

Jump name	Hard facts					Tracking difficulty (explanation below)				Wingsuit difficulty (explanation below)				Air-Glaciers: +41 33 8 560 560		Remarks	Rules	
	Rockdrop	Rockdrop	Altitude to landing	Exit	Freefall	Landing	Overall	Exit	Freefall	Landing	Overall							
LAUTERBRUNNEN AND AROUND																		
Staubbach	-	-	-	-	-	Basejumping is prohibited												
Yellow Ocean	10s	350m	1140ft	425m	1390ft	Blue	Blue	Blue	Blue	Blue	Red (low overall height)	Blue	Red	Overhung from exit to talus	Call Air-Glaciers before every jump Watch out for helicopters			
La Mousse	7.5s	230m	750ft	530m	1730ft	Blue	Red	Blue	Red	Blue	Blue	Blue	Blue	Call Air-Glaciers before every jump Watch out for helicopters	Call Air-Glaciers before every jump Watch out for helicopters			
High La Mousse	6s	150m	490ft	810m	2660ft	Only Wingsuit				Black	Black	Blue	Black	Call Air-Glaciers before every jump Watch out for helicopters Do not fly over Air-Glaciers Do not land at Air-Glaciers	Call Air-Glaciers before every jump Watch out for helicopters Do not fly over Air-Glaciers Do not land at Air-Glaciers			
Nose 1	11s	390m	1270ft	455m	1490ft	Blue	Blue	Blue	Blue	Blue	Red (low overall height)	Blue	Red	Call Air-Glaciers before every jump Watch out for helicopters and paragliders	Call Air-Glaciers before every jump Watch out for helicopters and paragliders			
Nose 2	10s	330m	1080ft	475m	1550ft	Blue	Blue	Blue	Blue	Blue	Red (low overall height)	Blue	Red	Call Air-Glaciers before every jump Watch out for helicopters and paragliders	Call Air-Glaciers before every jump Watch out for helicopters and paragliders			
Nose 3	9s	280m	910ft	510m	1670ft	Blue	Red	Blue	Red	Blue	Blue	Blue	Blue	Call Air-Glaciers before every jump Watch out for helicopters and paragliders	Call Air-Glaciers before every jump Watch out for helicopters and paragliders			
Nose 3.5	4s	75m (first ledge)	250ft	525m	1720ft	Black	Black	Blue	Black	Black	Red	Blue	Black	Call Air-Glaciers before every jump Watch out for helicopters and paragliders	Call Air-Glaciers before every jump Watch out for helicopters and paragliders			
High Nose	7s	190m	620ft	585m	1910ft	Red (first ledge after 7s)	Red	Blue	Red	Red (first ledge after 7s)	Blue	Blue	Red	Slick jumping not recommended	Call Air-Glaciers before every jump Watch out for helicopters and paragliders			
Dumpster	9s	280m	910ft	530m	1730ft	Blue	Red	Blue	Red	Blue	Blue	Blue	Blue	Jump direction Lauterbrunnen (more overhung)	Call Air-Glaciers before every jump Watch out for helicopters and paragliders			
High Ultimate	2s (first underhung part) 10s (overall rockdrop)	15m 330m	40ft 1080ft	720m	2360ft	Black (extremely underhung)	Red	Red	Black	Not recommended				This jump is extremely delicate due to its very underhung exit. Numerous cliff strikes right after the exit have occurred, several of them fatal. Do not let yourself be tempted by the short hike and any assumed prestige. Even if there is a ramp, the exit difficulty remains high and is still not recommended for wingsuit jumps	1st of March until 31st of October: Absolutely no jumping between 9am and 2pm Watch out for helicopters and paragliders Only jump into clear airspace			
Low Ultimate	10s	330m	1080ft	700m	2290ft	Black (underhung)	Blue	Red	Black	Not recommended				In 2019 a piece of rock fell from Low Ultimate The exit has changed Wingsuiting not recommended	1st of March until 31st of October: Absolutely no jumping between 9am and 2pm Watch out for helicopters and paragliders Only jump into clear airspace			
Perkele	9s	280m	910ft	625m	2050ft	Red	Black	Red	Black	Red	Red	Red	Red	1st of March until 31st of October: Absolutely no jumping between 9am and 2pm Watch out for helicopters and paragliders Only jump into clear airspace	1st of March until 31st of October: Absolutely no jumping between 9am and 2pm Watch out for helicopters and paragliders Only jump into clear airspace			
Flower Box	10s	330m	1080ft	625m	2050ft	Red	Black	Red	Black	Black	Red	Red	Black	Exit difficulty for tracking and wingsuit without rappelling down onto grass ledge: black (underhung/positive)	1st of March until 31st of October: Absolutely no jumping between 9am and 2pm Watch out for helicopters and paragliders Only jump into clear airspace			
Via Ferrata	9s	280m	910ft	610m	2000ft	Red	Black	Red	Black	Red	Red	Red	Red	Watch out in winter: extremely slippery!	1st of March until 31st of October: Absolutely no jumping between 9am and 2pm Watch out for helicopters and paragliders Only jump into clear airspace			
Via Ferrata Bridge	-	-	-	-	-	Static Line / PCA								Do not jump when the cable car comes by!				
Gimmelwald	7s	190m	620ft	310m	1010ft	Blue	Blue	Blue	Blue	Only Tracking								
Meichstuhl (Jungfrau)	7s	190m	620ft	1350m (Stechelberg)	4440ft (Stechelberg)	Only Wingsuit				Red	Black	Red	Black	Alpine environment, challenging hike	Call ground crew before you jump Watch out for helicopters and paragliders			
Black Line	-	-	-	-	-	Basejumping is prohibited								In 2019 the Black Monk (Schwarzmonch) has become a designated wildlife area. Basejumping is prohibited. (www.wildruhezonen.ch)				
Salamander	-	-	-	-	-	Basejumping is prohibited								In 2019 the Black Monk (Schwarzmonch) has become a designated wildlife area. Basejumping is prohibited. (www.wildruhezonen.ch)				
Mushroom	12s	440m	1440ft	1620m (Alpgraben)	5315ft (Alpgraben)	Blue	Blue	Red	Red	Blue	Blue	Red	Red	Alpine environment, weather can change very quickly (e.g. freezing rain can make a descent very dangerous), challenging hike, a mountain guide is recommended				
High Eiger	7s	190m	620ft	2660m (Grindelwald)	8730ft (Grindelwald)	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				
Bussalp	5.5s	140m	450ft	1300m	4270ft	Only Wingsuit				Black	Red	Red	Black	Don't drive up with your own car (private road), take the bus from Grindelwald. Check on our website where the designated landing area is.				
Meiringen	7.5s	235m	770ft	530m	1740ft	Blue	Black	Black	Black	Blue	Black	Black	Black	Wind can get very strong (especially when Foehn)	Military controlled airspace You can only jump when airspace is not active or if you get clearance by the tower Call +41 800 496 347 to learn if airspace is active Call +41 58 461 67 06 to get clearance			
WALENSTADT																		
Sputnik	7.5s	225m	740ft	1595m	5230ft	Only Wingsuit				Red	Black	Blue	Black	Watch out when slippery	Watch out for paragliders Do not fly the Barn Line (because of cattle) Do not fly the Crack between 12am and 4pm Only use the main landing field below the Crack			
High Trench	2s (first underhung part) 6s (overall rockdrop)	16m 145m	52ft 475ft	1560m	5120ft	Only Wingsuit				Black	Black	Blue	Black	Attention: Sometimes a cable passes the trench at its beginning	Watch out for paragliders and jumpers from other exits Only use the main landing field below the Crack			
Fatal Attraction	5.5s	140m	460ft	1605m	5270ft	Only Wingsuit				Black	Black	Blue	Black	After the exit: Only leave gully when in full flight	Watch out for paragliders Only use the main landing field below the Crack			
OTHER PLACES																		
Scex Rouge	7s	190m	620ft	1600m	5250ft	Only Wingsuit				Red	Blue	Blue	Red	Alpine jump with difficult access (exit is at 2800 MSL)	Watch out for paragliders Only jump into clear airspace Do not pass paragliders close in freefall			
Gitschen	5.5s	140m	460ft	2015m	6610ft	Only Wingsuit				Black	Blue	Blue	Black	Do not jump in Foehn, watch out for cables!	1st of June until 30th of September: Pass the marked zone above 100m (330ft). Check our website for further information			
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 – Meichstuhli). 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.																	