

Snowshoe Trekking

Dünzenegg and Rüeegg trails in Schwanden near Sigriswil

Schneeschuhtails.ch

Use the trails at your own risk!!

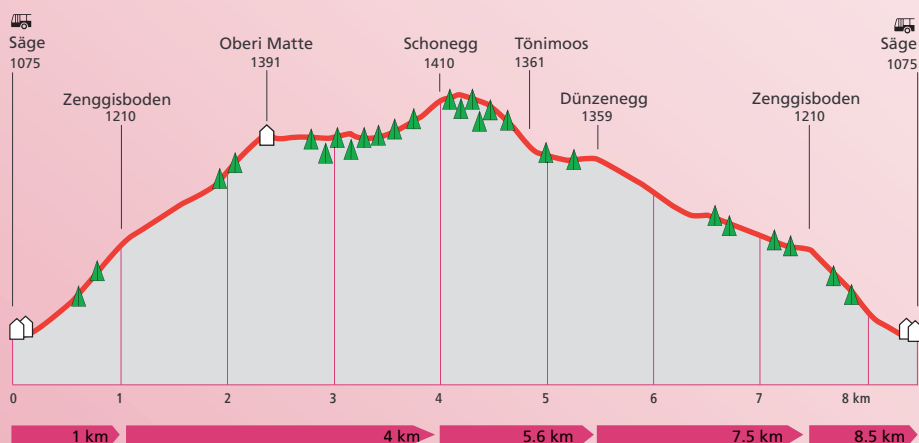
Please keep dogs on a leash!

Both snowshoe trails start just after the bus stop "Schwanden Säge". The trails follow the summer hiking trail until you reach the water reservoir. From here you slowly climb through forests and meadows, past the "Zenggisboden" to the "Stampfhut". At this point a breathtaking view of the Lake of Thun and the Bernese Alps await you.

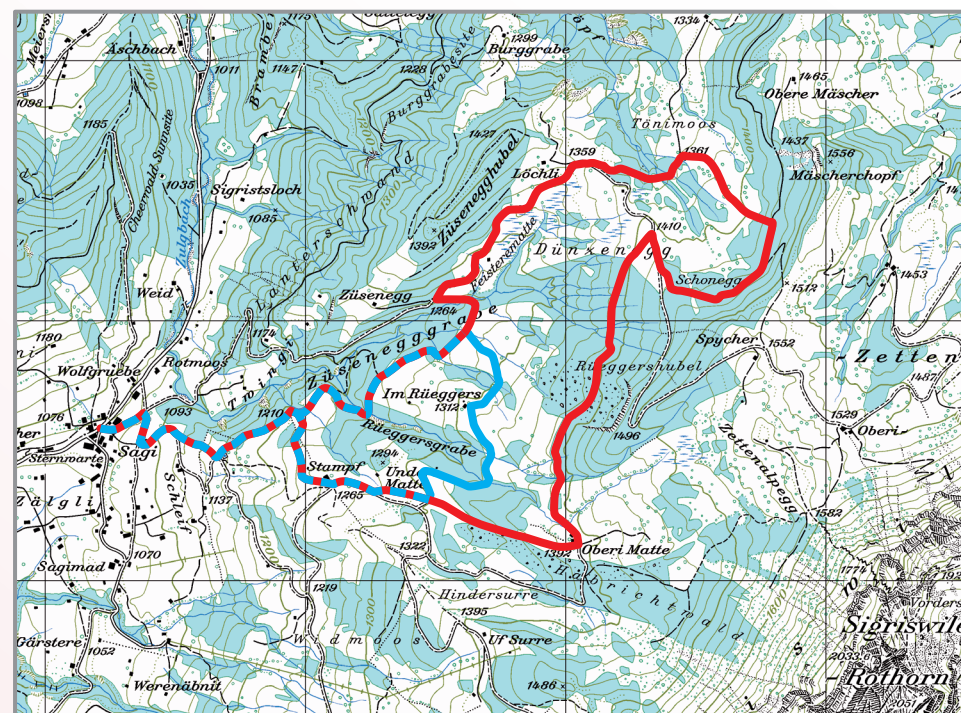
Dünzenegg Trail

The moderately difficult "Dünzenegg" trail (red) leads you to the "Undere" and "Obere Matte" on the "Schonegg". At the edge of the forest on a sunny hill you can enjoy the view of central Switzerland and Emmental. A short distance away you will reach the highest point of the trail, 1460 meters above sea level. Through the powder snow of "Tonimoos" and past the "Lischenhütte" the trail then leads to "Dünzenegg". Here you follow the snow covered alp road and continue along until you get to the entrance into the forest. The trail then takes a left and continues to "Lischenhutte" from "Rüeegg". Now it is time to take a moment to enjoy absolute silence. Then follow the trail to the edge of the forest and after entering the forest hike down to "Zenggisboden". From here you can follow your tracks back the way you came to "Schwanden Säge".

Distance: 8.5 km
 Total ascent (level of elevation): 380 m
 Level of difficulty: medium ■



Level of difficulty red (medium to difficult): Suitable for snowshoers with some experience. Moderate steep countryside with occasional steep and exposed passages as well as crossings which require a suitable technique during the ascent and descent. It is advantageous to have a certain level of knowledge in the mountains and a good head for heights.

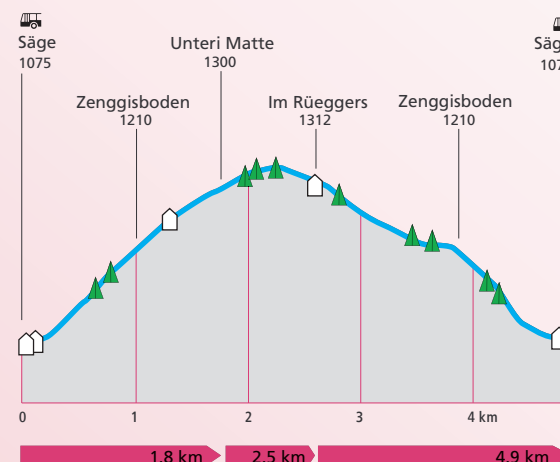


reference: PK25 © 2016 swisstopo

Rüeegg Trail

The easier route, "Rüeegg Trail" (blue) follows the same trail for the first 1.8 km. When you reach "Untere Matte" it turns left and from there you go to "Rüeeggshütte". Afterwards it will lead you back into the "Dünzenegg Trail".

Distance: 4.9 km
 Total ascent (level of elevation): 240 m
 Level of difficulty: easy ■



Level of difficulty blue (easy): Suitable for beginners. Simple terrain during ascent and descent, no difficulties such as high crossings or steep passages. Possible dangerous sections have been secured appropriately. No special prior knowledge is necessary.

Berner Wanderwege

Berne Rando

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