

IMPORTANT NOTES

Jungfrau Railways allow rapid transport to high altitude. As altitude increases, air pressure and the oxygen in the air decreases accordingly. The healthy body has excellent adaptation mechanisms that allow a relatively rapid rise to medium and higher altitudes up to 4000 metres without damage to health. Typical altitude sickness (altitude oedema) will appear 6-12 hours into your stay at over 2500 metres at the earliest.

Therefore, altitude sickness has no practical significance for a short stay at the Jungfraujoch. Nevertheless, you should only make trips to high altitudes if you feel healthy. Altitude is linked to risks for certain cardiac, pulmonary, vascular and blood diseases.

An advanced age is no barrier to a stay at a high altitude.

For blood pressure patients who are well controlled with medication, the altitude is not a concern.

Asthmatics can travel to high altitudes without any problems. High-altitude air is less polluted with particles that can cause an asthma attack.

Epileptics who are well controlled with medication should be able to negotiate the altitude

Please consult your doctor in advance:

Patients who have had successful surgery of the coronary arteries may plan a high-altitude excursion after consultation with their physician, if they are fully capable in the lowlands and do not suffer from angina pectoris.

For patients with cardiac enlargement and a limited pumping capacity of the heart (cardiac insufficiency), a visit to the Jungfraujoch is possible after prior medical consultation, if capacity is not severely impaired at that level.

For certain chronic blood disorders with anaemia, prior medical consultation is recommended.

Pregnant women: There may be a certain risk for pregnancy even without pre-existing diseases over 2500-3000 metres. Caution is therefore advised.

Infants in the first 2 years of life should not sleep at higher than 2500 metres. Short-term stays at the Jungfraujoch are unproblematic. Infants and young children are often unable to equalise pressure during descent and are therefore increasingly at risk of ear irritation. Regular swallowing (drinking, sucking on a bottle) during the descent can prevent the occurrence of irritation. Because children can chill faster than adults, always pay attention to sufficient protection from the cold at high altitude. Sunglasses and good sunscreen are necessary on the glacier!

High altitude visits are not recommended for:

Lung and heart patients who are already short of breath while at rest or when climbing stairs are advised not stay at high altitude.

Patients with angina pectoris or severe impaired performance with heart enlargement and heart failure should not stay at high altitude.

Coronary artery disease (angina pectoris) and heart enlargement with medical therapy should not stay at high altitude.

Patients with a pronounced risk profile for cardiovascular disease (smoker + high blood pressure + diabetes + high blood fats + overweight + occasional chest pain) should consult the doctor before staying at high altitude.

Do not stay at high altitude after having striated muscles or a stroke.

Here are some more practical tips:

A decongestant nasal spray is recommended for colds before descent, in order to prevent ear irritation caused by lack of pressure balancing.

The ambient temperature drops with increasing altitude. Therefore, be sure to wear warm clothes for trips over 1500 metres, even in during the heat of summer.

The intense radiation at high altitude requires sufficient sun protection for the skin and eyes. There is great risk of snow blindness on the glacier without sunglasses!

Nicotine and alcohol in excess before or during the trip can ruin your day.