

Fun for the whole family – come rain or shine!

All of the following activities are available every day:



Pump track
Alpine Sports Centre Mürren



Football pitch
Alpine Sports Centre Mürren



Table football
Alpine Sports Centre Mürren



Darts
Alpine Sports Centre Mürren



Tennis
At the Sportchalet
prices start from CHF 20 per court



Table tennis
Alpine Sports Centre Mürren



Swimming pool
Alpine Sports Centre Mürren
free entry with the Goldenkarte (golden guest card)



Sports hall
Alpine Sports Centre Mürren
Book at Mürren Tourismus, prices starts from CHF 40/per hour



Slackline
Alpine Sports Centre Mürren



Guided Via Ferrata tour
Book at Mürren Tourismus, CHF 135 pp



Tandem paragliding
Book at Mürren Tourismus, prices start from CHF 180 pp



Mini Museum
shop-window museum
minimuseummuerren.ch



Outdoor chess
Haus Birg/Café Liv



Children's playground
Alpine Sports Centre Mürren



Smarttrail (only German)
Mystery trail in Mürren
jungfrauregion.swiss/smartrails



«KrimiSpass Jungfrau Region» (only German)
a fun, interactive, outdoor
crime-solving adventure
jungfrauregion.swiss/krimispass



Detective Trail
Treasure hunt from Grütschalp to Mürren
muerren.swiss/detectivetrail

For activities held in the sports centre, the opening hours of the Alpine Sports Centre Mürren apply.

KEY

Free of charge

Registration required

LEISURE PROGRAMME

Summer / Autumn 2021

Activities for children, adults and the whole family



Jungfrau Region

MÜRREN
SCHILTHORN

Children's programme



During the summer holidays
from 5 July to 14 August 2021



Meet at Mürren Tourismus
(Alpine Sports Centre Mürren)



5–16 years



All activities on the children's programme
are free for guests in Mürren and
Gimmelwald, and for local children.



Register by 5 pm the day before
to take part

MONDAY

Fun and games | 9.30–11.30 am

We can't wait to introduce you to lots of different sports! If the weather is good, we will be outside and if it's bad, we can use the sports hall. It's all about having fun here.

TUESDAY

Short walk with a visit to the playground 9.30–11.30 am

Discover the area around Mürren. You will hike through nature, together with other children. You will also have plenty of opportunities to let off steam in the playground above the village.

WEDNESDAY

Arts and crafts | 9.30–11.30 am

Like painting, sticking, snipping and creating? So do we! Join us and make something great! We have lots of great ideas for you to try.

THURSDAY

Treasure hunt | 9.30–11.30 am

An exciting treasure hunt in the great outdoors. As you hunt for the treasure, you will also discover Mürren and its surroundings, together with other children. And, of course, there will also be a little surprise at the end of the treasure hunt.

FRIDAY

Pump track

Up and down, round and round. On these mornings, the pump track in front of the Alpine Sports Centre is anything but peaceful! We will help you get the most out of every curve of the track.

09.30–10.30 am (ages 5–8)

10.45–11.45 am (ages 9–16)

SATURDAY

Croquet game | 9.30–11.30 am

In croquet, the aim is to hit the coloured balls across the lawn as accurately as possible. It's a classic—great for the whole family.

SUNDAY

Orienteering | 9.30–11.30 am | ages 8 and up

Criss-cross through the Mürren landscape and bag the checkpoints. Ready for sports and fun surrounded by nature?

The Children's Paradise will be supervised by Lotti
from 19 July to 14 August 2021 between 2 and
5 pm every day (except Thursdays)—advance booking
required.



REGISTRATION FOR ALL ACTIVITIES

muerren.swiss/freizeitprogramm-muerren-en



Further information:
Mürren Tourismus
Tel. +41 33 856 86 86
info@muerren.swiss

Programme for adults and families



Check the details for each activity



Free of charge

MONDAY

Icestocksport

14 Jun 2021–11 Oct 2021 | 1–5 pm

We offer curling even in summer and autumn. Who will manage to get their icestock (curling stone) closest to the target and catapult their opponent's one out of the target area?

Village tour

5 Jul 2021–11 Oct 2021 | 5–6 pm

There's nothing we like better than showing off our beautiful, unique village to guests from near and far. Join us on a walk through Mürren and learn all about its exciting history.

TUESDAY

Hike to the «Sprutz» waterfall

15 Jun 2021–12 Oct 2021 | 2.30–5 pm

Immerse yourself in the power of nature and recharge your batteries. This hike lasts around 2.5 hours and it will take you through the alpine meadows and forests to the unique «Sprutz» waterfall, where you can experience nature in its purest form.

Zumba | from 1 Jun 2021 | 7.45–8.45 pm | CHF 15 pp

Zumba is a Latin American dance fitness programme. The Zumba instructor will stand in front of the class and demonstrate, while the participants follow the steps and dance to the music. Register directly with Dana von Allmen—call: +41 79 475 66 04

WEDNESDAY

Visit to an alpine cheese dairy with breakfast

7.45 am–12 pm, from 14 Jul 2021 to early September
CHF 15 pp

After the one-hour hike up to the Schiltalp, you will gain some interesting insights into the traditional process of making cheese over a wood fire. Afterwards, you will have a hearty alpine breakfast. There are numerous hikes to choose from starting from the Schiltalp.

Village tour

16 Jun 2021–30 Jun 2021 | 5–6 pm

There's nothing we like better than showing off our beautiful, unique village to guests from near and far. Join us on a walk through Mürren and learn all about its exciting history.



Register by 5 pm the day before to take part

Guided bike tour of the Jungfrau Region May–October | afternoons | CHF 50 pp not including the bike.

Get to know the trails around Mürren and Lauterbrunnen. The guided bike tour is available for a minimum of four participants.

Yoga | 6–7 pm | CHF 15 pp

Hatha yoga aims to achieve balance between body and mind using physical exercises, breathing exercises and meditation. Register directly with Denise Fussell—call: +41 78 642 34 85.

THURSDAY

Aquafitness | from 10 Jun 2021 | 10–11 am | CHF 20 pp

These exercises in the water help you develop endurance, strength and coordination. Register directly with Elisabeth Mettler—call: +41 79 247 39 07.

Running club

8 Jul 2021–12 Aug 2021 | 5–6 pm

Meet other running enthusiasts and explore this beautiful region. It doesn't matter what your fitness level is. There will be different groups for different ability levels.

FRIDAY

Icestocksport

18 Jun 2021–15 Oct 2021 | 1–5 pm

We offer curling even in summer and autumn. Who will manage to get their icestock (curling stone) closest to the target and catapult their opponent's one out of the target area?

SATURDAY

Croquet game

10 Jul 2021–14 Aug 2021 | 9.30–11.30 am

In croquet, the aim is to hit the coloured balls across the lawn as accurately as possible. It's a great summer experience for the whole family.

SUNDAY

Qi gong | 9.15–10.45 am | CHF 20 pp

Satpremo will teach you gentle, ancient Chinese exercises with simple, harmonious, flowing movements, where you move in rhythm with your breathing. Register directly with Satpremo—call: +41 76 409 13 10