



LITTLE HOLIDAYS IN

Jungfrau

SWITZERLAND

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Quick facts

Essential information

- [General visa information for travel to Switzerland](#)
- [Health information](#)

Emergency numbers

European emergency number	112
Police	117
Ambulance service	144
Fire department	118

Language

Languages: German, English

Helpful phrases

- Hello / Good day – Hallo / Guten tag
- Thank you – Dankeschön
- Excuse me – Entschuldigen Sie
- Please - Bitte
- Cheers! – Prost!
- Bye - Tschüss

Money matters

Currency: Swiss franc (1 CHF ~ 1.02 EUR ~ 1.06 USD)

Credit cards (Visa and MasterCard) are accepted in most stores and restaurants. Always choose to pay in CHF (the local currency) when prompted by the payment terminal.

Carry a bit of cash for smaller stores and markets. If you have a [Transferwise Borderless Card](#), you can withdraw with minimal conversion fees and no additional ATM fees from any of the Swiss banks.

When to go

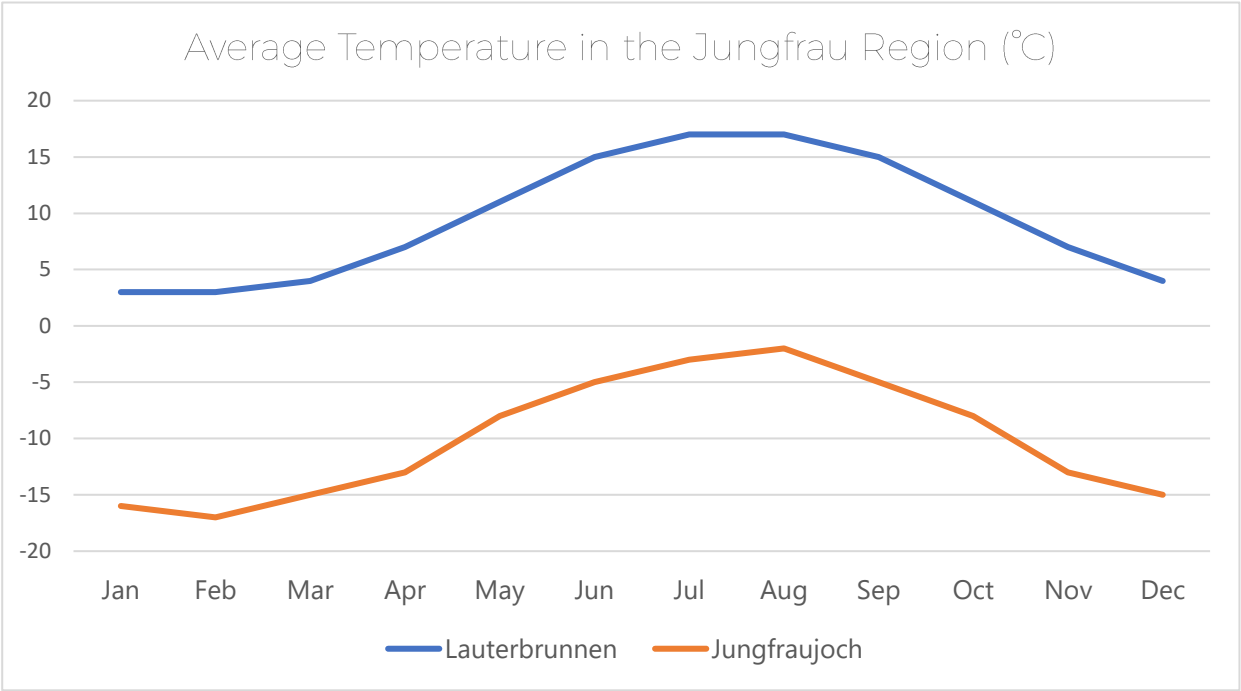
Jungfrau is a year-round destination, and your experience will vary depending on what time of the year you visit. The temperature also widely varies depending on your altitude, so pack suitable clothes.

Summer (from June to August) is a great time to visit as you're most likely assured of bright and sunny weather. This is also the busiest season, though, so make sure to book your hotel reservations at least 2 months in advance.

Winter (from December to February) is a great time to visit if you're into winter sports and adventures. The rest of the region will have fewer tourists compared to the summer months, and you'll get to experience a full Swiss winter wonderland.

Spring (from March to May) and fall (from September to November) are great times to visit if you want to avoid the peak tourist seasons. Rain showers are more common during

these months, though, so don't book your tickets to the summits too far in advance. Keep an eye on the weather, and take advantage of sunny days to visit the key sights.



Events

[Here's a complete list of events in the Jungfrau region.](#)

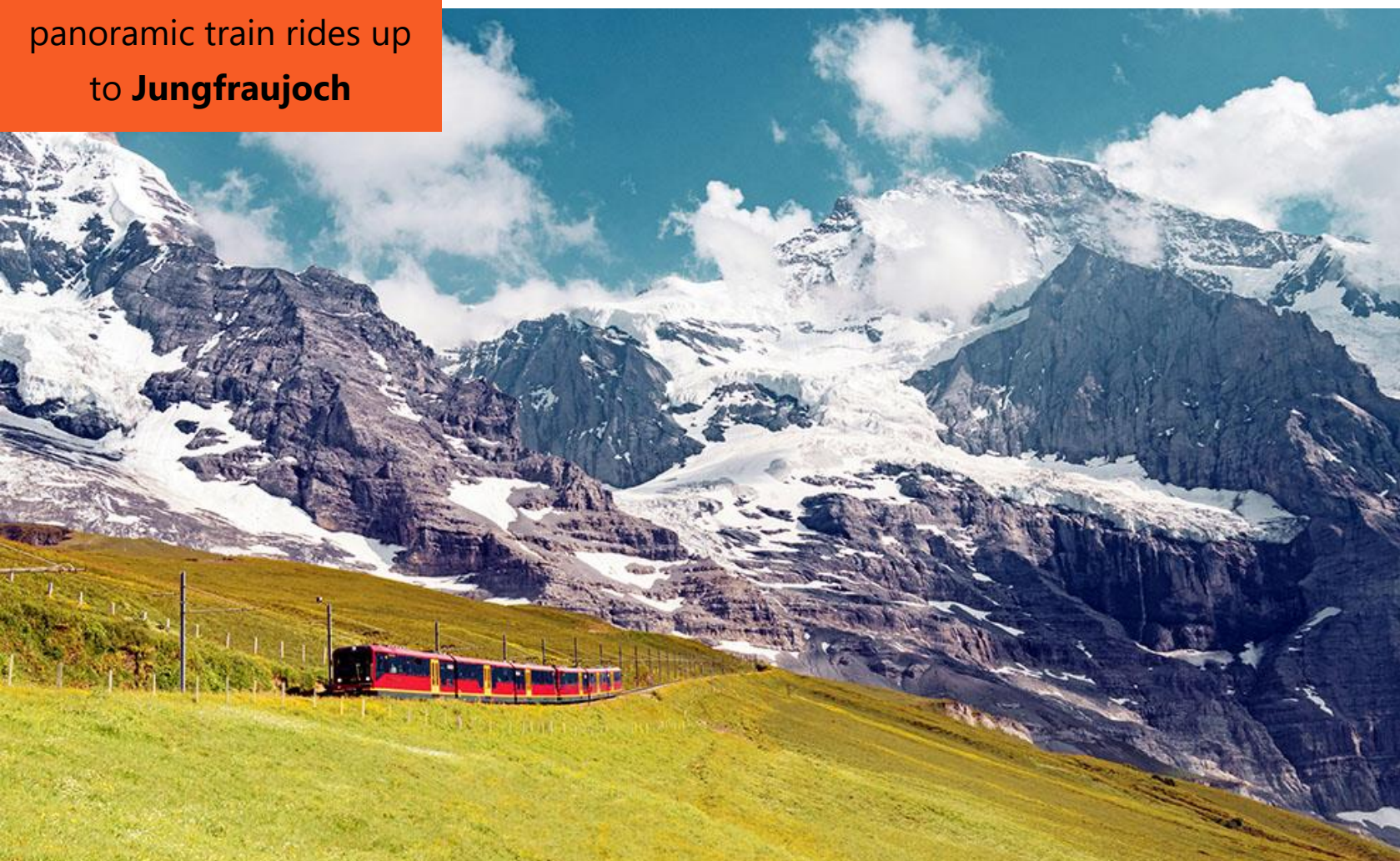
Sample itineraries

▶ 5 days

Day 1: Settle in on your first day in the Jungfrau region with an easy hike around Lauterbrunnen. Hike past rocky cliffs and alpine meadows to the thunderous waterfalls Trümmelbach and Staubbach. If you have a couple more daylight hours, hop on the train to Wilderswil and ride up to Schynige Platte.

Day 2: Wake up early and make your way to Jungfraujoch. Once you've had your fill of the fantastic views from Europe's highest railway station, make your way down to Kleine Scheidegg and go for a short panoramic hike. Also, stop by Wengen on the way down for views of the valley and the Alps.

Take a series of panoramic train rides up to **Jungfraujoch**





Go up the **Stechelberg** summit
for fantastic Alpine views

Day 3: Make your way to Stechelberg and enjoy a series of cable car rides up to the Schilthorn summit. Make sure to stop by Birg and get on the Thrill Walk. End the day with a pleasant stroll around Mürren and a hearty Swiss dinner in one of the lovely mountaintop chalets.

Day 4: Head to Grindelwald and up the First Summit for a day of adventures. Go down on the glider, the flyer, or on a mountain cart, or take a leisurely uphill hike to Bachalpsee.

Day 5: After several days in the mountains, it's time to see the lakes. Head to Interlaken and ride up to Harder Kulm for breathtaking views of Lakes Thun and Brienz. Ride the ferry for a relaxing afternoon then end the day at the Höhematte Park.

Typical costs



BUDGET

CHF 34/night

[Valley Hostel](#)

COMFORT

CHF 170/night

[Hotel Alpina](#)

SPLURGE

CHF 350/night

[Hotel Belvedere](#)



CHF 12

[Airtime](#) in
Lauterbrunnen

CHF 40

[Stägerstübli](#) in
Mürren

CHF 120

[Hotel Glacier](#)
[Restaurant](#)



CHF 9

Train ride from
Lauterbrunnen
to Grindelwald

CHF 170

[Round trip](#)
[ticket to](#)
[Jungfrauoch](#)

CHF 250

[Jungfrau Travel](#)
[Pass for 5 days](#)



**FREE
ACTIVITIES**

CHF 99

[Adventure](#)
[packages –](#)
[Grindelwald](#)
[First](#)

CHF 475

[Helicopter](#)
[Skydiving](#)

Getting there

By plane

The international airports nearest to Jungfrau are [Zurich](#), [Geneva](#), and [Milan](#). From these airports, the gateway to the Jungfrau region is Interlaken, which you can reach by train or car.

By train

The gateway to the Jungfrau region is Interlaken – you can check [SBB](#) for train routes from anywhere in Switzerland and surrounding countries. You can get tickets and plan routes on the go using the [SBB app](#).

Here are the usual train travel times:

- Luzern to Interlaken – 2 hours
- Zurich to Interlaken – 2 hours
- Geneva to Interlaken – 3 hours
- Milan to Interlaken – 3 hours

From Interlaken Ost station, you will then need to change to a regional train to get to Lauterbrunnen or Grindelwald.

If you're traveling extensively around Switzerland, get a [Swiss Half Fare Card](#) before your trip. This slashes your

transportation expenses by half, which can really amount to huge savings.

If you're traveling from April to October, a [Jungfrau Travel Pass](#) will be your best deal.

Where to stay

The Jungfrau region is vast but can be easily explored by trains and cable cars. Stay in **Lauterbrunnen** if you're planning a holiday filled with sightseeing and day trips to Jungfraujoch, Schilthorn, and Interlaken. If you want a peaceful and charming Swiss mountain stay experience, stay in **Wengen** or **Mürren**. If you're looking forward to days of hiking or skiing and crave an exciting social scene, stay in **Grindelwald**.

Lauterbrunnen

If you want to explore as much of Jungfrau as possible, stay in Lauterbrunnen. Most of Jungfrau's essential sights, like Jungfraujoch and Schilthorn, can be reached by a series of train and cable car rides from Lauterbrunnen. You'll also get to enjoy gorgeous hiking trails, tremendous waterfalls, and stunning scenery right outside your hotel.

- [Hotel Oberland](#)
- [Hotel Silberhorn](#)

Wengen

If you're keen on soaking up the charm of a quiet mountaintop Swiss village, stay in Wengen. You'll have miles of panoramic hiking trails, the best ski slopes in the area, and charming chalets with magnificent views.

- [**Hotel Wengener Hof**](#)
- [**Hotel Edelweiss**](#)

Mürren

Mürren is another charming car-free village, but one that's closer to Birg and Schilthorn. You'll also get to enjoy plenty of hiking trails as well as ski slopes around Mürren.

- [**Hotel Eiger**](#)
- [**Hotel Bellevue**](#)

Grindelwald

Grindelwald is the ideal base for hiking and biking during the summer, for skiing and snowboarding during the winter, and for visiting Grindelwald First and Jungfrauoch year-round. It's also much livelier with lots of shops and restaurants and an exciting nightlife scene.

- [**Hotel Belvedere**](#)
- [**Parkhotel Schoenegg**](#)

Renting a car

Requirements

- **Age** – To drive in Switzerland, you must be at least 18 years old. Some rental car companies will only rent to a driver at least 20 years old, but policies vary.
- **License** – If your local license is in French, German, Italian, or English, you can use it to drive in Switzerland. If it's in another language, you'll have to get an international driving permit from your own country's automobile association before your trip.
- **Other documents** – Have your passport and a credit card under your name when picking up the rental car. The rental car company might authorize a deposit on your credit card to cover for any damages.

Renting a car

- **Reserve online** - Make sure to [reserve your car](#) online in advance.

Rental cars in Switzerland

- **Get a comprehensive car hire insurance** – For total peace of mind, get a [comprehensive personal car hire insurance](#) that will cover for damages and theft.

- **Add-ons** – A GPS unit and child seats can be added to your reservation if needed.
- **One-way rentals** – Many rental car companies in Switzerland allow domestic one-way rentals for an extra free. This means you can pick up your car from one city and drop it off in another.

Costs – 5-day road trip (2022 prices and estimates)

- **Rental car** – A 5-seat sedan ranges from CHF 350-400 for 5 days.
- **Gas** – Estimating 1,000 kilometers over 5 days, gasoline could cost you up to CHF 200.
- **Tolls** – You'll need a highway toll sticker or vignette to use the motorways. Most rental car companies will include this with the car, but if not, it costs CHF 40 for a vignette with 1-year validity.
- **Parking** – Within cities, you can look for blue zones where parking is free for a certain period (indicated as a number of minutes on a sign within the vicinity) or white zones with no nearby ticket machine. There are also white zones that have a parking meter – buy a ticket at a street machine and display the ticket on a dashboard. Parking garages are cheap options when spending a day in the city and may cost CHF 5-10/day.

Road rules and safety

Emergency numbers

- 112 – General European emergency number
- 117 – Police
- 144 – Ambulance

Switzerland drives on the right side of the road.

Usual speed limits

- Motorways – 120 km/hr (75 miles/hr)
- Country roads – 80 km/hr (50 miles/hr)
- Towns and cities, urban areas – 50 km/hr (30 miles/hr)

Follow posted speed limit signs in motorways and villages.

Things to watch out for

- Priority roads are indicated with a yellow on white diamond, but where there is no sign always give way to the right unless otherwise indicated.
- On roundabouts, vehicles inside the circle have the right of way.
- When two vehicles meet on a narrow mountain road, the ascending vehicle has the right of way.
- Give way to public transport, emergency vehicles, and pedestrians.
- Drive with headlights on at all times.

- Don't use mobile devices while driving.
- Always wear a seatbelt.
- You are not permitted to drive if you have a blood alcohol level of over 0.05%. Professional drivers and new drivers on probationary driving licenses are not allowed to drink at all.
- Don't drive during winter without snow chains.

Navigating

Useful apps

- [Google Maps](#)
- [Waze](#) – add “Vignette CH” to your Toll and HOV Passes (Settings – Navigation) so the app can give you the best routes
- [Maps.me](#)

Connectivity

- [Wi-Fi device](#)

Resources

- [RentalCars](#) – Online rental car booking platform
- [Comprehensive car hire insurance](#)

Transportation options

Local transportation

You can get around Jungfrau and to nearby destinations using trains and cable cars. Get the [Jungfrau Travel Pass](#) (if traveling from April to October) or the [Swiss Half Fare Card](#) (can be used for a month year-round).

You can plan routes and buy tickets using the [SBB app](#).

Tours and activities

Tandem paragliding in Interlaken

Here's a treat for the adventurous ones! Paraglide and get spectacular views of the region's beautiful mountains and lakes.

Alpine Snowshoe Tour

Go on a peaceful scenic trek of the Swiss Alps in snowshoes.

Cheese and Chocolate Food Tour

One of the yummiest ways to spend the day for sure!

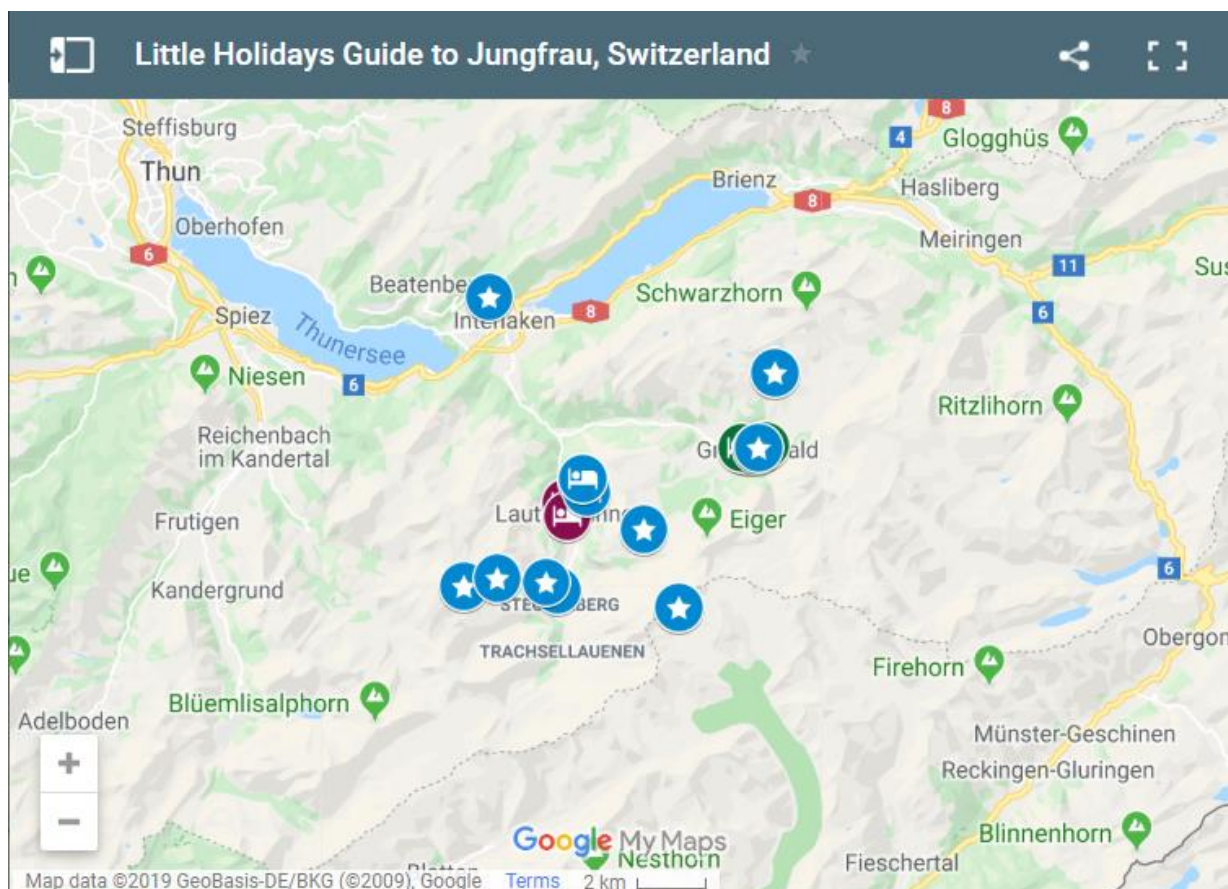
Wi-Fi and SIM cards

Wi-Fi device

Lycamobile SIM card

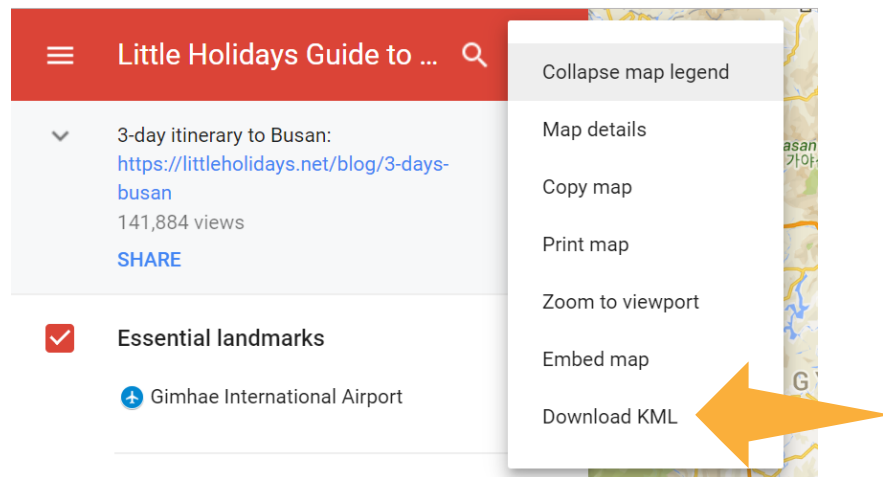
Map

Use this [Google Map](#) to get around and plan your trip.



To get an offline version of this map –

1. Download maps.me to your phone
2. Open the [Google Map](https://www.google.com/maps) on your desktop web browser
3. Click on the **⋮** icon on the right side of the map name
4. Select **Download KML**



5. Export as KML
6. Send the file to your mobile via email or messaging app
7. Open the KML file using maps.me
8. Download the Switzerland map on maps.me when prompted while you have an internet connection
9. You'll then be able to use maps.me offline – you'll find this map saved in your **Bookmarks**

Where to go

Lauterbrunnen

Lauterbrunnen is the gateway to the Jungfrau region's top sites and the best base for this 5-day itinerary.

Begin your walk from the village past the charming timber houses and to the impressive 300m Staubbach falls. You can get closer to the Staubbach falls with a steep hike up a hill, through a tunnel, and through a passageway carved on the side of the mountain.

From Staubbach, continue your hike to Trümmelbach falls, another one of Lauterbrunnen's impressive glacial falls. You can go up on a tunnel lift and then a series of stairs and check out the thunderous falls from various angles and viewpoints.

Settle in on your first day in the Jungfrau region with a leisurely walk around **Lauterbrunnen**



Jungfrauoch, Kleine Scheidegg, and Wengen

The Jungfrauoch is undoubtedly the star of the Jungfrau region. The journey to the top is a series of scenic train rides. You can start either in Grindelwald or Lauterbrunnen and ride the train to Kleine Scheidegg – on both journeys, try to get a window seat on the right side facing forward. This side would have some of the best views.

From Kleine Scheidegg, change to the Jungfrau Railway, which will bring you all the way to Jungfrauoch, Europe's highest railway station.

Once in Jungfrauoch, take your time visiting all the attractions – from the Sphinx Observatory to the Ice Palace, the Glacier Walk, and lots of great photo spots. Plan to spend at least 2-3 hours at the summit.

Afterward, make your way down to Kleine Scheidegg and go for a short panoramic hike.

INSIDER TIP: It gets bustling up in Jungfrauoch, so the earlier you can get up there, the more you'll be able to enjoy your trip.

One of the most epic
train rides you will ever
experience – the ride to
Jungfraujo



Schilthorn, Birg, and Mürren

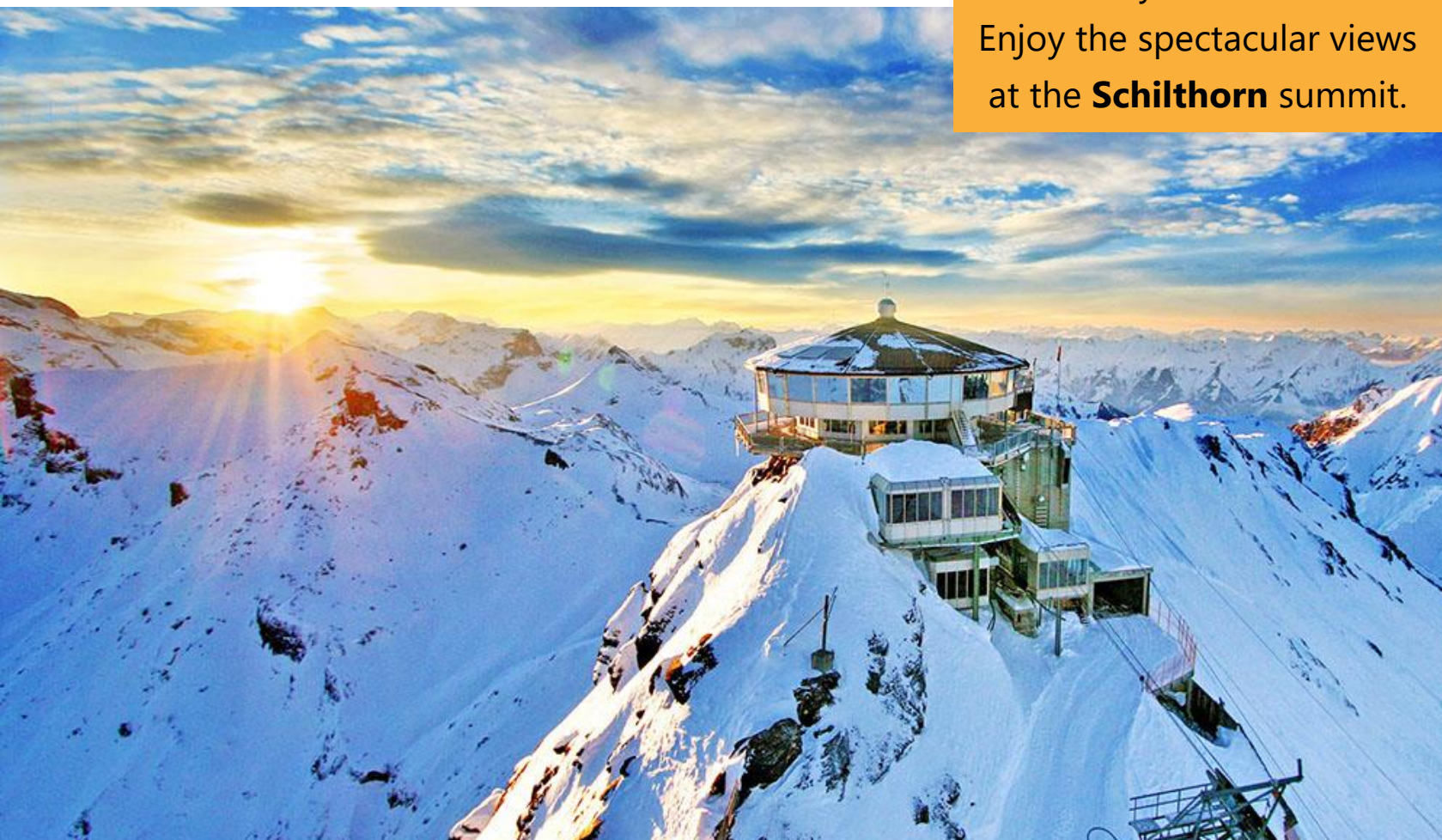
Enjoy a series of cable car rides up to the Schilthorn summit, famous for being one of the locations in the James Bond movie, "On Her Majesty's Secret Service."

On your way up, take some time to explore Birg and go on the Thrill Walk – a 200-meter walkway built on the side of the cliff, with a glass-bottom floor and a rope bridge.

On the way down, stop in Mürren and explore the beautiful village. During summer months, there are plenty of hiking trails you can take from Mürren, while winter turns it into one of the prettiest ski resorts in the Alps.

TOP TIP: If you're looking for the full Bond experience, make sure to reserve a table with window seats at the revolving [Piz Gloria](#) restaurant at least a few weeks in advance. This will give you stunning 360° views of Titlis, Eiger, Mönch, and Jungfrau.

New day, new summit.
Enjoy the spectacular views
at the **Schilthorn** summit.



Grindelwald

Grindelwald's main attraction is the [First Summit](#), which you can reach from via a cable car. At the top, you can hike to various viewpoints – from the easy 3-KM uphill hike to Bachalpsee to the more challenging Eiger trail. Or you can fly across the beautiful Alpine landscape on the First Glider or First Flier, or drive down the mountain on a cart.

During the winter, it's an excellent place for skiing, snowboarding, and all sorts of winter sports.

Don't miss this vertigo-inducing cliff walk at the **Grindelwald First** summit.



Interlaken

After several days in the mountains, it's time for a laidback city break by the lakes.

By this time, you'd have been up plenty of spectacular summits around the Jungfrau region. Still, the view up at [Harder Kulm](#) is pretty special. This time you'll see not only the Alpine mountain ranges but also the beautiful lakes Thun and Brienz.

There are several hiking trails you can take from Harder Kulm. For a totally chill day, though, opt for a round-trip cable car ride and then ride the ferry.

Interlaken is also a great place to do some shopping, especially for Swiss chocolates and souvenirs. In the afternoon, Höhematte Park is a great spot to hang out and watch the day end.

Jungfrau is not all mountain ranges and epic summits – it's also home to **Interlaken**, tucked between lakes Thun and Brienz. It's the perfect laidback city break after full days of hiking and exploring.



What to eat and where

Restaurants serving Swiss classics

You'll find lots of cozy chalets all over the Jungfrau region serving Swiss classics. Make sure to enjoy cheese fondue, rösti, veal, and charcuterie.

- [Weidstübli](#) in Lauterbrunnen
- [Stägerstübli](#) in Mürren
- [Barry's](#) in Grindelwald

Enjoy hearty Swiss dishes
in cozy chalets all over
the Jungfrau region



Restaurants with amazing views

As you make your way to Jungfrau's spectacular summits, don't forget to stop and enjoy the ambience over hearty Swiss dishes.

- [Piz Gloria](#) in Schilthorn (reservation recommended)
- [Restaurant Eiger](#) in Mürren
- [Restaurant Belvedere](#) in Grindelwald

Pubs and bars at Grindelwald

Grindelwald has a lively nightlife scene, particularly during the winter months. Here are some bars to unwind in après-ski.

- [Schürlibar](#)
- [Bus Stop Bar](#)

Swiss food tour

Enjoy the best of Swiss delicacies on this full-day [cheese and chocolate tour](#). From Interlaken, you'll be enjoying a scenic ride to Gruyères where you'll be going to a cheese as well as a chocolate factory. You'll get to explore the medieval old town and castle as well, before driving to other historic sites on the way back.

Day trips

Lucerne

Lucerne is a historic lakeside city that's great for a day of picturesque strolls, shopping, and dining.

You can explore the Old Town in half a day. Walk along the River Reuss from the Chapel Bridge, past the Jesuit Church and the Spreuer Bridge. Afterward, head to the Lion Monument and continue your walk along Lake Lucerne and wait for a gorgeous sunset.

If you find yourself missing the mountains, a [trip to Mt. Pilatus](#) on board a panoramic gondola should be in your day trip itinerary.

Gruyères

If you're looking to indulge in Swiss chocolates and cheese, you should make your way to Gruyères.

This small storybook town is home to [La Maison du Gruyère](#), where you can learn everything about cheese, and [Maison Cailler](#), where you can go for a chocolate tasting. Afterward, you can go for a walk around the beautiful medieval castle and village.

Where to go next

Continue your adventures around Switzerland and to neighboring countries. Here are more amazing destinations with a great mix of sightseeing and outdoor adventures.

[Geneva, Switzerland](#)

Hop over to the lovely cosmopolitan lakeside city of Geneva. It's an excellent base for adventures to more alpine destinations like Chamonix and Montreaux, as well as charming towns like Gruyeres and Annecy. Geneva is also a great city to shop and dine.

[Alsace, France](#)

If you love exploring nature, you'll enjoy a road trip in Alsace, one of France's wine-growing regions. You'll have lots of hiking and biking trails to explore, plenty of small storybook villages to discover, and fantastic food and wine to enjoy.

[Salzburg, Austria](#)

Salzburg is an excellent base for exploring the gorgeous Lake District. You can spend days exploring the many beautiful lakeside towns in the Salzkammergut and going for hikes around the area. It's also an ideal destination for skiing and winter sports!



ABOUT THIS GUIDE

Thank you for downloading this guide! I wish you exciting adventures in Switzerland. If you found it useful, please forward or share it with your friends and travel buddies. Using the links on this guide and on the blog to book your trip also helps support the Little Holidays (at no extra cost to you), so thank you so much for that!

This guide was downloaded from the [Little Holidays travel blog](#) and the information is current as of November 2022. Please check the website for updates.

If you have more questions about travel in the area, [send me a message](#), and I'll get back to you ASAP!

Lastly, I'd love to know what you think! Please take 2 minutes to help us make better guides in the future.

How likely are you to recommend this travel guide to a friend?

NOT LIKELY AT ALL

EXTREMELY LIKELY

1

2

3

4

5

Thank you and enjoy your little holidays! ♥