



From the monastery village of Engelberg to the ice giants of the Bernese Alps

Departure Engelberg » Arrival Lauterbrunnen - Hike from Engelberg to Lauterbrunnen
3 Days | 2 nights | Difficulty *PP* | Max. difficulty *PPP*

This three-day hike takes you from the monastery village of Engelberg along two of the most beautiful pre-alpine mountain lakes to Meiringen and further over the big and small Scheidegg passes to the mountaineering Meccas of Grindelwald and Lauterbrunnen. The route is dominated by the spectacular scenery of the high summits of the Bernese Alps, with a great variety of landscapes and cultures. The Eiger-Trail, on the third day, is a spectacular variant of the original Via Alpina trail, leading to the foot of the Eiger north face, world-renowned and rich in history.

Period recommended : June-October

Public transport at departure

Train Lucerne-Engelberg (hourly)

<http://www.sbb.ch>

Public transport at arrival

Postal coach Stechelberg-Lauterbrunnen (hourly), train Lauterbrunnen-Interlaken (half-hourly)

<http://www.sbb.ch>

Lodgings at departure

- [c/o Tourismusinformation Engelberg](#)
- [Rifugio Alpe Selle](#) ~ 3472622880 (sabinabiscardini@gmail.com)
- [Nona BB](#) ~ +386 64 169 165 (info@nonabb.si)

Useful topographic maps

Ref. / Name	Publisher	Scale
245 T Stans	Swisstopo	1:50'000
255 T Sustenpass	Swisstopo	1:50'000
254 T Interlaken	Swisstopo	1:50'000
Jungfrau Region 18	Hallwag Kümmerly + Frey, ISBN 3-259-00886-1	1:60'000

Day 1 : Engelberg - Meiringen
Difficulty *PP* | Walking time 12h23 min | 1887 m | 2290 m

Related stages :

[C8](#)

Leave Engelberg on a steep southward climb to the Gerschnialp. The mountain trail leads past the Trüebsee lake to the Joch pass. This section can also be covered using aerial cable cars. From the pass, continue down to the Engstlenalp. After a short ascent reach the Tannalp where the showcase cheese dairy, hotel and mountain lake invite to linger on. Then the trail leads on a ridge to the Balmeregghorn mountain and further to Planplatten, with a fantastic view on the Bernese Alps. From there, the descent to Meiringen can be shortened using the lifts.

Websites relative to natural and cultural heritage

- Aareschlucht Innertkirch-Meiringen : <http://www.aareschlucht.ch/>
- Freilichtmuseum Ballenberg : <http://www.ballenberg.ch/>
- Sherlock Holmes in Meiringen : <http://www.sherlockholmes.ch/>

Lodgings

Nona BB +386 64 169 165 Email : info@nonabb.si <https://nonabb.si/>

Day 2 : Meiringen - Grindelwald
Difficulty *PP* | Walking time 7h50 min | 1377 m | 938 m

Related stages :

[C9](#)

Leave Meiringen in the direction of the Reichenbachfälle waterfalls, which gained world renown thanks to Sherlock Holmes. Head up via Rosenlauri to the Grosse Scheidegg pass. The gentle descent at the foot of the Wetterhorn leads to Grindelwald, the stage destination. It is possible to take the Meiringen-Grindelwald bus at practically every point in this stage.




Websites relative to natural and cultural heritage

- Reichenbachfälle : <http://www.reichenbachfall.ch/>
- Rosenluischlucht : <http://www.rosenluischlucht.ch/>
- UNESCO-Naturwelterbe Jungfrau-Allletsch-Breithorn : <http://www.jungfraualetsch.ch/>

Lodgings

Nona BB +386 64 169 165 Email : info@nonabb.si <https://nonabb.si/>

Day 3 : Grindelwald - Lauterbrunnen

Difficulty  | Walking time 7h40 min |  1450 m |  1690 m

Related stages :

[C10](#)

The Eiger-Trail branches off from the original Via Alpina route at Alpiglen, half-way on the climb to the Kleine Scheidegg. It leads up over alpine meadows and steep scree slopes to the foot and then along the world famous Eiger north face to the Eigergletscher station. In good weather, with binoculars you may observe alpinists or climbers in one of the vertiginous routes. The descent to Lauterbrunnen first follows a glacier moraine towards Wengernalp. As an alternative one may go down from the Eigergletscher station to the Kleine Scheidegg, where hundreds of tourists amble by the hotels and the station. If you are tired, you can take the train for the long way down to Lauterbrunnen.

Websites relative to natural and cultural heritage

- UNESCO-Weltnaturerbe Junfrau-Aletsch-Bietschhorn : <http://www.jungfraualetsch.ch/>

Lodgings

c/o Tourismusinformation Jungfrau www.myjungfrau.ch
Nona BB +386 64 169 165 Email : info@nonabb.si <https://nonabb.si/>

Warning

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Credits: see www.via-alpina.org/en/credit

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