



Hiking recommendations

	<u>Height in m</u>	<u>Walking time</u>
Niederhorn-Gemmenalphorn-Justistal-Sigriswil		
Niederhorn	1949	
Gemmenalphorn	2067	1 h 25 min
Oberberg	1752	2 h 10 min
Justistal	1370	3 h
Sigriswil	800	5 h

Hike along the ridge with a splendid view, followed by a descent through the fascinating Justistal.

Sigriswil-Merligen-Beatushöhlen-Interlaken

Sigriswil	800	
Merligen	568	1 h
Widmannsplatz	722	1 h 45 min
Beatushöhlen	678	2 h 20 min
Sundlauenen	609	2 h 40 min
Neuhaus	656	3 h 10 min
Interlaken	563	4 h 10 min

The Pilgrim's trail opens up the romantic, legendary environs on the upper lake of Thun. Wonderful view on lake and the alps.

Sigriswil-Justistal-Beatenberg

Sigriswil	800	
Wiler	860	30 min
Justistal/Grön	1124	1 h 35 min
Schmocken	1149	2 h 25 min
Beatenberg	1121	2 h 30 min

Easy high-altitude hike above the lake of Thun.

Sigriswil-Aeschlen-Margel-Blueme

Sigriswil	800	
Aeschlen	763	30 min
Allmid	1100	1 h 30 min
Margelsattel	1196	1 h 50 min
Blueme	1391	2 h 30 min

Direct ascent to the observation tower "Blume" through fields and forest .

Sigriswil-Justistal-Sichle-Eriz

Sigriswil	800	
Justistal/Grön	1124	1 h 15 min
Hinterstberg	1370	2 h 15 min
Sichle	1679	3 h 15 min
Ober Schöriz	1356	4 h
Innereriz Säge	1040	4 h 50 min

Very pleasant, easy hike through Justistal and from Sichle to Eriz.

Sigriswil-Wilerallmi-Bergli-Schafloch-Burst

Sigriswil	800	
Wilerallmi	1205	1 h
Unterbergli	1676	2 h 30 h
Oberbergli	1818	3 h
Schafloch	1759	3 h 30 h
Hinter Schafläger	1856	4 h
Burst	1968	4 h 40 h

Frequently walked and very rewarding trail to the Sigriswil ridge. Splendid view.

Sigriswil-Stampf-Rothorn

Sigriswil	800	
Schwanden Sagi	1090	1 h
Stampf	1265	1 h 30 min
Bodmi	1422	2 h
Oberbergli	1818	3 h 25 min
Rothorn	2049	4 h 30 min

Interesting hike to the Sigriswil ridge, the most popular viewpoint of the region.
Be careful at the Rothorn: Only for surefooted hikers free from giddiness!

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