

## Walks and hikes in summer

Wengen and the Jungfrau area offers a huge variety of hiking trails. This is just a small choice of some of the most beautiful walks.

### Staubbachbänkli

About 30 minutes walk from the Hotel Alpenrose

Leaving the hotel you turn left and the little path behind the wooden Chalet „In Rossen“ will take you to a road. Follow the road in a southerly direction through the wooded Kneugraben (bridge crossing a little mountain stream) mounting very slightly to the houses of Innerwengen (Schiltwald). After crossing the Schlossgraben the road becomes narrower and curves to the right up a short incline. On the left hand side you will find „Mary's Café“ a little restaurant where you can stop for a drink or a little snack. Afterwards the road levels out again and ends at Staubbachbänkli from which you can enjoy a magnificent view into the Lauterbrunnen valley. This spot with its rows of benches („Bänkli“) has been named after the famous Staubbach water falls just opposite. In the early morning and at dawn you can often see a little herd of ibex.

### Wengen - Mettlenalp - Wengernalp

An easy two-hour-hike from Wengen Railway station

Take the route to Wengernalp as far as Allmend (train stop with restaurant). Here the Mettlenalp path branches off up-valley to the right, first running level and then, after crossing a broad wooden bridge, mounting slowly and pleasantly in the woods to the lower border of the „Bumps“, and over the Hasenbach. The Mettlenalp path keeps straight on, running level into the woods again and soon reaches the big cowherds' hut of the Mettlenalp, at the foot of the mighty rocks of Schwarzmönch. This spot is without exaggeration one of the loveliest in the pre-alps. All lovers of nature will be deeply impressed by the might and majestic of the mountains that seem within a stone's throw of this friendly meadow with a big variety of flora and fauna. If you are lucky you might catch a glimpse of the dovetail butterfly. The path continues to Wengernalp where during the summer months you can stop at the „Alpstübli“ for a refreshment and delicious cake.

### Wengernalp - Biglenalp

30 minutes' walk from Wengernalp Railway Station

From the Hotel Jungfrau to the subway above Wengernalp Railway Station. Here the Biglenalp route branches off from the track leading to Kleine Scheidegg, descending gently and steadily through the meadows in the direction of the cowherds' huts and the Mönch as far as a small mountain stream which it crosses by means of a narrow bridge. On the other side of the little ravine (chairlift winter) it changes direction and climbs a short incline, reaching the woods about a hundred yards below a large projecting rock. It then descends again in the original direction through the woods to the upper meadows and after crossing the rushing Trümmelbach river reaches the huts of the Biglenalp. Here you will find a paradise of mountain flowers, in which rare types of alpine flora are to be found. This fact is disclosed in conviction that visitors will not pick these flowers. If you are lucky you may also witness from here one of the gigantic avalanches of dry snow that fall from the glaciers of the Jungfrau. The path continues through the woods to Mettlenalp and back to the road down to Wengen (about 1,5 hours) if you do not wish to return to Wengernalp.

**More suggestions to be found in our file at the reception desk**