



**ADELBODEN**

# Welcome

**DESTINATION GUIDE ADELBODEN**  
ALL YOU NEED TO KNOW FOR A GREAT HOLIDAY

WINTER **ENG**



ADELBODEN LENK  
KANDERSTEG



## Welcome

Here we are again – winter in Adelboden. And with it come miles of pistes, dozens of welcoming restaurants and countless indoor and outdoor activities – simply everything that makes a break in the Bernese Oberland both exciting and relaxing. But who can do everything at the same time in the Engstlige Valley? A look at the Destination Guide is a great place to start and on the following pages we have listed the cornerstones for a fulfilling mountain holiday.

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# Highlights



## SKIRESORT

Adelboden-Lenk ... dank! with its over 200 km (125 miles) of ski pistes is one of the top ski regions in Switzerland.



## AUDI FIS SKI WELTCUP

The dreaded Chuenis piste is a challenge, the atmosphere is breathtaking, and the occasion is legendary. #chuenis



## FONDUE AND SLEEPING IGLOO

A fine fondue in the middle of the ice – in the igloo restaurant on Engstligenalp you will experience two Swiss originals in a unique liaison.



## GIANT SWING

First a gondola lift, then the giant swing. The perfect opportunity for an action photo is only two minutes away from the Tschentenalp mountain station.



## TROPENHAUS FRUTIGEN

Interactive exhibition, exotic flora, fish farming and culinary delights all under one roof.



## «ALPAUFZUG» ENGSTLIGENALP

The water of the thundering Engstlige Falls cascades in two mighty torrents from a height of about 600 metres into the valley below. This makes them among the longest waterfalls in Switzerland.



## WATER CASTLE

The Engstligen Falls, 600 m (approx. 2000 ft) from top to bottom, are the second highest in Switzerland.



## CHAMBER MUSIC

Young musicians and well known ensembles gather in Adelboden for the Swiss Chamber Music Festival in September.



## TROTTLAND (DOWNHILL SCOOTER TRAILS)

7 trails, 45 km (28 miles): Endless descents on two wheels between Silleren Hahnenmoos and Adelboden village. The perfect way to discover Vogellisi Mountain.



## HIKING PARADISE

With 300 km (nearly 200 miles) of hiking paths and countless lookout points, the region is beautiful wherever you turn.

# Winter Events

## CURRENT EVENTS

Instantly find out what's on. Simply scan the QR code and see when the next cultural highlight is taking place – an agenda full of music, tradition and good-natured competition.



[adelboden.ch/en/events](https://adelboden.ch/en/events)



## Digital Dorfstrasse Adelboden

The Dorfstrasse in Adelboden is well-known for shops offering selected traditional products and specialities, and its high-quality services. Quality goods are now also available to guests and locals around the clock and even more flexibly thanks to Digital Dorfstrasse.

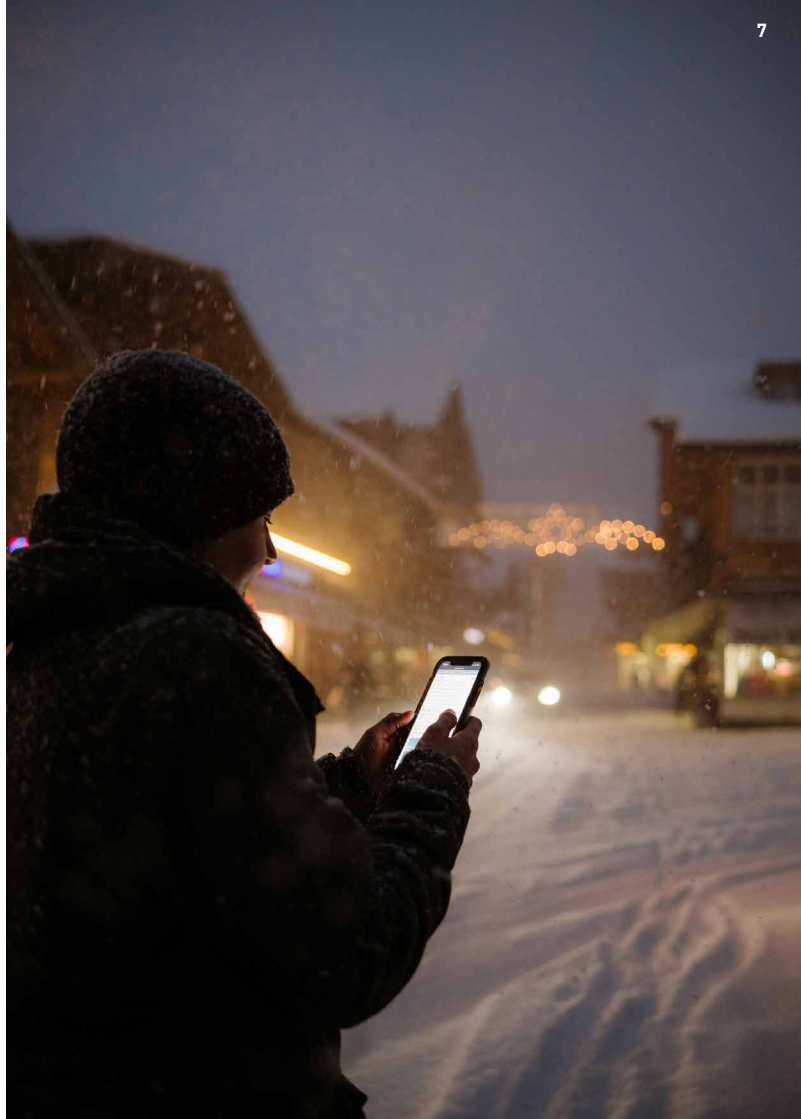
Food and souvenirs can be ordered online and obtained in a way that suits you:

- from Vogellisi-Welt on Dorfplatz every day between 1 pm and 11 pm.
- at any time of the day or night from one of the two pick-up boxes.
- to your front door in Adelboden several times a day.
- by postal delivery anywhere in Switzerland.

**GO HERE TO THE  
ONLINE SHOP**



[digitaledorfstrasse.ch](https://digitaledorfstrasse.ch)



## Good to Know

The Tourist Destination Adelboden-Lenk-Kandersteg reaches from Kiental and Kandersteg to Adelboden, Frutigen and Lenk.

### **TOURIST CENTER & MOUNTAIN LAB ADELBODEN**

Help desk, hotel room bookings, apartments and packages, sale of hiking passes, maps, souvenirs, rental from workspaces and meeting rooms.

Dorfstrasse 23  
3715 Adelboden  
+41 (0)33 673 80 80  
adelboden.ch  
adelboden@be-welcome.ch

### **GUEST CARD**

Every overnight guest pays the tourist tax – but why? Can you find an overview at [adelboden.ch/en/tourist-taxes](http://adelboden.ch/en/tourist-taxes). All overnight guests to Adelboden are required to pay this tax in return for a guest card which entitles you to attractive discounts where indicated. You can get a Guest Card directly from your local host. Your benefits: see page 14

### **CAR PARK ADELBODEN**

Free use of the covered car park during the first hour. More details about parking charges are provided in Tourist Center Adelboden or at 3715.ch  
+41 (0)33 673 10 68  
parkhaus@3715.ch

### **MUNICIPAL CAR PARKS ADELBODEN**

Locations: Nursing home, Leisure and Sports Arena, Schönbühl, Schmittengraben, Marktplatz, Friedhof, Gilbach, Boden-Wendeplatz. A leaflet with prices is available from Tourist Center Adelboden or at 3715.ch.

### **PARKING AT CABLE LIFTS (BERGBAHNEN ADELBODEN AG)**

At Parking Führenweidli (P1) daily charges of CHF 5.– apply during the regular opening hours of the cable lifts (8am–5pm). No overnight parking permitted.

### **PUBLIC ELECTRIC FILLING STATIONS**

4 places car park Adelboden  
1. UG,  
6 places valley station Silleren-  
bühl (Oey),  
2 places valley station  
Engstligenalp (Unter dem Birg),  
2 places Schlegelstrasse 10,  
2 places Märitplatz Adelboden

### **BANKS, ATM/CASHPOINTS**

**Berner Kantonalbank BEKB**  
Dorfstrasse 31, Adelboden  
**Spar- u. Leihkasse Frutigen AG**  
Dorfstrasse 30, Adelboden

**Raiffeisenbank Frutigland**  
Landstrasse 6b, Adelboden

**Post Adelboden**  
Dorfstrasse 6, Adelboden

### **MONEY EXCHANGE**

Monday–Friday at all banks  
in Adelboden.  
Saturday morning at the  
Post Adelboden.

### **PUBLIC SHOWERS**

Freizeit- und Sportarena,  
CHF 5.– per person on request  
+41 (0)33 673 17 77

### **WASTE DISPOSAL ADELBODEN**

General waste must be deposited in official, tax-paid refuse sacks. Locations: Public collection points at Zeligstrasse and Schlösliplatz Boden, Alte Kehrriechmühle Neuweg, Adelboden.  
+41 (0)33 673 82 10  
3715.ch

### **THRIFT SHOP ADELBODEN**

Tuesday, Friday and Saturday  
2pm–4.30pm  
Landstrasse 62, Adelboden  
+41 (0)79 867 37 25  
frauenvereinadelboden.ch

**IMPORTANT PHONE NUMBERS**

Emergency medical services	144
Local emergency medical service	+41 (0)33 671 11 11
REGA (flying ambulance)	1414
Air-Glaciers	1415
Police	117
Fire brigade	118
Police station Adelboden	+41 (0)33 356 85 21
Tourist Center & Mountain Lab Adelboden	+41 (0)33 673 80 80
AFA Bus Company Adelboden	+41 (0)33 673 74 74
Railway station Frutigen	+41 (0)58 327 39 39
AFA Taxi, Adelboden	+41 (0)75 415 15 15
ABC Funk-Taxi Bergmann, Adelboden	+41 (0)33 673 28 48
Advance reservation essential	
Lost and Found Adelboden	+41 (0)33 673 80 80

**DOCTORS**

Local emergency medical service	+41 (0)33 671 11 11
Hospital Frutigen	+41 (0)33 672 26 26
Adeldoc, Adelboden	+41 (0)33 673 26 26
Adelpharm AG   Pharmacy Adelboden	+41 (0)33 673 13 75

**DENTIST**

Dr. med. dent. Tobias Pflug, Adelboden	+41 (0)33 673 08 08
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**VETERINARY**

Veterinary group practice Lindenmatte AG, Frutigen	+41 (0)33 671 30 00
Dr. med. vet. Andrea Feist, Frutigen	+41 (0)33 671 15 60



# Accommodation

## BOOK NOW

With wellness facilities or cabin-style? The choice of your alpine home-from-home is as broad as it's long. Find the perfect four walls for a dream holiday – from chalets and apartments to hotel or guest-house rooms.



[meine-berge.ch/en/  
planning-booking](https://meine-berge.ch/en/planning-booking)

## TIP



### NEWSLETTER

Stay informed with short news stories. With the best from our three valleys, subscribers learn first-hand what the next alpine month has in store. [meine-berge.ch/en/newsletter-subscription](https://meine-berge.ch/en/newsletter-subscription)





## Benefits with the guest card

### PUBLIC TRANSPORT INCLUDED

Mobile with just one overnight stay. With your personal guest card, you will enjoy free travel on public transport in the region and benefit from free or discounted offers.



[meine-berge.ch/guestcard](https://meine-berge.ch/guestcard)

### TIP



#### CROSS-COUNTRY SKI TRAILS ENGSTLIGENALP

Glide longer under the Wildstrubel – the mighty high plateau at 2000 m above sea level combines guaranteed snow and a magnificent mountain panorama for cross-country skiing.



# Cable Cars

## CURRENT OPERATING HOURS

What time does the gondola lift leave? Simply scan the QR code and find out about transport operating times and when the mountain restaurants are open.



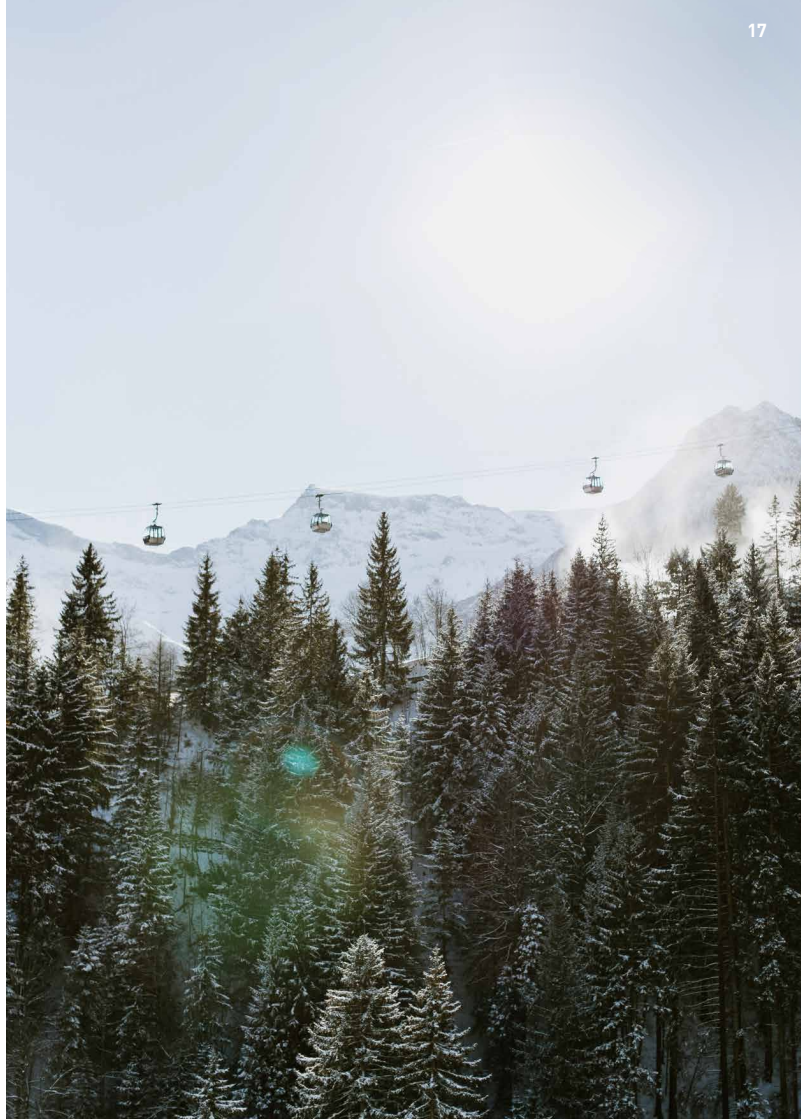
[meine-berge.ch/en/timetable](https://meine-berge.ch/en/timetable)

## TIP



### UPGRADE YOUR SKI DAY!

Check-in and head for the slopes. If you buy your Ski Pass in advance, you can use the mountain transport system from 3 pm on the day before your pass is officially valid.



# Public Transport

## FROM ADELBODEN, POST

→ 232 Unter dem Birg	→ 235 Hotel Alpina	→ 232 Ausserschwand	→ 237 Gilbach, des Alpes*	→ 236 Schermtanne	→ 230 Frutigen- Kandersteg
7 <sup>A1</sup>	8.15	7.23 <sup>A1</sup>	9.26	6.55 <sup>A1E1</sup>	5.37 <sup>A1C1</sup>
8	8.45	8.10 <sup>D1</sup>	11.26	7.45 <sup>A1E1</sup>	5.51
8.30 <sup>D1</sup>	9.15	8.40	13.26	8.08 <sup>H1</sup>	6.22 <sup>A1</sup>
9 <sup>F1</sup>	9.45	9.10 <sup>D1</sup>	15.36	9.03	6.51
9.30 <sup>D1</sup>	10.45	9.40 <sup>F1</sup>	16.26	10.03 <sup>D1</sup>	7.25 <sup>C1</sup>
10 <sup>F1</sup>	11.45	10.10 <sup>D1</sup>		12.03	7.51
10.30 <sup>D1</sup>	14.35	10.40		13.03	8.25 <sup>B1C1</sup>
11	15.05	11.10 <sup>D1</sup>		15.03 <sup>G1</sup>	8.51
11.30 <sup>D1</sup>	15.35	12 <sup>F1</sup>		15.13 <sup>D1</sup>	9.25 <sup>B1C1</sup>
12.20 <sup>F1</sup>	16.05	12.30 <sup>D1</sup>		16.03	9.51–14.51 all 60min.
12.50 <sup>D1</sup>	16.35	13		17.03	15.25 <sup>B1C1</sup>
13.20	17.05	13.30 <sup>D1</sup>			15.51
13.50 <sup>D1</sup>	17.35	14 <sup>F1</sup>			16.25 <sup>C1</sup>
14.20 <sup>F1</sup>		14.30 <sup>D1</sup>			16.51
14.50 <sup>D1</sup>		15 <sup>F1</sup>			17.25 <sup>C1</sup>
15.20 <sup>F1</sup>		15.30 <sup>D1</sup>			17.51
15.50 <sup>D1</sup>		16 <sup>F1</sup>			18.25 <sup>A1C1</sup>
16.20		16.30 <sup>D1</sup>			18.51–21.51 all 60min.
16.50 <sup>D1</sup>		17			22.25
17.20 <sup>F1</sup>		17.30 <sup>D1</sup>			
18 <sup>D1</sup>		18 <sup>F1</sup>			

All information subject to change without notice.

### DETAILED TIMETABLE



sbb.ch/en

<sup>A1</sup> Monday – Friday | <sup>B1</sup> Saturday, Sunday + Public holidays | <sup>C1</sup> Terminates at Fruitgen train station | <sup>D1</sup> 26 December – 31 March 2024 | <sup>E1</sup> 11 December – 22 December, 8 January – 1 March, 18 March – 8. May | <sup>F1</sup> 10 December 2023 – 5 May 2024 | <sup>G1</sup> Monday, Tuesday, Thursday, 11 December – 21 December, 2 April – 7 May | <sup>H1</sup> 23 December – 7 January, 2 March – 17 March, 11 May – 26 May | \*with connection Bergläger-Geils

A panorama taking in the Lohner, Wildstrubel and Albristhorn is a big clue: the top ski area of Adelboden-Lenk is one of the most extensive in Switzerland. Most of the 200+ kilometres of pistes are certain to have snow, expertly prepared and regularly receive international awards. The huge choice of exciting facilities such as fun slopes or ski cross tracks also contributes to the attractiveness of the region. And for those who prefer to cheer on rather than ski down, the finishing arena of the Adelboden Ski World Cup races is ready and waiting.

# Passion

## Rates 2023 | 2024

### INTRODUCING OUR DYNAMIC PRICING SYSTEM

The earlier you book, the better the deal: from this winter, visitors to the Adelboden-Lenk ski-region and the Engstligenalp, Tschentenalp and Elsiggen-Metsch will be able to take advantage of our new dynamic pricing system.



[adelboden-lenk.ch/en/Shop](https://adelboden-lenk.ch/en/Shop)

Flexible rates during the week and in the off-season mean there are bargains to be had for smart snow-sports enthusiasts. For those looking to add extra days to multi-day passes or for group rates, it's also worth comparing daily prices.

So, a timely visit to the web shop using this QR code could really pay off.

### TIP



#### SNOW REPORT

Proper equipment in the snow is vital but so is up-to-date information. Useful details about the weather, pistes and ski lifts can be in our Snow Sports Report at [meine-berge.ch](https://meine-berge.ch).



## Mountain Restaurants and Snow Bars

The ski region Adelboden-Lenk is well-known for the large number of mountain taverns and snow bars where you can take a break. Although each is different, they are all comfortable, authentic and welcoming. On average, that's one every 5 km or 3 miles. Cheers!

### **REGION ELSIGEN-METSCH/ FRUTIGEN**

Berggasthaus Höchst  
Berghaus Elsigenalp  
Gasthaus Elsigbach  
Restaurant Elsighütte  
Schneekurve  
Spycherbar

### **REGION ENGSTLIGENALP/ ADELBODEN**

Berghotel Engstligenalp  
Bockbar  
Fondue-Iglu  
Raclettehütte  
Restaurant Bergbach  
Restaurant Stäghorä  
Restaurant Steinbock

### **REGION TSCHENTENALP/ ADELBODEN**

Alphüttli  
Restaurant Tschentalp

### **REGION CHUENISBÄRGLI**

Burrizun Bar  
Restaurant Chuenisbärgli

### **REGION SILLEREN- HAHNENMOOS- METSCH/LENK**

Berghotel Hahnenmoospass  
Chüebodmi  
Chüejer Stuba  
Chumihütte  
Gran Masta Bar  
Huls's Saagibar  
Iglu-Schneebar  
Ötzi-Bar  
Ranger Treff Aebi  
Restaurant Aebi  
Restaurant Bühlberg  
Restaurant Des Alpes  
Restaurant Geilsbrüggl  
Restaurant Sillerenbühl  
Skilehrer-Hütte  
Snow Beach Lodge Metsch  
Standhütte Metsch  
Südschneebar  
Wunderbar



# SHAPE YOUR STYLE

**SKI ❄️ SNOWBOARD ❄️ CROSS-COUNTRY ❄️ TELEMARX**

**Schweizer Skischule Adelboden**

Dorfstrasse 23 | CH-3715 Adelboden | T +41 33 673 80 90  
skischule@adelboden.ch | www.skischule-adelboden.ch

## SKI AND SNOWBOARD SCHOOLS

### Swiss Ski School Adelboden

Group Lessons Ski and  
Snowboard:

25 December 2023  
to 5 April 2024

Day classes for children  
Monday–Friday.

Day classes for adults  
Monday–Wednesday.

Ski school at the district of  
Boden: 29 January 2024  
to 3 March 2024

Please check the current  
dates and lesson times online  
at [skischule-adelboden.ch](http://skischule-adelboden.ch)

Globi Ski School Engstligenalp:  
15 January 2024 to 7 April  
2024, Saturday and Sunday,  
11am–13pm

Private coaching: skiing,  
snowboarding, tele-marking  
or cross country skiing, daily.  
All prices and more offers  
can be found under  
[skischule-adelboden.ch](http://skischule-adelboden.ch)  
+41 (0)33 673 80 90

### FURTHER INFORMATION



[skischule-adelboden.ch](http://skischule-adelboden.ch)

### TIP



### EARLY BIRD

A lesson of skiing with a top qualified ski coach!  
Perfectly prepared slopes, at the best time of day!  
Meeting Point: 8.30am on Sillerenbühl

**SKIING BY NIGHT****Chuenis by night,  
Chuenisbärgli**

Every Friday from 7pm, between 2 February and 1 March 2024  
Skiing by night at the legendary Chuenisbärgli World Cup piste. Unique musical show. Free of charge with a valid ski ticket.

**Hampy-Lift, Boden**

Early in December 2023 to end of February 2024 (depending on snow conditions), Wednesday and Saturday from 7pm–9pm

**Gody-Lift, Boden**

Winter 2023/2024 (depending on snow conditions), Tuesday and Friday 7pm–9pm

**SKI AND SNOWBOARD HIRE****Adelboden/Village****Aellig Sport**

Dorfstrasse 62  
+41 (0)33 673 03 80  
aellig-sport.ch

**Crazy Sports Ltd**

Dorfstrasse 20  
+41 (0)33 673 30 00 (Snowboard)  
crazy-sports.ch

**Hari Sport**

Dorfstrasse 17a  
+41 (0)33 673 02 70  
harisport.ch

**Oester Sport**

Dorfstrasse 25  
+41 (0)33 673 16 25  
oestersport.ch

**Base stations/Mountain****Rent Center Engstligenalp**

+41 (0)78 843 02 71  
harisport.ch

**Rent Center Sillerenbahn**

Fuhrenstrasse 11  
+41 (0)33 673 12 10  
birchersport.ch

**Bircher Sport Boden**

Fuhrenstrasse 11  
+41 (0)33 673 12 10  
birchersport.ch

**Rent Center Elsigbach**

+41 (0)33 671 26 03  
zuercher-sport.ch

**Skitestcenter Metsch/Höchst**

+41 (0)79 656 72 26  
skicenter-metschalp.ch

**Wale's Skicenter Elsigenalp**

+41 (0)33 671 18 28  
wales-skicenter.ch

**TIP****VOGELLISI PISTE**

Eight fun elements, one legendary figure. Between Hahnenmoos and Geils, Adelboden's cult herb lady can now also be found in winter – at the region's latest family highlight.



The freshly fallen snow of the Oberland easily finds every rock formation and fir branch, and the choice of hiking trails in Adelboden's winter world is just as accessible. Whether you want to explore the region for a day or a fortnight with your Hiking Pass, prefer a short walk around the village or set out to cover the entire Engstligenalp plateau, you can always find a suitable route and a convenient way to get there by bus or cable car.



### HIKING PASS

Valid for hikers, sledgers and cross country skiers on chair lifts and cable cars. For hikers also on the chair lifts Möser-Tschentenalp (uphill only), Chuenisbärgli and Aebi-Sillerenbühl (uphill only).

### SALES OUTLETS

Tourist Center Adelboden, as well as all cable car stations. Maps for winter hiking are available at [adelboden.ch](http://adelboden.ch) or from Tourist Center Adelboden.

### PRICES 2023 | 2024



[adelboden-lenk.ch/en](http://adelboden-lenk.ch/en)



## Hiking Tips

### HÖRNLIWEG

For some this is a Sunday walk, for others a two-hour circular route, but the spectacular view of the upper valley can be enjoyed by everyone. Starting at Schmittengraben, this sun-lit trail leads through deep-snow forests as far as Hörnli and Taubenfels.

### TSCHENTENALP-SCHERTANNE

First colourful gondolas, then a leisurely descent: this 90-minute tour leads from the mountain station 480 metres downhill. The physical demands are moderate – but the experience factor in the midst of the alpine landscape is all the higher for it.

### SILLERENBÜHL-AEBI

This one-hour trail meanders along the side of the frozen lake and edges of the snowy forest. In contrast, the view of the valley as far as Aeschi and Beatenberg is one straight line. Still not tired? Great! From Aebi, there are several ways you can extend your hike further.

### ENGSTLIGENALP

A silent world of its own. Like an enormous white tablecloth the powder snow covered plateau at 2000 m above sea level. There are neither steep climbs nor confusing terrain on this one-hour walk, but instead peace, space and crystal clear air.

#### MORE HIKING TIPS AND INFORMATION



[adelboden.ch/en/  
winter-hiking](https://adelboden.ch/en/winter-hiking)



## SLEDGING\*

### Tschentalalp

SchlittelPark (Sledge Park)  
Adelboden  
Sledge run blue 2,2 km  
Sledge run red 2 km  
Sledge run red 1,5 km  
Sledge run red 1,5 km  
Skibock run red/black 1,5 km  
Skibock run (valley descent)  
Freeride 2 km

### Airboard Tschentalalp

Airboards are permitted on all prepared pistes in the sledging park (helmets compulsory).

### Fat-Bike Tschentalalp

Reserve your fat-bike and enjoy riding around the sledging park.[tschentalalp.ch](http://tschentalalp.ch)

Summit Station Rental:  
Airboard / Sledge/  
Skibock/Snooc/  
Balancer/Aroc etc.  
2 hours / CHF 10.-,  
Day card / 4 hours /  
Night sledging CHF 15.-.  
+41 (0)33 673 11 06  
[tschentalalp.ch](http://tschentalalp.ch)

### Silleren

Sillerenbühl–Bergläger, 5 km,  
open daily from 11am.  
Sledge hire at top station for  
one ride CHF 8.-, for the  
whole day CHF 17.-.  
+41 (0)33 952 52 52  
[vogellisiberg.ch](http://vogellisiberg.ch)

### Elsigenalp

Elsigenalp–Elsigbach, 3,5 km,  
open daily.  
Dynamic prices  
Sledge hire from CHF 10 to 16,  
hire including helmet at Rent  
Center Elsigbach  
+41 (0)33 671 33 33  
[elsigen-metsch.ch](http://elsigen-metsch.ch)

### Sledging areas Adelboden

Village, Boden, Ausser-  
schwand, Schermtanne,  
Engstligenalp.

### Snowtube Engstligenalp

Several snow tube runs,  
Single ride or day ticket  
available  
+41 (0)33 673 32 70

## CROSS COUNTRY SKIING

### Boden-Unter dem Birg

13 km skating and classical

### Engstligenalp

8 km skating and classical

### Elsigenalp-Metsch

1,5 km skating

CHF 7.– per day with Guest  
Card, other rates on request.

Cross country ski tuition  
with the Swiss Ski School  
Adelboden.

+41 (0)33 673 80 90  
[skischule-adelboden.ch](http://skischule-adelboden.ch)



### TIP



### NIGHT SLEDGING EVENT ON THE TSCHENTALALP

Each Wednesday and Saturday from  
27 December 2023 to 16 March 2024.  
Except Saturday 6 January 2024.

\*The prices are subject to change without prior notice.



## Indoor Activities

### LEISURE AND SPORTS ARENA ADELBODEN

+41 (0)33 673 17 77  
arena-adelboden.ch

#### Things to do

The Leisure and Sports Arena offers a wide range of activities all year round, regardless of the weather:

- Ice rink for ice skating, ice hockey and curling
- Curling hall with four rinks
- Bowling alley with six lanes, Bar/Bistro with snack menu
- Climbing hall with separate bouldering room
- Jack's Eventlokal
- Teaching/seminar rooms
- «Escape Adelboden»

#### Ideas for groups and companies:

- Social ice hockey
- Social curling with instructor
- Social ice stick curling
- Ten-pin bowling

For groups outside normal hours also available. Advance reservation essential.

#### OPENING HOURS AND FURTHER INFORMATION



arena-adelboden.ch

### CINÉ REX ADELBODEN

#### AKTUELLES PROGRAMM



cine-rex.ch

**INDOOR SWIMMING POOL  
FRUTIGEN**

25 m pool for swimmers,  
multi-purpose pool, children's  
fun pool with small slide, whirl-  
pool for up to 12 persons plus  
relaxation room.

Monday 2pm–9pm,  
Tuesday 9am–9pm,  
Wednesday 6am–9pm,  
Thursday and Friday  
9am–9pm, Saturday  
and Sunday 10am–6pm.  
+41 (0)33 672 50 50  
sportzentrum-frutigen.ch

**FITNESS STUDIO BEAU-SITE**

Daily from 9am to 9pm  
+41 (0)33 673 82 82  
hotelbeausite.ch

**TIP**

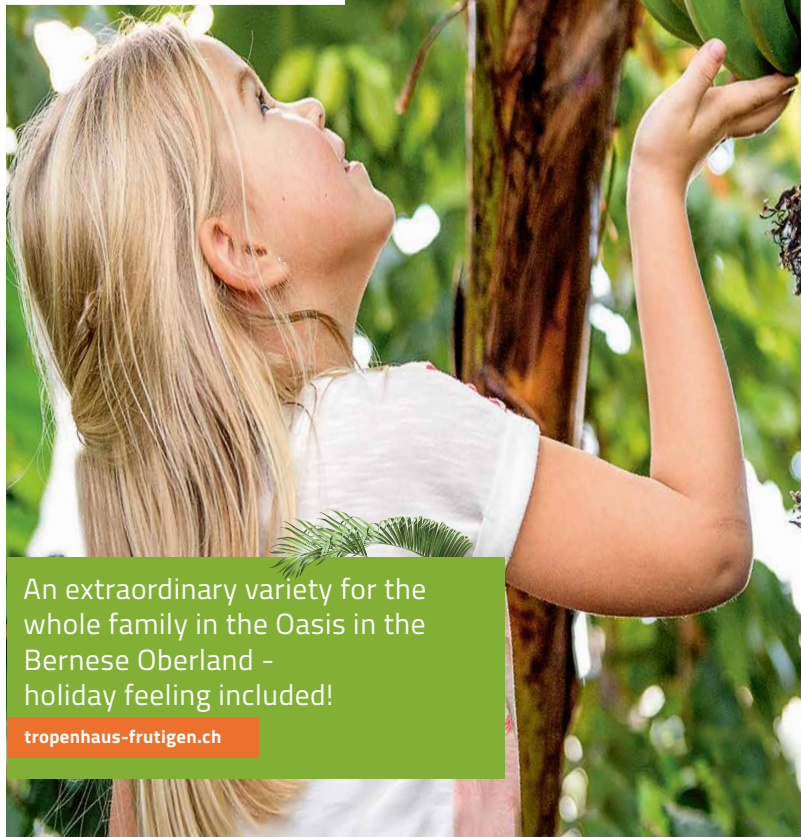


**RÖSTEREI ADELBODEN**

The Bernese Oberland company revives an old  
tradition. Of course, you can also taste the fresh  
coffee on a tour. roestereiadelboden.ch

Noon in the tropical house:

**Here we are all  
a bit banana.**



An extraordinary variety for the  
whole family in the Oasis in the  
Bernese Oberland -  
holiday feeling included!

[tropenhaus-frutigen.ch](http://tropenhaus-frutigen.ch)





## Adventure

### **ALPINE SCHOOL ADELBODEN KANDERSTEG**

#### **Winter programme**

18 December 2023 to  
7 April 2024. Reservations at  
least two days in advance

+41 (0)79 363 19 62  
info@alpenschule-adelboden.ch

#### **Monday**

Ice climbing basic course,  
9am–5pm

#### **Tuesday**

Light ski and snowboard tour,  
9am–4pm  
Snowshoe adventure,  
2pm–5pm

#### **Wednesday**

Panorama Snowshoe tour,  
10am–4pm  
Ski tour Bunderspitz 2546 m,  
8am–4pm

#### **Thursday**

Free-riding, 8.30am–4pm  
Ski tour Bundstock 2756 m,  
8am–4pm

#### **Friday**

Ski tour Wildstrubel 3243 m,  
22 December 2023 to  
3 May 2024, 8am–4pm  
Snowshoe hike incl. cheese  
raclette 6pm–10pm

#### **Sunday**

Panorama Snowshoe tour,  
10am–4pm.  
Snowshoe adventure,  
10am–1pm  
Sunday tour, 9am–4pm

#### **Further offers**

- Snowshoe hiking by moonlight
  - Snowshoe hiking and sledging plus fondue
  - Culinary snowshoe tours
  - Snowshoe adventure tours (2 hours)
  - Easy ski tour on Sundays
  - Build your own igloo
  - Avalanche survival course for skiers, snowboarders and snowshoe hikers
  - Ice climbing course
  - Indoor climbing course
  - Private session with mountain guide/coach
  - Freeride Camps
- All dates and prices are listed online:  
alpenschule-adelboden.ch  
+41 (0)79 363 19 62

**4WELLBEING**

- Snowshoe hiking by moonlight
- Guided snowshoe tours
- Meal and fun in a mountain hut
- Winter games\*
- Sensory trail\*
- Sledge and skibock fun\*
- iPad scavenger hunt in Adelboden village\*

\*ideal for groups

+41 (0)33 673 46 40

4wellbeing.ch

**MOUNTAIN TOURS FRUTIGLAND**

- Ski tours
  - Snowshoe tours
  - Avalanche course
  - Ice climbing
  - Training course
- +41 (0)79 312 92 66 or  
+41 (0)79 314 61 00  
berg-touren.ch

**FREESTYLE SKI AND SNOWBOARD PARKS**

- Gran Masta Park (GMP)  
Hahnenmoos  
granmastapark.ch
- Vogellisi Piste
- Skicross Park Aebi
- Funslope Bühlberg

- Ski-cross park Metschalp,  
Frutigen
  - Family snow park, Elsigenalp
  - SnowParkCracy, Elsigenalp
- More information under  
adelboden-lenk.ch

**TANDEM PARAGLIDING**

+41 (0)79 688 00 20

Aellig Tom

tom@paragliding-adelboden.ch

paragliding-adelboden.ch

+41 (0)79 630 98 93

info@cloud-7.ch

cloud-7.ch

+41 (0)77 522 39 77

info@paragliding-kandertal.ch

paragliding-kandertal.ch

+41 (0)78 652 77 32

s.schnidrig@bluewin.ch

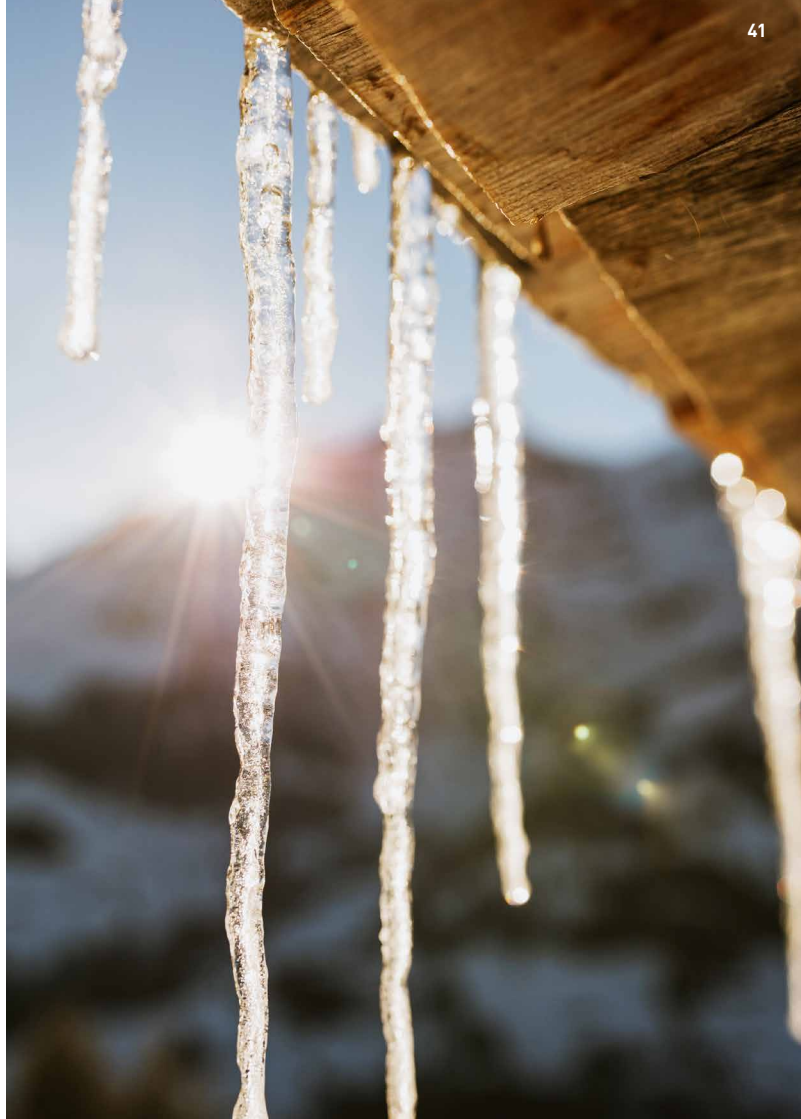
**HIKE AND FLY**

+41 (0)33 654 45 30

samuel.kropf@gmail.com

**SIGHTSEEING FLIGHTS**

Various sightseeing flights  
from Reichenbach airfield.  
rundflug@  
fluggruppereichenbach.ch  
flightgroup-ichenbach.ch



## Children and Families

### GLOBI ON ENGSTLIGENALP

The snow-covered Alp is already well-known. In an instant, the Globi cable car transports you to his winter domain. This includes skiing and snow tubing, the Globi trail and of course the famous picture-book character himself. Ready? [engstligenalp.ch/globi](http://engstligenalp.ch/globi)

### SWISS SNOW KIDS' VILLAGE «SNOWLI», ELSIGENALP

Free-of-charge children's lift, kids park, jumping cushions, carousel, piste groomer simulator, snow mountain for climbing, ski school for children, seating for parents, sunshine terrace, just 150 m from the summit station.

### SWISS SKI SCHOOL PRACTICE PARK IN GEILS

Visit the practice park and use the infrastructure. Suitable for beginners. Enjoy Snowli's world and the Ski Instructor Hut.

### HORSE CENTRE FRUTIGEN

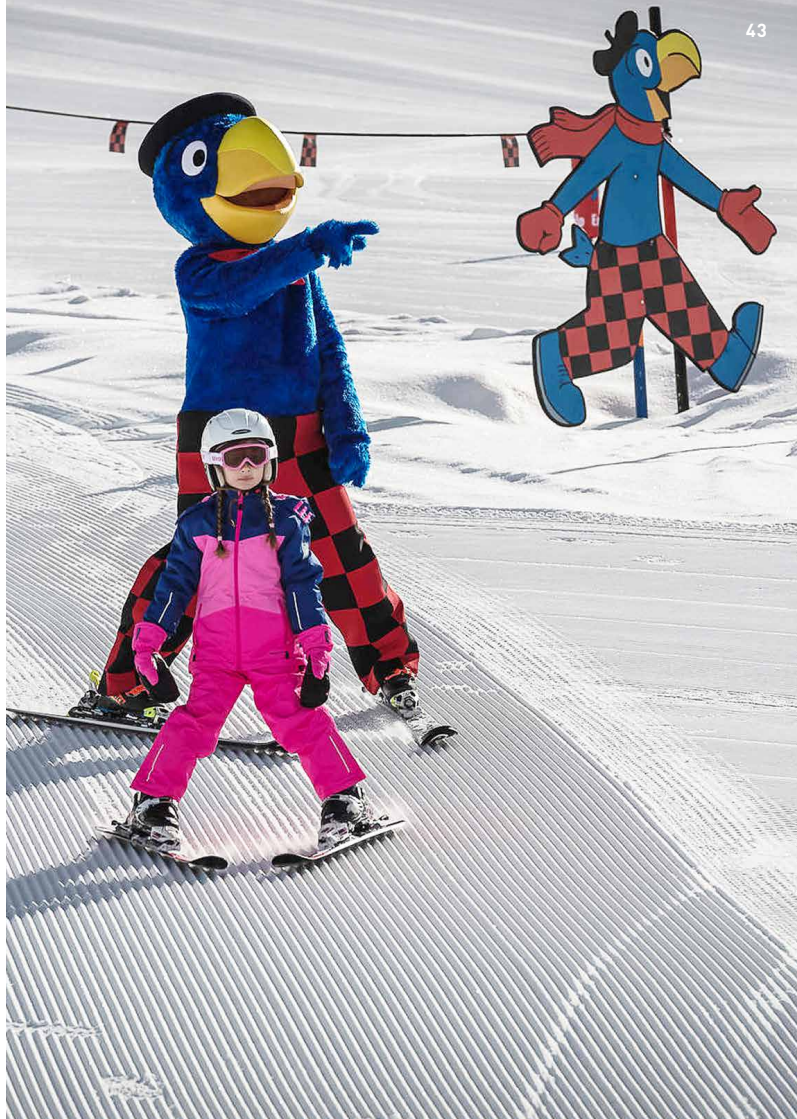
Lessons for children and adults, guided trekking, pony rides, supervised afternoon children's session, horse riding camp.  
+41 (0)76 377 16 58  
[pferdezentrum-frutigen.ch](http://pferdezentrum-frutigen.ch)

#### TIPP



#### SNOWTUBING

Today's modern sledges run on thick cushions of air. Enjoy a breathtaking descent from Engstligenalp on these giant tyres for a safe landing on the Alpine plateau.





### **LIBRARY ADELBODEN**

Monday, Tuesday and  
Thursday 3.30pm–5.30pm,  
Friday 5pm–7pm, Saturday  
10am–12noon  
+41 (0)33 673 14 19,  
bibliothekadelboden.  
jimdofree.com

### **GAMES LIBRARY ADELBODEN**

Monday, Tuesday and  
Thursday 3.30pm–5.30pm,  
Friday 6pm–8pm  
+41 (0)78 652 30 01  
ludothekadelboden.ch

### **WÄFLER'S CARRIAGE RIDES**

Saturday and Sunday  
on request  
(22 December 2023 to  
14 January 2024  
daily on request).  
+41 (0)79 747 17 30  
info@waefler-kutschen.ch  
www.waefler-kutschen.ch

#### **TIP**



#### **IPAD SCAVENGER HUNT ADELBODEN**

"Operation Cheese" is the name of the tricky outdoor event starting at the Leisure and Sports Arena. After that, your task is to solve 14 puzzles in just 90 minutes. 4wellbeing.ch





## Sights and Culture

### **TROPENHAUS FRUTIGEN**

At the foot of the Bernese Alps, there's a paradise to discover – the Tropenhaus in Frutigen. With its indoor tropical garden, permanent exhibition «How the fish came to the mountain», fish farm and unmistakable gastronomy, Tropenhaus Frutigen offers an unforgettable and unbeatable experience.

Exhibition:  
Wednesday-Sunday  
10am – 5.30pm  
(last entry 4.30pm)  
Gastronomy:  
Wednesday and Sunday  
10am – 5.30pm,  
Thursday-Saturday  
10am – 11pm  
Adults from CHF 18.–,  
children from CHF 9.–  
+41 (0)33 672 11 44  
tropenhaus-frutigen.ch

### **LOCAL MUSEUM ADELBODEN**

27 December 2023  
to 10 April 2024, every  
Wednesday 2pm–5pm.

Prices from CHF 4.–, group  
rates CHF 100.–  
Hanspeter Oester  
+41 (0)79 685 41 86

### **LOCAL CHURCH ADELBODEN**

Built in 1433, the old wedding chair, the four bells and the Giacometti windows are all well worth seeing. Open daily 9am–4pm.

### **LOCAL ARCHIVE ADELBODEN**

Open on the first Saturday of  
each month from 10am–4pm.  
dorfarchivadelboden.ch

### **WOOD CARVING STUDIO TRUMMER**

Carved Souvenirs, sculptures,  
pictures and utilitarian objects  
are available for sale.  
Tuesday–Friday 8am–12 noon  
and 1pm–6pm,  
Saturday 10.30am–12 noon  
and 1pm–4pm  
Sunday-Monday closed  
Groups on request  
+41 (0)33 673 43 06  
trummerwoodcarving.com  
Holzschnitzerei Trummer,  
Blattweg 11, Adelboden

Since the advent of alpine tourism, Adelboden has been shaped by a wide variety of influences without losing its traditional character. This is still evident today in the vast recreational landscape offered by local hotels. Here the relaxation pavillion is located next to the Finnish sauna, and from the eucalyptus steam bath you can move seamlessly to a treatment with local herbs. Other beneficial offers such as cosmetics, pedicures and massages can also be found locally and away from the larger wellness centres.

## Wellness

### **BELLEVUE PARKHOTEL & SPA, ADELBODEN**

Indoor pool 16 × 8 m (29°C), outdoor salt water pool (34°C), Himalayan salt sauna, bio sauna, Finnish sauna, eucalyptus steam bath, floral steam bath, fitness and cardio-vascular training area, relaxation pavilions (total area 1700 m<sup>2</sup>). Beauty and massage treatments available on request.

Daily on request  
+41 (0)33 673 80 00  
bellevue-parkhotel.ch

### **ADLER ADELBODEN**

Wellness oasis with indoor and outdoor pools (32 °C), whirlpools, sauna, steam bath, Kneipp treatments, sensory-showers, caldarium, ice grotto, solarium, rest area, body wraps and massages.

Daily on request  
+41 (0)33 673 41 41  
adleradelboden.ch

### **THE CAMBRIAN DESIGN-HOTEL & SPA**

Indoor (28 °C) and outdoor (32 °C) pool, finnish sauna, steam bath, multi-sensory showers, Kneipp pool, relaxation area. Cardio-oriented, sun terrace by the pool. Fitness area, beauty and massage treatments. Daily on request

+41 (0)33 673 83 83  
thecambrianadelboden.com

### **BOUTIQUE CHALET-HOTEL BEAU-SITE**

Sauna area with Finnish sauna, infra-red sauna, sanarium, steam bath, rest area, outdoor section and fitness studio and massage. Daily on request

+41 (0)33 673 22 22  
hotelbeausite.ch



# Balance

**HOTEL BRISTOL**

Bio-sauna, Finnish sauna,  
steam bath, whirlpools,  
adventure showers, solarium,  
rest area, massages.

Daily on request

+41 (0)33 673 14 81

bristol-adelboden.com

**TIP****RACLETTE REFUGE**

On the Engstligenalp, cheese is made in summer and enjoyed in winter. December sees the opening of the new raclette hut – right on the cross-country skiing trail.

**SAUNA**

**Familienhotel Alpina**

+41 (0)33 673 75 75

**COSMETIC TREATMENTS  
AND HAIRDRESSERS**

**Bellevue Parkhotel & Spa,**

**Relais & Châteaux**

+41 (0)33 673 80 00

**The Cambrian**

**Design-Hotel & Spa**

+41 (0)33 673 83 83

**Coiffure-Beauté Vreni**

+41 (0)33 673 21 38

**Lasteph Beauty**

+41 (0)33 673 16 94

**Coiffeur Chalet**

+41 (0)33 673 05 08

**PEDICURE**

**Allenbach Heidi**

+41 (0)79 858 99 52

**Pieren Susanne**

+41 (0)33 673 44 30

**MASSAGE AND THERAPY**

**Rebekka Spiess**

Dorn and APM Therapist

Dipl. Hypnotherapist

+41 (0)78 870 00 50

gesundheitspraxis-

adelboden.ch

**Med. Massage Enzian**

Eveline Müller

Certified professional

masseuse SPA

+41 (0)79 385 93 08

massage-enzian.ch

**Praxis Muntanella**

Tamara Läubli

Med. Masseurin eidg. FA

Kinesiologin

+41 (0)79 554 19 48

praxis-muntanella.ch



# The ticket for speedsters

Your next adventure with BLS:  
[bls.ch/excursions](https://bls.ch/excursions)

The snow glistens on the slope and the pans glow on the stove. With their creative gastronomy and international fusion cuisine, the top chefs of Adelboden have earned awards including a Michelin star and countless Gault Millau points. But refined or hearty dishes are not only served in fine dining establishments. Around the village or in the ski areas, dozens of other hosts from «Adler» to «S.Zimmer» cook with passion and local produce.



## Gastronomy

### RESTAURANTS

Which of our eateries are you going to visit today? There is sure to be something here for every taste. What about a hearty Cordon Bleu, a bowl of homemade soup or a fine dining menu in one of the award-winning, Michelin-star restaurants?

### MOUNTAIN RESTAURANTS

Time for a break while out and about? Above the tree line, the culinary bar high is set just as high, and an alpine panorama is the best backdrop for enjoying local specialities either indoors or al-fresco on the sun terrace.

### CAFÉS

Somewhere to watch the world go by. In Adelboden's village centre, guests will find several cafés serving fresh pastries, various fragrant coffee creations and well-known patisserie. Just take a seat and enjoy «a dolce vita» – alpine style.

### BARS

A great place to relax in the evening. There are bars or pubs around Adelboden serving a wide variety of drinks in a friendly and welcoming atmosphere. Live concerts or special events also feature on the programme from time to time.

#### FURTHER INFORMATION AND OPENING TIMES



[adelboden.ch/en/gastronomy](http://adelboden.ch/en/gastronomy)

### INFORMATION AND PRICES

All indicated prices and information are subject to change without prior notice.

### PUBLISHER

Tourismus Adelboden-  
Lenk-Kandersteg  
Winter 2023/24 edition

### EDITORIAL TEAM

Aline Fuhrer  
Benjamin Haltmeier  
Carole Hari  
Larissa Huggler  
Dominique Lüthy

### CONCEPT, DESIGN

Tourismus Adelboden-  
Lenk-Kandersteg

### PRINT





Egger AG, Print und Dialog,  
3714 Frutigen

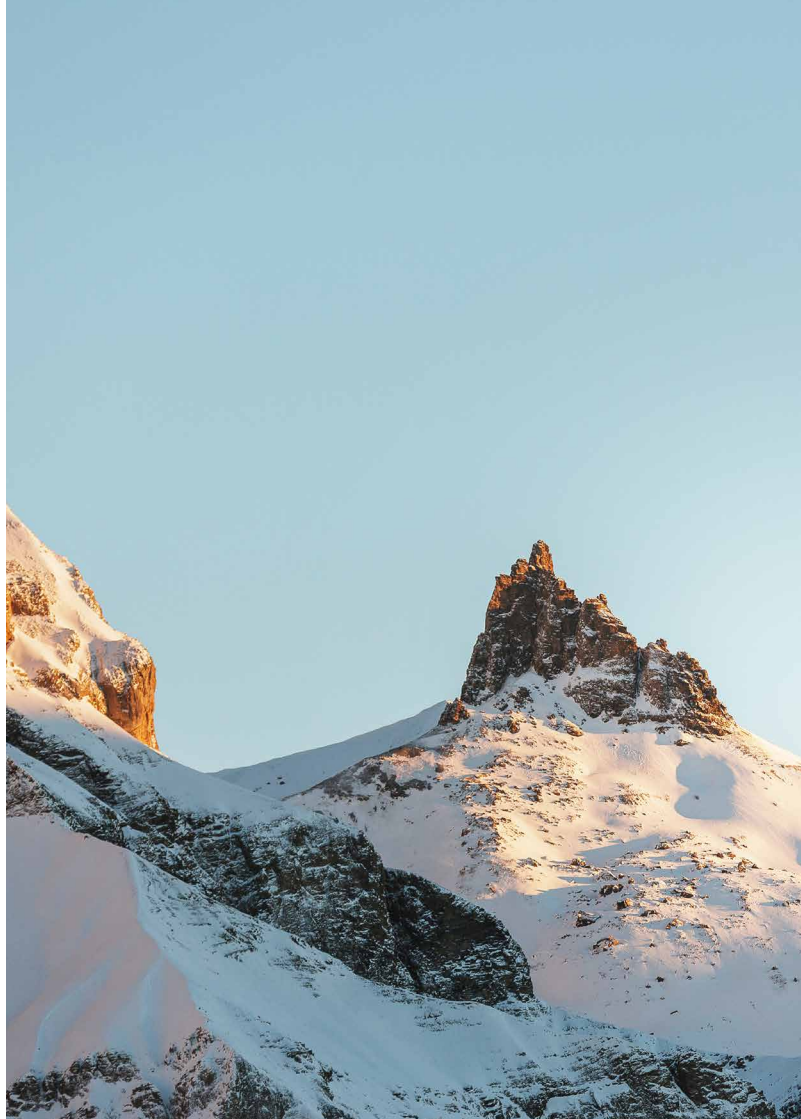
### IMAGES

Tourismus Adelboden-  
Lenk-Kandersteg  
Sven Allenbach  
Alpenschule Adelboden  
Bergbahnen Adelboden AG  
Bergbahnen Engstligenalp  
Freizeit- und Sportarena  
Stephan Bögli  
Ruedi Flück  
Jürg Gyger  
The Cambrian  
Anja Zurbrügg

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**Tourismus Adelboden-  
Lenk-Kandersteg**

**Tourist Center & Mountain  
Lab Adelboden**

Dorfstrasse 23  
CH-3715 Adelboden  
Tel. +41 (0)33 673 80 80  
adelboden@be-welcome.ch  
adelboden.ch

  
**ADELBODEN LENK  
KANDERSTEG**

**MADE IN BERN**



**Schweiz.**