER GRINDELWALD GLACIER. UNFORTUNATELY, MORE SUCH LAKES ARE SURE TO BE FORMED IN THE FUTURE.

800 AT KON-KORDIA-PLATZ, THE ICE OF THE ALETSCHE GLACIER IS AROUND 800 METRES THICK.

2 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, IT COULD IF THIS WEREN'T FORBIDDEN IN SWITZERLAND!

288 THE AARE IS THE LONGEST RIVER WHOSE ENTIRE COURSE IS LOCATED IN SWITZERLAND. IT IS 288 KILOMETRES LONG. IT STARTS AS A MOUNTAIN STREAM ORIGINATING FROM THE TWO AARE GLACIERS (THE UPPER AND LOWER AARE GLACIERS) AND FLOWS INTO THE RHINE AS A MAJOR TRIBUTARY NEAR KOBLENZ.

10'000'000'000 ANOTHER MIND-BLOWING NUMBER. THE ALETSCHE GLACIER WEIGHS 10 BILLION TONNES, WHICH IS EQUIVALENT TO THE WEIGHT OF ALMOST 60 MILLION JUMBO JETS.

72 LAUTERBRUNNEN VALLEY IS THE VALLEY OF 72 WATERFALLS.

297 AT 297 METRES, THE STAUBBACH WATERFALL IS THE HIGHEST FREE-FALLING WATERFALL IN SWITZERLAND. JOHANN WOLFGANG VON GOETHE EVEN DEDICATED A POEM TO IT.

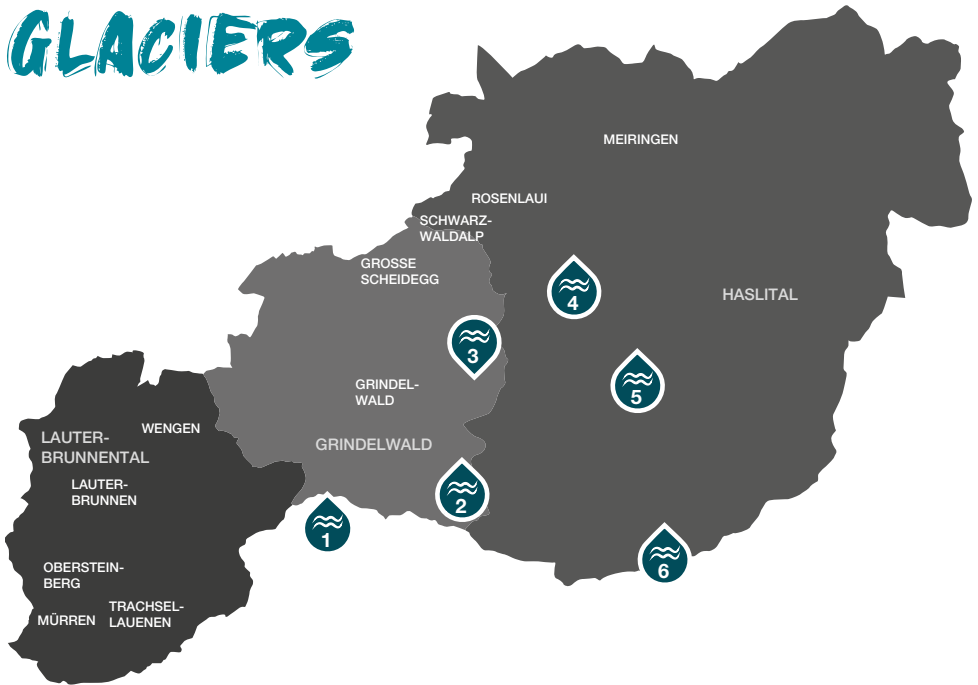
20 THE GREAT ALETSCHE GLACIER IS ALMOST 20 KILOMETRES LONG, MAKING IT THE LARGEST ICE FLOW IN THE ALPS.

20'000 THE TRÜMELBACH DRAINS THE HUGE GLACIER WALLS OF THE EIGER, MÖNCH AND JUNGFRAU ALL BY ITSELF. ON PEAK DAYS, UP TO 20,000 LITRES OF WATER PER SECOND FLOW THROUGH THE TRÜMELBACH GORGE.

417 AT 417 METRES, THE MÜRRENBACH WATERFALL IS THE HIGHEST WATERFALL IN SWITZERLAND.

195'000'000 THE EIGHT RESERVOIRS THAT ARE USED BY KRAFTWERKE OBERHASLI AG CAN STORE 195 MILLION CUBIC METRES OF WATER. THIS ENERGY STORE HOLDS THE SAME AMOUNT OF WATER THAT ALMOST FOUR MILLION INHABITANTS OF SWITZERLAND CONSUME IN THEIR OWN HOUSEHOLDS EACH YEAR. THAT'S 975 MILLION BATHTUBS FULL TO THE BRIM.

GLACIERS



The Jungfrau Region also has water in its frozen form. One place you will find it is in the Aletsch Glacier, the largest glacier in the Alps. It is one of 1,463 glaciers in Switzerland. For now. More than 700 glaciers have melted away since the 1970s. It's just one of the adverse effects of climate change. All the more reason to waste no time in getting up close and personal with this "permanent" ice. The following five glaciers are definitely worth a visit.

1 THE GREAT ALETSCHE GLACIER

This is the largest glacier in the Alps. It is 20 km long and covers an area of 80 square kilometres. At its deepest point, it is 800 metres thick. There are 10 billion tonnes of ice here. Melting this ice giant would provide every person on Earth with one litre of water per day for 3.5 years. But that's only for the time being, because global warming is shrinking the Aletsch Glacier by 50 metres per year. The Great Aletsch Glacier is the centrepiece of the UNESCO World Heritage Site Swiss Alps Jungfrau-

Aletsch. You can get a good view of the "permanent" ice from the Jungfraujoch.



2 THE LOWER GRINDELWALD GLACIER

It was once one of Switzerland's largest glaciers. The White Lütschine River originated from it. There's a reason we are writing in the past tense. Owing to glacial retreat, the Lower Grindelwald Glacier has receded so much since 1850 that the glacier tongue that originally gave it its name no longer exists today. Only its former tributaries, which have their own names, still exist.



3 THE UPPER GRINDELWALD GLACIER

What's special about this 6-km-long glacier? Its tongue lies at just 1,400 metres above sea level, making it one of the lowest permanent ice fields in the Alps. If you take the bus from Grindelwald to the Gleckstein turn-off, you can hike the Ischpfad path along the deep gorge of the Upper Grindelwald Glacier to the Glecksteinhütte. This is a challenging mountain hike that requires sure-footedness. Once you reach the top, you will be rewarded with a fantastic view of the glacier and much more besides.

4 ROSENLAUI GLACIER

This glacier, located to the south of Meiringen, is 4.5 km long and 1 km wide. It sits between the Wellhorn (3,191 m above sea level), the Kleines Wellhorn (2,700 m above sea level) and the Dossen (3,138 m above sea level). You can reach it on foot from Rosenloui. The glacier tongue is currently located at 2,000 metres above sea level. This is where the Weissenbach originates. The river falls steeply into the valley through waterfalls and flows into the Reichenbach after the Rosenloui Glacier Gorge. The Reichenbach, in turn, carries the water over the famous Reichenbach Waterfall and through the Reichenbachtal into the Aare.





5 GAULI GLACIER

The Gauli Glacier is 5 km long and 1 km wide, and is connected to the Upper Grindelwald Glacier to the west and the Rosenloui Glacier to the north. The two-day tour here takes you from Innertkirchen into the virtually untouched Upper Urbachtal and includes an overnight stay in the Gaulihütte. In 1946, the Gauli Glacier made the headlines when the American military plane Dakota crashed or got stranded on the glacier. The rescue of the survivors caused an international sensation. It was the first Alpine air rescue ever.

6 THE AARE GLACIERS

This group of glaciers includes the Upper Aare Glacier and the Lower Aare Glacier. The Lower Aare Glacier is formed by the union of two upstream ice flows (the Lauteraar Glacier and the Finsteraar Glacier), which descend from the high valleys on the Schreckhorn and are separated below by the rocky ridge of the Lauteraarhorn. At 12 km in length, the Lower Aare Glacier is the fifth longest Alpine glacier. You can get from Grimsel Hospiz to Berghaus Oberaar by taking the 6 km road called Panoramastrasse or the self-propelled gondola lift. Along the way, you can enjoy the impressive views of the majestic glacier landscape.

WATERFALLS



We couldn't possibly list all the waterfalls in the Jungfrau Region here – that would go beyond the scope of this guide. There are 72 waterfalls in Lauterbrunnental Valley alone. But we have picked out a few gems for you.

1 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 Lauterbrunnental 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 it isn't as high, it falls in a much more decorative way than the Mürrenbach Waterfall, which is hidden between rocks.

2 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.

3 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 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 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 wrote the poem "Song of the Spirits over the Waters".



4 TRÜMMELBACH WATERFALLS

The ten glacier waterfalls inside the mountain here, which are made accessible by a tunnel lift, make the Trümmelbach Waterfalls unique. They are the largest underground waterfalls in Europe. The power of the water and the deafening noise here will astound you. 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.



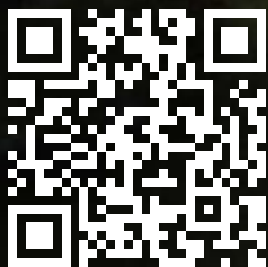
5 REICHENBACH WATERFALL

The thundering waters of the Reichenbach Waterfall marked the way for the engineers who laid the tracks of the funicular in 1899. The nostalgic wooden wagon of the Reichenbach Funicular, which is an exact replica of the original wagon with 24 seats, will take you 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. There is also a must-see for fans of Sherlock Holmes here. This is the very waterfall where the epic struggle between the famous detective Holmes and his arch-enemy Moriarty took place, ending with a fall into the abyss!



**DISCOVER THE JUNGFRAU
REGION DIGITALLY.**



**NOW
IN 3D!**

“THIS IS OUR WORLD HERITAGE”



OUR UNESCO WORLD HERITAGE SITE IN A NUTSHELL

It has imposing mountain ranges, unspoilt valleys and the largest contiguous glaciated area in the Alps. The UNESCO World Heritage Site Swiss Alps Jungfrau-Aletsch is one of the most spectacular high mountain landscapes in the world. It forms the heart of the Alps, encompassing the Eiger, Mönch and Jungfrau, as well as the Great Aletsch Glacier, and covering an area of 824 km². 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. 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 nine 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 Jungfraujoch research station and Jungfraujoch 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

Sad but true: currently, around 280 km² of this World Heritage Site is 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% of it left by the year 2100.

HIKING AT THE WORLD HERITAGE SITE

1 THE SYCAMORE TRAIL

SCHWARZWALDALP – ROSENLAUI

UNESCO World Heritage Swiss Alps Jungfrau-Aletsch wants to help ensure that the area's free-standing sycamores are preserved as a landscape element in the long term, because they help make the landscape attractive and varied. They also provide a habitat for a variety of animals, plants and fungi. There can be more than 80 species of moss and lichen living on a single tree. One of them is the rare and rigorously protected Rudolph's trumpet moss (*Tayloria rudolphiana*), a target species at the UNESCO World Heritage Site.

Sycamore planting campaigns took place in the Bernese Oberland in 2015, 2016, 2019 and 2021. A sycamore-themed trail was also created in Reichenbachtal, where more than 600 sycamores, many of them ancient and gnarled, stand in the Alpine meadows. The SYCAMORE trail goes from Schwarzwaldalp to Rosenloui. You can walk it in both directions. Along the way, you can find out lots of interesting facts about the UNESCO World Heritage Site Swiss Alps Jungfrau-Aletsch at the World Heritage information point in Rosenloui.



4.5km



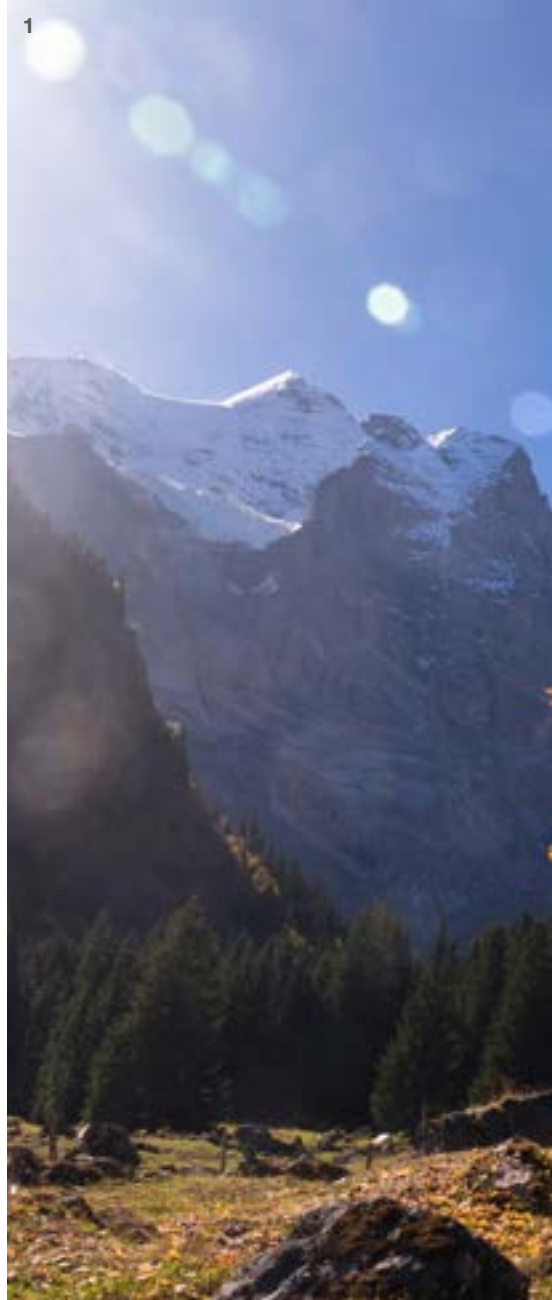
1 h 30min



Schwarzwaldalp, bus stop



Rosenloui, bus stop





2 UNESCO TRAIL FIRST – GROSSE SCHEIDEGG – OBERER LAUCHBÜHL

The Grindelwald area is the only place you can find the *Erebia sudetica inalpina*, a subspecies of the Sudeten ringlet butterfly. It is not known to exist anywhere else in the world. The butterfly flits about here on the slopes between Grosse Scheidegg and Hintisberg, between 1,070 and 2,210 metres above sea level. Because this subspecies of the Sudeten ringlet does not exist anywhere else in the world, Switzerland has an international responsibility to protect it. Without protective measures, its chances of survival would be much worse. For this reason, the area's flower-rich, shrubby, extensively grazed areas in the summer pastures must be kept open through targeted removal of shrubs and/or improved grazing management.

Here in the habitat of the Sudeten ringlet is where one of the four UNESCO trails in the Jungfrau Region begins. All you need to enjoy the trail is an internet-enabled smartphone. On the trail, the theme of which is "Nature as a finite resource", you can learn about the obligations that come with a World Heritage designation. How are resources used in Grindelwald and to what extent are sensitive habitats taken into account?



9 km



2 h 40 min



First, mountain station



Oberer Lauchbühl





3

3 LAUTERBRUNNEN – MÜRREN

A challenging hike – but worth it. The first few kilometres are relatively flat and take you through Lauterbrunnen Valley (you can also take the bus to Stechelberg). Right at the beginning, you will pass two of the most impressive waterfalls in the valley of 72 waterfalls: the Staubbachfall and the Trümmelbach waterfalls. After that, the route goes steadily uphill. Passing through Trachsellauenen and Schiirboden, you eventually reach the highest point on this hike, Obersteinberg, at almost 1,800 metres above sea level. You can then take a break at the Hotel Obersteinberg, known for its traditional home cooking, for having its own Alpine cheese dairy, for the mules used to transport food to the hotel and for the

lack of electricity. Candlelight and paraffin lamps create a romantic atmosphere here. It's an escape from the hustle and bustle of everyday life, a place to enjoy the tranquillity of the breathtaking mountain scenery and gather strength for the final stretch. From here, the trail goes downhill for 500 metres, then uphill for 400 metres. If you have run out of steam, take the Schilthorn cable car from Gimmelwald to Mürren.

- 📍 25km 🕒 9h
- 📍➔ Lauterbrunnen station
- ➔📍 Mürren station

“DESTINATIONS AT A GLANCE”



GRINDELWALD

NOTHING BUT “GRINDE OL WALD”.

The first lord of the land between the lakes of Thun and Brienz is said to have sent a few of his serfs into the valley to the south of Interlaken, because he was curious about what lay hidden in the mountains beyond. He was disappointed. The serfs reported having encountered just “Grinde ol Wald”, or boulders and forest. So there you go! That’s the legend of how Grindelwald got its name. It’s a lovely story, but it doesn’t quite wash from a linguistic research point of view. The Old German-Celtic word “grindel” refers to a piece of wood that serves as a barrier. Something like a “bar” or a “barricade”. Therefore, the “grindel” Wald (forest) could be a wooded area of valley that is “barricaded” from the rest of the world. This was largely true in Grindelwald – at least until paths were opened along the Black Lütschine River. The first mention of the name Grindelwald in historical records dates back to 1146.

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 “GRAND HOTEL BAER”

The locals learned lessons from the great fire of 1892. Attitudes changed and things started to be done differently. Water hydrants now stand at the ready in case of fire. Just one year after the fire, the “Grand Hotel Baer”, with its large function rooms, was built. The village church got a new bell to commemorate the catastrophe. It is still in use today.

THE FLAMES RETURN

It was bitterly cold on the night of the 16th of January 1941. Suddenly, the sound of sirens pierced the dark. A fire alarm. The “Grand Hotel Baer” was in flames. Old memories came rushing back. The cause of the fire was suspected to be a cigarette discarded by a soldier. The hotel was fully occupied with military personnel in the winter of 1940/1941, during World War II. A year earlier, the parish assembly had decided to purchase a church organ instead of a motorised fire engine. A decision they would have made differently, in hindsight. Nevertheless, all of the people inside the hotel were rescued, thus avoiding a catastrophe like the one 50 years before. There is now a sports centre where the “Grand Hotel Baer” used to be.

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.



FACT

The Eiger is 3,970 metres high. Together with the Mönch and the Jungfrau, it forms the famous triumvirate.



INSIDER TIP!

SIMON WÄLTI | EXECUTIVE ASSISTANT AT HOTEL BELVEDERE GRINDELWALD

An after-work bike tour on Grosse Scheidegg

After your work is done, there's nothing better than escaping the hustle and bustle of the village to clear your head and enjoy the tranquillity of nature and the mountains. The landscape is breathtakingly beautiful, and the Wetterhorn is always in sight, towering above the scene. With that to encourage you, you'll be able to conquer the 1,000 metres of elevation gain with ease and be rewarded at the top with a magnificent view of Grindelwaldtal and the Eiger, and, on the other side, Rosenloui, Reichenbachtal and the Engelhörner. You'll feel like you've really earned the wonderful descent after that.

RECOMMENDATIONS



- » 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!
- » Pure indulgence with a private hot tub on the terrace of your room and a restaurant whose chef has 15 Gault-Millau points – because your taste buds deserve pampering, too! At the Boutique Hotel & Restaurant Glacier, you can really relax.



- » Brewed at the foot of the Eiger North Face – Nordwand Bräu's top-fermented beer is made from choice ingredients, using traditional brewing methods.
- » Summertime is barbecue time. With Eiger Griller cheese made with Eiger milk, your barbecue is sure to be a great success. You can get this grilling cheese at the "Eigerness Der Laden" shop, and it comes either plain or with fine Alpine herbs.
- » Gingerwald – you can also find this handmade ginger liqueur made with fresh glacier water at the "Eigerness Der Laden" shop.
- » Dough made from summit snow – that's what's in the bread they sell at Bäckerei Ringgenberg (the Ringgenberg Bakery). This unique Wetterhorn bread is made with natural sourdough, created using snow from the Wetterhorn. The bakery is also known for its "legendary" local speciality products, such as Challi-grooschuechen (apple cake baked in a wooden ring), Alpenkräuterstengeli (buttery breadsticks with alpine herbs) and Nordwandpralinen (North Face pralines).
- » You simply have to try an Eigerspitzli, a chocolatey treat modelled on the Eiger that you will find at Europe's highest confectioner's. These and many other delicious baked goods are made at the Eigergletscher Confitserie, at 2,322 metres above sea level.
- » Bergführerwurst ("mountain guide's sausage") and various other local specialities can all be found at Metzgerei Hans Boss (Hans Boss Butcher's). They make all their own meat and sausage products. That includes the famous Bergführerwurst.
- » It's all about goats – goat's milk, goat's cheese and goat-meat specialities. At Ischhof, you will find organic goat products of all kinds.



- » At the Ischboden-Hütte, everything is homemade – from the cheese mixture on the Ischboden specials, to the cakes and bread, to the punch.
- » The best way to describe the food at Hotel Alpenhof is Swiss food in tapas form.
- » The restaurant "1910 · Gourmet by Hausers" at Hotel Belvedere is all about regional, sustainable fine dining.
- » If you want to come face to face with the Eiger North Face, the Restaurant Eigernordwand is the only place to go. You can marvel at this magnificent sight from the window facade of the restaurant or from the sun terrace, while enjoying a traditional Alpine-hut meal.
- » Sky Dinner at the Pfingstegg aerial cableway: 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 dessert before you glide back up to Pfingstegg for a second time.
- » Down from the mountain and straight to the barbecue – on the rooftop terrace of the Eiger Lodge Grill&Bar, you can treat yourself to a cool beer, a delicious aperitif and skewers from the tandoori grill.
- » Always home-made – at Parkhotel Schöneegg, the potatoes for the chips are grown, harvested, washed, peeled, cut and cooked all on site.
- » Go to the Avocado Bar in the village centre to enjoy the last rays of sunshine on the terrace with panoramic views or at the bar with a drink, and later, let some live music take you from day to night.
- » Small but perfectly formed – at Café 3692, you can enjoy not only a short menu of regional dishes but also the view of the Wetterhorn, Grindelwald's local mountain.



THE V-CABLEWAY

UPPING THE QUALITY, COMFORT AND PACE

Jungfrau Railways has entered a new era with the complete opening of the V-cableway on 5 December 2020. It took 908 days in total to construct the two cable cars, the new connection to public transport, the multi-storey car park, the terminal (set up as the valley station) and the modern mountain station with a connection to the historic Jungfrau Railway.

Grindelwald Terminal, the most state-of-the-art terminal in the Alps, provides direct rail access to Grindelwald and is the starting point for the tricable gondola Eiger Express to the Eiger Glacier and the 10-seater gondola cableway to Männlichen. In addition, the terminal has a shopping centre, featuring top international brands, Swiss quality products and a sports shop.

THE EIGER EXPRESS – THE MOST STATE-OF-THE-ART TRICABLE GONDOLA IN THE WORLD

The centrepiece of the V-cableway is the heaviest and most state-of-the-art tricable gondola in the world, the Eiger Express. It transports up to 2,200 passengers per hour from the terminal to the new Eigergletscher mountain station at 2,328 metres above sea level – right to the heart of the hiking area. The trip takes just 15 minutes. The Eiger Express has 44 cabins, each complete with 26 seats, WiFi and panoramic views. It takes you past the world-famous Eiger North Face. At the Eigergletscher mountain station, you can transfer directly to the Jungfrau Railway and travel onwards towards the Jungfrauoch. Thanks to this direct connection, you can reach your destination, the highest station in Europe, up to 47 minutes faster.



LAUTERBRUNNEN

After 1300, the barons of Turn, who mainly had estates in Valais, settled their people in the rear Lauterbrunnen Valley. So, in contrast to the rest of the Bernese Oberland, Lauterbrunnen was settled from Valais. In 1240, documents mentioned the area, calling it *claro fonte*, and in 1304, it was mentioned with the name *Luterbrunnen*. The place name refers to the clear springs (hence *Lauter*) and the streams (hence *Brunnen*). In the 13th century, the Lauterbrunnen Valley partially belonged to the *Rotenfluh-Unspunnen* estate of the barons of *Wädenswil*, who sold the *Sefinental* to the Augustinian priory of *Interlaken* in 1240. The priory expanded its sphere of influence by acquiring its own people, valley estates, Alps and jurisdictions.

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.



FACT

In 1779, Johann Wolfgang von Goethe made his second trip to Switzerland and was inspired by the *Staubbachfall* to write his *Gesang der Geister über den Wassern* (*Song of the Spirits over the Waters*), which he wrote as a guest at the Lauterbrunnen rectory.

RECOMMENDATIONS



- » 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 Stechelberg.
- » You can also buy cheese, sausages and other regional products – Adolf von Allmen's vending machine in Lauterbrunnen is ready to serve you 24 hours a day.



- » 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.



- » Home-made dishes using local ingredients – from sour-dough 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.



INSIDER TIP!

LUKE NICOL | PARAGLIDER PILOT

A bird's-eye view of Lauterbrunnen Valley

The best way to see Lauterbrunnen Valley in all its beauty is from above. From the air. Paragliding over the vertical cliffs and the rushing waterfalls, and getting a bird's-eye view of one of the most picturesque valleys in Switzerland is an unforgettable experience. This dream of flying can come true for anyone with the help of an experienced tandem pilot.

WENGEN

Wengen is the largest village in the Lauterbrunnen Valley and is situated at 1,274 metres above sea level. The place name was mentioned in a bill of sale from the year 1268 as “on the mountain of Wengen”.

NAMED BY OBSERVERS LOOKING UP FROM THE VALLEY

Wengen is the plural of “Wang” (a mountain slope that slopes like a cheek, a steep slope). In the plural form, “Wang” takes on the ablaut. That means the “a” sound becomes an “e” sound. And that’s how the place gets its name.

In the historical documents, the place name is written as “uf Wengen” or “uf dem Berg Wengen”. So, the assumption is that the place was named by observers looking up from the valley floor. From this perspective, the term “auf dem Wengen” fits perfectly.

THE INVISIBLE FLAG

On the 3rd of August 1811, brothers Johann-Rudolf and Hieronymus Meyer from Aarau, together with the Valais mountain guides Joseph Bortis and Alois Volken, made history by being the first people to complete the ascent of the Jungfrau. 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 together with Gottlieb, the son of Johann-Rudolf. This time, the flag they raised could be seen from the valley, and it remained visible until 1842.



FACT

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 named it after the idea of an untouched virgin. However, ironically, the Jungfrau later became the first of the four-thousand-metre peaks in Switzerland to be conquered.

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.



SARAH MENOIA-OBERLI | MILK WEIGHER

From Wengen to the Spätenalp Alpine cheese dairy via Leiterhorn

When the days start to get warmer again and the birds are singing, the cowbells are ringing and the air smells of freshly cut grass, I know that the Alpine season is here again, and my heart starts to beat a little faster. One of my favourite routes that I work on is also one of the most beautiful hiking trails in and around

Wengen. It goes from Wengen to Leiterhorn via the Äussere Allmend and then on to Spätenalp. In summer, the cool path through the forest is a delicious relief and it adds to the surprise when, at Leiterhorn, you suddenly find yourself in a clearing with beautiful meadows. There is a barbecue area with plenty of space and, of course, there is also the observation point, which has a beautiful view out over the valley. There is something mystical and magical about the beautiful path through the mountain forest to Spätenalp. I once came across a hare there in the early morning. The view of Lütschental is breathtaking and at Spätenalp, you feel well taken care of, as there are plenty of snacks and drinks available. You can get Alpine cheese directly from the farm here.

RECOMMENDATIONS



- » Wengen tea blends – Eigertee, Mönchtee and Jungfrautee. Stefanie Bischoff-Kübli's tea version of the triumvirate (available at Schilt 1407) is not just a novel idea – the teas taste great too.
- » Honey from the Wengwald – this sweet temptation is available from Andrea Blum (at Sengg 1338H).
- » Pralines and chocolate bars – the chocolate bars from the Bäckerei Konditorei Vincenz have names like Jungfrauspitzli, Eiger Grüessli, Lauberhörnli and Gipfelwiiss. Or perhaps you'd like a Hundschopfbrot (Hundschopf bread)?
- » Delicious dairy products – alpine cheese, Mutschli cheese, goat's cheese and free-range eggs are all available from Monika Ponti (at Uf em Melk, Schiltwald).
- » A cheese counter – available at the village shop in Wengen. The various cheeses sold here come from the surrounding Alps.



- » Fondue to go – at Wengen Tourism, you can reserve a backpack with all the ingredients you need to prepare a fondue on the hike of your choice.
- » Seventh heaven for lovers of whiskey and gin – the Tanne Bar has a rare collection of Jack Daniel's single malts and a great gin selection for you to try.
- » Dine at the restaurant of a top chef – Restaurant Chez Meyers at Hotel Regina has 15 Gault-Millau points. At "La Bulle", you will be served a surprise 5-course menu and you will be able to see right into the kitchen and observe the kitchen team's work up close. That's because the table is right in the middle of the kitchen, in the chef's office.
- » A mountain gondola with fondue – at the Sunstar Hotel, you can enjoy a unique and romantic tête-à-tête in a gondola that used to be part of the old Männlichen cable-car service.
- » The bar with a fireplace – at Cock-tailbar Lauberhorn, you can treat yourself to an aperitif or a nightcap in style.



- » 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.

MÜRREN

Over the centuries, Mürren has gone by many names: Montem Murren (first mentioned in 1257), Murrön, Murn, Mürn, Murne, Myrrhen and Mürren.

UP ON THE WALL

Unlike Wengen, Mürren is a “Spisse”. The meaning of “Spisse” is derived from the Latin adjective “spissus, spissa, spissum” meaning “crowded together”. In other words, Mürren is a settlement area with sharply demarcated borders. On the valley floor, a stream (the Spissbach) also has “Spisse” in its name. The village sits on a formation like the coping of a wall at the top of the 700 to 800-metre-high rock face. Its name can thus be easily traced back to the Latin for wall: “murus”.

Mürren has the tour operator and minister Sir Henry Lunn to thank for the first British tourists who spent the winter in the village. His son, Arnold Lunn, is considered to be the father of the sport of skiing in the Bernese Oberland. One of his achievements was ensuring that the cable car in Mürren was in continuous operation for the first time in the winter of 1910/1911. After the outbreak of World War I, tourism in Mürren stalled and the hotels and guest houses stood empty. The decision to intern British soldiers in hotels and chalets in the village was therefore, in many ways, a stroke of luck for Mürren: the British soldiers brought their ski equipment with them and Mürren was transformed into a real mecca for skiing. Lunn, who was entrusted with the care of the war refugees, organised skiing lessons for the British. After their return to Britain, the soldiers told others about their winter experiences in Mürren and made the place famous all over the country.



FACT

Mürren is the highest permanently inhabited settlement in the Canton of Bern, at 1,650 metres above sea level.

A PLACE OF REFUGE FOR SOLDIERS IN THE WORLD WARS

During the two World Wars, 837 British soldiers and about 1,000 Italian soldiers found refuge in Mürren for a few years. Although the relationship between the locals and their guests was somewhat ambivalent, the internees had a significant influence on the development of the village.



FACT

Soldiers were often interned in spa resorts like Mürren. Grindelwald and Wengen also took in interned men from foreign army units.

RECOMMENDATIONS



YANICK WYSS | SNOW-GROOMER DRIVER AT MÜRREN-SCHILTHORN

From Mürren to the Lohornhütte via Grütschalp

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's 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 Lohornhütte. 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 Sulsseeli.



- » Local game specialities – at the Hotel Bellevue, you can enjoy game all year round. The Jägerstübli (hunter's lounge) is completely dedicated to the theme of hunting and is decorated with chamois, marmot, badger and fox skins, as well as chamois rugs.
- » The classic French dish – in the Restaurant Art des Alpes at Hotel Eiger, you can enjoy a fillet of beef Rossini as you look upon classical paintings and magnificent views.
- » 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.
- » Piz Gloria Zvieri – regional meats and cheeses, served with a glass of wine or a non-alcoholic beverage. The impressive view from this revolving restaurant on Schilthorn comes free of charge with your meal.
- » 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.
- » The classic French dish – in the Restaurant Art des Alpes at Hotel Eiger, you can enjoy a fillet of beef Rossini as you look upon antique paintings and magnificent views.



- » At the Staubbach/Winteregg Alpine cheese dairy, you will find the A to Z of handmade Alpine products: everything from Alpine cheese to Ziger!
- » Genuine mountain-blossom honey – you can buy this sweet treat made by local bees from Walter Brunner in Gimmelwald.
- » Piz Gloria is not just the name of the revolving restaurant on the Schilthorn, it's also the name of a clothing label. Find it at "Exile on Mainstreet", which sells clothes designed in Mürren.
- » 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 Misch-Masch 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 receptions.
- » Hofautomat – at this vending machine, you can buy local specialities, such as alpine cheese, jams and honey any time, day or night.
- » Fresh from the farm – Martin and Thomas Rubin from Gimmelwald sell dried sausages, milk and cheese from their own farm.
- » Goat's cheese from Alp Breitlauenen – buy it from Ueli and Doris von Allmen in Gimmelwald.
- » Meat to order – Mürren Beef sells products from its own farm.



- » The James Bond Suite – there are some themed suites at Hotel Eiger.
- » 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.

LOOKING FOR
MORE LOCAL
PRODUCTS?



HASLITAL

FACT OR FICTION?

According to legend, Haslital was settled by Swedes or Frisians during the Migration Period. This story, along with many other founding legends, arose as part of the emerging self-confidence of the individual towns in what is now Central Switzerland during the Council of Basel, at a time when the heroic legends of Sweden were particularly popular and being adopted by bishops in other regions. According to the legend, Schwyz was founded by Goths from Sweden, who would have been the first to adopt Christianity, and Oberhaslital was settled by Frisians, who moved south with those Swedes, and the Huns moved into Uri.

GERMANIC PEOPLE FOR SURE

There are also people who claim that Haslital was settled long before the Migration Period. Could it be true? Probably not. Bronze objects, a coin from the Celtic period and Roman emperor's coins were found here – though only sparsely – suggesting this cannot be true. What these finds show with certainty is that even in the earliest periods, people did traverse the Alpine passes. A Germanic immigration definitely took place at a later point in time, that's for sure. Celts and Romans may have been settled in Aaretal, but it can clearly be seen from the place names that the settlement in Oberhasli is a Germanic one. We need only look at the endings: -ingen, -hausen, -wil and -wiler indicate a Germanic settlement. Meiringen is the most prominent example of this in Haslital. So which Germanic people settled in Haslital?

The tale of immigration tells of the Swedes and Frisians. The ancestors of the Oberhasli people probably did come from the north. We can assume this to be true.

HASLITAL AND THE BATTLE OF LAUPEN

In the 13th century, the church of Meiringen was owned by the German emperor and therefore had imperial immediacy status. In 1275, Hasli formed an alliance with the City of Bern. With the loss of imperial immediacy status in 1310, the City of Bern took over the pledge (Pfandschaft) in 1334. Haslital became subject to Bernese rule. It provided a contingent of 300 men for the Battle of Laupen in 1339. During the Reformation, Roman Catholicism dominated in Haslital. Bern would not tolerate this, which forced the Reformation. During the Helvetic Republic era, Haslital became part of the Canton of Oberland. After the Act of Mediation, the new order developed only slowly. In 1833, the Hasli area became the District of Oberhasli, comprising the six municipalities of Gadmern, Guttannen, Meiringen, Innertkirchen, Hasliberg and Schattenhalb. Political calm did not return until the adoption of the Federal Constitution of 1848.



FACT

The Bernese rulers used the name Oberhasli to differentiate between Hasli an der Aare and Hasle bei Rüesgau or Hasli bei Riggisberg, which were both situated lower down.



FACT

Place names ending in “ingen” indicate a Germanic settler’s name. “Hilterfingen”, for example, means “with the people of Hiltolf”. Hiltolf won a settlement at the lower Thunersee. The origin of the place name Meiringen is less clear. It could mean “with the people of Megiher”. But professional designations can also be hidden within such names. Meiringen could therefore also mean “with the people of the Meier (court-masters)”. The “Meier” had high jurisdiction.



INSIDER TIP!

VIVIEN MAURER | CHILDCARE PROFESSIONAL

From Chaltenbrunnen Säge to Wandelalp

One of my personal favourite hikes starts in Chaltenbrunnen Säge and takes you over the beautiful Chaltenbrunnenalp. Passing through blossoming Alpine meadows, you come to the colourful high moor, which is especially beautiful in autumn, with all the autumnal colours. While hiking, you can appreciate the majesty of the mountains. After crossing the high moor, you reach the Wandelalp, where there are plenty of nice places to rest, linger and enjoy the fantastic panoramic views.

RECOMMENDATIONS



- » Self-sufficiency in energy – Switzerland’s first Ecocapsule is located in Guttannen. The capsule generates all the energy it needs using solar cells built into the roof and a small wind turbine.
- » 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.
- » Sleeping under the stars – the Bubble Suite of the Wagenkehr Restaurant/Hotel is located in the middle of the forest, nestled in a unique mountain setting. Enjoy the unobstructed view of the starry sky as you fall asleep.



- » “Feinheimisch” – this is the name of the gourmet menu at Hotel Restaurant Urweider in Innertkirchen. It means “homely yet sophisticated”. Always changing, but always centred around a theme. Available every Thursday, Friday and Saturday. For wine connoisseurs, there is wine specially imported from Piedmont.
- » A taste of Poland – at the bistro of B&B Triftblick (Nessental/Gadmen), they serve home-made Polish specialities.
- » A restaurant terrace in the heart of the village – at the Hotel Victoria in Meiringen, you can treat yourself to a refreshing drink or the famous Victoria House Salad under the old chestnut tree. If you're feeling hungry, the tasting menu is just the ticket.



- » Souvenirs cut from Swiss stone – in the shop run by the Teige family (Steinideen.ch) you will find rock crystals gathered by local crystal hunters, stone jewellery, various sculptures and more.
- » The Goldvreneli coin – the woman you see on Switzerland's famous Goldvreneli gold coins was from Gadmertal. This fact had almost been forgotten, but it was resurrected by the Molki Meiringen dairy, which uses an image of the coin as the label for its cheese. It also puts real a Goldvreneli coin in every hundredth cheese it makes.
- » Sherlockerlis – treat yourself to one of these mildly smoked and spicy home-made raw sausages. You can also get another signature sausage called a Gumpesel from Metzgerei Nussbaum (Nussbaum Butcher's) in Meiringen. This sausage is even listed as part of the “Culinary Heritage of Switzerland”.
- » Eggs around the clock – the Zumbrunn Eier 24-hour egg vending machine in Unterbach sells free-range eggs from happy hens, any time of the day or night.
- » Sweet temptations – Bäckerei Frutal (Frutal Bakery) in Meiringen has everything from meringues to Hasli cakes and Tatzelwurm sponge cakes, so you are sure to find the perfect dessert.
- » Handmade fabrics – at Heimatwerk Hasli, they have been weaving fabrics with distinctive patterns by hand since time immemorial.
- » It's all about the wool – WollReich in Meiringen offers wool products, guided tours and felting courses.
- » Modern tradition – Märthüsi continues to create traditional shirts and fabrics – now reinterpreting them in a modern way.
- » An aperitif from a home-made glass – in the Guttannen glass-blowing workshop, you can make your own glass and toast with it at the drinks gathering afterwards.

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 INTERACTIVE CRIME CAPERS HERE:

jungfrauregion.swiss/krimisspass



INFORMATION: most of the KrimiSpass cases are currently only available in German.

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1414 SWISS RESCUE SERVICE

140 TCS BREAKDOWN SERVICE

162 WEATHER INFO

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INFOLINE CORONAVIRUS

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FEDERAL DEPARTMENT OF FOREIGN AFFAIRS HELPLINE

+41 800 24 7 365 / +41 58 465 33 33

INTERLAKEN HOSPITAL

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+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

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 new Terminal Parking of the V-cableway (1,000 spaces). Alternatively, you can use the car park at Grindelwald Grund.

WENGEN

Arriving by public transport:

From Interlaken Ost station, you can reach Wengen in 36 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).

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, you can reach Mürren in less than one hour. The blue and yellow Bernese Oberland Railways (BOB) train will take you to Lauterbrunnen. You need to board at the front of the train, because the back of the train splits off at



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

Zweilütschinen and heads to Grindelwald. Next, you have two options. Via Grütschalp (gondola cableway and train): at Lauterbrunnen station, you take the gondola cableway to Grütschalp. Then you 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, you take the bus towards Stechelberg as far as the Schilt-hornbahn station. Then take the gondola cableway to Mürren via Gimmelwald. This part of the journey takes about 30 minutes.

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 (71 minutes). There are several PostBus connections available at Brünig-Hasliberg.

Arriving by car:

You can drive to Haslital by car from Basel/Zurich/Geneva via Bern or Lucerne/Brünig. If you travel from the south, you can reach Haslital via the Grimsel or Susten Pass. The journey from Bern (via Interlaken Ost) to Meiringen takes about 75 minutes. The journey from Lucerne (via Brünig) to Meiringen takes about one hour.

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.

CONTACT

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HASLITAL TOURISM

Tourist Center Meiringen
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CH-3860 Meiringen

Tourist Center Hasliberg
Twing
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Tourist Center Grimseltor
Grimselstrasse 2
CH-3862 Innertkirchen

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“OTHER”



USEFUL LINKS

COVID-19 INFORMATION

» jungfrauregion.swiss/Covid

PUBLIC TRANSPORT TIMETABLES

» sbb.ch/en

JUNGFRAU RAILWAYS

» jungfrau.ch/en

SCHILTHORN CABLEWAY

» schilthorn.ch/en/Welcome

BERGBAHNEN

MEIRINGEN-HASLIBERG

» meiringen-hasliberg.ch/en/Welcome

PFINGSTEGG AERIAL CABLEWAY

» pfungstegg.ch/index.php/en

MÄNNLICHEN CABLEWAY

» maennlichen.ch/en

GRINDELWALD BUS

» grindelwaldbus.ch/en

GRIMSELWELT TICKETS

(we recommend booking tickets in advance)

» grimselwelt.ch/en/tours

OVERVIEW OF HOTELS

» hotel-jungfrauregion.com/en

HOLIDAY HOMES

» jungfrauregion.swiss/apartment

DIGITAL GUEST CARD

» registration-jungfrauregion.swiss/en

BERNESE OBERLAND REGIONAL TRAVEL PASS

» regionalpass-berneroberland.ch/en

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ALPINE PASSES

» ig-alpenpaesse.ch/en

LOCAL PRODUCTS

» jungfrauregion.swiss/local

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» myswitzerland.com/en

UNESCO JUNGFRAU-ALETSCH

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