



## 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)

### 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 Trübsee 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

|                             |                                   |  |   |
|-----------------------------|-----------------------------------|--|---|
| Restaurant Ritz-Gerschnialp | +41 41 637 22 12                  | Email : <a href="mailto:info@gasthaus-gerschnialp.ch">info@gasthaus-gerschnialp.ch</a> | <a href="http://www.gasthaus-gerschnialp.ch">www.gasthaus-gerschnialp.ch</a>    |
| Berghotel Trübsee           | +41 41 639 50 92                  | Email : <a href="mailto:truebsee@titlis.ch">truebsee@titlis.ch</a>                     | <a href="http://www.truebseehof.ch">http://www.truebseehof.ch</a>               |
| Bärghuis Jochpass           | +41 41 637 11 87                  | Email : <a href="mailto:info@jochpass.ch">info@jochpass.ch</a>                         | <a href="http://www.jochpass.ch">http://www.jochpass.ch</a>                     |
| Hotel Engstlenalp           | +41 33 975 11 61 +41 33 975 13 61 | Email : <a href="mailto:hotel@engstlenalp.ch">hotel@engstlenalp.ch</a>                 | <a href="http://www.engstlenalp.ch">http://www.engstlenalp.ch</a>               |
| Berggasthaus Tannalp        | +41 (0) 41 669 12 41              | Email : <a href="mailto:info@tannalp.ch">info@tannalp.ch</a>                           | <a href="http://www.tannalp.ch/index.html">http://www.tannalp.ch/index.html</a> |

### 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/>
- Rosenlauschlucht : <http://www.rosenlauschlucht.ch/>
- UNESCO-Naturwelterbe Jungfrau-Alletsch-Breithorn : <http://www.jungfraualetsch.ch/>

#### Lodgings

|                             |                  |  |   |
|-----------------------------|------------------|--|---|
| Gasthaus Zwirgi             |                  | Email : <a href="mailto:gasthaus@zwirgi.ch">gasthaus@zwirgi.ch</a>               | <a href="http://www.zwirgi.ch">http://www.zwirgi.ch</a>                 |
| Hotel Rosenlauri            | +41 33 971 29 12 | Email : <a href="mailto:info@rosenlauri.ch">info@rosenlauri.ch</a>               | <a href="http://www.rosenlauri.ch">http://www.rosenlauri.ch</a>         |
| Hotel Chalet Schwarzwaldalp | +41 33 971 35 15 | Email : <a href="mailto:info@schwarzwaldalp.ch">info@schwarzwaldalp.ch</a>       | <a href="http://www.schwarzwaldalp.ch">http://www.schwarzwaldalp.ch</a> |
| Berghotel Grosse Scheidegg  | +41 33 853 67 16 | Email : <a href="mailto:info@grosse-scheidegg.ch">info@grosse-scheidegg.ch</a>   | <a href="http://www.grosse-scheidegg.ch">www.grosse-scheidegg.ch</a>    |
| Hotel Wetterhorn            | +41 33 853 12 18 | Email : <a href="mailto:wetterhorn@grindelwald.ch">wetterhorn@grindelwald.ch</a> | <a href="http://www.hotel-wetterhorn.ch">www.hotel-wetterhorn.ch</a>    |

#### 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](http://www.myjungfrau.ch)

#### Warning

*This data contains the information published on the website [www.via-alpina.org](http://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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