

Hiking at Adelboden, Destination ADELBODEN – Frutigen , Berner Oberland , in the Swiss Alps



Overview:

Hiking at Adelboden with low height differences

Little walks in the vicinity of the village of Adelboden

Alpine hiking on easy to climb peaks at Adelboden

Map: [Hiking at Adelboden](#)



Notes:

The **Kiosk Treff** at the village of Adelboden is the starting point for excursions, unless a different starting point is specified. All liability claims are refused. The use of all informations are used at your own risk.

www.alpenferien.ch : Here you will find an accommodation or holiday home at Adelboden-Lenk .

Hiking at Adelboden with low height differences

Along the Engstligen-river to Engstligen-waterfalls ***



The Engstlig waterfalls at Adelboden are among the largest and most beautiful in the Alps. They fall into two cascades 600m(2000ft) over the vertical rock wall (nationally protected natural monument, ***attraction in the Michelin Guide de Tourisme) .

Route(67): Schulgässli, Oey-Schützenbrücke, Bonderlen-street, sawmill(branch) along the foaming Engstligen-river (67) via "Bir Müli"(Boden), Raufmatta, Chaeli (103) to the lower waterfall.

Additional route (104): ascent over steep and rocky mountain path to the upper waterfall is also highly recommended, but need mountain boots (+1.5 h). Note: A easy walk with beautiful views along the river through meadows, pastures and forests to the lower Engstlig waterfall, traffic-free from sawmill.

Away 1.75 h

Chollerenschlucht ***



Impressive, deep and narrow gorge, in the rock eroded by the waterstream, with waterfalls, watermills and jammed boulder. It is equipped with stairs and bridges and well accessible.

Route(60): Schlegelistrasse, Ausserschwandstrasse, Holzachseggenweg to Chollerenschlucht Additional route to the foaming and roaring Pochtenkessel (+ 0.5h) is recommended.

Note: Small roads with few traffic and footpaths. Passing the gorge from the bottom up with good shoes is recommended.

1 h away.

Bunder-valley, near the Lohner-waterfalls(waterfalls only from early spring to early summer)

Route(65): Schulgässli, Schützenbrücke, Bonderlensträssli, Bonderlen, "im Läger", to Holzberg

Note: Street and footpaths through alpine meadows to the foot of the rugged rock formations of the Lohner (3049m).

1.5 h away.

Gilbach - Eselmoos round-trip

Route (56 +57): Riesetensträssli (56), Münti, Rehärti along Geilsbach(brook) to Eselmoossträssli, then down the valley to Eselmoos (57), Boden and back to the Adelboden village.

Note: Traffic-free walk along the Allenbach and Geilsbach through woods and pastures.

Eselmoossträssli with little traffic.

Round-trip 2 h.

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Little walks in the vicinity of the village of Adelboden

Via Schwandfeldspitz(2026m) to Schärmtanne ***



Beautiful views to Engstligtal, Wildstrubel (3244m) and Engstlig waterfalls and to the Bernese Alps.
Route (77): From the top station Tschentenalp(1940m) 0.25 h ascent to Schwandfeldspitz.
1.5 h descent through flower-filled alpine meadows and through mountain forest on well maintained trail to Schärmtanne(restaurant). 0.5 h walk on road with little traffic or ride on horse-drawn carriages to Adelboden village.

Tubefels: 1536 m ***

Natural viewing platform above the village, beautiful views of Adelboden and Engstligtal
Route(53):Märitplatz(marketsquare), Senggistrasse , Tubefels.Additional recommendation:following the „Adelboden-Hörel Trail“ to Hörel(+0.5 h).

Note: Well maintained trail through mountain forests, car-free from the end of the village.
Away 0.5 h

Fluweid: 1610m ***

Beautiful views of Engstligtal, Wildstrubel (3244m), Lohner(3049m), Gilbachtal, Stiegelschwand and Wildhorn (3248m)

Route (53): Marktplatz, Senggistrasse, Senggi to Fluweid. Following the „Adelboden-Hörel Trail“ to Schärmtanne (+0.5 h) is recommended. Note: Well maintained trail through mountain forests and alpine meadows, car-free from the end of the village.

Away 1h .

Schärmtanne, along the Allenbach(brook)



Route (52): Riesetensträssli (passing the Panorama -swimming-pool Adelboden), "In the Münti", Rehärti, barbecue spot(nearby the brook) to Schärmtanne (restaurant).

Note: Footpath along the Allenbach, which is lined with shady trees, car-free.

Away 1h

Hörelí and upper Hörnliweg(Adelboden-Hörelí-Trail)

Views of Engstligtal, Niesen-mountain-chain, Justistal, Frutigen, Aeschi and Beatenberg.

Route:(50) Schmittengraben, lower Hörnliweg to Hörelí, return on „Adelboden-Hörelí-Trail“ to Tubefels and descend to Märítplatz.

Note: Well maintained trail through forest and alpine meadows, the Adelboden-Hörelí-Trail is car-free.

Away 1h, way back 1.25 h.

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Alpine hiking on easy to climb mountain peaks at Adelboden

Required equipment: hiking boots, backpack with food, wind jacket, warm clothes and Hiking map
Adelboden-Tourismus 1:25000

Ammertenspitz 2613m ***



Beautiful panoramic views into the upper Engstlital and Simmental, to the Bernese Alps (from the Eiger to Oldenhorn) and Strubelgletscher(glacier), Ammertentäli and Ammertengletscher.

Route (108) Mountain Station cableway Engstligenalp, Rossfärich, Schönbüel, Ammertepass, Ammertenspitz.

Note: Footpath through flowery alpine meadows nearby the glacier. For giddiness-free, sure-footed and experienced hikers, the ascent from Hahnenmoospass (88) on the Aeugi-LOWA-mountain-path which is secured and provided with steps is highly recommended.

Away from Engstligenalp Adelboden about 2.75 h .

Engstliggrat(Ortelenpass) 2659m ***





Beautiful views of Balmhorn (3699m), Altels (3629m), Rinderhorn (3453m), Weisshorn (4505m) and Wildstrubel.

Route (109) From mountain station Engstligenalp Adelboden, to Aertelengrat nearby the rocky peaks of the Tschingellochtighorn (2735m). Descent via Chindbettipass (+ 0.75 h) recommended, if the traversing below the Chindbettihorn is free of snow.

Note: Mountain path with view of Strubelgletscher. Sometimes you can see ibexes on the top part of the route or golden eagles at the rocky wall of Engstligenalp.

Away 2.5 h.

Tierhörnli 2894m

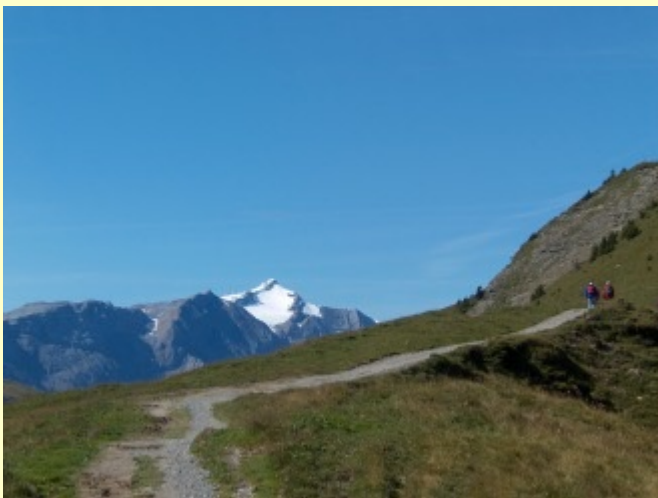
Views to the Valais Alps, Balmhorn (3699m), Altels (3629m), Rinderhorn (3453m) Tälligletscher, Tällisee, Wildstrubel and the Steghorn (3146m)

Route: From mountain station Engstligenalp Adelboden, Märbenen (111), Dossen (small lake), Chindbettipass to Tierhörnli.

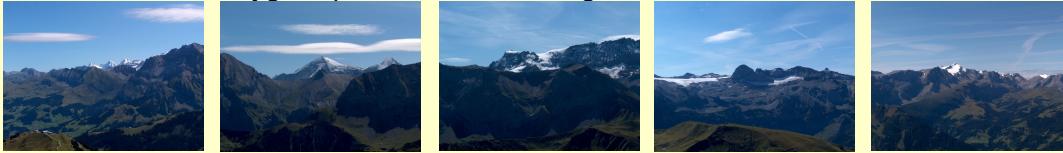
Note: mountain path until Chindbettipass (2623m), no path from the pass to the top, only rubble and snow (ice pick recommended). Varied alpine flora at the lower part with a view to Strubelgletscher.

Away 3.5 h.

Tierberg 2371m ***



Panorama of Laveygrat, please click on images



Beautiful panorama views of the Bernese Alps, Fribourg Pre-Alps, Upper Simmental, Hahnenmoos, Wildstrubel with Toti-Aebeni (Glacier de la Plaine Morte).

Route(96): From mountain top station Sillerenbühl Adelboden via Laveygrat to Tierberg(2371m)
Experienced hikers are able to hike to the Albristhorn (2763m) with its view from Mont Blanc to Pilatus.
Away 2h ; +2.5h to Albristhorn

Rägapöli(Regenbolshorn) 2193m ***



Beautiful view of Wildstrubel with Ammertengletscher and Toti Aebeni(Glacier de la Plaine Morte), Adelboden and western Bernise Alps.

Route(88): Well maintained natural trail from the mountain station Sillerenbühl with view of Wildhorn, via Hahnenmoospass, "uf em Blatti", Walislegi (2055m), then a steep climb to Rägapöli. A detour is recommended from Hahnenmoospass via Metschstand (+0.5 h).
Away: 2.25 h

Bunderspitz 2546m ***





Beautiful panoramic view of Engstligtal, Kandertal, the Bernese Alps including UNESCO World Heritage Jungfrau-Aletsch, Oeschinensee and Gasterental.

Route: Trail from Adelboden village (64), Schützenbrücke, Bundertal to Bunderalp , from there on mountain path(116) to Bunderspitz.

Away: 5 h, 3 h if using a taxi to Bunderalp.

Elsighorn 2341m ***

Beautiful panoramic view of Engstligtal and Kandertal, Blümisalp (3663m) , Bernese Alps including UNESCO World Heritage Jungfrau-Aletsch.

Route (124): From the top station of the cableway Elsigental Adelboden-Frutigen over gentle, flower-filled alpine meadows to the summit.

On the way down on the lower path a detour to Elsigsee(small lake) with its knotty pines is highly recommended.

Away: 1.5 hours

General Notes

Targets or routes with ***: This summit hikes or walks are highly recommended.

Use 1:25000 Hiking Map Adelboden by publisher Tourist Center Adelboden.

Useful Phone Nrs. : Emergency 144, Police 117, European Emergency 112.

All liability claims are refused. The use of all informations are used at your own responsibility.

Links:

[Trail Directory Adelboden.pdf](#)

[Bike routes Adelboden.pdf](#)

[Laemmerenhütte SAC 2502m](#)

www.alpenferien.ch : Here you will find an accommodation or holiday home at Adelboden-Lenk

www.alpenferien.ch : The website for your holidays in the Swiss Alps

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