

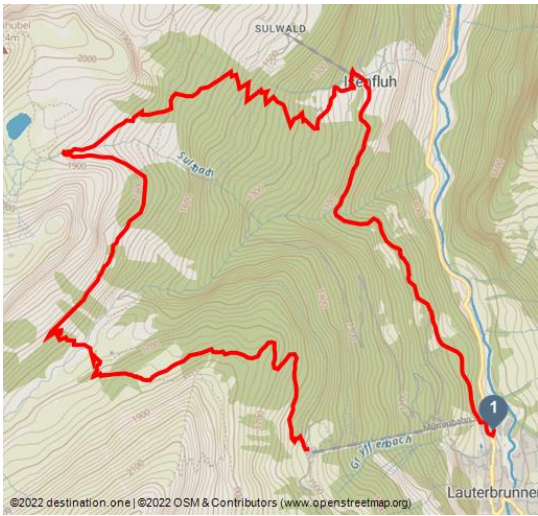


## Lauterbrunnen - Isenfluh - Saustal - Grütschalp

Hiking Trail



Jungfraubahnen Management AG



### Tour Dates:

12,2 km	5 h 2 min	1245 m	558 m
Distance	Duration	Altitude	Altitude descending
1872 m	801 m		
Highest Point	Lowest Point		



### Recommended Seasons:

JAN	FEB	MRZ	APR	MAI	JUN
JUL	AUG	SEP	OKT	NOV	DEZ

The good level of fitness required to complete this hike is rewarded with a wonderful nature experience. Follow the signs on the alp trail until you reach the small village of Isenfluh. From here, the trail leads over sunny Alpine meadows and through a ruggedly picturesque mountain forest. A narrow mountain trail continues through a moderately exposed field of scree to the huts at Sausläger (please note - this trail is suitable for surefooted hikers only). Romantic Saustal Valley; Further on, the trail crosses the Sausbach, a stream winding its stately way through the pristine alp floor. The wide, shingle-carpeted riverbed is ideal for playing in and damming and the Saustal Valley opens up a variety of views and perspectives of the snow-capped icons of the Bernese Alps. An easy ascent leads you to the junction at Sausläger, from where you can hike to the tiny yet idyllic Lake Röschwaldsee. Through the trees you can catch stunning glimpses of Schynige Platte and Isenfluh. A varied, undulating trail follows the slope, leading after a short

### Ratings:

★★★★☆ Panorama

### Address:

3822 Lauterbrunnen

### Organisation:

Jungfraubahnen Management AG  
<https://www.jungfrau.ch/>



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while into the forest and from there into the valley and the descent to Grütschalp station.

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**Startpoint:**

Lauterbrunnen, Wengernalp railway station

**Destinationpoint:**

Grütschalp, Bergstation Mürrenbahn

**Directions:**

Lauterbrunnen - Isenfluh - Saustal - Grütschalp

**Safety Guidelines:**

Mountain hiking trail with some slightly exposed sections. Only suitable for sure-footed hikers.

**Equipent:**

Normal hiking gear, hiking boots with good soles.

**Getting There:**

Via Bern or Lucerne to Interlaken. Or from the south, via the Grimsel Pass (summer only) or the Simplon Pass and the Lötschberg car-transport train to Interlaken. Then follow the signs to Lauterbrunnen.

**Parking:**

Lauterbrunnen multi-storey car park directly at the railway station or the uncovered car park by the church.

**Public Transit:**

Via Bern or Lucerne to Interlaken Ost. Change to the Bernese Oberland Railway to Lauterbrunnen.

**Additional Information:**

**Hike 53**

(in the printed summer panoramic map of the Jungfrau Railways)





