



ADELBODEN

Welcome

DESTINATION GUIDE

ALL YOU NEED TO KNOW FOR A GREAT HOLIDAY

SUMMER

ENG

ADELBODEN LENK
KANDERSTEG



#FeelTheLove

A very warm welcome to you!

Compact pages, countless possibilities. Your Destination Guide is a perfect summary of all the offers and activities awaiting guests in the Engstlige Valley. Whether you are looking for alpine tours, local sightseeing, relaxing wellness tips or gastronomic highlights, we tell you all you need to know and more in this colourful summer edition. In this way, everyone can quickly find their holiday heart's desire.

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Highlights



«ALPAUFZUG» ENGSTLIGENALP

Watch as 500 cattle climb the steep and rocky path up to Engstligenalp at the end of June.



HIKING PARADISE

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



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.



WATER CASTLE

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



TROPENHAUS FRUTIGEN

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



CHAMBER MUSIC

Leading ensembles of young musicians make the village resound for ten days at the Swiss Chamber Music Festival.



VOGELLISI SUMMER FESTIVAL

Two days, one unforgettable time. This new event celebrates the character of Adelboden through a wide variety of activities.



SKI REGION

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 WORLD CUP

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



FONDUE AND IGLOO HOTEL

Cool hotel rooms are created from snow and ice on Engstligenalp. Beneath the domes, this is something truly extraordinary.

Summer 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.



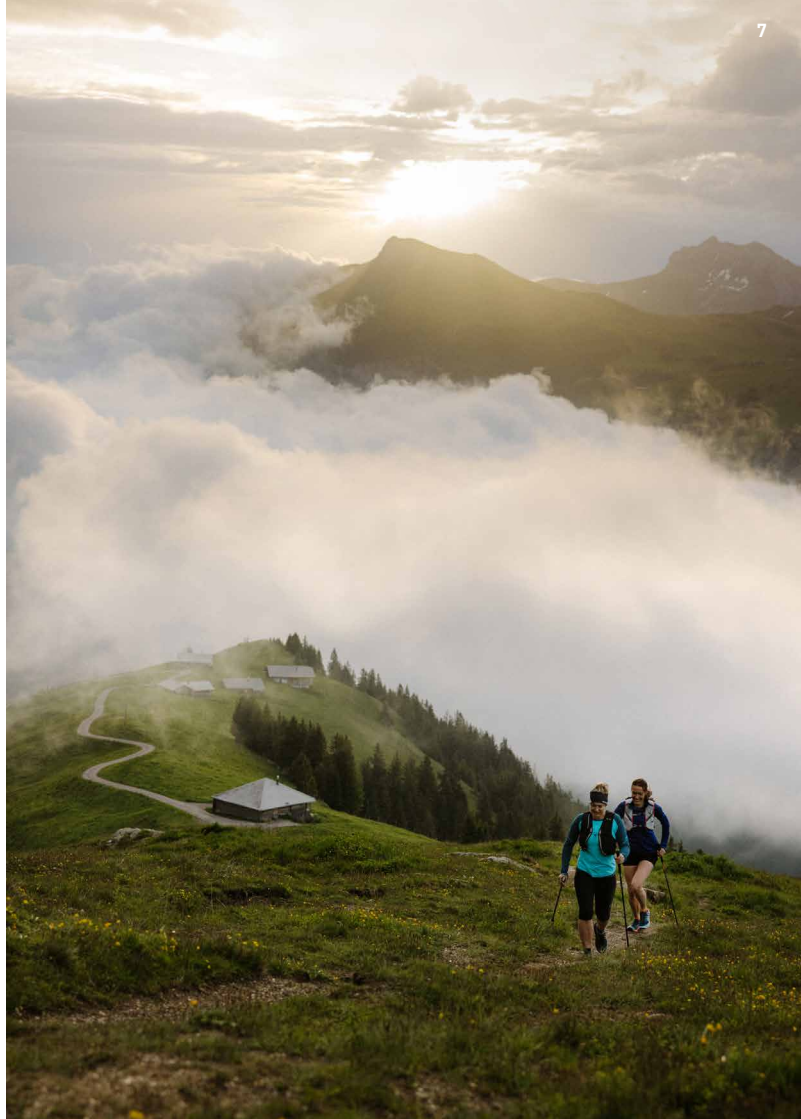
[adelboden.ch/
events-summer](https://adelboden.ch/events-summer)

TIP



ADELBODEN FARMER'S MARKET

One village – many local products. Weekly open-air farmers' market every Friday between 7 July and 11 August 2023 on Adelboden's Dorfplatz.



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 2 pm and 10 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



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, 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. 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 16

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 cable car (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 Zelgstrasse and Schlösliplatz Boden, Alte Kehrichtmühle 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
Breakdown service, Allround-Garage Künzi AG, Adelboden	+41 (0)33 673 70 80
Out-of-hours utilities hotline, Licht- und Wasserwerk Adelboden AG	+41 (0)33 673 12 22
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

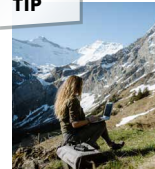
Local emergency medical service	+41 (0)33 671 11 11
Hospital Frutigen	+41 (0)33 672 26 26
Adeldoc, Adelboden	+41 (0)33 673 26 26
Adelpharm AG Pharmacy Adelboden	+41 (0)33 673 13 75

DENTISTS

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

**TIP****MOUNTAIN LAB ADELBODEN**

In addition to leisure activities, you can retreat to the Tourist Center's co-working space and create new perspectives in an inspiring way. The Mountain Lab offers day and long-term workplaces as well as rooms for workshops. adelboden.ch/en/mountain-lab

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



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



MERCHANDISING

A taste of the mountains to take back home. Thanks to our branded T-shirts, mugs and other accessories, memories of your summer here will never be far away. meine-berge.ch/en/merchandising



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/
timetables-summer](https://meine-berge.ch/timetables-summer)



Visit us

Guided tours 2023

e.g. Lötschberg base tunnel

Guided hikes 2023

- Lötschberg north ramp
- Lötschberg south ramp

All offers and booking at

bls.ch/visit

TIP



GIANT SWING

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

Public Transport

FROM ADELBODEN, POST

→ 232 Unter dem Birg	→ 235 Hotel Alpina	→ 232 Ausserschwand	→ 233 ^{DI} Gilbach- Bergläger-Geils	→ 236 Schermtanne	→ 230 Frutigen- Kandersteg
8	9.25	7.23 ^{AI}	8.35	6.55 ^{AI EI}	5.37 ^{AI CI}
9 ^{DI}	12.25	8.40	9.15	7.45 ^{AI EI}	5.51
10	15.25	9.40 ^{DI}	10.05	8.08 ^{BI FI}	6.22 ^{AI}
11	16.25	10.40	11.05	9.03	6.51
12.20	17.25	12 ^{DI}	13.05	12.03	7.25 ^{CI}
13.20		13	14.05	13.03	7.51
14.20 ^{DI}		14 ^{DI}	15.30	15.03 ^{EI EI}	8.25 ^{BI CI}
15.20 ^{DI}		15 ^{DI}	16.30	16.03	8.51
16.20		16		17.03	9.25 ^{BI CI}
17.20 ^{DI}		17			9.51–14.51 all 60min.
		18 ^{DI}			15.25 ^{BI CI}
					15.51
					16.25 ^{CI}
					16.51
					17.25 ^{CI}
					17.51
					18.25 ^{AI CI}
					18.51–21.51 all 60min.
					22.25

DETAILED TIMETABLE



sbb.ch/en

All information subject to change without notice.



Classic walk along the Lötschberger southern approach

Hike in the sunny, nearby Valais and enjoy magnificent views from Hochtenn via Ausserberg, Eggerberg and Lalden to Brig.

You can hike the Lötschberg south ramp, which is 26 kilometres long in total, as a whole or in sections.

More information
[bls.ch/suedrampe](https://www.bls.ch/suedrampe)

^{AI} Monday-Friday | ^{BI} Saturday, Sunday + Public holidays | ^{CI} Terminates at Frutigen train station | ^{DI} from 10 June 2023 | ^{EI} 30 May – 30 June, 14 August – 29 September 2023 | ^{FI} 1st July – 13 August, 30 September – 15 October 2023

^{GI} Monday, Tuesday + Thursday

Some are drawn to the Choleren Gorge for a brief visit—others spend several days on the Via Alpina. Some appreciate a stroll around the village—others prefer a high-altitude tour around Sillebühl. No matter which of our countless walking, panoramic or mountain trails you choose, in Adelboden the starting point is always quickly accessible and the views spectacular.



Feast for the eyes

Hiking Paradise

HIKING TIPS

Hörnliweg

The gentle climb, simple two-hour route, timeless farmhouses, and a south-facing slope make this circular trail close to the village extremely attractive. But the real highlight has to be the two lookout points at Hörnli and Taubenfels. Here the view sweeps out from the Niesen mountains across the whole Engstligen Valley.

Floral Trail (Blumenweg)

Alpine roses, spring gentian, or mountain violets? If the imposing panorama were not reward enough, this gentle, one-hour, elevated trail between the cable car stations on Silleren and Hahnenmoos promises the visitor an abundance of Alpine flora.

Bergläger-Bütschi-Hahnenmoos

This simple mountain hike takes you through pine forests, across Alpine meadows and past shepherds' huts to Bütschi, the home of the legendary Vogellisi. After two hours, the horizon finally opens up at the top of the pass between Adelboden and Lenk.

Adelboden-Scherm-tanne-Tschentalp

Cool forest air, aromatic Alpine herbs and sun-drenched lookout points make this walk above the village of Adelboden an experience for all the senses. In less than three hours, you reach the crest of the «Mountain of Views», which at 1950 m (6400 ft) above sea level affords uninterrupted views across the valley end.

TIP



PUZZLE FUN

Some challenging orienteering or an entertaining info-post. There are lots of ways to discover how multi-faceted Adelboden is. adelboden.ch/en/puzzle-trails

Boden–Unter dem Birg–Waterfall

This traffic-free walking path really goes against the flow: The 90 minute walk takes you out from the picturesque village upstream along the path of the mountain brook to the foot of Engstligenalp where the foaming waters cascade powerfully before your eyes and ears.

Engstligenalp Circular Pathway

Meadows, waterfalls, mountain peaks and alpine farming characterise this glacial plateau at 2000 m (6562 ft.) above sea level. In about one hour, this leisurely 5.5 km (3.5 mile) walk takes you around and across the plateau – and it's no problem even for strollers and wheelchairs.

Bunderspitz

Many hikers begin this impressive summit tour from Adelboden before dawn because the spectacular sunrise at 2546 m (8353 ft.) above sea level is a sight not to be missed. The ascent and descent via Bunderalp take about 6.5 hours, and after 16 km (10 miles), you are back in the village.

MORE HIKING TIPS AND INFORMATION



adelboden.ch/en/hiking-highlights

TIP



MOUNTAIN HEARTS

5 locations, 1 mountain love. We have chosen the perfect locations for the biggest hearts in the Swiss Alps – on mountain passes and high-altitude plateaus. meine-berge.ch/en/mountainhearts

HIKING PASS

No. Days	Full price Adults	Half Fare, GA Children (6–15)	Guest card, Top4 Adults	Guest card, Top4 Children (6–15)	Groups Adults	Groups Half Fare, GA Children (6–15)
1	56	28	30	15	39	19.5
3 for 2	-	-	60	30	-	-
7 for 4	-	-	120	60	-	-

Family package: CHF 80.– (valid for 1–2 adults and 1–4 children)

Top4 with winter 22/23 validity
Junior Travelcard and Children's Co-Travelcard valid when accompanied by a payant adult
Groups from 10 persons

The Hiking Pass is valid as follows: Tschentenalp, Elsigenalp, Engstligenalp, Silleren-Hahnenmoos, Village cable car (Oey – Adelboden, Dorf), Höchst, Bus Adelboden – Gilbach – Geils, Stand-Xpress, Betelberg, during the regular opening times.

Overview of individual prices at adelboden.ch/hiking-pass

SALES POINTS

Tourist Center Adelboden and all Mountain Transport ticket offices.

CABLE CARS INCLUDED

Most hotels and some holiday apartments are now offering complementary passes giving unlimited travel on the mountain transport facilities. See the list at adelboden.ch or ask when making a reservation.

It's great to explore the Adelboden mountain landscape together and it's even more fun when families and friends can be entertained and learn something new along the way. With the help of electronic devices and expert local guides, many a secret is revealed. All kinds of interesting, surprising and legendary facts await curious visitors.



Theme Paths

VOGELLISI - THE ADVENTURE TRAIL

From the eagle's nest to the haunted forest – follow in the footsteps of legendary Vogellisi and her friend Karl-Joseph between Silleren and Bergläger to discover the many facets of this popular local story. This theme trail includes ten info posts plus lots of fun along the way.

GLOBI HIKING TRAILS

Well-known children's friend Globi is a smart host on Engstligenalp. He has puzzles galore, shows you the beauty of the high plateau and brings you closer to the everyday lives of alpine farmers. Hiking is twice as much fun with Globi.

DIGITALLY GUIDED THEME TRAILS

Waterfall or local church? These interactive routes take you into the mountains or show you cultural highlights. Use your smartphone to answer questions along the way and challenge those brain cells.

DETAILED INFORMATION



[adelboden.ch/en/
theme-paths](https://adelboden.ch/en/theme-paths)



RIDING ADVENTURE

bikeschule-adelboden.ch

by Schweizer Skischule Adelboden



Bike Paradise

BIKE TIPS

Höchst-Trail

Up by cable car, down at speed. This 3.8-km (2.4 mile) trail between Höchstthorn and Bergläger, with its jumps and steep turns, is a magnet for mountain bikers.

- Length: 3.8 km (about 2.4 miles)
- Altitude difference: 410 m (1345 ft) downhill

Family Bike Trip to Choleren Gorge

Easy, short and relatively flat – in just one hour, even the kids can complete this 9 km (5.5 mile) tour. Starting in Adelboden, you follow the Tschentbach as it flows down to the gorge.

- Length: 9.3 km (6 miles)
- Altitude difference: 232 m (760 ft)

Engstligen-Loop

At over 50 km (31 miles), the route is as varied as it is challenging. There is also no lack of climbing on the way either – and as a reward, a magnificent mountain panorama awaits.

- Length: 57.7 km (36 miles)
- Altitude difference: 2540 m (8333 ft)

FURTHER BIKE ROUTES



HIRE, CARRIAGE, WASH- AND CHARGING STATIONS



meine-berge.ch/en/biking

TIP



NEVADA SKILLS AREA

Trail, pump track or jump line on the 2200 m² area in the village centre, mountain bikers of all levels will find the right track for exhilarating rides.

Here we carve wood, make cheese, bale hay and roast coffee like in the old days. Many Adelboden businesses continue these traditional practices with a great deal of know-how, enthusiasm and experience – and they are happy to let you look over their shoulders. The fabrication of tried and tested products in the Engstlige Valley is not something created to impress visitors, but an authentic part of everyday alpine life.

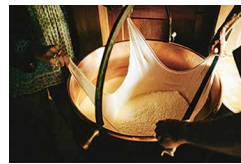
Discovery

Traditional Activities



VOGELLISI ALPINE EXPERIENCE

Haymaking, mucking out, producing cheese? During the alpine summer, you can also have a go. This exclusive package allows visitors to join the farmers on Adelboden's Vogellisi mountain for a day – in the barn and on the pasture. vogellisiberg.ch/alperlebnis



Daily on request VISIT TO AN ALPINE CHEESE- MAKER PLUS ALPINE BREAKFAST from the end of June to the end of August

Enjoy a hearty breakfast on Engstligenalp and watch close up how Adelboden mountain farmers make their milk products. Daily from the end of June to the end of August on request (transport arrangements not included in price). engstligenalp.ch



On request YODEL WORKSHOP

Yodelling is an integral part of Bernese Oberland culture and those who practise this age-old tradition love to pass it on. At workshops or company events, they are delighted to share their passion for this classic alpine singing style with individuals and groups alike. +41 (0)79 412 36 02

Subject to possible change without prior notice. All the latest updates online at adelboden.ch

It's a constant up and down – and the steep summer landscape around Adelboden invites you to be active in many different ways. Mountain bikers and Trottnett riders head downhill, while those with a head for heights clamber across boulders, negotiate an iron ropeway or dive from the tower at the swimming pool. And if the sun isn't shining, there's plenty to keep you busy and active indoors too.



Passion

Summer Sports

SWIMMING

Panorama swimming pool Gruebi Adelboden

50 m pool, children's pool, 3 m diving platform, playground, games field with beach volleyball, table tennis, restaurant.

10 June to 3 September 2023, daily from 9am–6pm (in good weather up to 7pm) In bad weather please inform you under +41 (0)79 663 83 14

Entry adults CHF 5.–, children from 7 CHF 2.–, children to 7 are free. Entry free with guest card and local pass.

Open-air swimming pool Frutigen

Heated 25 m swimming pool with 1 m diving board, fun pool, water slide for children, sandpit, beach volleyball, artificial turf, table tennis.

27 May to 3 September 2023, Monday–Friday 9am–7pm, Saturday and Sunday 10am–7pm. +41 (0)33 672 50 50 sportzentrum-frutigen.ch

Indoor swimming pool Frutigen

25 m pool, multi-purpose pool, children's fun pool with a small slide, whirl pool and relaxation room.

Monday 2pm–9pm, Tuesday 9am–9pm, Wednesday 6am–9pm, Thursday and Friday 9am–9pm, Saturday and Sunday 10am–6pm. Entry adults CHF 12.50, children CHF 7.– +41 (0)33 672 50 50 sportzentrum-frutigen.ch

TROTTILAND (DOWNHILL SCOOTER TRAILS)

45 km (28 miles) of marked paths with varied steepness. Details available in the separate map.

Day pass/Trotti hire CHF 18.-, various combi-offers (cable car, restaurant) available. Bergbahnen Adelboden AG +41 (0)33 952 52 52 vogellisiberg.ch

CLIMBING**Chätligang Climbing Route**

Unter dem Birg-Engstligenalp. Difficulty K2, duration 3 hours, altitude difference 560 m / 1837 ft. Equipment hire available at base station. +41 (0)33 673 32 70 engstligenalp.ch

«Mammoth» boulder course at Engstligenalp

Eight different assault courses, moderate to challenging. Also suitable for families.

Equipment hire not available. +41 (0)33 673 32 70 engstligenalp.ch

Indoor climbing

See page 37.

Climbing courses

See page 39.

NORDIC WALKING**Guided tours in Adelboden**

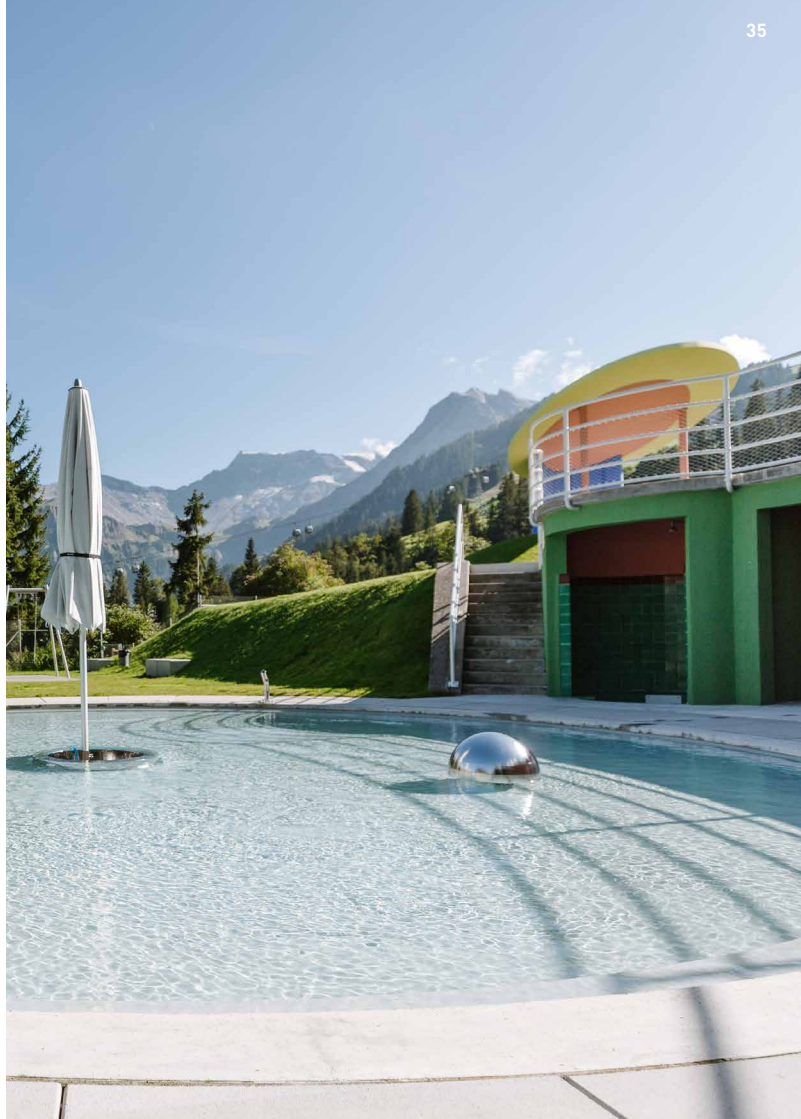
Gaby Zumbach, Adelboden +41 (0)78 719 94 41

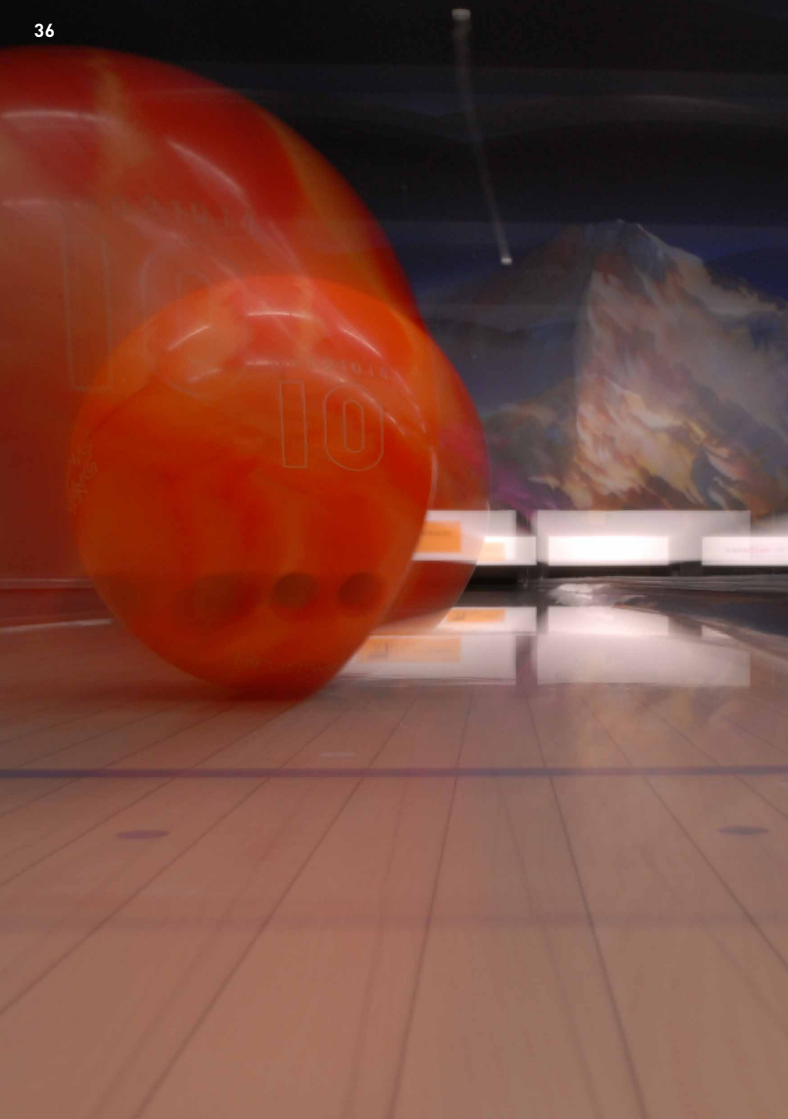
TENNIS

Two Swiss Courts and two clay courts next to the parking garage. Court hire per hour from CHF 18.-. Adelboden Tourist Center +41 (0)33 673 80 80 Tennis coaching tennis-adelboden.ch

TIP**TSCHENTENALP TRAMPOLINE PARK**

Just in time for the start of the summer holidays, there's an attraction in Adelboden. Here's the perfect way to let off some steam, whether you are young or old. tschentalp.ch/trampolinpark





Indoor Activities

LEISURE AND SPORTS ARENA ADELBODEN

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

Things do to

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

CURRENT CINEMA PROGRAMME



cine-rex.ch

Adventure

ALPINE SCHOOL ADELBODEN KANDERSTEG

Adventure Park Adelboden

Swing through the air like Tarzan and get your adrenaline pumping while abseiling from a bridge. Fun, games, sports, adventure, experience, fascination, enjoyment.

Climbing Activities

- Summer climbing school (Monday / Tuesday)
- Abseiling at Choleren Gorge
- Climbing routes with guide (Chäliligang and Kandersteg)
- Boulder climbing on Engstligenalp
- Rock climbing courses (weekends)

Alpine Tours, Summit Tours, Glacier Tours

- Fründenhorn 3369 m (11053 ft)
- Blüemlisalp 3663 m (12017 ft)
- Wildstrubel 3243 m (10640 ft)
- Balmhorn 3698 m (12132 ft)
- Lohner Westgrat 3048 m (10000 ft)
- Gsür 2708 m (8884 ft)
- Lohnerweg with Mittaghorn 2678 m (8786 ft)
- Tschingellochtighorn 2735 m (8973 ft)
- Mönch 4111 m (13488 ft)
- Jungfrau 4158 m (13642 ft)
- Eiger 3970 m (13025 ft)
- Via ferrata Adelboden and Kandersteg

OPENING HOURS AND FURTHER INFORMATION



adelboden.ch/adventure-park

Other activities

- Canyoning
- Personal mountain guide for your own tour

Activities for companies, clubs, groups

- Adventure Park
- Adventure Park with barbecue
- Climbing, fixed rope route
- Abseiling

+41 (0)79 363 19 62
alpinschule-adelboden.ch

MOUNTAIN TOURS FRUTIGLAND

- Summit tours
 - Glacier tours
 - Canyoning
- +41 (0)79 312 92 66 or
+41 (0)79 314 61 00
berg-touren.ch

GUIDE4YOU

- Mountain tours
 - Glacier hikes
 - Climbing
 - Portaledge – overnight stays
- +41 (0)78 817 23 93
guide4you.ch
portaledge.ch

TANDEM PARAGLIDING

Tschentalp–Adelboden,
Mäggisseren–Frutigen,
Allmenalp–Kandersteg,
Niesen–Mülenen/Spiez

+41 (0)79 688 00 20
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

SIGHTSEEING FLIGHTS

Various tours depart from
Flugplatz Reichenbach.
+41 (0)79 632 75 64
rundflug@fluggruppe-
reichenbach.ch
fluggruppe-reichenbach.ch

HIKE AND FLY

+41 (0)33 654 45 30
samuel.kropf@gmail.com

Noon in the tropical house:

Here we are all
a bit banana.



TROPENHAUS
FRUTIGEN

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

tropenhaus-frutigen.ch



Children and Families

GLOBI ON ENGSTLIGENALP

Float in the Globi cable car, up to Engstligenalp. Up here you can hike on Globi's themed trails, enjoy water games and much more. An experience for the whole family.
+41 (0)33 673 32 70
engstligenalp.ch

PLAYGROUNDS ADELBODEN

Gurtnermatte, Adler Adeldom, Berghotel Engstligenalp, Berghotel Hahnenmoospass, Bergrestaurant Sillerenbühl, Tschentenalp, Restaurant Bergbach, Wildstrubel Lodge, Hotel Hari

PICNIC AND CAMPFIRE SITES ADELBODEN

Bergläger, Gurtnermatte (Dorf), Horn and Rossweidli (Stiegel-schwand), Unter dem Birg, Adventure trail Vogellisi, Area Nevada.

HORSE DRAWN CARRIAGE

On request
+41 (0)79 747 17 30
info@waeffler-kutschen.ch
waeffler-kutschen.ch

LIBRARY ADELBODEN

Mon. Tue. and
Thu. 3.30pm–5.30pm,
Fri. 5pm–7pm,
Sat. 10am–12 noon
Obere Dorfstrasse 4,
Adelboden
+41 (0)33 673 14 19
bibliothekadelboden.
jimdofree.com

TOY LIBRARY ADELBODEN

Mon. Tue. and Thu.
3.30pm–5.30pm,
Fri. 6pm–8pm
Zelgstrasse 3, Adelboden
+41 (0)78 652 30 01
ludothekadelboden.ch

TIP



LUDOTRAIL – PLAY THROUGH ADELBODEN

A herb-themed game in front of the pharmacy and mini toboggan race at the Tschenten mountain lift – there are over 20 entertaining spots throughout the village to match each location. ludotrail.ch

Worth Visiting

CHOLEREN GORGE

Solid steps and bridges in the rock connect this 100 m long formation. Imposing waterfalls and countless water mills are only some of the attractions to be seen on this visit. Another not-to-be missed attraction is Pochtenkessel, a natural geological rock funnel.

ENGSTLIGE FALLS

From the high plateau of Engstligenalp, the waters cascade 600 m (1968 ft) into the valley below. This second highest waterfall anywhere in Switzerland is a natural spectacle in a class of its own and has been subject to a cantonal protection order since 1948.

ALPINE GARDEN

Around 500 varieties of flowers and herbs, over 400 of them marked, and all at 1500 m/4921 ft above sea level. In the Höreli Alpine Garden, the diversity of Adelboden's flora is in full bloom. From June to September these Alpine plants are especially beautiful.

HOSTALDE SUSPENSION BRIDGE

For walkers with a good head for heights, the riverside path from Rohrbach to Frutigen has a special adventure in store. High above the ground, this is the longest pedestrian suspension bridge in Europe. Hängebrugg-Beizli is closed on Mondays.

TROPENHAUS FRUTIGEN

The Tropenhaus in Frutigen is an attractive destination and plays a prominent role in using renewable energy in the Alps. Sturgeon and their eggs (caviar) are cultivated in an aquaculture and exotic fruit is grown in the tropical garden. Tropenhausweg 1, Frutigen +41 (0)33 672 11 44 tropenhaus-frutigen.ch

LOCAL MUSEUM ADELBODEN

31 May to 18 October 2023, every Wednesday 2pm–5pm Prices CHF 4.– (adult with guestcard) CHF 5.– (adult without guestcard) CHF 2.– (child without or with guestcard), group rates CHF 100.–. Landstrasse 11, Adelboden

(Former English Church opposite the Rex Cinema) Hanspeter Oester, +41 (0)79 685 41 86

ADELBODEN GUIDED TOURS

26 June to 9 October 2023, every Monday 4pm. Historical backgrounds, handed-down customs and Alpine politics: A guided tour through Adelboden each Monday gives guests an intimate look behind the scenes of our chalet village. The tour concludes with an aperitif at the Adelboden Tourist Center. +41 (0)33 673 80 80 adelboden.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
Holzschnitzerei Trummer, Blättiweg 11, Adelboden +41 (0)33 673 43 06 trummerwoodcarving.com

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 every 1st Saturday of the month and at «Bärgrächinig» and «Märit» – from 10am to 4pm. Vicarage basement, Haltenstrasse 2, Adelboden dorfarchivadelboden.ch

TIP



RÖSTEREI ADELBODEN

This Bernese Oberland company revives an old tradition and, of course, you can taste the fresh coffee on one of the guided tours. roestereiadelboden.ch

Adelboden is surrounded by water everywhere you turn. So what could be more natural than a dip in the refreshing waters of a nearby spa? From the outdoor pool, you can gaze at the mighty Engstlige Falls – and the alpine summer warmth continues in saunas, hot tubs and steam rooms. At the same time, wellness teams in and around Adelboden are busy ensuring guests' souls find peace.



Relaxation

Wellness

BELLEVUE PARKHOTEL & SPA ADELBODEN

Indoor pool 16 × 8 m (28°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 m²). 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 fitness area, 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

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

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

Coiffurebellezzabylarissa

+41 (0)33 673 16 94

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Pieren Susanne

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gesundheitspraxis-adelboden.ch

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Eveline Müller

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masseuse SPA

+41 (0)79 385 93 08

massage-enzian.ch

Praxis Muntanella

Tamara Läubli

State-qualified medical masseur

Kinesiologist

+41 (0)79 554 19 48

praxis-muntanella.ch



Alpine air is guaranteed to give you an appetite. After a rewarding day in the mountains, Adalboden offers dining to satisfy a wide variety of tastes. Of course, there are dozens of restaurants, bars and cafés in the centre of the village, dedicated to serving traditional favourites or exquisite, innovative cuisine. But if you can't wait to return to the valley, there will always be something to enjoy, even at high altitudes.



Enjoyment

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 Adalboden'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 Adalboden 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

Excursions in the destination

FRUTIGEN



HOSTALDE SUSPENSION BRIDGE

153 metres in length, this spectacular structure sits high above the Engstlige River and its floodplains.



ELSIGEN-METSCH

The «Pearl in the Bernese Oberland» is a nearby recreation and hiking area especially suitable for families.



TROPENHAUS FRUTIGEN

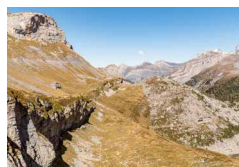
Interactive exhibition, exotic flora, fish farming and culinary delights all under one roof.

KANDERSTEG



OESCHINEN LAKE

This glacial lake is surrounded by spectacular rock faces and magnificent peaks and is ideal for paddling, summer tobogganing and swimming.



SUNNBÜEL GEMMIPASS

Both Goethe and Mark Twain once crossed this historic pass. Their traces can be uncovered at the legendary Schwarenbach Mountain Hotel.



ALLMENALP

Whether you go by mountain lift, across the fields or by air, impressive views are always guaranteed on Allmenalp.

KIENTAL/REICHENBACH



GRIESALP

Narrow bends, thunderous waterfalls, rugged rocks – this adventurous ride from Kiental up to Griesalp forms the steepest post bus route in Europe.



NIESEN

Whether by cable car or on foot, those who conquer the Oberland Pyramid are rewarded with plenty of unspoiled nature and a packed cultural programme.



TSCHINGEL WILD WATERWAY

Foaming waterfalls await visitors to this rocky gorge between Tschingel and Griesalp. Arrival and departure by post bus is recommended. Walking time approx. 2 hours.

INFORMATION AND PRICES

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

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CIRCULATION

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**ADELBODEN LENK
KANDERSTEG**

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Schweiz.