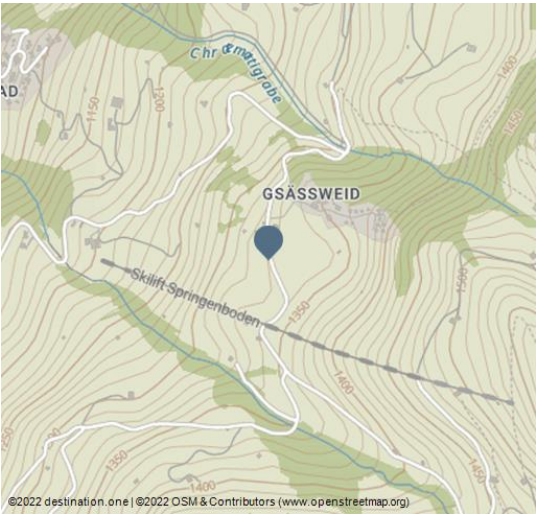




Springenboden

- Point of view
- ski/snowboard
- snowshoeing
- nature park
- theme trails
- mountains
- barbecue / picnic areas
- alpine landscapes



Naturpark Diemtigtal, Interlaken Tourismus - web@interlaketourism.ch

Savour a sun terrace high above the valley floor, overlooking the Diemtigtal

Encircled by peaks, Springenboden lies amid the unique alpine landscape of the Diemtigtal valley. In the winter, this family-oriented skiing region presents a ski lift, two child lifts, a ski school and a signposted snowshoe trail. In summer, the relaxing hiking paradise offers barbecue spots. This ideal and easily accessible viewpoint in the Diemtigtal valley.

The adventure starts before you even arrive as the narrow road winds its way up to Springenboden from the valley. Strapping on newly waxed skis, you are ready to cut the first turns of the day into the perfectly groomed piste. For sustenance, drop in at one of the two restaurants. From the terrace of the Restaurant Springenboden, you can observe the happenings on the practice slopes of the ski school over a warm drink. The team at the Swiss Ski School of Diemtigtal looks after the youngest guests and helps them progress.

Snowy experiences for non-skiers too

Those who prefer to take things at a more leisurely pace can rent snowshoes instead. The longest signposted snowshoe trail in the valley leads through snow-laden forests; with luck you will encounter a wild animal. As an alternative to snowshoe trekking, you can also enjoy the fresh winter air and beneficial sunrays of Springenboden on one of three winter hiking trails; the network of trails extends 7 kilometres in total.

Ideal base for walks in the summer

When the snow melts in spring, the sun terrace of the Diemtigtal Valley becomes a paradise for hikers. Visitors can embark on both long and short winter adventures from Springenboden. A specially themed trail provides information on Swiss wrestling. As you ascend the Niesen, the panoramic hiking trail promises sensational views to the horizon from rarely seen perspectives. Families can spend the day at a picnic or barbeque site.

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Your highlights at a glance

- 1 ski lift, 2 child lifts
- Ski school and children's paradise
- Longest snowshoe trail and longest network of winter hiking trails in Diemtigtal
- Themed wrestling trail and panorama trail on the Niesen

To ensure that your trip is perfect in every way, please note

- Winter equipment required: warm clothing and sun screen
- Snowshoes can be rented locally
- Roads may be snow-covered: snow chains and 4x4 vehicles are preferred
- No public transport to Springenboden. Low cost pick-up service available from Oey and Horboden: tel. +41 79 616 90 45 / +41 79 632 82 77 (please reserve in advance)
- **Check the winter sports report**

Features:

Eligibility

for Groups, for Class, for familys, Suitable for the Elderly, for Children of all Ages

Other Furnishing/Equipment

Children's Playground (outdoors), Toilet

Openinghours

Operating hours of the ski lifts Springenboden: www.skilifte-springenboden.ch.

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