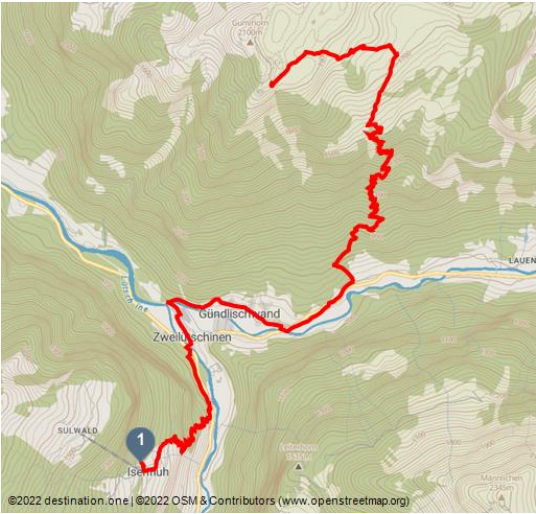





ViaBerna - stage 14 Isenfluh - Schynige Platte

Hiking Trail




MAMO Photography, Interlaken, Berner Wanderwege


Tour Dates:




medium
Difficulty




10,5 km
Distance




5 h 15 min
Duration




1350 m
Altitude



470 m
Altitude descending



1970 m
Highest Point



649 m
Lowest Point



Recommended Seasons:

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

From the mountain village of Isenfluh you go down into the valley and up the other side to Schynige Platte. A flower-filled Alpine garden and an exclusive panoramic view await at the destination of this varied hike.

The hike begins in the mountain village of Isenfluh and takes you along the old church path through the forest and past streams and waterfalls down to Zweilütschinen on the valley floor. From the station building, you walk out of the valley to the iron bridge over the Schwarze Lütschine (Black Lütschine) river. After the bridge, the trail swings onto the old valley road into Grindelwaldtal and takes you through the village of Gündlischwand. The actual ascent to Iselten begins once you leave the village. In wide and narrow bends, the path winds up the mountain through the shade of the forest. In an area characterised by loose rock masses, the trail forces its way through an archway formed by two towering limestone rocks. Locals call this passageway "Engelstor" because you are supposed to hear the angels singing here if you have been good. The open Alpine meadows

Ratings:

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

Address:

3822 Lauterbrunnen

Author:

Markus Schluep

Organisation:

Berner Wanderwege
<https://www.bernerwanderwege.ch/>





begin in Ussren Blatti and give a wonderful view down into Grindelwaldtal. At the Ausserläger huts, you look over the entire basin-shaped meadow valley of Alp Iselten and climb up the sunny slope to Oberberg. From here, the hiking trail from Faulhorn leads to Schynige Platte. The view of the Jungfrau group is breathtaking. The confluence of the Black Lütschine (Schwarze Lütschine) and the White Lütschine (Weisse Lütschine) at Zweilütschinen is an impressive sight, especially at high water. The waters of the Black Lütschine, which are dark in colour because of the slate mud, come from the east and merge with the waters of the White Lütschine that originates in the limestone rich Lauterbrunnen valley.

Schynige Platte is accessible via a rack railway from the "Belle Epoque" and a popular starting point for numerous hikes. Wooden benches in the carriages, rolling stock from the 19th century and the historic uniforms of the conductors recall times gone by.

Risk your life by climbing onto a rock ledge to discover rare mountain flowers? Thanks to the botanical Alpine garden at Schynige Platte, you don't have to. Nobody needs to risk their life to see Edelweiss up close. *Gymnadenia nigra*, *paradisea* and around 650 other species grow in the easily accessible setting of the Alpine garden. On an approximately one kilometre long tour, visitors can see two thirds of the entire Alpine flora and visit two artificial terrains such as the Urgesteinfeld or the Kalkschutthalde, where very specific varieties flourish. You can leave your ice axe, rope and carabiners at home.

Startpoint:

Isenfluh, village (1,086 m)

Destinationpoint:

Schynige Platte

Directions:

Isenfluh – Zweilütschinen – Gündlischwand – Isleten – Schynige Platte

Safety Guidelines:

All or part of this route is on marked trails in the mountain trail category. The ascent from Zweilütschinen to Schynige Platte is very steep. As an alternative, you can take the Schynige Platte train from Wilderswil. You can also do the long circular route on Schynige Platte instead of the ascent.

Equipent:

We recommend the following equipment:
Sturdy mountaineering boots, medium-sized rucksack with hip belt, sun protection, waterproof clothing, walking poles, pocket first-aid kit, picnic, sufficient fluids, mobile phone.

It is also possible to book baggage transport from stage accommodation to stage accommodation at short notice via Eurotrek. Info and conditions at Eurotrek.ch

Tip:



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Accommodation tip - Isenfluh: **Hotel Restaurant Waldrand**, Hofstettli 4185A, 3822 Isenfluh, Tel. + 41 (0) 33 855 12 27, info@hotel-waldrand.ch, www.hotel-waldrand.ch
Accommodation tip - Schynige Platte: **Berghotel Schynige Platte**, 3822 Wilderswil, Tel. + 41 (0) 33 828 73 73, hotel.schynigeplatte@jungfrau.ch, www.hotelschynigeplatte.ch

Shopping: No shops en route. There are branches of Volg in the surrounding towns of Wilderswil and Lauterbrunnen.

Getting There:

By private car to Wilderswil. From there by train to Lauterbrunnen and by bus to Isenfluh village.
Return from Schynige Platte by train to Wilderswil.

Parking:

Chargeable parking at Wilderswil railway station.

Public Transit:

Getting there: by train to Interlaken Ost. Then by train to Lauterbrunnen. From there by bus to Isenfluh village stop.
Coming back: by Schynige Platte railway to Wilderswil and then by train to Interlaken Ost.

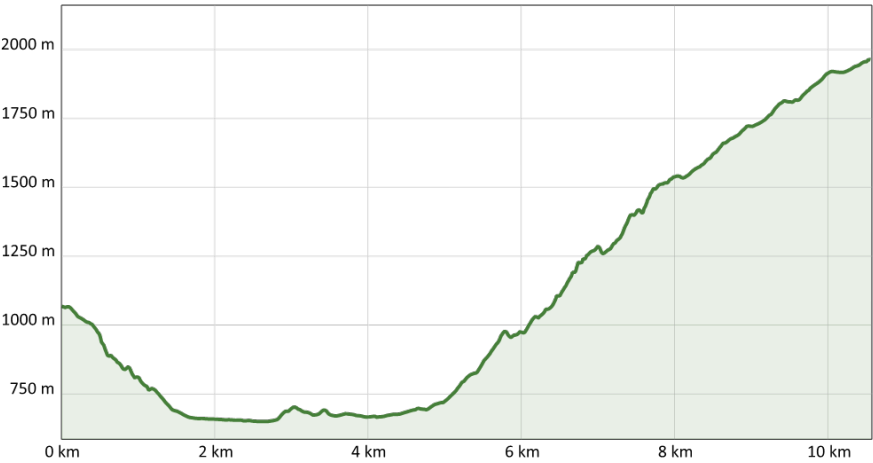
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Additional Information:

ViaBerna is a multi-day hike made up of 20 stages that takes you from Bellelay straight through the canton of Bern to Susten Pass. Hikers on the trail get to experience the diversity of the canton of Bern in Jura, Mittelland and in the Bernese Alps. The entire distance is signposted with route number 38. You can find information about the ViaBerna multi-day hike at viaberna.ch





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