



Jungfrau Region



CONTENTS

TRAVEL PLANNING

CHAPTER 1 – THE EXPERIENCE OF A LIFETIME

S. 11

Top 5 lists on various topics

CHAPTER 2 – THIS IS WHERE WE SKI

S. 36

Skiing areas

REISEZIELE

CHAPTER 3 – DESTINATIONS AT A GLANCE

S. 56

Grindelwald

S. 57

Lauterbrunnen

S. 60

Wengen

S. 62

Mürren

S. 65

Haslital

S. 68

PRACTICAL TIPS

CHAPTER 4 – THINGS WE NEED TO KNOW

S. 72

Important information and links

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Merkur Druck AG

#DINIWÄLT - YOUR WORLD

Hit the slopes, the ice rink, a cross-country ski trail or a hiking trail. Try skiing, curling, cross-country skiing or a snowshoe tour. Relax or go thrill-seeking. Have fun by day or by night. Choose activities for children or for adults. Find something to enjoy, come rain or shine. Whatever you do, you'll notice that the variety on offer in the Jungfrau Region is what makes it special.

Enjoy winter hiking under the gaze of the Eiger, Mönch and Jungfrau. Feel the adrenaline rush as you ride on the First Glider and the First Flyer. Conquer Big Pintenfritz, the longest sledging run in the world. Ride on the Eiger Express. Marvel at the view of 401 mountain peaks from the top of the Alpen tower. Try cross-country skiing in Lauterbrunnen, the valley of 72 waterfalls. Follow in the footsteps of James Bond on the Schilthorn. Enjoy more than 275 kilometres of slopes in the skiing areas of the Jungfrau Region. Feel like royalty on the Männlichen. Step into the shoes of Sherlock Holmes with the KrimiSpass Jungfrau Region. Challenge yourself on the Lauberhorn downhill run, the longest World Cup course in the world. Gaze in awe from the Jungfraujoch at the Aletsch Glacier, the largest sea of ice in the Alps. Visit idyllic, car-free Mürren, Gimmelwald and Wengen. Go climbing at Grindelwald Indoor Rope Park (Indoor Seilpark Grindelwald). Spoil yourself with a delicious fondue. Tackle a winter hiking trail. Experience local tradition up close. And so much more...

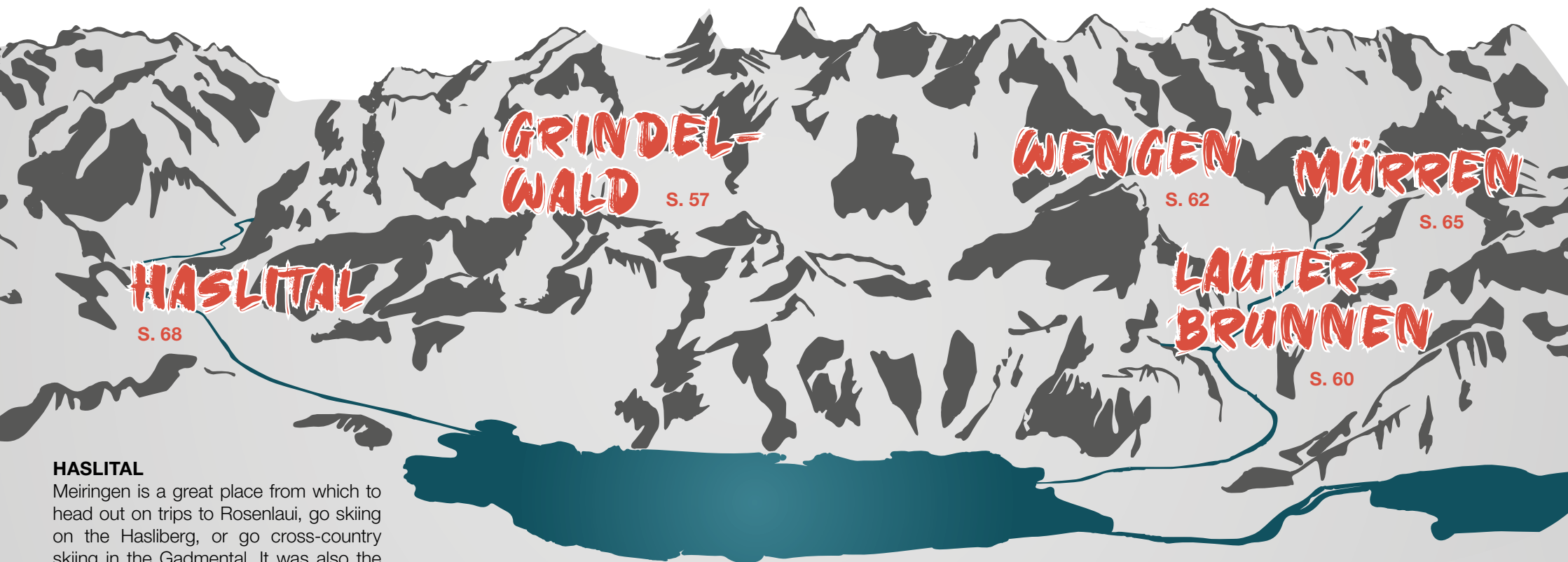
This guide contains lots of helpful information and tips about the Jungfrau Region. With so much variety on offer, you can put together a world of your own, and then go discover it.

We can't wait to see you here!

Want to know whether the mountain railways are running, the ski lifts are operating or the ski slopes 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? Then check out our welcome page, where you can find all this and much more.

jungfrauregion.swiss/welcome





HASLITAL

Meiringen is a great place from which to head out on trips to Rosenlauri, go skiing on the Hasliberg, or go cross-country skiing in the Gadmental. It was also the scene of Sherlock Holmes' final case. And his final breath (for a while, at least). In fact, the master detective features heavily in the activities on offer in Haslital.

GRINDELWALD

This alpine village has two great skiing areas: Grindelwald-Wengen and Grindelwald-First. Grindelwald is also the starting point for the journey up to the Jungfrauoch and it is also often used as the base camp for scaling the legendary Eiger north face.

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.

MÜRREN

Neighbour to Wengen on the other side of the valley and the Jungfrau Region's other 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 12143 ft

Eiger
3970 m 13026 ft

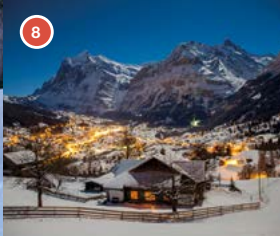
Mönch
4107 m 13475 ft

Jungfrau
4158 m 13638 ft

Jungfraujoch – Top of Europe
3454 m 11333 ft



Alpen tower Hasliberg Meiringen Reichenbachtal Grosse Scheidegg First-Top of Adventure Bussalp Grindelwald



Jungfraujoch – Top of Europe

Männlichen – Royal Experience

Wengen

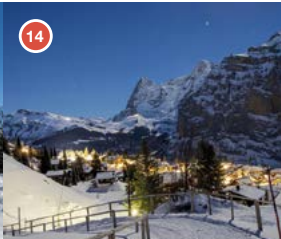
Lauterbrunnen

Isenfluh-Sulwald

Mürren

Thrill Walk-Birg

Schilthorn – Piz Gloria



Jungfraujoch – Top of Europe

Männlichen – Royal Experience

Wengen

Lauterbrunnen

Isenfluh-Sulwald

Mürren

Thrill Walk-Birg

Schilthorn – Piz Gloria



“THE EXPERIENCE OF A LIFETIME”



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

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



3 A 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.

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.










5 THE EIGER UP CLOSE

Kleine Scheidegg lies at 2,061 metres above sea level, in the midst of a spectacular mountain landscape. The view of the notorious Eiger North Face is one you will not soon forget.



TOP 5 - WINTER HIKES








1 KLEINE SCHEIDEGG – WENGEN

-  Moderate  2 h 30 min
-  0 hm  788 hm
-  6.9 km
-  Kleine Scheidegg
-  Wengen

jungfrauregion.swiss/scheideggwengen/en










2 MÜRREN – SONNENBERG – ALLMENDHUBEL

-  Easy  1 h
-  278 hm  7 hm
-  2.05 km
-  Mürren village
-  Allmendhubel

jungfrauregion.swiss/sonnenberg/en










3 GSCHWANDTENMAD CIRCULAR TRAIL

-  Easy  1 h 45 min
-  146 hm  146 hm
-  6.4 km
-  Gschwandtenmad
-  Gschwandtenmad

jungfrauregion.swiss/gschwandtenmad/en










4 BUSSALP – HOLZMATTEN – RASTHYSI – LOCHSTEINEN

-  Easy  1 h 15 min
-  24 hm  401 hm
-  4.48 km
-  Bussalp
-  Lochsteinen

jungfrauregion.swiss/lochsteinen/en

5 LAUTERBRUNNEN – STECHELBERG

-  Easy  1 h 45 min
-  134 hm  20 hm
-  6.79 km
-  Train station Lauterbrunnen
-  Bus stop Stechelberg

jungfrauregion.swiss/stechelberg/en



TOP 5 - BAD-WEATHER ACTIVITIES

Even the Jungfrau Region is not immune to bad weather and precipitation. But even on the worst of days, there's no need to despair! After all, when precipitation comes in the form of snow, it helps create a fairy-tale winter landscape and perfect conditions on the slopes. 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 KLÖPPELSTUBE LAUTERBRUNNEN (LAUTERBRUNNEN LACE-MAKING STUDIO)

Phone number: +41 33 856 85 68
E-mail: info@lauterbrunnen.swiss
lauterbrunnen.swiss

2 GRINDELWALD SPORTS CENTRE

Phone number: +41 33 854 12 30
E-mail: sport@grindelwald.swiss
sportzentrum-grindelwald.ch



2



3

3 ALPINE SPORTS CENTRE

Phone number: +41 33 856 86 86
E-mail: info@Sports Centre-muerren.ch
sportzentrum-muerren.ch



4

4 SHERLOCK HOLMES MUSEUM

Phone number: +41 33 972 60 08
E-mail: info@sherlockholmes.ch
sherlockholmes.ch

5 MEIRINGEN ALPINE TENNIS CENTRE

Phone number: +41 33 971 39 00
E-mail: info@tennismeiringen.ch
tennismeiringen.ch

TOP 5 - NIGHTTIME ACTIVITIES

1 SLEDGING ON THE HASLIBERG

Up to 10 pm on New Year's Eve and every Friday from 20 January to 10 March, as well as every Wednesday from 1 February to 1 March, you can glide through the darkness on a sledge on the unlit slope from Mägisalp to Bidmi and then warm up with cheese fondue, raclette and other delicacies at the Mägisalp mountain restaurant.



2 THE EIGER RUN (SLEDGING RUN)

In daylight, the Eiger Run is a real thrill thanks to its gradient of up to 36 per cent; but when the sun goes down, it becomes an unforgettable experience. In the evening, special trains run on the Wengernalp railway every half hour. That means you can get from Brandegg to the starting point on Alpiglen in just five minutes. The "Eiger Run Evening Ticket" includes unlimited rides.



3 SLEDGING ON THE BUSSALP

The experience of sitting on a sledge as its runners cut through the snow, letting you glide through this nocturnal winter landscape, is one you won't soon forget. Afterwards, you can treat yourself to a delicious cheese fondue in the Bussalp mountain restaurant. The City Run sledding run is not illuminated. The moon and the stars will show you the way – or your headlamp will.



4 SKIING ON THE HASLIBERG

The Mägisalp-Bidmi slope is lit for skiers until 10 pm on New Year's Eve and every Friday from 20 January to 10 March and every Wednesday from 1 February to 1 March. Afterwards, you can look forward to delicious dishes and musical entertainment at the Mägisalp mountain restaurant.

5 CROSS-COUNTRY SKIING IN THE GADMENTAL

The wonderful seven-kilometre circuit here goes along the Gadmerwasser river. You can reach this route – which is illuminated until 9 pm – from Meiringen in around 20 minutes by car.



TOP 5 - ADVENTURES

1 PARAGLIDING

Make your dreams of flying come true with a tandem paraglide flight in the Jungfrau Region. Our pilot knows his glider, the winds and the area like the back of his hand. Put your trust in him and enjoy the breathtaking mountain landscape from the air.



2 HASLITAL SKATE PARK

As one of only a few indoor skate parks in Switzerland, Haslital Skate Park gives you the opportunity to skateboard any time of year, whatever the weather. It has a total surface area of around 400 m² and features a mini ramp and a street area. Even experienced skaters will be entertained.



3 FIRST CLIFF WALK

Thrills combined with a breathtaking view. That's what the First Cliff Walk is all about. The steel walkway skirts the rock – and ends with a 45 m long footbridge that takes you out over the abyss. Wow!

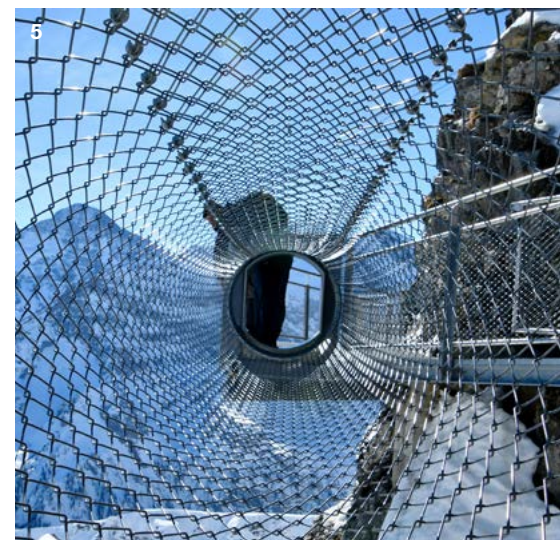


4 FIRST FLYER

Make your dreams of flying come true with a tandem paraglide flight in the Jungfrau Region. Our pilot knows his glider, the winds and the area like the back of his hand. Put your trust in him and enjoy the breathtaking mountain landscape from the air.

5 THRILL WALK

The Birg intermediate station on the way to the summit of the Schilthorn has something that is sure to make your heart beat faster. At 2,677 m above sea level, the THRILL WALK rock path certainly gets the adrenaline pumping.



TOP 5 - SLEDGING RUNS



1 BIG PINTENFRITZ

 Moderate
  3 h 30 min
 15.04 km
  1437 hm

 First, Mountain station

 Grindelwald

jungfrauregion.swiss/pintenfritz/en



The starting point on the Faulhorn (2,681 m above sea level) can only be reached on foot from First (2,166 m above sea level). You will need to pull your sledge behind you for about 2.5 hours before you can hit the slope. Available depending on snow conditions

2 FOX RUN

 Easy
  25 min
 6.9 km
  788 hm





 Kleine Scheidegg


 Wengen


jungfrauregion.swiss/foxrun/en



3 SULWALD – ISENFLUH – LAUTERBRUNNEN

 Easy
  34 min
 8.03 km
  727 hm





 Sulwald


 Isenfluh oder Lauterbrunnen

jungfrauregion.swiss/sulwaldlauterbrunnen/en



4 BOB RUN

 Easy
  13 min
 2.86 km
  270 hm





 Mountain station Allmendhubel

 Mürren village


jungfrauregion.swiss/bobrun/en



5 MÄNNLICHEN – HOLENSTEIN ("RITAS SPEEDWAY")

 Easy
  15 min
 5.08 km
  609 hm

 Männlichen

 Holenstein

jungfrauregion.swiss/speedway/en



THE VELOGEMEL

A TRIUMPH OF GRINDELWALD

According to Wikipedia (German version): “A velogemel is a sport sledge modelled after the bicycle that can be used to travel on ski slopes and snow-covered roads. The design allows riders to whizz along while seated in a comfortable position. The name is a combination of the words Velo, which is Swiss German for bicycle, and Gemel, which means sledge in the Grindelwald dialect.” The people of Grindelwald have been using the velogemel as winter transport since 1911. In February, the Velogemel World Championship is held – anyone who wants to can take part.

HOW IT ALL BEGAN

These days, we are used to fresh snow quickly being cleared from roads and paths using modern machines. But things weren't always so efficient. A hundred years ago, it was rather more difficult to get around after heavy snowfall. Christian Bühlmann, a woodcarver and storyteller from Grindelwald, who had a disability that made it difficult for him to walk, found getting home on foot from his weekly rehearsals with the village music group very difficult. Enter the velogemel.

Here's how Bühlmann came up with the idea: in the summer, he travelled by bicycle. As a result, he hit on the idea of applying the core concept of the bicycle to a sledge that could be used in winter. So it was that in 1911, he made himself a snow bicycle that would get him to his destination more quickly on flat and downhill

routes – the “Veloschlitten”. It had a wooden frame with two runners and could be steered using the handlebars at the front. You got it moving by pushing off from the ground with your legs.

On 1 April of the same year – and this is no joke – Bühlmann registered a patent in Bern for a “steerable sport sledge with in-line runners” made of ash and maple wood, and began to mass-produce the velogemel.








ONLY IN GRINDELWALD

Even today, some still use the velogemel to run daily errands. Increasingly, however, it is seen more as a piece of sports equipment and as a collector's item. Sledging is very popular in Grindelwald and velogemel riders can often be seen on the sledging trails. Velogemels are not used anywhere else in Switzerland. However, they are now sold all over the world as a unique product. They cost about CHF 600 each.










TOP 5 - SNOWSHOEING

1 LEITERHORN TRAIL

 Easy  1 h 30 min
 249 hm  249 hm
 5.62 km
 Wengen
 Wengen
jungfrauregion.swiss/leiterhorntrail/en









2 ASPEN TRAIL

 Moderate  45 min
 219 hm  0 hm
 1.32 km
 Grindelwald, Hotel Aspen
 Grindelwald, Vorsassi
jungfrauregion.swiss/aspentrail/en










3 CHÄNELEGG TRAIL







 Easy  1 h 30 min
 199 hm  199 hm
 3.63 km
 Mürren
 Mürren
jungfrauregion.swiss/chaeneleggtrail/en



4 MÄGISALP – BIDMI

 Moderate  1 h 25 min
 0 hm  277 hm
 3.87 km
 Mountain station Mägisalp
 Intermediate station Bidmi
jungfrauregion.swiss/maegisbidmi/en

5 SULWALD TRAIL

 Easy  1 h
 175 hm  175 hm
 2.15 km
 Sulwald
 Sulwald
jungfrauregion.swiss/sulwaldtrail/en



TOP 5 - CROSS-COUNTRY SKIING



1



2

1 GADMEN NORDIC SKIING CENTRE

Take the beautiful 15 km circuit along the Gadmerwasser river and past the village of Gadmen. The imposing mountain setting and the sunny location make cross-country skiing here a real pleasure

2 LAUTERBRUNNEN CROSS-COUNTRY SKI TRAIL

Try cross-country skiing in the valley of 72 waterfalls: from Lauterbrunnen, the route takes you along the White Lütschine River and past the Trümmelbach waterfalls (the largest underground waterfalls in Europe) to Stechelberg.

3 GRINDELWALD GRUND CROSS-COUNTRY SKI TRAIL

With the Eiger behind you and the Wetterhorn up ahead, you cannot fail to be motivated by this scenery. The cross-country trail in Grindelwald Grund is easily accessible by bus or train. There is also a large car park.



3

4 BIDMI CROSS-COUNTRY SKI TRAIL

A short but very scenic cross-country ski trail on the Hasliberg. It starts at the ski school by Lake Bidmi. The trail is about 1.5 km long and is perfect for novice skiers.

5 GUTTANNEN CROSS-COUNTRY SKI TRAIL

Fun cross-country skiing in idyllic Guttannen. The Guttannen trail starts at the Lengacherli car park and is roughly 2 km long. It's perfect for novice skiers. The trail is illuminated until 10 pm.

TOP 5 - WINTER TRAIL RUNNING



1 THE BIG FAULHORN TOUR

- Heavy 6h
- 1668 hm 1668 hm
- 27.37 km
- Grindelwald Sports Centre
- Grindelwald Sports Centre
jungfrauregion.swiss/faulhornrunde/en

2 UPHILL TRAIL TO THE FIRST

- Moderate 3h
- 1292 hm 164 hm
- 14.73 km
- Grindelwald Sports Centre
- First, Mountain station
jungfrauregion.swiss/uphillfirst/en



3 THE SUNNY WINTER TRAIL

- Heavy 3 h 15 min
- 532 hm 1663 hm
- 17.9 km
- First, Mountain station
- Grindelwald Sports Centre
jungfrauregion.swiss/sonnentrail/en

4 RASTHYSI TRAIL

- Moderate 2 h 45 min
- 900 hm 136 hm
- 12.37 km
- Grindelwald Sports Centre
- Bussalp
jungfrauregion.swiss/rasthysi-trail/en



5 EIGER NORTH FACE TRAIL

- Moderate 3 h 30 min
- 792 hm 784 hm
- 16.17 km
- Holenstein Moderatestation
Gondola cableway Männlichen
- Alpiglen
jungfrauregion.swiss/eigernordwand-trail/en



TOP 5 - ON THE ICE

Want to get your skates on? In the Jungfrau Region, you can. Literally. Whether in Wengen, Meiringen, Mürren or Grindelwald. You can nail that pirouette in figure skating, score a goal in ice hockey, perfect your delivery in curling, or try some Ices-tocksport (Bavarian curling) – opportunities abound to hone your skills and show off your prowess.



WENGEN CURLING HALL



WENGEN ARTIFICIAL ICE RINK



MEIRINGEN CASINOPLATZ ICE RINK



MÜRREN ARTIFICIAL ICE RINK



GRINDELWALD SPORTS CENTRE

TOP 5 - FOR FAMILIES

1 KRIMISPASS (MURDER MYSTERY)

In the digital outdoor adventure “Krimi-Spass”, you can step into the shoes of a detective and solve a criminal case in the Jungfrau Region. You can take part in the game free of charge.



2 LILLY'S MAGICAL KIDS' SLOPE, ALLMENDHUBEL

On the Allmendhubel, there is Lilly's Magical Kids' Slope, which will make children's eyes light up. Here, little ones can take a fun ride over waves and past obstacles together with their parents. It's a great winter experience for the whole family.



3 WENDY'S MYSTERY TRAIL, WENGEN

Can you solve the interactive mystery and help Wendy the rabbit find the treasure? There are 16 spots with puzzles to solve. The answer to the puzzle will give you the coordinates of the location of the treasure.



4 VIRTUAL MÜRREN FUN

How can you have a snowball fight even when there's no snow? It's possible at Virtual Murren Fun. Teams of up to four can face each other in battle in this unique winter experience that's available all year round.

5 GADMEN SKI LIFT

The Gadmen ski lift may be small, but good things come in small packages. Located in the middle of the village, it is open every afternoon as long as the weather is good. Perfect for beginners of all ages! There is a lift attendant on hand to ensure that everyone can use the lift.



“THIS IS WHERE WE SKI”



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 skiing 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.

GRINDELWALD-WENGEN

TOTAL KILOMETRES OF SKI SLOPES
103

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS
30 km

FEATURES

The skiing area is at the foot of the Eiger, Mönch and Jungfrau. The world-famous Lauberhorn World Cup downhill run is located here. It goes from the Lauberhorn down to Wengen over a distance of almost 4.5 km.

WHAT'S ON OFFER

- » Kinderparadies (Children's Paradise) Männlichen: this is where little ones can learn to ski in a fun way.
- » Once the Lauberhorn Ski Races are over, experienced skiers can have a go on this downhill run, which features in the FIS Alpine Ski World Cup. You can even get a photo of yourself at the starting point!
- » The Läger chairlift is the longest ski lift, stretching to 2,079 m.
- » Steep downhill run: on slope 27, the gradient is 71 per cent.
- » On slopes 21 and 45, you can have your speed measured.
- » Scan your ski pass and take a panoramic photo at one of the skiing area's various photo spots.
- » Record your very own skiing video: capture your run on camera and then use your video how you like – it'll make a great Facebook post!

HOW TO GET THERE

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

PRACTICE AREAS

Kleine Scheidegg
Swiss Ski & Snowboard School
snowsportsscheidegg.ch

Snowgarden (Figeler) Wengen
Swiss Ski & Snowboard School
Silberhorn Centre
skiwengen.ch

Männlichen Children's Paradise
Skiparadies Ski School Männlichen
skischule-maennlichen.ch

EXTRATIP!

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

A PERFECT DAY OF SKIING

1 Start your day of skiing on the Kleine Scheidegg. You can get there in around 30 minutes by train. A little tip: make sure you get a window seat. The views are spectacular.

2 Once you've got your skis on, take slope 21 down to the Tschuggen ski lift. Take the ski lift up and then slope 6 down to the Läger chairlift. On the chairlift, you can enjoy amazing views of the ski slopes. By this time, you might be getting thirsty. No problem. You can stop for a nice cold blonde beer at the Männlichen mountain restaurant.



3 Once you've quenched your thirst, take slope 3 all the way down into the valley to Grindelwald Terminal. From there, the Eiger Express (the most state-of-the-art tri-cable gondola lift in the world) will take you to the Eiger Glacier (Eigergletscher) mountain station, at 2,328 metres above sea level, in just 15 minutes. After that, your next destination is the Wixi chairlift. To get there, take slope 25 for a short while and then "turn off" onto slope 34. Then take the chairlift up to the Lauberhorn. The slope 42 downhill run ends at the Kleine Scheidegg. At this point, you'll probably be feeling peckish. Time for some lunch! Treat yourself to a juicy schnitzel with fries at Restaurant Eiger nordwand.

4 Now that you've recharged with some fantastic food, you'll be ready to hit the slopes again. Slope 36, to be precise. This will take you down to the Wengernalp and then on to the Bumps ski lift. Take that up to the top and then ski down the last few kilometres to Wengen. Now it's time for après-ski. Finish your day in the cosiest way with some delicious mulled wine.

WETTERHORN
3692 m

SCHRECKHORN
4078 m

EIGER
3970 m

MÖNCH
4107 m

**JUNGFRAUJOCH
TOP OF EUROPE**
3454 m

JUNGFRAU
4158 m

SILBERHORN
3695 m



EIGERGLETSCHER
2333 m

KLEINE SCHEIDEGG
2061 m

Eiger Express

WENGERNALP

BRANDEGG

ALPIGLEN

Honegg

ALLMEND

Innerwengen

Grindelwald-First

GRINDELWALD

GRUND

GRINDELWALD TERMINAL

Läger

Grindelwald Terminal - Männlichen

MÄNNLICHEN
2230 m

WENGEN

ASTHYSI
50 m

SCHWENDI

HOLENSTEIN

Royal Walk

LAUTERBRUNNEN

every/alle 15'
Skigebietswechsel

km/h

km/h

GRINDELWALD-FIRST

TOTAL KILOMETRES OF SKI SLOPES

56

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS

40 km

FEATURES

This skiing area boasts a great view and lots and lots of sun.

WHAT'S ON OFFER

- » The Grindelwald First Snowpark has a halfpipe that is 130 m long and around 5.6 m high – the only one of its kind in the Bernese Oberland. The park also has kickers, rails, bonks and boxes.
- » Steep downhill run: on slope 14, the gradient is 58 per cent.
- » Big Pintenfritz is the longest sledging run in the world, running for 15 km in total (slopes 50 and 57).
- » For an injection of pure adrenaline, ditch your skis and fly through the air at up to 84 km/h on the First Flyer or First Glider.
- » Learn to ski in a playful way: the Lily Fun Slope on First provides plenty of fun obstacles for beginners.
- » Slopes 5 and 14 are powder snow/freeriding slopes.
- » Keep it chill: the Slow Rope keeps things relaxed, taking you up slowly and securely.
- » Scan your ski pass and take a panoramic photo at one of the skiing area's various photo spots.

HOW TO GET THERE

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

PRACTICE AREAS

bodmiARENA
Outdoor Switzerland AG
outdoor.ch

EXTRATIP!

Try out the Olympic sport of ski cross on an 800-metre course.

A PERFECT DAY OF SKIING

1 Start your day of skiing at the First Railway bottom station in Grindelwald. The gondola cableway will take you to the middle station in Schreckfeld in around 20 minutes. Here, or, to be more precise, at the Schreckfeld mountain restaurant, you can warm up with a nice, hot coffee.

2 After that, take slope 7 down to the Grindel chairlift. Take the short journey up on the Grindel chairlift and then get on the Schilt chairlift. Next, ski down slope 10 to the Bäргеlegg ski lift. From here, head on up again, and then take slope 12 straight down again to the Hohwald lift. At the end of this T-bar lift, you can look forward to a long downhill run on slopes 23 and 22 to Grindelwald.



3

3 You could head back now if you wanted, but we're betting you'll still want more! So, take the First aerial cableway back up again, this time to the very top. Somewhere along the way, you might find that you're getting peckish, so stop for a bite at the First mountain restaurant. After that, make your last upward trip of the day: take the Oberjoch lift up to 2,500 metres above sea level.

4 Now, starting from the highest point, ski 1,500 vertical metres downwards into the valley in Grindelwald. Start by taking slope 1 down to First, then follow slopes 3 and 4 to Schreckfeld, before finally taking slope 22. When you get to the bottom, you probably still won't feel like calling it a day yet, so why not make a beeline for the Avocado Bar?



4

SCHRECKHORN

4078 m

WETTERHORN

3692 m

SCHWARZHORN

2928 m

Skipass Jungfrau

OBERJOCH
2500 m

FIRST
2168 m

FAULHORN
2681 m

WALDSPITZ
1918 m

RASTHYSI
1560 m

BUSSALP
1800 m

SCHRECKFELD

BORT

Grindelwald-First

GRINDELWALD

every/alle 15'
Skigebietswechsel

GRINDELWALD TERMINAL

SCHWENDI

BRANDEGG

ALPIGLEN

HOLENSTEIN

Eiger Express

Grindelwald Terminal



MÜRREN-SCHILTHORN

TOTAL KILOMETRES OF SKI SLOPES

56

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS

25 km

FEATURES

Skiing at 3,000 m above sea level: Mürren-Schilthorn is the highest winter sports area in the Bernese Oberland.

WHAT'S ON OFFER

- » At the Avalanche Training Center (ATC) in Blumental, you can learn or practise how to use an avalanche transceiver correctly.
- » Sledging: whether you choose the Bob Run (made famous by James Bond) or the Apollo Run, the starting points of both are easy to get to.
- » On the Allmendhubel, there is Lilly's Magical Kids' Slope, which will make children's eyes light up. Here, little ones can take a fun ride over waves and past obstacles together with their parents.
- » Record your very own skiing video: capture your run on camera and then use your video how you like – it'll make a great Facebook post! (Slope 4).
- » Head to the Skyline Snowpark for jibs, rails, boxes and a kicker line. Great for freestyle!

HOW TO GET THERE

You can reach the Mürren-Schilthorn skiing area by cable car from Lauterbrunnen and Stechelberg.

PRACTICE AREAS

Allmendhubel Practice Area with Lilly's Magical Kids' Slope
Schilthornbahn AG
schilthorn.ch

Mürren Snow Sports Practice Area
Mürren-Schilthorn Swiss Ski School
skischule-muerren.ch

EXTRATIP!

Want to try a descent with an 88 per cent gradient – the steepest descent in the whole Jungfrau Region? Then take the aerial cableway from Mürren-Schilthorn to the Birg intermediate station. From there, descend on black slope no. 9 down to the Riggli lift.

A PERFECT DAY OF SKIING



1 Your perfect day of skiing starts in Stechelberg. Take the Schilthorn aerial cableway to Mürren. Get your skis on and then head for the Schiltgrat chairlift, which will take you to the start of slope 23. Speed downhill to the Gimmeln T-bar lift and then let it take you up. Once you get to the top, take slopes 23 and 26 back down to Mürren.

2 Next, take the aerial cableway up to the summit of the Schilthorn, at almost 3,000 metres above sea level. Here, you can enjoy a delicious breakfast in the 360-degree revolving restaurant. Now that you've fuelled up, take black slope 10 and the blue slopes 11 and 8 to the Muttleren chairlift. Take this chairlift back up and ski down slopes 17, 15 and 16 to the Allmendhubel. Now it's time for lunch – if there's any room left after breakfast!

3 After lunch, head down slope 5 to the Maulerhubel. This is your last opportunity to take in this breathtaking view and watch the freestylers at the Skyline Snowpark. Or perhaps, rather than just watching, you have a few tricks to show off yourself?



4 Once you've seen and done enough, you can enjoy a leisurely descent to Winteregg or – if there is enough snow – all the way down to Lauterbrunnen. Alternatively, you can take the train from Winteregg to Mürren – and from there, take the cable car back down into the valley.

Morgenhorn 3627 m
Wyssi Frau 3650 m
Blüemlisalphorn 3661 m

Hundshorn 2929 m

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

2 Birg 2677 m
THRILL
Skyline Walk
Thrill Walk

3 Allmendhubel 1907 m
CHILL



MEIRINGEN-HASLIBERG

TOTAL KILOMETRES OF SKI SLOPES
60

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS
25 km

FEATURES

The view of 401 mountain peaks from the Alpen tower is second to none. The Hasliberg is also known for the culinary variety it offers. You will be spoilt for choice with delectable dishes.

WHAT'S ON OFFER

- » On the Hasliberg, you can also ski and sledge at night.
- » 8.5 km: this is the length of the longest downhill run. It takes you from the Alpen tower to Reuti.
- » Hasliberg ski race centre: a popular place for super-G, giant slalom and slalom training.
- » Balis Park: a paradise for freeriders and snowboarders.
- » Skiline: using your ski pass number, you can check the runs you've done and the metres of altitude you've covered.
- » Skiing and snowboarding school: there is a wide range of courses available, such as parent and child courses and carving and snowboarding lessons.
- » Try the 3 km sledge run from the Mägisalp mountain station through the dense forest to the Bidmi middle station, or the 4 km sledge run from Käserstatt to the Lischen middle station via the Balisalp.

» At the Avalanche Training Center on the Mägisalp, you can take an off-piste skiing safety course.

HOW TO GET THERE

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

PRACTICE AREAS

Skihäsililand Bidmi
Swiss Ski Schoo
Meiringen – Hasliberg
skischule-hasliberg.ch

EXTRATIP!

At Skihäsililand Bidmi, children can really let loose and learn to ski in a playful way. This safe and secure area, which is operated and supervised by a team from the snow sports school, allows your little ones to make their first attempts at skiing without any risk.

A PERFECT DAY OF SKIING

1 Start your day of skiing at the Twing Station on the Hasliberg. Take the gondola cableway up to Käserstatt. Once at the top, continue with the chairlift to Hochsträss, and from there take black slope 10 and red slope 12 down to the Mägisalp.

2 Time for a snack. Have something to eat at the Mägisalp mountain restaurant and then head off to Bidmi, feeling refreshed. From here, take the gondola cableway to the Alpen tower. You'll need to transfer at the Mägisalp. Once at the top, with a view of more than 400 mountain peaks to enjoy, you'll want to take your time here. Next, take slopes 15 and 14 to Bidmi.

3 Now take the chairlift towards Käserstatt. After that, there's a short descent to lunch at the Käserstatt mountain restaurant. To work off that amazing lunch, ski back down to Bidmi. From here, take the chairlift to the Mägisalp.



4 Now it's time for the last downhill run of the day: take slopes 14 and 23 from the Mägisalp to Reuti. At Hotel Reuti, look back on the day as you enjoy a small aperitif before taking the bus back to Twing.



Hochstollen
2480 m

Chingstuel
2117 m

Hohbiel
2030 m

Käserstatt
1840 m

2433m

Glogghüs
2534 m

Rothorn
2525 m

Alpen tower
Planplatten
2250 m

Titlis
3239 m

Hochsträss
2180 m

Häggen
2010 m

Mägisalp
1710 m

Balisalp

Lischen

Bidmi

Gummenalp

Winterlücke

Hasliberg Wasserwendi

Hasliberg Hohfluh

Hasliberg Goldern

Weissenfluh

Hasliberg Reuti

Hausen

Meiringen

Willigen

TWING

REUTI

ALPBACH

FAHNER

REUTI

REUTI

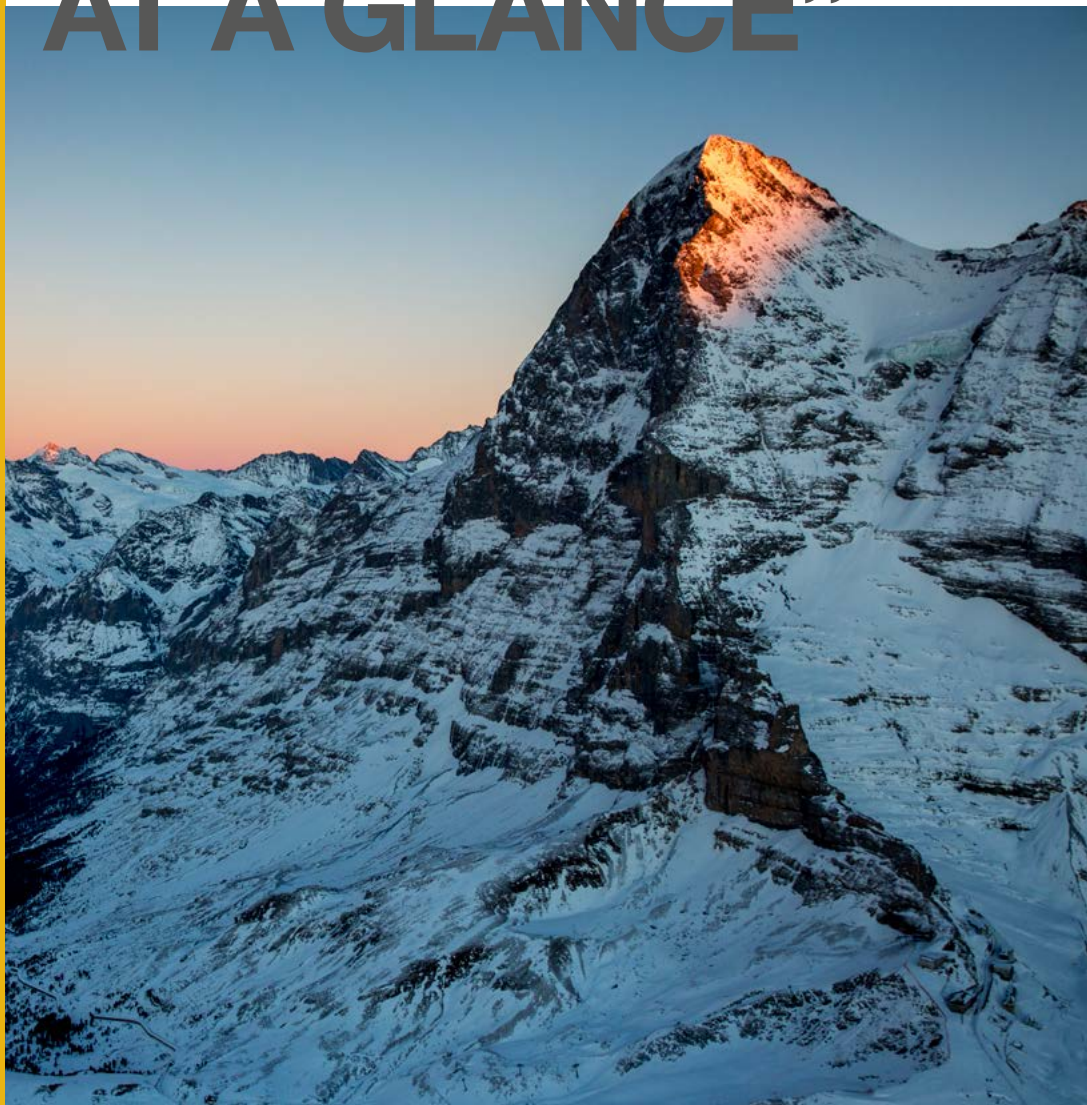
DISCOVER THE SKI RESORTS
OF THE JUNGFRAU REGION
DIGITALLY.



NOW
IN 3D!



“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!

STEFAN FISCHER | OUTDOOR SNOW SPORTS SCHOOL Enjoying solitude

I come from Germany originally. I have been working at the Outdoor snow sports school since April. However, I've been coming to Grindelwald on holiday at least once a year for the last 25 years. I've given my whole

family the Grindelwald "bug"! Four of my nephews, a niece and my sisters-in-law all learned to ski here. My 78-year-old mother still climbs up from the First to the Faulhorn every year. But that's enough about me. My top Grindelwald recommendation is to check out the area between Hotel Wetterhorn, Lauchbühl and the Grosse Scheidegg. At the start of January, the preparation of the Stepfi downhill run to the valley is often not yet finished, so it's still fairly quiet. This is the perfect time to go snowshoeing up the edge of the slope. Even when the downhill run to the valley is open – except maybe just at the end of the ski day – I'm often pretty much alone here and can soak up the wonderful atmosphere.



» All set for Christmas – The new Hotel Fiescherblick on the edge of the village centre will open just in time for the festive season. It has 19 rooms and is furnished in a Scandinavian style. In the evening, guests can enjoy regional cuisine at the à la carte restaurant.

RECOMMENDATIONS



- » The go-to shop for treasures from Grindelwald has to be Eigerness Der Laden. Whether you are looking for cheese, chocolate, meat, honey or a handmade wooden item, they sell it all, placing great emphasis on local production, traditional manufacturing, local raw materials and quality.
- » 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 Challigroosichuechen (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 Confiserie, at 2,322 metres above sea level.
- » 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.
- » Wood is king – at "Harmonie Holz", you can buy beautifully crafted products made of wild wood for indoor and outdoor use.
- » AusStein.ch – "Aus stein" means "made of stone". That says it all, really. Beat Hofer carefully selects each stone according to its future use. Large stones used in fountains and washbasins are sometimes recovered from their natural environment by crane before being finished in the workshop.



- » Winter means raclette! At Restaurant Kreuz & Post, you can enjoy delicious Grindelwald raclette made from Eiger milk with the coveted AOC label. Try it with new potatoes, cornichons and silverskin onions.
- » 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! Why not try the surprise menu? You can go for the 3-, 4- or 7-course option. Yes, at the Boutique Hotel & Restaurant Glacier, you can really relax.
- » Half the joy of skiing is the après-ski, so after your last descent at the Grindelwald-First skiing area, you simply must visit the Bus Stop Bar. The signature drinks here include the Hot Mojito, the Motor Oil Coffee and the home-made ginger liqueur, Gingerwald.
- » 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.
- » Made in Grindelwald – alpine cheese from Grosse Scheidegg, dried meats from Metzgerei Roth, raclette cheese, plus Mutschli cheese and more from Eigermilch AG. The Stallbeizli Heuboden bistro loves to use local products.
- » Hard to reach but worth a visit: the Ischbodenhütte can only be reached on foot. It serves home-made, regional products.

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



- » 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*.
- » Where fondue is king – at the *Weidstübli* you can enjoy various fondue mixtures in the setting of a typical Swiss chalet.
- » Only available in Lauterbrunnen – the *Valley Base beer*, a pale ale brewed in the valley of 72 waterfalls and available at the *Horner Pub*.



» 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 *Staubbachfall*.



INSIDER TIP!

DORIS SCHMIED | QUALIFIED SWISS HIKING GUIDE

Snowshoeing tour to the *Lobhornhütte*

This well-signposted snowshoeing trail (marked with purple wooden poles) starts at the mountain station of the *Isenfluh – Sulwald gondola cableway*. During this two-hour ascent to the *Lobhornhütte*, you will have the *Eiger*, *Mönch* and *Jungfrau* in sight the whole way. The view here is incredible! For me, this is the perfect snowshoe hike. It has everything you could possibly want: unspoilt nature, gorgeous blue skies, the triumvirate, the unmistakable *Lobhorn* peaks and the tracks of mountain hares in the powder snow.



- » *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.

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.



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.



KRIS EGGLETON | MÄNNLICHEN AERIAL CABLEWAY GUIDE Conquering the Lauberhorn downhill run

If tackling a downhill run from the FIS Alpine Ski World Cup is on your bucket list, go from Wengen to Kleine Scheidegg, and then take the chairlift to the start of the famous Lauberhorn downhill run. Standing at the starting point before you set off is an amazing feeling. The adrenaline rush is incredible. For a few minutes, you feel like a real ski racer.

RECOMMENDATIONS



- » 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 Hundschofprot (Hundschof bread)?
- » Honey from the Wengwald – this sweet temptation is available from Andrea Blum (at Sengg 1338H).
- » Wengen tea blends – Eiger tea, 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.
- » 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.



- » 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 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.
- » 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.
- » Fondue in the forest – the Forest Hut serves up Swiss cheese fondue in a small hut, deep in the snowy forest.
- » Whiskey and wine – The Pickel Bar boasts an impressive wine list and a unique range of whiskies.
- » Right at the start of the famous (and infamous) Lauberhorn downhill run, you will find the Start Bar. It serves great homemade dishes.



- » 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. The hotel also has a collection of various original 20th-century posters of Wengen and the Bernese Oberland.

MÜRREN

Over the centuries, Mürren has gone by many names: Montem Murren (first mentioned in 1257), Murron, 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".



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.

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

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

RECOMMENDATIONS



- » A revolving restaurant at 2,970 m above sea level – at the Piz Gloria restaurant on the Schilthorn, you can enjoy an 007 Burger as the breathtaking mountain panorama glides silently past. This 360-degree revolving restaurant completes a full rotation once every 45 minutes.
- » 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 antique 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.
- » Very special snowboards – the snowboards in the Tächi Bar at Hotel Eiger don't require any snow. All they require you to have is a few friends. That's because these snowboards are used to serve ten shots at once!
- » At the end of the ski slope – behind Hotel Jungfrau, you will find the Gondelbar. It's the perfect spot to start your après-ski after your final descent. The bar has a great atmosphere and lots of charm.
- » Schneeflöckli – that's the name of the egg liqueur with cream that you can order at the Schiltgrathüsi.
- » Fresh apple cake – In the Gimmel mountain restaurant, right next to the Gimmel ski lift, you can relax on the terrace for a while and enjoy a slice of fresh apple cake.
- » Have a beer at Alti Metzg – After an exciting day, why not relax with a cold blonde beer at the Alti Metzg bistro?



INSIDER TIP!

ANNEMARIE GOETSCHI | MANAGES HOLIDAY LETS AND LOOKS AFTER GUESTS ON SITE Snowshoeing followed by apple cake

My favourite snowshoeing trail, apart from the official one over the Chänelegg, is the ungroomed trail to Spielboden. It takes you along the little road towards Gimmel and then through the forest and across snow-covered meadows along the hiking trail towards Spielboden. Bonus tip: at the fork before Spielboden, turn right up the hill and stop for a well-earned slice of apple cake at Gimmel.



- » Make like an action hero – stay the night in the James Bond Suite at Hotel Eiger.

LOOKING FOR MORE LOCAL PRODUCTS?



- » 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 Mains-treet", which sells clothes designed in Mürren.
- » Hofautomat – at this vending machine, you can buy local specialities, such as alpine cheese, jams and honey any time, day or night.
- » Genuine mountain blossom honey – you can buy this sweet treat made by local bees from Walter Brunner in Gimmelwald.
- » 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 Breiltäulen – buy it from Ueli and Doris von Allmen in Gimmelwald.
- » Meat to order – Mürren Beef sells products from its own farm.
- » Marktfrauen Gimmelwald – on certain days between Christmas and New Year, and then every Monday until Easter, the women of the Gimmelwald market (known as "Marktfrauen") sell fresh produce. You will find the stalls filled with various types of alpine cheese, cured sausages, Mostbröckli (cured, smoked and dried beef), fresh meat, jams, pastries, plaited loaves and sweet and sour pickled vegetables.

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 Haslital 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 emperors' 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 Gadmen, 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

In den Namen auf -ingen versteckt sich ein germanischer Ansiedlername. So bedeutet «Hiltorfingen» zum Beispiel «bei den Leuten des Hiltolf». Hiltolf gewann für sich eine Siedlung am Thunersee. Bei Meiringen lässt sich die Herkunft nicht genau bestimmen. Der Name kann «bei den Leuten des Meier» bedeuten. In solchen Namen können aber auch andere Bezeichnungen verborgen sein. Hier mit der Bedeutung «bei den Leuten des Meiers». Der «Meier» führte die hohe Gerichtsbarkeit aus.



INSIDER TIP!

**DRES ZUMBRUNN |
SLEDGE MAKER AND
CARPENTER**

Dashing through the snow on a sledge – even when it's several feet deep!

Naturally, as a sledge maker, I love the Grosse Scheidegg – Schwarzwaldalp sledging run. You can walk up to the start of the sledging run or take the PostBus. Then the fun can begin! This meticulously prepared, long run through snow that is several feet deep in places never fails to astound me. It takes you through an untamed natural landscape with magnificent mountain views. Once you get to the bottom, I'd recommend dining at Restaurant Schwarzwaldalp as a way of recharging for the next run or rounding off your day in style.

RECOMMENDATIONS



» The route to Grimsel Hospiz takes you via the mountain pass, through Stollen onwards with the cable car – so just getting there is an unforgettable experience. At this historic, snow-covered alpine hotel, you can enjoy the tranquillity of nature throughout your stay.



- » Fondue Chinoise + Taxi – Chalet-Hotel Schwarzwaldalp offers unlimited fondue chinoise. And your return journey is also taken care of. Thanks to the Fondue Chinoise Taxi, you can enjoy your aperitif, a glass of good wine and a digestif without a guilty conscience.
- » “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.
- » Attention meat lovers! The menu at the Rössli Meiringen restaurant features outstanding speciality meats and excellent wines. The dry-aged beef comes from Bernese Oberland cattle. The meat is aged for at least 12 weeks, making it particularly tender and tasty.



- » Souvenirs cut from Swiss stone – in the shop run by the Teige family (Steinideen.ch) you will find rock crystals found by local crystal hunters, stone jewellery, various sculptures and more.
- » A taste of Sherlock Holmes for the palate – at the Molki Meiringen dairy, you can buy a Sherlock Holmes fondue, and for dessert, there’s Sherlock Holmes ice cream. But you can also buy fine alpine cheese here.
- » Sherlockerlis – treat yourself to one of these mildly smoked and spicy homemade raw sausages. You can also get another signature sausage called a Gumpesal from Metzgerei Nussbaum (Nussbaum Butcher’s) in Meiringen.
- » 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 – Märthüsli continues to create traditional shirts and fabrics – now reinterpreting them in a modern way.
- » Haslitaler Päckli (Haslital Hampers) – The Bäckerei Frutal (Frutal Bakery), the Molki Meiringen dairy and the Metzgerei Abplanalp (Abplanalp Butcher’s) in Innertkirchen supply Haslital specialties for the Haslitaler Päckli. They include meringues, Hasli cakes, creamy and spicy cheeses, as well as cured ham and various sausages.



THE PEOPLE OF THE JUNGFRAU REGION

“My work makes people happy. And that makes me happy,” says Yannick Wyss. It’s almost 10 pm. Soon, I will take the Schilthorn cableway back to Stechelberg. But 24-year-old Yannick, who is from Wilderswil, will remain here until 2 am, preparing the slopes in the Mürren-Schilthorn skiing area, to ensure they are perfect for tomorrow. “Get home safe,” he calls out to me as he gets into the snow groomer and drives off.

Soon, all I can see is the vehicle’s rear lights, as Yannick disappears into the solitary darkness of the night.

In our “Out and about with...” series, we introduce the people of the Jungfrau Region. Get to know everyone – from the slope groomers in the Mürren-Schilthorn skiing area to the Grimselwelt guides. You can also get to know the biologist who, as a world heritage guide, helps make nature come alive for children, and the tandem paragliding pilot, who makes our guests’ dreams of flight come true every day.

You can find all of their stories here: stories.jungfrauregion.swiss



“THINGS YOU NEED TO KNOW”



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

EMERGENCIES ON THE SLOPES

KLEINE SCHEIDEGG SKIING AREA

+41 33 828 76 65

MÄNNLICHEN SKIING AREA

+41 33 853 26 60

GRINDELWALD-FIRST SKIING AREA

+41 33 828 77 33

MÜRREN-SCHILTHORN SKIING AREA

+41 33 856 21 46

MEIRINGEN-HASLIBERG SKIING AREA

+41 33 550 50 00

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 40 minutes and involves a road that is partly winding and, depending on the weather, may be covered in snow (Danger of black ice in winter!).

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 30 minutes. In winter, expect snow-covered roads and black ice.

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. In addition, there is a ski bus in the village. The buses are free to use. Walking takes about 15 minutes.



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

MÜRREN

Arriving by public transport:

from Interlaken Ost station, you can reach Mürren in 53 minutes. 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 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 Schilthornbahn 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 30 minutes, and it takes 35 minutes to get from Interlaken to Stechelberg. In winter, expect snow-covered roads and black ice.

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. In addition, there is a ski bus in the village. The buses are free to use. Walking takes about 15 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 30 minutes. In winter, expect snow-covered roads and black ice.

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 (1 hour and 10 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 (open in summer and winter). If you travel from the south, you can reach Haslital via the Grimsel or Susten Pass (only passable in summer). The journey from Bern (via Interlaken Ost) to Meiringen takes about 1 hour and 15 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.

REISEN OHNE GEPÄCK

Fancy travelling light? Swiss Federal Railways (SBB) will transport your suitcases, bags or skis from station to station or even from door to door. For further information, go to: [sbb.ch](https://www.sbb.ch)

OUR TIPS

- » The best way to avoid the annoyance of skis or snowboards getting scratched when you take them on public transport is to transport them in a ski bag or snowboard bag.
- » Ski straps will keep your skis together, which will make them easier to transport.
- » It's a good idea to rent a ski locker from the mountain railways so that you don't have to lug your snow sports equipment back to your hotel or holiday accommodation every evening.

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grimseltor.ch

WICHTIGE LINKS

PUBLIC TRANSPORT TIMETABLES

» sbb.ch

JUNGFRAU RAILWAYS

» jungfrau.ch

SCHILTHORN CABLEWAY

» schilthorn.ch

BERGBAHNEN MEIRINGEN-HASLIBERG

» meiringen-hasliberg.ch

MÄNNLICHEN AERIAL CABLEWAY

» maennlichen.ch

LUFTSEILBAHN

ISENFLUH-SULWALD

» isenfluh.ch

GRINDELWALD BUS

» grindelwaldbus.ch

GRIMSELWELT

» grimselwelt.ch

OVERVIEW OF HOTELS

» hotel-jungfrauregion.com

HOLIDAY HOMES

» apartment.jungfrauregion.swiss

OPENING DATES OF

ALPINE PASSES

» ig-alpenpaesse.ch

LOCAL PRODUCTS

» jungfrauregion.swiss/local

GUEST CARD OFFERS

» jungfrauregion.swiss/gaestekarte

BILDQUELLEN

JUNGFRAU RAILWAYS

» jungfrau.ch

SCHILTHORN CABLEWAY

» schilthorn.ch

BERGBAHNEN MEIRINGEN-HASLIBERG

» meiringen-hasliberg.ch

MÄNNLICHEN AERIAL CABLEWAY

» maennlichen.ch

SWITZERLAND TOURISM

» myswitzerland.com

KRIMISPASS

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