

 **GRÄCHEN**
St. Niklaus



Family-Time

Make the best of
your time here

**Holiday fun
for
young & old**

Erlebnisbank_
RAIFFEISEN Mischabel-Mattenhorn

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Your Family Time in Grächen

Enjoyable, wild and wonderful

Passionate hikers, playful youngsters or water lovers: In one of the sunniest villages in Switzerland, families can experience numerous highlights! Great to have you here!

All fresh-air fans are guaranteed to find what they are looking for in Grächen! With us, you'll spend your holidays at an idyllic natural lake, in adventurous play parks or on breathtaking hiking trails. And you'll get to relax at one of the numerous picnic and barbecue areas. Practise your skills and creativity with exciting outdoor games. Try out new things together! On your hikes, you will get to know the flora and fauna of the region. With a bit of luck, you will also be able to observe the local wildlife. On the pasture or in the wild - Hérens cows, llamas, black-nosed sheep, ibexes and marmots will marvel at you with interest. During your Family Time in Grächen, you'll make memories that last!

- | | | | |
|--|------------------------------|---|-------------------------|
|  | Viewpoint |  | Rope park |
|  | Kneipp |  | Sports hall |
|  | Climbing park |  | Barbecue area |
|  | SiSu & Friends Play stations |  | SiSu & Friends Gondolas |
|  | Tourist Office Grächen | | |



What you can discover?



Play parks



Kinderspielplatz Hannigalp



Wolkenland



Robis Waldspielpark mit Seilpark



Indoor Spielpark



Kleinkinderspielplatz Heimibodo



Spielplatz im Pfarreigarten



Spielplatz beim Schulhaus



Spielplatz Schalbettu



Games huts



Quiz & Puzzle



Abenteuer



Grächner Wildtierweg



Play stations



Grächner Pflanzenwelt



Drehstein



Tiere im Lärchenwald



Tierische Spuren



Entdeckertipps



Tier-Menü zum Drehen

Grächner Zappelpfad:

Route für Entdeckerknirpse* 1h

Route für kleine Helden 2h 30

SiSu & Friends Spieleweg

0h 30

Zaubervasser Rundweg

1h 40

Grächner Wildtierweg

4h

*Stroller-friendly path

A complete hiking map is available
online and at the Tourist Office!

Stand May 2026

SiSu's home

Home of the snowbird SiSu

No one knows the region as well as the colourful Grächen mascot. Early in the morning, when the mountain peaks glow and the mountain world slowly awakens, SiSu likes to sneak up the mountain with his friends. That's when they have the best chance of spotting wild animals. They also enjoy spending a lot of time together by the magic water. The cool temperatures in the shady larch forest are particularly pleasant on hot days.

They meet up to play and really let off steam in Robi's forest play park and at the sports centre. They love going for walks with the Grächner Zappelpfad play rucksack. There are play stations and play huts to discover along the two different routes. And when they need a breather, they can take the SiSu & Friends gondolas up to Hannigalp and listen to one of the fairytales or stories. They can let off steam in the family park and in the SiSu Wolkenland indoor play ground.

If they still haven't had enough, they can bravely ride their bikes down the flow trail from Hannigalp to Grächen.

Since SiSu, our cool snowbird, has transformed, he has made lots of new friends! When you're in Grächen, you can spot them everywhere - they're really out and about! So, keep your eyes and ears wide open and get ready to meet SiSu and his funny friends!



More info



Event-Tip: SiSu family party

SiSu & Friends game trail

Hey, adventurers big and small, join SiSu and his friends on an exciting journey and get to know his home. Set off on a huge fun adventure around the Hannigalp. There's something wonderful for everyone to discover here. Climbing, brainteasers, testing your balance, finding a good eye for the target throw and swinging into the clouds. It's even more fun together.



More info



Discover the seven cool play stations waiting for you! Let the adventure begin!

- SiSu's XXL water ball track
- Loni's & Felix Gigampfa with ball game
- Target throw into Lucky's giant cap
- Läx' climbing den & Memory game
- Meindi's and Bella's Forest Bingo
- Muri's XXL Metal ball track
- Lea's XXL-Memory

These fun wooden balls are available from the Tourist Office Grächen and the Hannigalp family mountain restaurant.

You can find your tour plan on the following pages.

SiSu & Friends

xxL Memory



Climbing den



Forest Bingo



ds game trail



SiSu to colour in



SiSu's riddle

Get ready for a mysterious journey and find the nine colourful XXL SiSu figures.

In Grächen and on the Hannigalp, you will solve each puzzle together. You will enjoy some exercise in the fresh air and discover some of SiSu's favourite places. With the solution in your hands, you can proudly return to the tourist office and collect your well-earned prize.

So, are you ready for an exciting puzzle tour that will take you through the village, to the cosy Bärnji Alp restaurant and up to 2,000 metres above sea level? It's not just high up here, it's also really tricky! A secret mission awaits you: find the hidden letters in the solution. Psst! Each letter is part of the puzzle that brings you closer to a secret word.

Open your eyes, sharpen your senses and get ready, because this tour will not only make your legs smoke, but also your heads! Who knows, you might even discover a secret or two on the Hannigalp. Have fun solving the riddles!

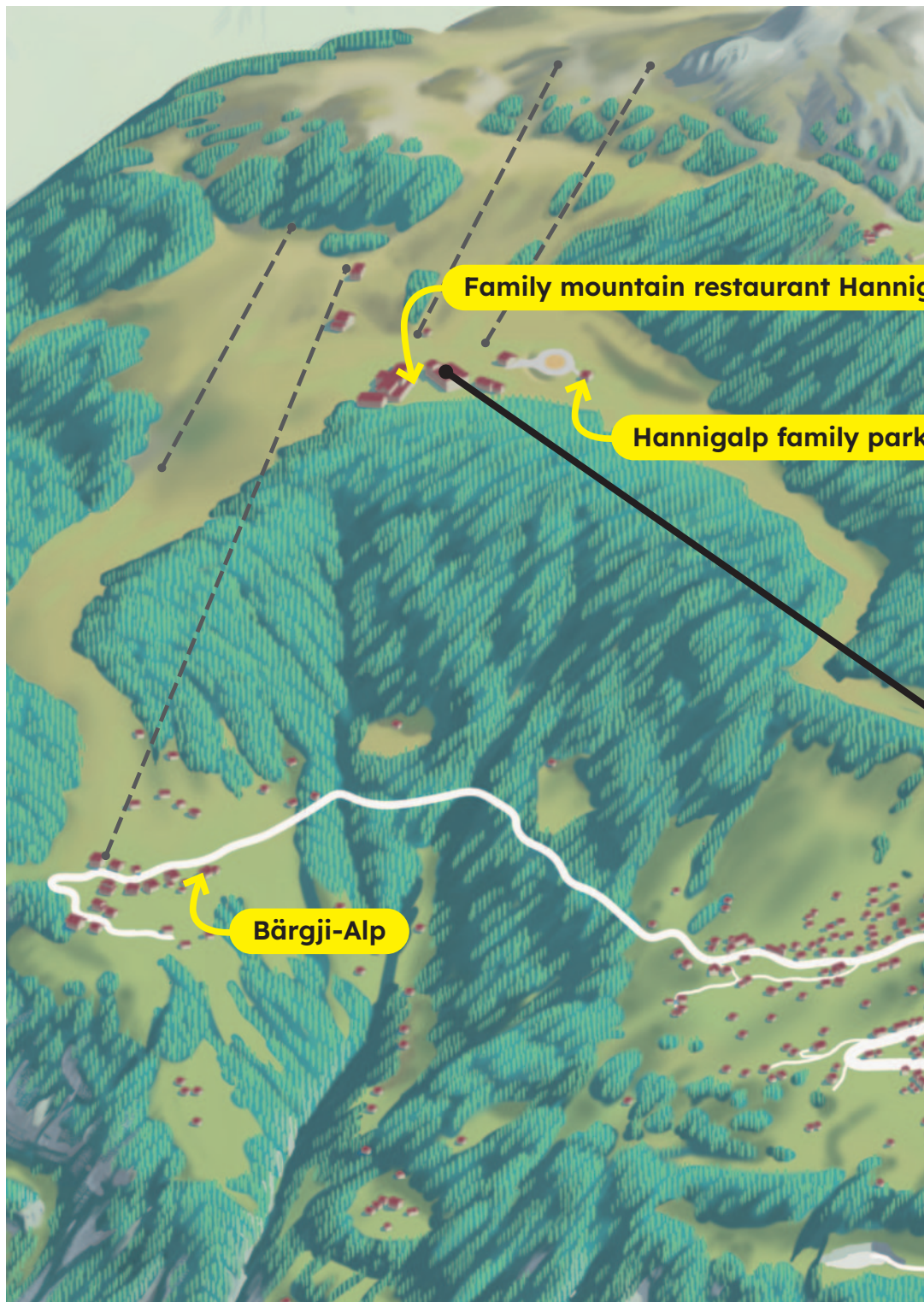


Keep your eyes peeled, sharpen your senses and get ready, because this tour will make not only your legs but also your brains work overtime! Who knows, you might even uncover a secret or two in Grächen. Have fun solving the puzzles!



More info





Family mountain restaurant Hannig

Hannigalp family park

Bärgji-Alp

SiSu's riddle

On a puzzle hunt with SiSu – are you ready for the adventure?



Nine giant XXL SiSus are hidden in Grächen and on the Hannigalp. Each one has an exciting puzzle waiting for you. Solve all the riddles, collect the nine letters and find the secret solution word. Then head to the Tourist Office – your prize is waiting for you there!

Solution word

1	2	3	4	5	6	7	8	9
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Grächner Zappelpfad

Hiking, playing, marvelling

On the Grächner Zappelpfad, every walk becomes an adventure! Along the varied routes, lovingly designed play huts and exciting activity stations are waiting to be discovered by you. This isn't just a walk – it's a chance to solve puzzles, draw, climb and have a laugh! It all starts right at the Tourist Office – that's where your Zappelpfad adventure begins! So: lace up your shoes, shoulder your rucksack and set off together – the Grächner Zappelpfad turns your hike into an unforgettable family experience full of activity, nature and loads of fun!



For a small contribution towards costs, you'll get everything little adventurers need on their travels: colourful chalk for creative artwork and great extras for even more fun. Tip: Pack a picnic or barbecue and come along!

To really get your family adventure off to a flying start, why not pick up the cool play rucksack from the Grächen Tourist Office?

More info



Grächner Zappelpfad

Route für Entdeckerknirpse

This pushchair-friendly trail is the shortest and easiest on the Grächner Zappelpfad – perfect for families with little explorers! After just a few steps, you'll reach your first stop: the playground by the vicarage. Here, you'll immerse yourselves in Grächen's plant life. With colourful memory cards, you can have fun practising your memory. The route continues past the Heimibodo toddler playground, and then things get really exciting: at the 'Drehstein' play station, dexterity and team spirit are called for! Balance like little circus stars or test your aim – collect pine cones and start your own pine cone throwing challenge. Who can get theirs into the right hole? Test your knowledge in the rock quiz and see who can amaze the most. At the cosy picnic and barbecue area, you can refuel and enjoy the fresh forest air. At the 'Tiere im Lärchenwald' play station, slide the cards around and see what complete picture



emerges. To round off the day, Robi's forest playground awaits – a real paradise for little adventurers. Here, the kids can really let off steam one last time! This route is short, varied and full of fun and games – ideal for little feet and wonderful family moments.



Grächner Zappelpfad

Route für kleine Helden

This route is perfect for curious little ones who love to be active! Along the way, you'll find exciting play huts with large jigsaw pieces, puzzles and fun interactive stations. Test your knowledge of the forest's animal inhabitants. There's plenty to discover along the way: a viewpoint with stunning views of the valley, shady larch forests and Kneipp facilities for a refreshing break. At the 'Adventure' play hut, you can really let off steam and play to your heart's content. Here you'll find a chalkboard for creative artwork, a swing to soar high on, and tricky puzzles for clever minds. Discover stories, play, solve puzzles – boredom? Not a chance! Further discovery sta-



tions, a climbing wall for brave mountaineers, idyllic picnic and barbecue spots, Kneipp facilities and a picturesque mountain lake provide additional highlights. Turn over cards, solve puzzles and find out what the local domestic and wild animals like to eat best. Nature, play and exciting discoveries – a family adventure with plenty of 'wow' moments!

Grächner Wildtierweg

Strong Calves. Sharp Minds.

Discover this Wildlife Trail – the perfect blend of exercise, nature and discovery. A hike that challenges your calves and inspires your mind. The trail starts at Hannigalp – from there, follow the signposts up-hill via Stafel to the mysteriously named Heidnisch Tossu. Along the way, there are fascinating information boards that let you immerse yourself in the world of local wildlife in a fun way. If you get up early, you've even got a good chance of spotting chamois, marmots and other wildlife in the wild – a real-life na-



GRÄCHEN
ST. NIKLAUS

Murmeltier

Dieses Nagetier ist ein echtes Kraftpaket unter den Hörnchen – kräftige Knochen, starke Muskeln und perfekt gebaut fürs Leben unter der Erde. Mit bis zu 60 cm Körperlänge plus einem 10-25 cm langen Schwanz ist es alles andere als klein. Seine dunklen Augen sitzen seitlich am flachen Kopf, die winzigen, steif behaarten Ohren halten lästige Erde fern. Mit Duftdrüsen an den Wangen markiert es sein Revier. Unter der Erde wird geklotzt, nicht gekleckert: Murmeltiere graben bis zu 40 m lange Tunnelsysteme mit Fluchtröhren, Schlafkammern und sogar eigenen „Abfallräumen“. Ein Spinnennetz am Eingang und fehlender Geruch verraten: unbewohnt. Viele kleine Trampelpfade hingegen? Ganz klar belegt! Zu Hause ist das Murmeltier zwischen 1500 und 3000 m ü. M. – von saftigen Alpwiesen bis hinauf zum kargen Fels. Es frisst vor allem Gräser und Kräuter, nimmt aber auch Früchte und Insekten mit. Wasser braucht es kaum: Tautrische Pflanzen liefern genug Flüssigkeit. Im Sommer heisst es futtern für den grossen Schlaf. Von September bis April hält das Murmeltier Winterschlaf. Dann sinkt der Herzschlag von 200 auf 20 Schläge pro Minute, die Atmung auf gerade einmal zwei Züge – Energiesparen in Perfektion. Mit drei Jahren wird es geschlechtsreif. Nach der Paarung April/Mai kommen etwa 30 Tage später bis zu fünf winzige, nackte Junge zur Welt. Diese sind etwa 30 g leicht, nackt, taub, zahlos und haben während 23 Tagen geschlossene Augen. Nach sechs Wochen wagen sie sich erstmals ans Tageslicht – bereit für ihr Leben zwischen Bau und Bergwelt.

Alpine Marmot

This rodent is a real powerhouse among the squirrels – sturdy bones, strong muscles and perfectly built for life underground. With a body length of up to 60 cm plus a 10-25 cm tail, it is anything but small. Its dark eyes sit on either side of its flat head, and its tiny, stiffly haired ears keep troublesome soil at bay. With scent glands on its cheeks, it marks its territory. Underground, it does things properly: marmots dig tunnel systems up to 40 m long, complete with escape routes, sleeping chambers and even separate "latrine rooms". A spider's web across the entrance and the absence of scent indicate that a burrow is unoccupied. Numerous well-trodden little paths, on the other hand? Clearly inhabited! The marmot is at home between 1,500 and 3,000 m above sea level – from lush alpine meadows to barren rocks. It mainly eats grasses and herbs, but also fruits and insects. It scarcely needs water: fresh, dew-covered plants provide sufficient moisture. In summer, it eats heartily in preparation for the long sleep. From September to April, the marmot hibernates. During this time, its heart rate drops from 200 to just 20 beats per minute, and its breathing slows to a mere two breaths – energy saving perfected. It reaches sexual maturity at three years of age. After mating in late April/early May, up to five tiny, naked young are born around 30 days later. They weigh about 30 grams, are hairless, deaf, toothless and keep their eyes closed for 23 days. After six weeks, they venture out into daylight for the first time – ready for life between burrow and mountain world.

ture show included! Don't forget your binoculars. Along the route, you'll find little wooden chalets that cleverly combine learning with fun. Here, learning happens quite naturally – whilst hiking, marvelling at the scenery and enjoying each other's company. Learning has never been such a walk in the park!

More Info



Questioning Trail

Who says hiking is just about walking?

On this lovingly designed themed trail above the Hannigalp, a little adventure awaits you behind every question mark. Scan the QR codes along the circular trail and immerse yourselves in a world full of surprising questions, exciting discoveries and creative challenges. Here, nature meets imagination, views meet exercise, and curiosity meets real-life experiences. Sometimes observe, sometimes marvel, sometimes puzzle – a colourful mix of adventure, creative and interactive questions for young and old alike.

More info



More info



More family adventures

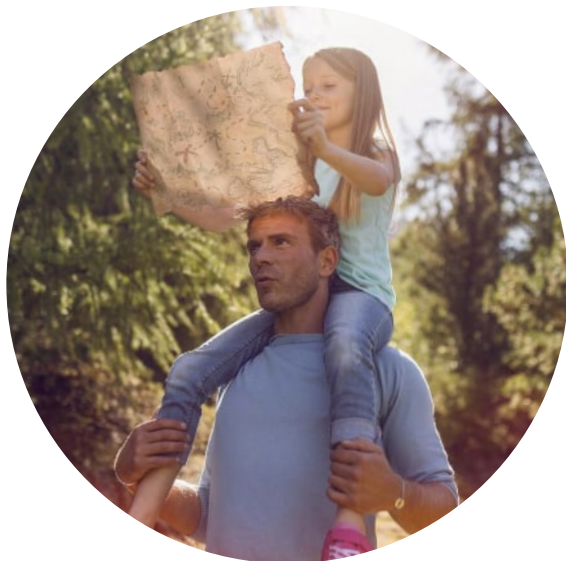
Discover the Alpe Jungen and play by the refreshing mountain lake. The ride on the St. Niklaus–Jungen cable car is a magical experience. As soon as you step on board, the journey upwards begins and you'll be amazed beyond belief. At the top of the Jungen Alp, an enchanting world full of surprises awaits you. Here you'll enjoy breathtaking views of Grächen, the Mattertal valley and the majestic mountain landscape featuring the Weisshorn, Bishorn and Brunnegghorn. It feels as though you're right in the middle of a picture book – an unforgettable family adventure awaits you! Tip for even more adventure: get the 4-BAHNEN-(S)PASS!

Treasure hunt

Solve puzzles and discover

As always, SiSu was happily hopping through Grächen and wanted to visit the secret mountain treasure – the oldest in our village. But when he opened the chest ... it was empty! There was just a little note inside. “Only those who set out with open eyes, a brave heart and a great deal of curiosity will find the true treasure.” That’s why he needs YOU and your help! Are you ready? Then grab the treasure map and join him on an exciting journey.

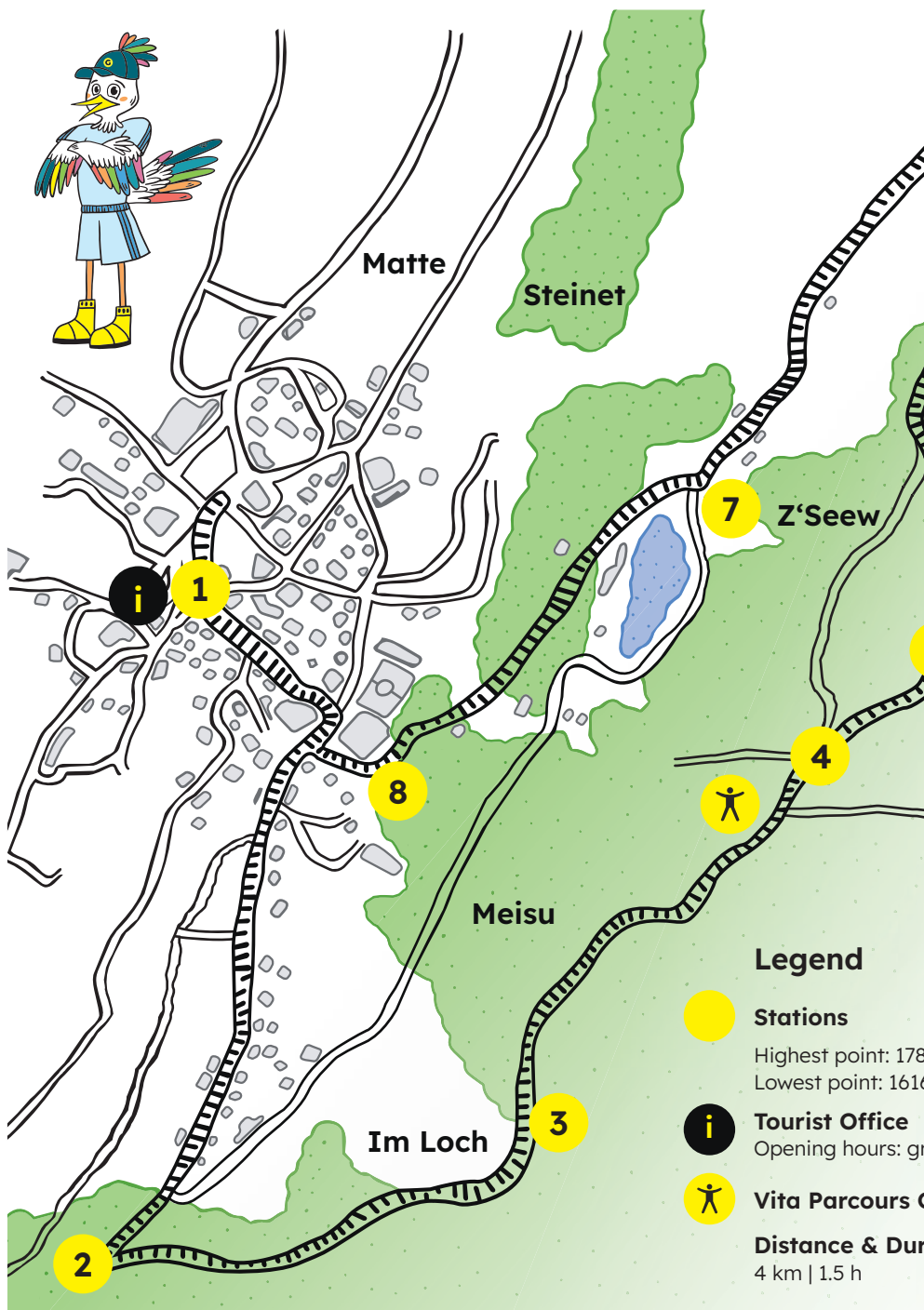
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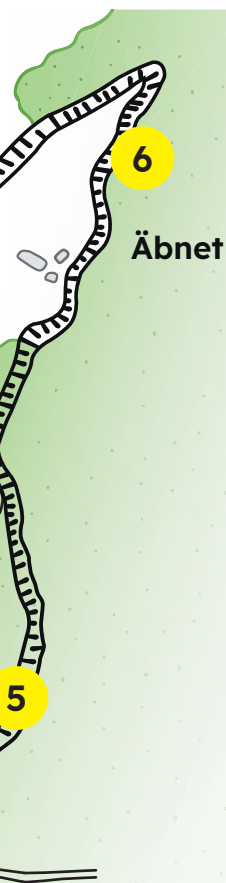


Eight mysterious locations await you along the way. Hidden at each one is a piece of the great treasure. Lace up your comfortable shoes and set off on this varied tour full of exciting discoveries.

Letter by letter, you'll get closer to your goal. Once they're all put together correctly, you'll have found the solution code! And then? Off you go to the treasure chest at the valley station! Show off your treasure map with pride – your little reward is already waiting for you. Have fun on your treasure hunt!

You will find your treasure map on the following pages.





Station 1: How many water outlets does the fountain have?

A: 1

Z: 4

H: 2

Station 2: What does the wooden sign (signpost) with a rope attached to it say?

I: Magical Water

M: Playground

L: to the fox's den

Station 3: Which of the following applies to the larch?

D: It sheds its needles in autumn.

X: It stays green all year round.

S: It only grows by the sea.

- Give a larch tree a hug.
- Find a larch cone.
- Listen very quietly for 20 seconds.

Done? What's the best word for this adventure?

			4		
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Station 4: The Power of the Mountains

"Ooh!" SiSu stumbles. "Thank goodness you're here!" Now it's your turn to show how fit you are:

- Jump up ten times.
- Stretch your arms up towards the sky.
- Take a deep breath of the fresh mountain air.

What grows with every jump?

			5				
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Station 5: How many notches are there on the wooden sign that says 'Eggeri'?

N: 4

U: 1

V: 6

Station 6: What is the name of the cube-shaped, red stone?

G: Summstein

E: Lucky stone

P: Granite

Station 7: The water lies there like a mirror. Take a look. Can you spot what's hidden in it?

- Clouds • Trees • Your reflection

Which word goes with big eyes and an open mouth?

		8
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Station 8: Go on, have a go! How many mini-golf holes are there?

H: 9

M: 18

I: 12

Now's the time to laugh! Have a proper laugh! Make someone laugh. What grows when we laugh together?

S: Joy

U: Mountain

R: Hunger

Robi's leisure park

Playing fun on over 2000m²

Robi's forest play park makes the hearts of small and big children, certainly yours too, beat faster. In the cool shade of the trees, they romp, slide and play for all they're worth. Fly through the treetops on the zip lines, go on an adventurous treasure hunt in George's mine or watch and stroke cute animals in the wildlife enclosure.

And thanks to the great barbecue and picnic areas, even the grown-ups can relax with a cool drink. Refreshments, snacks or barbecue food are available at the forest kiosk.

Experience full playing fun with slides, little houses and caves, carousel, climbing in the rope park, playing mini-golf or watching and stroking animals and much more.



If the nice weather takes a break, you can simply let off steam in the indoor children's playground (sports centre).

It's the ideal place for fun and games, while parents can relax with a drink.

A large bouncy castle, bobby cars, various playhouses, table football, pool table, boulder walls and LOTS of space to play.



More info



Animal experiences

Wildlife observation

The diversity of Switzerland's landscapes is matched by the diversity of its wildlife. Early in the morning, when the mountains slowly awaken, you have the best chance of spotting wild animals. Take a closer look and you might spot a marmot or an ibex travelling in the mountains. But you can also find typical Valais animals in the meadows, such as the funny black-nosed sheep and the ambitious Ehringer cows. An adventure in nature awaits you!



Tip: Wildlife watching with a rich breakfast

Accompanied by a local gamekeeper, on Wednesdays you'll explore exclusive spots where chamois, marmots and ibex can be found. You'll also learn more about the local wildlife and how to behave when observing wild animals. Afterwards, you will enjoy a hearty breakfast in the Hannigalp family mountain restaurant.

More info



Llama trekking

Experienced in the company of a trained hiking guide, experience an excursion alongside the lovable llamas. The camelids, which originate from South America, are extremely sensitive and hiking with them is great fun. The herd animals are very attentive, careful and gentle. Get to know the llamas and if you like you can stroke and brush them. From hourly excursions to day trips with an overnight stay in a tipi - everything is possible.

Vita-Parcours & playgrounds

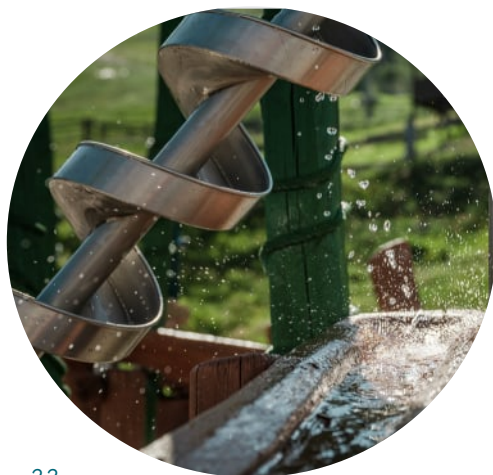
Hiking & Fitness fun

Challenge yourself with the various strength and balance training sessions. As you make your way through the shady Grächen larch forest, you will pump your body full of oxygen and work your muscles with the numerous sporting activities on offer along the 5-kilometre course. The varied route with easy ups and downs leads you along the refreshing bisses to the unspoilt mountain lake.

An almost 2 km long route starts at the sports ground in St. Niklaus and leads you back to the starting point as a circular route. The local forest offers plenty of sporting activities and variety. You will master this challenge with muscle power and concentration.



More info



Between the peaks

On the Hannigalp you can really let off steam in the fresh air. The outdoor playground in the family park ensures a playful and action-packed time. **The family park** is a colourful children's wonderland with fun and lots of exercise.

Tip: SiSu's Home kiosk
Open Wed-Sun.
(weather permitting)



Playgrounds

Colourful fun in the village

In the centrally located **playgrounds in the parish garden** and **at the school building**, you will discover swings, climbing equipment, a sandpit and a large stand-up memory game. You can practise your tactics on a giant chessboard with 16 pieces. After the game, shady rest areas with cosy benches invite you to linger - a real treat, especially on sunny midsummer days.

Tip: Why not check out the games along Obere Dorfstrasse too?



More info



The youngest adventurers get their money's worth at the **Heimibodo toddler playground**. Idyllically situated in the middle of the mountains, the play paradise can be reached by pushchair at any time. In the colourfully fenced area, the little ones balance and climb over the play equipment, and you can enjoy the cool water from the hand water pump with water pipes together. Here you will also find a slide, fun balancing and climbing facilities especially for toddlers.

Photo trail

Perfect photo points

Discover the local mountain world on this varied circular tour and make photo stops on the XXL swing or sit in the XXL photo frame at the Stafelbar.



Tip:
Photo trail "Summer Edition"



Welcome to the magical backdrop! Here, where the landscape is like something out of a storybook, choosing the perfect photo spot can be a challenge. But don't worry! We've put together the ultimate photo trail for you. Follow the magical path and you'll enjoy the spots and the views. The particularly photogenic spots will make you and your holiday photos shine - perfect for your photo album or Instagram.

XXL-Game fun on the Hannigalp

KOOR Alpine Games

Challenge yourselves in a fun way – for example, on the pétanque court or by balancing on the new slackline! Hannigalp is a fantastic playground. With the trendiest outdoor games from the trendy brand KOOR, unlimited fun in the great outdoors awaits you. Test your skills at Viking chess or take on the creative challenge of the Leikki throwing game together. How about cornhole or giant Mikado? And best of all: these games are available to you completely free of charge – for zero francs!



XXL-marble runs

You'll find a real highlight right by the sun terrace of the Hannigalp family mountain restaurant. Send the wooden marbles, featuring designs from the SiSu's Friends Collection, whizzing down the track and listen to the sound of the bells. Have a race and see which marble reaches the finish line first. If that's not enough for you, then head straight to the Family Park to try out the new XXL metal or XXL water marble run. The latter also offers a fun way to cool off. New: Be sure to try out the Gigampfa marble game by the fire pit (Family Park). The wooden marbles are available at the Tourist Office and at the Hannigalp family mountain restaurant.



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Water fun & games

Playful Kneipp enjoyment

Natural applications maintain health and wake you up more quickly in the morning. Children's heat balance reacts more sensitively than that of adults. Carefully increase the level of stimulation (duration and cold) and keep a close eye on your child's reaction. With water treading facilities, arm baths, dry pools with pebbles and benches, the Kneipp gardens by the lake and Taa promote active relaxation. In the neighbouring village of Gasenried (Schalbetten, near the Riedbach stream) there are two arm pools and a water treading facility. On the opposite side of the valley, by the mountain lake on Alpe Jungen, there is another water treading facility.



More info



Tip: Magic Water Circular Walk



Magic Water Experience

In summer, our mascot SiSu also spends plenty of time with his friends at Grächner Magic water. Surrounded by unspoilt nature and a magnificent mountain backdrop, the water flows from the imposing Ried Glacier through the Eggeri and Chilcheri suonen, bringing cool water to the meadows. Varied walks along the suonen hold plenty of surprises in store. The routes mostly wind through shady larch forests, where chill-out spots and play areas invite you to relax and explore.

Family bike tours

Grächen Loop

This circular tour is a great way to get to know Grächen. The route can be adapted to your needs, as you can choose between the long and the short round tour. Maximum flexibility for an unforgettable biking experience!

Flowtrail - *new with jump line*

The Grächen Flow Trail is the perfect route for cycling enthusiasts of all ages! Once you've reached an altitude of 2,124 metres above sea level, get ready for a five-kilometre downhill adventure you won't forget in a hurry. Once you've reached the bottom, the best thing to do is head straight back up again.



More info



Pumptrack

At Hannigalp, you'll be riding winding laps. Through coordinated movements, you'll find your pace and the right riding level. The pump track offers you dizzyingly fun riding.

Bike park

On your marks, get set, go! At the Hannigalp Bike Park, technique and concentration are essential – and you're guaranteed to get an absolute adrenaline rush whilst you're at it.



Hidden object Grächen



Some of SiSu's friends are hiding in this colourful puzzle game. Help SiSu look for them and find the 5 hidden animals:

Felix, the rabbit
Bella, the deer
Lucky, the black-nosed sheep
Läx, the squirrel
Meindi, the bear

Events for the whole family

Make a note of these mega dates for your fun moments together:

- SiSu family party**
- Comedy Night**
- Cabaret Festival**
- SiSu Chalk Festival**

More info



Experience the great flair of the promenade stage or turn the whole village into your own personal playground. Here you will find entertainment at its best and plenty of unforgettable moments of happiness. Don't miss out on these fantastic event times for young and old. Come along and bring your friends and family!



Outdoor Escape Games

Ready for your adventure?

Pack up your friends or family and embark on an interactive adventure together in the open air! Here you can solve tricky puzzles, face exciting challenges and enjoy the freedom of nature - all in the midst of a breathtaking mountain backdrop. Unlike classic escape rooms, this is not about confined spaces, but about fresh air, adventure and teamwork. You pass through various stations, decipher the puzzles together and move step by step towards the goal. Each of you contributes your own strengths - so solving the tasks becomes a real team experience.



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Hannigalp

Creativity, fun, thrills and fresh mountain air – here you'll find everything you need for an unforgettable adventure. Experience Hannigalp from a completely new perspective and immerse yourselves in a captivating adventure that's guaranteed to thrill you!

Tip: Want to save your energy? Then use the SiSu & Friends gondolas operated by the Hannigalpbahn for your journey up and down the mountain.

More info



Hop on, take off and discover more!



Travel as often as you like within either 2 or 7 days.
Available at the Grächen Tourist Office and in the online shop.

Small. But mighty. graechen.ch.



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