

Contents

Foreword	5
Tourist tips	8
Brienzersee: mountains and boats	20
1 Arnihaaggen, 2207m – Brienzer Rothorn, 2349m: from the Brünigpass onto the Brienzer Rothorn	22
2 Ällgäu Lücke, 1918m: from the Brienzer Rothorn into Kemmeriboden	24
3 Hohgant, 2196m: from Kemmeriboden into Eriz	26
4 Augstmatthorn, 2137m: from the Harder or Oberried to Habkern	28
5 Harder Kulm, 1322m: round walk outside Interlaken	30
6 Shoreline path along the Brienzersee: from Iseltal to Giessbach ..	32
7 Hinterburgseeli, 1514m: from Axalp to Meiringen	34
8 Ballenberg open-air museum	36
Lauterbrunnen valley: water and walls	38
9 Bällehöchst, 2095m – Sulegg, 2412m: from Saxeten to Zweilütschinen	40
10 Schwalmere, 2777m: from Lauterbrunnen to Kiental or Griesalp	42
11 Bietenhorn, 2756m: from Lauterbrunnen to Mürren	44
12 Schilthorn, 2970m: from Kiental to Mürren	46
13 Gspaltenhornhütte, 2455m – Sefinenfurgge, 2612m: from Griesalp to Mürren	48
14 Schneeige Lücke, 2360m – Tanzbödeli, 2130m: from Gimmelwald to Stechelberg	50
15 Hinteres Lauterbrunnental: Stechelberg round walk	54
16 Rottalhäute, 2755m: Stechelberg round walk	56
17 Staubbachfall and Trümmelbachfälle: from Lauterbrunnen to Stechelberg	58
18 Eiger glacier, 2320m: from Wengen onto Kleine Scheidegg	60
Grindelwald valley: glacier and inns	62
19 Männlichen, 2342m – Eiger Trail: from Männlichen mountain station to Alpigen	64
20 Kleine Scheidegg, 2061m: from Grindelwald to Lauterbrunnen	66
21 Upper and Lower Grindelwald glacier: Grindelwald round walk	68

22 Glectsteinhütte, 2317m: Grindelwald round walk	70
23 Geiss, 2067m: from Gsteigwiler onto Schynige Platte	72
24 Tuba, 2076m – Oberberghorn, 2069m – Faulhorn, 2680m: from Schynige Platte to First	74
25 Faulhorn, 2680m: in winter	78
26 Faulhorn, 2680m: descent to Brienzersee	80
27 Reeti, 2757m: Grindelwald round walk	82
28 Blau Gletscherli, 2704m: from First onto Große Scheidegg	84
29 Schwarzhorn, 2927m: from First onto Große Scheidegg	86
Haslital: mule tracks and reservoirs	88
30 Grosse Scheidegg, 1962m: from Meiringen to Grindelwald	90
31 Dossenhütte, 2663m: from Rosenlaui to Innertkirchen	94
32 Reichenbachfälle and Aareschlucht: from Meiringen to Innertkirchen	96
33 Grimsel mule path: from Innertkirchen to Guttannen	98
34 Grimselpass, 2164m: from Guttannen to Obergesteln	100
35 Sidelhorn, 2764m: round walk from Grimselpass	102
36 Lauteraarhütte, 2392m: round walk from Grimsel Hospiz	104
37 Ofenhorn, 2943m: round walk from the Grimsel pass road	108
38 Wannisbordsee, 2103m – Bänzlalialp: from Guttannen to Innertkirchen	110
Gadmertal and Hasliberg: alpine pastures and jagged ridges	112
39 Furtwangsattel, 2568m: from Furen to Guttannen	114
40 Gadenlausee, 2155m: from Gadmen to Furen	116
41 Sustenpass, 2250m: from the top of the pass to Innertkirchen ..	118
42 Tälli via ferrata, 2540m: from Tälihäute into Gentäl	120
43 Sätteli, 2116m: from Engstlenalp to Furen	122
44 Jochpass, 2207m: from Engelberg onto Engstlenalp	124
45 Gentäl: from Engstlenalp to Hasliberg and Meiringen	126
46 Gibel, 2035m: from Hasliberg up to Brünigpass	128
47 Hochstollen, 2480m: from Hasliberg to Melchsee	130
Trekking: ‘Dür z’Oberland uuf ...’	132
48 North of Brienzersee and Thunersee: from the Brienzer to the Sigriswiler Rothorn	134
49 South of Thunersee and Brienzersee: from the Stockhorn to the Faulhorn	136
50 Hintere Gasse: from Meiringen to Gsteig	138
Index	140