



GrimmialpBike

Mountain Bike



Trail GrimmialpBike - © Naturpark Diemtigtal



Tour Dates:

medium  
Difficulty

18,5 km  
Distance

2 h 45 min  
Duration

662 m  
Altitude

658 m  
Altitude descending

1459 m  
Highest Point

1126 m  
Lowest Point



Recommended Seasons:

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

Discover the valley end of the Diemtigtal Nature Park with its steep cliffs, mountain forests and alpine pastures on the "GrimmialpBike" route.

Over a distance of around 18 kilometres and more than 650 metres in altitude, the Bernese Oberland mountain valley with its extensive cultural landscape is a recommendation for active holidays. The varied mountain bike route leads through Switzerland's most important alpine farming community.

Ratings:

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

Author:

Rahel Mazenauer

Startpoint:



Tiermatti (Schwenden)

**Destinationpoint:**

Tiermatti (Schwenden)

**Directions:**

The tour starts in Tiermatti, Schwenden. At the beginning, the trail leads out of the valley into the Höllersberg forest and on the gravel path through the Balmi forest up to the lower Gurbs. The challenging descent into the valley takes place shortly before the alpine hut, turning right. It follows the old Gurbsweg down to Schlatti. We advise less experienced riders to exercise caution and to push the bike in some places. The rather leisurely ride along the Schattsite into Grunholz to Egg once again shows the extensive cultivated landscape. Once you're properly warmed up, you tackle the most challenging section up to Hintere Nydegg. From there you head out of the valley on beautiful forest roads to Tiermatti.

Follow the red signposts with route field no. 916 - they show you the way.

**Safety Guidelines:**

The route is only signalled in one direction because of the steep descent.

**Equipent:**

Food and sufficient drinks for the road

**Getting There:**

Motorway A6 Bern direction Zweisimmen, 1 km after the Simmenfluchtunnel turn left direction Diemtigtal. Follow the Diemtigtal road into the valley for 16 km in the direction of Schwenden until you reach the former Tiermatti inn.

**Parking:**

A limited number of paid parking spaces are located opposite the former Tiermatti inn.

**Public Transit:**

By train to Oey-Diemtigen. Then by post bus to the «Schwenden i.D., Tiermatti» stop or direct journey by mountain bike.

**Additional Information:**

Diemtigtal Nature Park

Bahnhofstrasse 20

3753 Oey

Phone +41 33 552 26 00

info@diemtigtal.ch

**Organisation:**

Naturpark Diemtigtal  
<https://www.diemtigtal.ch/>



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[www.diemtigtal.ch](http://www.diemtigtal.ch)



Blick auf Grimmialp und Spillgerte - © Naturpark Diemtigtal



Blick von Oben auf Grimmialp und Dorf Schwenden  
- © Rahel Mazenauer, Naturpark Diemtigtal



GrimmialpBike mit Seehore in Hintergrund - © Naturpark Diemtigtal



