



Storylines, Winter 2023/24

Lenk-Simmental: a versatile winter wonderland

Winter transforms one of the most beautiful valley ends of the Alps into a winter wonderland with gentle, snow-covered landscapes, many sun terraces and perfectly groomed slopes. Modern mountain railways take guests up the mountain and make their hearts beat faster in the truest sense of the word. Winter love is very important here - winter hiking, snowshoeing and ice skating or simply enjoying the white splendour are just as good as skiing and snowboarding, cross-country skiing or making your first experiences in snow sports.

The Simmental is an authentic and family-friendly holiday region with accommodation ranging from campsites to 5* superior hotels, the Lenkerhof gourmet spa resort with its over 350-year history. The former spa used one of the strongest sulphur springs in the Alps at that time. The valley is also known for the Simmental cow, which comes from here and today ruminates all over the world.

The following pages list peculiarities and suggestions for a visit to the Lenk-Simmental holiday region. Provided with short descriptions, they give an impression of the diversity of the region. Exciting topics from which interesting stories might emerge.

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WINTERSPORTS

On the slopes with skis or snowboard

Superbly groomed pistes, fast-paced descents or leisurely routes for beginners and families. In the Simmental, skiing beginners are just as happy as snowboarding pros, or vice versa. In the family-friendly ski areas on the Betelberg in Lenk, on the Rossberg near Oberwil or on the Jaunpass near Boltigen, professional snow sports instructors help children, adult beginners or returners to become familiar with skis or snowboards and give valuable tips and tricks to experienced snow sports enthusiasts. The Adelboden-Lenk ski region is one of the most popular and versatile ski regions in Switzerland, with over 200 kilometres of perfectly groomed pistes, the permanent ski and snowboard cross course on the Betelberg and a total of 70 modern transport facilities. From St. Stephan, you have a direct connection to the ski area of Gstaad by ski bus from the village via Lengebrand.

www.lenk-simmental.ch/en/auf-der-piste, www.adelboden-lenk.ch (in german),
www.gstaad.ch/en/winter/skiing-snowboarding.html

Snow sports away from the hustle and bustle of the slopes

Who wouldn't want to get closer to heaven step by step on a dreamlike ski tour? Powdery snow-covered mountain landscapes, breathtaking views and lonely tracks in the snow make a tour on skis a unique experience. After a sweaty ascent, a refreshment, perhaps a sip of summit wine, the reward is the descent through untouched fresh snow. Beginners will also find signposted Movement Track ski routes on the Jaunpass and at Lenk. For ski tours lasting several days, mountain huts and SAC huts offer catered accommodation from the end of February/beginning of March.

www.lenk-simmental.ch/en/skiing-tours, www.lenk-simmental.ch/en/tourenplaner

Gliding through the Simmental on narrow skis

The boundless expanse of the flat valley floor makes the Simmental a real cross-country skiing experience. With varied routes for every level in the midst of a pristine mountain landscape, the valley is an Eldorado for skaters and classic cross-country skiers. On the Lenk valley floor, 18 km of cross-country trails invite you in front of the impressive backdrop of the Wildstrubel massif. Protagonists on narrow slats also get their money's worth between Lenk and Zweisimmen, on the Jaunpass near Boltigen or the Rossberg above Oberwil. And when the cross-country trails in the valley start to dry up towards spring, this does not mean that the cross-country season is over. On the Haslerberg (accessible by the Betelberg cable car) there is a 6 km long high-altitude trail to discover at almost 2,000 m above sea level. The versatile cross-country skiing areas in the Simmental offer more than you might expect at first glance. www.lenk-simmental.ch/en/cross-country-skiing,

www.lenk-simmental.ch/en/tourenplaner

Fascinating Biathlon

In the biathlon, as the name suggests, two skills are required. After getting your pulse racing on the cross-country track, you need to be calm and accurate when shooting. The Nordic Centre Lenk offers the infrastructure and know-how to try out one of the most popular winter sports for yourself. After a professional introduction to shooting and breathing techniques, the challenge is to take up the fight against the clock and complete three 300-metre rounds on the cross-country ski trail, hitting the bull's-eye twice with as many as five shots as possible. www.lenk-simmental.ch/en/erlebnisse/biathlon

Slopestyle forever

The Gran Masta Park is the hotspot for snowboarders and freeskiers in the Adelboden-Lenk ski region. The park stands out every year anew with its creative and versatile construction. The three lines offer everyone - from beginners to pros - the right challenge. Well over 30 kickers, rails and obstacles invite

you to snowboard and freeski. This makes the Gran Masta Park one of the largest and most attractive snow parks in Switzerland. And the special thing about it: the elements are regularly adapted during the season and thus offer a lot of variety.

www.lenk-simmental.ch/en/inspirations/all-our-tales/gran-masta-park

Flying like an eagle

A paragliding flight under a full moon is probably one of the most beautiful things you can experience. You take off and suddenly you are overcome by a feeling of weightlessness and freedom that can hardly be put into words. Later in the afternoon, you will be transported comfortably up the mountain together with an experienced paraglider pilot and then glide back down to the valley together. Always at full moon, between November and March. The Metschstand, easily accessible with the Stand Xpress gondola, is a popular launch site in winter with good thermal conditions for the colourful sky gliders.

www.lenk-simmental.ch/en/paragliding-during-full-moon,

<https://lenk-simmental.ch/en/fly-a-paraglider>

Off to the ice rink

Glide across the ice on two blades, do pirouettes or organise a hockey match with friends. Curling or curling can also be tried out against the breathtaking backdrop of the Wildstrubel in Lenk. The exciting game with stone and broom is offered at the open-air sports facility TEC. Let yourself be led onto the ice and learn about the terms curling, rink and skip. Every Wednesday during the high season there is also the popular evening ice skating. Ice skates, ice hockey sticks, an ice glider from the Cerebral Foundation for people with disabilities and Bobby seals as ice skating aids for the little ones can be hired on site. An insider tip is the natural ice rink on the Jaunpass, above Boltigen, where even "alpine hockey" is offered. <https://lenk-simmental.ch/en/ice-skating-and-hockey>,

www.lenk-simmental.ch/en/curling, www.lenk-simmental.ch/en/natural-skating-rink-on-jaunpass

Lenk is also home to a female World Cup skier

Joana Hählen is one of the fastest Swiss skiers. In the World Cup she skis everything that is fast and challenging. The harder and more challenging the slope, the more comfortable the downhill and super-G specialist feels. Joana grew up in Lenk in the Simmental, and since the 2022/2023 season she has been a brand ambassador for Lenk Bergbahnen and Lenk-Simmental Tourism and can always be found on the slopes of the Adelboden-Lenk ski region between races.

www.lenk-simmental.ch/en/joana-haehlen (in german), www.joanahaehlen.ch/en

Insider tips from Ski patroller Jürg

No one knows the ski area in Lenk better than he does. The pistes, cross-country trails and hiking paths here are his home. Even in the dark, he finds his way around like no other. „Pisten-Jürg“ is the boss - and reveals his personal tips for the winter experience at Lenk.

www.lenk-simmental.ch/en/inspirations/all-our-tales/extratipps-pisten-juerg

ACTIVE ON THE ROAD, BUT A LITTLE MORE LEISURELY

Snow crackling under your feet and pure mountain air in your lungs

In the Simmental, hiking does not capitulate to winter. With versatile routes for every level in the midst of an unspoilt mountain landscape, the Simmental is an Eldorado for those who prefer a more leisurely pace. The choice is wide: whether around the village of Lenk, on the Betelberg or on the Jaunpass, in Erlenbach around the Stockhorn, in Oberwil on the Rossberg or along the Simme, through the picturesque Simmental villages. Stop off on a sun terrace, enjoy the tranquillity of the snow-covered mountain world and do something good for your body.

www.lenk-simmental.ch/en/winter-walks, www.lenk-simmental.ch/en/tourenplaner

Sledging fun from the mountain to the valley

Lying full weight into the curves, an overtaking manoeuvre better than a Formula 1 racing driver, splash, a fall, peals of laughter and fun in the snow. The three-kilometre-long toboggan run on the Lenk Betelberg leads off the ski slope from the Leiterli mountain station to the Stoss middle station. The trail is ideal for children of all ages. On the way, mountain inns invite you to take a detour to the sun terrace. You can experience speedy snow fun from the mountain to the valley on the approximately six-kilometre-long toboggan run from the Leiterli to Pöschenried at 1,200 metres above sea level. Snow conditions permitting, the toboggan run is open daily.

www.lenk-simmental.ch/en/betelberg-sledging

Climbing mountain peaks on foot with snowshoes

Get away from it all for a few hours? Go on a snowshoe tour through the quiet, deeply snow-covered winter landscape and enjoy the panorama and the tranquillity of nature? The signposted snowshoe trails at Lenk, on the Jaunpass above Boltigen, above Oberwil on the Rossberg or around the Stockhorn in Erlenbach offer all this in a secured terrain. The signposted routes are also suitable for snowshoe hikers with little snowshoe experience. For hikes lasting several days, mountain huts and SAC huts offer catered accommodation from the end of February/beginning of March.

www.lenk-simmental.ch/en/snowshoeing, www.lenk-simmental.ch/en/tourenplaner

Bathing fun even in winter

The Bath „Erlebnisbad Wallbach“ in Lenk also scores points in winter with a variety of water experiences. How about a relaxing bubble bath under the open sky in the 34-degree water or a visit to the sauna area with Finnish sauna, bio sauna, steam bath and a view of the breathtaking mountain scenery? Swimmers can let off steam in the 25-metre indoor pool, for the little ones there is a paddling pool with a slide and play equipment, and for the brave ones there is the "Munichrine", an 80-metre long water slide with light and sound effects.

www.lenk-simmental.ch/en/swimming-at-wallbach-bad-in-lenk,

www.lenk-simmental.ch/en/wellness-in-wallbach-bad-lenk

Good luck with ice fishing

Fish like the Inuit in fairytale surroundings. In winter, Hinterstockensee on the Stockhorn resembles a backdrop in the far north. A perfect starting point for a special winter experience. Ice fishing on the Stockhorn means drilling a hole the size of a soup plate into the ice of the frozen Hinterstockensee with an ice drill, hanging a maggot or artificial lure on the ice fishing rod and hoping for the big catch. Fishing licences are available at the Stockhorn cable car valley station. Equipment can be hired at the Chrindi middle station. Enter the lake at your own risk. www.lenk-simmental.ch/en/ice-fishing

LOTS OF WINTER FUN FOR CHILDREN

Family Destination Lenk

Unrestricted family fun. The holiday resort of Lenk, which has been awarded the seal of quality by the Swiss Tourism Association for many years, focuses its offers particularly on families. Family-friendliness is at the centre of its efforts and is supported by all the signatory partner businesses as well as by the local population. www.lenk-simmental.ch/en/our-simmental/good-to-know/family-destination

Kids world Stoss, not just for kids

The children's song "Snowli, Snowli üsä Fründ" can be heard from far away at the Betelberg middle station. The stage is set for a perfect day of skiing with the family. While the children dive into Snowli's world and experience their first attempts in the snow with competent snow sports instructors from the Swiss Ski and Snowboard School Lenk, parents can enjoy the beautiful terrace of the Stoss mountain restaurant. The newly designed ski school children's area shines with more space and optimised slopes. The magic carpets offer an optimal introduction to skiing. And by the way, the Stoss with its flat terrain is also ideally suited for older beginners or returning skiers.

www.lenk-simmental.ch/en/swiss-snow-kids-village-stoss

In the Alpine chalet, in the middle of the Kids Village, there is a crèche where children are professionally looked after. This service is also available for children who are not taking part in ski lessons.

Funslope at Bühlberg

If you're looking for a change from the slopes, the Funslope Lenk is the place to be: here you'll find fast-paced steep wall curves, snow waves, jumps and a huge snow snail. Winter fun for the whole family is guaranteed! The 800-metre long Funslope is located along the Bühlberg piste.

www.lenk-simmental.ch/en/funslope-buhlberg

SPORTING AND CULTURAL EVENTS

Snow sports show Lenk

The snow sports instructors of the Swiss Ski and Snowboard School Lenk demonstrate their skills. The 45-minute show under Lenk's starry sky is packed with brilliant stunts and formations. The 45-minute show starts with the Treichler procession through the village to the showground at the Mauren ski lift. With daring jumps, nostalgic equipment, perfect turns, sophisticated cross-country and telemark techniques as well as show interludes by Snowli, the audience is put in the mood. The finale is rounded off with the impressive piste machines of Lenk Bergbahnen, fireworks and a torchlight descent by all participating snow sports instructors. Every Tuesday evening in February.

www.lenk-simmental.ch/en/snow-sport-show

International Sled Dog Race at Lenk

Expectant dogs, excited owners and enthusiastic spectators meet every year in February for this spectacular event at Lenk. The sled dog is one of the oldest working dogs in the world. Gold miners from Alaska began to harness their dogs for competition as early as the beginning of the 20th century. So even back then, it was a winter pastime of a special kind. Sled dogs love to run in teams and the sled dog handler, the so-called musher, can only hold them back with difficulty at the start. On command, he releases the brakes and the team races past the many spectators into the white winter landscape. www.lenk-simmental.ch/en/international-sled-dog-racing-lenk

DAS ZELT

DAS ZELT is back in Lenk! Switzerland's largest touring theatre will be stopping off in Lenk from 7 to 25 February 2024 with its varied programme. The acts in the tent provide laughs, thrill with their music or fascinate with their acrobatic programme. In the marquee there will be music, dance and entertainment by DJ Fix and the team of the Sporthotel Wildstrubel will spoil you with culinary delicacies. www.daszelt.ch (in german)

Ski and snowboard competitions

Numerous snow sports competitions are organised on the pistes of the Adalboden-Lenk ski region and on the permanent ski and snowboard course on the Betelberg, but also on the Jaunpass, high above Boltigen. From the FIS race of the hopeful young racers to the Ski-cross & Snowboardcross European Cup races, a nostalgic wooden ski race to the Migros Ski Day for families or the 3h Hill Race and much more, the variety is great.

Up-to-date information on sporting events throughout the Simmental can be found in the events calendar: www.lenk-simmental.ch/en/actual/event-calendar/#/events