

Welcome home!

Härzlech willkommen im Mountainhostel.

Schön sit dir da!



Dear guest

Thank you for finding your way to our remote and magical mountain place.

Our philosophy is to keep this place familiar and simple - a meeting place for young and old, for locals as well as far-travelled visitors.

In the last years we have done many renovations to honour the beauty of the Hostel while maintaining its simple and rustic character.

We hope you feel right at home and take memories, friendships and a full belly with you.

Stay up to date about our events and live music on our Instagram [@mountainhostel](https://www.instagram.com/mountainhostel) or website www.mountainhostel.com.

Your Mountainhostel Team

Little background summary...

The building of what today is called "The Mountainhostel" exists since 1563. In the 1960s, it opened to backpackers for the very first time. No showers, no laundry machine but the time of young travellers lifes. The house was still shared with goats and the owner of the house would come past once a day to collect coins for the overnight stay.



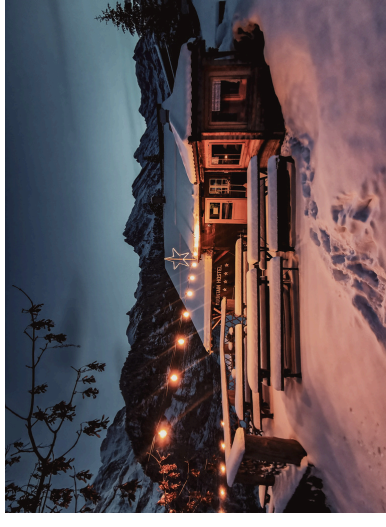
In 1995 the house was fully renovated and turned into a simple backpackers home by Petra and her husband Walter Brunner.

25 years later, in early 2020, Janine Wenger who now owns the place followed a gut feeling and called the previous owners - to meet and a few months later take the place over at the age of 24. Fun fact: The hostel was always owned and run by women.

Just like all the previous "guardians" of the Mountainhostel, Janine put lots of love and energy into renovating the place - bit by bit every year. Besides a new bathroom, wooden floors, a new terrace, private double rooms and many little cosmetic add ons, there was a whole new building with a restaurant kitchen added on over these past 5 years.



In Summer the Restaurant and Hostel are ran by a family-like team of 15 young people from all over the world, most of them working and living here several years already. In Winter the place runs on a reduced schedule with only 7 staff members - with the hostel being open for public Friday till Sunday only. On weekdays the hostel stays reserved for school camps and groups.





Z'Ässe – Food



Hausgemachte Pizza – Homemade Pizza CHF23.-

→ our famous best seller

4 Zutaten und Käse nach Wahl – zur Bestellung bitte Pizzazettel ausfüllen

4 ingredients and cheese of your choice – to order, please fill in a pizza slip



Weisse Pizza – white Pizza CHF 23.-

Mit "La Fraiche" von New Roots, Birnen, Datteln, Rosmarin, Ahornsirup, karamellisierten Walnüssen und Meersalz

With vegan crème fraîche, dates, pears, rosemary, caramelized walnuts, maple syrup and sea salt



Pizza Margarita ohne Toppings CHF 17.-

Tomato sauce & cheese of choice

Schoggi Pizza mit Nutella, Erdbeeren und Bananen CHF 19.-

Pizza with nutella, straw berries and bananas

→ Did you know?

"When we first started this place, in 2019, there was a tiny little kitchen and a really old Pizza oven.

Alongside renovating the hostel, the dream of building a proper restaurant became bigger.

After work, we spent many nights modifying the recipe for a home made dough and: it became a success!

Quickly we started selling 20, 30, then over 100 Pizzas per day and made ourselves a name for the

"Pizza place in the mountains".

In 2024 we took the leap to invest in a professional kitchen - it's the lighter brown part of the house.

Have a look at our original oven that we used until 2024 - it's standing downstairs in our shop.

Hard to believe now how many meals we served with that little oven!

It's a little reminder that even what seems impossible can be done. So dare to dream big!

Thank you so much for visiting us and for enjoying some food and good times here ❤️

Love, Janine and Team Mountainhostel"

Z'Ässe – Food

Ättis Plättli – Cold cheese and sausage platter CHF 20.-

Gimmelwalder Rauchwurst, Hartkäse vom Dorf, Butter, Brot, Essiggurken, Silberzwiebeln

Gimmelwald smoked sausage, mountain cheese from farms in

Gimmelwald, butter, bread, pickles



Hummus & New Roots Plättli – Hummus board CHF 27.-

New Roots veganer Cashew-Käse, Pizzabrot mit Meersalz und

Rosmarin, Hummus, Birnensenf, Cherrytomaten, Birne, karamellisierte Walnüsse

Vegan cashew nut cheese from "New Roots", baked pizza bread with sea-salt and rosemary, hummus, chutney, cherry tomatoes, sliced pear, caramelized walnuts

Grüner Salat CHF 7.-

Green salad

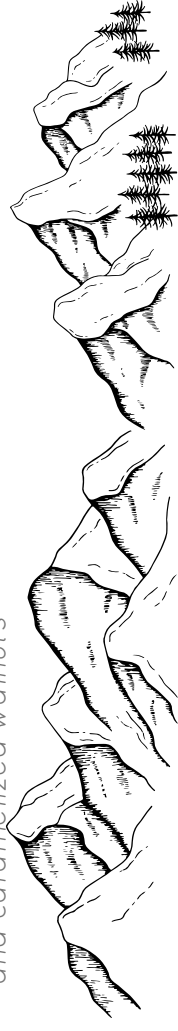
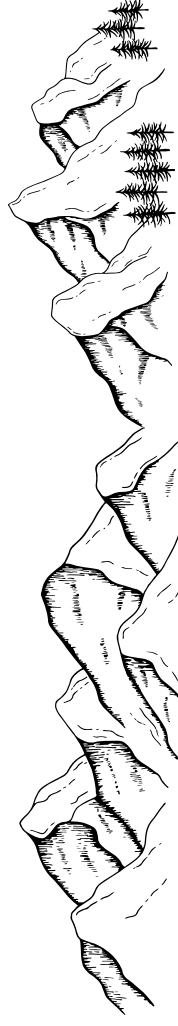
Sommer Salat – Summer salad CHF 19.-

Frischer Blattsalat mit Feta, Erdbeeren, Wassermelone, Gurken, Cherrytomaten, Sprossen und karamellisierten Baumnüssen
Field greens with feta cheese, strawberries, watermelon, cucumber, cherry tomatoes, sprouts and caramelized walnuts

Thonsalat – Tuna salad CHF 17.-

Grüner Salat mit Thunfisch, Feta, Cherrytomaten, Sprossen und karamellisierten Baumnüssen

Green salad with tuna, feta cheese, cherry tomatoes, sprouts and caramelized walnuts





Dessert

Hausgemachte Schoggichüechli mit Rahm CHF 6.50

Homemade chocolate molten cake with whipped cream
→ mit Glace / add ice cream +CHF 3.00

Ice Cream

Glace CHF 3.50 pro Kugel

Vanille Bourbon / Vegane Vanille / Pistazien / Zimt / Kaffee /
Tiramisu / Gesalzenes Caramelle / Kokosnuss / Schokolade /
Marroni / Haselnuss
Zwetschgen-Sorbet / Mango-Sorbet / Zitronen-Sorbet /
Passionsfrucht-Sorbet
→ mit Rahm +CHF 1.50

Ice Cream CHF 3.50 per scoop
Vanilla Bourbon / Vegan Vanilla / Pistachio / Cinnamon
/ Coffee / Tiramisu / Salted Caramel / Coconut / Chocolate
/ Chestnut / Hazelnut
Plum Sorbet / Mango Sorbet / Lemon Sorbet / Passionfruit
Sorbet
→ add whipped cream +CHF 1.50

Stängelglace aus der Kühltruhe

Selection of cornettos & ice-popsicles



Z' Ässe - Food

Signature Poké Bowl CHF 24.-

Reis, Roher Thon, Marinierter & gebratener Tofu, Edamame, Wakame (grüne Algen),
Avocado, Mango, Sesamsamen
+ hausgemachte Terryaki-Sauce plus
Vegane-Joghurt-Tahini-Zitronensauce ODER Spicy Siriacha Sauce

*Rice, raw tuna, marinated + fried Tofu, Edamame, Wakame (green Algae), Avocado,
Mango, sesame seeds
+ Homemade Teriyaki Sauce plus
Vegan-Yogurt-Tahini-Lemon Sauce OR Spicy Siriacha Sauce*



Fully vegan Poké Bowl CHF 22.-

Reis, Marinierter & gebratener Tofu, Edamame, Gebackene Kichererbsen, Wakame (grüne
Algen), Avocado, Mango, Cherrytomaten, Sesamsamen
+ hausgemachte Terryaki-Sauce plus
Vegane-Joghurt-Tahini-Zitronensauce ODER Spicy Siriacha Sauce

*Rice, Marinated & smoked Tofu, Edamame, fried Chickpeas, Wakame (Green Algae),
Avocado, Mango, Cherry Tomatoes. sesame seeds
+ Homemade Teriyaki-Sauce plus
Vegan-Yogurt-Tahini-Lime Sauce OR Spicy Siriacha Sauce*

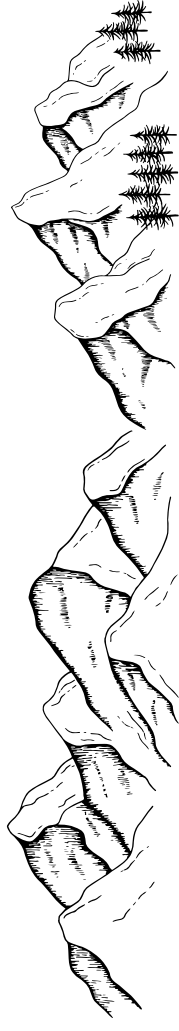
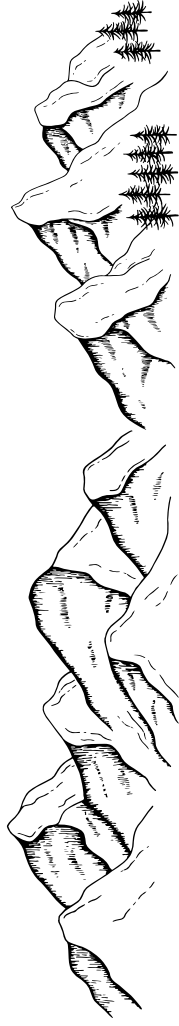
Kuchen - Fruit Pie

Fruchtkuchen - Sweet Pie

Nach Verfügbarkeit
Ask for the daily availability

CHF 6.50

→ mit Rahm / add whipped cream +CHF 1.50
→ mit Glace / add ice cream +CHF 3.00
→ mit Glace und Rahm / add both +CHF 4.50



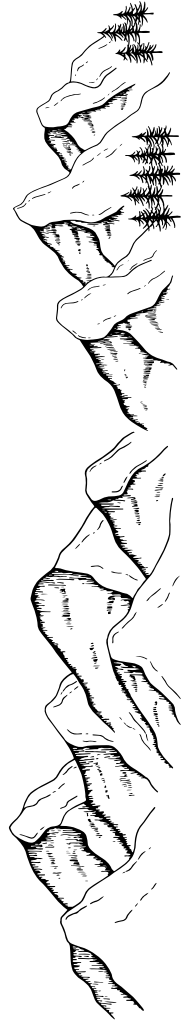


Weisswein - White Wine

	Glass (1dl)	Bottle (7.5dl)
Chardonnay, organic Dry, rich, harmonious <i>Neuchâtel AOC (Switzerland)</i>	CHF 6.50	CHF 45.-
Pinot Gris, organic Soft, fruity, with a slightly spicy note <i>Neuchâtel AOC (Switzerland)</i>	CHF 6.50	CHF 45.-
Doral, organic Soft, fruity, elegant <i>Neuchâtel AOC (Switzerland)</i>	CHF 6.50	CHF 45.-
Solstice, organic A summertime special, rich in taste <i>Neuchâtel AOC (Switzerland)</i>	CHF 6.-	CHF 40.-

Prosecco

	Glass (1dl)	Bottle (7.5dl)
Dry Prosecco Alcoholfree Prosecco 0.0%	CHF 6.- CHF 5.50	CHF 39.-

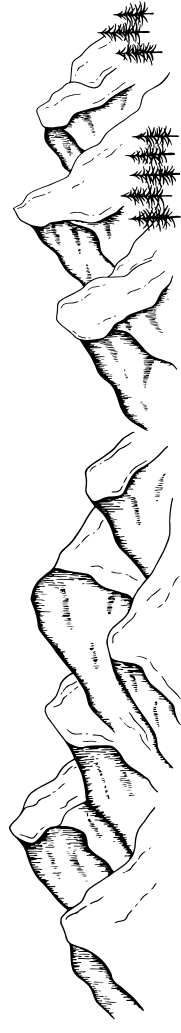


Rotwein - Red Wine

	Glass (1dl)	Bottle (7.5dl)
Pinot Noir, organic Smooth, fruity, light <i>Neuchâtel AOC (Switzerland)</i>	CHF 6.50	CHF 45.-
Saint-Roch Full-bodied, spicy, big character <i>Neuchâtel AOC (Switzerland)</i>	CHF 7.-	CHF 54.-
Pourpre, organic & sulfate free Aromatic, wild, all natural <i>Neuchâtel AOC (Switzerland)</i>		Bottle (5dl) CHF 29.-

Rosé

	Glass (1 dl)	Bottle (7.5dl)
Oeil de Perdrix, organic Fresh, balanced. Perfect for patio season. <i>Neuchâtel AOC (Switzerland)</i>	CHF 6.-	CHF 40.-





Bier - Beer

Appenzeller vom Fass - On Tap

Quellfrisch hell - *Quellfrisch lager*

Quellfrisch dunkel - *Quellfrisch dark.*

3dl
CHF 5.-
CHF 5.-

5dl
CHF 6.50
CHF 6.50

Alkoholfreies Bier vom Fass

Alcohol-free beer on tap

Quellfrisch 0.0%i - *Quellfrisch 0.0%*

CHF 5.-
CHF 5.-

Craft Bier - Craft Beer Bottles

*A rotating selection of bottled beer
from our region's finest breweries.
Check out the drinks fridge at the bar*

CHF 7.-
CHF 8.-

Suure Most - Apple Cider

Möhl mit Alkohol / Möhl ohne Alkohol

Möhl with alcohol / Möhl without alcohol

5dl
CHF 6.-

Softdrinks & Mineral

3dl

Mineralwater mit / with Gas

CHF 4.-

CHF 5.-

Cola, Cola Zero, Icetea, Fanta, Sprite, Rivella,
Shorley, Redbull, El Tony Mate, Ginger-Kombucha

CHF 5.-

Samuels Schorle Yusu-Zitrone oder Apfel-Quitte

CHF 5.-

Gazzosa Italian Lemonade

(Mandarine, Lemon or Blueberry)

CHF 5.-

Kombucha

2dl

Fever Tree Ginger Beer, Fever Tree Tonic

Chinotto

CHF 5.-

CHF 5.-

Hausgemachte Erfrischungen / Homemade Refreshers

2dl

3dl

Fresh-Pressed Orange Juice

CHF 4.50.

100% fruit with no added sugar.

Hausegemachter Ice Tee / Homemade Iced Teas

3dl

Original Hauseistee - *original homemade icetea*

CHF 5.-

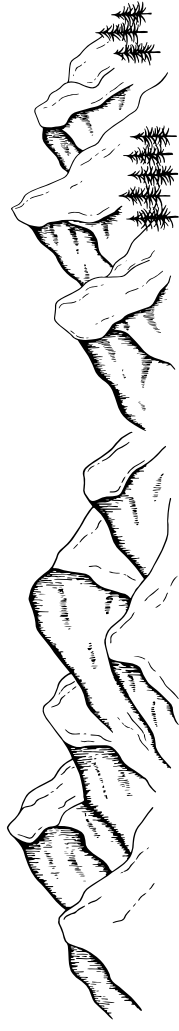
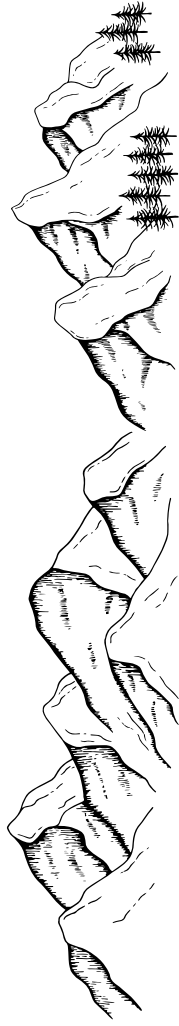
Ingwer & Zitronen - *Ginger & lemon*

CHF 5.-

Holunderblüten & Orangen - *Elderflower & orange*

CHF 5.-

→ homemade ice teas can be made with still or sparkling water





Iced Coffee

Iced Coffee (milk of your choice, coffee, ice) 7.-

Iced Coffee Dessert & Cream

(milk of your choice, coffee, vanilla ice cream, whipped cream) 12.-

Warmes mit Schuss - Hot drinks with alcohol

Kaffee oder Schoggi Baileys / Kahlua / Amaretto mit Rahm CHF 9.50.-
Coffee or hot chocolate Baileys / Kahlua / Amaretto with cream

Heisser Moscow Mule CHF 12.00.-
Hot Moscow Mule

Heidis Heisse Schoggi (mit Pfefferminzschnaps und Rahm) CHF 8.50.-
Heidis Hot Cocoa (with peppermint schnapps and cream)

Hauskaffee mit Rahm CHF 9.50.-
Sweet coffee with liquor and cream

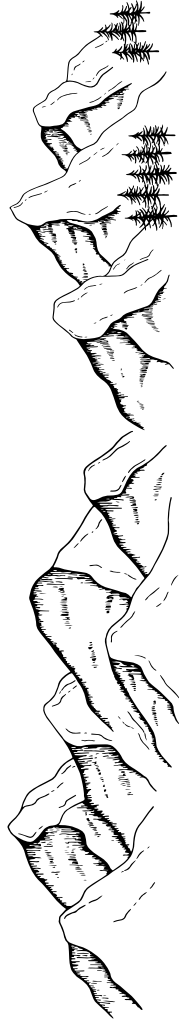
Zwetschge Luz / Chrüter Luz CHF 6.50

Jägertee CHF 6.50

Holdrio, Münzezwätschge CHF 6.50

Kaffee Fertig CHF 7.50
Traditional coffee with schnapps and cream

Schümli Pflümli CHF 9.50



Warme Getränke – Hot drinks

Tee verschiedene Sorten - Tea different sorts CHF 4.00

Kaffee, Espresso - Coffee, espresso CHF 4.50

Milchkaffee - Coffee with milk CHF 5.00

Flat White CHF 5.00

Cappuccino CHF 5.00

Latte Macchiato CHF 5.50

All unsere Getränke sind auch mit veganer Milch erhältlich.
All our drinks are also available with vegan milk.

No surcharge

Kaffeebohnen von Eiger Bean / Coffee beans from Eiger Bean

Warme Umarmung / Cold Weather Specials

Homemade Chai Latte (cow or oat milk)
add a double shot of espresso +CHF 3.00 CHF 6.00

Pumpkin Spice Latte (*with coffee*) CHF 7.00

Hausgemachter Ingwer-Zitronen Punsch
Homemade Ginger-Lemon Punch CHF 5.00

Hausgemachter Apfel-Zimt Punsch
Homemade Apple-Cinnamon Punch CHF 5.00

Hausgemachter Zwetschgen Punsch
Homemade Plum-Punch CHF 5.00



Aperitivo

Cynar	CHF 7.-
Martini	CHF 7.-
Pastis	CHF 7.-
Campari	CHF 7.-
Appenzeller	CHF 7.-

Add orange juice or sparkling water + CHF 2.-

Digestives

Grappa 2cl	CHF 7.-
Vieille prune 2cl	CHF 7.-

SHOTS

Jägermeister 2cl	5.-
Appenzeller 2cl	5.-
Tequila 2cl	5.-
Heuschnaps 2cl	6.-
Ingwerer 2cl	6.-

Classic Longdrinks

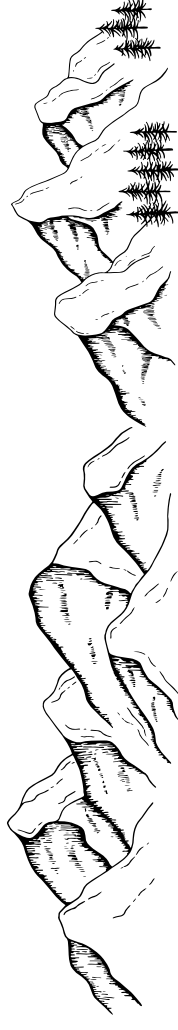
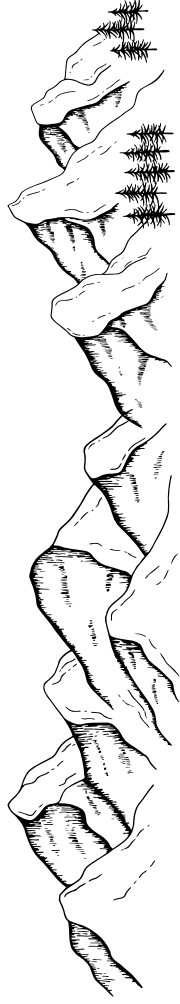
Whisky-Coke	CHF 11.-
Rum-Coke	CHF 11.-
Gin-Tonic	CHF 12.-
Jägermeister-Tonic	CHF 12.-



Smoothies

Mango	CHF ??
Aperol Original, Prosecco, Orange slice	
Peanutbutter-Cocoa	CHF ??
Prosecco, Elderflower, Lime, Mint	
Funky Berry	CHF ??
Grapefruit-Vodka, Prosecco, Orange slice	
Acai	CHF 10.50
Amaretto, Prosecco, Orange Juice	

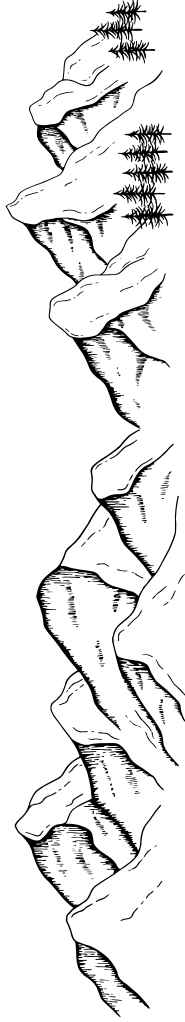
→ Make it a Smoothie-Bowl +CHF 5.-
ingredients





Other drinks & Cocktails

Aperol Spritz <i>Aperol Original, Prosecco, Orange Slice</i>	CHF 11.00
Lavender Spritz <i>Lavender Sirup, Prosecco, Rosemary</i>	CHF 9.00
Hugo <i>Prosecco, Elderflower, Lime, Mint</i>	CHF 11.00
Flamingo Spritz <i>Grapefruit-Vodka, Prosecco, Orange Slice</i>	CHF 11.00
Amaretto Flirt <i>Amaretto, Prosecco, Orange Juice, Rosemary</i>	CHF 11.00
Jägermeister Mule <i>Jägermeister, Ginger Beer, Lime, Mint</i>	CHF 12.00
Moscow Mule <i>Vodka, Ginger Beer, Lime, Mint</i>	CHF 12.00
Margarita <i>Tequila, triple sec, fresh lime juice, → comes with a tajin & salt rim</i>	CHF 14.00
Mezcalita <i>Mezcal, fresh lime juice, orange juice, agave sirup → comes with a tajin & salt rim</i>	CHF 14.00



Tequila Sunrise

Tequila, Orange Juice, Orange Slice, Grenadine Sirup

Amaretto Sour / Whisky Sour

Amaretto or Whisky, Lime Juice, Orange Juice

Dark'n'Stormy

Dark Spiced Rum, Ginger Beer, Lime, Mint

Espresso Martini

Espresso, Kahlua, Vodka, Ice

Alcoholfree Cocktails 0.0%

Gin Tonic alkoholfrei 0.0%

Alcoholfree Gin, Tonic, Cucumber, Rosemary

CHF 10.-

Hugo 0.0%

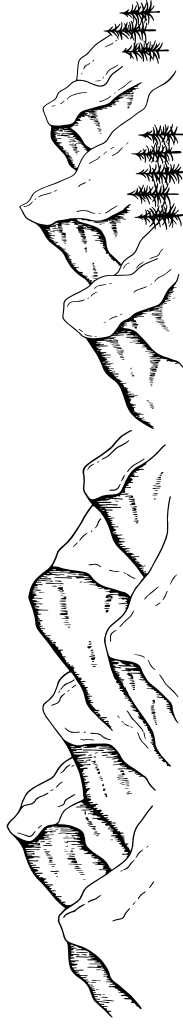
Alcoholfree Prosecco, Elderflower, Lime, Mint, Lemonade

CHF 10.-

Mountain Spritz 0.0%

*Aperitivo Rosso, alcoholfree Prosecco, Orange, Soda,
Rosemary*

CHF 10.-



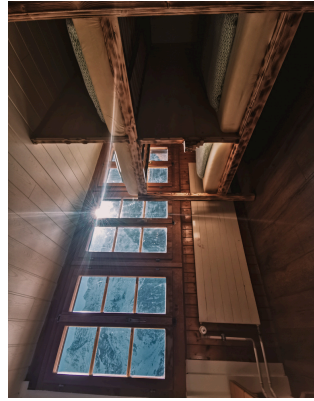


Übernachten – Staying Overnight



Private Doppelzimmer
alle mit Gemeinschaftsbad
Private double rooms
all with shared bathroom

pro Nacht / Zimmer inklusive Frühstück
CHF 120 - 150
exkl. Kurtaxe (CHF 3.10 pro Person / Nacht)
per night, including breakfast
excl. local tax (CHF 3.10 day / person)



Schlafsäle *Dormitories*

Frauenschlafsaal, 16 Betten
Girls only, 16 beds

CHF 45.-

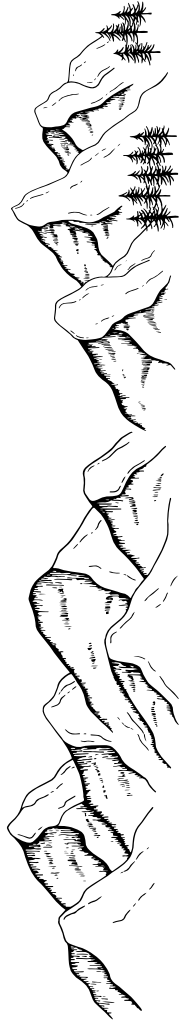
Gemischter Schlafsaal, 16 Bette
Mixed dormitory, 16 beds

CHF 45.-

**Gemischter Schlafsaal mit individuell
abgetrennten Betten**
*Mixed dormitory, individually
separated beds, 12 beds*

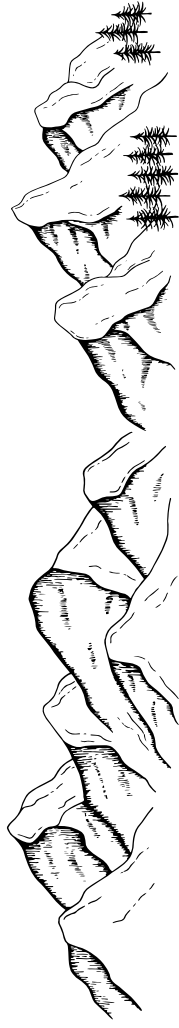
CHF 48.-

Alle Preise inkl. Frühstück, Bettbezüge und exkl. Kurtaxe
All Prices incl. breakfast, bedsheets and excl. tourist tax



Live Music Summer 2026

May 24	Matthew Mayer USA / Piano
June 13	David Lazarus South Africa / Coastal Folk
June 20	James Gray Canada / Pop, Indie
June 24	Dusty Boots Australia / Indie-Folk
July 2	Ben Morgan Australia / Indie-Folk (Hot Tip!)
July 11	Caravana Sun Australia / Ska, Surf-Rock (Massive dance party!)
July 30	Kim Churchill Australia / Indie-Folk
August 6	The Franklin Electric Canada / Indie, Folk, Alternative
August 16	JC and the Tree Australia / Folk-Rock
August 20	Gaudion Australia / Folk, Country, Pop
October 17	80es Party



Paragliding



Tandem Paragliding Flight If you only do it once, do it here!

Take off from Mürren with the legendary, snowcapped Eiger, Mönch, and Jungfrau rising before you. Feel the rush as you lift effortlessly into the air, soaring high above charming alpine villages and gliding between the dramatic cliffs and cascading waterfalls of the breathtaking Lauterbrunnen Valley - so close it feels like you could reach out and touch them.

Book YOUR Airtime adventure now

Book your flight here

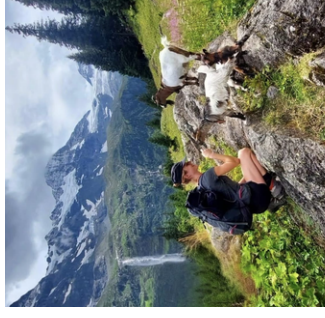


Activities- our reommendations

Guided Hikes

Have you had enough of crowded hiking trails? Would you like to see the real, authentic and remote alpine spots you've dreamed about and maybe even visit a local alpine cheese maker along the way and pet some cows?

Get in touch with Marie, who runs a high quality tour business with experiences tailored exactly to your needs.



Marie

IG: @swissmountainhikes
+41 76 277 66 18

Yoga at Mountainhostel

2 Yoga teachers offer classes at the hostel several times per week. Reserve your spot with our staff or directly with the teacher via whatsapp.

Steph:

Vinyasa Flow
+34 673 81 16 66

Marie:

Yin Yoga
+41 76 277 66 18

