

Exploring the Jungfrau Region



INN TO INN HIKING IN THE JUNGFRAU REGION

Trip Highlights

- Escape the crowds in the remote Upper Lauterbrunnen Valley hamlet of Obersteinberg with its glacial tarns, waterfalls, and wildlife
- Traverse the trail to Faulhorn and the reflective alpine lake of Bachalpsee—with a backdrop of the snowcapped peaks and glaciers of the Jungfrau region and magnificent views into Germany
- Ascend snowy Jungfrau by cog railway to Europe's highest railway station and overlooking the Alps' longest glacier
- Hike the Eiger Trail and learn the tragedy and triumph associated with the fearson North Face of the Eiger

Activity Level

Our trips are designed for people who are energetic, active, and filled with a spirit of adventure. We rate this trip as moderate. You should be an experienced hiker in good physical condition. You should be capable of walking 5 to 7 hours per day on well-groomed and graded trails at an elevation up to 9,000 feet above sea level. On one day a mountain railway takes you to an elevation of 11,400 feet.

Overview

The Jungfrau region is, quite simply, one of the most beautiful places on earth, and a Jungfrau hiking tour is the vacation of a lifetime. It's a glistening mountain landscape with colliding glaciers, lush alpine meadows, moist forest trails, and hundreds of dazzling waterfalls. Most people who visit this region spend a day or two and only scratch the surface. Not you!

Waterfalls, Glaciers, and the North Face of the Eiger

You'll thrill at the best-known sites like the north face of the Eiger, Lauterbrunnen Valley, Trummelbach Falls, and the Jungfraujoch but you'll also discover spectacular scenery in lesser-known areas like Obersteinberg, the Rosenloui Valley, Grindelwaldgletschers and a traverse from Bussalp to First. Hiking in the Jungfrau is full of unexpected delights.

Hike the Alps in Comfort with Superb Accommodations Each Night

You'll stay one night in a classic mountain hotel or berghotel, placing you in the heart of the scenic splendor. Your luggage is transported to convenient hotels in Lauterbrunnen, Grindelwald, and Meiringen, so you can travel light, with just the clothes you need, some snacks, and of course, your camera.

Itinerary

Day 1 – Arrive Zürich and train to Lauterbrunnen

Upon arrival, you'll take a train to Lauterbrunnen, set in the world's most spectacular glacial valley, ringed by 72 gushing waterfalls. You'll stay near the base of Staubbach Falls—the highest in Switzerland—dropping over 1000 feet, and visit Trümmelbach Falls, where torrents of water have created a series of caves and underground waterfalls. Then it's dinner and a group orientation. SD

Day 2 – Lauterbrunnen to Obersteinberg

The best off-the-beaten-track scenery in the Jungfrau is in Obersteinberg at the head of the Lauterbrunnen valley. You'll follow a mountain trail to the remote Berghotel Obersteinberg framing postcard views of Schmadri Falls and the scenic head of the Lauterbrunnen Valley. In the afternoon we will take an additional hike up to the upper glacial bowl of Oberhornsee with more breathtaking views of the Jungfrau region, before returning back to Obersteinberg. BSD

Day 3 – Obersteinberg, Gimmelwald, Murren, and return to Lauterbrunnen

From high in the valley you'll cross the Busenalp and descend to the captivating village of Gimmelwald, perched above the Lauterbrunnental, and set on a hillside so steep that even the chickens wear crampons (so say the locals). Then it's on to the car-free village of Murren before heading back to our inn in the Lauterbrunnen valley. BSD

Day 4 – Jungfrauoch

The Jungfrau railway takes you through Wengen and on to the alpine crossroads of Kleine Scheidegg at the base of the Eiger. From here a dramatic cog-wheel climb takes you into a tunnel through the Eiger to ascend to the Jungfrauoch, the highest railway station in Europe and overlooking the longest glacier in the Alps. We descend to Grindelwald along the Eiger interpretive trail. BSD

Day 5 – Faulhorn, Bachalpsee, and First in Grindelwald

This morning we experience cheesemaking over an open fire in an authentic and traditional alpine farm. You'll enjoy a farm breakfast and assist with making the cheese. After breakfast, we will traverse the scenic Faulhorn Panorama trail with views extending into Germany and climb to Faulhorn for lunch at Switzerland's oldest mountain hotel. From Faulhorn we will continue to the infinity pool setting of Bachalpsee, where your backdrop is the snowcapped peaks and glaciers of the Jungfrau region. The trail leads to First where we can choose to descend back to Grindelwald by tram, zipline, mountain cart, or trottbike. BSD

Day 6 – Grindelwald Hiking

Today we take a tram above Grindelwald before hiking along a beautifully landscaped footpath leading along the base of the Mättenberg mountain that sits high above the gorge of the lower Grindelwald glacier. The ice glacier has receded during the last decades but still an amazing sight. We

will continue on this trail to a remote mountain hotel with commanding views of the area, making this a beautiful location for lunch. We will then visit the massive Grindelwald Gletscherschlucht, which is a ravine with a glacial runoff river flowing through it. We will walk along a combination of slatted walkways and tunnels cut into the mountain before returning back to Grindelwald. BSD

Day 7 – Hiking through the Rosenlital into Scenic Meiringen

Since the 18th century, a crossing of the Grosse Scheidegg has been considered to be the highlight of a journey to Switzerland. In 1779 Goethe departed Grindelwald over this stunning pass and wrote "No thoughts, no description or memory can equal the beauty and magnitude of this site." We start with a gondola ascent and scenic traverse to the Grosse Scheidegg before descending the beautiful Rosenlital on the Romanticweg into charming Meiringen. BSD

Day 8 – Meiringen to Zürich

As we spend the day in and around Meiringen, we discover the nearby sights including Reichenbach Falls, the setting for a dramatic Sherlock Holmes' story. We have lunch in a tea room famous for Meiringen's namesake confection—the meringue. Then we continue to Zurich for a celebratory farewell dinner. Evening in Zürich. BSD

Day 9 – Depart Zürich

An early morning departure from Zürich. Welcome home. B

Included

The services of an expert trip leader, all accommodations (6 nights hotel and 2 nights in classic berghotels), all meals as shown (B=breakfast, S=snack, D=dinner), ground transportation including trams and mountain railways, admissions and luggage transfers.

Not Included

Beverages (beer, wine) with meals, items of a personal nature (laundry, phone calls, room service)

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