

## **GRINDELWALD, WENGEN or MÜRREN: These places speak volumes why the Jungfrau region is a touristic hot spot...**

In the Bernese Oberland, you can find everything which is typical about Switzerland. The wonderful – often snow covered - backdrop of the Swiss Alps help too.

If you would like to get the most out of your time in this region, here is, what could be a typical, perfect 'See-It-All' itinerary for you.

Stock up on some snacks, sandwiches, chocolate and tea or coffee. Then take cable car to FIRST (2168m above sea). The ride is quite long (approx. 30 minutes), but does not feel like it. You will be spending most of the time with your face stuck to the glass, trying to take in all of the beauty of the scenery.

The cable cars rise quickly above the village of Grindelwald, giving us a wonderful view of the whole valley and the Jungfrau glacier - a majestic sight!

The first stop at BORT has the most wonderful sun deck. If you have not brought your pick-nick with you, we recommend stopping here to have a traditional RÖSTI, BRATWURST or Soup before you enjoy and test the thrills at FIRST. Meanwhile, the children are busy roaming around on the large alpine playground.

Despite the name, FIRST is the last stop of the cable car - the ideal vantage point for some serious exploring. Hiking. Biking. Adventures. There are cows and meadows where you can relax.

The view from up here is simply breathtaking, with mountains and glaciers all around. Check out all the recommended trips and adventures – in various languages - here: <https://www.jungfrau.ch/de-ch/grindelwaldfirst/>

### **The thing that really gets your knees shaking is the Tissot Cliff Walk**

A suspension bridge that actually stretches along the rock face of this alpine peak, above a huge gap with pastures way below... Of course, the cliff walk is perfectly safe for families and children (the rail is high and the gaps are small) and yet you feel like you are walking on air.

### **The best part is the viewing platform that takes you directly above the valley**

It is worth doing the walk for this very moment.

### **Not to be missed at all is a trip to Bachalpsee**

One of a few exceptional hiking trails.

<https://grindelwald.ch/en/summer/product/track/first-bachalpsee-first-1-311/>

This is only one side of the the Grindelwald Valley.

### **Explore the other side too!**

**TOP OF EUROPE - JUNGFRAUJOCH is fabulous.** They do an early morning or later afternoon ticket.

Reservation is recommended at least a day in advance as there are lots of groups and there is a limited amount of people that are allowed up per day. Visit the different attractions! Allow time to walk to MÖNCHJOCHSHÜTTE (SAC high alpine hut) offering simple soups etc. The snowy pathway leads you through the glacier - do NOT walk next to the pathway - don't worry it is very wide and an easy gentle slope. Although the air is thinner up there!

### **Alternative Insider Outings**

**Schynige Platte** (nostalgic steam train with some open air carriages)

<https://grindelwald.ch/en/summer/product/page/schynige-platte-1420-m-ue-m-787/>

**Mürren** is a very picturesque place, viewing Grindelwald from the other side of the valley. We would suggest going right up to Piz Gloria (they do a fabulous brunch). The restaurant is revolving and offers a breath taking view over the Alps. Please reserve a window seat as this is popular. This is where 007 James Bond was filmed

many years ago. There is a great Thrill Walk (BIRG) to go on. On your way back you could walk through Mürren.

[http://schilthorn.ch/en/Angebot/Offers/Special\\_Offers/James\\_Bond\\_007\\_Brunch](http://schilthorn.ch/en/Angebot/Offers/Special_Offers/James_Bond_007_Brunch)

[http://schilthorn.ch/en/Angebot/Schilthorn/2\\_THRILL%3Cbr%3EBirg\\_2677\\_m\\_.8783\\_ft/Thrill\\_Walk](http://schilthorn.ch/en/Angebot/Schilthorn/2_THRILL%3Cbr%3EBirg_2677_m_.8783_ft/Thrill_Walk)

If you would like something **not touristy try this: LAUTERBRUNNEN-ISENFLUH-SULWALD**

Take the small gondola up and then head for LOBHORNHÜTTE (hut, that sells simple menus and drinks).

The pathway up to the hut is beautiful with alpine meadows, streams and a lake. Very nostalgic and typically Swiss. Try a KAFFEE SCHNAPS with a homemade WÄHE (fruit cake on pastry base).

**GRINDELWALD GLETSCHERSCHLUCHT and TRÜMMELBACH FALLS IN LAUTERBRUNNEN VALLEY**

are very good too. This is an ideal link with loads of ideas (even High Alpine Tours):

<https://grindelwald.ch/en/summer/see-and-do/>

**Lake Brienz is magical.** The waters are incredibly blue, a deep turquoise, and not even pictures can do it justice. If you have seen pictures online, I can assure you that they are not 'photo shopped'. It is the actual color of the lake. There are seagulls and fresh air, and lots of things to see and point at. From Interlaken, the best way to travel to Brienz is by ferry. Nothing relaxes more than a big, comfortable ferry... And if you are lucky enough, you will get to ride the steam paddle boat - a truly vintage experience.

The **waterfall at the GIESSBACH Grand Hotel** stop is worthwhile, too. The historic hotel is a beautiful sight, perched on top of a hill with its own funicular that connects to the pier.

For additional **adventures** of all kind:

<https://www.outdoor-interlaken.ch/en/summer>

This link provides some further excursions and ideas and is probably the best alternative to the **Swiss Travel**

**Pass.** <http://www.regionalpass-berneroberland.ch/en/pass-and-infos/pricing/>

### **Swiss trains for the win**

The best part of being a tourist in Switzerland is to have the most efficient, clean and comfortable public transportation at your disposal.

Swiss trains are always on time and the timetables are perfectly tuned among different modes of transportation. Switch between trains, buses and boats without waiting for a connection. Yes, you could say that the Swiss public transport system works like a Swiss clock... Please don't forget to press that all important STOP button (sometimes certain stops are on REQUEST).

Of course, traveling by train is a big winner when your companions are kids. The scenery is always breathtaking and there is plenty to see for the little ones.

### **5 Important Tips to Avoid Inconveniences**

- **Check your timetable:** The best way to ensure a smooth ride is to plan ahead. Check the timetable for trains, boats and cable cars. This way, you will avoid the rush.
- **Dress appropriately:** Bring a fleece jacket and a rain and wind-proof jacket. A hat too, in case of strong winds. Be advised that weather at the top of the mountain can be quite cold every day and that weather conditions can change throughout the day.
- **Always wear hiking shoes:** Good walking shoes that hug your ankles are required when traveling to the mountains, even if no hiking is planned. It is better to be equipped than to take a risk.
- **Wear sunscreen:** The sun is very strong at such heights and even the most trained skin can burn quickly.
- **Check for regional passes:** Families and tourists can benefit from all-access tickets for traveling in the region, which also provide big discounts for popular attractions. Check out: Swiss Travel Pass and Regional Pass for the Berner Oberland.

## **And finally..**

Did you know that there are lots of Indian restaurants and Indian tourists in the Jungfrau region? That's because dozens of Bollywood films have been filmed there! Switzerland has become a favorite place for film fans from all over the world. So, don't be surprised if you share your journey through snow-capped mountains with a friendly woman wearing a sari and sandals. She knows what she is doing.

## **RESTAURANTS – to start you off with something**

Hotel **WETTERHORN**, right at the end of the town, offers easy parking, a nice restaurant and from here you can walk up the street to a small bird sanctuary the ALPINE VOGELPARK (there is a small chalet restaurant opp. the bird park, old fashioned but quaint). Alternatively take a stroll in the forest from Wetterhorn Hotel (river to dip the feet in).

Pizzeria/Restaurant **STEINBOCK**: great Italian food and Pizza's.

Restaurant **ASPEN**: towards Kleine Scheidegg side of Grindelwald, towards Itramen: Alpine Chic, fine food.

Hotel/Restaurant **GLACIER**: Endweg, very special and sophisticated dining. Reservation needed.

**EIGER+**: create your own salads, try their iced tea (with or without sugar) located in the sports centre.

**Café C&M**: behind Hotel Sunstar: they do lovely cakes and coffees

## **MOUNTAIN RESTAURANTS**

Bort (First): great Chai Latte, super nice food, alpine adventure playground

Grindelwaldblick: Kleine Scheidegg side, walk 10' up-it's the hill, look out for their view point,

Insider Tip: try their cheese Star-Fondue (three fondues in one)

## **RAINY DAY SUGGESTIONS**

In the **SPORTS CENTRE** you can find:

- Indoor Rope Park – largest in Europe
- Bouldering Hall for children and adults
- Indoor Swimming Pool with slides and baby corner
- Wellness & Beauty (or in the various Hotels directly)

**TRÜMMELBACHFÄLLE in the Lauterbrunnen Valley** (see above).

In winter you could enjoy a **Horse & Sleigh Ride**: Egger Heinrich, Tel. 033 - 853 33 72

## **CHOCOLATE FACTORY in Interlaken**

Visit a chocolate workshop @ Funky Chocolate Club and enjoy your own Swiss Chocolate Creation

<https://funkychocolateclub.com/de/>

## **MYSTERY ROOMS**

Always wanted to do one of those mystery games? Here you can!

You will be locked in a room and you'll have to find your own way out of it through solving the given clues.

Good luck! They will rescue after 1 one hour...

## **ROPES PARK (SEILPARK)**

Not bothered if you get a little wet?

Then visit the SEILPARK INTERLAKEN and swing in the tree crowns. The park is always open as the trees shelter from the rain. <https://www.seilpark-interlaken.ch/en/seilpark>

## **(WATCH) SHOPPING**

Switzerland is famous for its high quality and precise watches or armees pocket knives. Why not go shopping in Interlaken or Bern?

*Enjoy!*