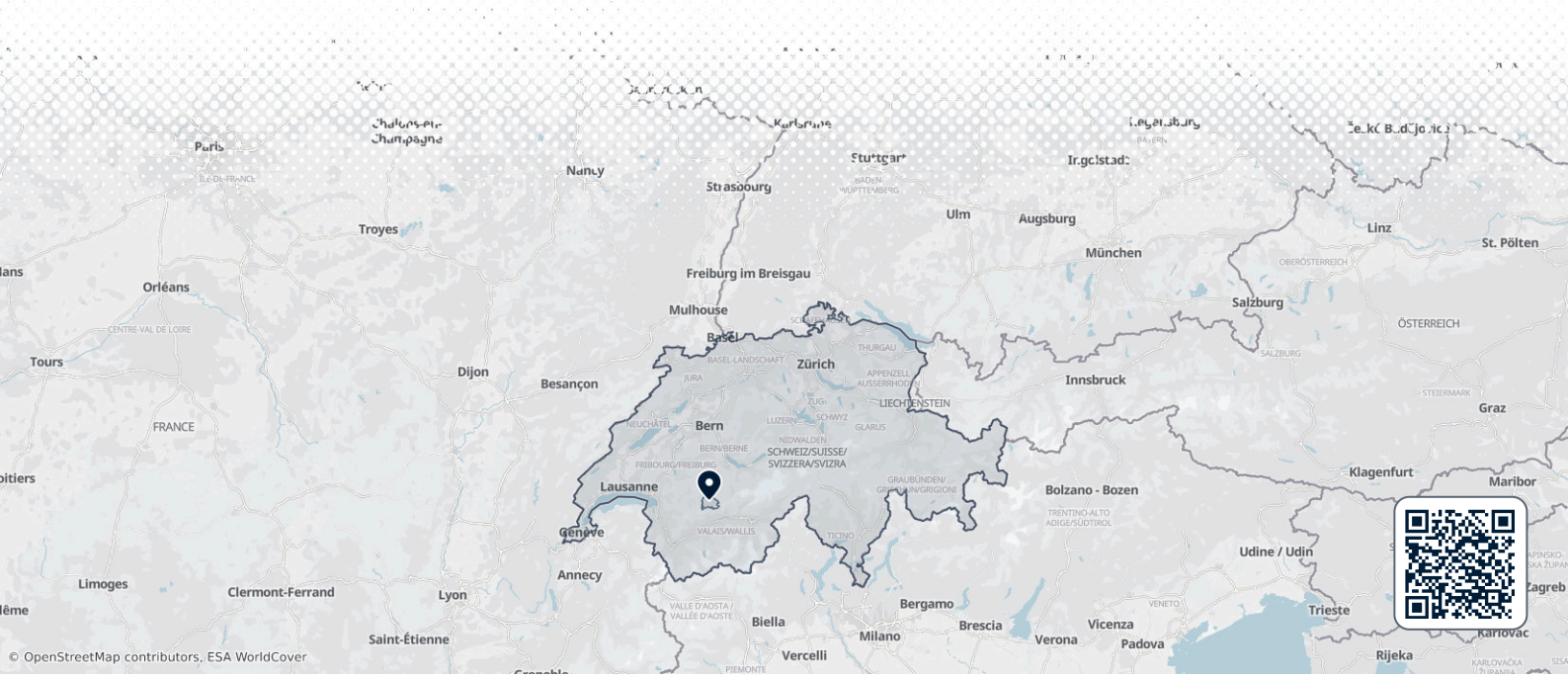
Lenk

Canton of Berne · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Lenk is a village at the top of the Simme valley in the Bernese Oberland. It is quieter than its famous neighbours, Gstaad and Adelboden. Mountains and glaciers close the valley, and the Wildstrubel massif stands above it.

Lenk is known for its spa and its skiing. In summer it is a base for hiking and for a trip to the Plaine Morte glacier.

When to visit

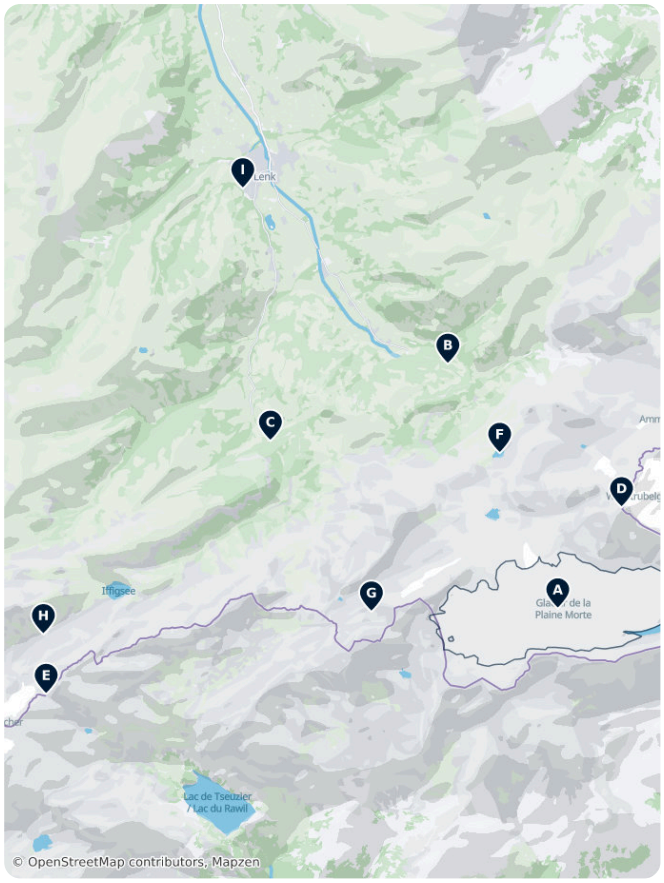
July to September is best for hiking and waterfalls. December to March is the ski season, and the glacier gives snow in early and late winter. Spring and November are quiet, and some lifts close.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	2° / 7° Feels like -2°	-6° / -13°	13 rainy days · Dry air · Calm winds
February	Great Great for skiing	3° / 9° Feels like -1°	-5° / -14°	12 rainy days · Dry air · Calm winds
March	Good Good for skiing	6° / 13° Feels like 3°	-2° / -10°	13 rainy days · Dry air · Calm winds
April	Fair Fair for hiking	11° / 18°	2° / -5°	14 rainy days · Dry air · Calm winds
May	Fair Fair for hiking	15° / 22°	6° / 1°	19 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	20° / 26°	11° / 5°	18 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	21° / 27°	12° / 7°	17 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	21° / 28°	12° / 7°	16 rainy days · Dry air · Calm winds
September	Good Good for hiking	18° / 24°	8° / 3°	14 rainy days · Dry air · Calm winds
October	Good Good for hiking	14° / 20°	5° / -1°	14 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	7° / 14° Feels like 4°	-1° / -9°	15 rainy days · Dry air · Calm winds
December	Good Good for skiing	3° / 8° Feels like -1°	-4° / -13°	14 rainy days · Dry air · Calm winds

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

Top sights

- A Plaine Morte Glacier is a high plateau glacier above the Lenk valley. The easiest cable car access is from the Valais side.
- B Simmenfälle are waterfalls where the Simme river starts, a short walk from Lenk.
- C Iffigfall is a waterfall in the Iffigen valley.
- D Wildstrubel is the peak above the village.
- E Schnidejoch is an old high pass towards the Valais, famous for archaeological finds.
- F Flueseeli is a small mountain lake.
- G Wildstrubelhütte and H Wildhornhütte are mountain huts for hikers.
- I 7 source beauty & spa is a spa and sauna in the village.



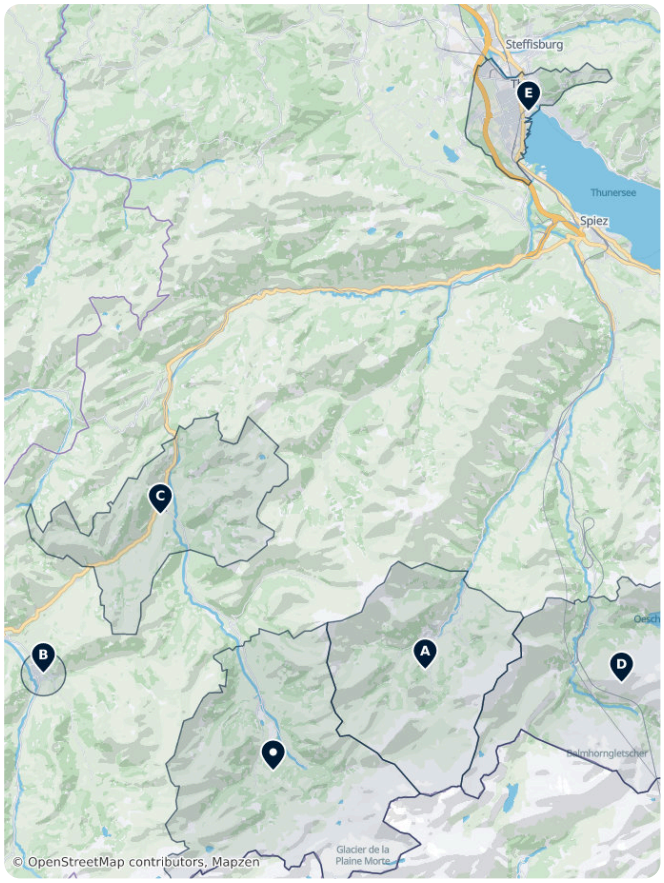
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What to experience

- Soak in the village spa.
- Walk to the Simmenfälle waterfalls.
- Ride the cable car to the glacier plateau.
- Ski, sledge or cross-country ski in winter.
- Hike in the Iffigen valley.

Day trips

- A Adelboden is a ski resort in the next valley.
- B Gstaad is a famous resort, about 40 minutes away.
- C Zweisimmen is the main station for the Golden Pass line.
- D Kandersteg is a mountain village with a lake.
- E Thun has a castle on a hill, about 1 hour 15 minutes away.



Where to explore

- Adelboden, Zweisimmen and Gstaad are the nearest resorts in the region.

Getting there

- By air: Zurich and Geneva are the main airports.
- By train: take the train to Zweisimmen, then change to a regional train to Lenk. Check times on SBB.
- Trains from Bern take about 2 hours.

Getting around

- The village centre is small and easy to walk.
- Local buses serve the ski lifts and trailheads.
- A cable car and a gondola climb from the village area.

Getting around on foot & by bike

WALKABILITY

High

The village centre is compact. Mountain trails are steep.

CYCLING INFRASTRUCTURE

Moderate

The Simme valley road is gentle. Side roads climb.

Driving

- A car is not needed in the village.
- The road from Zweisimmen is easy.
- Parking at the lifts is paid.

Food & drink

Try cheese fondue, raclette and Bernese dishes, such as rösti. Mountain huts serve cheese from the high pastures. Sulphur spring water is local.

People speak German with a Bernese dialect. English is widely understood.

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

- Lenk is very safe.
- Mountain weather changes fast.
- Glaciers have crevasses. Do not walk on them without a guide.
- Avalanche risk exists in winter.

History

Lenk was a farming village in a remote valley for centuries. Its sulphur springs have been used for bathing since the Middle Ages. In the 19th century the first guests came for the spa.

Skiing and the railway helped it grow in the 20th century.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

ELECTRICITY

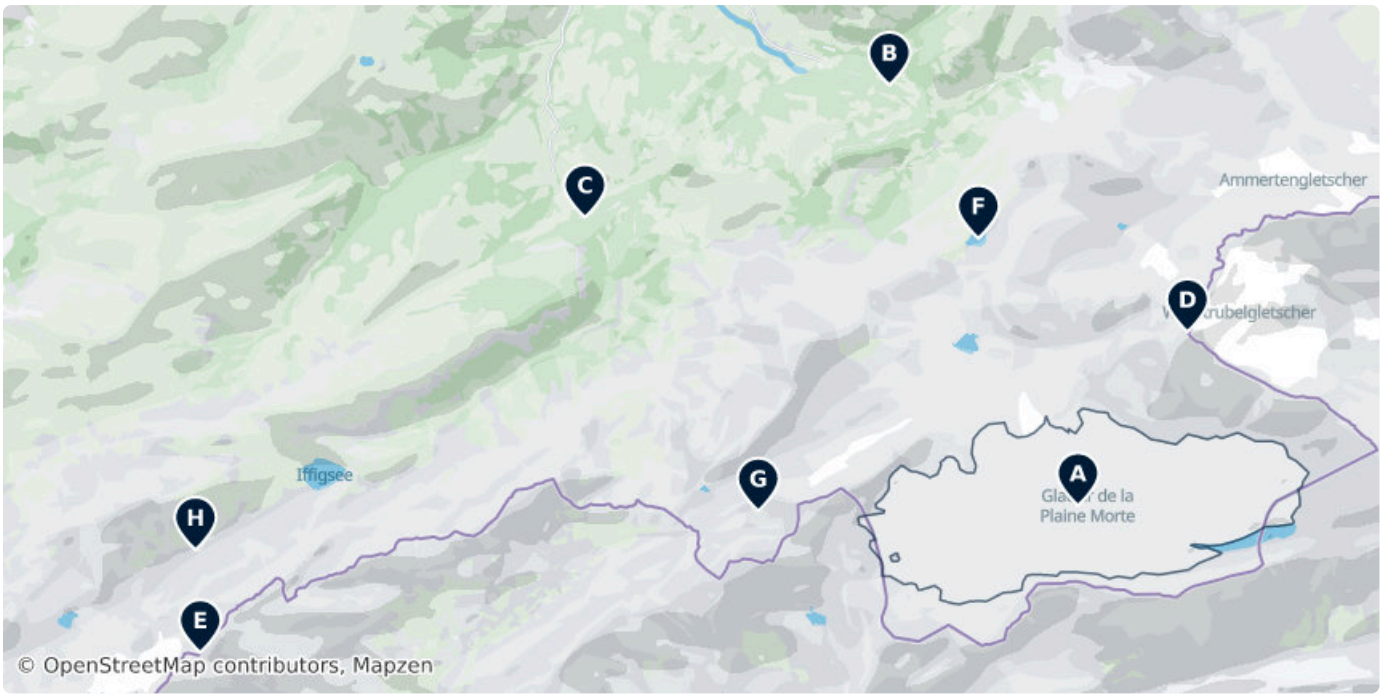


Type C / Type J
230 V · 50 Hz

LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Top sights





A Plaine Morte Glacier

High-altitude glacial plateau and ice field situated at 2,927 metres in the Wildstrubel massif. It spans 7.88 square kilometres and serves as a year-round destination for skiing, summit hikes, and glacier excursions.

(46.38354, 7.51293)

myswitzerland.com/en-us/experiences/plaine-morte-glac...

B Simmenfälle

(46.42457, 7.48624)

C Iffigfall

(46.41166, 7.44314)



D Wildstrubel

The Wildstrubel is a mountain of the Alps, straddling the border between the Swiss cantons of Bern and Valais.

3775, Switzerland (46.40051, 7.52843)



E Schnidejoch

The Schnidejoch is a mountain pass in the Bernese Alps, at 2,756 m above sea level, cutting across the ridge connecting the Schnidehorn and...

3775, Switzerland (46.36921, 7.38866)

F Flueseeli

3775, Switzerland (46.40962, 7.49883)

G Wildstrubelhütte

Lenk (46.38302, 7.46767)

wildstrubelhuette.ch, +41 33 744 33 39

H Wildhornhütte

203a, 3775 Lenk im Simmental, CH (46.37922, 7.38800)

Jan-Feb Mo–Su	Closed
Oct-Dec Mo–Su	Closed

wildhornhuette.ch, +41 33 733 23 82

DATA SOURCES

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IMAGE CREDITS

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- Wildstrubel — "Engstligenalp und Wildstrubel" by Irmgard, cc-by-sa-3.0
- Schnidejoch — "Caligae with nails" by MatthiasKabel, cc-by-sa-3.0

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