



KANDERSTEG

Welcome

DESTINATION GUIDE

ALL YOU NEED TO KNOW FOR A GREAT HOLIDAY

SUMMER

ENG



ADELBODEN LENK
KANDERSTEG



Returning home

A very warm welcome to you!

Here is where the mountain lake lies in the Swiss pine forest and the footpath leads into the untamed side valley. The Kandersteg summer programme includes a wide selection of destinations and activities. We have compiled this Destination Guide to help you find the most suitable holiday itinerary – from UNESCO World Heritage Sites to cultural events. Insider tips and popular Kander Valley attractions are detailed in just a few pages.

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Highlights



KANDERSTEG HIKING PARADISE

The many Alpine paths and huts in the region are countless – here hikers will find historic trails as well as peaceful, natural landscapes.



UNESCO WORLD HERITAGE SITE – OESCHINEN LAKE

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



SUNNBÜEL GEMMI PASS

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



ALLMENALP FIXED-ROPE-ROUTE AND PARAGLIDING

Whether you go by mountain lift, across the fields or by air, impressive views are always guaranteed on Allmenalp. Fixed-Rope-Route «Joy abounds» with new and challenging version.



UNESCO WORLD HERITAGE SITE – GASTERNTAL

Waterfalls, forests and peaks all meet at the source of the Kander river. The perfect place to unwind in the seclusion offered by nature.



MOUNTAIN TUBING NORDIC ARENA

The Kandersteg ski jumping facilities also provide amateurs with an adrenaline kick. Zoom down the steep slopes on pneumatic tyres!

mountain-tubing.ch



SWIMMING AND PLEASURE POOL KANDERSTEG

A hot summer calls for a refreshing dip. From the outdoor pool, you can enjoy stunning views of the surrounding mountains.



FREERIDE TRAIL SUNNBÜEL

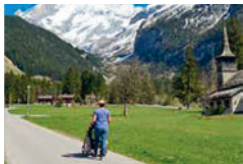
This demanding route is a must for serious mountain bikers. Don't worry – «chicken lanes» are available for easier descents.

freeridetrail.ch



MUSEUM HOUSE

Below «la belle époque» and the tunnel; above gondolas and chairlifts. In the former army pharmacy building, the local museum and Swiss Cableway Museum are both situated under one roof.



OBSTACLE-FREE HIKING TRAILS

The village stretches for over 4 km and runs parallel to the Kander river. The unobstructed hiking trails lead you on routes of varying difficulty through the large, mostly flat valley floor of Kandersteg.

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.



kandersteg.ch/en/events

TIP



6 Jul. | 20 Jul. | 3 Aug. 2022

GUEST EVENING KANDERSTEG

Performances by village societies or groups on Schulhausplatz / community hall (from 8.30 pm onwards).



Good to Know

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

TOURIST CENTER KANDERSTEG

Help desk, hotel room bookings, apartments, sale of hiking passes maps and souvenirs.

Äussere Dorfstrasse 26
3718 Kandersteg
+41 (0)33 675 80 80
kandersteg.ch
kandersteg@be-welcome.ch

GUEST CARD

By paying the compulsory resort tax, you help us to provide a wide range of guest facilities. All overnight guests to Kandersteg 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 12

PARKING IN KANDERSTEG

Parking is available beside the cable cars, the car-train loading bay at the railway station and at the town hall (Gemeindehaus). For the parking fee, ticket machines are available on site.

BANKS, ATM/ CASHPOINTS

Berner Kantonalbank BEKB

Innere Dorfstrasse 17,
Kandersteg

Spar- u. Leihkasse Frutigen AG

Äussere Dorfstrasse 15,
Kandersteg

RUBBISH DISPOSAL IN KANDERSTEG

Please bring all PET, aluminium, cans, etc. for recycling to «Zuckerschopf» on Risetistrasse. The amenity centre for the disposal of paper, cardboard and bulk waste is open on Monday afternoons and Thursday mornings.



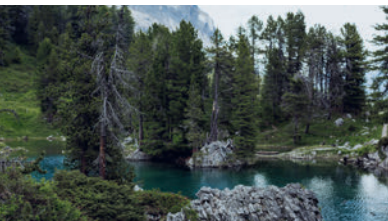
IMPORTANT PHONE NUMBERS

Emergency medical services	144
Fire service	118
Police	117
Air Rescue	1414
Car breakdown	+41 (0)79 328 70 52

Tourist Center Kandersteg	+41 (0)33 675 80 80
Train station Kandersteg	+41 (0)58 327 41 14
Gasterntalbus	+41 (0)33 671 11 72
Village bus Kandersteg	+41 (0)33 673 74 74
AFA Taxi	+41 (0)75 415 15 15

DOCTORS

Medical Practice, Kandersteg	+41 (0)33 675 14 24
Hospital Frutigen	+41 (0)33 672 26 26



GENERAL INFORMATIONS

Swimming and pleasure pool

Opening hours on request

SHOPS

Monday to Friday	8am–12pm 1.30pm–6.30pm
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Saturday	8am–5pm
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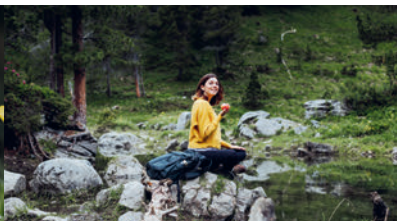
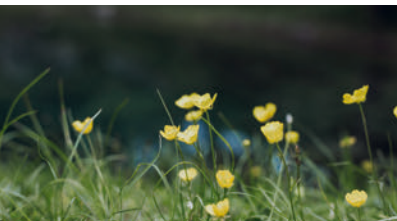
Sunday	open at times during the high season
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Gasterntal by car

Permission ticket available at the tourist office (CHF 15.-) /
one-way traffic

Drive up	every hour from .45 to .05 h
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Drive down	every hour from .15 to .35 h
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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 from 1 May 2022 and benefit from free or discounted offers.



meine-berge.ch/guestcard

TIP



Every Wednesday from the beginning of June to the end of September

NORDIC ARENA KANDERSTEG

Open to visitors at 4.30 pm every day



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

TIP



OK:GO

For holidays without hitches – our online guide lists which events and locations are also accessible with a wheelchair or pushchair.
ginto.guide/en



KANDERSTEG

#MagicBlue

SUNNBÜEL-GEMMI OESCHINENSEE | ALLMENALP

mymagicblue.ch

AELBODEN LENK
KANDERSTEG

Heads up! A panoramic view of the Kandersteg peaks reveals time and again historic pass crossings, clear mountain lakes, flowering alpine meadows and untamed alluvial landscapes. These are all easily accessible on the region's extensive network of hiking trails. The ideal starting point is, of course, the village of Kandersteg – and from here alone, hikers can set off on at least 24 different tours.

A photograph showing the backs of two hikers walking away on a trail. The hiker in the foreground has blonde hair and is wearing a blue and white striped shirt and a black backpack. The hiker behind her has brown hair and is wearing a yellow long-sleeved shirt and a black backpack. They are walking on a rocky path through a green, hilly landscape.

Feast for the eyes

Hiking Paradise

HIKING TIPS

Oeschinen Lake, Heuberg

The peaks of Blüemlisalp and Doldenhorn soar above; the deep blue of the glacial water sparkles below. This well-maintained mountain hiking trail leads from the upper station of the Oeschinen Lake gondola lift upwards and then down again to the shore in around three hours. With a bit of luck, you'll also see eagles, chamois or ibexes crisscrossing the rock faces.

Gasterntal, Kanderfirn

Wild, romantic Alpine landscapes await you at the far side of the Gasterntal valley. From Selden, the mountain trail leads walkers for three hours to the glacier tongue at 2400 m (7874 ft.) above sea level and so to the source of the Kander river. The glacier itself, however, should not be underestimated – because of the topography, an ascent is only possible for experienced mountaineers with good local knowledge or when accompanied by a mountain guide.

Sunnbüel, Gurnigelweg

Narrow gorges, foaming mountain streams, a rocky hole and breathtaking views. Sure-footed hikers will be richly rewarded on this trail starting at Sunnbüel mountain railway station. The rarest types of flowers can also be discovered along the way – from the «lady's slipper» in springtime to the world-famous Edelweiss, a rich Alpine flora blooms here.

Allmenalp, Üschenental

The Allmenalp aerial cable car ride itself is enough to make your heart beat faster. Along the 500-metre-high rock face, mountaineers can be seen climbing and paragliders floating in the thermals. This broad and well-maintained hiking trail then leads back to Kandersteg via Üschenental in around two and a half hours.

Doldenhorn Hut via Doldenhorn Forest Hotel

The ascent to the Doldenhorn Hut is via a magnificent mountain trail from Kandersteg to the foot of the eponymous Doldenhorn. The route leads through beautiful larch and pine forests with stunning views of Kandersteg – and above the tree line to the Doldenhorn Hut (1915 m/6283 ft. above sea level). This trail is relatively easy and ideally suited for families.

Sunnbüel, Üschenegrat

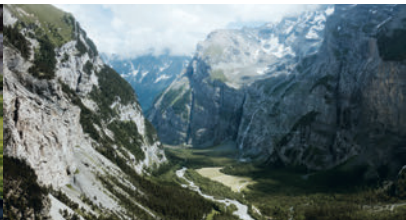
Names like Gratsattel, Üschenegrat or Schwarzgrätli say it all – this high-altitude hike is in a class of its own. The view sweeps to the striking flank of the Altels and the Gemmi Pass. Gällihorn is also a hiking peak that can be reached in one and a half hours from the summit station of the Sunnbüel mountain lift.

TIP



SMARTRAILS

The destination on display. These interactive adventure trails open up highlights in Adelboden and Kandersteg – and from summer 2022 also in Frutigen. app.smartrails.ch



Gspaltenhorn Hut

It would seem that the journey by post bus to Griesalp cannot be bettered – after all, it is the steepest route of its kind in Europe. However, the hiker still has around four hours to discover the natural beauty of the UNESCO World Heritage Site on a straight pathway up to the Swiss Alpine Club hut at 2455 m (8054 ft.) above sea level.

The region at the very end of the Kiental Valley is not short on beauty.

Hohtürli

This famous pass between Kandersteg and Kiental gives visitors a unique insight into the glacial world of Blüemlisalp. No wonder, many visitors decide to break their journey at Blüemlisalp Hut for an overnight stay. The descent takes you either down to Griesalp or to Oeschinen Lake.

MORE HIKING TIPS AND INFORMATIONS



HIKING PASS

Season	Adults	Children (6-15)	Seniors (from 64/65)
Oeschinen	210	110	
Oeschinen Annual Hiking Pass	400	220	
Kandersteg	280	140	
Kandersteg Annual Hiking Pass	490	245	
Adelboden-Frutigen- Kandersteg-Lenk	370	204	314

Prices are subject to change

MAGIC BLUE PASS

1 pass, 2 lakes, 3 cable cars

Visit each of the three places once this summer and autumn: the world-famous Oeschinensee, the secret tip Arvensee between Sunnbüel and the Gemmi Pass and Allmenalp with its intact world. Prices: Adults CHF 62.-, Adults (Half price/ GA) CHF 43.- Children (from 6-16 years) CHF 30.-

CABLE CARS INCLUDED

The hotels are offering the hiking pass for stays of three nights or more. This giving unlimited travel on the mountain transport facilities.



Wilde Frau
3274

Morgenhorn
3623

Weisse Frau
3608

Blüemlisalp
3663

Fründenhorn
3369

Doldenhorn
3638

Oeschinernhorn
3486

Blüemlisalp
Rothorn

Lohtürli
2776
Blüemlisalplhütte
SAC

Fründenhütte SAC
2562

←Kiental

Dündenhorn
2862

Felssturzgefahr - Absperren
Risk of rock slide - no trespassing
Infos unter gemeindekandersteg.ch

Zallershörn
2743

Oberbärgli

Oeschinensee
1578

Bire
2502

Underbärgli

Heuberg

Lager

Deschinen
1682

Untere Giesenen
1668

Nordic Arena

Spiez
Thun
Bern

Blausee
Frutigen
Kiental

22 KANDERSTEG



Blüemisalhorn
3663

Fründenhorn
3369

Doldenhorn
3638

Balmhorn
3699

Oeschinenhorn
3486

Lötschental ↓

Lötschenpass
2690

Äuss. Fisistock


Spitzer Stein

Inn. Fisistock

Fründenhütte SAC
2562

Doldenhornhütte SAC
1915

Fisialp

 Felssturzgefahr - Absperrungen beachten
Risk of rock slide - no trespassing
Infos unter gemeindekandersteg.ch

Felsenpfad

Oeschinensee
1578

Bire
2502

Underbärgli
1578

Heuberg

Lager

Deschinen
1682

Deschwald

1200

Nordic Arena

Höh

Autovelodrom

Spiez
Thun
Bern

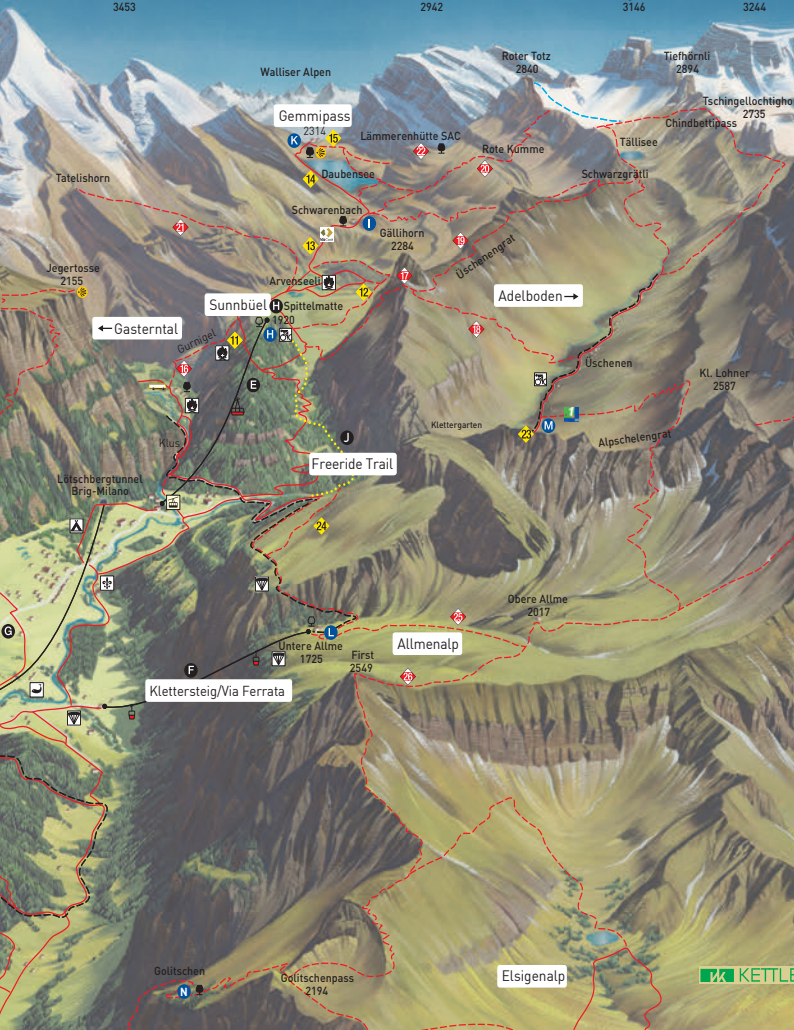
Blausee
Frutigen
Kiental

Rinderhorn
3453

Daubenhorn
2942

Steghorn
3146

Wildstrubel
3244



Walliser Alpen

Roter Totz
2840

Tiefhörnli
2894

Gemmipass
2314

Tschingellochtighorn
2735
Chindbettipass

Lämmerenhütte SAC

Rote Kümme

Tällisee

Tatlishorn

Daubensee

Schwarzgrätli

Jegertosse
2155

Schwarzenbach

Gällihorn
2284

Üschengrät

Sunnbüel
1920

Adelboden

Gasterntal

Arvensee

Üschenen

KL. Lohner
2587

Klus

Freeride Trail

Klettergarten

Alpschelengrät

Lötschbergtunnel
Brig-Milano

Obere Allme
2017

Klettersteig/Via Ferrata

Allmenalp

Untere Allme
1725

First
2549

G

Goltschen

Goltschenpass
2194

Elsigenalp

KETTLE

Rinderhorn, 3448 m

Tierhörnlí, 2894 m

Steghorn, 3146 m

Wildstrubel / Grossestrubel, 3243





The wild Gasterntal with its waterfalls, the vast and flat valley basin around the village, the rewarding alpine climbs into hidden side valleys and the steep rock faces from Sunnbüel – the Kandersteg trail network offers bikers many attractive tours. Again and again, you reach impressive vantage points on two wheels, and by the finish, you are already planning your next ride through the Bernese Oberland.

A mountain biker is riding a trail on a grassy hillside. The rider is wearing a helmet, a backpack, and is leaning forward on the handlebars. The trail is a dirt path that curves through the grass. In the background, there are trees and a clear blue sky. The word "Adventure" is written in a large, white, cursive font across the bottom of the image.

Adventure

Bike Paradise

BIKE TIPS

Üschenental

23 kilometers (14 miles) in the remote mountain area. From the village, this tour first takes you to the Sunnbüel valley station, followed by the ascent to Inner Üschenen. Now a rapid return journey beckons.

Allmenalp

The view becomes more and more spectacular on this two and a half tour. Those who prefer not to cycle up from Kandersteg via Usser Üschenen can simply load their bikes into the cable car.

Gemmi Pass

In off peak hours, the historic Säumerweg has enough room for mountain bikers too. Spittelmatte, Schwarzenbach and Daubensee are the names of the stages after the Sunnbüel summit station.

FURTHER BIKE ROUTES



HIRE, CARRIAGE, WASH- AND CHARGING STATIONS



meine-berge.ch/en/biking

TIP



SUNNBÜEL FREERIDE TRAIL

Twenty five jumps and over 100 steep turns. Experts and all-rounders alike will get their money's worth on the 4.7 km (3 mile) long downhill course.



Activities

TENNIS

Two sand courts
 Court hire per hour from
 CHF 20.–
 Tourist Center Kandersteg
 +41 (0)33 675 80 80
 Tennis coaching
 tckandersteg.ch

BOWLS

This sport can be practiced from mid-May to mid-September at the artificial ice rink in Kandersteg. The aim of this ball game is to place the balls as close as possible to a smaller target ball.
 +41 (0)79 352 28 64
 kunsteisbahnkandersteg.ch

INDOOR CLIMBING

Climbing hall Grossen Sport

The climbing hall isn't supervised. If you have no previous knowledge or are interested in a climbing course, please inform you under alpinedream.ch

Entry:
 Adults from
 CHF 15.–,
 children up to 16 years from
 CHF 10.–,
 children up to 6
 years free of charge
 Equipment hire possible.
 +41 (0)33 675 00 16
 grossensport.ch

TIP



SWISS CHAMPIONSHIPS BOWLS

Who is closest to the target ball? The best doubles in this popular British sport will go head-to-head on 17–18 June in the carpeted ice rink hall.

ALPINE SCHOOL ADELBODEN KANDERSTEG

Climbing Activities

- Summer climbing school
(Monday / Tuesday)
- Abseiling at Choleren Gorge
- Climbing routes with guide
(Chäligang 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 3698m (12132 ft)
- Lohner Westgrat 3048 m
(10000 ft)
- Gsür 2708 m (8884 ft)
- Lohnerweg with Mittagshorn
2678 m (8786 ft)
- Tschingellochtighorn 2735 m
(8973 ft)
- Mönch 4111 m (13488 ft)
- Jungfrau 4158 m (13642 ft)
- Eiger 3970 m (13025 ft)

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

alpenschule-adelboden.ch



Visit us

Guided tours 2022

e.g. Lötschberg base tunnel

Guided hikes 2022

- Lötschberg north ramp
- Lötschberg south ramp

All offers and booking at
bls.ch/visit

Gastronomy

ESTABLISHMENT	DISTRICT	WEB
Hotel Restaurant Alpenblick	Village	alpenblick-kandersteg.ch
Hotel Restaurant Bernerhof	Village	bernerhof.ch
Hotel Restaurant Blümlisalp	Village	hotel-bluemlisalp.ch
Chalet-Hotel Adler	Village	chalethotel.ch
Restaurant Crystal	Fielfälle	
Hotel des Alpes	Village	desalpes-kandersteg.ch
Hotel Restaurant Blausee	Blausee	blausee.ch
Hotel Restaurant Ermitage	Cable car Oeschinen	ermitage-kandersteg.ch
Hotel Restaurant Spycher	Village	hotel-restaurant-spycher.ch
Krauterei	Village	krauterei.ch
Gourmet Waldhotel Doldenhorn	Village	doldenhorn.ch
Landgasthof Ruedihus	Village	ruedihus.ch
Restaurant Kander- und Alpstübli	Cable car Sunnbüel	kander-alpstuebli.ch
Feinbäckerei Tea Room Marmotte	Village	cafe-marmotte.ch
Nico's Resaturant	Village	nicosrestaurant.ch
Restaurant Rendez-vous	Cable car Oeschinen	restaurant-rendezvous.ch
Restaurant Schweizerhof	Village	schweizerhof-kandersteg.ch
Restaurant Ritter	Village	hotel-victoria.ch
Cafe Restaurant Au Vieux Chalet	Village	

PHONE +41 (0)

	Restaurant	Café	Hotel B & B	Bar Nightlife	Award-winning fine-dining	Fine dining	Swiss regional dishes	Italian cuisine	French cuisine	Asian cuisine	International cuisine	Hearty, home-style dishes	Fondue	Raclette	Grill	Snacks Patisserie	WiFi
033 675 11 29	■		■				■					■	■	■			■
033 675 88 75	■		■			■	■						■				■
033 675 18 44	■		■		■		■						■	■			■
033 675 80 10	■		■	■			■	■	■		■	■	■	■		■	■
033 675 14 51	■						■					■	■				
033 675 11 12	■		■	■			■	■				■	■		■	■	■
033 672 33 33	■	■	■		■	■											■
033 675 80 20	■		■			■	■					■	■	■	■	■	■
033 675 13 13	■		■				■	■									
		■														■	
033 675 81 81	■		■	■	■	■											■
033 675 81 82	■		■				■					■	■	■			
033 675 11 44	■		■				■					■					
033 675 10 70	■	■														■	
033 675 84 80	■				■		■					■	■	■	■		■
033 675 13 54	■		■				■				■	■	■		■	■	■
033 675 22 00	■	■					■				■	■			■	■	■
033 675 80 00	■					■	■				■	■	■		■	■	■
044 594 75 14	■	■		■			■				■				■	■	

Excursions in the destination

ADELBODEN



ENGSTLIGE FALLS

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



TROTTILAND (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.



TSCHENTENALP

From village to 1950 m (6400 ft.) in just five minutes? No wonder the gondola lift on Adelboden's very own mountain attracts hikers, mountain bikers and paragliding enthusiasts.

FRUTIGEN



SUSPENSION BRIDGE HOSTALDE

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



TELLENBURG

The restored ruins dating back to the year 1200 offer a magnificent view of Frutigen and the Kander Valley.



TROPENHAUS FRUTIGEN

An exotic world of tropical plants and a sturgeon farm for the production of caviar.

KIENTAL



GRIESALP

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



REICHENBACH CRYSTAL CELLAR

The mountains are a treasure trove. At Dorfstrasse 27 in Reichenbach, you can admire and even purchase these precious discoveries.



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.

How to get there

BY CAR

from the North and West:
Motorway A1 via Bern, then take the A6 to Spiez and follow the main road in direction of Frutigen-Kandersteg.

from the South:
via Domodossola-Iselle-Simplon-Brig-Goppenstein, then car-by-train service Lötschberg (Goppenstein-Kandersteg).

BY TRAIN AND BUS

from the North and West: via Bern-Kandersteg (direct connections with the Lötschberger railway).

from the South:
via Domodossola-Brig-Kandersteg (direct connections with the Lötschberger railway).

N.B.: Please pay careful attention to the different sections of the Lötschberger trains in Bern, Spiez and Brig (the train divides at Spiez).



Special ticket to the Valais

Go hiking in the nearby Valais and enjoy grandiose views and culinary highlights. With a special ticket you can travel by public transport from Kandersteg. Choose between the two hikes Southern Lötschberg Ramp or Lötschental Panoramic Trail.

Buy a special ticket from BLS now:
bls.ch/special-ticket-valais

INFORMATION AND PRICES

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

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CIRCULATION

3000 copies

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adelbodenlenkkandersteg](https://youtube.com/adelbodenlenkkandersteg)
[meine-berge.ch](https://www.meine-berge.ch)





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kandersteg@be-welcome.ch
kandersteg.ch


**ADELBODEN LENK
KANDERSTEG**

MADE IN BERN