

**Overview:**

Valley walks in Adelboden with low height difference  
Short Alpine hikings in the surroundings of the village  
High-Alpine mountaintops in Adelboden easy to climb

page 1  
page 3  
page 6

Hiking Map [Adelboden.pdf](#)



**Tips and remarks:** The pub 'Kiosk-Treff Adelboden', Dorfstrasse 56 is the starting point of the hikings , if no other is given. All liability claims are rejected. Everybody hikes in own risk.

[www.alpenferien.ch](http://www.alpenferien.ch): Here you find apartments and holiday homes in Adelboden

**Valley walks in Adelboden with low height difference**

Along the Engstligen river to the Engstligen waterfalls \*\*\*



The Engstligen waterfalls at Adelboden are among the highest and most beautiful waterfalls in the Alps. In 2 cascade the water rushes around 500 meters above the rockface. They are entered in the "Swiss Federal Inventory of Landscapes and Natural Monuments of National Importance". Guide Michelin de Tourisme rated the waterfalls as \*\*\* - attraction.

Trail (67): Schulgässli, Oey-Schützenbrücke, Bonderlensträssli, sawmill (diversion) along the foaming Engstligen river (67) via "Müli" (Boden), Rauf Matta, Chäli (103) to the lower waterfall.

Additional trail (104): Climbing over steep and rocky trail to the upper waterfall is very popular for experienced hikers, but requires hiking boots with strong and non-slip soles ( + 1h + HD 350m).

Remarks: Good hiking trail along the creek through Alpine meadows and forest to the lower Engstligen waterfall. Beautiful view to eternally snow-covered Wildstrubel. Car-free from sawmill.

Way 1,75h, HD 150m

### Chollerenschlucht ( gorge) \*\*\*



Deep and narrow gorge with waterfalls and watermills and jammed boulder.

The gorge is provided with bridges and stairs and is well accessible.

Trail (60): Schlegelistrasse, Ausserschwand- street , Holzachseggen to Cholleren gorge; additional trail to the wild and foaming Pochtenkessel (+ 0.5h, HD -50m)

Remarks: Narrow roads and good hike paths . Pass the gorge only bottom up and with good footwear.

Way: 1.5h, HD -220m.

### Bundelerlen valley to the Lohner waterfalls (passably by baby carriage)



Trail (65): Schulgässli, Schützenbrücke, Bonderlenstrasse, Bonderlen, 'im Läger' to Holzberg  
Remarks: Narrow streets and good path through Alpine meadows at the foot of the rugged rock- massif Lohner (3049m).

Way: 1.5h, HD 300m

Gilbach - Eselmoos - Boden circular walk (passably by baby carriage)

Trail (56, 57): Riseten street(56), Münti, Rehärta, along Geils creek to Eselmoos street, then down the valley passing Eselmoos (57) and Boden, back to the village.

Remarks: Good, walking path along the Allenbach- and Geils- creek through the woods and pastures .Narrow Eselmoos street with few traffic.

Circular trail: 2h, HD 140m

### **Short Alpine hikings in the surroundings of the village Adelboden**

Via Schwandfeldspitz(2026m) to Schärmtanne \*\*\*



Panoramic view Engstligen valley , Wildstrubel and Engstligen waterfalls and part of the Bernese Alps.

Trail (77): Climb from cableway mountain station Tschenten (1940m) to Schwandfeldspitz, 0.25 h, HD 90m

Remarks: Descent through flower-filled Alpine meadows and mountain forest. On good path to Schärmtanne( restaurant) 1,75h, HD -540m. From there to the village on street with few traffic (or ride on horse-carriage ) 0.5h HD -130m.

Round trail: 2,5 hours, HD -770m

[www.alpenferien.ch](http://www.alpenferien.ch): Find apartments and holiday homes in Adelboden -Lenk



Tubefels: 1536 m \*\*\* (passably by baby carriage)



Viewpoint over the village of Adelboden

Trail: Marktplatz, Senggi street(53) on Tubefels; additional trail: On upper Hörnli- trail to Höreli (+ 0.5h).

Remarks: Excellently prepared hiking trail, car-free from end of village through mountain forest.

Way 0.75h, HD 160m

Fluweid: 1610m



Beautiful view of Engstligen-valley, Wildstrubel (3243m), Lohner (3049m), Gilbach-valley, Stiegelschwand , Albristhorn(2762m) and Wildhorn (3248m)

Trail (53): Market Square, Senggi street, Senggi to Fluweid; Additional hike: On "way of Switzerland" to Schärmtanne (+ 0.75 h)

Remarks: Good path, car-free from end of village through mountain forests and Alpine meadows.

Way 1h, HD 250m

### Schärmtanne, along the Allenbach(creek)



Trail (52): Risetensträssli, the heated(25 °C) panoramic swimming pool in Adelboden, "In the Münti" ,Rehärta, barbecue-spot at the Allenbach(creek) to Schärmtanne (restaurant).

Remarks: Good hiking way along the Allenbach is lined with shady trees and is car-free.

Way 1h, HD 180m

### Hörelt and upper Hörnli -trail ,round trip (passably by baby carriage)

Beautiful view of Engstligen-valley, Niesen- mountain range, Justistal, Frutigen, Aeschi and Beatenberg.

Trail: (50) Via Schmittengraben, lower Hörnli-trail on Hörelt, return on upper Hörnli- trail to Tübefels. Then descent to the market square in the village.

Remarks: Hike on lower trail on hard surface to meadows and forest. The trail outside the chalets is car-free and without hard surface.

Round trip: 2h, HD 220m.

[www.alpenferien.ch](http://www.alpenferien.ch) Here you will find an accommodation of this holiday region.

## High-Alpine mountain summits in Adelboden easy to climb

Necessary equipment:

- Sturdy boots with strong and non-slip soles
- Backpack with food and drinks, weatherproof and warm clothing
- Hiking map Adelboden Tourisme 1: 25 000

Rules:

- Never hike alone
- Inform relatives or friends before starting
- If caught in an unexpected storm or fog, you are advised to find suitable shelter and wait patiently
- In an emergency, give audible or visual signals at regular intervals( 6 per minutes with 1 minute pause)

### Ammertenspitz 2613m \*\*\*



Beautiful viewpoint with panoramic view of the Engstlental and upper Simmental, Bernese Alps (from the Eiger to Oldenhorn) into Ammertentäli on Wildstrubel (3254m) and Ammertengletscher(glacier).

Trail (108): From aerial tramway mountainstation Engstligenalp Adelboden via Rossfärich, Schönbüel, Ammertepass to Ammertenspitz.

Remarks: Mountain trail through flowery alpine meadows overlooking Strubelgletscher to Ammertepass (2443m), then you will see the glaciers of the Wildstrubel at close range. From Ammertepass steep climb to Ammertenspitz. Maybe you'll see chamois and mountain marmots.

Variation: For experienced mountaineers the ascent from Hahnenmoos Pass (88) via Luegli to Ammertenspitz is very recommended. This path is provided with stairs.

Way: From aerial tramway mountain -station Engstligenalp Adelboden: 2,75h, HD 580m



## Engstliggrat(Ortelenpass) 2659m \*\*\*



Beautiful view of Balmhorn (3699m), Altels (3629m), Rinderhorn (3453m), the Weisshorn (4505m) and Wildstrubel Trail (109): Cableway mountain-station Engstligenalp Adelboden at the foot of the rocky peaks of Tschingellochtighorn (2735m).

Additional variant as round trail: Recommended via Chindbettipass (+ 2h ) if traversal below Chindbettihorn is free of snow.

Remarks: Mountain trail overlooking to Strubelgletscher. With a little luck you can see ibexes on the top part and mountain marmots.

Way: 3h, HD 700m.

### Tierhörnli 2894m

View of the Valais Alps and Balmhorn, Altels, Tälligletscher, Tällisee, Wildstrubel (3243m) and Steghorn (3146m). Trail (at beginning 111): From the cablecar-mountainstation Engstligenalp Adelboden through flowery alpine meadows passing Märbenen and Dossen with small lake via Chindbettipass (2623m) by overlooking Strubelgletscher to the summit.

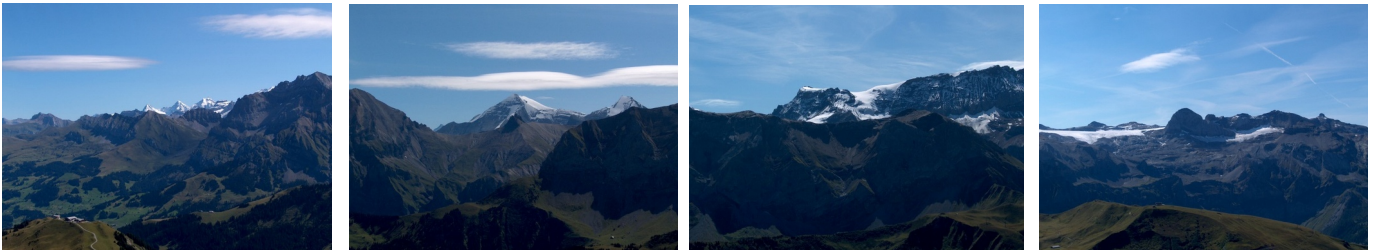
Remarks: Mountain path to Chindbettipass. After the pass there is no path, only rubble and snow. In early summer an ice pick is recommended. Only for experienced mountaineers.

Way: 4h, HD 930m.

## Tierberg 2371m



## Panorama Laveygrat



Panoramic view of the Bernese Alps, Freiburger Pre-Alps, Obersimmental, Hahnenmoos, Wildstrubel (3254m) and Toti Äbeni (Glacier de la Plaine Morte).

Trail (96): From gondola mountain-station Sillerenbühl Adelboden via Laveygrat to Tierberg.

Remarks: Path through flowery Alpine meadows. Maybe you'll see chamois and mountain marmots. Additional hike for experienced mountaineer: On the ridge to the Albristhorn (2762m) (+ 1,75h, HD 300m). Partially without path.

Way to Tierberg: 1.5h, HD 400m.

Rägapöli(Regenbolshorn) 2193m \*\*\*





Panoramic view of Wildstrubel with Ammertenglacier and 'Toti Äbeni' (Glacier de la Plaine Morte), Wildhorn (3254m), Geils and Ammertentäli.

Trail (88): Broad path from the gondola mountain-station Sillerenbühl with beautiful view via Hahnenmoospass (restaurant and mountainstation) , "uf em Blatti" , Walislegi , then steep and narrow climb to Rägepöli.

Remarks: Walking through flowery alpine meadows. Maybe you'll see mountain marmots.

Variant: A detour from Hahnenmoospass via Metschstand is very recommended (+ 0.5h).

Way: 2h, HD 200m

Bunderspitz 2546m \*\*\*



Panoramic view Engstligerental and Kandertal, beautiful view of the Bernese Alps (UNESCO World Natural Heritage Jungfrau-Aletsch), Gasterental and Oeschinensee.

Trail (64, 116): Via Schulgässli , Schützenbrücke, Bundertal to Bunderalp. Mountain path (116) from Bunderalp on Bunderspitz.

Remarks: Trail over flowery Alpine meadows into the rocky and vegetation-free zone. You'll see chamois or ibexes.

Additional: On descent a detour to Bunderchrinde (2385m) + 0.5 h is very recommended.

Short variant with taxi or private car (seek for permit at local authority): Hiking from Bunderalp: 3h, HD 800 m

Way: 5h, HD 1300m

## Elsighorn 2341m \*\*\*



Beautiful panoramic view Engstligerental and Kandertal, Blüemisalpe (3663m) and eastern Bernese Alps (UNESCO World Natural Heritage Jungfrau-Aletsch).

Trail (124): From aerial tramway mountain-station Elsigalp to Elsighorn.

Remarks: Through gentle, flowery and wide Alpine meadows on the summit.

Additional variant at descent: A detour to Elsigsee with his gnarled trees and Brandsee with barbecue spot is recommend.

Way: 1.5h, HD 540m

### **General Information**

Hiking suggestions with \*\*\* are very recommended.

Recommended Map: Hiking Adelboden 1: 25,000, published by Kur- und Verkehrsverein (Tourist Centre) Adelboden.

[www.alpenferien.ch](http://www.alpenferien.ch) Here you will find an accommodation of this holiday region.

Phone numbers: Emergency 144 , Police 117, European emergency 112

All liability claims are rejected. Everybody hikes in own risk.

Please report any errors or incorrect information to:

[fritz.lauber@bluewin.ch](mailto:fritz.lauber@bluewin.ch)