

INTERLAKEN REGION UNCOVERED



CONTENTS

- 1 INTRODUCTION**
- 2 MOUNTAIN EXCURSIONS**
- 3 Mountain Excursions Map**
- 4 Jungfraujoch**
- 5 Schilthorn**
- 6 Harder Kulm**
- 7 Grindelwald First**
- 8 Schynige Platte**
- 9 Brienzler Rothorn**
- 10 ACTIVITIES & DESTINATIONS**
- 11 Activities Maps**
- 13 Boat Cruises**
- 15-16 Castles**
- 17-18 Waterfalls**
- 19-20 Gorges**
- 21 Other Highlights**
- 22 ADVENTURE ACTIVITIES**
- 23 Paragliding, Skydiving, Hang Gliding, First Flyer**
- 24 Canyoning, Rafting, Jet Boating, Canyon Swing**
- 25 HIKING**
- 25-26 Easy Hikes**
- 27 Moderate Hikes**
- 28 Challenging Hikes**
- 29 Hiking Map 1 - Lauterbrunnen Valley**
- 30 Hiking Map 2 - Grindelwald Region**

31	WHERE TO STAY
32	Where To Stay Overview (Map)
33-34	Travel Times
35	INTERLAKEN
36-37	<ul style="list-style-type: none">• Highlights Nearby
38	<ul style="list-style-type: none">• Highlights Map
39-41	<ul style="list-style-type: none">• Accommodation
42	GRINDELWALD
43-44	<ul style="list-style-type: none">• Highlights Nearby
45	<ul style="list-style-type: none">• Highlights Map
46-48	<ul style="list-style-type: none">• Accommodation
49	LAUTERBRUNNEN
50-51	<ul style="list-style-type: none">• Highlights Nearby
52	<ul style="list-style-type: none">• Highlights Map
53-54	<ul style="list-style-type: none">• Accommodation
55	MÜRREN
56-57	<ul style="list-style-type: none">• Highlights Nearby
58	<ul style="list-style-type: none">• Highlights Map
59-60	<ul style="list-style-type: none">• Accommodation
61	WENGEN
62	<ul style="list-style-type: none">• Highlights Nearby
63-64	<ul style="list-style-type: none">• Accommodation
65	SUGGESTED ITINERARIES & RAINY DAY OPTIONS
66	DETAILED ITINERARY GUIDES
67	ADDITIONAL RESOURCES

** THIS IS CURRENTLY VERSION 6 OF THIS GUIDE

INTRODUCTION

Way back in 1981, I went on a three-month European road trip with my family. We drove from England to Greece, which was not a common thing to do back then. I was five years old then and don't remember much about that trip. I was too young. But one of the few things **I do remember is the Jungfrauoch!**

Perhaps it was that trip that planted the travel bug in me, which has seen me travel the world and live in various places. From Canada and Scotland to Spain and finally Switzerland.

I have lived in Switzerland since 2001 and visited almost every corner of this country. By train, on foot, or by campervan. There is virtually no part of Switzerland I do not know.

I have been to places like the Jungfrau Region repeatedly and explored them in detail. In this in-depth guide, I will share this detailed local knowledge with you.

This guide will show you all the area has to offer and more. Organised in a way so you can find the things that matter to you the most!

Enjoy!

Ashley Faulkes
Founder of SwitzerLanding

MOUNTAIN EXCURSIONS

ENJOY THE BEST VIEWS IN THE REGION

The Jungfrau Region is full of unforgettable mountain experiences. From the jaw-dropping heights of the Jungfrauoch and Schilthorn to the stunning views from Harder Kulm and Schynige Platte.

Below you will find more details on each mountain so that you can choose the right one for your Swiss adventure!

JUNGFRAUJOCH



SCHILTHORN



HARDER KULM



GRINDELWALD FIRST



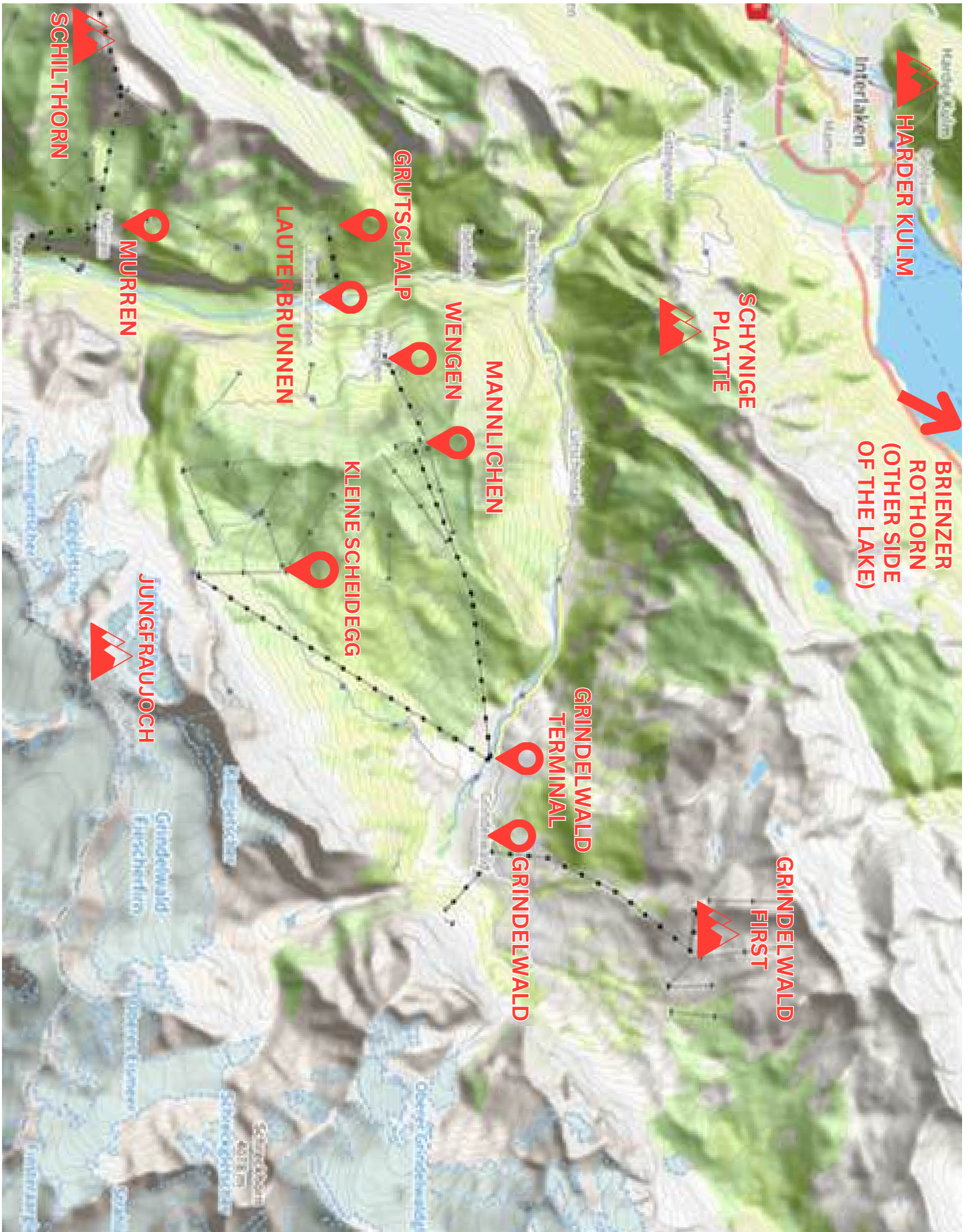
SCHYNYGE PLATTE



BRIENZER ROTHORN



MOUNTAIN EXCURSIONS MAP





JUNGFRAUJOCH

TOP OF EUROPE

QUICK FACTS

Height: 3,463 m / 13,360 ft

Open: Year-round

Journey Start: Grindelwald, Lauterbrunnen

Average Cost: 200-250 CHF

Discounts: Swiss Travel Pass, Half Tax, Jungfrau Travel Pass, Berner Oberland Travel Pass

A journey to the Jungfraujoeh is a highlight for most people who come to Switzerland. Called the "Top of Europe", it is the highest train station on the continent and was a feat of engineering to create.

Not only do you get to experience true Swiss Alpine landscapes along the way, but you also pass right through the famous Eiger mountain and arrive at a viewpoint that showcases the longest glacier in Europe - the Aletsch Glacier.

[Read more](#) about the attractions and activities to do on the Jungfraujoeh.

ACTIVITIES & DESTINATIONS

EXPERIENCE THE BEST OF THE JUNGFRAU REGION

Mountain excursions are just some of the many unforgettable ways to experience the Jungfrau region.

There are also countless activities and unique destinations to discover. Below, they are organised into categories to help you find the ideal options for your trip.

BOAT CRUISES



CASTLES



WATERFALLS



GORGES



CAVES



BRIDGES



ADVENTURE ACTIVITIES

GIVE YOURSELF AN ADRENALINE RUSH

Interlaken is known as the adventure capital of Switzerland and if you are an adrenaline junky, you are spoiled for choice!

PARAGLIDING



CANYONING



SKYDIVING



RAFTING



HANG GLIDING



JET BOATING & KAYAKING



FIRST FLYER



CANYON SWING

