

Lauterbrunnen Valley Jumps - Overview

Jump name	Hard facts ¹				Tracking difficulty ² (explanation below)				Wingsuit difficulty ² (explanation below)				Remarks	Special rules (also consider general rules below)
	Rockdrop time	Rockdrop distance	Altitude to landing		Exit	Freefall	Landing	Overall	Exit	Freefall	Landing	Overall		
Staubbach	-	-	-	-	-								CLOSED	CLOSED
Nose 1	11s	390m	1270ft	455m	1490ft	Blue	Blue	Blue	Blue	Blue	Red (low overall height)	Blue	Red	Air Glacier airspace! - Call Air Glacier before every jump: +41 33 856 05 60 - Check for helicopters visually and acoustically.
Nose 2	10s	330m	1080ft	475m	1550ft	Blue	Blue	Blue	Blue	Blue	Red (low overall height)	Blue	Red	Air Glacier airspace! - Call Air Glacier before every jump: +41 33 856 05 60 - Check for helicopters visually and acoustically.
Nose 3	9s	280m	910ft	510m	1670ft	Blue	Red	Blue	Red	Blue	Blue	Blue	Blue	Air Glacier airspace! - Call Air Glacier before every jump: +41 33 856 05 60 - Check for helicopters visually and acoustically.
High Nose	7s	190m	620ft	585m	1910ft	Red (first ledge after 7s)	Red	Blue	Red	Red (first ledge after 7s)	Blue	Blue	Red	Air Glacier airspace! - Call Air Glacier before every jump: +41 33 856 05 60 - Check for helicopters visually and acoustically.
Dumpster	9s	280m	910ft	530m	1730ft	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Air Glacier airspace! - Call Air Glacier before every jump: +41 33 856 05 60 - Check for helicopters visually and acoustically.
Yellow Ocean	10s	350m	1140ft	425m	1390ft	Blue	Blue	Blue	Blue	Blue	Red (low overall height)	Blue	Red	Overhung from exit to talus. Air Glacier airspace! - Call Air Glacier before every jump: +41 33 856 05 60 - Check for helicopters visually and acoustically.
La Mousse	8s	230m	750ft	530m	1730ft	Red	Red	Blue	Red	Red	Blue	Blue	Red	Air Glacier airspace! - Call Air Glacier before every jump: +41 33 856 05 60 - Check for helicopters visually and acoustically.
Ultimate	10s	330m	1080ft	700m	2290ft	Black (underhung/positive)	Red	Red (power lines)	Black	Black (underhung/positive)	Blue	Red (power lines)	Black	Stechelberg airspace rules specifically for this exit: - No freefall beyond the river (24/7 - all-day everyday). - November - February: can be jumped all day. - March - October: Closed from 9am - 4pm, even with ground crew.
High Ultimate	2s (first underhung part) / 10s (overall rockdrop)	15m / 330m	40ft / 1080ft	720m	2360ft	Black (extremely underhung/positive)	Red	Red (power lines)	Black	Not recommended	Blue	Red (power lines)	Not recommended	This jump is extremely delicate due to its very underhung exit. Numerous cliff strikes right after exit have occurred, several of them fatal. Do not let yourself be tempted by the short hike and any assumed prestige. If any kind of ramp might be installed the exit difficulty remains extremely high and is still not recommended for wingsuit jumps. Stechelberg airspace rules specifically for this exit: - No freefall beyond the river (24/7 - all-day everyday). - November - February: can be jumped all day. - March - October: Closed from 9am - 4pm, even with ground crew.
Flower Box	10s	330m	1080ft	635m	2080ft	Red	Black	Red (power lines)	Black	Red	Red	Red (power lines)	Red	Exit difficulty for tracking and wingsuit without rappelling down onto grass ledge: black (underhung/positive) Stechelberg airspace rules specifically for this exit: - No freefall beyond the river (24/7 - all-day everyday). - Can be jumped all year long IF there are no paragliders flying along the wall: one per group (and last to go) must rappel down and look out properly for paragliders.
Via Ferrata	9s	280m	910ft	625m	2050ft	Red	Not recommended	Red (power lines)	Not recommended	Red	Red	Red (power lines)	Red	Base race ramp - watch out in winter: extremely slippery! Stechelberg airspace rules specifically for this exit: - No freefall beyond the river (24/7 - all-day everyday). - Can be jumped all year long IF there are no paragliders flying along the wall, so look out properly.
Gimmelwald	7s	190m	620ft	310m	1010ft	Blue	Blue	Blue	Blue	Not recommended	Not recommended	Blue	Not recommended	Look out for paragliders and helicopters.
Mönchsbuffel (several exits)	-	-	-	-	-	Red	Black	Red (power lines)	Black	Red	Red	Red	Red	Several exits, alpine environment, challenging hike/climb, difficult access, a mountain guide is recommended With ground crew and coordination with paragliders only. - Tracking freefall sector lies entirely in paragliding zone. - Wingsuit proximity route lies in paraglider soaring area. Call air glacier before jumping: +41 33 856 05 60
Jungfrau - Melkstuhl	7s	190m	620ft	1354m (Stechelberg)	4440ft (Stechelberg)	Not recommended	Not recommended	Red	Not recommended	Black (short rockdrop)	Black	Red	Black	Alpine environment, challenging hike With ground crew only. - Wingsuit proximity route lies in paraglider soaring area. Call air glacier before jumping: +41 33 856 05 60
Eiger - Mushroom	12s	440m	1440ft	1650m (Alpiglen)	5410ft (Alpiglen)	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Alpine environment, weather can change very quickly (and freezing rain for example can make a descent very dangerous), challenging hike, a mountain guide is recommended
Eiger - High Eiger	7s	190m	620ft	2658m (Grindelwald)	8710ft (Grindelwald)	Not recommended	Not recommended	Blue	Not recommended	Black	Red	Blue	Black	Very high alpine environment (weather impact even worse than for the Mushroom), challenging hike/climb, a mountain guide is strongly recommended

Explanations		
Difficulty categories	Exit	Defined by how solid your exits and your early sub-terminal flying skills have to be (approx. first 6s). For example, a cliff might be rated black because it requires a very strong push to clear the first underhung (positive) part (e.g. High Ultimate). It might also be rated black because of a short rockdrop, which does not forgive a prolonged head-low position, unintentional flip or weak sub-terminal flying skills (e.g. Jungfrau – Melkstuhl). This rating does NOT take into account how difficult the access to the spot is.
	Freefall	Defined by how good your late sub-terminal and terminal flying skills have to be (roughly after 6s) in order to have a safe horizontal distance from the mountain all the way until pull time.
	Landing	Defined by how difficult the landing is, taking aspects such as landing area size, obstacles or strong winds into account.
	Overall	Defined by the most difficult rating for either exit, freefall or landing.
Difficulty levels	Blue: Intermediate, Red: Advanced, Black: Expert. A blue rating does not imply a beginner jump! The whole Lauterbrunnen Valley is NOT a beginner's place for terminal cliff jumps. All jumps in the valley require very solid skydive experience and excellent tracking skills. The ratings should be understood as a general recommendation, derived from the opinions of various very experienced jumpers and sadly from numerous accidents that have occurred in the valley. Still, every basejumper should also take into account his or her individual strengths and weaknesses, and thoroughly assess every jump on his own.	

General rules	
Valley rules	Land in fields with a windsock. Do not land in high grass (more than 30cm/1ft). If the grass is higher than 10cm/4inches walk straight out of the field and stash at the edge of the field. No littering! Know your limits & stay safe!
Your homework before any jumping activity	Register on www. basejumper.ch Buy your landing card (CHF 25). Get a REGA membership (www.rega.ch / CHF 30). Got a 3rd party liability insurance for your BASE rig/activity?

Help us keep the Valley safe & legal! - Think long term! Respect the rules!
BASE jumping can be a highly dangerous sport that can easily injure and kill participants. All jumps in the Valley require excellent skydiving skills, proper BASE instruction and BASE specific gear. ² There are no beginner jumps in the Valley - a blue rating does not imply an easy jump. The ratings are subjective and to be considered as a general recommendation. You alone are responsible for your own safety and actions. ¹ The Swiss Base Association does not take any responsibility for the correctness of any of the details provided, nor can the Swiss Base Association be held responsible