

JUNGFRAU ITINERARY

FAMILY-FRIENDLY | SUMMER | FROM WENGEN, SWITZERLAND

DAY 1: MÄNNLICHEN COW PLAYGROUND, PANORAMA TRAIL, EIGER TRAIL

TRANSIT	Cable Car from Wengen to Männlichen	CHF 29
PLAYGROUND	Männlichen Cow Playground (breakfast available)	
HIKE	Panorama Trail from Männlichen to Kleine Scheidegg: Easy - 3 miles, 180 ft elevation gain (mostly flat), 1.5 hours (lunch available in Kleine Scheidegg)	
TRANSIT	Train from Kleine Scheidegg to Eigergletscher	CHF 6
HIKE	Eiger Trail from Eigergletscher to Alpigen: Moderate - 4 miles, 308 ft elevation gain (mostly downhill), 2.5 - 3 hours	
TRANSIT	Train from Alpigen to Kleine Scheidegg > Train from Kleine Scheidegg to Wengen	CHF 45

Modifications: Replace Eiger Trail with Jungfrauoch (check schedule & prices), Grindelwald (town, Pfingstegg alpine coaster or Glacier Canyon) or early return to Wengen (marble runs).

DAY 2: FIRST CLIFF WALK, HIKE TO BACHALPSEE & BORT, BORT PLAYGROUND

TRANSIT	Train from Wengen to Lauterbrunnen > Train from Lauterbrunnen to Zweilütschinen > Train from Zweilütschinen to Grindelwald Bahnhof > Walk from Grindelwald Bahnhof to Grindelwald Firstbahn > Cable car from Grindelwald Firstbahn to First	CHF 56
ACTIVITY	First Cliff Walk (breakfast available)	
HIKE	Flower Trail from First to Bachalpsee & Bort: Moderate - 4.5 miles, ~500 ft elevation gain (mostly downhill), 3.5 hours	
PLAYGROUND	Bort Playground (lunch available)	
TRANSIT	Cable Car from Bort to Grindelwald Firstbahn > Walk from Grindelwald Firstbahn to Grindelwald station > Train from Grindelwald station to Zweilütschinen > Train from Zweilütschinen to Lauterbrunnen > Train from Lauterbrunnen to Wengen	CHF 56

Modifications: To make the Flower Trail easier, skip Bort; hike to Bachalpsee and back to First (4 miles). Take the cable car down to Bort playground. If Cable Car down from Bort is too crowded, go up to First, then re-board to come down to Grindelwald. Kids over 49 inches can also ride Trottibikes down from Bort to Grindelwald.

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DAY 3: SCHYNIGE PLATTE

TRANSIT	Train from Wengen to Lauterbrunnen > Train from Lauterbrunnen to Wilderswil > Train from Wilderswil to Schynige Platte	CHF 48
ACTIVITY	Schynige Platte: Shops, playground & observation deck. Alpenhorn performances between 11 AM - 2 PM. (breakfast available)	
PLAYGROUND	Lily's Alpine Playground	
HIKE	Panorama Trail from Berghotel to Daube & Oberberghorn: Easy/Moderate - 3.5 miles, ~780 ft elevation gain (uphill start, then mostly flat), 2 hours (lunch available after at Berghotel or cafe near train station)	
HIKE	Lily's Treasure Hunt: Easy - 0.5 mile (mostly flat), 30 minutes	
TRANSIT	Train from Schynige Platte to Wilderswil > Train from Wilderswil to Lauterbrunnen > Train from Lauterbrunnen to Wengen	CHF 48

DAY 4: MÜRREN, FLOWER PLAYGROUND, WATERFALL HIKE

TRANSIT	Train from Wengen to Lauterbrunnen > Cable car from Lauterbrunnen to Grütschalp > Train from Grütschalp to Winteregg	CHF 18
PLAYGROUND	Winteregg Playground (breakfast available)	
TRANSIT	Train from Winteregg to Mürren	CHF 3
ACTIVITY	Mürren: Walk Hehmatten through town. Shops, cafes, & viewpoints.	
TRANSIT	Funicular from Mürren to Allmendhubel (*Price is roundtrip. NOT included with Jungfrau Travel Pass.)	*CHF 19
PLAYGROUND	Flower Playground — Allmendhubel (lunch available)	
TRANSIT	Funicular from Allmendhubel to Mürren (Use return ticket referenced above) > Walk to Cable Car Station > Cable car from Mürren to Stechelberg (NOT included with Jungfrau Travel Pass)	*CHF 12
HIKE	Waterfall Hike from Stechelberg to Lauterbrunnen: 3 miles, flat, 1 hour	
TRANSIT	Train from Lauterbrunnen to Wengen	CHF 7

Modifications: Replace the train to Mürren with the kid's themed Detective Trail from either Grütschalp (5k, flat) or Winteregg (2.5K, flat). Extra time? Add a visit to Piz Gloria from Mürren. (Cable car, 86 CHF roundtrip)

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DAY 5: ROYAL WALK, LIESELOTTE TRAIL, TREE TROP PLAYGROUND, GRINDELWALD

TRANSIT	Cable car from Wengen to Männlichen	CHF 29
HIKE	Royal Walk from Männlichen: Easy - 1.3 miles, ~300 ft elevation gain (uphill there, downhill back), 30 minutes	
PLAYGROUND	Männlichen Cow Playground (breakfast/lunch available)	
HIKE	Lieselotte Trail from Männlichen to Holenstein: Easy - 2.5 miles, mostly flat/downhill, 2 - 3 hours	
PLAYGROUND	Tree Top Playground (Holenstein)	
TRANSIT	Cable car from Holenstein to Grindelwald Terminal > Bus (121 or 123) to Grindelwald Firstbahn	CHF 22
ACTIVITY	Grindelwald: Walk Dorfstrasse past shops, cafes and playground.	
TRANSIT	Train from Grindelwald Bahnhof to Zweilütschinen > Train from Zweilütschinen to Lauterbrunnen > Train from Lauterbrunnen to Wengen.	CHF 17

Note: Transit routes & prices are accurate as of publication. Always refer to official sources for current schedules & prices.