

SWITZERLAND · DAY TRIP · HIKE

Triftbrücke from Zurich

Self-guided alpine day trip from Zurich

DURATION

1 full day

SEASON

June - October

HIGHLIGHT

170 m bridge



Trip Snapshot

PIKELIS
TRAVEL

ROUTE DETAILS

DURATION	1 day
EFFORT	~3-4 h total (with gondola)
ALTITUDE	1,720 m (bridge level)
ASCENT (GONDOLA)	~450 m / ~6 km roundtrip
ASCENT (FULL HIKE)	~1,200 m / ~15 km roundtrip
BEST SEASON	June – October
HIGHLIGHT	170 m suspension bridge

ACCESS

BY CAR	Zürich → Triftbahn (~2 h, recommended)
BY PUBLIC TRANSPORT	Zürich HB → Triftbahn (~3.5 h, several changes)
GONDOLA	Available, from Triftbahn

KNOW BEFORE YOU GO

- ✓ Book Triftbahn gondola slots (roundtrip) a few weeks in advance – they sell out quick on weekends
- ✓ Bring all food and water – no shops and restaurant not always open
- ✓ Leave Zürich before 08:00 to catch optimal connections and avoid bridge crowds
- ✓ Late start (leaving after 10:00 from Zürich) risks return timing
- ✓ Check MeteoSwiss forecast – if >30% storm after 13:00, postpone
- ✓ Hiking boots required - trail is rocky, descent is steep
- ✓ Trail icy before June / after October

⚠ Not suitable if you have a fear of heights or exposed bridge crossings.

Why this trip

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WHY THIS TRIP

- ✓ Best suspension bridge hike near Zürich
- ✓ Real glacier landscape without overnight stay
- ✓ Feels remote but fits into one day
- ✓ No technical skills required

WHO THIS IS FOR

- ✓ Based in Zurich for 1-2 days or more
- ✓ Comfortable walking uphill for 2-3 hours
- ✓ Prefer independent travel
- ✓ Prefer clear step-by-step logistics, not inspiration

DIFFICULTY AT A GLANCE

- ↑ Steepness: consistent uphill ~1.5 h
- 📍 Exposure: suspension bridge only
- ~ Trail: marked alpine hiking path
- ♥ Fitness: ~450 m ascent / ~6 km

NOT SUITABLE

- ⚠️ **If you have a fear of heights**
- ⚠️ **If you have a fear of exposed bridge crossings**

Choose your variant

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#	Route	Ascent	Descent	Distance	Time to	Return	Recommended for
1	Gondola up, gondola down	~450 m	~450 m	~6 km	~1 h 30	~1 h 15	Fast visit
2	Gondola up, hike down	~450 m	~750 m	~9 km	~1 h 30	~2 h 30	Best balance
3	Full hike from Gadmen	~750 m	~750 m	~12 km	~3 h	~2 h 30	Strong hikers

1. Gondola up, gondola down

Fastest option. Minimises elevation gain and descent stress on knees. Good for mixed fitness groups or tight time windows.

2. Gondola up, hike down

Best overall balance. Dramatic views on descent. Walk down through the valley at a relaxed pace.

3. Full hike from Gadmen

For strong hikers who want to earn the bridge fully on foot. Adds ~2 h and ~300 m elevation. Do only if you arrive by car.

Getting there from Zurich

STANDARD – CAR (RECOMMENDED)

DRIVE	Zürich → Triftbahn (~2 h)
ROUTE	Via Meiringen, turn onto Sustenstrasse toward Susten Pass
PARKING	Small lot at Triftbahn station, just past Gadmern
GPS	46°43'15.4"N 8°19'06.0"E

Car gives full timing flexibility - no bus dependency on return. Full hike option: skip gondola and hike from Triftbahn

ALTERNATIVE – PUBLIC TRANSPORT

TRAIN	Zürich HB → Luzern → Meiringen → Grimseltor / Innertkirchen (~3 h)
BUS	Innertkirchen / Grimseltor → Nesselental, Triftbahn (~15 min)
TOTAL TRAVEL	~3.5 h each way to gondola station
TICKET	SBB app: Zürich HB ↔ Nesselental, Triftbahn (includes bus)

Can be tight unless you maintain a steady hiking pace, with a higher risk of needing to turn around before reaching the bridge

 Book train/bus tickets several weeks in advance – Saver fares are often significantly cheaper

Gondola schedule

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TRIFTBAHN – OPERATING TIMES

ASCENT ↑

08:00

08:10

every 10 min

15:50

16:00 – Last ascent

DESCENT ↓

08:00

08:10

every 10 min

15:50

16:00 – Last descent

KEY FACTS

CAPACITY	8 people per cabin
FREQUENCY	Every 10 minutes
PRICE	CHF 30 / adult return
SWISS PASS	No discount
BOOKING	Online in advance
FLEXIBILITY	None - fixed time slot

FREQUENTLY ASKED QUESTIONS:

- ✓ **Timing.** Allow at least 4 hours between ascent and descent slots. From gondola exit to bridge and back: ~3 h at a comfortable pace
- ✓ **Being late.** Yes, Some hikers do not reach the gondola in time for their booked descent. Flexibility is limited and depends on the gondola operator on the day, so allow extra buffer time

RESERVATIONS

<https://www.grimselwelt.ch/en/experiences/hike-to-the-suspension-bridge-triftbruecke/>

⚠ Don't miss the last gondola – book your return slot when purchasing. Allow buffer time for the descent

Step-by-step day plan

BY CAR

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~06:30

Depart Zürich

Departing early reduces chance of traffic jams. Drive is ~2 h.

~08:30

Arrive at Triftbahn

Parking fills quickly, especially on weekends - arrive early for the best chance of securing a space closer to Triftbahn.

~08:50

Triftbahn gondola

Take gondola to the top (pre-booked). Trail starts from gondola exit. Trekking poles recommended. Ascent is ~1.5 h.

~11:00

Triftbrücke

170 m suspension bridge above turquoise glacier lake. Cross both ways. Wind moving the bridge is normal.

~12:30

Lunch + descent start

Eat before descending. Descent is ~1.5 h.

~14:10

Back at Triftbahn

Take gondola down.

~14:30

Depart Triftbahn

Expect longer drive back on weekends and holidays. Drive is ~2 h.

~16:30

Back in Zürich

~10 h round trip door to door.

⚠ LATEST SAFE START TIMES

DEPART ZÜRICH Before 08:00

LATEST GONDOLA UP ~11:30

TRAIL TURNAROUND ~13:30

Step-by-step day plan

BY PUBLIC
TRANSPORT

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~08:10

Depart Zürich HB

Train to Luzern, connection to Meiringen, then Innertkirchen / Grimseltor. Confirm exact time on SBB app. Train is ~3 h.

~10:50

Arrive Innertkirchen

Connect to bus toward Nesselal, Triftbahn. Bus is infrequent but aligned with the train schedule. Confirm on SBB app. Bus is ~15 min.

~11:10

Triftbahn gondola

Take gondola to top (pre-booked). Trail starts from gondola exit. Trekking poles recommended. Ascent is ~1.5 h.

~13:00

Triftbrücke

170 m suspension bridge above turquoise glacier lake. Cross both ways. Wind moving the bridge is normal.

~14:00

Lunch + descent start

Eat before descending. Descent is ~1.5 h.

~16:00

Back at Nesselal

Take gondola down. Check return bus to Innertkirchen on SBB app.

~16:40

Depart Triftbahn

Bus every 1h; for example; 16:40, 17:40, 18:40 (the last one).

~20:00

Back in Zürich

~12 h round trip door to door.

⚠ LATEST SAFE START TIMES

DEPART ZÜRICH 08:00

LATEST GONDOLA UP ~11:30

TRAIL TURNAROUND ~13:30

Weather rules

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GO WHEN

Clear morning forecast

No thunder risk after 13:00

June – October

No strong wind warning

Crowd tip:

Bridge quietest before 12:00

Worst days: Saturdays in July & August

DON'T GO WHEN

Strong wind warning (bridge closes)

Storm forecast after 13:00

Before June – snow likely

After October – icy conditions

 **MeteoSwiss app – set location to Gadmen. If >30% storm probability after 13:00, postpone.**

Cost & What to bring

COST BREAKDOWN

Triftbahn gondola return (no Swiss pass discount)	CHF 30 / adult
Car parking at Triftbahn station	~CHF 5–8 / day
Public transport: Zürich HB ↔ Nesselal (Triftbahn), 2nd class return	~CHF 40-140 /adult

Public transport ticket prices depend on booking timing.

- *Standard return ticket: ~CHF 110–140*
- *Saver Day Pass (advance purchase): ~CHF 39–79*
- *Saver Day Pass (last-minute): ~CHF 99–119*

WHAT TO BRING

- | | |
|--------------------------------------|---|
| • Waterproof hiking boots | • Trekking poles (descent) |
| • Wind layer / shell jacket | • Sun protection + sunglasses |
| • Warmer layer (fleece) | • Headlamp (if late return) |
| • Lunch + snacks (no food at bridge) | • SwitzerlandMobility and SBB App (for route) |
| • 2 L water minimum | • Charged phone + offline timetable |

⚠ No shop or water source between Gadmen and the bridge. Bring everything from Zürich.

Before you go

- ✓ Check MeteoSwiss forecast at Gadmén – postpone if >30% storm after 13:00
- ✓ Reserve Triftbahn gondola ascent & descent slots in advance (allow ≥ 4 h between ascent and descent). It sells out on weekends
- ✓ Check SBB timetable: Zürich HB → Nesselthal, Triftbahn. Check last PostBus departure from Nesselthal, Triftbahn
- ✓ Pack lunch + snacks and 2 L water minimum (no supply at bridge)
- ✓ Download SwitzerlandMobility App (the route is clearly marked, but helps to follow)