

4 DAYS IN INTERLAKEN



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INTRODUCTION

Interlaken is at the top of many people's list of places to see in Switzerland, and this guide is your best way to see it all in 3-4 days.

By basing yourself in Interlaken, you are very well placed to see all of the major sites in Lauterbrunnen, Grindelwald, and the mountains above.

This guide will give you up to four days (and perhaps more) of itineraries to see the most important sites and plan a daily itinerary that helps you create your dream vacation in this region.

Each day's itinerary will take you less than the whole day in most cases, so I have created "add-ons" at the end that you can plan after you are done with the main itinerary for the day. If you spend the whole day in one location, no problem, leave the add-ons out!

It's all up to you.

Of course, if you want even more from the area, then check out my [other guides](#) and itineraries.

For now, sit back and dream of the Swiss Alps!

Enjoy!

Ashley Faulkes
Founder of SwitzerLanding



OVERVIEW OF ITINERARIES

There are so many things to see and do in the Interlaken Region. This guide is organized to provide possible itineraries for each day and keep things flexible so you can chop and change depending on your needs. Below is a quick overview of the four one-day itineraries that are below:

Day 1 - Lauterbrunnen Full Day

Schilthorn, Mürren, Trummelbach Falls, Staubbach Falls

Day 2 - Grindelwald First

Cliff Walk, Bachalpsee, Adventure Activities

Optional: Pfingstegg OR Grindelwald Gorge

Day 3 - Jungfrauoch

Go up via Eigergletscher and down via Wengen

Optional: Pfingstegg OR Grindelwald Gorge

OR Lauterbrunnen Waterfalls (easy connection from Jungfrau train)

Day 4

Männlichen Hikes - Royal Walk + Panorama Walk

Optional: Grindelwald Gorge OR Eiger Trail

INTERLAKEN REGION MAP





DAY 1 - LAUTERBRUNNEN

Lauterbrunnen is one of the most stunning valleys in Switzerland.

With its acclaimed 72 waterfalls, vertical cliffs, nearby 4000m peaks, and the Schilthorn at the end of the valley, it is an absolute must on any visitor's Swiss bucket list.

This 1-day itinerary includes all the "must-sees" from the area and can be done in an easy and logical order.

Yes, you could easily spend a week here, but if you only have one day, then this itinerary covers it all.

CHOOSING YOUR ROUTE

Route 1: Gets you to the top of Schilthorn the fastest and avoids the crowds (42 mins from Lauterbrunnen) but doubles back on Trummelbach at the end.

Route 2: This is for those with luggage or wanting to do a walk down to Gimmelwald and/or optimize the route on the way back via Trummelbach Falls.

LAUTERBRUNNEN TOWN MAP

