

Adelboden

Canton of Berne · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Adelboden is a traditional chalet village at the head of the Engstligen valley in the Bernese Oberland, ringed by limestone peaks on nearly every side. It is known for its sunny position, its farming-village character, and for hosting one of the biggest fixtures on the Alpine Ski World Cup calendar each January. The village shares its slopes with Lenk as the Adelboden-Lenk ski area, one of the larger ski regions in the Bernese Oberland.

This is a good base for travelers who want an authentic Swiss mountain village rather than a polished resort town: wooden chalets, working alpine farms, and a slower pace, paired with serious skiing in winter and a dense network of hiking trails and cable cars in summer. It suits families and hikers more than nightlife seekers.

When to visit

Winters are cold and reliably snowy, with the ski season running from December to March. Summers are mild and are the best time for hiking, with July and August the warmest months and occasional afternoon thunderstorms.

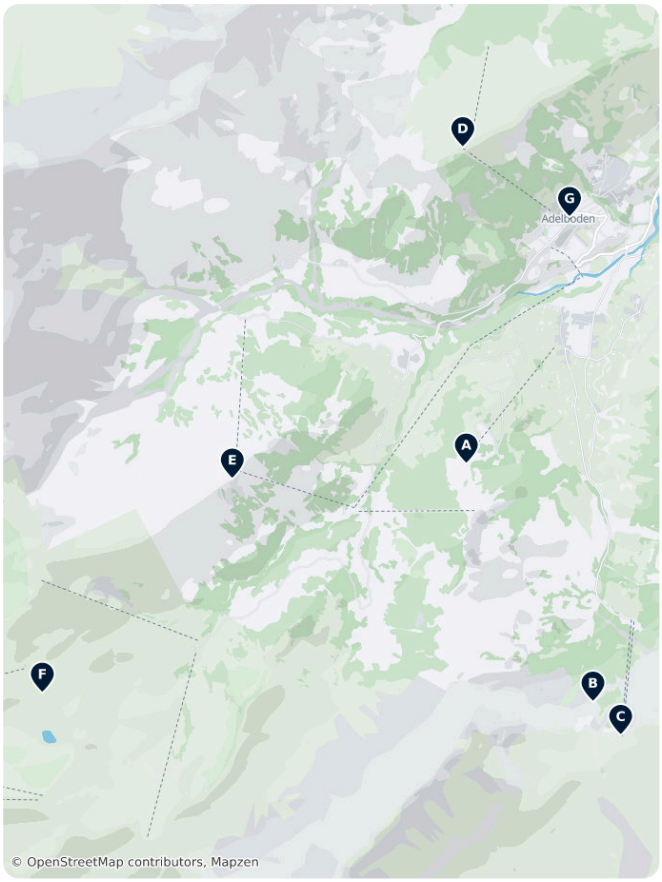
The single date most worth planning around is the Adelboden Ski World Cup, held on the Chuenisbärgli slope each January. It is one of the most demanding giant slalom courses on the World Cup circuit, and race weekend fills the village with crowds far larger than its normal population.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	0° / 5° Feels like -5°	-8° / -15°	13 rainy days · Dry air · Calm winds
February	Great Great for skiing	1° / 7° Feels like -3°	-7° / -16°	12 rainy days · Dry air · Calm winds
March	Good Good for skiing	4° / 11° Feels like 0°	-4° / -12°	13 rainy days · Dry air · Calm winds
April	Fair Fair for skiing	9° / 16° Feels like 6°	0° / -7°	14 rainy days · Dry air · Calm winds
May	Fair Fair for hiking	14° / 20°	4° / -1°	19 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	18° / 24°	9° / 3°	18 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	19° / 25°	10° / 5°	17 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	19° / 26°	10° / 5°	16 rainy days · Dry air · Calm winds
September	Good Good for hiking	16° / 22°	7° / 1°	14 rainy days · Dry air · Calm winds
October	Fair Fair for hiking	12° / 19°	3° / -3°	14 rainy days · Dry air · Calm winds
November	Good Good for skiing	5° / 13° Feels like 2°	-2° / -11°	15 rainy days · Dry air · Calm winds
December	Great Great for skiing	1° / 6° Feels like -3°	-6° / -15°	14 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Snow cover above the village is dependable through the winter months, while June can still be muddy at higher elevations as the last snow melts.

Top sights



- A Chuenisbärgli is the natural ski slope that hosts Adelboden's World Cup giant slalom each January. It has staged international races since 1955 and is rated among the most demanding courses on the circuit.
- B Engstligenfälle drops roughly 370 meters over two tiers below the high plateau, and has been protected under Swiss environmental law since 1948. In winter the frozen cascade draws ice climbers.
- C Engstligenalp is a broad high plateau above the falls, covering around 7 square kilometers between 1,900 and 2,000 meters elevation. It has been reached by cable car since the 1920s and is used for both summer hiking and winter skiing.
- D Tschentenalp is a short cable car ride from the village to a sunny mountain shoulder with a panoramic restaurant and wide views over the valley.
- E Sillerenbühl is a high viewpoint reached by the Sillerenbahn cable car, with views toward the Wildstrubel and Albristhorn massifs.
- F Hahnenmoospass links the Engstligen valley with Lenk and forms part of the long-distance Alpine Pass Route hiking trail; a road reaches the summit but does not continue over it.
- G Dorfkirche is Adelboden's parish church, built in 1433 by local dairy farmers. It holds a 1471 fresco of the Last Judgment and early 20th-century stained glass windows by *Augusto Giacometti*.

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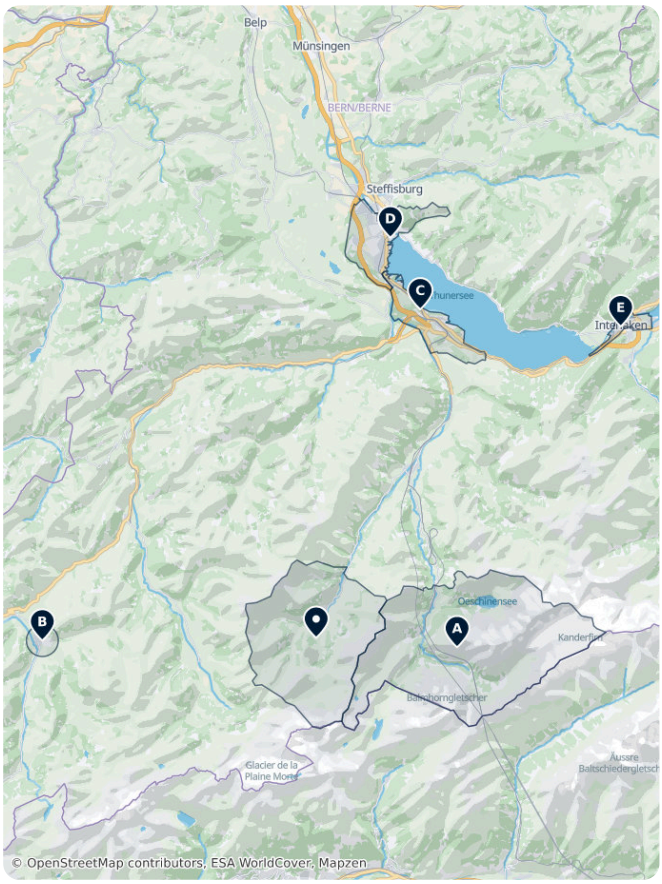
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What to experience

- Watching the crowds and noise of the World Cup weekend at Chuenisbärgli each January, one of the loudest days on the Swiss ski calendar.
- Riding the toboggan run down from Tschentenalp, a classic Adelboden winter pastime for visitors of all ages.
- Taking the cable car up to Engstligenalp for a mountain lunch on the plateau, surrounded by grazing cattle and alpine dairy huts.
- Sharing a cheese fondue in one of the valley's mountain restaurants after a day on the slopes or trails.

Day trips

Adelboden sits in a side valley, so most day trips mean heading back down toward Frutigen first. Start close and add a farther, bigger destination if you have the time.



- A Kandersteg — around 35 minutes by car or bus via Frutigen. A quieter alpine village and the starting point for the turquoise Lake Oeschinen.
- B Gstaad — about 45 minutes to an hour, over the Hahnenmoos pass in summer or via Lenk and Zweisimmen year-round. An upscale mountain resort with a well-known ski and hiking area of its own.
- C Spiez — around 45 minutes by car or train via Frutigen and Spiez. A lakeside town on Lake Thun with a waterfront castle and vineyards.
- D Thun — about an hour. A historic old town on the Aare river, with a hilltop castle overlooking Lake Thun.
- E Interlaken — roughly 1 hour 15 minutes. The main gateway to the Jungfrau region, with connecting trains and cable cars toward higher peaks.

Where to explore

Adelboden's ski area and hiking trails connect directly into its neighboring valleys.

- Lenk lies over the Hahnenmoos pass and shares the joint Adelboden-Lenk ski area and lift network.
- Frutigen is the valley's main gateway town, where the road and bus line up to Adelboden begin.
- Kandersteg is a neighboring alpine village in the next valley over, known for Lake Oeschinen and its own hiking network.

Getting there

- **By air**: The nearest airports with meaningful scheduled service are Bern (BRN, mostly seasonal/limited routes), Zurich (ZRH, around 2.5 hours by train and bus), and Geneva (GVA, around 2.5–3 hours). Most international travelers fly into Zurich or Geneva and continue by rail.
- **By train**: There is no railway into Adelboden itself. The nearest station is at Frutigen, on the main line between Spiez and the Lötschberg tunnel. Book rail travel through SBB.
- **By bus**: A regular PostBus connects Frutigen station to Adelboden in around 25–30 minutes, timed to meet arriving trains. This bus is the only practical way to complete the final leg without a car.

Getting around

- **Public transit**: The village center is small enough to cover on foot. PostBus local routes reach the outlying hamlets and the cable car base stations; buy tickets from the driver or the SBB/PostBus app, and contactless bank cards are accepted on board. See PostAuto for routes and timetables.
- **On foot / cycling**: The village core is compact and easy to walk. Cycling is possible on valley roads, but the surrounding terrain is steep, so casual cyclists mostly stick to the valley floor or rent an e-bike for the climbs.

Getting around on foot & by bike

WALKABILITY

High

The village center is compact and easy to explore on foot; a car or bus is more useful for reaching outlying hamlets and cable car base stations.

CYCLING INFRASTRUCTURE

Moderate

Valley roads are rideable, but the surrounding terrain is steep, so casual cycling works best on the valley floor or with an e-bike for the climbs.

Driving

- **Is a car worth it?**: Not for the village itself — the center is walkable and buses cover outlying stops. A car is useful for exploring the wider region at your own pace, especially reaching Kandersteg or driving over the Hahnenmoos pass in summer.
- **Parking**: Outdoor lots and a couple of covered garages serve the village center; most hotels offer parking, and pay-and-display or app payment is standard.
- **Restrictions**: Expect heavy traffic and some road closures in the village during the January World Cup weekend.

Food & drink

Adelboden's kitchens lean on the same alpine dairy that shapes the valley itself: cheese fondue, raclette, and dried alpine meat are the local staples, often served in wood-paneled dining rooms after a day outdoors.

For a meal with a view, head to one of the mountain restaurants at Tschentenalp or Sillerenbühl, both reachable by cable car and popular for a lunch stop between runs or hikes. In the village itself, restaurants cluster around the main street and the church square.

What to eat & drink

BREAKFAST

Birchermüesli
A raw-oat, fruit, and yogurt breakfast invented by a Zurich doctor around 1900, now standard on breakfast buffets.

LUNCH

Rösti
A fried, shredded-potato cake, originally a Bernese farmer's breakfast, now a national side dish.

DINNER

Cheese Fondue · Fondue
Melted Gruyère and Vacherin cheese in a shared pot, eaten by dipping bread cubes on long forks.

Raclette
Cheese melted tableside or under a grill and scraped over boiled potatoes, pickles, and onions.

Zürcher Geschnetzeltes
Sliced veal and mushrooms in a creamy white-wine sauce, traditionally served with rösti.

Älplermagronen
Alpine herder's macaroni gratin with potatoes, cheese, and cream, often topped with fried onions and served with apple sauce.

SNACKS & STREET FOOD

Cervelat
Switzerland's best-known sausage, usually grilled and often called the country's unofficial national dish.

SWEETS & DESSERTS

Swiss Chocolate · Schweizer Schokolade
Switzerland pioneered milk chocolate in the 19th century; look for small-batch chocolatiers alongside the big national brands.

Basler Läckerli
A dense, spiced honey-and-candied-fruit biscuit from Basel, traditional around Christmas.

DRINKS

Swiss Wine · Vin Suisse
Mostly consumed domestically rather than exported; Valais and Vaud, along Lake Geneva, produce the best-known Chasselas whites.

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Safety & health

Adelboden is a low-crime destination with few of the petty-theft concerns of a big city; ordinary care with valuables in busy spots and during the crowded World Cup weekend is enough. The main real risks are mountain-related: weather can change quickly at altitude, and marked trail difficulty should be taken seriously, especially near glaciers, via ferratas, and unmarked winter routes prone to avalanche.

History

Adelboden grew as a farming community of scattered dairy hamlets long before it became a resort. Its oldest visible landmark is Dorfkirche, built in 1433 by local farmers without official church backing — an unusual origin that says something about the valley's independent character. The building's 1471 fresco of the Last Judgment survives near its entrance, and its choir was later fitted with stained glass by the Swiss artist *Augusto Giacometti*.

Tourism arrived early: in 1903 Adelboden was the destination of one of the first packaged winter sports holidays, organized by the British travel pioneer Sir Henry Lunn, decades before it became a World Cup venue. That competitive identity followed later, when the Chuenisbärgli slope began hosting international ski racing in 1955, with giant slalom added in 1958. The race turned a small farming village into a fixture of the international winter sports calendar, a status it has kept for seven decades while the village itself has stayed close to its agricultural roots.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

ELECTRICITY



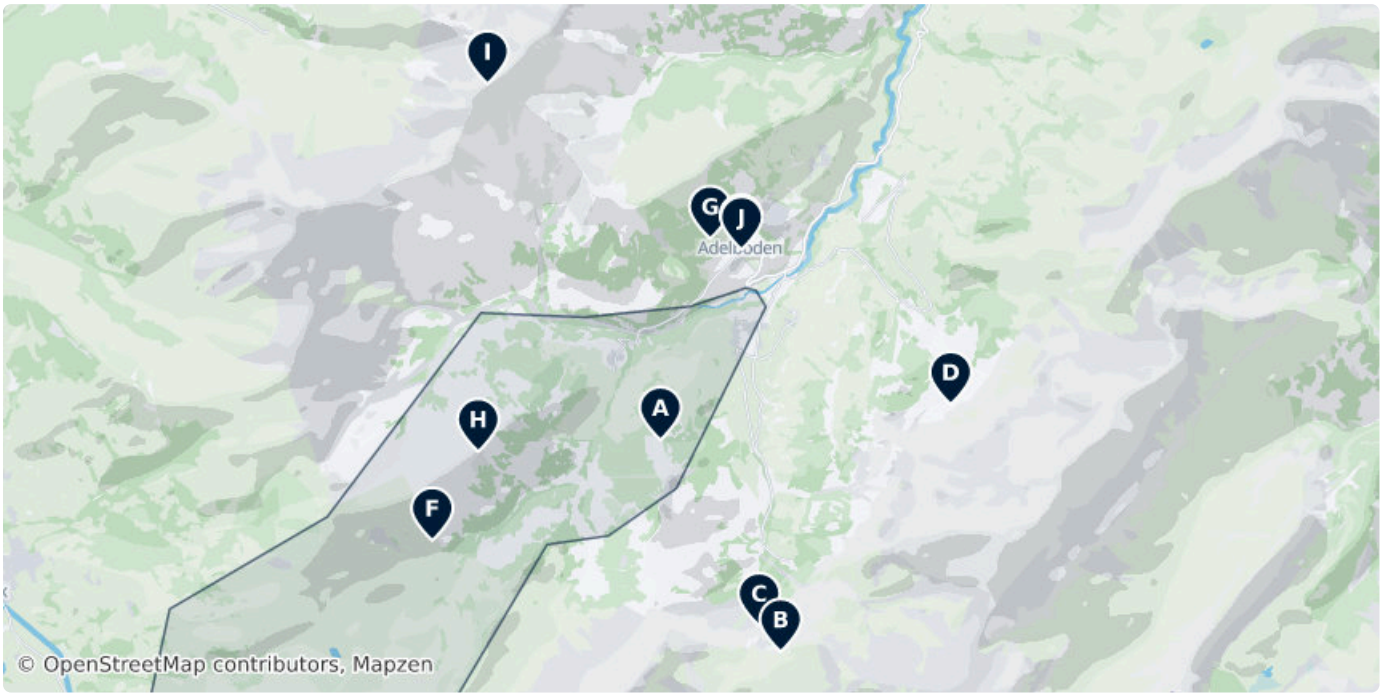
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230 V · 50 Hz

LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Adelboden's Absolute Essentials

Adelboden, located in the Bernese Oberland, is defined by its dramatic topography and deep-rooted alpine traditions. This selection highlights the Engstligenfälle, one of Switzerland's highest waterfalls, and the Chuenisbärgli, a legendary World Cup giant slalom course. Visitors can explore the 15th-century late-Gothic Dorfkirche or ascend to the Engstligenalp plateau at 2,000 meters. The region offers extensive winter sports across the Adelboden-Lenk network and panoramic views from peaks like Gsür and viewpoints such as Sillerenbühl.





A Chuenisbärgli

Chuenisbärgli is a World Cup technical ski course in Switzerland at Adelboden in Bernese Oberland, opened in 1955.

Kuonisbergliweg, 3715, Switzerland (46.47222, 7.54639)



B Engstligenalp

High-altitude plateau at 2,000 meters accessible by cable car. It features flat hiking trails, cross-country ski tracks, and is the site of a traditional annual cattle drive up the steep rock faces.

3715, Switzerland (46.44950, 7.56513)

engstligenalp.ch



C Engstligen Falls

The second-highest waterfalls in Switzerland, dropping 600 meters over two stages. The falls are protected as a site of national importance and are accessible via a mountain hiking trail.

Zustieg Chäligang - Klettersteig, 3715 Adelboden, Switzerland (46.45229, 7.56176)

engstligenalp.ch

D Lohnerfälle

A series of waterfalls cascading down the limestone cliffs at the base of the Lohner mountain massif.

(46.47602, 7.59163)



E Adelboden Village Church

Late-Gothic Reformed church built in 1433. The interior features 15th-century frescos and stained-glass windows created by Augusto Giacometti in 1926.

Dorfstrasse, 3715 Adelboden, Switzerland (46.49287, 7.55892)



F Adelboden - Lenk

One of Switzerland's largest winter sports regions, offering over 200 kilometers of slopes and modern lift facilities connecting the Adelboden and Lenk valleys.

3715, Switzerland (46.46143, 7.51081)

adelboden-lenk.ch/en, +41339525252

G Taubenfels

A rock outcrop providing a panoramic vantage point over the village center and the surrounding Engstligen valley.

(Unnamed Road), 3715, Switzerland (46.49379, 7.55414)

H Sillerenbühl

Mountain station at 1,974 meters serving as a hub for hiking trails and a 45-kilometer network of scooter-bike routes known as Trottiland.

Vogellisiweg, 3715 Adelboden, Switzerland (46.47097, 7.51796)

Mo–Sa	09:00–17:00
Su	08:00–17:00

vogellisiberg.ch



I Gsür

A prominent 2,708-meter peak known for its jagged limestone ridges and challenging alpine hiking routes.

3715, Switzerland (46.51040, 7.51942)



J Adelboden

Central tourist information point and guidepost in the village center providing local maps and excursion details.

33 Dorfstrasse, Adelboden 3715, Switzerland (46.49265, 7.55902)

DATA SOURCES

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