

Hiking recommendations

1 Hünibach - Oberhofen

From the ship station Hünibach you walk further inland to the Hünibachbrücke (bridge). Follow the trail to Schlüsselacher - Burech - Tannebüel, down to the village Oberhofen / Klösterli. Continue along the top of vineyard to Oberhofen / Längenschachen.

Difference in altitude ~ 200 m. Hiking time ~ 2 h.

By ship or by bus you will get back to Hünibach where you started.

2 Aeschlen – Oberhofen – Aeschlen

Start from Aeschlen to Erizbüel, Blooch (point 702) then to Oberhofen. The trail leads above the vineyard to Längenschachen, along „alter Oberländerweg“ until Oertli.

Follow the Eyweg to Matti and further to Aeschlen.

Difference in altitude ~ 250 m. Hiking time ~ 3 h.

Alternative trail: From point Blooch to Balmflue and to Oberhofen (+ 1 h).

3 Four-villages round trail

Gunten – Schönberg – Aeschlen – Tschingel – Grabenmühle - Sigriswil, Guntenschlucht - Gunten.

Difference in altitude ~ 350 m. Hiking time ~ 2 ½ h.

4 The Pilgrim's trail Pilgerweg or Jakobsweg

The Jakobsweg is leading along Lake Thun. Start at Interlaken/Neuhaus - Sundlauenen – Beatushöhlen – Merligen church – Gunten – Oberhofen – Hünibach to Thun. For the distance Interlaken/Neuhaus - Thun you will need 5 to 6 h. The trail may be taken in segments. Along the whole route you will find bus stops and stations for the ships on the lake.

5 Rundtrail at Margel

Start from Aeschlen to Erizbüel - Eichfure - Chieni and as far as Ringoldswil. Follow the trail to Gräbi - Aeschlenallmi – Äbesmoos – Stalden – Bösezälg – Grabenmühle – Sigriswil and across the Guntenschlucht (gorge) to Aeschlen.

Difference in altitude ~ 400m. Hiking time 3 ½ to 4 h.

6 Round trail over Margel

Sigriswil – Guntenschlucht – Aeschlen – Tschingel – Margel - Schwanden Säge – Schlieregg – Zälg – Wiler – Endorf - Sigriswil.

Difference in altitude ~ 450m. Hiking time~ 3 ½ h.

7 Across Cholerenschlucht (Choleren gorge)

Start at the ship station or bus stop in Hünibach and hike uphill. After you crossed the stream turn left and hike up through the Cholerenschlucht until you will arrive at Goldiwilstrasse. Follow the street about 100 m east. Continuing upwards you will arrive at Eichguet - Goldiwil - Melli and later Hintermatt.

Now it's time for a little downhill route over Äbnit - Schwendi to point 1003. Follow the trail to Oberi Halte, Ufem Stutz - Trachtwege - Eichholzweid - Rain and down to Hünibach.

Difference in altitude ~ 500 m. Hiking time ~ 4 h.

8 Hilterfingen – Heiligenschwendi

Start at Hilterfingen Post and climb up to Burech - Halten - Trachtwege - Haltenegg, follow the trail to Heiligenschwendi Alpenblick.

Difference in ~ 500 m. Hiking time ~ 2 h.

Route back over point 1003, Obere Allmit - Tannebüel or by bus.

9 Seven villages round trail

Starting in Merligen and going in the direction Bärenegg - Windige - Endorf - Endorfhöhle - Kreuzweg - Zälg. Continue to Schlieregg - Sagimad - Mattizun and to Schwanden. Hike down to Bösezalg and Tschingel. Take the old Schwandenstrasse to Aeschlen. Down through the Guntenschlucht (gorge) to Sigriswil and to Gunten. Walk along the lake shore to Merligen.

Difference in altitude ~ 550 m. Hiking time ~ 4 ½ h.

Alternative trail: By bus or ship from Gunten to Merligen shortens the hiking time of about ¾ h.

10 Aeschlen– Blueme – round trail

From Aeschlen to Tschingel – Bösezälg – Schwanden - Schwanden Sagi, point 1185, continue to the observation tower Blueme. The walk back will lead you over Tschingelallmi – Margel – Aeschlenallmi – Gräbi - Ringoldswil to Aeschlen.

Difference in altitude ~ 600 m. Hiking time ~ 4 h.

Taking a bus from Aeschlen to Schwanden Sagi shortens the tour of ~ 1 hour.

11 Merligen – Wilerallmi - Merligen

Start at Merligen over Gütsch to Grönhütte (cabin) - Justistal to point 1167. From there on continue (in the direction of Sigriswil) to Falle and later to Wilerallmi – Zälg - Endorf, and back to Merligen.

Difference in altitude ~ 700 m. Hiking time ~ 4 h.

12 Merligen – Niederhorn

Start at Merligen to Gütsch – Grönhütte – Haberelegi – Vorsass - Flösch and up to Niederhorn.

Difference in altitude ~ 1350 m. Hiking time ~ 4 ½ h

Way back possible by cable railway and funicular to Beatenbucht. From there walk or ride by bus to Merligen.

13 Niederhorn round trail

Drive by car from Sigriswil to Justistal, car park „Grön“.

Take the hiking trail in the direction of Beatenberg, walk as far as the wood storage place. Follow the trail direction to Niederhorn. The trail goes on over Burgfeldstand to the Gemmenalphorn. Way down by Oberberg – Hinterstberg – Justistal and to Grön.

Difference in altitude ~ 1000 m. Hiking time 6 to 7 h.

Alternative trail: Ride from Beatenberg by cable railway to Niederhorn. This will shorten the hiking time of ~ 1 ½ h.

14 Up to Sigriswiler Grat (Sigriswil ridge)

Start at Schwanden Sagi, continue to Stampf - Oberi Matte and to “Vorderes Schafläger”. The trail leads to Mittagshorn and to „Hinteres Schafläger”. Hike down to the Oberes Hörnli – Hubelhörnli – Zettenalp - Dünzenegg and back to Schwanden Sagi.

Difference in altitude ~ 900 m. Hiking time ~ 5 ½ h.

Alternative trail: Hike up from Hinteres Schafläger to the observation point Burst.

Additional hiking time ~1 ¼ h.

15 The Sigriswiler Rothorn

From Sigriswil you hike up to point 877 (by Schwendli). From there you continue to Zälg – Wilerallmi – Unterbergli - Oberbergli and to Rothorn Gipfel.

Way back by Oberbergli – Berglikehle – Wilerallmi – Zälg - Kreuzweg, down the Feldenstrasse and back to the village of Sigriswil.

Difference in altitude ~ 1200 m, hiking time ~7 h.

Alternative trail: Drive by car to Wilerallmi. Follow the description above-mentioned.
Difference in altitude ~ 900 m, hiking time ~ 5 ½ h.

13, 14, 15 hikers choosing this paths should be surefooted

14 + 15 those paths do have steep passages