

practical information**How to get there:**

Half-hourly connections from Interlaken East (Ost). Takes only 34 minutes! **Grindelwald has several railway stations:** Grindelwald Village Station, Grindelwald Grund Station (start of the JungfrauBahn), and Kleine Scheidegg Station (on the way to Jungfrauoch).

① **Tourist office** (033 854 12 12) at the sports center (opening hours, ask at your hostel or check »www.grindelwald.travel @ Internet station at the sports center (Fun Factory 1st Floor) and at the hostels (guests only).

www.grindelwald.ch
www.berneroberland.ch
www.backpacker.ch

**save money**

Ask for the **free visitor's card** which offers you many reductions!

budget accommodation

Downtown Lodge, Dorfzentrum (033 828 77 30, closed April 25th – June 9th) »www.downtown-lodge.ch; Grindelwald Youth Hostel, Geissstutzstrasse 12 (033 853 10 09, closed April 10th – May 12th and after Oct 23rd) »www.youthhostel.ch/grindelwald; Naturfreundehaus, Terrassenweg 18 (033 853 13 33, closed April 10th – May 14th) »www.naturfreundehaeuser.ch/grindelwald

TIP!

Treat yourself to an exhilarating ride on the First Flyer – thrills and great time guaranteed! Originated in the USA (where it is known as a Zip Rider) Grindelwald-First has the **only one of its kind in the whole of Europe!** Whizz down 800 metres at speeds of up to 84 km/h and a maximum height of 50 metres above ground. The aerial gondola to First rises at the eastern edge of Grindelwald village (May 21st – Oct 23rd). **Save money** and book the “**combi-special 10**” for CHF 86.– (this includes one night's accommodation in a dorm incl. breakfast at the Downtown Lodge Grindelwald, the aerial gondola trip and a flight with the First Flyer). See advertisement on the next page. Read more about Grindelwald-First on page 30.



The Jungfrau Railway

G rindelwald is called “the glacier village in the Bernese Oberland”. In the heart of the wonderful world of mountains, the village is surrounded by impressive “four-thousanders” and forms the entrance to an intact landscape that promises not only recovery and relaxation but also adventure and entertainment. **Grindelwald's mountains are exceptional!** The highest point is the peak of Moench (4,107 m above sea level), but the most famous one, of course, is the Eiger, with its impressive north face, a mountain which is monumental in mountaineering history! There is more to see in Grindelwald than the world-famous panorama of the Eiger, the Mönch and the Jungfrau; beauty can be perceived even in a single stone, an animal, or a flower.

highlights

The possibilities for exploring the wonderful world of mountains here are endless for both athletic and non-athletic types!

Grindelwald offers **hiking** against the world's most beautiful backdrop! 300 km of marked walking, hiking and mountain paths for you to choose from. Numerous suggestions can be found on the 1:25,000 walking map of Grindelwald, on sale at Grindelwald Tourism. Grindelwald offers its guests a great deal of other **outdoor activities**, not only biking and hiking, but also trekking, climbing, mountaineering, tandem paragliding flights, tandem skydiving, bungee jumping, canyoning, river rafting and more. Ask at the tourist office or at your hostel.

Biking downhill is pure adventure. The start of two impressive downhill runs is near the First top station. Two runs are available to conquer the challenging terrain down to the Schreckfeld Station, with an altitude difference of 200 m. Once at Schreckfeld, you can board the gondola

cableway to go back up to First and start again! Rental of top-class downhill bikes and gear is available at First.

Also attractive (for ambitious athletes as well as for leisure bikers) is the “**Top Ten**” (10 bike routes). The starting point is the tourist center, where you will receive a card. This card contains 10 squares corresponding to the different runs. Before setting out for each new run, the corresponding field must be stamped. At the end of the run the card is again stamped to prove completion. Ask for the special brochure and map at the tourist center.

The wildly-romantic **Glacier Gorge**, with its mills, cuts and green marble slabs, is one of nature's masterpieces. A specially-constructed wooden walkway leads from the hotel restaurant Gletscherschlucht over gushing waters and through galleries and tunnels over 1,000 m right into the gorge. On either side, the partly smooth walls rise overhead 100 meters. **How to get there:** 35 minutes walking distance from the vil-

lage center or by bus from Grindelwald Station. Open daily June until October.

The ascent to the **Upper Glacier** leads over a rather adventurous wooden staircase that winds its way up to the rock with over 890 steps. A 15 minute walk from the Hotel Wetterhorn takes one to the beginning of the climb. Admire the fantastic view at the foot of the glacier! Open daily from mid-May to end-October.

From the upper Glacier it's just about a 25 minute walk to the **Alpine Bird Park**.

This small park with various alpine birds as well as an alpine garden and hut restaurant is set in idyllic surroundings 1,400 m above sea level at the foot of Wetterhorn between Grindelwald and the Grosse Scheidegg. Open daily, **entrance free of charge**. In the village centre (opposite Hotel Hirschen) there is an attractive **18-hole mini-golf course**. Entry costs CHF 7.–, open daily (June, September and October 1–6 pm and July and August 10 am – 10 pm).

On a rainy day visit the **sports center** (Sportzentrum). There you'll find an indoor pool, sauna complex, solarium, game room, Internet, an attractive boulder room as well as Switzerland's first indoor rope park, the Sport Pub and the tourist office. The sports center is open daily.

Read more about excursions to the Jungfrauoch, the Schilthorn or the Schynige Platte and more about the beautiful Bernese Oberland on pages 28–31, 36.

events

- May 8th** Yodeling Meeting at Engelweidli (if the weather is bad on May 8th this event will take place 1 week later)
- June 5th** Half-marathon. From Grindelwald (at 951 m) up to Männlichen (2,216 m)
- June 20th – 25th** Landart festival at Erlenpromenade (near Hotel Gletscherschlucht). Different nations create sculptures and creations in wildly-romantic surrounding, using nothing but natural materials found in the area
- July 24th** Folklore Festival. Yodeling, alphorn blowing, flag throwing, Swiss folklore band at Männlichen (starts at 11 am)
- Aug 1st** Swiss National Day, fireworks and celebrations everywhere
- Aug 14th** Eiger Bike Challenge
- Aug 19th & 20th** Fun Triathlon and Inferno Triathlon
- Sep 10th** Jungfrau Marathon Interlaken – Kleine Scheidegg
- Oct 1st** Country Night
- Oct 7th – 10th** Interfolk Jungfrau region. Yodeling, alphorn blowing, flag throwing and more at Grindelwald-First, Kleine Scheidegg, Harder Kulm/Interlaken and Mürren/Winteregg

entertainment, fun & parties

- **Mescalero Mexican Pub and Disco** (Hotel Spinne). The “in” place where you can dance and party until the early hours of the morning.
- **Sport Pub** (in the Sports Centre). The sports person’s pub with an 11-metre Blue Bar, food and drinks, big screen sports TV, music and darts, until late.
- **American Bar & Restaurant** (Hotel Alpenblick). Best burgers outside Texas! Pool/billiards, games, darts and a lot of sound.
- **Espresso-Bar** (Hotel Spinne). This is a meeting point and party place for all ages. Tourists and locals meet at the bar or out on the sun terrace.
- **Plaza Disco** (Hotel Sunstar). It’s all about dancing until the early morning. Special events and drinks.
- **Gepsi-Bar** (Hotel Eiger). A popular meeting point for locals as well. Weekly live acts and special evenings.
- **Plagier-Bar** (Hotel Lauberhorn). Plagierbar means bluffers-bar, open Thu, Fri and Sat.



JUNGFRAU
TOP OF EUROPE

GRINDELWALD-FIRST

THE SWISS MOUNTAIN EXPERIENCE

jungfrau.ch

sleep well – pay less – have fun

The Lodge is located in the heart of **Grindelwald**, only a five-minute walk from the railway station and First aerial gondola. Just around the corner from numerous restaurants, bars and shops.

The Lodge is the ideal starting point for the two stunning hiking and skiing regions close to the **Eiger, Mönch & Jungfrau**.

Booking:
 Downtown Lodge
 CH-3818 Grindelwald
 Tel. +41 (0)33 828 77 30
 Fax +41 (0)33 828 77 31
www.downtown-lodge.ch
downtown-lodge@jungfrau.ch

EUROPE’S ONLY ZIP RIDER

The only one of its kind in the whole of Europe! Treat yourself to an exhilarating ride on the brand-new First Flyer. Safely attached to a cable, you whizz down 800 metres from First to Schreckfeld with three other «high-fliers», at the same time but in separate harnesses. Reach speeds of up to 84 km/h! Thrills and a great time guaranteed!

Combi-Special 11

- 1 night’s accommodation incl. breakfast
- Grindelwald-First aerial gondola trip
- Flight with First Flyer

CHF 86.[—] Dorm (6–8)

CHF 93.[—] Double