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Quick Facts

- 🕒 3 hours round trip from Interlaken
- 🕒 2 hours from Grindelwald
- ☆ The ultimate rush
- ☆ Stunning scenery and a heart-racing thrill
- ☆ 120km/h between canyon walls
- 🍹 Free drink after the trip
- 👤 Minimum age 14

CANYON SWING

From 113 CHF

Launch yourself off the 90-meter-high platform and experience weightlessness for only a split second before dropping into an epic freefall over the rushing white water of the Lütschine river. You'll swing between the narrow gorge walls at 120km/h before slowing down, looking up, and thinking "I want to do that again." This high-thrill Canyon Swing in Grindelwald is one of the boldest, most heart-pumping adventure activities in the Swiss Alps. Are you ready to jump?

Trip Details

Prices

Single Seat with Transport	CHF 149 per person
Single Seat - Glacier Canyon Meeting Point	CHF 129 per person
Groups 10+	CHF 131 per person
Spectators from Interlaken	CHF 20 per person (space not guaranteed)
Spectators from Grindelwald	CHF 10 per person (space guaranteed)

What to bring

- Warm clothing
- Closed shoes
- Money for videos and souvenirs

What's included

- All necessary safety equipment
- Professional guides
- A free drink after the trip
- Pick up/drop off service from designated locations and round trip transportation

Requirements

- Maximum weight 120kg (265lbs.)
- Minimum age 14
- Good health is required to participate. Please read our [Terms and Conditions](#)

Insider tips

- Free parking is available in Grindelwald at the Glacier Canyon
- Bring a warm jacket, the air temperature at the bottom is around 10°C (50°F)
- Walking from the center of Grindelwald to the Glacier Canyon takes around 35 minutes
- Take Bus Line 122 from Grindelwald station to the Glacier Canyon (Gletscherschlucht)
- If you make your own way to Grindelwald, explore the Glacier Canyon after your trip. Admission is included with your Canyon Swing purchase

Cancellations

Cancellation requests must be made at least 48 hours before trip time to be eligible for a refund. For more details regarding our cancellation policy, please see our full [→ Terms and Conditions](#)

Itinerary

Meet your guide either in Interlaken or in Grindelwald. You can choose your meeting point when placing the booking.

- When meeting in Interlaken: Drive to Grindelwald
- Receive harnesses and instructions at the parking of the Glacier Canyon Grindelwald
- 3 - 2 - 1 JUMP
- Order your video
- Return to Interlaken (if booked with transportation)

If you've made your own way to Grindelwald, explore the Glacier Canyon after your trip. Admission is included with your Canyon Swing purchase.

Meeting Points

During the booking process you will be asked to select your meeting point. Please check the map below before you make your booking. If you are unsure, select OUTDOOR - Interlaken Base and contact us before your trip if you would like to change it.

Dates and Times

April - November

You can find the current trip times under **book now** (booking button)

Weather

Our tours can be affected by weather conditions, however it is difficult to predict exactly how a trip will be impacted until the day of the activity. We monitor conditions carefully to stay within our safety limits, and bad weather doesn't necessarily mean we have to cancel.

Please make sure we have good contact information for you so we can reach out if your trip is changed or cancelled due to poor conditions. If you have not heard from us, it means we are still planning to run your trip as scheduled, or we have not yet made a final decision based on the forecast.

If we are not able to run your trip, we will try to accommodate you on another date, another activity, or we will issue you a full refund.

For detailed advice on how to prepare for (and enjoy!) bad weather days in Interlaken, check out our [→ weather blog](#)

Reference: <https://outdoor.ch/en/outdoor-activities/canyon-swing/>