



PRESS INFORMATION - HIKING

The hikeable Simmental

When the snow gives way in spring to lush green Alpine meadows, the rich green valley awakens the Simme river from its winter sleep and awakens as a wonderful hiking paradise. Thanks to its special characteristics, Simmental offers hiking routes for all tastes. The flat bottom of the valley invites visitors to take extensive walks and hikes against a fascinating mountain backdrop but is also the starting point for challenging trips into the high mountains. Various modern cable cars are available, to help you float to the heights. Particularly popular are the twelve thematic and lovingly decorated gondolas on the Lenk Betelberg. The cow Mona, the goat Flöckli and the marmot Moritz tell visitors about their everyday lift during the journey. On the other side of the valley – on the Metsch – the modern 10-seater gondola lift from Stand-Xpress takes guests to an altitude of 2'100 m. From the viewing platform on Stockhorn in Erlenbach a breath-taking expansive view of the fascinating mountains and lakes can be enjoyed.

Hiking paths in the whole valley

Guests are spoiled for choice by over 600 km of marked hiking and mountain paths from Lenk to Stockhorn. Be it the walking and hiking paths or the round-trip or multiple-day hikes. The well-kept paths allow visitors to hike right up to the glacier (Plaine Morte). An extra highlight is the range of mountain restaurants, which invites guests to spend time there and offer an excellent panoramic view of the countless peaks in Simmental. Hiking fans can also select their tour directly on the website of Lenk-Simmental Tourism and directly print out information like the altitude profile, map materials etc. or download it as a GPX file to your electronic device.

www.lenk-simmental.ch/tourenplaner

Betelberg Alpine experience

Diverse hikes with a range of different fun and games stations are offered by Betelberg in Lenk with the **Betelberg Alpine experience**. The interactive Alpine piano and the Leiterli ski lift allow new, individual melodies to ring out. At the Leiterli mountain stations there is also the **Alpine flower route**, on which there are up to 70 types of flowers in bloom in July and August. On various days, guided tours are also offered through the natural flower garden.

If you don't want to go from the Betelberg into the valley on foot, you might want to consider an Alpine descent with a **Trottibike** scooter. The 9km-long Trottibike path is a highlight for children over the age of 12 and people who are young at heart. The path passes by Alpine meadows and forests from the Leiterli at an altitude of 1,943m. via Pöschenried to the Betelberg valley station at 1'100 m.

On Mondays and Tuesdays there is an attractive offer from **Lenk cable cars** for active people over the age of 55. The **Senior's day** includes a return gondola lift to Leiterli and a 3-course meal at the Leiterli mountain restaurant.

Thematic paths

Simmental is also renowned for special thematic paths. Different paths invite guests to take an exciting hike for young and old: Be it immersing themselves on the **Marmot trail** in the world of marmots, finding out a lot of useful things about the behaviour and life of big cats on the **Lynx trail**, solving mysteries and finding treasure on the **Detective trail**, looking in wonder at the unbelievable diversity of wild flowers on the Alpine flower route at 2'000 m above sea level, discovering episodes of Lenk history and aspects of alpine culture on the **Leiterli Alpine loop**, finding out more about geology on the **GEO route** or learning more about our solar system on the **Planetary route** in St. Stephan. The **AlpCatching** offer allows visitors to discover the village of Lenk and its surroundings on a scavenger hunt thanks to an interesting question and answer game.

On the **Bruchmandli Jaunpass adventure trail in Boltigen**, children are playfully guided through nature and families can find out more about the fascinating moorlands. On the **Simmental house trail** visitors can admire the old art of carpentry and artistic façade painting, on the «**High altitude trail**» in Oberwil they can visit historic caves and then hike across the 111-metre-high and 111-metre-long **Leiternweide suspension bridge**. A hike also goes from Oberwil to the Morgeten region. On the «**Living space on Stockhorn**» **experience path** in Erlenbach you can get to know the connections and living areas on Stockhorn at 16 interactive stations.

Guided tours and multi-stage hikes

Guided hikes are also a fixed component of the extensive offer in Lenk-Simmental. The Simmental can be discovered on single-day or multi-day trips in the company of a hiking guide. Participants come into contact with families of dairy farmers and discover interesting things about nature, man and alpine culture. This opportunity is also available on **Alpine cheese factory tours** (middle/end of June – August) or the various offers of **AlpKultur®**. In Blankenburg the guided tour on the «house circular sentier» takes place, organized by the tourist office St. Stephan. Along the row of historical farmhouse facades, visitors can find out more about the history of farming in Simmental, before the tour ends with a delicious AlpKultur® treat.

The offer also includes the relaxing mountain hike, the **Alpness trail**. A loop with 13 stages across the Alps in Saanenland and Obersimmental. Lenk is also a location on the «**Via Alpina**» route. The hiking pass launched by Swiss Tourism can also be experienced at Lenk.

A small challenge for any hiking fan and hiking family is the **AlpKultur® Bergbeziern Pass**. On the hiking pass integrated into the «Summer experiences» brochure, each visit to a mountain hut is acknowledged with refreshments provided by the host. If 8 of the 19 mountain restaurants in Simmental are visited, a nice cotton bag with a Lenk illustration awaits participants.

Experience Stockhorn

The hiking region on **Stockhorn** in Erlenbach offers something for everyone, from a gentle walk to demanding mountain hikes. The «**No Limits**» lake hiking route is also suitable for people with restricted mobility. Terrain-suitable wheelchairs can be rented at the Chrindi middle station. They can be used around the two mountain lakes – Hinterstockensee and Oberstockensee – or on one of the popular hiking paths going to the peak of Stockhorn. This offers a fantastic view of the surrounding landscape. A breath-taking panorama of the city of Thun, Lake Thun, the plateau up to the Jura, and on a clear day as far as the southern edge of the Black Forest can be enjoyed from the **viewing platform** on the north face of Stockhorn.

The Stockhorn lift is also offering the **AlpKultur® culinary trail** this summer. A three-course menu at three different guest houses. On the hike from the Stockhorn summit to the Chrindi middle station, refreshments and one course are served. It is a combination of exercise and delicious regional culinary treats.

Fermeltal – An insider’s tip for nature lovers

In Fermeltal, above Matten (St. Stephan), which has been able to maintain its primitive beauty to this day, there have been various mineral springs – of sulphur and iron water – since primeval times. Over 40 years ago, a sulphur spring was found and an original «wash basin» and a wooden plaque explaining its medical effects were set up. The secluded area around the “sulphur bowl” invites guests to take some medicine or relax and fill up with positive energy. Fermeltal is the starting point for various attractive hikes.

Practical details for hikers and families

Lenk cable cars included

In Lenk-Simmental, most hotels include the use of cable cars in the accommodation fee, even for a one-night stay. Thanks to the good and constructive cooperation with the Lenk cable car organisation and the hotels, the holiday destination is able to offer summer guests key added value. In summer, guests can take a trip up Metschstand to an altitude of 2'100 m with the modern 10-seater gondola lift.

www.lenk-bergbahnen.ch/inklusive

SIMMENTAL CARD (guest card)

With the SIMMENTAL CARD, guests in Simmental can benefit from reduced-price or free offers. This includes the free participation of children in the entertainment programme in summer and autumn for twelve weeks, the use of the AlpKultur® Lenkerseeli playground, the Bruchmandli Jaunpass adventure route and the Leiternweide Oberwil suspension bridge. In addition, holder of the SIMMENTAL CARD can travel for free by bus in Lenk. Guests also receive discounts for: entry to the Wallbach Bad & Wellness spa, tennis court rental in Lenk, entry to the bouldering hall at Lenk, return trips to the peak on the Stockhornbahn lift and much more.

www.lenk-simmental.ch/simmental-card

Rental of children’s articles at the Tourist Center Lenk

If you still need terrain-suitable pushchairs or a rucksack for your next hike, you can pick up the equipment from the Tourist Center Lenk.

Press Service / Lenk-Simmental Tourism

*Further basic media texts and Images of Lenk-Simmental can be downloaded from the following link:
www.lenk-simmental.ch/en/footer/media*

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