EN

Jungfrau Region

We print with «the future in mind»:

Merkur Druck AG

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YOURWORLD

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 new 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 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!

On our new website, you can create your own world from more than 100 experiences, send a postcard for free, apply to be an Explorer and, with a bit of luck, win a week's holiday in the Jungfrau Region or other exciting prizes.

discover.jungfrauregion.swiss/en

HASLITAL
Meiringen is a great place from which to head out on trips to Rosenlaui, 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
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.

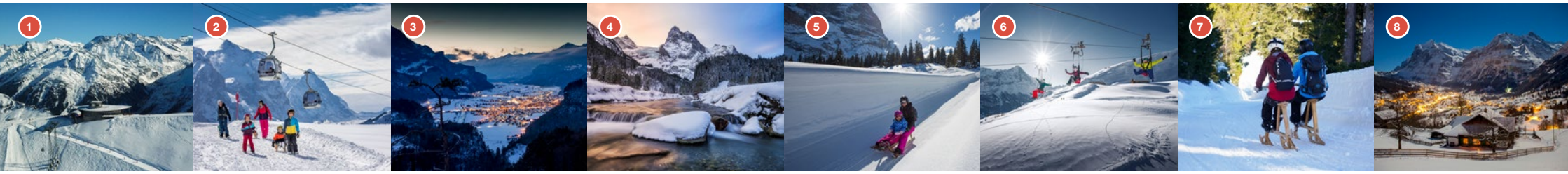
WENGEN
What a route! That's probably the best way to describe the scenic train journey from Grindelwald via the Kleine Scheidegg to Wengen. You could say the same of the notorious Lauberhorn downhill run. The village of Wengen at the foot of the Jungfrau owes its fame to this notorious course. In Wengen,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

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.

Jungfraujoch – Top of Europe
3454 m 11333 ft
Mönch
4107 m 13475 ft
Jungfrau
4158 m 13638 ft
Eiger
3970 m 13026 ft
Wetterhorn
3701 m 12143 ft
Grimselpass
Sustenpass
Steingletscher
Planplatten/Alpen tower
2245 m 7363 ft
Glogghus
2430 m 7972 ft
Gadmen
Guttannen
Mägisalp
Hochsträss
2180 m 7152 ft
Innertkirchen
Reutj
Käserstatt
1840 m 6035 ft
Hasliberg
Wasserwendi
Meiringen
Höhfluh
Haslital
Lucern
Brünig
Lungern
Brienzwiler
Hofstetten
Schwanden
Brienz
Brienzersee
Iseltwald
Gr. Scheidegg
1961 m 6434 ft
Oberjoch
2501 m 8206 ft
First
2168 m 7113 ft
Schwarzwaldalp
Windegg
1933 m 6347 ft
Axalp
1535 m 5035 ft
Grindelwald
Bussalp
Faulhorn
Eigergletscher
2320 m 7612 ft
Kl. Scheidegg
2061 m 6762 ft
Lauberhorn
2472 m 8111 ft
Wengernalp
Männlichen
2230 m 7317 ft
Wengen
Stechelberg
Lauterbrunnen
Schynige Platte
Zweilütschinen
Gsteigwiler
Wilderswil
Bönigen
Matten
Interlaken
Unterseen
Harder
Thunersee
Sulwald
Isenfluh
Saxeten
Mürren
Grütschalp
Allmendhubel
Saustal
Schwalmern
Schilthorn
2971 m 9748 ft
Birg
Beatenberg
Leissigen
Därligen

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



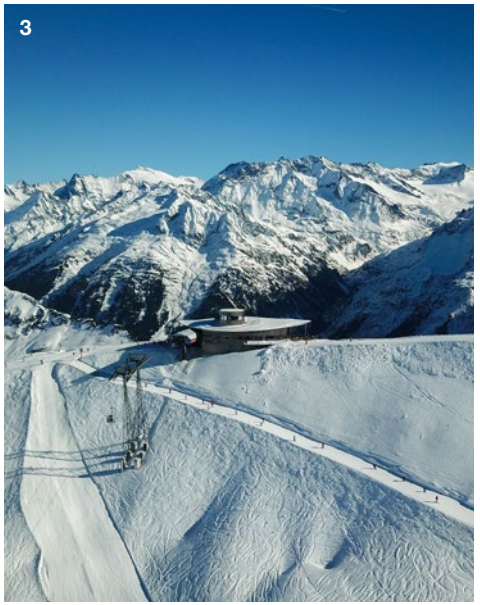
Jungfraujoch–Top of Europe | Männlichen–Royal Experience | Wengen | Lauterbrunnen | Isenfluh-Sulwald | Mürren | Thrill Walk–Birg | Schilthorn–Piz Gloria

«THINGS YOU NEED TO EXPERIENCE»

TOP 5 – EXCURSION DESTINATIONS

1 TOP OF EUROPE
At 3.454 metres above sea level, the Jungfraujoch 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 A REGAL EXPERIENCE
The Royal Walk takes you from the mountain station to the summit of the Männlichen, and to the viewing platform that is shaped like a crown. The view from here, which encompasses the Eiger, Mönch and Jungfrau, is... fit for royalty.

5 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 MÄNNLICHEN – KLEINE SCHEIDEGG

Moderate | 2 h 45 min
224 vm | 390 vm
6 km

Mountain station Männlichen
Train station Kleine Scheidegg

jungfrauregion.swiss/maennlichenscheidegg/en

2 MÜRREN – GIMMELN – SCHILTGRAT

Moderate | 1 h 45 min
486 vm | 3 vm
4.08 km

Mürren, Schilthornbahn
Schiltgrat

jungfrauregion.swiss/muerrenschiltgrat/en

3 HASLIBERG – BRÜNIGPASS (PANORAMAWALK)

Moderate | 3 h 15 min
364 vm | 415 vm
9.97 km

Hasliberg Reuti
Brünigpass

jungfrauregion.swiss/haslibergbruenigpass/en

4 FIRST – WALDSPITZ – BORT

Moderate | 3 h
157 vm | 759 vm
8.7 km

Mountain station First
Bort

jungfrauregion.swiss/firstwaldspitzbort/en

5 LAUTERBRUNNEN-STECHELBERG

Easy | 1 h 45 min
134 vm | 20 vm
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 TAL & SAGEN MUSEUM LAUTERBRUNNEN
Phone number: +41 33 855 35 86
E-Mail: info@talmuseum-sagenwelt-lauterbrunnen.ch
talmuseum-sagenwelt-lauterbrunnen.ch

2 SPORTS CENTRE GRINDELWALD
Phone number: +41 33 854 12 30
E-Mail: sport@grindelwald.swiss
sportzentrum-grindelwald.ch

2

3

3 ALPINE SPORTS CENTRE MÜRREN
Phone number: +41 33 856 86 86
E-Mail: info@sportzentrum-muerren.ch
sportzentrum-muerren.ch

4

4 BOULDERING HALL MEIRINGEN
Phone number: +41 33 971 39 00
E-Mail: info@kletterhalle-haslital.ch
kletterhalle-haslital.ch

5 BEER-VAT BATH INNERTKIRCHEN
Phone number: +41 33 971 19 51
E-Mail: reception-hof@bluewin.ch
hotel-hof-post.ch/bier-bottich-bad

TOP 5 – NIGHTTIME ACTIVITIES

1 SLEDGING ON THE HASLIBERG
Here, every Wednesday during the season, right up until 10 pm, you can glide through the night on the illuminated, snow-covered slope from Mägisalp to Bidmi, and afterwards enjoy a cheese fondue, raclette and other delicacies in the Mägisalp mountain restaurant.

1

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.

2

3

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 sledging run is not illuminated. The moon and the stars will show you the way – or your headlamp will.

4

4 SKIING ON THE HASLIBERG
Every Friday during the season, right up until 10 pm, the Mägisalp-Bidmi slope is lit and open to skiers. Afterwards, at dinner, you will be spoilt for choice at the Mägisalp mountain restaurant. There are so many tasty dishes to choose from, plus musical entertainment.

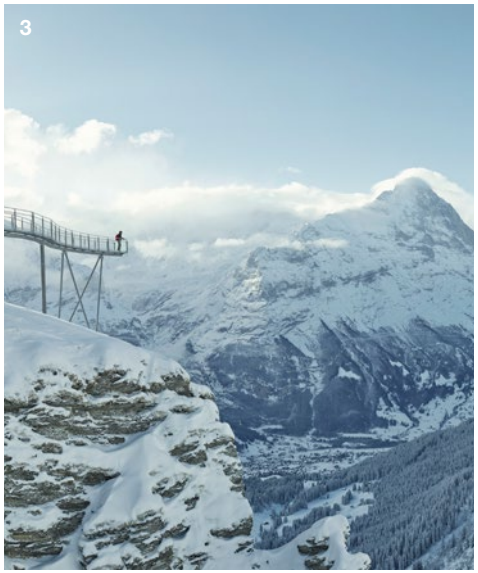
5 CROSS-COUNTRY SKIING IN THE GADMENTAL
The wonderful seven-kilometre circuit here goes along the Gadmerwasser river. You can reach this illuminated route from Meiringen in around 20 minutes by car.

5

TOP 5 – ADVENTURES

1 GRINDELWALD INDOOR ROPE PARK
Take it easy with the «Eiger West Ridge» course, or rise to the challenge of the «Eiger North Face». In all, Europe's largest indoor rope park features five routes designed for high-flying adventure. Balance, climb or fly over the often wobbly obstacles and challenging elements here under the roof of the ice rink.

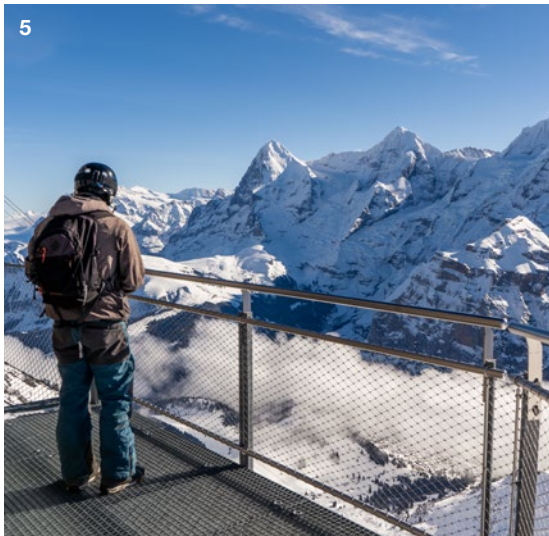
2 HASLITAL SKATE PARK
As one of only a few indoor skate parks in Switzerland, Haslital Skate Park gives you the opportunity to skateboard any time of year, whatever the weather. It has a total surface area of around 400 m² and features a mini ramp and a street area. Even experienced skaters will be entertained.



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 GLIDER
Fly like you're in the grip of a great eagle with the First Glider, from Schreckfeld Station to First and back again. Four people can fly through the air together, reaching speeds of up to 83 km/h.

5 THRILL WALK BIRG
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
417 vm | 1437 vm
15.04 km

Mountain station First
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.

2 GROSSE SCHEIDEGG-SCHWARZWALDALP

Moderate | 21 min
4 vm | 512 vm
5.35 km

Grosse Scheidegg
Schwarzwaldalp

jungfrauregion.swiss/schwarzwaldalp/en

3 SULWALD – ISENFLUH – LAUTERBRUNNEN

Easy | 34 min
9 vm | 727 vm
8.03 km

Sulwald
Isenfluh oder Lauterbrunnen

jungfrauregion.swiss/sulwaldlauterbrunnen/en

4 APOLLO RUN

Moderate | 30 min
2 vm | 484 vm
3.41 km

Mountain station Schiltgrat
Mürren Village

jungfrauregion.swiss/apollorun/en

5 FOX RUN WENGEN

Easy | 25 min
1 vm | 788 vm
6.89 km

Kleine Scheidegg
Wengen

jungfrauregion.swiss/foxrun/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 sawyer from Grindelwald, who had a disability that made it difficult for him to walk, found getting home on foot from his weekly rehearsals with the village music group very difficult. 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».

A wooden frame with two runners, which could be steered from the front by means of handlebars, made it possible to move forward while seated, using leg movements and pushing off from the ground with the feet, similar to how Drais's first bicycle (the draisine) worked. 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 ROUTES

1 LEITERHORN TRAIL

Easy | 1 h 30 min
249 vm | 249 vm
5.62 km

Wengen
Wengen

jungfrauregion.swiss/leiterhorntrail/en

2 PANORAMA TRAIL

Easy | 3 h
249 vm | 485 vm
7.28 km

Bussalp
Bort

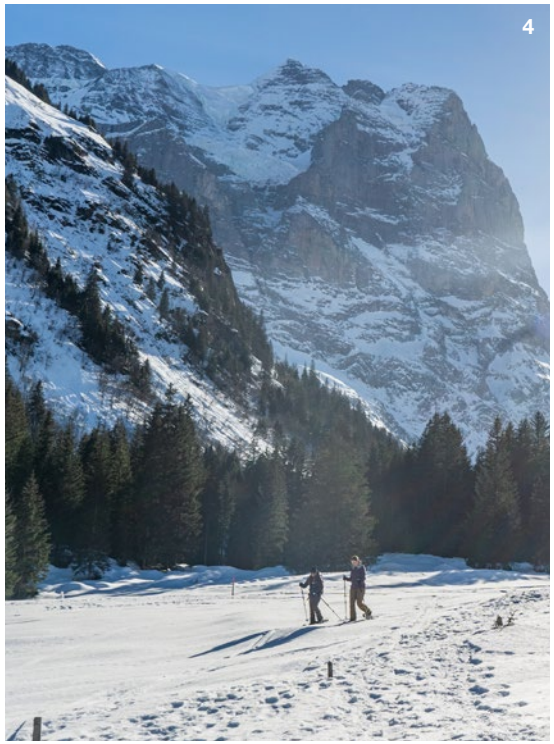
jungfrauregion.swiss/panoramatrail/en

3 CHÄNELEGG TRAIL

Easy | 1 h 30 min
199 vm | 199 vm
3.63 km

Mürren
Mürren

jungfrauregion.swiss/chaeneleggtrail/en



4 GROSSE SCHEIDEGG

Moderate | 4 h 10 min
565 vm | 565 vm
10.14 km

Schwarzwaldalp, Bus stop
Schwarzwaldalp, Bus stop

jungfrauregion.swiss/grossescheidegg/en

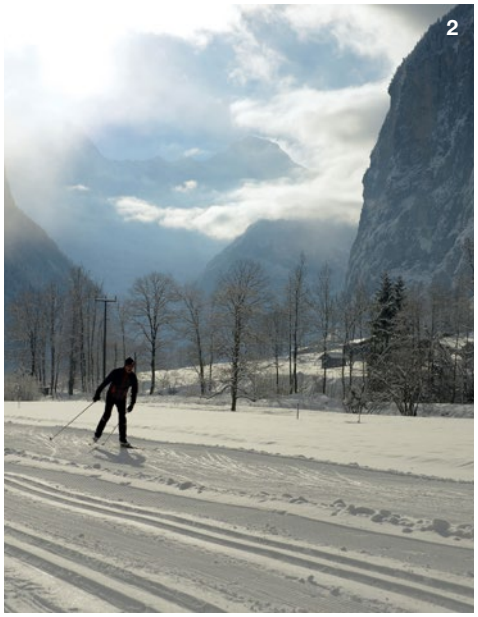
5 LOBHORN TRAIL

Moderate | 2 h 4 min
440 vm | 440 vm
3.85 km

Sulwald
Sulwald

jungfrauregion.swiss/lobhorntrail/en

TOP 5 – CROSS-COUNTRY SKIING ROUTES



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.

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

Hard | 6 h
1668 vm | 1668 vm
27.37 km

Grindelwald Sports Centre
Grindelwald Sports Centre

jungfrauregion.swiss/faulhornrunde/en

2 UPHILL TRAIL TO THE FIRST

Moderate | 3 h
1292 vm | 164 vm
14.73 km

Grindelwald Sports Centre
Mountain station First

jungfrauregion.swiss/uphillfirst/en

3 THE SUN TRAIL

Hard | 3 h 15 min
532 vm | 1663 vm
17.9 km

Mountain station First
Grindelwald Sports Centre

jungfrauregion.swiss/sonnentrail/en

4 RASTHYSI TRAIL

Moderate | 2 h 45 min
900 vm | 136 vm
12.37 km

Grindelwald Sports Centre
Bussalp

jungfrauregion.swiss/rasthysi-trail/en

5 EIGER NORTH FACE TRAIL

Moderate | 3 h 30 min
792 vm | 784 vm
16.17 km

Holenstein Middle station
Cable car Männlichen

Alpiglen

jungfrauregion.swiss/eigernordwand-trail/en

TOP 5 – ON THE ICE

Want to get your skates on? In the Jungfrau Region, you can. The ice awaits. 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 Icestocksport (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

«WHERE TO 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 Jungfraujoch. Thanks to this direct connection, you can reach your destination, the highest station in Europe, up to 47 minutes faster.

DISCOVER THE SKI RESORTS OF
THE JUNGFRAU REGION DIGITALLY.
NOW
IN 3D!

GRINDELWALD-WENGEN

TOTAL KILOMETRES OF SKI SLOPES
103

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS
30

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
On the Männlichen, children can learn to ski in a fun way. Once the Lauberhorn Ski Races are over, experienced skiers can have a go on this quintessential downhill run.

BONUS TIP!

Want to conquer the Lauberhorn World Cup downhill run? Then ski from the Eiger Glacier down black slope no. 32 to the Wixi ski lift and take it up to the Lauberhorn. Ready, set, go!

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

A PERFECT DAY OF SKIING

1 Your perfect day of skiing starts in Grindelwald. The Eiger Express takes you from the terminal to the Eigergletscher station in just 15 minutes. The new mountain station is located at 2.320 m above sea level and it is the perfect place to start this fantastic day of skiing.

2 Descend slope no. 26 to the Arven ski lift. This ski lift will bring you up to Kleine Scheidegg. From here, transfer to the Lauberhorn lift. When you reach the summit, ski down slope no. 44 to Wixi. The Wixi lift will then take you straight back up to the Lauberhorn. By this point, you'll have earned a nice rest. Warm up with a coffee at the Startbar.

3

4

2

3 And now it's time to head off again! Take slope no. 42 and no. 22. This time, once you reach the bottom, don't take the Arven ski lift, take the Honegg chairlift instead. Now you're heading towards Männlichen. Give it all you've got as you descend slope no. 13 and slope no. 11 to the Tschuggen ski lift. When you get there, let the t-bar gently pull you up the mountain. Once you've detached yourself, take slope no. 6 to the Läger lift. The chairlift will then take you up the Männlichen. You're probably ready for lunch by now, but why not squeeze in one more descent before you eat – down to Holenstein middle station. Now take the gondola cableway back up to the summit, where you can enjoy a well-deserved lunch at Berghaus Männlichen.

4 Once you've warmed up and refuelled, take slope no. 2 to the Männlichen lift. Take the ski lift up one last time and then return to the valley, to Grindelwald Grund, by descending slope no. 3.

EIGER
3970 m
MÖNCH
4107 m
JUNGFRAU
4158 m
JUNGFRAUJOCH
TOP OF EUROPE
3454 m
SILBERHORN
3695 m
SCHRECKHORN
4078 m
WETTERHORN
3692 m
EISMEER
EIGERGLETSCHER
Eigernordwand
KLEINE SCHEIDEGG
Eiger Express
Fallboden
Wixi
Lauberhorn
Lauberhorn-Weltcup Abfahrt
WENGERNALP
Arven
km/h
Honegg
Gummi
Tschuggen
Läger
Bumps
ALLMEND
Innerwengen
BRANDEGG
ALPIGLEN
GRUND
GRINDELWALD
every/alle 15'
GRINDELWALD TERMINAL
Grindelwald Terminal - Männlichen
Männlichen
Männlichenbahn LWM
MÄNNLICHEN
HOLENSTEIN
WENGEN
SCHWENDI
LAUTERBRUNNEN

GRINDELWALD-FIRST

TOTAL KILOMETRES OF SKI SLOPES
56

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS
40

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.

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

BONUS TIP!

Need a break from skiing but still want some thrills? Try the First Flyer and the First Glider. Attached to cable, you will fly down from the First to Schreckfeld at speeds of up to 84 km/h.

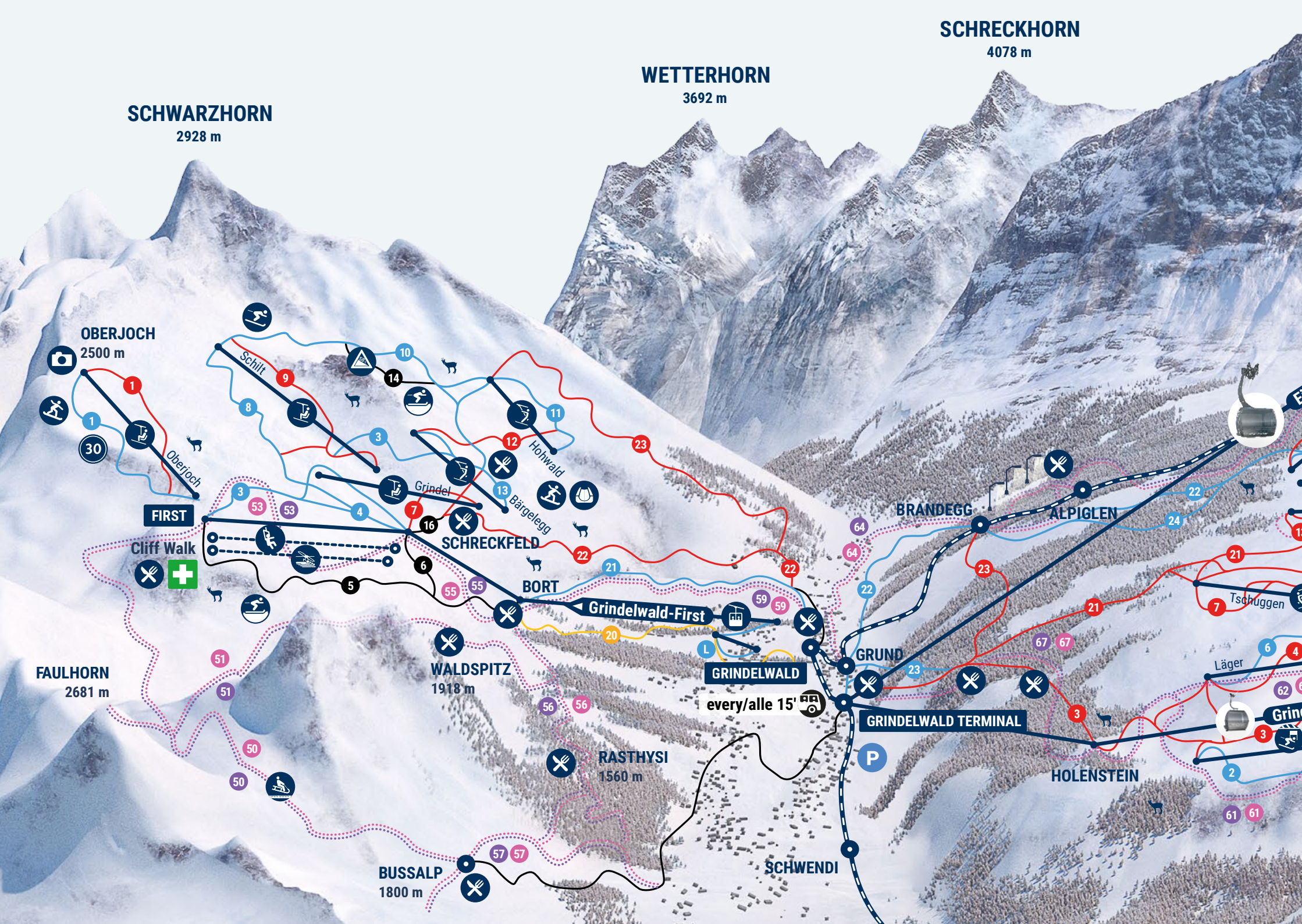
A PERFECT DAY OF SKIING

1 Your perfect day of skiing starts in Grindelwald. The First Aerial Cableway will take you to the First mountain station in just 25 minutes. From there, take the Oberjoch lift and then, once you reach the top, start the day with the beautiful, wide, blue slope no. 1. Next, take slope no. 3 to Schreckfeld. After that, you can treat yourself to a delicious snack at the Schreckfeld mountain restaurant. Or how about an 11 o'clock tipple?

2 After you've had a little refreshment, put your skis back on and carve out some nice curves in the snow on the way down to the Grindel lift. After riding the Grindel lift, get straight on the Schilt lift and let it take you even further up. Now it's time to ski again. Enjoy the long descent on slope no. 10 and slope no. 11, which will take you to the Hohwald lift. Let the drag lift pull you up and then take the blue slope down to the Bärgelegg lift, which is the next drag lift you will take.

3 By now, your stomach is probably growling a bit. Time for lunch. Take slope no. 13 down to the Bärgelegghütte for some great food. Here, they serve up delicious views alongside the equally tasty home-made dishes.

4 After lunch, since it was so nice the first time, take the Bärgelegg and Hohwald lifts two or three more times, and then, when you start to get tired, you can tackle the downhill run into the valley directly from the Bärgelegghütte. Slope no. 22 will round off the day nicely. Once you arrive in Grindelwald, you simply can't skip the Bus Stop Bar. Here, you can warm up with a Hot Mojito or a Motor Oil Coffee. After all, you know what they say: half the joy of skiing is the après-ski.


SCHRECKHORN
4078 m
WETTERHORN
3692 m
SCHWARZHORN
2928 m
OBERJOCH
2500 m
Oberjoch
Schilt
Grindel
Hohwald
Bärgelegg
FIRST
Cliff Walk
SCHRECKFELD
BORT
Grindelwald-First
WALDSPITZ
1918 m
FAULHORN
2681 m
RASTHYSI
1560 m
BUSSALP
1800 m
SCHWENDI
GRINDELWALD
every/alle 15'
GRUND
GRINDELWALD TERMINAL
BRANDEGG
ALPIGLEN
HOLENSTEIN
Läger
Tschuggen

MÜRREN-SCHILTHORN

TOTAL KILOMETRES OF SKI SLOPES
56

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS
25

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
Avalanche Training (ATC), Schlittelsafari (Sledging Safari), Lilly's magische Kidsslope (Lilly's Magical Kids' Slope), Skimovie, Skyline Snowpark

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

PRACTICE AREAS
Allmendhubel Practice Area
Schilthornbahn AG
schilthorn.ch

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

BONUS TIP!

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 Take the gondola cableway from Stechelberg to Schilthorn-Piz Gloria, the highest point of the skiing area, at 2.970 m above sea level. The steep slopes between Birg and Schilthorn are suitable for advanced skiers. So get the day off to a flying start by taking black slope no. 10, then follow that up with slope no. 11, which will take you to the Riggli lift. Take the lift up the mountain and stop off at the bistro for a coffee and some croissants to fortify you for your next few runs.

2 Once you've had a little rest, take slopes 12, 11 and 8 down to the Muttleren lift. Let it take you up and then continue on slope no. 15. Next, take black slope no. 16 down to Maulerhubel.

3 Now move on to the Skyline Park. It has it all: kickers, rails, boxes... You can really let loose here. After that, descend on slope no. 1 or slope no. 2 to Winteregg. The gently descending slopes in this area are great for novice winter sports enthusiasts.

4 Take a break at the Winteregg restaurant and treat yourself to a delicious, warming lunch. If there is enough snow, you can then descend to Lauterbrunnen (slope no. 3).

SCHILTHORN
PIZ GLORIA
2970 m
BIRG
2676 m
Schilthornbahn
Fallboden
Wixi
Lauberhorn
Lauberhorn-Weltcup Abfahrt
WENGERNALP
Bumps
GIMMELWALD
Gimmelen
Schiltgrat
Riggli
Inferno
ALLMENDHUBEL
Muttleren
Kandahar
Allmendhubel Kidsslope
Allmiboden
Maulerhubel
MAULERHUBEL
ALLMEND
Innerwengen
km/h
MÜRREN
STECHELBERG
WENGEN
WINTEREGG
Winteregg
LAUTERBRUNNEN
GRÜTSCHALP

MEIRINGEN-HASLIBERG

TOTAL KILOMETRES OF SKI SLOPES
60

TOTAL KILOMETRES OF HIKING AND SLEDGING TRAILS
25

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.

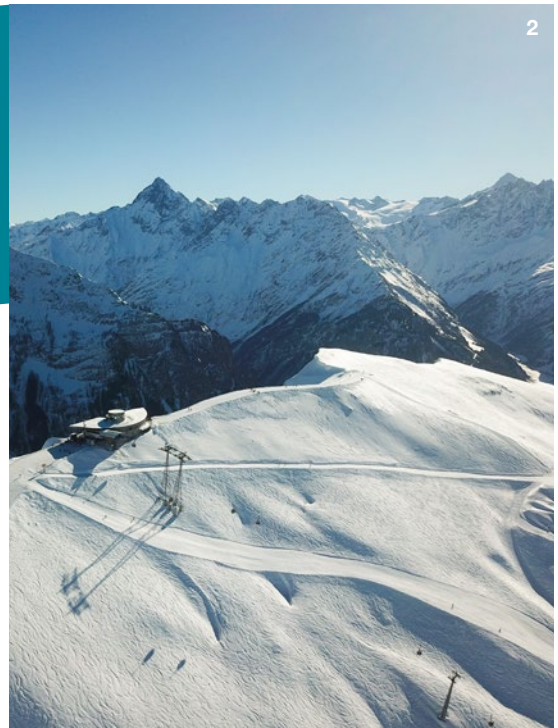
WHAT'S ON OFFER
Skihäsliland practice area, Balis Park, Skirennzentrum Hasliberg (Hasliberg Skiing Centre), night skiing, night sledging, Mägisalp avalanche transceiver test site, cross-country ski trail

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
Skihäsliland Bidmi
Swiss Ski School
Meiringen – Hasliberg
skischule-hasliberg.ch

BONUS TIP!

For advanced skiers only: take the Häggen lift and the Glogghüs lift up to more than 2.400 m above sea level – and then tackle the black slope that takes you down to Mägisalp.



A PERFECT DAY OF SKIING

1 Your perfect day of skiing starts in Meiringen. The large gondola cableway will take you from Alpbach to Hasliberg Reuti, where you will transfer. You will then continue to the Alpen tower on a smaller gondola cableway. At the Alpen tower, you can enjoy a bite to eat at the restaurant with 360-degree panoramic views.

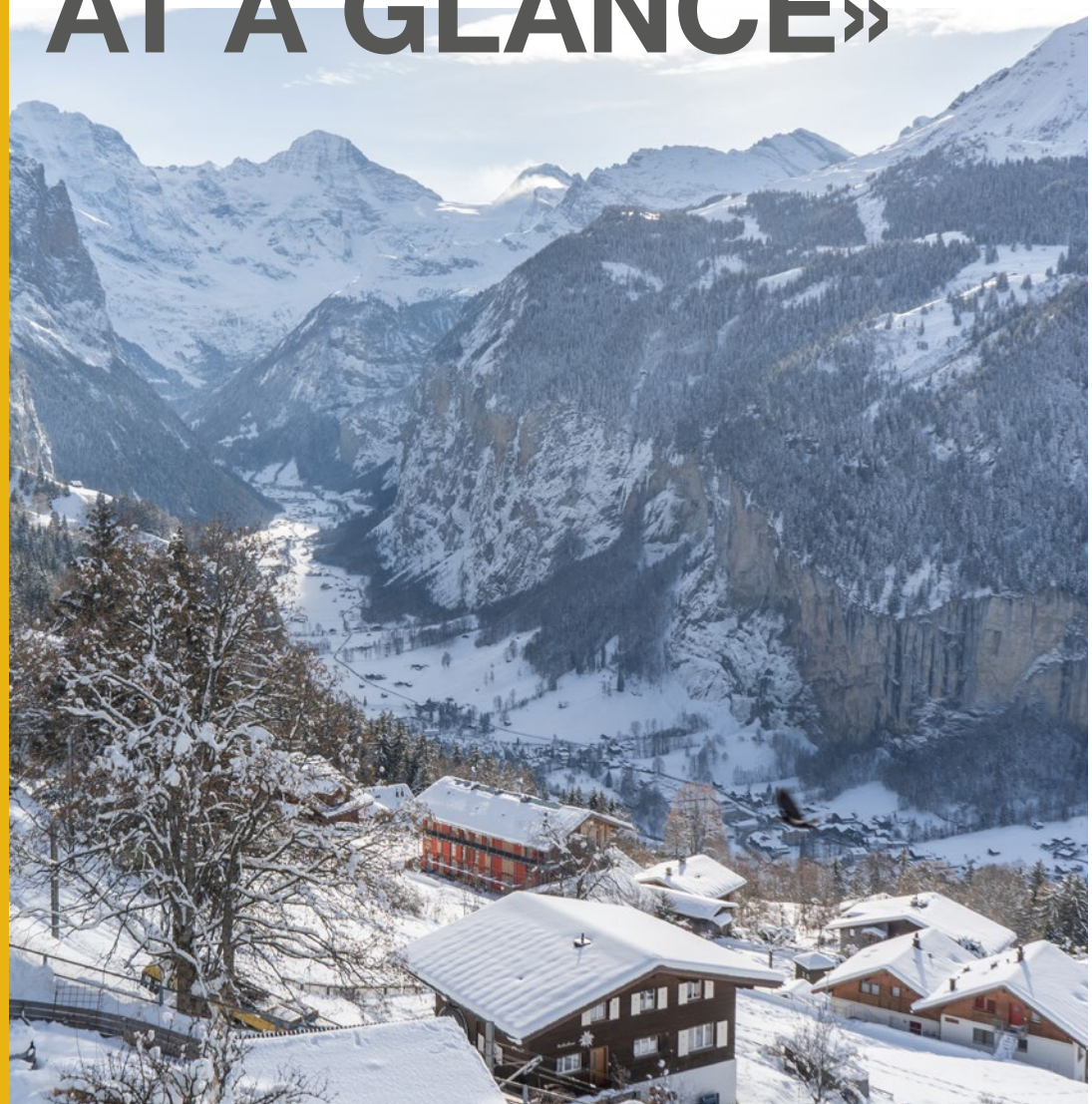
2 From the Alpen tower, take slopes 15 and 16 down to Mägisalp. Here, take the Häägen chairlift, and then take the Glogghüs chairlift. Now you are at 2.433 m above sea level, at the highest point of the skiing area. Next, it's a quick descent down black slope no. 11, then you take blue slope no. 13 back down to Mägisalp. Time for some refreshment at the Kuhstallbar.

3 After that, continue with slope no. 14 to Bidmi and then take the Käserstatt chairlift straight back up again. Once you get to the top, head left towards Käserstatt. You can squeeze in one more fantastic descent before lunch, so take the Hochsträss chairlift and then descend on slopes 9 and 2 towards Balisalp. At Restaurant Balisalp, you can enjoy a well-earned lunch.

4 Once you've warmed up and refuelled, take the Balisalp ski lift to Käserstatt. The next descent on slope no. 1 will take you past Balis Park. Here, if the fancy takes you, you can try out different rails, jumps and other obstacles before the last descent of the day, down to Hasliberg Twing. From here, the village bus will take you to Hasliberg Reuti in under 20 minutes, and from there you can take the gondola cableway back down to Meiringen (Alpbach).

Glogghüs
2534 m
Rothorn
2525 m
2433m
Hochstollen
2480 m
Hochsträss
2180 m
Häaggen
2010 m
Alpen tower
Planplatten
2250 m
Titlis
3239 m
Chingstuel
2117 m
Hohbiel
2030 m
Käserstatt
1840 m
1903m
Mägisalp
1710 m
Balisalp
Gummenalp
Lischen
Bidmi
Winterlücke
Hasliberg Wasserwendi
FAHNER
TWING
Hasliberg Hohfluh
Hasliberg Goldern
REUTI
Hasliberg Reuti
Weissenfluh
ALPBACH
Hausen
Willigen
Meiringen
A
B
C
D
E
F
G
H
I
J
K
L
M
P1
P2
P3
P4
P5
P

«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 16-km long Grindelwaldtal extends from west to east and is traversed by the Black Lütschine River. Mountains form a natural boundary on all sides, including the Fiescherhörner and Eiger to the south, Kleine Scheidegg, Tschuggen and Männlichen to the west, the Faulhorn and Schwarzhorn to the north and, in the east, Grosse Scheidegg, Wetterhorn Massif and Schreckhörner. Grindelwald lies in the upper part of the valley in a kind of basin that is quite flat on three sides.

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.

BRIGITTE MOSIMANN | «EIGERNESS DER LADEN» SHOP

Pack your sledge and take the gondola cableway from Grindelwald up to the First. Now you can hike slightly uphill to the Bachalpsee. On the way, you can marvel at the Eiger North Face and many other peaks amidst majestic mountain scenery. And when you reach your destination, you will be rewarded for having pulled the sledge behind you the whole time. Descending to Waldspitz on a sledge is a delight. Once there, it's worth stopping for a bite to eat. When you have refuelled, you can continue sledging on to Weidli.

RECOMMENDATIONS

- 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.

- 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 Schönegg, the potatoes for the chips are grown, harvested, washed, peeled, cut and cooked all on site.
- 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.
- 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.
- 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 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.

- 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), Alpenkräutersten-geli (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.
- 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.
- Wood is king – at «Harmonie Holz», you can buy beautifully crafted products made of wild wood for indoor and outdoor use.
- Brewed at the foot of the Eiger North Face – Nordwand Bräu's top-fermented beer is made from choice ingredients, using traditional brewing methods.

LAUTERBRUNNEN

There's something mystical about Lauterbrunnen – especially when the whole valley is shrouded in mist. But how did the village and the valley get their name? There are no fewer than four proposed meanings for it:

1. We can interpret the first two syllables («lauter») to mean «light» or «clear», both from the Swiss German vernacular and from High German.
2. We can make the connection with the adverb «lauter», which means «nothing but» «only» or «merely».
3. According to a saying in the local dialect: «Z'vordrist uf der hejen Fluoh, da isch luuter» («To the front of the high river, it's very deep»). «Luuter» here conveys the idea of a staggering depth. Certainly, not many streams fall from the «luuterren» (staggering) edge of a rock face.

But as nice as the first three explanations sound, they are all wrong. Only one is true:

4. LAUTERBRUNNEN GOT ITS NAME FROM A SPRING THAT BUBBLES UP IN THE MIDDLE OF THE GROUND, THE CLARUS FONS.

The streams that together form the Luterbach have their origins in strikingly clear («lauter») springs that are found close together. The water in these springs is always clear – even during storms or when there is a lot of snowmelt and the water in the other streams is cloudy. It was only common sense to differentiate the sources of this wonderfully clear water from the other, neighbouring sources. So they came to be called «Brunnen» (which means springs), a name commonly used to denote springs today. It's not surprising that houses popped up around these wonderfully clear «Brunnen», or that whole settlements were built around them. Around here, this was the case for the areas of Ey and the high-up Wytimatten. Based on how things were named in the Alemannic area, the valley inhabitants could only have been referring to these «luuterren Brunnen» («clear springs»). Such names would usually be used for the settlement and then for the whole valley. This shows that the Lauterbrunnen Valley was a place with a constant supply of good-quality water (and still is, of course).

So, that's the bit about the valley community names out of the way. In all the old documents, the place name is «in claro fonte», which basically means «by the clear spring(s)» or «by the bright spring(s)». Fons, (fontis, nominative, singular) is Classical Latin for spring or fount. However, generally speaking, the Latin used in the documents has little to do with Classical Latin – it's more of a translation of the existing German expressions.

It is thought that the name «in claro fonte» was used to refer to Lauterbrunnen for the first time in the second volume of the «Fontes rerum bernensium» on the 2nd of October 1240. It was referred to as «Hellbrunn» (bright spring) at first, then, at the beginning of the 19th century, it was even referred to as «Schönbrunn» (pretty spring). In the Interlaken document book 110a from the 17th century, the name was correctly translated as «Luterbrunnen» in accordance with the local vernacular (as in earlier documents).

The two last syllables of the valley and place name («brunnen») appear multiple times – solely with the meaning of «spring». «Das Brunni» in Wengen and the «Schmadribrunnen» high up between the moraines of the Breithorn and Schmadri Glacier confirm this.

FACT

The Staubbachfall is 297 metres high. It made Lauterbrunnen famous at the beginning of the modern age of tourism in the second half of the 18th century. Today, the centre has moved from the Ey area to where the train stations are, since they serve as a transport hub for all the villages in the valley community.

CHRISTIAN STÄHLI | BASE MANAGER OF AIR-GLACIERS
The hiking trail from the Air-Glaciers heliport along the Lütschine towards Stechelberg is truly astounding in winter. The water forms steps of ice due to the shape of the stream – and reflects the winter sun. It's a marvel, and you can even see it from the cross-country ski trail.

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.

- 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.

LOOKING FOR MORE LOCAL PRODUCTS?

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.

RYAN REGEZ | SKI CROSS WORLD CUP CHAMPION FROM WENGEN

This walk takes around 35 minutes and is well worth it. The route takes you from Wengen through the northern part of the village to the tranquil Hunneflue lookout point. The view over Zweilütschinen towards Interlaken offers a new perspective on the uniqueness of Wengen's location. Perfect for a walk with friends and family.

RECOMMENDATIONS

- Pure nature – authentic, quiet, far away from the hustle and bustle, and fairly basic: the Yeti-Hütten are a great place to switch off.
- 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.

- 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)?
- 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.

- Culinary excellence – you'll eat astoundingly well here. The Restaurant Chez Meyer's at Hotel Regina has 15 Gault-Millau points.
- 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.
- 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.
- The bar with a fireplace – at Cocktailbar Lauberhorn, you can treat yourself to an aperitif or a nightcap in style.
- Fondue in the forest – the Forest Hut serves up Swiss cheese fondue in a small hut, deep in the snowy forest.
- Tapas – these refined little appetisers are particularly good at the Pickel-Bar. But the wine list and the unique range of whiskies are also very impressive.

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.

INSIDER TIP!

JANINE WENGER | MOUNTAIN HOSTEL GIMMELWALD

When there is enough snow, the road between Mürren and Gimmelwald transforms into a first-class sledging run – with no need for tedious pulling or walking. Sledging at night is particularly beautiful – under the light of the stars or during a full moon. The gondola cableway back to Mürren runs until midnight and, if you need warming up, mulled wine is served in Gimmelwald until late into the night. By the way: if you want to do as the locals do, use your sledge to go shopping. Even the oldest villagers can often be seen hurtling down the slopes with bags full of purchases.

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.

- Just opened – a village shop and bistro all in one. The Alti Metzg stocks local and fresh products. Gift baskets are available upon request. The wine cellar can also be booked for drinks receptions.
- 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.
- 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 Breitlauenen – 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.

- Higher! Higher! To the Schilthornhütte! – this alpine hut belonging to the Mürren Ski Club is the highest overnight accommodation available in the Mürren-Schilthorn skiing area. The hut is right next to the slope.
- 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.

HASLITAL

FRAGMENTS OF A LEGEND

They came here from far-off Nordic lands. Every tenth man was banished. Without mercy. It was the time of King Cisbertus in Sweden and Earl Christoffel of East Friesland. A terrible famine raged across the land. Whether rich or poor, every tenth man had to take his belongings and seek a new home elsewhere. Lots were drawn to decide who had to go. At first, the draws took place every month, then every week. The result was shocking: a total of 6.000 men from Sweden and 1.200 men from Friesland (women and children were not included in the count) had to seek a new home and find a way to feed themselves. Theft was a daily occurrence. With time, groups of people loyal to each other formed and attracted even more displaced and unhappy people. A huge army of people emerged. It needed leaders. Swicerus and Remus, both from Sweden, and Wadislaus, from the town of Hasnis (which is said to have been located between Sweden and East Friesland), took on the challenge. Under their leadership, the crowd marched along the Rhine. But the people there were expecting them – and not in a welcoming way. Two French dukes blocked the refugees' route. But the French had no chance. The army of the banished marched on victoriously.

«THE VALLEY IN THE DARK MOUNTAINS»

Wadislaus headed for the land at «brochen birg» or «Freckmünd». Today, it is known as «Pilatus». Back then, it belonged to the Duchy of Austria – or so the tale goes. The region reminded the refugees of their homeland so much that they stayed. The Earl of Habsburg granted them permission – what a great guy. Wadislaus, however, took his army of the displaced and moved to the «valley in the dark mountains». That means he took the path over the Brünig and claimed the land above the Aare. He named his new home after his original home: Hasnis. And that's where the name Hasli came from later.

But the story doesn't end there. Years flew by. Our tale now takes us to Rome. The pagans here were revolting against the Pope and the Roman emperors. There were two at the time: Theodosius II and Honorius. Messengers were sent into Aaretal in order to request assistance. The people who had settled in the Aaretal were said to be courageous Christians. The people of Oberhasli pledged their support and marched off to war. The Hasli warriors pushed forwards from the Milvisan bridge to the Castel Sant'Angelo and claimed the Tiber bridge. It was heroic. The empire called and the Hasli people answered. They were sure of a handsome reward. They asked to be given the sign and banner of the imperial eagle with the colours of the empire as a reward. But they didn't demand the double-headed eagle – just the crowned, one-headed heraldic bird. The wish was hesitantly granted by both emperors. The freedom of the Hasli people was also recognised and documented officially. And it goes without saying: there were plenty of gifts. It's a good story. But is it true? True or not, the Hasli people certainly enjoy it. When the Frutigen people visited in 1505, the Hasli people proudly read them

the following from a book of chronicles: «wie sy daher kommen sygen uß dem Land Schweden und Norwegen, von gro ßem Hunger alweg der X. Man mit synem Huß'gsind us eignem vatterland schweren müssen, kamint jn das Land Haßle.» («As they came here from the countries of Sweden and Norway. Expelled by the famine, every tenth man had to leave his country and his belongings. Finally, they reached Haslital.») What a great story. The Frutigen people thought so, too. They were so impressed by it that they began to call themselves former Frisians.

FACT

The term Oberhasli, as it is used today, actually came into use much later than this. The Bernese rulers used it to differentiate between Hasli an der Aare and Hasle bei Rüesgau or Hasli bei Riggisberg, which were both situated lower down.

THE STORY DOESN'T QUITE ADD UP

There seems to be a fair bit of embellishment going on in the story. But that's the nature of legends. The tale includes lots of inconsistencies. We've read about battles against the pagans in the late Roman period, ergo around the year 400. So far so good. But bringing in French dukes and an Earl of Habsburg at the same time? Improbable – and impossible, really. The region around the Vierwaldstättersee and, of course, the Haslital didn't really belong to the Duchy of Austria, either. We won't question the refugees' Christian beliefs or their great numbers. And then there's the Frisians: a Germanic tribe that didn't like walking much and so stayed in north-west Germany.

SETTLEMENT BY THE GERMANIC TRIBES

If we dismiss the legend as a fairy tale, then when was the Haslital settled? And by whom? Did it happen long before the Migration Period, as some suggest? 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. How can we tell this? 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. People spread out from the valley to the mountains and to conveniently situated ledges and hillsides. Forest was cleared and hamlets created, also with Alemannic-sounding endings, such as: -rüti (Reuti), -schwendi (Schwendi), -weid (Urweid), -maad (Obermaad). The place names like Bidmi, Sattel and Hohfluh sounded typically Alemannic, too.

ROMANIC NAMES

The fact that the earliest known Haslian was Romanic does not change the fact that the Haslital was settled by Germanic tribes. The modification of the name of the Romanic term for wind («Favonius») to create the term «Föhn» is not enough of an argument against this, either. There's also another ancient element of Haslital that can do nothing to change the facts: the Kirchet. It's also Romanic. It's not named after the church in Meiringen, as you might expect («church» in German is «Kirche»). It also had its name long before the settlement of Innertkirchen (which means «inside the church») even had a church built. Kirchet means «winding path». The word «zirka», which is pronounced «kirka» (all around) can be found in it. It evolved from «via circinans» or a similar term. Aare, Fontanen and Rüsch (which is what the Gadmerwasser used to be called) are also well-known Romanic names for bodies of water. The Grimsel was being crossed even in Roman times. It kept its Romanic name. Susten is also a Romanic term that was commonly used by sumpters (people who drove pack trains of animals over the mountains). 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 safely assume this. That's why we speak of an Alemannic immigration (with East Frisian influence) over the Brünig. But we also have to consider an Alemannic-Burgundian immigration up through the Aaretal. A Lombard-Burgundian immigration over the Grimsel could also be possible – but this is less likely.

THANK GOODNESS FOR LINGUISTIC RESEARCH

Along the Aare and the Thunersee and the Brienzersee, there are numerous municipalities with names ending in -ingen or -igen. Examples include Münsingen, Leissigen, Därligen, Merligen, Willigen, Meiringen and Brünigen, and places in Upper Valais, such as Reckingen, Gluringen and Selkingen. Thus, with the help of linguistic research, we can trace the path of the Alemanni. The path from the north. How do we know they came from the north? Because Upper Valais is German-speaking. That's surprising, because this area is surrounded by Romanic (i.e. French-speaking) territory. The only explanation is that Germanic settlers occupied Upper Valais – coming from the north and over the Grimsel. So there you go!

Enjoy winter in snow-covered Gadmental, below the Gadmer Dolomites: take the groomed hiking trails from Fuhren to Gadmen or from Gadmen to Wendenplatte and don't forget to include a snowshoeing trail, too. Whether you visit during the day when the sun is shining or when it is slowly getting dark – the impressive waters of Gadmen will astound you and lend you strength. Afterwards, you can warm up with a hot drink or some delicious fondue at the Gadmer Lodge.

REMO VON WEISSENFLUH | THE MUNICIPALITY OF INNERTKIRCHEN

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.
- A hearty alpine breakfast – how about a breakfast feast after you've made your first tracks in the snow? Sound good? Then try Alprestaurant Balis-Hasliberg. At this converted alpine hut, you can enjoy local alpine cheeses, dried meats, freshly baked plaited loaves, home-made jams, butter and rösti with fried egg. Or how about a Grosikaffee – a coffee like Grandma used to make?
- A taste of Poland – at the bistro of B&B Triftblick (Nessental/Gadmen), they serve home-made Polish specialities.

- 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 home-made raw sausages. You can also get another signature sausage called a Gumpesel 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 – Märithüsi 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 ADVENTURE "KRIMISPASS" ALLOWS YOU TO STEP INTO THE SHOES OF A POLICE DETECTIVE AND SOLVE A CRIMINAL CASE IN THE JUNGFRAU REGION. YOU CAN TAKE PART IN THE GAME FREE OF CHARGE.

To celebrate 30 years in business as a company Thun-based Staub & Sauger Ltd treats its staff to a long weekend in the Jungfrau Region. On the second day, company founder and owner Fredu Staub vanishes without a trace. The search is on. With you in the leading role. As police chief, you head up the investigation. Your smartphone sends you to different locations in the Jungfrau Region. Questioning suspects, taking controversial witness statements or checking out recordings from surveillance cameras help you get to the truth of the matter. Can you manage to unravel the mystery?

The KrimiSpass Jungfrau Region activity is only available in German.

FIND OUT EVERYTHING YOU NEED TO KNOW ABOUT THIS INTERACTIVE CRIME CAPER HERE:
jungfrauregion.swiss/krimispass

«THINGS YOU NEED TO KNOW»

IMPORTANT PHONE NUMBERS

112 EMERGENCY NUMBER
117 POLICE
118 FIRE SERVICE
144 AMBULANCE SERVICE
145 POISONS INFORMATION CENTRE
1414 SWISS RESCUE SERVICE
162 WEATHER INFO

TCS BREAKDOWN SERVICE
+41 800 140 140
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
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 11 71 17
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

COVID-19 IN THE JUNGFRAU REGION

«Switzerland skis!» – even during the coronavirus pandemic. As long as you comply with all of the protective measures that have been put in place, you can go about your activities in the Swiss mountains as usual. All necessary precautions have been taken to implement the requirements set by the authorities and to ensure the safety of our guests.

An overview of all of the protective measures is available at jungfrauregion.swiss/Covid-en

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.

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

WENGEN

Arriving by public transport:
from Interlaken Ost station, you can reach Wengen in 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.

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 (34 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.

TRAVEL WITHOUT LUGGAGE

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

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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stechelberg.ch

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CH-3860 Meiringen

Tourist Center Hasliberg
Twing
CH-6084 Hasliberg

Tourist Center Grimseltor
Grimselstrasse 2
CH-3862 Innertkirchen

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«OTHER»

USEFUL LINKS

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
LUFTSEILBAHN MÄNNLICHEN
» 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
FERIENWOHNUNGEN
» jungfrauregion.swiss/apartment
BERNESE OBERLAND OPENING DATES OF ALPINE PASSES
» ig-alpenpaesse.ch/en
LOCAL PRODUCTS
» jungfrauregion.swiss/local

IMAGE SOURCES

JUNGFRAU RAILWAYS
» jungfrau.ch/en
SCHILTHORN CABLEWAY
» schilthorn.ch/en/Welcome
BERGBAHNEN MEIRINGEN-HASLIBERG
» meiringen-hasliberg.ch/en/Welcome

MÄNNLICHEN CABLEWAY
» maennlichen.ch/en
SWITZERLAND TOURISM
» myswitzerland.com/en

Jungfrau Region

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