

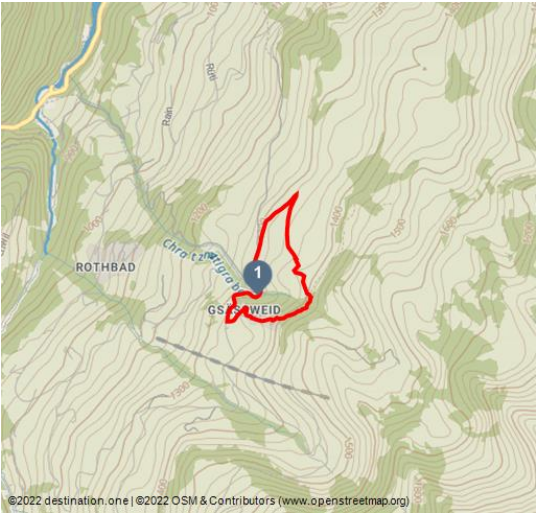


Swiss wrestling trail Springenboden

Thematic Trail



Kilian Wenger gegen Joel Wicki - © Rolf Eicher & Christian Germann, Naturpark Diemtigtal



Tour Dates:



easy
Difficulty



2,5 km
Distance



1 h 30 min
Duration



120 m
Altitude



106 m
Altitude descending



1392 m
Highest Point



1285 m
Lowest Point



Recommended Seasons:

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

Have you ever stood next to a winning muni? Do you know what a «Wyberhaagge» is? In the home of the Swiss wrestling king Kilian Wenger, you can learn exciting facts about Swiss wrestling festivals (explanations in German only).

On the way to Kilian Wenger's home country, you will learn more about the popular national sport that has managed to preserve its rustic origins. Swiss wrestling is good for you, makes you strong and resilient. Swiss wrestling is camaraderie and down-to-earthness. The people of Diemtigtal have known this for a long time, which is why it has been part of their active culture for generations. In addition, the three Swiss wrestling kings from the Diemtigtal naturally make us very proud – do you know them?

Ratings:

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

Author:

Rahel Mazenauer





Themed panels along the path (explanations in German only) give you an insight into the world of Swiss wrestling and you learn about the different techniques and holds. Why are there Alpine and gymnastic wrestlers and what is the difference between them? You will reach the highlight of the trail at the end of your circular walk. In the pavilion of the Swiss wrestling kings you will find portraits of the «bad guys» and can admire the lifelike wooden muni «Arnold» and our Swiss wrestling king himself in life-size.

Startpoint:

Haseloch, Springenboden

Destinationpoint:

Haseloch, Springenboden

Directions:

Follow the Swiss wrestling trail from the «Haseloch» along the asphalt road until the path climbs to the right to «Ahorni». After climbing the stairs over the «Satteli», you reach the covered barbecue area with a fountain. Continue through the forest and later cross a stream to reach the pretty log cabins and the Gsässweid inn. From here you can already see the pavilion of the Swiss wrestling kings and the «original home» of Swiss wrestling king Kilian Wenger, the Springenboden restaurant. After a short descent on asphalt, you reach the starting point «Haseloch». The trail is marked with white directional signs and a green route field.

Equipent:

Sturdy shoes

On the way you will find a great covered barbecue spot. Don't forget your cervelat sausage, knife and drinks for the road!

Tip:

Take a cervelat sausage with you on your hike – the covered barbecue area with Swiss wrestling fountain is ideal for a break.

Getting There:

Motorway A6 Bern direction Zweisimmen, 1 km after the Simmenfluhtunnel turn left direction Diemtigtal. Follow the Diemtigtal road into the valley for 8 km until Horboden. Turn left here and follow the signs for «Springenboden» to «Haseloch» (5.5 km).

Parking:

Parking is available at the «Haseloch».

Public Transit:

By train to Oey-Diemtigen station (Spiez–Zweisimmen line). Continue by post bus to the «Horboden, Chirel» stop.

Organisation:

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



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<https://s.et4.de/jYNdf>

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On request, driving service Springenboden for max. 4 persons: T 079 616 90 45

Otherwise the «Haseloch» can be reached on foot from Horboden (1 hour 30 minutes).

Additional Information:

Theme trail flyers with overview map are available from the Diemtigtal Nature Park office (in German only).

Diemtigtal Nature Park

Bahnhofstrasse 20

3753 Oey

Phone +41 33 552 26 00

info@diemtigtal.ch

www.diemtigtal.ch

Open or closed?

Find out in our > summer sports report

Catering options (please note opening hours)

Gsässweid inn: fortify yourself with a «Hosenlupf-plate», enjoy the sun terrace with its magnificent view and spend the night in the Swiss wrestling room. P. Neukomm family, Phone +41 33 681 15 32, www.gsaessweid.ch

Restaurant Springenboden: Treat yourself to a break with a Swiss wrestler's coffee in the original home of Swiss wrestling king Wenger Kilian. B. Wenger family, Phone +41 33 681 12 51

Rothbad Inn: Enjoy a coup «Hochschwung» or a «wreath plate» on the outdoor terrace. The Rothbad inn is located directly on the path from Horboden to Springenboden. Fam. D. & A. Messerli-Minnig, Phone +41 33 681 13 34, www.rothbad.ch





Das Diemtigtal ist seine Heimat: Schwingerkönig Wenger Kilian - © Sarah Michel , Naturpark Diemtigtal



Sicht auf Wiriehorn und Schwarzenberg - © Rahel Mazenauer, Naturpark Diemtigtal



Schwinger-Brunnen - © Rahel Mazenauer, Naturpark Diemtigtal



Blick ab Satteli Richtung Stockhornkette - © Martin Wyman, Naturpark Diemtigtal



