

Day trip	Description	Region
Roundabout journey	Discover the Bernese Oberland within 1 day	Entire region
Engstligenalp	Hiking area with a giant waterfall	Adelboden
Sillerenbühl	A panoramic view of the hiking paradise of Adelboden	Adelboden
Brienzer Rothorn	A steam train to a beautiful viewing point	Brienz
Giessbachfälle	19th century hotel with a waterfall in its backyard	Brienz
St. Beatus-Höhlen	The interior of the mountains	Interlaken
Harder Kulm	The highest restaurant of Interlaken	Interlaken
Modelleisenbahn-Treff	Miniature European railways	Interlaken
Niederhorn	Majestical view of Lake Thun and the Bernese Alps	Interlaken
Top o'Met	First class view of the Jungfrau from downtown Interlaken	Interlaken
Shopping in Interlaken	Plenty of souvenirs	Interlaken
Blausee	Ancient natural beauty, a boat trip and a trout-farm	Kandersteg
Jungfrauojoch	Top of Europe; a trip to Europe's highest train station	Lauterbrunnen
Schilthorn	In the footsteps of James Bond: dining and enjoying the view at 3,000 m (9,800 ft) over sea	Lauterbrunnen
Trümmelbachfälle	The force of nature	Lauterbrunnen
Three passes tour	Long tour across the high mountains of central Switzerland	Meiringen
Aareschlucht	Impressive nature	Meiringen
Planplatten	Great view and beautiful nature	Meiringen
Reichenbachfall	The force of nature that killed Sherlock Holmes	Meiringen
Niesen	Magnificent view of the Thunersee and surroundings	Spiez
Castle Spiez	Beautifully situated castle with a 1000 year old church	Spiez
Stockhorn	Literally the edge of the Bernese Oberland	Spiez

Roundabout journey

"Discover the Bernese Oberland within 1 day"

Entire region

The perfect way to explore the Bernese Oberland is making a day trip by train, bus and gondola. This way you can travel in a comfortable way and enjoy a number of beautiful areas and viewing points. A [season ticket for public transport](#), including the possibility of one or more days of free travelling is necessary to keep your expenses limited. For more information check the general chapter about [transportation in Switzerland](#). The following tips show possibilities for roundabout tours from Interlaken. The times are by approximation, and are only stated to give you an impression of the times of travelling.

Roundabout journey 1

- Narrow gauge train Interlaken Ost - Lauterbrunnen (8:35 am)
- Funicular (standseilbahn) up to Grütschalp (9:00 am)
- Narrow gauge train to Mürren (9:15 am)
- Walking (about 15 minutes) from the train station to the gondola station in Mürren (9:30 am)
- Gondola down to Stechelberg (10:25 am)
- Bus to Lauterbrunnen (10:35 am)
- Narrow gauge train to Kleine Scheidegg (11:00 am)
- Narrow gauge train to Grindelwald (11:45 am)
- Narrow gauge train to Wilderswil (12:50 pm)
- Narrow gauge train to Schynige Platte (1h45 pm)
- Narrow gauge train to Wilderswil (3:20 pm)
- Narrow gauge train to Interlaken Ost (4:20 pm), arrival 4:25 pm

Roundabout journey 2

- Train Interlaken West - Spiez (8:45 am)
- Train to Mülenen (9:05 am)
- Funicular (standseilbahn) up to the Niesen (9:30 am)
- Funicular (standseilbahn) down to Mülenen (10:45 am)
- Train to Spiez (11:40 am)
- Walking (about 20 minutes) to the landing-stage (11:45 am)
- Boat to Interlaken West (12:40 pm)
- Train to Interlaken Ost (2:25 pm)
- Narrow gauge train to Lauterbrunnen (2:35 pm)
- Narrow gauge train to Wengen (3:00 pm)
- Walking (about 5 minutes) to the gondola station (3:15 pm)
- Gondola up to the Männlichen (3:30 pm)
- Gondola down to Grindelwald Grund (3:55 pm)
- Walking (about 5 minutes) to the train station (4:25 pm)
- Narrow gauge train to Grindelwald (4:40 pm)
- Narrow gauge train to Interlaken Ost (4:50 pm), arrival 5:25 pm



Sillerenbühl

"A panoramic view of the hiking paradise of Adelboden"

Adelboden



You will reach Sillerenbühl after a pleasant gondola ride along forests and meadows and across the small river of Allebach. Sillerenbühl has a restaurant with a small playground, but above all it offers a great view of the friendly green landscape with its many trails. In the foreground, there are mostly meadows and some woods. In the background, there are bold rock peaks such as the Albristhorn as well as snow covered peaks such as Altels and the Rinderhorn. Sillerenbühl is a perfect starting point for all kind of hikes. There are short and easy trails, e.g. leading to the [Hahnenmoospass](#), but also longer trails such as to [Beraglärer](#).

From Adelboden, take the gondola up to Sillerenbühl. Adelboden can be reached by car or by bus from Frutigen. There is a large parking lot at the middle station of Oey.



Brienzer Rothorn

"A steam train to a beautiful viewing point"

Brienz



From Brienz, old steam trains as well as modern trains leave for the Brienzer Rothorn (2,350 m, 7710 ft). The nostalgic steam trains bring a special atmosphere, but this trip is not only a must for train lovers: the scenery and the views are magnificent too. During the trip you will have a view at the Brienzersee for a long time; suddenly you will see the entire Jungfrau group. On a clear day you will be able to distinguish the different mountains in an excellent way. At the top of the Rothorn you will find several hiking possibilities. The view at the northern as well as the southern side will be worthwhile.

The trains leave directly across the railway station in Brienz, where you can also find the landing stage of the boat from Interlaken.



Giessbachfälle

"19th century hotel with a waterfall in its backyard"

Brienz



The Giessbach rises on the slopes of the mountains Faulhorn and Schwarzhorn, between 2,000 and 2,500 m (8,200 ft) above sea level. Just before the water reaches Lake Brienz, it flows through a number of waterfalls in the forests, and along the 'Grandhotel Giessbach' from 1874. Until the First World War in particular, this beautifully situated hotel has been visited by many poets, artists, philosophers and politicians. The boat trip to the Giessbach, the view of the waterfalls and the possibility to walk along the shores of Lake Brienz make this a great excursion.

The boat takes you across Lake Briez: from Interlaken or Brienz to the Giessbach estuary. You will walk to the upper waterfalls, about 120 m (400 ft) above the lake, so that you can view the waterfalls from several locations along the way. If desired, part of the climb can be conquered using the funicular that takes guests from the boat to the hotel. Giessbach can also be reached by car from Brienz/Meiringen through a narrow road via the settlement of Engi. In this case, you will start at the upper waterfalls and walk down towards the hotel and Lake Brienz.



St. Beatus-Höhlen

"The interior of the mountains"

Interlaken

The St. Beatus-Höhlen are situated at 6 km (4 miles) from Interlaken, at the northern slope which borders the Thunersee. These stalactitic caves can be reached by car, but you can also take the boat or bus from Interlaken or Thun. A 20 minute walk past the accompanying museum and the playground/picnic area takes you to the entrance of the caves, where you can also find a romantic restaurant with a terrace. A guided tour enables you to take a look inside the interior of the mountain world. The guide will give explanations, and you will have time to look around. The museum can be visited without a guide afterwards. A guided tour



Picture: St. Beatus-Höhlen.

may be rather busy on rainy days in July and August. Visiting the caves is not to be recommended if you are not a good walker.



Modelleisenbahn-Treff

"Miniature European railways"

Interlaken

You will find a great collection of miniature railways in Interlaken. About 50 trains from several European countries are running continually. Of course, Switzerland is very well represented. You can see miniature versions of famous trains like the Glacier Express, Bernina Express and Cristal Panoramic Express here. Furthermore Italian, German and Dutch trains can be seen. Railway movies are exposed here too.

In 2004, the Modelleisenbahn-Treff has moved to their new address at the Rugenparkstrasse 24, a couple of minutes on foot from the railway station of Interlaken West.



Niederhorn

"Majestical view of Lake Thun and the Bernese Alps"

Interlaken

The Niederhorn is situated on a narrow ridge, the Guggisgrat, over 1,300 m (4,300 ft) above Lake Thun. Such a location guarantees a magnificent view of the Bernese Alps, including the famous trio of Eiger, Mönch and Jungfrau. But there's also the village of Beatenberg with Lake Thun below it. The Niesen, behind the town of Spiez across Lake Thun, can clearly be seen. The other side of the ridge overlooks the fathomless depths of the



Picture: Thunersee-Beatenberg-Niederhorn Bahnen.

practically deserted Justis valley. Berghaus Niederhorn is there to serve you a meal. The Niederhorn is also the starting point for a number of trails; a [hike over the Guggisgrat](#) allows you to explore the intriguing scenery surrounding the Niederhorn.

The Niederhorn can be reached by a gondola from Beatenberg. You will reach Beatenberg either by bus/car from Interlaken, or by a funicular from Beatenbucht. Beatenbucht can be reached by bus, car and boat from Interlaken and Thun.



Shopping in Interlaken

"Plenty of souvenirs"

Interlaken

If you are looking for souvenirs, or if you like to wonder through a city, just go and visit Interlaken. The town offers many shops where you can buy post cards, the famous Swiss watches or pocketknives, (sport) clothing and a lot more. Especially the street between the train stations of Interlaken West and Interlaken Ost has many hotels, restaurants and shops. At the opposite of hotel Victoria you will find a large meadow where, during summer, many paragliders land: very nice to watch. Also open-air performances are regularly given: they tell the story of Wilhelm Tell. This hunter and hero of liberty from the canton of Uri refused to salute the governor Gessler, and was therefore forced to shoot an apple from his own son's head by arrow and bow. He succeeded, but was captured anyway. After his escape he killed Gessler and an insurrection of the people followed.



Blausee

"Ancient natural beauty, a boat trip and a trout-farm"

Kandersteg

The Blausee is situated between Frutigen and Kandersteg, and can be



has become a touristic attraction more and more, where it used to be a special piece of nature. And yet visiting it will still be worthwhile, because of the old, fairylike woods and the amazingly blue lake. You will be able to make several short walks through the woods, along the Blausee and along the river of Kander. A little boat trip on the Blausee is one of the possibilities too. As the water is very clear, you can see petrified trees at the bottom of the lake. Also you can visit the trout-farm. Information boards explain about the way trouts are bred. If you are hungry, you can eat trout in the restaurant or prepare one yourself on a barbecue.

You can easily combine your visit to the Blausee with hiking. The [trail Frutigen - Blausee](#) is an example of a route in this area.

station"

Lauterbrunnen



Especially in summer, it is a unique experience to be in the middle of the world of perpetual snow and glaciers. A visit to the Jungfrauoch, part of the UNESCO natural inheritance in this region, is really a must for visitors of the Bernese Oberland. The Jungfrauoch is the highest situated train station in Europe at 3,454 m (11,332 ft) over sea. It is in use since 1912. The plan to extend the railway to the summit of the Jungfrau is as old as the railway itself, but it remains a plan for the time being.

A train leaves from Kleine Scheidegg; it mostly runs through a tunnel in the north face of the Eiger. In this tunnel the train will make a short stop at the station Eigerwand (2866 m, 9,403 ft), where you can get off for a short period of time to look down through windows in the north face of the Eiger. The next short stop is the station Eismeer (3,160 m, 10,366 ft). You will have the opportunity to enjoy the view on a world of ice. When you have arrived at the Jungfrauoch you can enjoy a breathtaking view over the Bernese Oberland on the one hand, and the Konkordiaplatz on the other hand. The Konkordiaplatz is an intersection of several glaciers, among which the Grosser Aletsch-glacier. This region belongs to the canton of Wallis. You can ski here, ride a snowboard or have a ride with real sledge-dogs. If you are in good shape and wear the right clothing you can walk to the Mönchjochhütte (3,650 m, 11,975 ft) where you can have a drink before you return. An elevator brings you to the viewing point Sphinx (3,571 m, 11,716 ft). Furthermore, there are magnificent ice caves, with beautiful statues carved in ice. Be careful here; you might fall because of the slippery bottom. For those who have a lot of money to spend, there are a kiosk, several restaurants and a hotel.

Metrological research is being performed on the Jungfrauoch since 1922, and there is a telescope on the roof of the Sphinx. It is interesting to know that at this altitude lightning can struck even when the sky is clear. The Sphinx is located high and is primarily constructed of steel, which makes it a potential dangerous place. However, steel cables are tightened over the terrace that serve as lightning conductors (Faraday cage) to protect you.



Schilthorn

"In the footsteps of James Bond: dining and enjoying the view at 3,000 m (9,800 ft) over sea"

Lauterbrunnen

From Stechelberg a gondola leaves, through Mürren, to the Schilthorn (2,970 m, 9,744 ft). You might know the revolving restaurant at the top of the mountain from James Bond's "On her majesty's secret service". On a clear day, you will have a magnificent view of 360 degrees over the tops of the Bernese Oberland. But also when it's clouded you may be lucky



Picture: Henry Joss.

enough to have the chance of being higher than the clouds, so that you can look down on them, enjoying the sun in the meantime. In the valley station and at the several intermediates you will find cameras, which show you the situation at the top, live. Be careful though: also at a beautiful, sunny day you may have the bad luck to end up in the middle of a cloud.



Three passes tour

"Long tour across the high mountains of central Switzerland"

Meiringen



You will not only cross three passes during this beautiful car trip in the utmost east of the Bernese Oberland; but also explore three cantons: Bern, Uri and Wallis. However, you will only see a very small part of Wallis. The tour starts in Meiringen. You will drive to the village of Innertkirchen and head for the Sustenpass from there. On the other side of the pass, in the village of Wassen, do not turn onto the expressway, but turn right to Göschenen and Andermatt. Andermatt is the last town of size you will come across for some time. From here, head for Realp and the Furkapass. You will enter the canton of Wallis on the pass. As you are in Gletch in the valley, you will turn to the Grimselpass and leave Wallis soon after. The Grimselpass leads back to Innertkirchen, and Meiringen, via Guttannen. Some highlights along the way are the Stein glacier on the Sustenpass, the Rhône glacier on the Furkapass and the lakes on the Grimselpass, where the river Aare rises. You can visit the ice grotto inside the Rhône glacier. Due to the movement of the glacier of some 35 m (115 ft) per year, the grotto needs to be carved out of the ice every spring. There are a lot of viewing points along the way as well. Therefore, it is recommended to take enough time for the car ride and to take many breaks on the several smaller and some larger parking lots along the route. You will find restaurants in Meiringen, Innertkirchen, Andermatt and Guttannen, but also on the Sustenpass and the

Grimselfpass.

This trip of 131 km (81 miles) requires a travelling time of about 6 hours, depending on the number of breaks you take along the way. If you are not familiar with driving on pass roads, you may want to read the [tips about driving in the mountains](#). You may pass along some snow fields until late summer, but the roads are normally clean. There are no gas stations along the pass roads, so you need to check your fuel level before leaving a village. The tour can only be made in summer. [Click here for a detailed map of the three passes tour](#).

Meiringen can be reached by train or by car from Interlaken or Luzern (via the Brünigpass). You can make the three passes tour by comfortable post car as well. The post cars depart from Meiringen and Andermatt. Seat reservations are obligatory. More information on these bus tours can be found through [Swiss Post](#).



Planplatten

"Great view and beautiful nature"

Meiringen

Meiringen is located east of the Brienersee. It takes several gondola sections to reach Planplatten. During the first stage to Reuti, you will be transported by a larger gondola. Then, a stage to Mägisalp follows in small, older gondolas, with room for four persons. Gondolas with a capacity of 8 people will be used here from July 2005. The last part of the route, which used to be a chair-lift, is the 'Eagle-Express' with cabins carrying 8 passengers. At Planplatten, you will find the panoramic restaurant Alpen Tower, and a great starting point for hiking.



Reichenbachfall

"The force of nature that killed Sherlock Holmes"

Meiringen

The story tells that Sherlock Holmes fell down this waterfall as he duelled with his arch enemy. But the Reichenbachfall mainly is an extraordinary piece of nature. The funicular takes you to a viewing point where you can see how the water of the Reichenbach rumbles down over 100 m (330 ft). A footpath leads you further up where you can take a close look at the main waterfall and several smaller ones.



The Reichenbachfall is located just outside Meiringen. It is a 20 minute walk from the railway station. A visit to the Reichenbachfall can easily be combined with a visit to the nearby [Aareschlucht](#). You can also visit the Reichenbachfall while hiking as you will use its funicular on the [trail Grosse Scheidegg - Meiringen](#).



Castle Spiez

"Beautifully situated castle with a 1000 year old church"

Spiez



This medieval fortress has served as a residential castle for several families. Every family reconstructed the building partially, resulting in a well preserved overview of the transformations that the castle went through in history. Several rooms can be seen in their original Romanesque, Gothic, Renaissance and Baroque style. The interior is mostly still present. The castle is owned by the Stiftung Schloss Spiez (Spiez Castle Foundation) since 1929, that maintains the building and makes it available for temporary exhibitions and concerts. The garden and the 1000 year old castle church can be visited as well. The castle is beautifully situated at the base of the Spiezberg and along the lake.

The castle can be reached by bus or a 15 minute walk from the railway station in Spiez. You can reach it by boat from Interlaken or Thun as well. In that case a five minute walk is required to get to the castle. You may visit the castle as a break while hiking from [Faulensee to Spiez](#).



Stockhorn

"Literally the edge of the Bernese Oberland"

Spiez

Once the gondola has taken you up the mountain from Erlenbach im Simmental, it takes an 8 minute walk to reach the summit of the



is literally located on the edge of the Bernese Oberland. The Stockhorn is where the Alps begin: on the one side, there is a wide view of the relatively flat Berner Mittelland. On the other side, there is an impressive panoramic view of the Wetterhorn, Schreckhorn, Eiger, Mönch and Jungfrau. On a clear day, you can even see the Titlis in the utmost east of the canton of Bern, and the Mont Blanc in France. The town of Thun and Lake Thun can be seen over 1,600 m (5,200 ft) under your feet. There is a restaurant next to the gondola station. If you cannot walk to the summit, an alternative can be found in the 'Stockhorn-Augen' (Stockhorn Eyes): a grotto with two windows allowing you to enjoy all of the view anyway. There are information panels about geology of the Stockhorn region as well. The Stockhorn-Augen can easily be reached by wheelchair users. You can take a short [walk around Lake Hinterstocken](#) from the middle station of Chrindi.

You will travel to Erlenbach im Simmental by train or by car from Spiez or Zweisimmen. There is a parking lot along the main road across the gondola station. It is a 15 minute walk from the train station to the gondola station.