

Jungfrau Region – unique. diverse.

The Jungfrau Region is located in the Bernese Oberland, in the heart of Switzerland. It is part of the UNESCO World Heritage Site Swiss Alps Jungfrau-Aletsch. Snow-covered mountain peaks, deep blue lakes and green alpine meadows characterise the landscape between Meiringen (595 m above sea level) and the summit of the Jungfrau (4158 m above sea level). In winter, the Jungfrau Region scores with four large and modern ski areas. A total of 274 kilometres of pistes are available to guests - and in summer 599 kilometres of hiking trails and numerous attractive mountain bike trails. The top attractions include the Jungfraujoch, the Schilthorn, the Lauterbrunnen Valley with its 72 waterfalls, the Alpen tower or the Grimselwelt. In addition, numerous top events take place every year, such as the notorious Lauberhorn downhill run. In total, there are almost 100 hotels in the Jungfrau Region with a total of 7663 beds.

Grindelwald: Jungfraujoch, First and Pfingstegg

In Grindelwald, the village nestling at the foot of the Eiger, you'll find the most modern terminal in the Alps, featuring two cableways, links to public transport, a car park and a shopping centre. The Eiger Express, the world's most state-of-the-art tri-cable gondola, takes just 15 minutes to transport up to 2,200 guests per hour up to the new Eigergletscher mountain station, located at 2,328 m above sea level, in the heart of the hiking area. Here, guests can transfer to the Jungfrau Railway to continue up to the Jungfraujoch – Top of Europe, where they can marvel at the ice palace and the Aletsch Glacier – the largest glacier in the Alps. The bottom station for the Grindelwald – First gondola cableway can be found in the centre of the village. The hike from the mountain station to Bachalpsee is a major highlight. Adventure-seekers are in for a treat on First. The First Flyer and First Glider will really get the adrenaline pumping. Also unique: the First View viewing platform and the First Cliff Walk. Small but perfectly formed is an apt description of Pfingstegg. Reachable in under five minutes by cableway from Grindelwald, it features a 725-metre-long toboggan run and a fly-line. Not far from the centre of Grindelwald village, there is also an impressive glacial gorge you can visit.

Lauterbrunnen: The valley of 72 Waterfalls

The 297-metre-high Staubbachfall Waterfall is the key landmark of Lauterbrunnen and the highest free-falling waterfall in Switzerland. Even the world-famous poet Johann Wolfgang von Goethe was inspired by the impressive waterfall and in 1779 wrote the poem "Song of the Spirits over the Waters". It was a similar story in 1911, when the then 19-year-old J.R.R. Tolkien visited the Lauterbrunnen Valley. It's a little-known fact that this is where he drew his inspiration from for the landscape described in "The Lord of the Rings". 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. The Staubbachfall Waterfall is not the only highlight in this area – the Trümmelbach Waterfalls also deserve a special mention. The ten glacier waterfalls inside the mountain can be accessed by a tunnel lift. They are considered to be the largest underground waterfalls in Europe. The Mürrenbach Waterfall – the highest in Switzerland, at 417 metres – is also in the Lauterbrunnen Valley. In addition to the Staubbachfall Waterfall, the Trümmelbach Waterfalls and the Mürrenbach Waterfall, there are a further 69 (!) waterfalls dotted throughout the Lauterbrunnen Valley.

Grindelwald
Wengen
Mürren
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Wengen: The Lauberhorn downhill run, the Royal Ride – and hardly any cars


What a route! We could say this about the beautiful train journey, which goes from Grindelwald via the Kleine Scheidegg to Wengen. We could also say it about the famous Lauberhorn downhill run. The village of Wengen at the foot of the Jungfrau owes its fame to this notorious course. But the only way you can get to whizz around here is on the ski slope in winter, as Wengen can only be reached by public transport. Just a few cars operate in the village. In summer, you can conquer the longest downhill run on the ski world cup circuit on foot. Wengen also has something fit for kings and queens – or, at least, for those who just want to feel regal. Take the Royal Ride – a trip on the open-air balcony of the Männlichen – Wengen aerial cableway. Then, when you get to the mountain station, the Royal Walk takes you from there to the summit of the Männlichen, and to the viewing platform shaped like a crown.

Mürren: In the footsteps of James Bond

Mürren (1,650 m above sea level) is the highest consistently inhabited place in the Bernese Oberland – and it's car-free. 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. The top things to try in Mürren are the 360-degree revolving restaurant at the top of the Schilthorn and the Thrill Walk. The rock footbridge on Birg offers plenty of thrills under the watchful eyes of the Eiger, Mönch and Jungfrau. In terms of panoramic views, the funicular to the Allmendhubel, Mürren's own little mountain, and the train journey from Mürren to the Grütschalp also figure among the absolute highlights of the Jungfrau Region.

Haslital: The Alpen tower, the Grimselwelt – and Sherlock Holmes

High above the Haslital, at 2,250 m above sea level, stands the majestic Alpen tower. The 360-degree panoramic view is exceptional. On a good day, you can see 401 mountain peaks from here. What's more, Hasliberg is a hive of child-friendly activities. Its two Dwarf Trails and a Marble Run are just some of the amenities that make it a paradise for families. The Grimselwelt, too, is part of the Haslital. Electricity is generated here from a total of eight reservoirs. One of these is the Gelmersee. It can be reached from Handegg via the Gelmer funicular. With an incline of 106 per cent, it is the steepest open funicular in Europe. The Aare Gorge in Meiringen and the Rosenloui Glacier Gorge in the unspoilt Reichenbachtal are some of the other sights worth seeing in the Haslital. For fans of Sherlock Holmes, a visit to the Reichenbach Waterfall is a must. A nostalgic wagon – an exact replica of the original wooden wagon – runs along the waterfall to the top. Right to the spot where Sherlock Holmes, in his final showdown, fell to his death. In Meiringen, there's even a museum devoted to the famous master detective created by the author Sir Arthur Conan Doyle.



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