

Lauterbrunnen

Interlaken · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Lauterbrunnen is a narrow valley with steep rock walls and many waterfalls. The village lies on the valley floor. Mountain villages, trains and cable cars start from here.

The valley is a base for hikes and for trips to the Jungfrau region. Most visitors stay two or three nights.

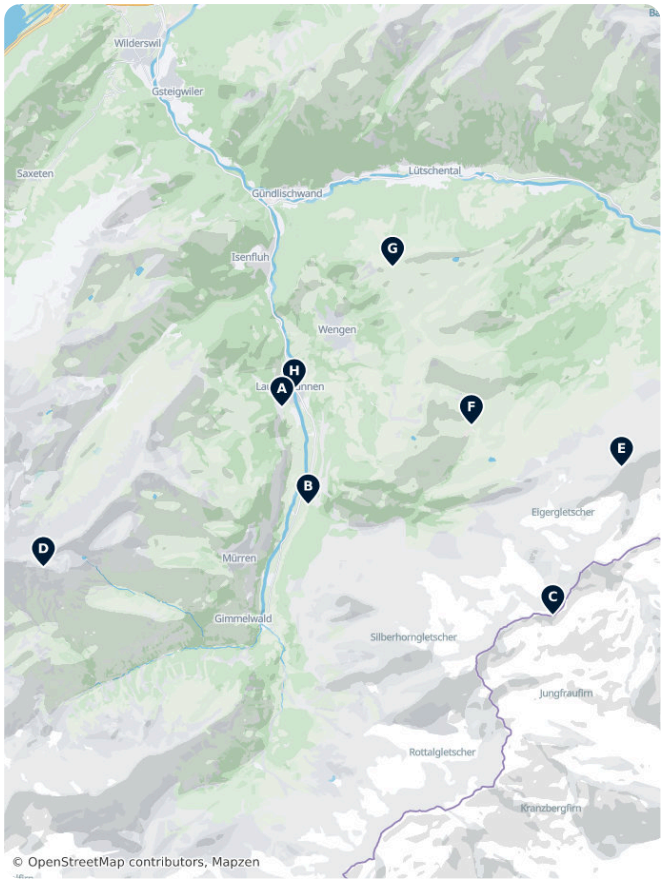
When to visit

June to September is best for hiking and for open mountain lifts. July and August are busiest. In winter the valley is cold and snowy. Skiing is in Wengen and Mürren, and some waterfall paths close. Spring and autumn can be quiet, and some mountain lifts close for maintenance. Rain is frequent in late spring and summer, and clouds can hide the peaks.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Good Good for skiing	3° / 8° Feels like -1°	-5° / -12°	14 rainy days · Dry air · Calm winds
February	Good Good for skiing	4° / 9° Feels like 0°	-4° / -13°	12 rainy days · Dry air · Calm winds
March	Fair Fair for skiing	7° / 12° Feels like 3°	-1° / -9°	15 rainy days · Dry air · Calm winds
April	Fair Fair for hiking	11° / 18°	4° / -4°	16 rainy days · Dry air · Calm winds
May	Fair Fair for sightseeing	17° / 24°	8° / 3°	21 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	22° / 28°	13° / 7°	20 rainy days · Calm winds
July	Good Good for sightseeing	23° / 28°	14° / 9°	19 rainy days · Calm winds
August	Good Good for sightseeing	23° / 29°	14° / 9°	18 rainy days · Calm winds
September	Good Good for sightseeing	20° / 25°	11° / 5°	15 rainy days · Dry air · Calm winds
October	Good Good for hiking	15° / 22°	7° / 1°	15 rainy days · Dry air · Calm winds
November	Poor Poor for skiing	8° / 15° Feels like 5°	1° / -8°	16 rainy days · Dry air · Calm winds
December	Good Good for skiing	4° / 9° Feels like 1°	-3° / -12°	15 rainy days · Dry air · Calm winds

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

Top sights



- A Staubbachfall is a waterfall near the village that falls from a cliff of nearly 300 m.
- B Trümmelbachfälle is a set of waterfalls inside the mountain. A lift and paths lead you through the rock.
- C Jungfraujoch - Top of Europe is the high-altitude train station between the Mönch and the Jungfrau. It has viewpoints and a glacier walk.
- D Schilthorn has a revolving restaurant at the top and views of the Eiger, Mönch and Jungfrau.
- E Eiger is the north face that rises above Grindelwald. It is famous with climbers.
- F Kleine Scheidegg is a railway pass between Lauterbrunnen and Grindelwald, with hotels and views.
- G Männlichen is a viewpoint reached by gondola from Wengen or Grindelwald.
- H Talmuseum Lauterbrunnen shows the history of the valley.

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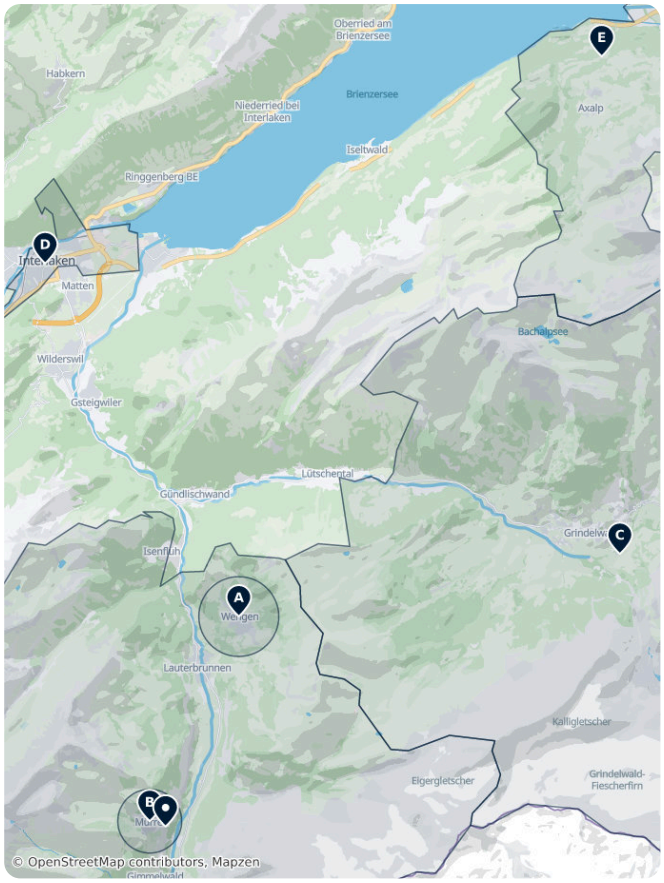
What to experience

- Walk the valley path between the waterfalls. It is flat and quiet.
- Take the train up to Kleine Scheidegg and walk down toward Wengen or Grindelwald.
- See Eispalast, a tunnel cut into the glacier at the top of Jungfraujoch.
- Try the The Eiger Trail for a walk with views of the north face.
- See the nearby Mürrenbachfall on the way to Mürren.
- Watch skiers at Lauberhorn, where a famous downhill race takes place in January.

Day trips

- A Wengen is a car-free village on a terrace above the valley. A cogwheel train goes up from Lauterbrunnen.
- B Mürren is a car-free cliff-top village. It is reached by cable car and a short train.
- C Grindelwald is a larger mountain village under the Eiger. You can cross by train via Kleine Scheidegg or by gondola.
- D Interlaken is the lake town at the bottom of the valley, about 20 minutes away by train.
- E Brienz is a woodcarving village on Lake Brienz.



Where to explore

- Wengen and Mürren are the two car-free villages in the municipality.
- Grindelwald and Brienz lie in the same region.

Getting there

- By air: most visitors fly to Zurich, Geneva or Basel and take the train.
- By train: trains run from Interlaken Ost to Lauterbrunnen in about 20 minutes. Check times on SBB.
- Lauterbrunnen is the last stop for road traffic. Wengen and Mürren have no cars.

Getting around

- The valley floor is flat and easy to walk. The village is spread out along the main road.
- A local bus runs up the valley to Stechelberg and the Schilthorn cable car.
- Mountain trains and cable cars are separate services. Check times and prices on the day, because weather can change what runs.
- Many trips need two or more lifts. Plan to start early for views.

Getting around on foot & by bike

WALKABILITY

Moderate

The valley floor is flat and easy to walk. Mountain villages and viewpoints need lifts or steep climbs.

CYCLING INFRASTRUCTURE

Moderate

The valley road and paths are flat. Mountain routes are steep.

Driving

- Lauterbrunnen is the last village you can reach by car. Parking is limited and costly, so many visitors park in Interlaken or Stechelberg.
- Wengen and Mürren are car-free.
- The road in the valley is narrow and busy in summer.

Food & drink

Try rösti, cheese fondue and raclette. Mountain restaurants serve simple dishes with a view. Prices are high, and mountain-top meals cost even more.

Bring a picnic for hikes and fill water bottles at village fountains.

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

- The valley is very safe.
- Mountain weather changes quickly. Check the forecast and the last lift time.
- At high altitude, such as Jungfraujoch, some people feel dizzy. Go slowly and drink water.
- Stay on marked paths, and be careful near waterfalls, which can have slippery rock.
- Tap water is safe to drink.

History

The valley was a quiet farming area until the 18th and 19th centuries. Writers such as *Goethe* wrote about Staubbachfall. Early mountaineers began to climb the Jungfrau in 1811.

The Jungfrau railway was opened in stages from 1898, and the station at Jungfraujoch opened in 1912. Tourism has been the main industry since then.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

ELECTRICITY



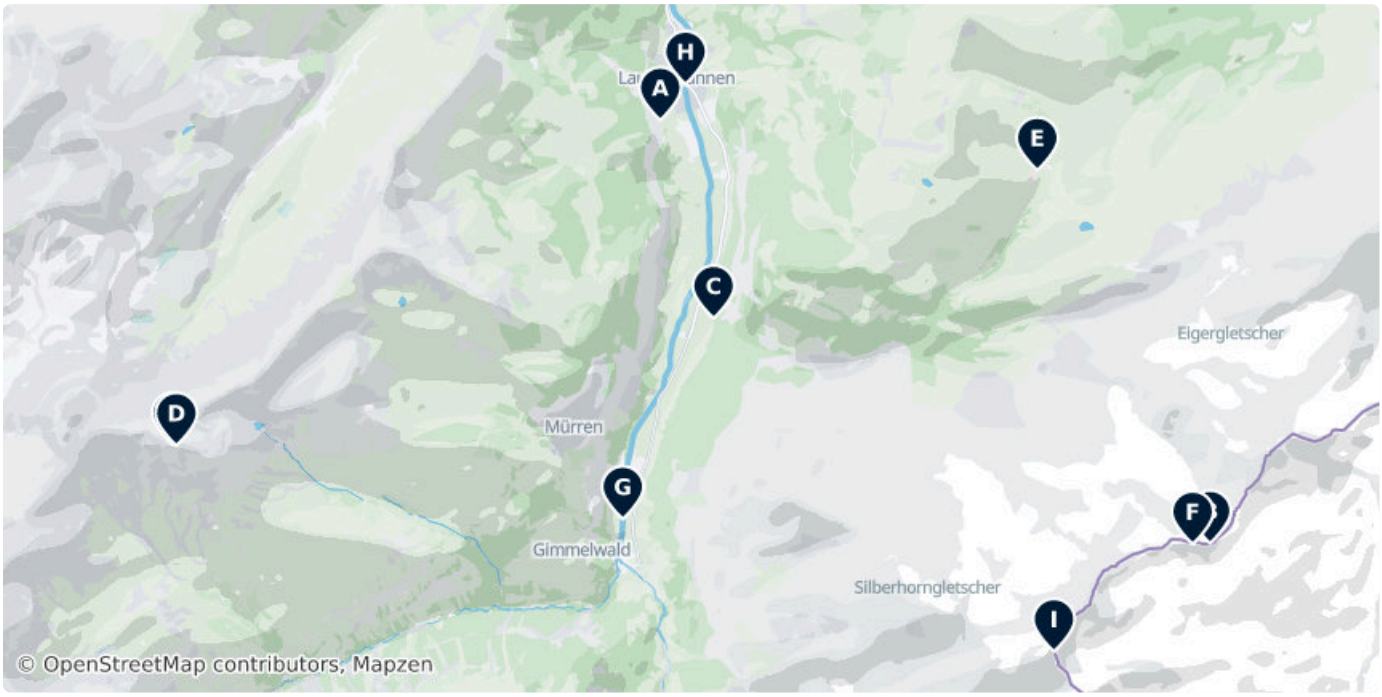
Type C / Type J
230 V · 50 Hz

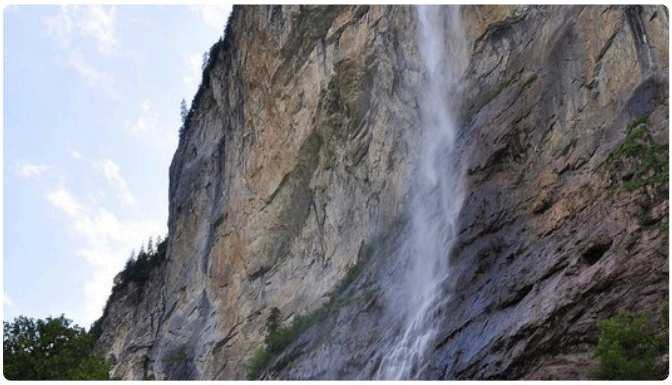
LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Lauterbrunnen Must-Sees

Lauterbrunnen Valley, known as the 'Valley of 72 Waterfalls,' features the 300-meter-high Staubbach Falls and the unique Trümmelbach Falls, a series of ten glacier-fed cascades hidden inside the mountain. The region serves as a gateway to the Jungfraujoch, the highest railway station in Europe at 3,454 meters, accessible via the historic Jungfrau Railway. Visitors can explore the summit of the Schilthorn for panoramic Alpine views or visit the Talmuseum to learn about the local heritage and the area's transformation into a world-renowned mountain destination.





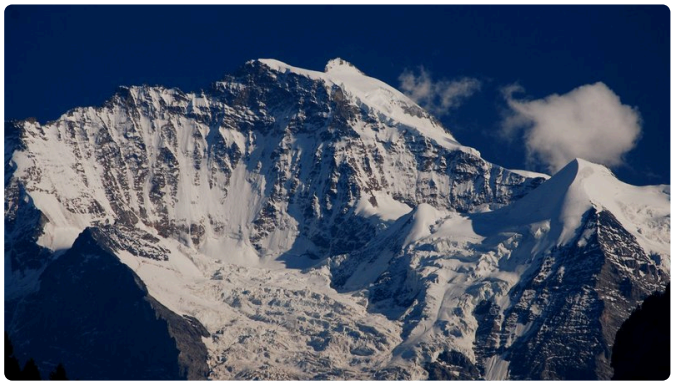
A Staubbach Falls

Staubbach Falls is a waterfall in Switzerland, located just west of Lauterbrunnen in the Bernese Highlands.

3822, Switzerland (46.58978, 7.90543)

Mo–Su 08:00–20:00

mylauterbrunnen.com



B Jungfrau

The Jungfrau, at 4,158 meters is one of the main summits of the Bernese Alps, located between the northern canton of Bern and the southern...

3823, Switzerland (46.54757, 7.98523)

jungfrau.ch/en/tourism/, +41 33 828 72 33



C Trümmelbach Falls

The Trümmelbach Falls in Bernese Oberland, Switzerland, are a series of ten glacier-fed waterfalls inside the mountain made accessible by...

Trümmelbach, 3824 Stechelberg/Lauterbrunnen, Switzerland (46.57002, 7.91318)

Apr-Jun Mo–Su	09:00–17:00
Jul-Aug Mo–Su	08:30–18:00

truemmelbachfaelle.ch, +41 33 855 32 32



D Schilthorn

The Schilthorn is a summit in Europe, in the Bernese Alps of Switzerland.

3825, Switzerland (46.55733, 7.83521)

schilthorn.ch/en/schilthorn/, +41 33 82 60 007



E Jungfrau Railway

The Jungfrau Railway is a mountain rack railway in the Bernese Alps, Switzerland, connecting Kleine Scheidegg in the Bernese Oberland to...

(Unnamed Road), 3823, Switzerland (46.58478, 7.96016)

jungfrau.ch, +41 33 828 72 33



F Jungfraujoch Railway Station

Jungfraujoch is an underground railway station situated near the Jungfraujoch, in the canton of Valais, a few metres from the border with...

3801, Switzerland (46.54750, 7.98271)

+41 33 828 72 33



G Stechelberg

Stechelberg is a small village in Switzerland located at the base of the Schwarzmönch mountain in the Bernese Alps, part of the district of...

317G Matte, 3824, Switzerland (46.55000, 7.90000)

stechelberg.ch, +41 33 855 10 32



H Talmuseum Lauterbrunnen

An intriguing museum located in a former mill, where you can learn about the history of the region and its cultural development.

Ey, 3822 Lauterbrunnen, CH (46.59337, 7.90910)

Tu–Su 14:00–17:30

talmuseum-sagenwelt-lauterbrunnen.ch, +41 33 855 35 86



I Jungfrau

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3824, Switzerland (46.53677, 7.96259)



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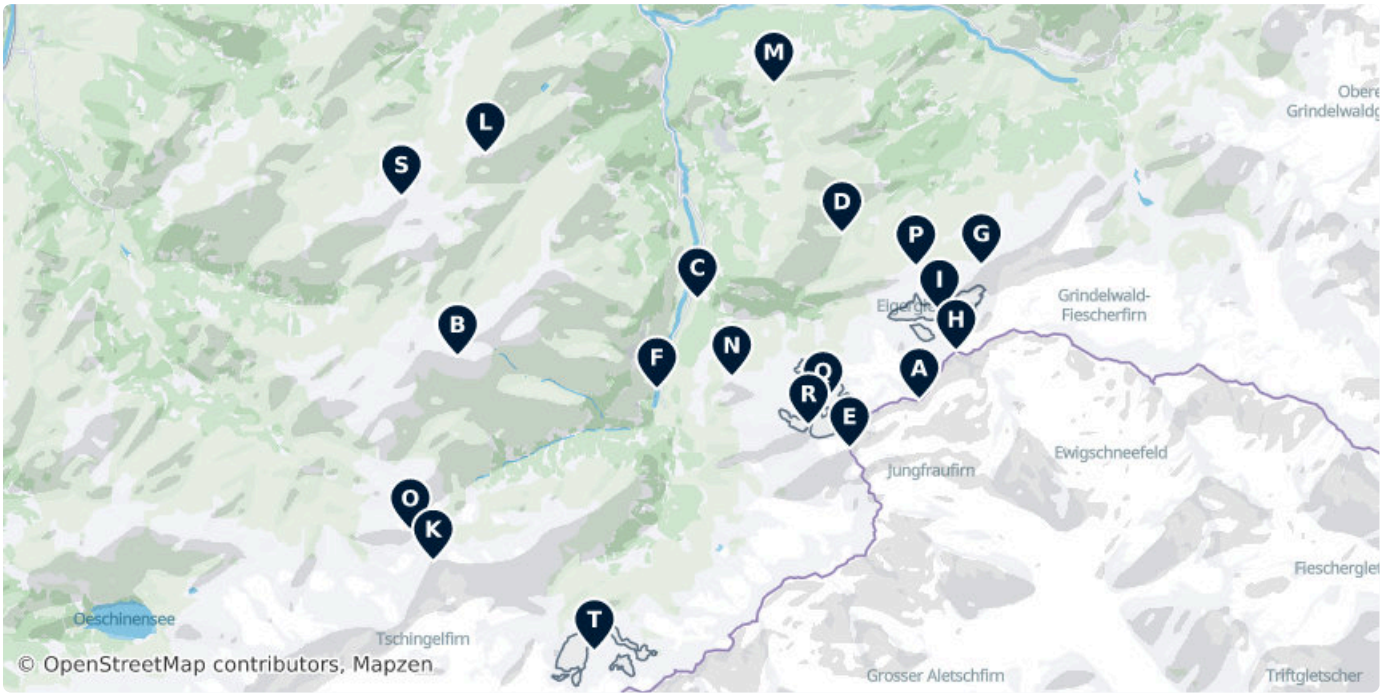
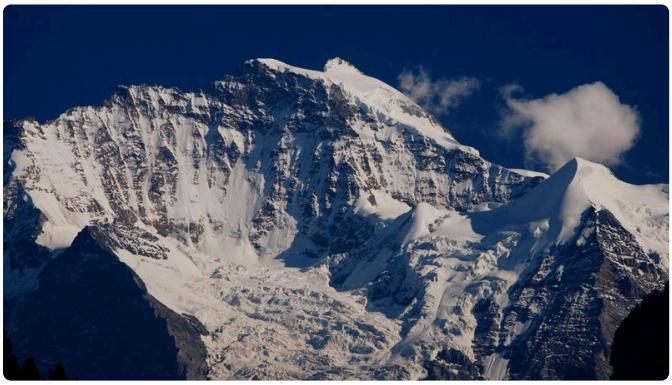
3825, Switzerland (46.55737, 7.83470)

schilthorn.ch, + 41 33 826 0007

Alpine Peaks and Panoramic Views

This collection highlights the high-altitude summits and glacial features of the Bernese Oberland. It features the iconic Eiger, Mönch, and Jungfrau peaks alongside the Jungfrau Railway, which ascends to Europe's highest railway station. The list includes the subterranean Trümmelbach Falls, the rotating summit of Schilthorn, and significant ice formations like the Eigergletscher and Giessengletscher. These sites represent the core of the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage site, showcasing dramatic limestone cliffs and ancient glacial landscapes.





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jungfrau.ch/en/tourism/, +41 33 828 72 33



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truemmelbachfaelle.ch, +41 33 855 32 32



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317G Matte, 3824, Switzerland (46.55000, 7.90000)

stechelberg.ch, +41 33 855 10 32



G Eiger

The Eiger is a 3,967-metre mountain of the Bernese Alps, overlooking Grindelwald and Lauterbrunnen in the Bernese Oberland of Switzerland,...

3823, Switzerland (46.57763, 8.00547)



H Moench

The Mönch at 4,110 metres is a mountain in the Bernese Alps, in Switzerland.

3823, Switzerland (46.55850, 7.99727)

I Eigergletscher

A glacier situated on the western flank of the Eiger. It serves as a key station on the Jungfrau Railway and is the starting point for the Eiger Trail hiking route.

3823, Switzerland (46.56741, 7.99186)



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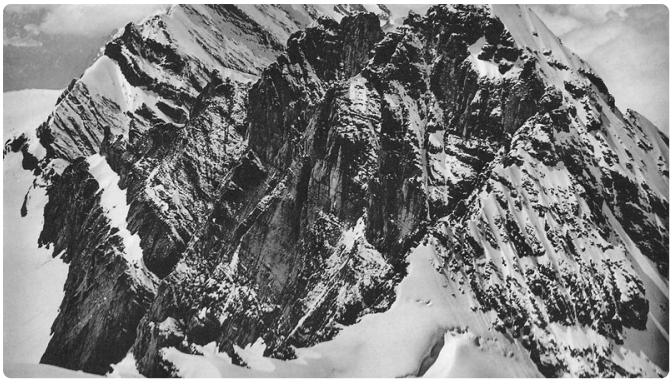
3825, Switzerland (46.55737, 7.83470)

schilthorn.ch, + 41 33 826 0007



K Gspaltenhorn

The Gspaltenhorn is a mountain of the Bernese Alps, located between the valleys of Kiental and Lauterbrunnen in the canton of Bern.

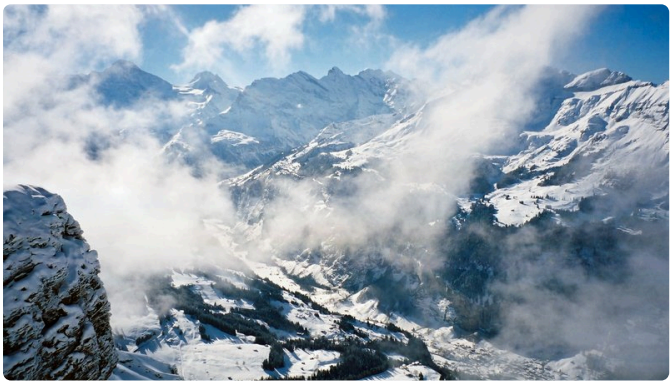
3826, Switzerland (46.51158, 7.82727)



L Lobhörner

A distinctive group of five limestone summits in the Bernese Oberland, with the highest peak reaching 2,566 meters. The peaks are a noted destination for technical rock climbing.

3822, Switzerland (46.60257, 7.84425)



M Männlichen

A 2,343-meter mountain accessible by cable car from Wengen and Grindelwald. It provides a ridge-top panorama of the Eiger, Mönch, and Jungfrau summits.

3823, Switzerland (46.61814, 7.93804)

maennlichen.ch/en/

N Schwarzmönch

A 2,649-meter peak forming a prominent buttress of the Jungfrau massif. It rises steeply above the village of Stechelberg at the southern end of the Lauterbrunnen Valley.

3824, Switzerland (46.55271, 7.92435)



O Bütlasse

A 3,193-meter summit located in the Bernese Alps near the Gspaltenhorn, overlooking the Kiental and Lauterbrunnen valleys.

3826, Switzerland (46.51846, 7.81984)

P Rotstock

A 2,663-meter peak situated next to the Eiger. It features a popular via ferrata climbing route that offers close views of the Eiger North Face.

3823, Switzerland (46.57739, 7.98418)

Q Giessengletscher

A hanging glacier located on the steep northern slopes of the Jungfrau massif in the Bernese Oberland.

3823, Switzerland (46.54687, 7.95399)

R Silberhorn

The Silberhorn is a pyramid-shaped mountain of the Bernese Alps, to the northwest of the Jungfrau of which it is a satellite peak.

3824, Switzerland (46.54187, 7.94926)

S Schwalmere

The Schwalmere is a mountain of the Bernese Alps, located between Kiental and Lauterbrunnen in the Bernese Oberland.

3723, Switzerland (46.59299, 7.81698)

T Breithorngletscher

A glacier situated at the southern head of the Lauterbrunnen Valley, lying beneath the northern face of the Lauterbrunnen Breithorn.

3824, Switzerland (46.49142, 7.87968)

Swiss Mountain Cable Cars & Lifts

This collection features the essential transport links within the Lauterbrunnen Valley and the surrounding Bernese Oberland peaks. It includes the multi-stage Schilthorn cable car system, known for its connection to the Piz Gloria revolving restaurant, and the hybrid Lauterbrunnen–Mürren Mountain Railway. The list covers various systems, from small local lifts like Isenfluh-Sulwald to high-capacity chairlifts serving the Männlichen and Kleine Scheidegg ski and hiking areas, providing access to car-free villages and high-altitude summits.




Aktienkapital Fr. ~~1,500,000~~ 1,200,000.—
Emission 10. August 1897
AUFGEWERTET AUF Fr. 450.– NOMINALWERT
auf den Inhaber
Nominalwert reduziert auf Fr. 400.— gemäss Beschluss der Generalversammlung vom 28. Mai 1921.
Fünfhundert Franken
voll einbezahlt.
BERN, den 10. August 1897.
Namens des Verwaltungsrates,

A Lauterbrunnen–Mürren Mountain Railway

The Lauterbrunnen–Mürren Mountain Railway is a hybrid transport system in the Bernese Oberland area of Switzerland, which connects the...

3822, Switzerland (46.59768, 7.89909)



B Mürren

Car-free mountain village at 1,638 meters, serving as a major hub for the Schilthorn cable car and the mountain railway from Lauterbrunnen.

954D Eggli, Mürren 3825, Switzerland (46.55778, 7.89122)

C Gimmelwald

A traditional, car-free farming village located at 1,363 meters, accessible via the Schilthorn cable car from Stechelberg or Mürren.

756A Chilchstatt, Gimmelwald 3826, Switzerland (46.54713, 7.89348)

D Schilthorn

The 2,970-meter summit featuring the Piz Gloria revolving restaurant. It served as a primary filming location for the 1969 James Bond film On Her Majesty's Secret Service.

(46.55736, 7.83538)

E Sesselbahn Männlichen

A high-altitude chairlift providing access to the Männlichen summit area and connecting to the broader Kleine Scheidegg hiking and ski region.

(Unnamed Road), 3816, Switzerland (46.61573, 7.95327)

F Luftseilbahn Isenfluh - Sulwald

A small cable car connecting the village of Isenfluh to the Sulwald alp at 1,520 meters, used for hiking and winter sledding.

3822, Switzerland (46.62189, 7.89162)

G Schilthornbahn

Part of the multi-stage aerial cableway connecting the valley floor at Stechelberg to the Schilthorn summit via Gimmelwald and Mürren.

3825, Switzerland (46.55981, 7.87448)

H Schilthornbahn

Aerial cableway section within the Schilthorn transport network, linking car-free villages and mountain stations.

(Unnamed Road), 3825, Switzerland (46.55239, 7.89238)

I Schilthornbahn

A segment of the lift system linking Stechelberg with the 2,970-meter Schilthorn peak in the Bernese Alps.

335 Pfang, 3824, Switzerland (46.55109, 7.89767)

J Birg

An intermediate station at 2,677 meters featuring the Thrill Walk cliff pathway and the Skyline Walk observation platform.

(46.56180, 7.85751)

K Lauterbrunnen (Seilbahn)

The valley terminal in Lauterbrunnen for the cable car ascent to Grütschalp, forming the first leg of the journey to Mürren.

(46.59874, 7.90719)

L Grütschalp

A transfer station at 1,487 meters where passengers switch from the Lauterbrunnen cable car to the narrow-gauge railway leading to Mürren.

(Unnamed Road), 3822, Switzerland (46.59648, 7.89094)

M Riggli

A four-seater chairlift in the Schilthorn area providing access to ski runs and hiking trails near the Birg station.

3825, Switzerland (46.56557, 7.86019)

N Maulerhubel

A chairlift located above Mürren that services the winter sports area and offers connections toward the Winteregg station.

3825, Switzerland (46.56843, 7.88850)

O Winteregg

A station on the Mürren railway featuring a restaurant and a chairlift servicing surrounding ski slopes and mountain bike trails.

3825, Switzerland (46.57615, 7.89175)

P Wixi

A high-speed chairlift equipped with weather bubbles, connecting the Wixi area to the Eigergletscher and Kleine Scheidegg sectors.

3823, Switzerland (46.57975, 7.94841)

Q Fallboden

A chairlift in the Kleine Scheidegg region that facilitates movement between ski slopes with views of the Eiger North Face.

3823, Switzerland (46.57558, 7.95882)

DATA SOURCES

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