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9 of the Coolest Things to Do in Lauterbrunnen

Stay at the Hotel Silberhorn

The Hotel Silberhorn is the perfect home base for exploring the Lauterbrunnen Valley. The hotel first opened in 1906 and has welcomed guests from around the world for over 100 years.

The lobby and restaurant maintain a cozy Swiss charm, but many of the rooms have undergone renovations and feature sleek and modern interiors.

We stayed in the Valley View Superior Room. It was beautiful and spacious with a comfortable bed, a gorgeous bathroom, and a balcony with an incredible view of Staubbach Falls and Lauterbrunnen Valley.

There is nothing quite like waking up to sunrise over the valley and watching the sunset from the privacy of your balcony. It was one of our most memorable stays in Switzerland!

Not every room has a view of the valley and waterfall, so be sure to select either a [Valley View](#) or Staubbach Falls View room.

The hotel is conveniently located on the main road in town within walking distance of restaurants, shops, and Staubbach Falls. It is also right next to the train station and cable car station.

As a bonus, breakfast is also included with your stay. Food is quite expensive in Switzerland, so this definitely helps with the budget!

Ride Bikes Through Lauterbrunnen Valley

Our favorite thing to do in Lauterbrunnen is renting e-bikes to ride through the valley!

We rented e-bikes from [Imboden Bike Rentals](#) located near the hotel. From the shop, you'll ride a short distance through town until you reach the paved Wasserweg biking and walking

trail.

The scenic path will take you through the narrow valley surrounded by sheer cliffs and mountain peaks topped with glaciers. You'll ride past four different waterfalls and a landscape dotted with quaint little farms. There is even a vending machine that sells fresh cheese alongside the path!

The trail does get busy, but the crowds taper off the further you get out of town. I recommend getting an early morning start to avoid congestion on the trail.

We rented the bikes for 2 hours and rode about 3 miles to the small town of Stechelberg and back (6 miles total). We also stopped at Trummelbach Falls and made several photo stops along the way.

Hike Behind Staubbach Falls

Staubbach Falls is Lauterbrunnen's most famous waterfall. It is the main waterfall in town and the one you see featured on social media posts and tourism pages.

At 974 feet, Staubbach Falls is the third tallest waterfall in Switzerland and one of the tallest free-falling waterfalls in all of Europe.

From town, visitors can easily access a short 0.3-mile trail that will take you up behind this iconic waterfall.

The trail will take you through a tunnel, along a dirt path, and up a series of stairs before reaching a viewing platform behind the waterfall.

When we visited in late August, the water wasn't flowing as much. Spring and early summer are the best times to see the waterfall in its full glory.

It was still cool to feel the mist from the falls and see the view over the valley from this vantage point. The trail is open year-round and is free to visit.

Test Your Nerves on the Mürren Via Ferrata

If you're looking for a thrilling adventure, check out the nearby Mürren Via Ferrata. No previous climbing experience is necessary, only a head for heights and a spirit of adventure!

Via Ferrata is Italian for "iron path" and it consists of a series of cables and iron footholds that you use to scale across the face of a cliff and along the side of the mountain. It is a fun adventure, but is not for the faint of heart!

This particular Via Ferrata is located in the small mountain town of Mürren. To reach Mürren, you'll take the cable car located at the station next to Hotel Silberhorn.

The cable car operates from about 6 am until 8:30 pm daily. It runs approximately every 15 minutes during the day, and about every 30 minutes earlier in the morning and later in the evening.

Check the timetable below for exact times. Advanced tickets are not required and the wait usually isn't too long since each cable car can hold up to 100 people. Just be aware that the cars can get hot and stuffy in the summer months!

The cable car will take you to the Grütschalp station where you'll hop on a narrow gauge train and ride an additional 2.5 scenic miles until you reach the small car-free mountain town of Mürren.

The Via Ferrata is free to do, but you will need to rent gear. The best place to rent the gear is from [Intersport](#) in Mürren. I recommend reserving your gear in advance to ensure they have enough in stock. Be sure to check the forecast as well since the course is closed when it is raining.

The beginning of the Via Ferrata is a short walk from the shop. You'll walk through a tunnel then clip onto the cable with two different tethers before beginning the course.

The Mürren Via Ferrata route takes about 3 hours and is approximately 1.3 miles long as it descends from Mürren down to Gimmelwald. You'll be spoiled with unparalleled views of the valley below and the snow-capped peaks of the Bernese Alps all along the way.

The course involves crossing over rungs along cliffs, hiking through forests, climbing down long ladders, crossing over tightrope cables, and a suspension bridge.

The most intense part of the route is known as Hammerecke, or "hammer corner".

On this section of the route, you are suspended on a sheer cliff 2,200 feet above the Lauterbrunnen Valley. You are safely clipped in the entire time, but it is nerve-wracking being so high up with only metal rungs and a tethered cable between you and the valley floor!

Right before you begin this portion of the route, you'll find a BASE jumping platform where you can clip in and enjoy the view over the valley.

There are two tightrope crossings over Murrenbach Falls and Wyenbach Falls, which are thankfully short. However, be warned that the last crossing over Nepal Bridge is pretty intense!

This 262-foot suspension bridge is long and narrow and swings as you walk. You are only clipped into the bridge on one side and at the beginning there is only a cable on one side that

you can hold onto. The bridge is suspended high above the gorge and it takes a lot of mental strength to make it across!

Once you cross the bridge, it is only a short hike to the station at Gimmelwald where you'll take a cable car ride back up to Mürren then return to Lauterbrunnen the same way you came.

The Mürren via Ferrata is a fun adventure if you don't have a fear of heights! Another one of our favorite Via Ferrata routes is the [Ouray Via Ferrata](#) in Ouray, Colorado if you're interested in checking it out!

Visit Trummelbach Falls

Trummelbach Falls is located about 2 miles from Hotel Silberhorn. You can walk or drive there, but we loved stopping by while biking through the valley. However you get there, this natural wonder shouldn't be missed!

Trummelbach Falls is the largest subterranean waterfall in Europe and has been accessible to visitors since 1877. Getting to the falls is an adventure in and of itself as you take a tunnel lift inside the mountain.

Once you reach the falls, you'll find a series of 10 waterfalls that flow through narrow gorges and tunnels that have been carved through the mountain.

The milky blue waterfall is fed by the Eiger, Mönch, and Jungfrau glaciers. The snowmelt from the glacier walls produces a staggering 5,300 gallons of water per second!

Illuminated tunnels and stairs lead to different observation decks along the waterfall's course where you'll feel the raw power of nature as the water thunders through the caverns.

You can take the lift back down the mountain, but I recommend taking the stairs to the bottom where you'll find more lookout points along the way.

At the time of our visit, the fee to visit [Trummelbach Falls](#) was 15 CHF per person and included the lift ride. The waterfall is only open to visitors from the beginning of April through the beginning of November.

Explore the Town

The idyllic town of Lauterbrunnen is home to a handful of charming shops selling local crafts, Swiss chocolates, and handmade souvenirs.

Spend the evening strolling through the village shops, eating fondue on an outdoor patio, and enjoying the ambiance.

You'll also want to venture away from the main road and follow the walking path along the Lüetschine River. It will give you a chance to escape the crowds and enjoy the sound of church bells and cow bells echoing throughout the valley.

This is where you can capture that famous Instagram shot with the alpine church and Staubbach Falls in the background.

This simple yet beautiful church was built in 1830 and has been an iconic and beloved landmark in the Lauterbrunnen Valley for centuries.

Go Paragliding

If paragliding is on your bucket list, the Lauterbrunnen Valley is one of the most beautiful places to go paragliding in Switzerland and even the world!

Your [paragliding adventure](#) will start in Murren at the Intersport shop, the same shop where you can pick up the Via Ferrata gear.

Your guide will take you on a short walk to a hill where you'll get fitted with the gear and have a safety briefing.

You'll be flying tandem with an experienced pilot who will guide you as you jog down the slope of the hill before taking flight.

On the 20-minute flight, you'll gently glide above the valley while soaking in the breathtaking views. It's an experience you'll never forget!

We were sad that we didn't have time to do this when we were in Lauterbrunnen, but we have three different friends who have done it and they all said that it was the highlight of their trip!

Eat at the James Bond Restaurant

While in Murren, you can also take a series of cable cars to the summit of Schilthorn high above the Lauterbrunnen Valley. You can also reach Schilthorn by cable car transfers from Stechelberg near Trummelbach Falls.

At the summit of Schilthorn, you'll find Piz Gloria, a revolving restaurant made famous by the 1969 James Bond movie *On Her Majesty's Secret Service*.

The restaurant offers stunning views of the surrounding peaks as it slowly rotates, completing a full revolution in 45 minutes. You can dine on James Bond-themed dishes or simply enjoy a coffee or snack while taking in the majestic alpine scenery.

There is even a 007-themed museum at Schilthorn with memorabilia from the movie and interactive exhibits.

You'll also find a 360° observation deck at the summit with unobstructed views that stretch across the Swiss Alps. On a clear day, you can see more than 200 peaks, including famous mountains such as Mont Blanc and even the Black Forest in Germany. There are also telescopes and information panels to help you identify the various peaks.

On the way up to Schilthorn, you can stop at Birg, a mid-station between Mürren and the summit. Here, you'll find the Thrill Walk, a steel walkway with glass platforms attached to the side of the cliff that offers panoramic views of the valley and surrounding mountains.

Take a Day Trip to Grindelwald

Grindelwald is only about a 20-minute drive from Lauterbrunnen. This neighboring village is home to Grindelwald First where you'll find a variety of mountain adventures like ziplines and mountain carts.

You can also take a trail from Grindelwald First to Bachalpsee, one of the most beautiful alpine lakes in the region.

Thrill seekers will love the canyon swing at Grindelwald Glacier Gorge, or you can just enjoy the beautiful gorge walk.

There's no better way to end your day at Grindelwald than with a fondue dinner inside a vintage gondola!

For more details and photos, see our full guide [8 Fun Things to Do in Grindelwald](#).

I hope this guide will help you discover the best things to do in Lauterbrunnen, Switzerland!