

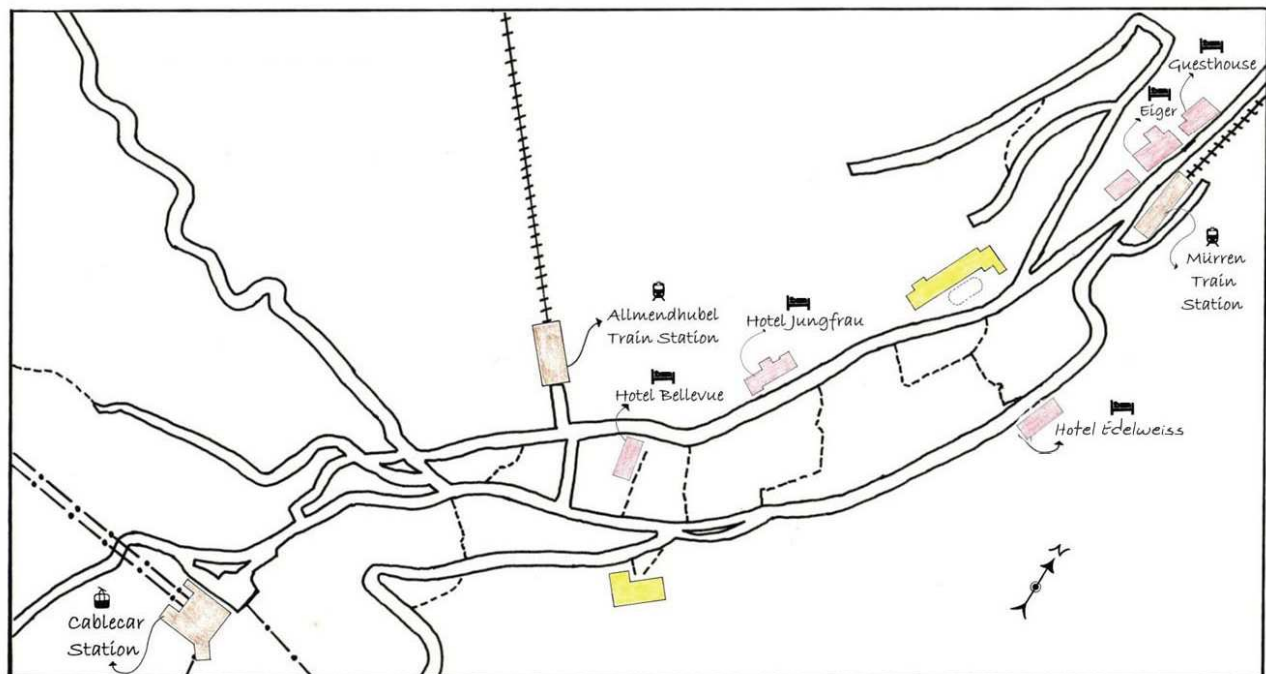
# Mürren

## Monday, June 3 Hotel Jungfrau breakfast and dinner included

Mürren is a small car-free village with only about 350 residents. It sits atop a 3000 ft cliff above the Lauterbrunnen valley, gazing directly at an incredible panorama of mountains dominated by the Eiger, Mönch, and Jungfrau. You cannot imagine a place like this exists until you see it. There are literally dozens of excellent hikes in the region, from ridges with grand mountain views, to lush, secluded valleys filled with wildflowers and waterfalls.

Mürren is a quiet place. There are tourists, most of whom are daytrippers on their way to the Schilthorn and back. Mürren hosts a handful of small hotels, with a couple of country inns outside of the village. There is a grocery store, bank, post office, and a smattering of small shops. It's surrounded by forests and fields filled with cows and wonderful hiking trails. It's a place to relax, hike, and savor the quintessential Swiss experience. As Kev Reynolds puts it in his comprehensive book, *Walking in the Alps*, "Once you've climbed out of Lauterbrunnen's deep trench, and emerged to the pastures on the outskirts of Mürren, the full scenic splendor of the Bernese Alps is revealed like a giant, multi-dimensional backdrop... This is the very stuff of dreams, a powerful backdrop that threatens to delay further progress".

You'll be staying at the 3-star Hotel Jungfrau. The hotel is set on the edge a field near the upper edge of town, and commands a stunning view of the surrounding mountains. To find the hotel, walk straight up the small road directly across from the Coop in the center of the village, then turn right on the upper road. The hotel is a minute away, on the left. It's a 6-7 minute walk from the cable car or train stations. They can have a porter pick up your bags at the train station when you arrive. The Hotel Jungfrau will send your luggage to your hotel in Kandersteg when you leave.



# In & Around Mürren

**Schilthorn cable car** - There is a revolving restaurant with great all around views at the top of the Schilthorn, Mürren's local mountain. It's at 10,000 ft and is also referred to as Piz Gloria (after the James Bond movie, On Her Majesty's Secret Service, that used it as a set and called it that...). Don't go if it's cloudy - you can check live camera shots at the ticket window - but it's spectacular on a clear day. I don't recommend the walk down. It's 5000' down, long and rugged, and not the prettiest hike in the region (you'd be walking through the ski area). The trip up and back is usually better in the morning, when it's more often clear, and should take about half a day. CHF 74 round-trip.

**Jungfrauoch** - You can also go to Jungfrauoch from Mürren, although it takes a bit longer than from Wengen or Grindelwald. To get to Jungfrauoch, take the train to Lauterbrunnen and then Kleine Scheidegg (through Wengen). Go as early as possible. The trip takes about 2½ hours each way, with changes in Lauterbrunnen and Kleine Scheidegg, plus plan on a couple hours at the top. CHF 186 round-trip.

**Gimmelwald, Trümmelbach falls and valley walk** - This is a good, easy walk for any weather. Follow signs down from the center of Mürren to Gimmelwald, 30 minutes along a very quiet road. Spend some time checking out Gimmelwald, a quiet farming community where old men with long white beards still cut hay by hand, and women sell cheese and eggs from their homes. Take the cablecar down from here to Stechelberg (or walk the steep, scenic, wooded 1½ hr trail down). On the Mürren side of the river is a gravel trail that leads back toward Lauterbrunnen and is very nice. About 40 minutes along, a right turn takes you on a small trail through a field signposted Trümmelbach falls. The falls have cut a canyon so narrow, they appear to be falling within the mountain. It is made accessible by lifts and stairs to numerous viewing platforms. To return, take the bus back to Stechelberg and the cablecar back up to Mürren. Stechelberg-Mürren cable car CHF 10.20, Trümmelbach CHF 11.

**Grütschalp walk** - An easy and very scenic 1½ hr walk. Take the train to Grütschalp (CHF 3.40 one-way), and walk back along the gravel trail to Mürren. The trail rises gently, and is a scenic delight throughout. Stop at the dairy for local cheese and yoghurt and restaurant at Winteregg (half-way) for lunch on their terrace.

**Ballenberg museum** - A full day activity, Ballenberg is a unique outdoor museum with over 100 historic houses from all over the country that have been moved here. They also offer daily demonstrations of local crafts such as watch-making, cheese-making, needlework, woodcarving, charcoal burning, and dozens more. It does take about 2 hours to get there, by train to Interlaken and then either Brienz or Brünig-Hasliberg, and a bus from there to the Ballenberg entrance - ask at the station for a specific itinerary. More info at <http://www.ballenberg.ch>. Entrance CHF 20, covered by museum pass.

**Via ferrata** - An exciting cabled climb down from Mürren to Gimmelwald, includes a traverse across thin air on the side of a cliff face 2000' above the valley floor, and a couple of hair-raising bridges. The trip takes about 3 hours. A head for heights and correct gear is an absolute must. Rent gear from the Staegersport shop next to the tourist office for about CHF 25 apiece, or go on a guided group tour for CHF 95 apiece. Only guided tours go on the zip-line. If you go on your own, there is a single-cable "bridge" around the same area. <http://www.klettersteig-muerren.ch/>

**Paragliding** - It's incredibly adventurous, but also peaceful and safe. Take a tandem glide from Mürren down to Lauterbrunnen. Contact Airtime Paragliding. 079-247-8463. Cost CHF 180.

**Bike rental** - You can get a mountain bike for a day or half-day from the Stagersport shop in the middle of town. They'll give ideas for trails and route.

**Laundry facilities** - There is a small self-service laundromat at the Hotel Bellevue. 5 francs includes soap.