

Jungfrau Region, Switzerland



Time Frame: 6 days + 2 travel days

Destinations: Zurich, Jungfrau Region, & Geneva, Switzerland

Travel Day/Day 1

Arrive in Zurich, Switzerland

Take a red-eye flight to **Zurich, Switzerland**. Take the train from **Zurich Flughafen** (airport) to **Zurich HB** (city center) (10 min, \$8 per person/pp).

Check in to a hotel for 1 night near the Zurich HB train station & drop your luggage off.

Grab a coffee & spend the afternoon walking around **Zurich Old Town (Altstadt)**:

- **Bahnhofstrasse street** (*most expensive street in Europe*) → **Schipfe** backstreets
- Viewpoint at **Lindenhof Hill**
- **Augustinergasse street** → **St Peter Church** & clock tower
- **Fraumünster** & **Grossmünster** churches
- View of Limmat River, Lake Zurich, & Opera House from **Quaibrücke Bridge**

Dinner at Restaurant Brasserie Johanniter for German Swiss food

DAY 2

Travel to Lucerne & Wengen, Switzerland

Check out & head to the **Zurich HB** train station. Take a train to **Lucerne, Switzerland** (45 min, \$33pp).

Store luggage at **Luzern Bahnhof** train station (SBB luggage lockers are near PI 14, \$14 for 6 hrs).

Walk across the **Chapel Bridge** (Kapellbrücke) to **Lucerne Old Town**:

- Walk to the Painted buildings (Weinmarkt & Hirschenplatz), Lucerne Needle Dam, Musegg Walls & Towers (Männliturm), Jesuitenkirche Luzern Church, Lion Monument

Lunch on the riverfront at Restaurant Schiff

Grab your luggage & take the train from **Luzern Bahnhof** to **Lauterbrunnen** (2.5 hr, \$52pp), then from **Lauterbrunnen** to **Wengen** (10 min, \$8pp).

Check into **Hotel Alpenrose Wengen** for 5 nights (request a free shuttle to pick you up at the train station with your luggage). *Be sure to book a Balcony Mtn View room (view is worth every penny) & the half-board option to have a 4-course dinner & breakfast each day!*

DAY 3

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Take a train from **Wengen** to **Lauterbrunnen** using the **Jungfrau Region Pass (JRP)**- 4 day pass *beginning today; more info at end*).

Hop on the bus (not on JRP, \$3pp) to **Trummelbach Falls** (\$22pp entry, open 8:30a-6p)

- *Save this for a good rainy day activity!*

Take the bus (\$3pp) back to **Lauterbrunnen**. If the weather is nice, rent bikes at Imboden Bikes (\$30pp) in Lauterbrunnen & ride the **Valley Floor Route** to **Stechelberg**, starting at the Staubbach Falls viewpoint (total route takes ~1.5 hr). You can also just walk this route!

Take the train back to **Wengen** (on JRP), then take the cable car from **Wengen** to **Mannlichen station** (on JRP, 10 min; *good activity for a cloudy day*).

- Walk to the **Royal Trail** viewpoint (0.5 miles/20 min RT, steep!), add on the **Panorama Trail** hike to **Kleine Scheidegg** (2.5 miles/1.5 hr OW) → train back to **Wengen** (on JRP, 25 min)

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DAY 4

Grindelwald - Jungfrau Region, Switzerland

Take the train from **Wengen** → **Lauterbrunnen** → **Grindelwald** (on JRP, 1 hr).

Walk to the **Grindelwald First Gondola Station** (on JRP, 25 min, runs 8:30a-5:30p; *make sure this is on a good weather day & get there early!*)

- At the top of Grindelwald First- walk to the **First Cliff Walk** & viewing platforms (~15 min)
- Optional: Hike to Lake Bachalpsee from top of Grindelwald First (easy alpine lake hike, 2 hr RT)
- Take the gondola back down or do activities on the way down:
 - First Flyer zipline from the top → Schreckfeld gondola station (\$38pp)
 - First Glider zipline (\$38pp) or First Mtn Cart (\$26pp) from Schreckfeld → Bort station
 - First Trotti bike (\$31pp) from Bort to the end
 - *Do the activity or take the gondola to each stop*
 - *Expect very long lines for these, no reservations accepted*
 - ***Most recommended to skip the zip lines because of wait times, we went early & even the mtn cart had a 2+ hr wait at 10am. We took the gondola down to the trotti bikes with no wait & highly recommend them!*

In **Grindelwald**, grab lunch at Coop & a coffee at Qraftwerk.

Spend the afternoon hiking the **Eiger Trail** from Grindelwald (4 miles/2 hr RT, Eiger Express Gondola is on JRP) or take the train back to enjoy **Lauterbrunnen** or an afternoon in **Wengen** (on JRP).

DAY 5

Mürren - Jungfrau Region, Switzerland

Take the train from **Wengen** → **Lauterbrunnen** → then the cable car to **Mürren** (on JRP).

Head to Intersport Mürren to rent gear for the **Mürren Via Ferrata**:

- Rent VF set for \$43pp, start of via ferrata is near the shop & takes ~2.5-3 hrs to complete
- Opens at 9a, must have thick soled hiking shoes (can rent those here also)
- The VF ends in **Gimmelwald** → take the cable car from here to **Mürren** to return gear (5 min, \$8pp)

Lunch at Restaurant Stägerstübli in Mürren.

Head to **Allmendhubel Funicular** in Mürren (\$12pp, runs 9a-5p) to hike the **Northface Trail** (4.6 miles, 2.5 hr, add on a short detour to Sprutz Waterfall)

- Trail ends in Mürren (go this direction for a slightly downhill trail)

Cable car back to **Lauterbrunnen** → train to **Wengen** (on JRP).

Day 6

Interlaken - Jungfrau Region, Switzerland

Train from **Wengen** → **Lauterbrunnen** → **Interlaken Ost** (on JRP, 30 min).

Walk to **Harder Kulm funicular station** ("Top of Interlaken", 15 min, leaves every 30 min, on JRP)

- Walk around viewpoints at **Harder Kulm** then take the funicular back to **Interlaken**

Grab lunch at Coop & walk along the river towards **Lake Brienz**, stop at Sendli or Naturpark for a picnic.

Lake Brienz boat ride from Bonigen to Brienz (1 hr, on JRP)

- Can stop at Iseltwald or funicular to Giessbach waterfall
- Get affogatos at Brienz Gelato on the waterfront on Brienz town
- Alt: **Lake Thun boat ride** from Interlaken West (~2hr, on JRP) → train or boat back

Train back to **Interlaken** → **Lauterbrunnen** → **Wengen** (on JRP).

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DAY 7

Travel to Geneva, Switzerland

Check out & take the train from **Wengen** → **Lauterbrunnen** → **Geneva Gare Cornavin Station** (4 hrs, \$112pp)

Check in to **Hotel Suisse** across from the train station (hotel includes breakfast & a Geneva public transit pass).

Grab lunch & a coffee, then spend the afternoon walking around **Geneva Old Town**:

- Cross **Pont du Mont Bridge** & see the **Jet d'Eau** on Lake Geneva
- Walk through **Jardin Anglais** & see the **Flower Clock**
- Walk to **Cathédrale Saint-Pierre Genève** & **Place du Bourg-de-Four**
- Pass **Hotel de Ville** (city hall) & **Old Arsenal** → then **Promenade de la Treille, Reformation Wall & Parc des Bastions**

Take the tram to **United Nations Park** & then back to your hotel area (on transit pass from hotel)

Dinner at Au Grand Chalet for French Swiss food

Travel Day

Travel back home

Have breakfast at the hotel & check out

Take the train from **Geneva Gare Cornavin** → to **Geneva Airport** (7 min, on transit pass from hotel)

Hop on your flight home!

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Tips

Customs	No visa needed for US citizens for up to 90 days
Currency	CHF (Swiss Franc) Cards accepted everywhere, tipping is not expected
Plugs	Type C & J
Language	Check region you'll be in for what the primary language is, but English is commonly known in tourist areas (Zurich/Bernese Oberland = German; Geneva = French)
Apps	SBB Mobile App, Google Maps, Google Translate, MeteoSwiss (weather) Skyline Webcams website to view webcams for weather/cloud coverage at overlooks
Hikes	Use the website of each village to find trails & maps (often better than AllTrails) <u>Trail signage</u> : yellow trailhead signs = easy; red & white stripes at end of sign = moderate; blue = difficult alpine trails Public water fountains (free) can be found along trails & even in cities!
Blogs	myswissalps.com , swissfamilyfun.com , https://fullsuitcase.com/switzerland/
Eat	Rosti potato cake, fondue, raclette, alpine mac, butterzopf (Sunday bread)
Stay	<u>Bernese Oberland area</u> - stay in Interlaken, Grindelwald, Lauterbrunnen, Mürren, or Wengen for the time in the region - Murren & Wengen are car-less mtn towns that both overlook Lauterbrunnen valley for the BEST views (Wengen requires train; Murren requires cable car & train/a bit more difficult) - Get a hotel with half-board option including breakfast & dinner to save \$ on food <u>Zurich, Geneva</u> - stay close to train stations to make travel easier

Transportation

Regional Transit & Excursions	<u>Jungfrau Region Travel Pass (JRP)</u> - Buy for 3-8 days for unlimited free mtn excursions in Jungfrau region - No need to buy far ahead of time (they don't "sell out"), buy at the beginning of your trip but dates for the pass must be exact - Save QR code in Apple wallet & scan at sites, price is discounted if you have the Swiss Half Fare Card - Does not include local busses in Grindelwald, Interlaken, Lauterbrunnen - See map of validity & buy pass at https://www.jungfrau.ch/en-gb/jungfrau-travel-pass/ <i>**We bought a 4 day pass to use for itinerary days 3-6. The trains between Lauterbrunnen & Wengen on days 2 & 7 we paid for separately as point-to-point tickets.</i>
Train Travel	- Use SBB Mobile App to search route & see all transits needed instead of Google Maps. Connect your Apple Pay to this to easily buy tickets on the app. - No need to reserve seats or book far ahead of time, buy on the SBB app but you <u>cannot</u> buy them ON the train or you'll get fined. Tickets are not scanned to get onto trains but spot checks are done by staff so make sure you have a ticket! <u>Ticket types:</u> - Point-to-point Ticket (<i>**what we bought for all transit not on JRP</i>): Good for train at <u>any</u> time but on <u>specific</u> date & route (from midnight until 5am following day). Can buy just before boarding. Tickets don't sell out & price doesn't change. Allows for hop on & hop off along your route. - Super Saver Ticket : Must be <u>exact</u> train & time, if you miss it you have to rebuy (don't do this). - Swiss Half Fare Card : CHF 150 flat fee + <u>50%</u> off public transit & mtn railways in entire country valid for 1 month. All tickets will still have to be purchased as point-to-point tickets (can't just hop on whatever train you want; popular pass if visiting more cities). - Swiss Travel Pass : Flat fee based on amount of days + <u>free</u> public transit & 50% off mtn railways. <i>**Best way to determine which transit/travel passes to buy: Add up the price of all train & excursion tickets you want to do & see which travel passes would cover them with best discount. This is tedious but worth finding the best value! If you follow this itinerary exactly, the JRP only is the best value. Check out the blogs mentioned for more details on other regional passes & recommendations.</i>