

# Welcome to Interlaken

Welcome to Interlaken – it's great to have you here! Look forward to unique and unforgettable experiences against the most beautiful scenic backdrop.

## Interlaken – Adventure Capital of Europe

Whether air, ground or water-based activities are your jam – boredom is simply not an option! Dare to try the Canyon Swing, skydiving or a paragliding tandem flight. Riding a mountain bike and exploring the Rope Park are just two of many exciting options available. [interlaken.ch/adventure](http://interlaken.ch/adventure)

## Events

Traditional and contemporary events characterize the vibrant cultural scene in the Interlaken holiday region. This is where experiences in the great outdoors meet local events. Get all the news on current and upcoming events at: [interlaken.ch/events](http://interlaken.ch/events)

## Free WiFi

Enjoy free internet access on your smartphone at the centre of Interlaken, along the Höheweg between Interlaken Ost and Interlaken West. Activate «Public WiFi Interlaken» by entering your mobile number (including your country code). You will receive a text message containing a four-digit code to access the WiFi network. Now you can share your favourite snaps on social media with the #interlaken, #brienzensee and #thunersee hashtags.

## Refreshing H2O

Did you know that you can fill or top up your drinking bottle at every tap or almost every fountain in the Interlaken holiday region? Interlaken's water is refreshing and clean – try it for yourself!

## Swiss German

Want to say it like a local? Here are a few useful phrases: Thank you (Danke) = Dankä (DAHN-keh) Hello/Hi (Hallo) = Grüessech (GRE-ah-sec) Good morning = Guetä Morgä (Goo-eh MOR-geh) Goodbye = Ade (Auf Wiedersehen) (AH-day) How are you? = Wie geits? (Wie geht es dir?) (Vee gates?)

## Activities



**Heidi's Photo Chalet**  
Take a personalized souvenir photo of Interlaken home with you. You can dress up and smile for the camera alongside Heidi herself – or even pose on a toboggan. Fun and entertainment assured!  
Doable in 1 hour



**Mystery Rooms**  
Do you enjoy puzzle solving and reality games? It all begins when you get locked into a mysterious room with just one hour to escape. This group experience will test your limits and is a true challenge.  
Doable in 2 hours



**Jungfrau Park**  
Delve into the mysteries of the Earth in six fascinating themed pavilions. Take a virtual flight over the Alpine peaks in the Jungfrau-Aletsch Miniature Arena. Mystical Land beckons with an attractive range of indoor and outdoor activities for children.  
Doable in 1–2 hours

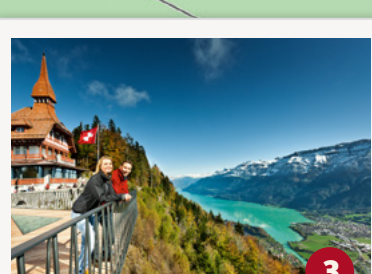


**Chocolate-Show / Funky Chocolate Club**  
Learn how chocolate is made, roll up your sleeves and become a chocolatier at the Chocolate Show at Confiserie Schuh. In a hands-on workshop at the Funky Chocolate Club, you'll find out why Swiss chocolate is so mouth-wateringly good before creating your own bespoke chocolate. It's a great gift for your family and friends back home.  
Doable in 2 hours

**skywings PARAGLIDING**  
phone +41 79 266 82 28  
[www.skywings.ch](http://www.skywings.ch)



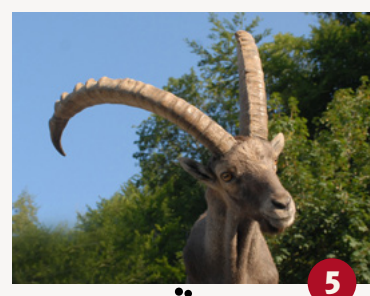
**Untersseen Old Town** #interlaken  
Cross the Aare River and explore Untersseen's old town in just a few minutes on foot. Here you can see the 13th century church and the Stadthaus (town hall) with its picturesque square.  
Doable in 30 minutes



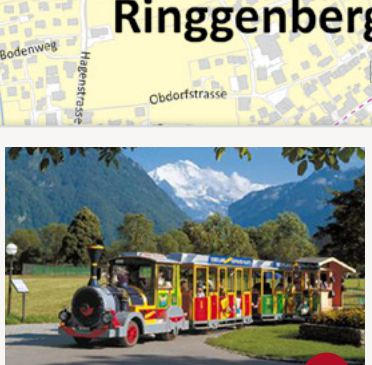
**Harder Kulm** #interlaken  
The panorama as seen from Interlaken's home mountain is just a 10-minute funicular ride away. From up here, you can soak up views of Interlaken nestled between the lakes, behind it the iconic triple peaks of the Eiger, Mönch and Jungfrau. Take in the vistas from the Two-Lake Footbridge.  
Doable in 1.5–2 hours



**Kursaal Garden** #interlaken  
Situating on the Höheweg, Interlaken's Kursaal (Casino) invites you to linger in its splendid gardens. The lovely floral clock and the statue of the famous Bollywood director Yash Chopra sit perfectly in this beautifully landscaped haven.  
Doable in 30 minutes



**Alpine Wildlife Park**  
Encounter Interlaken's heradic animal – the ibex – up close in the Alpine Wildlife Park. Located by the valley station of the Harder-Kulm Funicular, this wildlife facility is also home to a marmot colony.  
Doable in 1 hour



**Sightseeing Train**  
All aboard the sightseeing train! The Bödel-Bahn mini train takes you on a half-hour ride through Interlaken, Untersseen and Matten, with sightseeing information in a choice of seven languages. This round trip starts next to the Höhematte, opposite the Kursaal Garden.  
Doable in 30 minutes

## Unterseen

### Culture



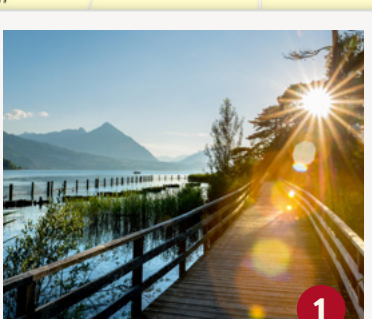
**Kunsthauus**  
Culture vultures will want to make sure the Kunsthauus Interlaken is on their itinerary. Get the latest news on the local culture programme and discover Interlaken's thriving art scene. This is the place to explore a diverse range of cultures and forms of artistic expression.  
Doable in 1–2 hours

### Kulturbühne Interlaken

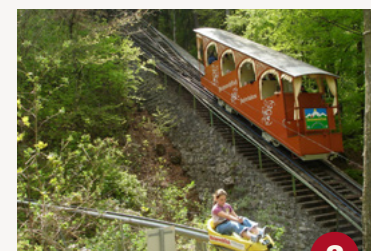
Whether it's pure «Swissness» on the «Kulturbühne Unspunnen» or timeless jazz on the «Kulturbühne Jazz», the free open-air concerts are a musical treat throughout the summer season. Round off the evening in a relaxing way by watching alpmann players, flag wavers or jazz bands from the Interlaken holiday region perform for you. Find out more here: [interlaken.ch/kulturbuehne](http://interlaken.ch/kulturbuehne)

### Tourismuseum

Switzerland's first museum devoted to regional tourism showcases the evolution of travel and hospitality in the Alps. Come and retrace in an entertaining manner the eventful history of tourism over the past 200 years.  
Doable in 1–2 hours



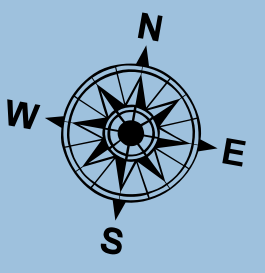
**Weissenau Nature Reserve** #interlaken  
How about a walk from Interlaken to the Weissenau Nature Reserve? Admire the views of deep-blue Lake Thun and the surrounding mountains as you make your way along the shore path. This excursion is perfect for nature lovers and is also barrier free. The 18-hole golf course belonging to Interlaken-Untersseen Golf Club is next door.  
Doable in 1–2 hours



**Heimwehfluh** #interlaken  
You will feel as if you've been transported back in time when you ride this vintage funicular. The trip to the lookout tower takes just five minutes. Once you arrive at the top, there are beautiful views to be enjoyed from the restaurant. The toboggan run is a thrilling option for those who prefer a faster descent.  
Doable in 2 hours



**Adventure Park**  
Climb, leap and soar through the treetops in the Rugen Forest, just 15 minutes on foot or by bus from Interlaken West station. Close to the Heimwehfluh, adventure courses and obstacles await. Particularly exhilarating is the rope slide, where you glide through the trees on a zip-line. The Rope Park is suitable for over 5-year-olds and features different courses of varying difficulty levels.  
Doable in 2–3 hours



# Thunersee

# Interlaken

# Matten

## City Tours #interlaken

**Interlaken City Tour**  
There are five tour recommendations on the map. Choose between the Wilderswil Village Tour, the Lake Brienz Tour, the Lake Thun Tour, the Fountain Trail or the City Tour. 36 information panels along the City Tour offer a wealth of fascinating facts on important squares, buildings, sights and local personages. The panels on the map are marked with the following sign:  
Doable in 1–2 hours

## Free Walking Tours

Would you like to see Interlaken from a local's perspective? Join a free walking tour with a local guide to get the lowdown on Interlaken's history, including wild tales and ancient legends.  
Doable in 2 hours

## Interlaken Photo Tours

Take a photo tour with local photographers and Instagrammers and impress your friends and family with your stunning pictures of Interlaken.  
Doable in 2–3 hours

## City Walking Tours (non-guided)

- City Tour, 1h40
- Lake Brienz Tour, 1h (one way)
- Lake Thun Tour, 1h30 (one way)
- Matten Fountain Trail, 1h
- Wilderswil Village Tour, 1h30 (on the back)

## Bus routes

- Bus station
- Bus stop
- 101 Interlaken – Beatenberg
- 102 Interlaken – Ringgenberg
- 103 Interlaken – Bönigen – Iseltwald
- 104 Interlaken municipal bus
- 105 Interlaken – Wilderswil – Gsteigwiler
- 106 Interlaken – Habkern
- 111 Wilderswil – Saxeten
- 21 STI Interlaken – Thun

#interlaken  
#brienzensee  
#thunersee





Visitor's card Interlaken

### Public Transport

Take advantage of excellent public transport links in the Interlaken holiday region and travel by train, boat or bus. Did you know that your visitor's card entitles you to unlimited travel within Zone 80? Find out more about the public transport network and other fare discounts on your guest card or at [INTERLAKEN.CH/GUESTCARD](http://INTERLAKEN.CH/GUESTCARD)

### Taxi

You will find taxicabs to take you to your accommodation at Interlaken West and Interlaken Ost railway stations. Find the contact details of local cab firms at: [INTERLAKEN.CH/MOBILITY](http://INTERLAKEN.CH/MOBILITY)

### Bicycle and Car Rental

Mountain bikes, quadricycles and other bicycles can be hired on the Höhweg, at the West station or in Unterseen. Europcar and Hertz provide car hire services in Interlaken.



### Carriage Rides

Treat yourself to a leisurely ride by horse-drawn carriage through Interlaken, along the Höhematte thoroughfare to Unterseen's old town. Carriages can be hired on the Höhematte or at any carriage operator.

### Food & Drink

Traditional Swiss fare includes mainly vegetable, meat, fish and cheese dishes – with a growing global influence. You will find restaurants within walking distance of Interlaken Ost and West stations and in Unterseen's old town. Interlaken boasts a broad variety of restaurants with Swiss and international cuisine. Find out more here: [INTERLAKEN.CH/RESTAURANT](http://INTERLAKEN.CH/RESTAURANT)

### Tipping

There is no obligation to tip – a service charge is always included in the bill. That said, you are of course welcome to reward great service with an extra tip.

### Shopping

Most retail businesses in Interlaken are open from Monday to Saturday from approx. 9am to 6.30pm. Some souvenir shops in the centre of Interlaken are open 7 days a week, some even until 10pm. Swiss francs and/or credit cards are accepted.

### Interlaken Tourism

Marktgasse 1  
CH-3800 Interlaken  
P 0041 33 826 50 00  
interlaken.ch



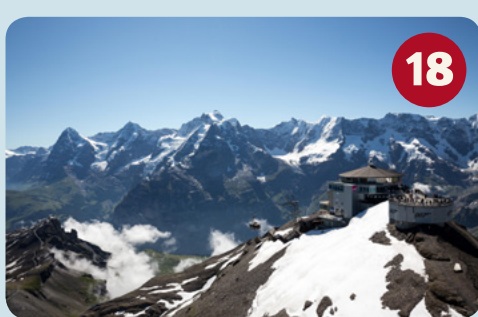
**Boat Trip on Lake Brienz & Giessbach Falls**  
Embark on a lake cruise and enjoy the mountain panorama and gentle breeze. Lake Brienz will wow you with the magnificent Giessbach Falls. Whether you opt for a tasty on-board brunch or a leisurely evening meal, the possibilities on the lake are many and varied. Doable in 3 hour



**Schnynige Platte**  
Take a leisurely ride on the vintage cogwheel railway through a fairytale landscape. Once you arrive at the top, the Botanical Alpine Garden beckons, featuring some 700 hardy plant species. The Schnynige Platte is also an excellent starting point for hikes. Doable in 5 hours



**Jungfrauoch – Top of Europe**  
This one-day excursion whisks you away to a high-alpine world of eternal snow and ice at 3454 m.a.s.l. Visit the Ice Palace with its ice sculptures and the Sphinx Observatory with spectacular views of the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site. Doable in 1 day



**Schilthorn – Piz Gloria**  
Follow in the footsteps of James Bond, who visited the Schilthorn in the iconic 1969 film 'On Her Majesty's Secret Service'. Once you've arrived at the summit by aerial cableway, you can admire over 200 mountain peaks from the revolving panoramic restaurant. Doable in 5 hours



**Niesen**  
Splendid views of the Lake Thun region await you on the summit. This unmistakable pyramid-shaped peak in the Bernese Oberland also comes up trumps with various events at the Niesen Kulm Mountain Lodge. Doable in 5 hours



**Stockhorn**  
Explore this idyllic excursion and recreation area by cableway or on foot. Whether you enjoy fishing, climbing, bungee jumping or fine dining – the Stockhorn has plenty to offer. Doable in 5 hours



**Ballenberg Open-Air Museum**  
Step into the parlours of historical rural dwellings from all over Switzerland. Children and grownups alike will enjoy meeting the numerous farm animals, trying out traditional Swiss games and watching craftspeople at work. Doable in 4 hours



**Brienzer Rothorn**  
It's full steam ahead as the Brienz Rothorn cogwheel railway huffs and puffs its way to the summit. The steam train takes you through lush meadows and woodlands and past towering cliffs on your way to the peak. Doable in 5 hours



**Niederhorn**  
Catch a ride on an aerial gondola up to Mount Niederhorn for stunning views of the opposite mountains. Activities include hiking, wildlife watching, alpine orienteering or whizzing downhill on a scooter – what would you prefer doing most? Doable in 4 hours



**St Beatus Caves**  
Explore mystical caves and dripstone formations. Legend has it that Saint Beatus drove the dragon out of this cave system in the 6th century. With its unique formations and extraordinary colours, this subterranean world is well worth a visit in all weathers. Doable in 3 hours



**Boat Trip on Lake Thun & Castles**  
Lake Thun has numerous venerable castles along the lakeside to admire. Visit one of the majestic castles with their picturesque gardens and grounds along the Lake Thun shoreline for a glimpse into life in days gone by. The castles around Lake Thun are easily reached by boat or bus from Interlaken West station. Doable in 3 hours



**Thun City**  
Thun is home to traditional shops, restaurants and historic walls. Stroll through the city and visit Thun Castle's towers perched high above the late-medieval Old Town with its famous raised pavements. A visit from Interlaken is perfect in combination with a cruise on scenic Lake Thun. Doable in 4 hours



**Wilderswil Village Tour**  
Visit idyllic Wilderswil and watch cows grazing in green meadows. The tourist information desk in Wilderswil has more information on the village tour, the walk to the Unspunnen ruins and other routes through and around Wilderswil. Doable in 1 hour



**Nature Park Diemtigtal**  
Near, wild, valuable. With its cultural treasures and extensive landscape, the Diemtigtal Nature Park is an ideal destination for active excursions. Hiking trails lead walkers along streams, past old wooden houses and through luscious alpine meadows and forests. Doable in 4 hours



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### Emergency numbers

European emergency number	112
Police	117
Fire brigade	118
Ambulance	144
Swiss Air Rescue	1414
Breakdown service	0800 140 140
Walk-in-Clinic Interlaken	0041 33 826 21 00
Lost & Found	0041 33 826 51 11