



## Lake Brienz Loop

Mountain Bike



Atemberaubendes Panorama über den Brienzensee - © Interlaken Tourismus



### Tour Dates:

medium  
Difficulty

37,9 km  
Distance

2 h 40 min  
Duration

804 m  
Altitude

804 m  
Altitude descending

760 m  
Highest Point

564 m  
Lowest Point



### Recommended Seasons:

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

**A varied circular tour of Lake Brienz. This tour captivates cyclists with breathtaking views of turquoise Lake Brienz, unsurfaced roads, two suspension bridges and scenic trails.**

Starting at Interlaken Ost railway station, this tour leads alongside the River Aare to the tall iron railway bridge. After a winding ascent and riding through Ringgenberg village, continue along the surfaced road that winds its way over the quarry. From here, an unsurfaced road leads to the village of Niederried. The views of turquoise blue Lake Brienz are stunning. After passing Oberried, it's time to tackle the next ascent towards Ebliigen. You will cross two suspension bridges before you reach Brienz. Follow the main road through Brienz until you reach the signposted turnoff for Iseltwald. This is where the most challenging section of the tour, namely the steep ascent in the direction of Axalp, starts. Make sure you don't miss the turnoff towards the Giessbach Falls. An unsurfaced road leads you through an idyllic

### Ratings:

- ★★★★☆ Kondition
- ★☆☆☆☆ technique
- ★★★★☆ Erlebnisqualität
- ★★★★☆ Panorama

### Address:

3800 Interlaken

### Author:

Interlaken Tourismus





landscape to Iseltwald. From Iseltwald, follow the quiet lakeside road to Bönigen. From here, a riverside gravel path leads you back to Interlaken Ost railway station.

**Organisation:**  
Interlaken Tourismus  
<http://www.interlaken.ch/>

**Startpoint:**  
Interlaken East, railway station

**Destinationpoint:**  
Interlaken East, railway station

**Directions:**  
Interlaken - Ringgenberg - Niederried - Oberried - Brienz - Giessbach - Iseltwald - Bönigen - Interlaken

The route is passable in the opposite direction as well:

Interlaken - Bönigen - Iseltwald - Giessbach - Brienz - Oberried - Niederried - Ringgenberg - Interlaken

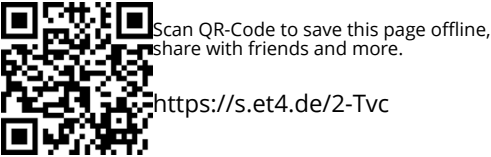
**Tip:**  
Along the Lake Brienz shoreline, you will come across scenic bathing lidos for a cool dip and charming restaurants where you can refresh yourself for the next ascent. You can either take the higher trail or the lakeside trail from Brienz to Interlaken. Travel time on the lakeside trail is shorter.

**Public Transit:**  
Der Startpunkt ist direkt beim Bahnhof Interlaken Ost, welcher bequem mit Bahn und Bus erreichbar ist.

**Additional Information:**  
The suspension bridge over the Unterweidliggraben (above Ebligen) is dismantled in winter and reinstalled in spring. Check the website of the municipality of Oberried to see if the suspension bridge has been reinstalled: [www.oberried.ch/schnellzugriff/aktuelles](http://www.oberried.ch/schnellzugriff/aktuelles)

Information regarding duration, fitness requirements and technique depend on the chosen bike type (i.e. mountain bike, e-bike, touring bike, racing bike). These are approximate guidelines.

Interlaken Tourismus  
Marktgasse 1  
CH-3800 Interlaken  
0041 33 826 53 00

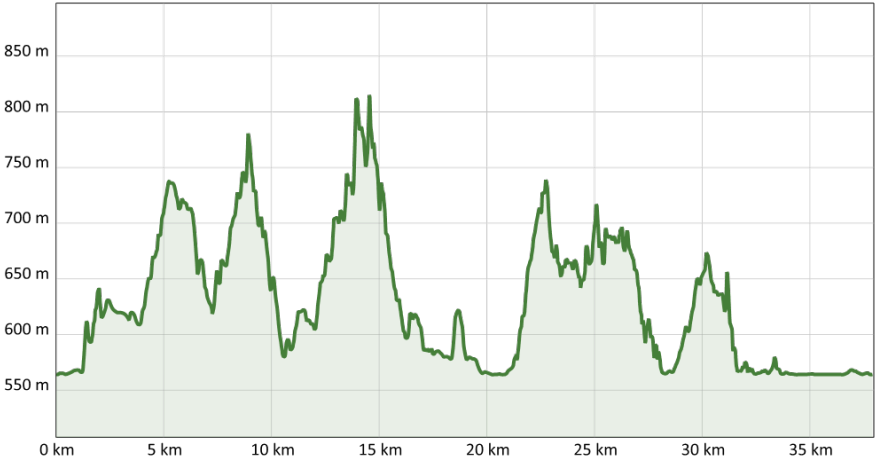


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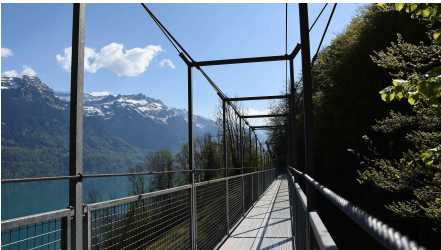


mail@interlaketourism.ch

www.interlaken.ch



Hängebrücke Unterweidliggraben ob Ebligen - Blick Richtung Brienz & Axalp - © Christian Mathyer, Interlaken Tourismus



Hängebrücke Unterweidliggraben ob Ebligen, zwischen Oberried und Brienz - © Christian Mathyer, Interlaken Tourismus



Unterwegs zur Hängebrücke Unterweidliggraben - Sitzbank zwischen Brienz und der Hängebrücke - © Christian Mathyer, Interlaken Tourismus



