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 | Max. difficulty

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 (sabrinabiscardini@gmail.com)

Useful topographic maps

<table>
<thead>
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<th>Ref.</th>
<th>Name</th>
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<td>Hallwag Kümmerly + Frey, ISBN 3-259-00886-1</td>
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Day 1: Engelberg - Meiringen
Difficulty | 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

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<tr>
<th>Restaurant</th>
<th>Gerschnialp</th>
<th>Berghotel Trübsee</th>
<th>Bärghuis Jochpass</th>
<th>Hotel Engstlenalp</th>
<th>Berggasthaus Tannalp</th>
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Email: info@gasthaus-gerschnialp.ch
Email: truebsee@titlis.ch
Email: info@jochpass.ch
Email: hotel@engstlenalp.ch
Email: info@tannalp.ch

http://www.gasthaus-gerschnialp.ch
http://www.truebseehof.ch
http://www.jochpass.ch
http://www.engstlenalp.ch
http://www.tannalp.ch/index.html

Day 2: Meiringen - Grindelwald
Difficulty | 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 Rosenlaui 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/](http://www.reichenbachfall.ch/)
- Rosenlauischlucht: [http://www.rosenlauischlucht.ch/](http://www.rosenlauischlucht.ch/)

### Lodgings

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<tr>
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</table>

### Lodgings

c/o Tourismusinformation Jungfrau: [www.myjungfrau.ch](http://www.myjungfrau.ch)

### Warning
This data contains the information published on the website www.via-alpina.org at the time of the download. The data have been collected by a large number of local partners in each of the Alpine regions. They are updated at varying intervals depending on the region. We are aware that there are still some inaccuracies and differences in quality and we would be grateful if you made us aware of any that you find by using the “comments” section included on each stage sheet of the website.

Credits: see [www.via-alpina.org/en/credit](http://www.via-alpina.org/en/credit)

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