Find out everything you might want to know about Interlaken. Your info pack, written by your Holiday Rep team includes:

- Contact details for your Holiday Rep – get some advice on what to do in Interlaken or let them know if you have any problems. They're here to help.
- Loads of recommendations for days out and things to do.
- Details of all the shops and facilities you might need while you're away.
- Top tips for your journey to Interlaken and getting settled in to your accommodation.

Later this year, Thomson is changing to TUI, the new name in holidays. Thanks to our family of travel experts around the world, it'll be easier than ever to design your perfect holiday. And you'll see our shared red ‘smile’ logo when you go on holiday with us.

Thomson has been taking people on holiday for over 50 years. As TUI, we'll be able to offer you the same great Lakes & Mountains experience, and more.

View your full info pack online, on tablet and on mobile. Available now at www.thomsonlakes.co.uk/your-account
YOUR ARRIVAL

stop in the square directly outside the railway station

Train travel to Interlaken

We understand that using the rail system in a foreign country can be daunting, so we’ve put together all the information you could need about what to do and where to go.

Swiss Transfer Card (Ticket Combi) or Swiss Pass

Swiss Card (also referred to as a Half Fare Card): This ticket is your train ticket for your transfer between the airport and resort. The same for if you are on a tour and travelling between resorts. Hold onto this tickets as it will entitle you to 50% off all of our in resort tickets. You should receive this travel card up to seven days before you depart via your Travel Agent or by post along with your airline travel documents. Make sure you fill in your name, passport number and travel date from the airport to your resort. You can fill out the return travel date whilst you are in the resort, the day before you set off for your return journey.

Swiss Pass: This ticket allows you to travel on all trains, some buses and boats all over Switzerland for 3, 4, 8 or 15 consecutive days and should be booked in advance. However, this pass does not included travel on mountain trains, gondolas or up to the Jungfraujoch whilst you are in resort.

Timetables

We would recommend creating a personalised timetable for your journey to resort from the Swiss Rail website. The SBB mobile and tablet apps are also available.

Fly Rail baggage

Switzerland has a unique baggage system, which enables you to check your bags in the UK and have them delivered to your resort’s railway station or your hotel soon after your arrival. You won't have to hang around the airport waiting for luggage, and you can travel to your destination without having to move your bags from train to train.

If your flight is due to land at or after 11am luggage will not arrive until after 18:00 the following day. We recommend that you bring an overnight bag containing a change of clothes and anything you may need for that first full day including walking boots and any necessary medication. Remember that liquids must be under 100ml for hand luggage security.

If you've booked Fly Rail baggage, you'll have the relevant paperwork in your holiday documents. If you haven't booked this, contact your booking agent for further information. It may be possible to add this to your booking up until 7 days before you are due to travel.

At the end of your stay, your Holiday Rep will organise a meeting with you to go over details of the arrangements for your luggage for the return journey.
Arriving at Geneva airport

Once you've cleared customs, you'll see signs guiding you to the railway station to the left. Luggage trolleys are available for a 2€ / 2CHF coin deposit.

PDF map of Geneva airport (1.8Mb)

The station has ticket offices, a fast baggage service desk, and a Migros supermarket. Check the large departure screens for train and platform information. All platforms are accessed by escalators to the lower level.

Train details are displayed on each platform and announcements are made in several languages, including English.

On board, there's space for storing luggage next to each door and behind seats. Keep your Swiss Card and your passport to hand, as the conductor will check these.

Announcements are made on board the train when arriving into stations, and changes between trains can be made in as little as three minutes, thanks to Swiss efficiency.

The journey time to Interlaken is around 3 hours.

Arriving at Zurich airport

From the arrivals area in Terminal 2 at Zurich airport, exit the building, cross the road, and enter the building in front of you. Follow the signs to the 'Bahnhof', walking past a number of shops and cafes. After the check-in area for Swiss Air, you'll arrive at the railway station.

Luggage trolleys are available free of charge.

PDF map of Zurich airport (4.5Mb)

The station has ticket and information offices and a fast baggage service drop area. Check the large departure screens to find out what platform your train departs from. All platforms are down an escalator on the lower floor.

Train details are displayed on each platform and announcements are made in several languages, including English.

On board, there's space for storing luggage next to each door and behind seats. Keep your Swiss Card and your passport to hand, as the conductor will check these.

Announcements are made on board the train when arriving into stations, and changes between trains can be made in as little as three minutes, thanks to Swiss efficiency.

The journey time to Interlaken is around 2 hours 30 minutes.

Should you need any assistance during your journey, contact your Holiday Rep.

Arriving at Basel airport

Come out of arrivals and follow signs for "Bus to Basel City" which is outside the building.

Once outside look to the right for a green/white bus stop sign "EuroAirport 50 Bahnof SBB". They
leave every 7 to 8 minutes so there is no need to rush.

The bus will take 17 minutes and will stop outside the train station in Basel. It is the last stop.

Walk into the station building and straight ahead you will see escalators which travel up to the walkway over the railway lines and give access to the platforms.

There is a large notice board with the train times and platforms to the left of the escalators.

Train details are displayed on each platform and announcements are made in several languages, including English.

On board, there's space for storing luggage next to each door and behind seats. Keep your Swiss Transfer Ticket and your passport to hand, as the conductor will check these.

Announcements are made on board the train when arriving into stations, and changes between trains can be made in as little as 3 minutes, thanks to Swiss efficiency.

The journey time to Interlaken is approximately 2 hours.

Transfer to your hotel

There are two stations in Interlaken. You will arrive at Interlaken West first and then Interlaken Ost which is the final stop. The details below tell you which station you should leave the train at and give walking directions to your hotel.

Please note: All fly/rail luggage vouchers are completed with Interlaken Ost as the destination station and this is where we will be to collect the luggage.

Hotel Carlton-Europe (3 minute walk)
Hoheweg, 3800 Interlaken Tel: + 41 33 826 0160

Leave the train at Interlaken Ost. Come out of the station and turn right. you will see the bus station on your left, walk down past Interlaken Ost station and when you reach the tree lined streets, cross to the left hand side of the road. Walk down this road for around 3 minutes and the Hotel Carlton-Europe is on the left hand side.

Hotel Chalet Swiss (10 minute walk)
Seestrasse, 3800 Interlaken. Tel: + 41 33 826 7878

Leave the train at Interlaken West. Walk along the platform in the same direction as the train is travelling. Turn left at the level crossing, over the two waterways and follow the Bahnhofstrasse road up. After a couple of minutes, at a left hand bend, the road will become Seestrasse. Chalet Swiss is on your right hand side, after the first junction on the right.

Hotel Interlaken (5 minute walk)
3800 Interlaken. Tel: + 41 33 826 6868

Leave the train at Interlaken Ost. Come out of the station and turn right. you will see the bus
station on your left, walk down past Interlaken Ost station and when you reach the tree lined streets, cross to the left hand side of the road, continue walking down the road and the Hotel Interlaken is on the left hand side next to the Japanese water garden.

**Hotel Strand**

Iseltwald am Brienzsee, CH-3807, Tel: + 41 33 845 1313

Leave the train at Interlaken Ost. Take the number 103 bus which will be heading to Iseltwald Dorfplatz. There is a bus stop in the square directly outside the railway station. Buses run at 5 minutes past each hour (until the last bus which runs at 9:04pm). If you arrive in Interlaken after this time, you will need to take a taxi to the hotel (address above).

Alternatively, if you arrive in Interlaken at a suitable time, you could take the ferry to Iseltwald - the times are detailed below. The jetty is behind the Interlaken Ost station (follow the ferry pictorial signs).

**Timetable 1st April to 30th June 2017**
Dep. Interlaken 09:07 11:07 12:07 14:07 16:07
Arr. Iseltwald 09:50 11:50 12:43 14:50 16:50

**Timetable 1st July to 3rd Sept 2017**

**Seehotel La Terrasse**

Seestrassse 22, 3806 Bönigen. Tel: + 41 33 827 0770

Leave the train at Interlaken Ost. Take the number 103 bus which will be heading to Iseltwald Dorfplatz or Bönigen See. There is a bus stop in the square directly outside the railway station. Buses run at 05 and 35 minutes past each hour until 8.05pm, after that the last 103 bus departs at 9.04pm. After the last 103 has departed it will be necessary to catch the 102 instead which departs at 10:05pm and the last one at 11.05pm. If you arrive in Interlaken after this time, you will need to take a taxi to the hotel (address above) which will cost approximately 20 CHF.

It takes about 12 minutes to get to Bönigen. All buses stop at Bönigen Dorf (village centre) first and then Bönigen See (by the lake). Get off at Bönigen See. From the Port bus stop at Bönigen See, continue along the road that follows the lake (Seestrassse). You will see the Seehotel La Terrasse on your right hand side.

Or alternatively, if you arrive in Interlaken at a suitable time, you could get the ferry to Bönigen - the times are detailed below.

**Timetable 1st April to 30th June 2017**
Dep. Interlaken 09:07 11:07 12:07 14:07 16:07

**Timetable 1st July to 3rd Sept 2017**

**Check in and settle in**
When you arrive at your accommodation, it's normal for reception to request your passport.

If you have any dietary requirements this is an ideal time to inform reception. Alternatively, you can contact us on interlaken@thomsonlakes.co.uk and we’ll let your accommodation know before you arrive.

Please report any issues or requests you have to your accommodation reception. If anything remains unresolved, please contact your Thomson Holiday Rep, who will be happy to help.

Safety standards with regards to balconies differ in Switzerland. You may be staying in a room with a balcony that is lower than we would expect in the UK. Please take care when on the balcony and do not lean on or over the railings. Children aged 12 and under must be supervised and not left unattended on the balcony at any time.

Please be aware that fire safety standards in Switzerland differ to those in the UK. You may be staying in a hotel where the fire escape is an external ladder and/or you may be required to evacuate via another bedroom. Please familiarise yourself with the exits and procedures in your hotel. If you have any questions, please speak to reception or our resort staff.

Your Welcome to Interlaken

The evening you arrive or morning after you will be able to join a Welcome to Interlaken meeting. We will contact you to arrange a suitable time and place.

We’ll provide you with up to date information on things you want to know, whether that is the local transport and ticketing options, our top walking and hiking routes, local attractions and events, as well as let you in on the best spots for dining, your afternoon drinks, and where to find the best coffee in town and we’ll happily answer your questions about Interlaken and the surrounding area.

The information on this page was last modified on 19 June 2017.

If there are any important updates, your Thomson Holiday Rep will let you know when you arrive on holiday.
Join us for the welcome to Interlaken, to find out more about what there is to do in resort.

24/7 availability

My name is Jennie. You can call or text me on +41 787 327 303

You can email interlaken@thomsonlakes.co.uk

Just so you know, our response times may be slower on Thursday (day off).

Your welcome to Interlaken

We'll give you a call to say hi at the start of your holiday.

We'll arrange a welcome meeting once you’ve arrived to run through some useful tips on the local area, to help you get the most out of your holiday.

Of course we want you to have a great trip, so we want to hear about your holiday while you’re there. If anything’s not right, tell us there and then and we’ll get on with fixing it so you can get on with enjoying your time away.

Our in-resort service

Being available for you is what our holiday service is all about. Give us a call, send a text or email, whether you’ve got specific questions or just want to say hi.

We’ve got some exciting news. Later this year, Thomson will be changing to TUI, the new name in holidays. We’ll be offering the same great experiences, plus much more. In the meantime, you’ll see our shared red 'smile' logo and the TUI name when you travel with us. All you need to do is follow the smile.

Emergency numbers

To call the emergency services dial 112. Ask to be connected to an English-speaking operator.

The Thomson Lakes and Mountains emergency number in France is +33 (0)7 77 96 60 18.

Homeward bound
Your departure details will be delivered to you two days before you head home. We will leave the details at reception. If you have any questions about your homeward journey please get in touch.

The information on this page was last modified on 19 June 2017.

If there are any important updates, your Thomson Holiday Rep will let you know when you arrive on holiday.
YOUR RESORT

This information is to help you get your bearings. You'll also find many of these places along with your accommodation marked on the resort map.

Getting Around – Trains, Buses & Ferries

Interlaken has two train stations, Interlaken WEST and Interlaken OST. Interlaken West is the closest station to the Chalet Swiss hotel. Interlaken Ost is the closest station to the Hotel Interlaken and Carlton-Europe, and also has bus connections to the hotels on Lake Brienz - the Seehotel and Strandhotel. When travelling into Interlaken, arrivals from the airports or Montreux will stop at Interlaken West first, arrivals from Lucerne will first stop at Interlaken Ost. Interlaken Ost is the station you travel from to go to Ballenberg or into the mountains.

Bus terminuses are located outside both Interlaken Ost and Interlaken West train stations, and there are several stops to pick them up along Hoheweg and Bahnhofstrasse. Bus nos. 103 and 21 run through the town between Interlaken Ost and Interlaken West, while bus no. 105 travels from Interlaken West to Wilderswil if you want to head up to the mountains and bus no. 103 connects to the Seehotel in Bonigen and the Strandhotel in Iseltwald.

Ferry ports are also adjacent to the Interlaken West and Ost train stations. The port by Interlaken West is for sailing on Lake Thun; the ferry port at Interlaken West is for sailing on Lake Brienz.

See ‘Getting around’ for information on timetables.

Getting Around – Taxis

Pick-up taxi ranks are located outside both Interlaken West and Ost train stations, and taxis are also available for private hire over the phone. Some taxi firms include Bodeli Taxi (Tel: 0041338220088), Aare Taxi (Tel: 0041794150500) and Bahnhof Taxi (Tel: 0041338225050). Aare Taxi generally speaks the best English.

Banks

A country as famous for finance as Switzerland of course has lots of banks. The Raiffeisen is close to Interlaken Ost train station, part of the building which also houses the Youth Hostel. It is open Monday to Friday 9am-12pm & 1.30pm-5pm and also has a 24hr ATM – when the bank is shut you need to press a button to the right of the door to access it. BEKB is inside the same building as the Tourist Office (see “Tourist Information” section below) on the corner of the Hohe Matte meadow on Hoheweg, and is to the left as you enter; it is open 8.30am-12pm & 1.30pm-5pm Monday-Friday with an external 24hr cash machine. CreditSuisse is very central, on Bahnhofstrasse near Marktplatz and the post office, open Monday to Friday 9.30am-12pm & 1.30pm-5pm Monday-Friday. This also has an indoors ATM which you need to press a button to
the left of the entrance to access when the bank is shut. **UBS** is on the roundabout by Interlaken West train station and the best place to exchange money and travellers’ cheques, with another outdoors ATM.

For customers staying in the Seehotel Bonigen, another **Raiffeisen** is on the Hauptstrasse, turn left out of the hotel and walk into town away from the lake. There is no 24hr cashpoint in Iseltwald but there is another **Raiffeisen** on the coast road with very limited opening hours, 9am-11am Monday-Friday with 2pm-5pm afternoon sessions on Tuesday and Thursday.

### Church

The **Catholic Church of the Holy Spirit** and the Protestant church of the **Swiss Reformed Church** are adjacent to each other, situated behind the Hotel Interlaken – you can walk to them around the side of the hotel. Both have services on Sunday at 10am, and the Catholic church also has evening Mass on Saturday and Sunday at 6pm. Both of these churches hold local services in German.

English-language Anglican church services are available from the **Intercontinental Church Society**. There is a Sunday service at 10:30am from June to August in the Schlosskapelle Chapel in Interlaken. It is a small chapel at the far end of the cloister square that’s to the right of the Reformed Church behind the Hotel Interlaken. You can also make going to the church a good excuse to get out into the mountains, as services are also available at St. Bernard’s, the English Church in Wengen, at 10am and 6pm on Sundays. If you need to contact the chaplain for pastoral care, call +41 (0)774 386 163 or +41 (0) 33 855 3608. Closer to home, English-language Protestant Bible-focused services are run by the **Evangelical Fellowship** on 16 Friedhofstrasse in Unterseen, about 10 minutes' walk from Interlaken West train station, 10.30am Sundays, call +41 (0)33 671 3052 for more information.

### Doctor

The German word for doctor is “Arzt” and a “Hausarzt” is the local equivalent of a GP. There are a number of clinics in Interlaken, but they keep irregular hours so it is advisable to call ahead to book an appointment. Bear in mind that most doctors in Switzerland do not accept the European Health Insurance Card (EHIC, formerly the E111) and you must expect to pay for consultations and treatments up-front and reclaim the cost back off of your travel insurance later.

- Dr Fabienne Friedli, Hoheweg 2, 0041 33823 6021
- Dr Andreas Luder, Hoheweg 2, 0041 33823 6022
- Dr Nicola Sapio, Jungfraustrasse 38, 0041 33822 1822

Casualties and serious illnesses will be treated at the local hospital, Spitäler Frutigen Meiringen Interlaken AG, located on Weissenaustrasse 27, 3800 Unterseen. Tel: 0041 33 826 2500. It is inside Interlaken and can be reached with bus no. 105. This hospital can provide majority of treatments and accepts the EHIC for emergency treatment.

If you are unwell, please let you Holiday Rep know so that we can offer you assistance. If you suffer an injury that requires a brace, support or cast it is also very important to ask your doctor for a "Fit To Fly" certificate - without this you can be prevented from boarding the plane at the
end of your holiday, and airport doctors cannot issue them as they do not know your history, so be sure to confirm whether you need one or not and call your Holiday Rep so they can assist with any additional support you need to get back home.

Dentist

A dentist is a “Zahnarzt”. Like doctors, bear in mind that dentists will not normally accept the EHIC and it will be necessary to pay for a consultation up-front and claim the cost back off of your insurers later.

The most accessible dentist is J.P. Rothlisberger who has a clinic on Hoheweg 29; enter the building by the entrance in the covered alley, then go up to the 4th floor. Opening hours are 7.30am-4pm Monday-Wednesday, 7.30am-7.30pm Thursday, 7.30am-4pm Friday, and 7.30am-12pm Saturday, closed Sunday. Book an appointment on +41 (0)33 822 3738.

Communications

Most hotels will have internet access with a good connection. If you are out and about you can find Public WiFi provided free and outdoors on the Hofmatweg and Bahnhofstrasse between Interlaken Ost and Interlaken West train stations. If you need to get under cover or want somewhere to sit while you check your emails, wifi is available at Las Roccas Latino Bar on Marktplatz, Cafe Runft opposite Interlaken West, and Cafe Il Sogna outside Interlaken Ost. If you have no internet-ready device of your own, a small internet cafe with public computers is available at the Kabalfernsehen Bodeli on Centralstrasse across the street from the Piz Paz Restaurant, open Monday-Friday 1pm-6.30pm and Saturday 9am-4pm, closed Sunday.

Public payphones are outside the central post office on Bahnhofstrasse, in a small round building by the fountain across the street from McDonald's. They are also located between Hotel Interlaken and the churches.

Newsagent

Newsagents are called Kiosk and have blue signs. There are three Kiosks in Interlaken; next to the Interlaken Ost station, next to the Hotel Interlaken on Hoheweg, and on the ground floor of the Migros supermarket on Bahnhofstrasse. They all sell English newspapers during peak season and different types of stationery. They are open daily from 9am-7pm, with the Kiosk at Interlaken Ost open until 7.30pm. Unless you're in a rush and can't stop it is best to avoid Kiosks for food and drink because everything is sold at a significant premium whereas there's usually a cheaper option in a nearby supermarket. However, if you do need to stop at a Kiosk their own-brand ‘o.k.’ drinks tend to be much more reasonably priced.

Pharmacy

The word for pharmacy is “Apotheke” and there are several places on the Bahnhofstrasse approaching Interlaken West. Dr. Portmann is a few doors down from the Pizzeria da Rafmi,
open 7.30am-7pm Monday-Friday, closing 6pm Saturday, and open 9.30am-6.30pm Sunday. The **Grosse Apotheke** is further down Bahnhofstrasse near the McDonald’s and is open 7.30am-6.30pm Monday-Friday, 7.30am-5pm Saturday, closed Sunday. **Toppharm** is next to the Velostation attached to Interlaken West train station, open 7.30am-6.30pm Monday-Friday, closing 4pm Saturday, and closed Sunday. All of these pharmacies have English-speaking staff who can dispense medical advice.

If you are in an out-of-hours emergency there is also a night duty pharmacist available who can be contacted by phone. The responsible pharmacist changes regularly so the number cannot be given here, but their contact details will be fixed to the door of each Apotheke so check there if you have a serious problem at night.

A Superdrug-style store **Drogerie Gunther** for toiletries and cosmetics is also next to the Co-Op supermarket in Interlaken Ost’s station square. It is open Monday to Thursday 8am - 6.30pm, Friday 8am - 8pm, Saturday 8am - 5pm. If you prefer natural remedies or vegan health foods they can be obtained from the **Reformhaus** opposite Interlaken West train station, open 9am-12pm & 1.30pm-6.30pm Monday Friday, 9am-4pm Saturday.

**Post Office**

The central post office in Interlaken is on Bahnhofstrasse a few hundred yards from Interlaken West train station by Hotel Krebs and across the street from McDonald's. Note that the central post office is closed for reservations during summer 2017; in the meantime a temporary post office has opened inside the **Swisscom** building on Aareckstrasse, off the main street and behind the Hotel Bernerhof near Interlaken West. A stamp back to the UK will cost approximately 1.40CHF. Open Monday to Friday 8am - 12pm & 2pm - 6pm, Saturday 8.30am - 11am. Closed on Sundays. There is another **Die Post** post office on the Unterseen Hauptstrasse across the street from the Arcobaleno restaurant - this is close to the Chalet Swiss accommodation. It has the same opening hours.

**Tobacconist**

All of the supermarkets and smaller convenience stores in Interlaken sell cigarettes at the checkouts. There is also a dedicated tobacconist, the **Tabakcorner**, located on Jungfraustrasse, open Monday 1pm-6.30pm, Tuesday to Friday 9am-6.30pm, and Saturday 9am-4pm.

**Off-License**

All the supermarkets sell a wide range of wine, beer and branded spirits, but specialist stores also exist to cater to the more refined taste. The **Flaschengesist Shop** on Jungfraustrasse has a veritable rainbow of spirits on tap that you can mix and match to form your own cocktails, and you can take your new concoction home in a unique sculpted bottle; open 11.15am-6pm Monday-Friday and 10am-4pm Saturday. **The Barrel** on Postgasse is run by Sheppey, a convivial Kiwi who also owns the celebrated pub the Husi Bierhaus. His shop brings the whole world to Interlaken with a wide range of international craft brews - over 420 varieties - that will delight any enthusiast. The Barrel is open 2pm-6pm Wednesday & Sunday, and 2pm-8pm Thursday to Saturday. Bottled spirits are available at **Whiskeyness.com** which is just off the Bahnhofstrasse...
behind the Reuge Music store and next to the Japanese garden by Hotel Interlaken, open 2pm-7pm Wednesday-Friday and 10am-4pm Saturday.

Chocolatier

Switzerland is of course justly famous for its chocolate, and there are multiple places in Interlaken where you can indulge. The Hoheweg features the Swiss Chocolate Chalet near the Hapimag Hotel Resort and Zimmerli clothes shop, open daily 10am-8pm, and is good for selection trays of gourmet boules and truffles. Those of you on the Glacier Express Tour will also be able to find another outlet in your second resort, Zermatt. Bahnhofstrasse features Laderach, across the street from the Post Office, and offers you slabs of multiple flavours and styles by weight; it is open 8.30am-7pm Monday to Friday, 8.30am-6pm Saturday, and 11am-6pm Sunday. The Funky Chocolate Club on Jungfraustrasse is a light-hearted and unpretentious place that combines chocolate with café culture and is good to visit for chocolate-drizzled desserts, fondues, waffles, and mugs of hot chocolate. It is open 1.30pm-8pm Monday, 9.30am-8pm Tuesday to Sunday.

There are also opportunities to participate in the kitchens with hands-on chocolate-making demonstrations - see the “Things to Do” chapter of this Info Pack for more information.

Shopping & Souvenirs

There are dozens of shops in Interlaken, far too many to individually list here! Most shops are concentrated on the Hoheweg and Bahnhofstrasse between Interlaken West and Interlaken Ost. Interlaken is very well-known for its watches and there are numerous places all along these streets. There are also multiple souvenir shops which each have their own specialties; souvenir shops are also often open late until 9.30pm-10pm. Here are some suggestions of places to find in the centre of town:

Music: Reuge Music on Hoheweg between the Hotel Interlaken and Carlton-Europe is well-known for its music boxes.

Cuckoo Clocks: The Royal Gift Shop attached to the Hotel Royal-St Georges on Hoheweg and Kirchhofer across from the Kreber bookshop on Bahnhofstrasse have a wide range. Bear in mind that cuckoo clocks are bulky and fragile and you may need to arrange extra luggage for them, or speak to the shop about direct shipping home.

Children's Toys: Both of the following shops are on Bahnhofstrasse. Holzspielwaren Albert Schild AG is a few doors down from McDonald's and the Edelweiss Shop is next to the Hotel Bernerhof. Both have a wide selection of soft toys, games, and more complicated toys for all ages. Behind the Edelweiss Shop accessed via the alley round the left is also Buhler, a store dedicated to model railways.

Handicrafts: During the weekends Schaufelberner near Interlaken West train station has a stall outside selling home-made knitwear and small gifts.

Local fresh produce: Chasfritz on Jungfraustrasse near the indoor climbing centre has fresh bread, meat, cheese, milk and other drinks all made in the farms of the valley; open 8am-12pm & 1.30pm-6.30pm Monday-Friday, 8am-4pm Saturday, closed all day Sunday. You can also visit
Chasfritz as part of the Interlaken Food & Culture guided tour, where you will be served samples of meat and cheese. Ask your Holiday Rep for advice on how to book.

Woodworking: Zryd across the street from the Hotel Interlaken and Woodpecker off the main street on Marktgasse near the level crossing offer a more sophisticated souvenir than a fridge magnet.

Flowers: Von Gunten Blumen on Bahnhofstrasse next to the Purpur bioladeli organic food shop and Blumenwerkstatt in the Marktplatz next to the Ox Restaurant & Grill.

Note that shops will operate reduced opening hours or be closed on Sundays.

Supermarket

Interlaken is a big central town and so there are multiple supermarkets in convenient reach of all our hotels.

A large Co-Op is across the square from the Interlaken Ost railway station and Migros is a hundred yards from the Interlaken West train station. Both are open 8am-7pm Monday-Friday, closing 9pm Friday and 5pm Saturday, closed all day Sunday. Both are large well-stocked supermarkets; Co-Op tends to have the bigger range of brands available while Migros has stands for free samples around the store and is also the better place to go for meat with regular discounts. Migros does not sell alcohol but you can find it in the Denner discount store underneath it in the ground floor of the building. If you find yourself short of something and need to pick up some odd bits late there are also two Co-Op Pronto convenience stores; the Pronto in the Interlaken Ost train station is open until 9pm daily while the Pronto on Bahnhofstrasse near the Tourist Office is open as late as 10.30pm daily - bear in mind that this one is often very busy right up until closing time. There is an Avec convenience store inside Interlaken West train station, also open until 9pm all week.

Both Co-Op and Migros are conveniently located but they can be quite dear in comparison to supermarkets back home - if you can walk off the main street you can find a Lidl on Waldeggstrasse near the Hotel Regina and an Aldi which is out of town but can be reached on bus no. 104; both of these supermarkets are great for cheap food. Aldi keeps similar hours to Co-Op and Migros but Lidl is handy for staying open later; it closes at 8pm Monday-Thursday, 9pm on Friday, and is also open on Sunday 11am-5pm.

If you are based in the Lake Brienz towns of Bonigen and Iseltwald there are also supermarkets close to your hotels, you do not need to go into town. Maxi is near the Strandhotel in Iseltwald across from the Dorfplatz bus station, open 7am-12pm & 2pm-6pm Monday-Friday, 7am-4pm Saturday, and 8am-11am Sunday all July and up to the 21st August. Volg is closest to the Seehotel in Bonigen along Interlakenstrasse, walk back down the Hauptstrasse and turn right at the roundabout; it is open 7am-8pm Monday-Friday, 7am-7pm Saturday, and 10am-5pm Sunday.

Tourist Information

The central Tourist Information is on the corner of the Hohe Matte meadow in the centre of the village on Hoheweg. It is part of the same block as the Hotel Metropol, accessed via the corner entrance by the Hotel Splendid. As you enter, you go to the left for the bank and to the right for
the Tourist Office desk. Monday to Friday 8am-6pm, 9am-4pm Saturday, and closed Sunday. You can also telephone for information - 0041 338265 300.

For customers staying outside Interlaken town there are also smaller tourist information kiosks available. The ticket office of the Iseltwald ferry port can give advice to customers staying in the Strandhotel, and there is a small office in Bonigen a short distance from the ‘Bonigen, See’ bus stop for customers staying in the Seehotel. A tourist information kiosk is also located next to the Co-Op Pronto at Interlaken Ost train station.

Don't forget that your Holiday Rep is your mobile tourist office, too. If you have any questions about what there is to see and do in the area don't hesitate to call your Holiday Rep anytime, check the “Your Rep Service” chapter of this info pack for their contact details.

**Wheelchairs**

If you are of limited mobility it is possible to hire wheelchairs, motor-scooters and walking frames from the Krankenmobilien Service-Center on Bahnhofstrasse, next door to Krebser and across the street from the Apotheke Dr. Portmann. The Service Centre is operated by Dr. Portmann's, either visit the pharmacy or call +41 (0)33 828 3434 to organise an appointment.

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*The information on this page was last modified on 19 June 2017.*

*If there are any important updates, your Thomson Holiday Rep will let you know when you arrive on holiday.*
GETTING AROUND

Here are some basics to help you get around Interlaken and the surrounding area.

**Buses**

There are a number of different bus routes in Interlaken and its surrounding area. Most buses run through both Interlaken West and Ost station but some run only from one or the other.

All buses within the area are free to use with the guest card. The only exceptions are bus 21 which from Beatenbucht – Thun costs around 5CHF and bus 101 from Ruchenbuhl – Beatenberg costs around 4CHF.

Buses run frequently every 30 minutes between 8am - 8pm every day of the year.

**Bus routes**

- 101: Interlaken West – Unterseen – Beatenberg
- 102: Interlaken West – Interlaken Ost – Goldswil – Ringgenberg
- 103: Interlaken West – Hoheweg – Interlaken Ost – Boenigen – Iseltwald
- 104: Interlaken West – Unterseen – Interlaken West – Matten – Interlaken Ost
- 105: Interlaken West – Matten – Wilderswil – Gsteigwiler
- 106: Interlaken West – Unterseen – Habkern
- 111: Wilderswil – Saxeten

**Popular Routes:**

Trips on the buses are very popular as they are free on your hotel guest card. The 2 most popular journeys are to Bonigen and Iseltwald which are small picturesque villages on Lake Brienz.

A trip to Wilderswil through Matten is also a good recommendation as you get to see the old traditional style of architecture and they are both pleasant places to have a stroll around. For a refreshing beverage you could call in at the The 3 Tells Irish Pub on the main road; on a Tuesday evening they have their popular 2 for 1 on fish and chips deal.

On a wet day it’s worth taking the number 21 bus which runs every 30 minutes to Beatenbucht to visit the St Beatus Caves or on a warm, sunny day the same route to Neuhaus to enjoy a relaxing dip in Lake Thun.

Bus 21 runs from Thun to Interlaken Ost and costs 8.60 francs for the single journey between Thun and Interlaken Ost if you use your half fare card.

**Ferries**

Boat trips are available on both Lakes Thun and Brienz and there are a variation of different ferries and steamers navigating both waters.
Timetable : Lake Brienz (01.04.2017-30.06.2017)

Interlaken Ost – Bonigen – Iseltwald – Giessbach – Brienz

Depart Interlaken OST = 09:07 11:07 12:07 14:07 16:07
Depart Iseltwald = 09:51 11:51 12:44 14:51 16:51

Brienz – Giessbach – Iseltwald – Bonigen – Interlaken OST

Depart Brienz = 10:40 12:40 13:40 15:40 17:40
Depart Iseltwald = 11:10 13:10 14:17 16:10 18:10

Timetable : Lake Thun (13.05.2017-15.10.2017)

Interlaken West – Spiez – Thun

Departs Interlaken West = 11:10 12:10 14:10 15:10 16:10 18:10
Departs Spiez = 12:34 13:34 15:34 16:34 17:34 19:34

Thun – Spiez – Interlaken West

Depart Thun = 08:40 09:40 11:40 12:40 13:40 15:40
Arrives Interlaken West = 10:49 11:49 13:49 14:49 15:49 17:49

Tickets need to be bought in advance either at ticket booths on the shores or when getting on the boats. Day lake tickets are available which allow unlimited use of boats on both lakes. 34CHF 2nd class and 49.50CHF 1st class.

Tickets can also be purchased for individual and return journeys, Prices are for 2nd Class:

- Interlaken Ost – Brienz = 15CHF (one way) or 25.50CHF (return)
- Interlaken Ost - Iseltwald = 7.10CHF (one way) or 12CHF (return)
- Interlaken West - Spiez = 14CHF (one way) or 24CHF (return)
- Interlaken West – Thun = 21.50CHF (one way) 36.50 (return)

2nd class tickets allow access to the lower deck only and first class tickets cover the whole boat including the top deck and sun terrace.

1st class tickets usually cost 50% more than a second class but are worth the money when the boats are busy on warm sunny days.

Top tip: If it’s your birthday whilst you're here, take some form of identity along to the boat station and you can take a cruise for free.
Recommended Boat trips - Lake Brienz

The boat station at Interlaken Ost is on the opposite side of the train station. A one way trip from Interlaken Ost to the far end of Lake Brienz takes 1hr 20 minutes. Lake Brienz is surrounded by naturally beautiful scenery and the mountains fall dramatically in to the water making it one of Switzerland’s deepest lakes.

Interlaken Ost – Giessbach – Brienz:

This 1 hour and 2 minute journey takes you along Lake Brienz to Giessbach where the Giessbach Falls are located.

The approach to the Giessbach boat station showcases the beauty of the waterfalls. It is also home to the oldest funicular railway in Switzerland which costs 5 CHF for a single ride up to the Grand Giessbach hotel, however, there is also a walking route that will also take you up to the hotel.

The waterfalls are by far some of the most impressive in Switzerland and you can also walk around and behind the falls to get the views of Brienzersee and the Grand Hotel below.

From here you can catch the boat from Giessbach to Brienz, this part of the journey only takes 11 minutes to reach Brienz. This beautiful village is Switzerland’s home of woodcarving. It is the only place in Switzerland to have a University dedicated to the trade. Here you will find many wood carvings throughout the village, you will also see many flags from the different Swiss cantons flying between the wooden houses.

If you have time there is also the only steam railway of the region that takes you to the top of the Brienz Rothorn in an hour. You can also easily pick up a bus, boat or train back to Interlaken from Brienz.

Interlaken Ost – Iseltwald

If you are looking for a short journey to do to fill a morning or afternoon then the bus ride to Iseltwald is a good choice. The bus ride is just 29 minutes from Interlaken Ost and runs every hour at 5 minutes past.

Iseltwald is a quiet village where you will find some lovely lake side walking routes to both Giessbach (1.5hrs) or to Bonigen (1.5hrs). It is also home to many local fishermen and you will see fresh fish is on the menus of the surrounding restaurants.

Top Tip - Have lunch at the Strand hotel Restaurant and sit on their terrace as it looks out to the lake and try either a speciality Swiss dish, or the fresh fish, they also have steps into the water if you fancy a dip.

If you want a longer day then you could walk, bus or boat to Bonigen the next village towards Interlaken, it hosts a beautiful beach and the Alte Pinte village museum which dates back to 1772 and provides an insight into a typical Bernese Oberland chalet with rustic kitchens and rooms, complete with fixtures, furnishings and items of everyday use from the period 1730 to 1920.

You can take the post bus back to Interlaken from Iseltwald or Bonigen for free just rememeber to take your guest card.
Recommended Boat trips – Lake Thun

The boat station at Interlaken West is located just below the train station. All boats must make their way along a canal before entering on to Lake Thun. No boats are moored overnight at Interlaken West so it means the first boat to depart from Interlaken is at 11.10am and takes 2hrs 10 minutes to get to the far end of the lake at Thun. Lake Thun is surrounded by a number of small towns and castles. The Niesen mountain that towers above the lake can always be seen.

Interlaken West - Spiez

This boat ride will zig zag across the lake for 1hr and 20 minutes and take in the views of the surrounding villages until you reach Spiez.

Spiez is a small village but hosts a lot of culture and history, you can walk through the village and admire the flower-arrangements on the wooden houses, take a stroll along the promenade even go for a swim at one of the lidos.

Our top recommendation would be to explore the interior of the Schloss Spiez, here you can walk all the way to the top of the tower of the castle and from here you get an excellent panorama view of the vineyards next to the castle the village of Spiez with the Niesen in the back and Lake Thun below.

Once you have explored you can then take the boat, bus or train back to Interlaken.

Interlaken West – Oberhofen

The boat runs takes 1hr and 47 minutes. You will pass by Neuhaus which is a popular setting for camping and sunbathing, look out for Beatenburg where you will see waterfalls cascading into the water, you will then pass Spiez and its boat dock until you reach Oberhofen where you will see the medieval castle perching out into the water.

Here you will find a lakeshore path for short walks, a beautiful park to eat a picnic and a small quaint village. However the main attraction and a recommendation that comes highly from previous customers is to visit the Museum within the Castle of Oberhofen (Schloss Oberhofen).

Here you will find various historic rooms that take you through the noble Bernese lifestyle from the 16th to the 19th century. Also included in the entrance fee is entry to the Castles Apline Gardens looking over the Niesen mountains.
The castle is open Tuesday through Sunday 11am till 5pm and costs 10 CHF as entry to the castle and gardens.

Taxis

There are always taxis parked at both stations. Dependant on the journey the fare can range from 10-50CHF. All taxi drivers speak English. If you would like to arrange a taxi from a hotel you can request at reception or alternatively call Walter, (an English driver) on 0041 792 341 975.

Trains

There are 2 train stations in Interlaken; West and Ost. Interlaken Ost is the end station for all lines coming in to Interlaken from Bern along Lake Thun after passing through Interlaken.
West. If you are coming from Luzern direction over the Brunig pass and along Lake Brienz or coming in from the Jungfrau region on the Berner Oberland Bahn you will come to Interlaken Ost first.

The trains that run up to the Junfrau region start at 6.35am and run every 30 minutes until 8.05pm. Dependant on the day after 8.05pm a replacement bus service will run.

The Intercity and Regional trains run from 6am until 1am, if you are thinking of heading out of Interlaken you can check the train times on the SBB Website or ask your Holiday Rep for a timetable.

Train tickets can be bought locally from the station and also from your Holiday Rep. Tickets are then validated on the train. Multi day passes need to be validated by us with a stamp.

When traveling on the trains you should always carry a form of ID. We would advise you to always travel with your Swiss half fare card and also your Interlaken guest card.

If you need a power socket on the trains it is advised to sit in the carriage nearest to the train engine although sockets can also be found in a selection of other carriages.

All train stations can report any delayed or cancelled trains and will be displayed on a number of yellow TV screens at the stations. Alternatively you can check any train information at www.sbb.ch/en

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If there are any important updates, your Thomson Holiday Rep will let you know when you arrive on holiday.
Here are suggestions of places to visit during your holiday. They're excursions that are run with local suppliers which you can book through us - just ask when you see us, we are happy to arrange tickets for you.

**Bern City**

There is the common misconception that the capital of Switzerland is the international hub of Geneva but it's actually Bern. The city is notable for having one of the largest medieval quarters in Europe. Tucked into the swan-necked meander of the deep Aare valley, Bern combines both bustling urban lifestyle with leafy rural serenity, and its cobbled streets and tall decorated terraces still give it the relaxed feel of a provincial town despite being at the metropolitan heart of the country. It's also a great place to visit on a wet day as it's covered arcades and courts provide ample shelter as you navigate your way between the many museums.

Legend has it that Bern takes its name from Duke Berchtold V's challenge back in the 13th century to name the new city after the first animal his hunting party found in the surrounding forest, which lo and behold was a bear - lucky it wasn't a bunny-rabbit! Bears have been part of Bern for over 500 years since some were brought back as spoils from the War of the League of Cambrai - no trip to Bern is complete without a visit to the historic Barenpark bear pits which are still in use today.

Our Top Tips:

- If you're planning to visit Bern be sure to contact your Holiday Rep. In addition to sorting out your tickets they can also give you maps and guidebooks and advice about things to see and do during your trip.
- Good panoramic viewpoints include the Eckspavilion gardens next to the Munster and the Kleiner Schanze park on Bundegasse. Also see if you can find all of the decorated Gieng fountains with images of local folklore and subtle allegories of Renaissance controversies.
- The Rose Garden offers unrivalled views of the Old Town and Aare Loop. It's one of Bern's most beautiful parks and popular for taking memorable photos. It is home to 223 rose and 200 iris varieties. A fascinating fact is that the Garden served as a cemetery for the lower part of the city from 1765 to 1877 and then opened as a park in 1913.
- Museums include the Einstein Museum, Natural History Museum and the Swiss Rifle Museum - they are concentrated around the south side of the Kirchenfeldbrucke bridge.
- Guided tours are available from the Tourist Office located in the train station shopping centre, or next to the Barenpark on the east end of the Nydeggrucke bridge.

Ticket prices with Half-Fare Card:

Interlaken Ost-Bern Return (2nd Class) = 29.00CHF

If you have a Bernese Oberland Regional Pass you can travel to Bern for free.

Both return tickets and Regional Passes can be bought from your Holiday Rep.
Lucerne City

Lucerne (also written as Luzern in German) is the founding city of Switzerland and its role goes right back to the dawn of the Old Swiss Confederacy as early as 1332. It is replete in history but also combined with a position amidst the Alpine foothills with stunning mountains and lakes right on its doorstep. The journey to Lucerne is a feature in itself, a scenic train ride taking you over the hills and through the emerald glades of Obwalden.

When you arrive you will be spoilt for choice deciding whether to head high into the dramatic peaks such as Pilatus or relax on a sauntering lake cruise. Don't forget to sample some culture in the numerous museums for both the weird and the wonderful, including everything from the history of transport to Cold War nuclear bunkers. You can even have a day at the Lido beach, it can all be found in Lucerne.

Our Top Tips:

- Direct trains to Lucerne run hourly throughout the day but returning to Interlaken after 7pm can involve a change at Meiringen or Bern.
- Key sights in the centre of town include the medieval covered bridge of the Kapellbrucke, the twin-spired Collegiate Church of St. Leodegar and the Lion Monument off Lowenplatz, commemorating Swiss soldiers massacred in the French Revolution. This was praised by Mark Twain as "the most moving piece of stone in the world". Great views over Lucerne and the lake can be found from the Musegg medieval walls, including clock towers that you can climb.
- Blue-coloured city buses in Lucerne are free to use.
- The lakeside promenade from the centre of town to the Lido lakeside swimming beach takes you through many gardens and past numerous art sculptures.
- From Lucerne you can also access Rigi Kulm, a mountain reached by the oldest cog railway in the world, and Pilatus, served by the steepest cog railway in the world. The mountain of Stanserhorn also has a world-unique cable car with an open top deck that you can stand on while moving and feel the wind in your hair.

Ticket prices with Half-Fare Card:

- Interlaken Ost-Lucerne Return (2nd Class) = 33.00CHF
- Lake Cruise Day Ticket (2nd Class/1st Class) = 36.00CHF/54.00CHF
- Lucerne-Rigi Kulm excursion (2nd Class/1st Class) = 58.50CHF/70.00CHF
- Lucerne-Pilatus excursion (2nd Class/1st Class) = 49.50CHF/56.50CHF
- Lucerne-Stanserhorn excursion (2nd Class only) = 45.60CHF

If you have a Bernese Oberland Regional Pass you can travel to Lucerne for free.

Both return tickets and Regional Passes can be bought from your Holiday Rep.

Jungfraujoch - The top of Europe
The star attraction of the region, the whole world comes to Interlaken to see the “Top of Europe”, the highest railway station on the continent at 11,750 feet. The railway was built over a century ago and is a major feat of engineering that’s as impressive now as when it was first built. On the journey up you can appreciate the scale at the Eigerwand tunnel stop with a viewing platform overlooking the infamous North Face of the Eiger – at the right time of year you can see climbers doing it the hard way!

There is far more at the Jungfraujoch than just a viewing platform – an entire complex has been carved into the mountainside. There are multiple caverns you can travel through with tours covering the history and science of the area and also more unique sights like the chainsaw-sculpture gallery and the panoramic 360-degree cinema. You can get to the literal heart of the glacier at the Ice Palace, a series of tunnels carved out of the glacier ice with scintillating crystal sculptures to admire. You can have fun on top of the glacier too at the snow-tubing and ski run, and more intrepid visitors can walk around the glacier on the hour-long snow trail to the Monch mountain refuge. Afterwards you can fuel up at one of the multiple restaurants, even an Indian – having your lamb korma at 12,000 feet is quite an experience! You can happily spend hours at the Jungfraujoch and make it a full day out – and if you go up from Lauterbrunnen and go down via Grindelwald, it’s a comprehensive day exploring the full region too.

Our Top Tips:

- The route for this excursion is to travel from Interlaken Ost to Grindelwald or Lauterbrunnen by train, then take the cog railway to Kleine Scheidegg, then take the Jungfraujoch train. On the return you can go down to the other town, you don't have to come back down the way you came. A one way journey without stopping takes around 2hrs 20mins.
- To avoid the crowds it’s best to leave Interlaken Ost no later than 9.00am – however the Jungfraujoch is open until 6.30pm so don’t worry, you can get there early afternoon and still have enough time to experience everything without rushing.
- Other than the Snow Fun tubing & skiing area there are no additional access or entrance fees at the Jungfraujoch, it’s all included in your ticket.
- Pack the extra layer in your bag - it can get very chilly up the top, especially in the Ice Palace, and wear good walking shoes with plenty of grip.
- Take sunglasses – even on a cloudy day there can be a lot of glare off the snow.
- It’s a big ascent so you can feel light-headed on the way up. Once you arrive, stop for ten minutes at the café – as well as giving you time to acclimatise you will let the big tour groups disperse so you can go around at your leisure outside of the crowd.
- See if you can spot the squirrel chasing his acorn from the “Ice Age” animated movies in the Ice Palace – it’ll delight any younger relatives.

Ticket prices with Half-Fare Card:

Interlaken Ost-Jungfraujoch Return = 105.40CHF

You can travel as far as Eigergletscher for free with a Jungfrau Travel Pass, and as far as Kleine Scheidegg with a Bernese Oberland Regional Pass – to go to the Jungfraujoch itself you need to buy an extension ticket.

Eigergletscher-Jungfraujoch Return = 61.00CHF

Kleine Scheidegg-Jungfraujoch Return = 64.00CHF

All tickets and travel passes can be purchased from your Holiday Rep.
Meiringen & Reichenbach Falls

As well as being another leafy and quiet Alpine valley with multiple walking options Meiringen has a world-famous literary connection - it boasts as an honorary citizen none other than Sherlock Holmes. It was at Reichenbach Falls above Meiringen where his nemesis Professor Moriarty and himself duelled to the death in the climactic story "The Final Problem" where Holmes ended the reign of the "Napoleon of Crime".

If the name of the town sounds familiar, it's also where the meringue dessert was first created, delighting our palettes for generations. On the opposite side of the valley to Reichenbach you can also find stunning views up the peak of the Meiringen-Hasliberg Alpen Tower panoramic restaurant, reachable by a day’s walking or by a series of gondolas. Meiringen is a great value day out where an inexpensive ticket opens up a wide range of opportunities.

Our Top Tips:

- The Sherlock Holmes Museum is located inside the English church, less than five minute's walk to the right as you exit the train station. See if you can decipher all the clues to Holmes' adventures on the statue of him outside, and follow the path that tells the tale of his confrontation with Moriarty.
- Cross the river to find the Reichenbachfall funicular, a charming old-school mechanical railway. Postbus no. 174 will also take you to the funicular. There are also walking paths to the falls if you prefer a more active day out.
- More impressive waterfalls are on the other side of the valley - follow signs for Hohfluh.
- Good views over the Haslital valley can be found from the Burgruine Resti, a medieval tower dating back to the 12th century. It is possible to climb to the tower battlements and there is a barbecue area outside.
- The Aareschlucht gorge and caverns are 20 minutes' walk away from the Reichenbachfall funicular, or take bus no. 474 from the centre of Meiringen.

Ticket prices with Half-Fare Card:

Interlaken Ost-Meiringen Return (2nd Class) = 13.20CHF

Multipass including Reichenbach Falls funicular, access to the Sherlock Holmes Museum and the Aareschlucht caverns = 16.00CHF

If you have a Bernese Oberland Regional Pass you can travel to Meiringen for free.

Both return tickets and Regional Passes can be bought from your Holiday Rep, who can also supply you with leaflets, maps and guidance for getting around. Tickets for the Reichenbach Falls and other facilities in Meiringen can be purchased locally in the town.

Brienzer-Rothorn Steam Railway

This is a real rail enthusiast’s experience, journeying into the mountains not by cable car but by steam train – combine it with an excursion with the “Lotschberg” paddle-steamer across Lake Brienz to be blown away by a real blast from the past. The 6-mile train line departs from directly
across Brienz train station & ferry port and takes 1 hour from the shores of Lake Brienz at 566m to the top of Rothorn station at 2244m. You will pass a number of other locomotives on route and stop to re-fill the engine with water. It's a very hands-on engineering experience - the line is not automated and you will see the train staff manually switching track crossings.

At the top of the train line is the Rothorn Kulm alpine hotel which has a large terrace, alternatively there is a cable car which grants you access to the Sorenberg area that stretches towards Lucerne. Spectacular views over Lake Brienz are on offer, as well as the jagged edges of the Rothorn ridge. Rothorn's sharp peak is the meeting-point of the three cantons of Bern, Lucerne and Obwalden, and the “Red Horn” has a history of conflict to give it grandeur and mystique too.

The Jungfrau Travel Pass will get you to Brienz by boat and the Bernese Oberland Regional Pass will also cover the train.

Our Top Tips:

- Remember to buy your train or boat tickets before you leave.
- The Rothorn peak of 2350m is just 15-20 minutes’ walk past the top train station.
- An excursion to Rothorn is a real treat for explorers. With a Bernese Oberland Regional Pass you can come back a different route via Sorenberg, catch the bus to Giswill and a train to take you back to Interlaken Ost.
- Ask your Holiday Rep about the “Sausage Train” on Wednesdays at 10am, where you can ride the “Old Lady”, a train which has been operating continuously on the line since 1891 and a vibrant piece of living history.

Ticket prices with Half-Fare Card:

Interlaken Ost-Brienz Return (2nd Class) via Train = 8.40CHF
Interlaken Ost-Brienz Return (2nd Class) via Boat = 27.00CHF
Brienzer-Rothorn Steam Railway Return = 44.00CHF

If you have a Bernese Oberland Regional Pass you can travel to Brienzer-Rothorn for free.

If you have a 5-day or 6-day Jungfrau Travel Pass you can travel to Brienz for free via boat, but have to pay for other stages.

Both return tickets, Jungfrau Travel Passes, and Bernese Oberland Regional Passes can be bought from your Holiday Rep.

Ballenberg Open-Air Museum

Far more than just a stuffy trudge through some dusty halls reading information boards, a trip to Ballenberg is a unique adventure of discovery. Over 100 historic buildings from every corner of Switzerland have been dismantled and reconstructed in over 160 acres of fresh fertile grounds grazed by 250 farmyard animals, making this a living landscape as much as it is a place to study the past. Ballenberg is not only a museum but a school – it’s a place to learn and teach the
people of Switzerland about keeping traditional crafts alive and maintaining their skills for another generation. Literally walk through over 500 years of daily life, society and culture, with plenty to see and a hands-on approach to exploring it, it's a full and fulfilling day out.

Our Top Tips:

- Travel to Brienz by boat or train and then take Postbus No. 151 to reach Ballenberg.
- Ballenberg is so large it has two entrances, West and Ost. The West entrance is better for weaker walkers with flatter terrain and more buildings closer to each other.
- The numerous buildings make this a good excursion for rainy days as well.
- Guided tours and tours dedicated to particular themes are available, ask your Holiday Rep advice for what's on during your visit.
- Live demonstrations of woodcarving, blacksmithing, crossbow shooting, basket- and rope-making run throughout the week. Cheese-making demonstrations run six days a week – it’s good to visit the demonstration around 11.30am because you get to see the removal of the dough and whey and the most active part of the process.
- Note that the final bus to return home leaves Ballenberg's Ost entrance at 5.27pm.

Ticket prices with Half-Fare Card:

Interlaken Ost-Ballenberg Ost Return (2nd Class) via train & bus = 13.60CHF

Ballenberg Admission = 24.00CHF (12.00CHF for children aged 6-15)

If you have a Bernese Oberland Regional Pass you can travel to Ballenberg for free and you will receive 20% discount on entry if you show your pass. If you have a Jungfrau Travel Pass you can travel to Brienz by boat for free.

All tickets, Jungfrau Travel Passes, and Bernese Oberland Regional Passes can be bought from your Holiday Rep.

Grindelwald First

A definite walker's haven known for scenic walks and panoramic views across the Grindelwald valley and mountain range. Depending on whether you like a leisurely walk through the mountains or a challenging trek, the area around First offers scenic trails for all.

Popular routes take you to the photogenic Bachalpsee Lake or up to Grosse Scheidegg for an impressive outlook on the mountainous skyline. First can be accessed via the cable car from Grindelwald, which is the longest in the area or via connecting walking routes. If you are after a challenge there is a 6 hour walking route from the Schynige Platte.

To break up your journey or combine other walks into one day, it is a good option to hop on and off the different forms of transport. An example would be to catch the Mannlichen cable car from Wengen and maybe spot chamois and marmots as you make your way down to Grund and Grindelwald, you then could walk 15 minutes through the centre of Grindelwald to catch the gondala up to First and enjoy walking the loop around to Bort via Waldspitz before catching the gondola back down.
Our Top Tips:

- The number of different transport options from Grindelwald make a Jungfrau Travel Pass ideal for economical and stress-free travel around this area.
- Double-check what train carriage you are boarding at Interlaken Ost as the train splits into different directions at Zweilutschinen. The rear carriages go towards Grindelwald.
- Grindelwald is a good location for moderate walkers to enjoy the mountains. Most of the walks in this area are maintained metalled roads and gravel paths (denoted by the yellow lozenge painted onto tree-trunks and rocks, and yellow lines on maps) which are easier underfoot while still offering plenty of range and exercise.
- After a day’s walking refresh yourself with a drink at the Avocado Bar in the town – the terrace out the back offers good views of Pfinngsteg and the Eiger.
- Look out for our local hydro-electric plant on the way past Lutschental, it is a very impressive building set with the back drop of the Mannlichen mountains.

Ticket prices including Half-Fare Card:

Wilderswil-Grindelwald Return (2nd Class) via train = 9.80CHF
Grindelwald-First Return via gondola = 30.00CHF
Grindelwald-Mannlichen Return via gondola = 29.00CHF
Grindelwald-Waldspitz Return via bus = 24.00CHF
Grindelwald-Bussalp Return via bus = 24.00CHF
Grindelwald-Grosse Scheidegg Return via bus = 24.00CHF

All of the above journeys are free with a Jungfrau Travel Pass. A Bernese Oberland Regional Pass does not include the buses to Waldspitz, Bussalp or Grosse Scheidegg.

All tickets, Jungfrau Travel Passes, and Bernese Oberland Regional Passes can be bought from your Holiday Rep.

**Schilthorn & Piz Gloria**

One of the big peaks of the Jungfrau region, the Schilthorn is famous for being the site of Piz Gloria, the filming location for the James Bond 007 movie “On Her Majesty’s Secret Service”. It offers a lot more than just film memorabilia though, even if you are not a Bond fan you will be awed by the limitless 360-degree Alpine panorama, on a clear day you can even see as far as Mont Blanc. Enjoy the hospitality of the revolving restaurant, or play around with the interactive features of the exhibition area including electronic helicopter and bobsleigh rides, or become a movie star yourself and add your head on top of George Lazenby or Dame Diana Rigg. Just bear in mind that the restaurant takes 55 minutes to complete a full revolution – don't leave your jacket on the windowsill otherwise it might be a while before you get it back!

The journey up to the Schilthorn is itself a varied and engaging experience. As you walk through Murren you can discover it's quintessential chocolate-box village atmosphere for
yourself. When you see the Lauterbrunnen valley you will understand why JRR Tolkien used it as his model for the Elven village of Rivendell in 'The Hobbit' and 'The Lord of the Rings'. It is an awesome sight with huge cliffs rising hundreds of feet high and waterfalls cascading down.

Our Top Tips:

- The route for this excursion is to take the train from Interlaken Ost to Lauterbrunnen; the cable car to Grutschalp; then the mountain railway to Murren. Walk through Murren to the Birg-Schithorn cable car at the far end of town. Once you've gone back down to Murren you can return home the way you came or take the two-stage downward cable car to Stechelberg and a bus back to Lauterbrunnen.
- If you prefer to walk back to Lauterbrunnen from Stechelberg, do not walk alongside the road but bear left onto the upper path through the fields for a more scenic and safer route. It takes about an hour and a half to walk back to Lauterbrunnen – there is little cover on the path so take a hat if it's a sunny day.
- Stop off at the Birg mid-station on your way up. As well as giving you opportunity to catch your breath at the high altitudes, the Skyline hill Walk around the cliffs offers superb views in a dramatic setting.
- Treat yourself to a big lunch at the Piz Gloria revolving restaurant. The brunch buffet runs until 1pm: the cost is 31CHF per person but it includes both hot and cold food along with unlimited prosecco, so toast your ascent with a bit of bubbly.
- Go to the far window on the cable car down to Stechelberg for an impressive photo all the way down the valley.

Ticket prices with Half-Fare Card:

Interlaken Ost-Murren Return via Stechelberg = 25.00CHF

Murren-Schithorn Return = 41.10CHF

You can travel to Murren for free with a Bernese Oberland Regional Pass or a Jungfrau Travel Pass, but it is necessary for all pass holders to buy the additional extension to the Schilthorn.

All tickets and travel passes can be bought from your Holiday Rep.

Schynige Platte and Harder Kulm

From Interlaken you will take the train or bus from Interlaken Ost to Wilderswill, here take the old fashioned cogwheel train as it winds its way to the top of the Schynige Platte with fantastic views over both lakes on the way up. Once you reach the summit you will have spectacular views over our 'big 3' - the Eiger, the Monch and the Jungfrau.

The Schynige Platte is also home to the best Alpine Botanical Gardens in the region with around 600 different species of plants, there is a nice walk along the mountain path that you can view all of these with name tags to each type.

Its not all about flowers up at the top it is also the start to some lovely mountain walks, from here you can walk the famous route 62 which takes over 6 hours to complete but takes you from Schynige Platte all the way to First at the top of Grindelwald. If you are looking for something a
little less stretching then there is also a panoramic walk that takes you around the top of the Platte with impressive views of the lakes on one side and mountains on the other in a round trip that takes around 2.5hrs.

At the top here you will also find a Panoramic restaurant and at lunch times an Alpine horn player will perform.

As the Schynige Platte is so close to us in Interlaken we suggest that you head out in the morning and in the afternoon you will have time to visit our local mountain the Harder Kulm.

The Harder Kulm is Interlaken's local mountain and one of which they take most pride in. A short funicular to the top will take you to a restaurant and a viewing platform appreciating the local surrounding views of Interlaken and the lakes. There are a number of walks such as the leisurely circular walk around the top where chamois and other alpine animals can be spotted. The funicular is located just a 5 minute walk from Interlaken Ost train station and across the bridge over the River Aare next to the Hotel Beau Rivage.

Our Top Tips:

- Set off by 9.05am for the Schynige Platte, the trains run every 30 minutes but take an hour to ascend.
- Link the two mountains into 1 day by starting with the Schynige Platte followed by the Harder Kulm for the afternoon/evening.
- Take a camera with you on both trips to capture the stunning views.

Tickets (with your half fare card):
Schynige Platte cost 32CHF.
Harder Kulm cost 16CHF.

**Pfingstegg**

Pfingstegg can be accessed from Grindelwald either by foot or via cable car. Bergrestaruant is located at the top offering speciality cuisine and superb views of Grindelwald. There are many events that take place at the top, including a torchlit walk, sunset cable car rides and mountain church services, talk to your Holiday Rep for details.

For the fun-seeking, you can also hop on a luge from the top of Pfingstegg and embrace the breeze and you whizz down the toboggan route through the alpine meadows; it's fun for everyone.

Tickets With your half fare card
Wilderswil - Grindlwald 9.80CHF.
Pfingstefgg cable car 12CHF.

**Neisen**
As you climb up in the 100 year old funicular, magnificent skyline views will become visible. Upon reaching the summit at 2363m you will be able to enjoy the viewing platforms and restaurant. You will find some of the best views in the Bernese Oberland here. Alternatively, the summit can be reached via walking trails with appropriate footwear. On one side of the Neisen mountain you can see the snow capped mountains from Glacier 3000, Bluemlisalp, The Jungfrau, Monch and Eiger all the way to the Schreckhorn. On the other you can see towards Luzern and all the way to Lake Thun.

From Interlaken Ost you would take the train to Mülenen which takes around 50 minutes, come out of the station and you will see the ticket office for the Neisen, if you have a regional pass you will need to show it at the ticket office to get a smaller ticket.

Our Top Tips:

- Take a jacket with you as the top of the Neisen is cooler than at Interlaken level.
- Ask us for the train timetable from Interlaken Ost to Mülenen to be prepared for the changes and platforms.
- Take a camera with you for both the train journey and at the top.

Ticket Prices with the Half Fare Card:

Train from Interlaken Ost to Mülenen (Return) 15.40CHF  
Funicular from Mülenen - Neisen (Return) 28.50CHF  
All travel is free with the Regional Pass.

Neiderhorn

The Niederhorn station is situated in Beatenbucht which can be accessed via bus 21 from Interlaken Ost or by the Lake Thun boat service. The first half of the summit is reached by funicular and then by gondola to the top. The summit is a popular destination for para-gliders to take off from. There are also lots of hiking and walking trails which are renowned for spotting marmots, deer, ibex and the rare cuckoo.

You can actually hike from the base station to the top of the mountain, but we would suggest a nice gentle walk from the top to the mid station of the gondola. This walk offers panoramic views of Lake Thun, the Eiger, Monch and Jungfrau.

If you have a regional pass you can use the trains and gondolas for free and you are also entitled a go on the mountain scooters that take you from the mid station to the base station of the gondola.

At the top you can enjoy some Swiss culinary specialties on the restaurant terrace overlooking the mountains, or just have your picnic up on one of the benches.

Our Top Tips:

- Take a jacket with you, at the top it is a few degrees cooler than the bottom.
- Take good walking shoes, poles, sun cream, binoculars for spotting animals and plenty of water to stay hydrated.
• Take the Niederhorn – Haberelegi – Beatenberg station hiking route, it takes around 2.5 hrs and a challenging walk but has the best views of the lake it also leads through forest in the shade, so is nice on a hot day.

Ticket Prices with Half Fare Card:
Bus (21) from Interlaken Ost to Beatenbucht Return = 8.60CHF
Beatenbucht to Niederhorn Return via gondola = 22.00CHF

The information on this page was last modified on 19 June 2017.

If there are any important updates, your Thomson Holiday Rep will let you know when you arrive on holiday.
THINGS TO DO

Transfer Ticket Combi With Half-Fare Card

Your "Combi Ticket", the train ticket used on your transfer to and from the airport at the beginning and end of your holiday, is also valid for discounted travel during your stay. It will provide you with a 50% reduction on various mountain lifts, rail and boat travel during your stay, and a reduction on multi-day passes. All prices quoted for tickets and passes sold by your in-resort Holiday Rep include all relevant discounts. You'll need to show your pass, so make sure you always carry it with you.

Sightseeing, museums and culture

Ballenberg Open-Air Museum

Located just outside of Brienz is the Ballenberg Open-Air Museum. Here you can step back in time as you walk through Swiss history, landscape and architecture, it is a great way to see historical farm homes, barns and the way of life from past centuries.

Buildings have been dismantled piece by piece from other parts of Switzerland and resurrected in this open air outdoor museum. You can wander around the land and you'll find some of the craftsmen performing their trade so you can see history come alive. You'll find farm animals, gardens, cheese and even sausage smoking.

See the section on Ballenberg in the "Days Out" section of this Info Pack for more information.

Jungfrau Tourism Museum

In Unterseen the old town of Interlaken you will find the Jungfrau Museum which dedicates itself to showcasing over 250 years of tourism development in the region.
Open Tuesday - Sunday 2pm - 5pm Adults CHF5 or CHF4 with Guest Card. Children CHF2

Heimwehfluh Funicular

This nostalgic funicular train will take you gently to this quiet family friendly viewing point. You can also come down in the Summer toboggan run.

The top of this funicular is the quieter alternative to the Harder Kulm with a slightly limited view over Interlaken and Lake Thun. The Heimwehfluh includes a panorama restaurant, children's play area, large scale model railway and a summer toboggan run back down to the bottom. There are also short, less challenging walks.

A combination ticket for the Heimwehfluh, model railway show and decent by toboggan run is 23CHF for adults and 14CHF for children (6 to 16 years old). All elements can be purchased separately as well.
Sightseeing Train

The Bödelibahn sightseeing train takes you on a half-hour journey through the towns of Interlaken, Unterseen and Matten. It has audio guiding with interesting facts and figures about the castle, the Tell Open-air Theatre, the Hardermannli, the Aare river, the old town of Unterseen, and other interesting facts about the Bödeli plain. The train starts at the Kursaal Park (Where the Paragliders land).
It costs 9CHF for adults & 5CHF for children (4-12 years)

Chocolate Making Workshops

In the Funky Chocolate Club located in central Interlaken you are supplied with aprons, chef hats and all the ingredients, ready for the professional chocolatiers to share with you the techniques, tips and tricks of chocolate melting, pouring and filling molds. You will leave with your self-made chocolate creations as well as your newly-acquired interesting facts about the origin, history and production of high-quality chocolate.
Cost 65CHF for an adult and 59CHF for children (4-14 years old)

Coffee with a view

Head to the top of the Metropole for fabulous views over Interlaken and of both lakes. At the top, you will also find a panoramic restaurant so why not treat yourselves with some coffee and cake in the restaurant with quite literally the best view in town. You can almost touch the paragliders as they make their way down to land on the Hohe-Matte.

Local markets

The markets in Interlaken are infrequent and are only advertised monthly.

The more regular markets are held in the nearby town of Thun. There are weekly markets every Wednesday and Saturday as well as a farmers market every Saturday. In addition there is a flea market the first Saturday of every month and on the fourth Saturday a craft market.

Rainy Day Activities

Why not visit Bern where you can stay covered under the arcade lined streets. It’s just under an hours train ride away. Further details on Bern can be found in the Days Out section. Tickets can be purchased from your Holiday Rep.

A day trip to Lucerne is another viable option when the heavens have opened. It’s just under a 2 hour scenic train ride away on Switzerland’s famous Golden Pass line. In Lucerne you could visit the transport museum and see the drill which dug the Channel Tunnel or visit the Lindt chocolate exhibition there. There is also an IMAX theatre next to the museum. Lucerne also has a Glacier Garden museum which is covered and therefore perfect for exploring on a rainy day.

You also have the option of making your way down to Interlaken West and catching the boat to Thun. You can enjoy the 2 hour 20 minutes boat ride to Thun under the covered sections of the boat. The lake still offers atmospheric beautiful scenes in the mountain cloud and rain. In Thun you can visit the castle, church museum and have a browse in the many shop lined streets. You then have the option of catching a boat, bus or train back to Interlaken.
If you want to escape the rain you could hide away in the 'St Beatus Caves' The 21 bus stops outside or you can catch the boat from Interlaken West.

If you want to have a bit of exercise and maybe visit a Swiss spa you could pay 25chf for a pool and spa pass to Boedelibad. It is located on the Harder Kulm station side of the river behind the Casino.

Another natural beauty to visit on a rainy day would be the Aare gorge at Meiringen which is called Aareschluct. your Holiday Rep can give you directions on how to get here and sort you out with the appropriate train ticket.

Events and concerts

Greenfield Festival
8th-10th June 2017

A major modern music festival, Greenfields takes place in the open ground near the aerodrome in Wilderswil. Top of the bill this year are Green Day and Blink 182, but there are dozens of other acts performing so you'll be sure to find something to get you rockin'. A three-day pass costs 208CHF and a 2-day pass costs 160CHF.

Trucker & Country Festival
23rd-25th June 2017

New and Old World crash together in this remarkable jamboree that brings line-dancing hoedowns from the American West into the heart of the Alps. Over 1,500 trucks will make a whole town of festival stalls, country music and lots of clinking spurs and cowboy hats.

Montreux Jazz Festival
30th June-15th July 2017

While not in Interlaken itself, the Jazz Festival is nonetheless a major event that attracts all of Switzerland and is reachable from this resort. With various free concerts as well as the main paid for events such as The Pet Shop Boys, Tom Jones, Royal Blood, The Kills, Kasabian and many more. Ask your Holiday Rep for a full programme, they can arrange your return train tickets to Montreux and provide you with train times.

Street Artists Festival
28th - 30th July 2017

Enjoy all kinds of international artistes including acrobats, jugglers, magicians, comedians & musicians at the Street Artists Festival Interlaken – hourly shows and play areas bring excitement and fun for all the family. Children with parents even get free popcorn!

Swiss National Holiday
1st August 2017
Anniversary of the Federal Charter of 1291. A whole day of activities distinguishes this auspicious occasion, from paraglider flybys, folklore costume parades, a lantern parade for children, open air concerts and of course a spectacular fireworks display to cap the night off. Ask your Holiday Rep for a timetable of particular events.

Breinzersee Rockfestival
3rd-6th August 2017

Back for its 30th show, the Lake Brienz Rock Festival is a great occasion to let your hair down at a smaller but more accessible show than the packed-out Greenfields and an opportunity to get away from the music you've heard a hundred times on the radio already and find some new tunes. From 4th-6th there are also daytime concerts too with shows starting at 12.30pm (11.30pm Sunday) so you can get over to Brienz and rock out without having to skip dinner in the evening or make special arrangements to get home.

Inferno Triathlon
19th August 2017

The summertime counterpart to the (in)famous mass ski race involving over three miles of vertical ascent. This is one of the toughest triathlons held and a real iron-man challenge, involving a two-mile swim across Lake Thun, 75 miles of biking, and then 15 miles of running up to the peak of the Schilthorn - anyone who can complete it is a hero. For spectators, the swimming will end at the Lake Thun village of Oberdorf, the road bike phase of the race will pass through Interlaken before continuing up to Grindelwald, taking mountain bikes past Kleine Scheidegg and Wengen down into Lauterbrunnen, before running up to Murren and Schilthorn.

Unspunnen
23rd August-3rd September 2017

A truly special occasion - Unspunnen only takes place once every 12 years, and this year it returns. The festival goes all the way back to 1805, where it was conceived as a method to bring the disparate, antagonistic worlds of City & Country back together again amidst the strains and disruptions caused by the Napoleonic Wars and the Helvetican Revolution. Today, it's one of the largest folk festivals in the world. Wrestling competitions, musical galas, costumed parades, street banquets, flag tossing and mean that you'll leave Interlaken more Swiss than the locals! Particular highlights include the Unspunnen-Schwinget wrestling tournament on 27th August on Hohematte, the Folk Music Gala from 8pm until late on 2nd September, and the Grand Parade 10am-12noon between Interlaken West and Ost stations on 3rd September.

Das Zelt Chapiteau Circus
25th August-10th September 2017

The circus is coming to town! The big top will be set up in the Hohematte. Although mostly a venue for stand-up comedy acts in German-language, so perhaps not the most accessible to visitors, there is nonetheless a universal language in music with a live concert of rock-alpine fusion on 6th September, which will be sure to be a unique experience.

Brienz Lumberjack Festival
1st-2nd September 2017

Competitive woodcutting is not perhaps the most mainstream sport, but that only makes it all the more fascinating. Speak to your Holiday Rep and book a ticket for the Lake Brienz ferry and spend a day where Brienz - already a town famous for woodcarving - gets to strut its stuff to an international audience with shows and charming rural contests.

**Jungfrau Marathon**

8th-9th September 2017

A marathon itself is hard enough - try doing one with a climb of 1839m to contend with at the same time! Athletes from all over the world tackle this epic feat of stamina to Kleine Scheidigg with the Jungfrau, Monch and Eiger as their backdrop.

**Walking**

There are a variety of different beautiful walks to do around Interlaken. Take a look at 'Our recommendations' page for ideas of gentle walks and more strenuous hikes. Or just ask us for some more of our favourite walks.

**Culture and History Walking tours**

On these afternoon walking tours you are guided by a local expert around the part of Interlaken you might not have discovered by yourself. You can choose between the Story of Switzerland tour or the Food and Culture tour.

The Story of Switzerland tour takes a look into banking, the watch industry, the Swiss national hero William Tell and the foundation of Switzerland and offers exclusive access behind the scenes at the Tellspiele (Interlaken's open air William Tell theatre) and the Tourist Museum Unterseen.

Every Tuesday, Thursday and Saturday at 1:45pm from the post office, it lasts around 2.5 hours & costs CHF39
Booking is required, please ask your Holiday Rep for more info.

The Food and Culture tour takes you to a specialty cheese tasting, a small chocolate factory, a local wood carver and to one of the only 4 working farms remaining in Interlaken, on this tour you can both taste and learn about the area.

Every Monday, Wednesday and Friday. The tour starts at 1:45pm from the post office and lasts around 3 hours & costs CHF45
Booking is required, please ask your Holiday Rep for more info.

*Remember to take your guest card with you on both of these tours*

**Walk the river**

If you want to spend the day in Interlaken it is well worth having a walk along the river Aare that runs from Lake Brienz through the centre of Interlaken and out to Lake Thun. If you follow it along you will also find the 2 historic bridges which lie on the border between Interlaken and
Cycling

Some hotels in Interlaken have free bike hire available but if you need to hire elsewhere or want a better quality bike there are several places to hire:

- **Flying Wheels:** On the corner of Hohematte behind the Swiss Mountain Market store. The shop is open until late - 9pm in June, 10pm July/August - so you have the freedom to take a long excursion if you like, or just wait until after dinner to take it back, you don't need to rush back to return your bike. Guided bike tours for various skill levels are also available from this shop. The widest range of bikes are available here including tandem bikes, E-Bikes, touring bikes and mountain bikes, with child-size bikes or baby trailers also available. Prices vary across categories but range from 35-55CHF for a day's hire.

- **Eiger Sport:** On Scheidgasse across the street from the Restaurant Baren, near the Chalet Swiss accommodation. Open 8.30am-12pm & 1.30pm-6.30pm Monday-Friday, 8.30am-4pm Saturday; during July to mid-August, runs without a lunch break during the week. Eiger Sport's opening is less convenient but it is cheaper than Flying Wheels, with 30CHF one-day hire.

- **Rent-a-Bike:** Inside the Interlaken West train station, entrance next to the flower shop outside. Open 9am-6pm Monday-Friday. Bikes of various categories are 35CHF for a day's hire, E-Bikes are available at 54CHF for a day's hire.

Take a look at 'Our recommendations' for some ideas about exploring by bike. If you want more ideas of trails just ask your Holiday Rep.

Activities

Guided Scooter ride

This activity is suitable for all ages and requires no previous experience. You will take a gondola ride into the mountains into a small town that has 5 houses, here you will be guided down the mountain on the scooters through the forest, if you like you can even have a fondue dinner. The trip lasts 2.5 hours and leaves daily at 4.30pm and costs 49CHF without and 79CHF with the fondue dinner. Booking is required.

Paragliding

Take off from Beatenberg and fly back down to Interlaken. The flight time will be around 20 minutes with a pilot who will take you on a journey with amazing views of the Jungfrau Region and Mountains. If you want a thrill they can also do some spins with you. Outdoor Interlaken will come and collect you from the hotel and drop you back after.

Cost 170CHF
Ask your Holiday Rep for availability.

Seilpark

The Seilpark Interlaken is a forest adventure of wooden bridges, tarzan swings and zip lines. 8 courses of varying difficulty and height provide an exciting day out for beginners and adrenaline
seekers there are more than 90 different challenges from ground level up to 20 meters in height. You will be equipped with everything you need and given safety instructions for a fun-filled day. It will last between 2.5 and 3 hours. It is located about a 10 minute walk from Interlaken West. Cost 39CHF for an Adult. Ask your Holiday Rep for more information.

Water Activities

River Rafting

There are differing levels of difficulty to choose from but there is something for every level. You can take a gentle raft all the way to the exhilarating white water rafting. Where you head straight from the start below the Eiger North Face, with continuous class III-IV rapids you will surge down the mountains and out into the Interlaken valley and Lake Brienz.

Boat Hire

Bootsverleih Brienz is right next to the train station in Brienz. There, you can hire motorboats (30CHF for 1/2 day), pedalos (20CHF for 1/2 day), and rowing boats (14CHF for 1/2 day). Anyone who has bought a Berner Oberland Regional Pass also gets a 20% discount on the price - ask your Holiday Rep and they can arrange one for you.

The Segelschule Neuhaus-Thunsersee is next to the Hotel Neuhaus. This is where you can go for more dedicated sailing, with small Laser dinghies to multi-crew Surprise yachts. Rental prices are 40CHF per person, per three-hour rental period. If you want to hire a larger boat it is best to reserve in advance, call +41 (0)79 639 5063.

You can also arrange hire of canoes, kayaks, paddleboards and other watercraft through our activity supplier, Outdoor Interlaken - speak to your Holiday Rep to arrange a session.

Swimming

There are several places along the shore of Lakes Thun and Brienz where you can go swimming in the Lake - the most popular jumping-in point is Neuhaus on the shore of Thun which has toilets and a barbecue area, but bear in mind what water can be choppy here when the winds pick up.

There are also several public pools in and around Interlaken & Bonigen.

- **Bodelibad**: Centrally-located in Interlaken, this is just on the other side of the river Aare from the Interlaken Congress Centre behind the Victoria-Jungfrau hotel. The Bodelibad has both an indoor and an outdoor pool, and also has spa facilities. It is open 9am-6pm daily. Admission 10CHF adults (25CHF for spa), 5.50CHF under-17.

- **Strandbad Bonigen**: close to the Seehotel Bonigen, walk over to the ferry port then cross the small footbridge behind the trees. This has an outdoor lido but also has a beach for lake swimming and playground for children, and the café has a sun-deck on the roof, and has luscious surroundings. It is open 10am-8pm daily (7pm after mid-August) Adults 6CHF

- **Naturstrandbad Burgseeli**: A hidden gem, this small natural lake is out of the way in the village of Goldswil, behind the hill with the church that you can see from Interlaken Ost station. It takes about half-an-hour to walk there, or take public bus no. 102. It's well worth a
trip though, because in addition to its leafy surrounds and large space to swim in, it's fascinating to be in a lake that's suspended on the cliffs above Lake Brienz itself, like you're swimming in air.

**Eating out**

Interlaken has one of the widest selections of traditional and international cuisines in the whole of Switzerland. In Unterseen you will find good traditional and Italian restaurants with a medium budget price range. The old town square has a nice and relaxing atmosphere.

The main street from Interlaken West train station along until the central roundabout has many large restaurants offering a lower priced menu. The Marktplatz and streets surrounding the central roundabout have many international restaurants ranging from Italian, French, Spanish, Mexican, Korean, Indian, Chinese, Thai as well as a Japanese Bubble Tea Bar. Restaurants facing out towards the Hohematte give views toward the Jungfrau. Restaurants in this area cater for all budgets.

**Recommendations:** Budget Option £ Affordable ££ A treat £££ Splash out ££££

**Along the Hoheweg (Highstreet)**

Johnny's Pub & Grill – Typical good quality pub food mainly consisting of meat based dishes. Good for a reasonable priced and relaxed dinner. Attached to the Hotel Carlton Europe looking towards the Harder Kulm. Tel: +41 (0)33 821 61 09 £

Taverne Restaurant at the Hotel Interlaken – Located in Interlaken's oldest hotel this restaurant serves a mixture of traditional and international dishes in a comfortable and friendly atmosphere where old meets new. Tel: Tel: +41 (0)33 826 68 68 £££

La Terrace offering innovative dishes such as roasted scallops with carefully selected wines to compliment. Meal prices start from 54-68CHF. Tel: +41 33 828 28 28 ££££

Grand Cafe at the Hotel Hapimag – Nice open terrace looking over the Hohematte and towards the Jungfrau. Good fresh a la carte dinning accompanied by a good traditional Swiss selection. Tel: +41 (0)33 828 91 00 £££

Hooters – Well known American diner chain that has managed to secure its self the best views of the Jungfrau. Baskets of curly fries, wings, hot dogs and burgers. Tel: +41 (0)33 822 65 12 £

Hotel Victoria Jungfrau – The Victoria Jungfrau has 4 restaurants and a further 2 bars. The grandest hotel in Interlaken located at the centre of the Hoheweg with superb views of the Jungfrau. This hotel is the perfect place to celebrate a special occasion. Keep an eye out for the lunch time specials as these are a great and more affordable alternative to the evening menu. Tel: +41 (0)33 828 28 28 ££££

Top o'Met, Hotel Metropole – One of Interlaken's highest restaurants giving diners panoramic views across the town, lakes and mountains. A great place for a special moment. We
recommend that all customers check out the views even if it's just for a coffee and piece of cake. Tel: +41 (0)33 828 66 66 ££

Cafe Schuh – Handmade confectionary and chocolates as well as lunch and dinner. The terrace runs straight out on to the Hohematte with views of the Jungfrau, Schynige Platte and the bustling Hoheweg. Tel: +41 (0)33 888 80 50 £££

Da Rafmi at the Hotel Weisses Kreuz – Italian restaurant, we highly recommend the pizzas here. On the Hoheweg between the Hohematte and the central roundabout. Tel: +41 (0)33 826 03 50 ££

At the Marktplatz (Market Place)

Ox Restaurant & Grill – Located on the Marktplatz. Serves high quality meat dishes cooked from locally sourced cuts on open flames. Menu changes daily. Dishes complimented by an extensive drinks menu. Tel: +41 (0)33 828 12 20 £££

Chalet Oberland – Traditional Swiss cuisine in a very central location. One of the more affordable traditional restaurants. Tel: +41 (0)33 827 87 87 ££

The Cafe de Paris is another favourite. Located between Interlaken West and Ost station, it offers tasteful French cuisine and on a warm day or balmy evenings lunch and dinner can be enjoyed outside under the canopy. Ranging from 14-49CHF. Tel: +41 (0)33 821 69 10 ££

Between Centralplatz & Interlaken West

Piz Paz – Popular Italian restaurant on the corner of the central roundabout. Caters for people requiring a gluten free diet. Tel: +41 (0)33 822 25 33 ££

Brasserie 17 – Friendly bar with sport on the big screen and occasional live music. This is a great place for a good beer and light bar meal. Located off the central roundabout. Try the wings and ribs. Tel: +41 (0)33 822 32 25 £

McDonald's – Yes, there is a McDonald's in Interlaken. But who can argue against a cheap bite to eat when you're hungry. Located opposite the Post office just off the central roundabout. £

Bebbis – Cheerful large restaurant with varied cuisines which caters for all tastes. Great value for money restaurant located near Interlaken West and you can expect an extremely friendly service. Tel: +41 (0)33 821 14 44 ££

Aarburg is a quaint, family-run restaurant offering tradition Swiss cuisine from rosti to Fondue and is centrally located looking out on the River Aare. Meal prices are between 20-29CHF. Tel: +41 33 822 26 15

Outside the centre of Interlaken

Baren Grill (Untersee) – Traditional in all the senses. Food, decor and friendly local staff. Number one recommendation for the authentic Swiss dining experience. Tel: +41 (0)78 764 99 98 £££

Little Thai (Matten) – Located in the backpacker area in Matten this affordable small restaurant offers some great Thai cuisine. Treat your selves to some great starters as well as some tasty main dishes. Tel: +41 (0)33 821 10 17 ££
The 3 Tells Irish Pub (Matten) - Located a few doors down from Little Thai restaurant you will find this great value pub. On a Tuesday they do a popular evening offering 2 for 1 on fish and chips. You will tourists and locals enjoying their evening here. ££

Lake Dinner Cruises – Throughout the summer on Lake Brienz ad Lake Thun there are a number of different dinner cruises that give you the opportunity to enjoy some great food and views as you sail across the lake. Check with your Holiday Rep for details of cruises running whilst you are in Interlaken as requires booking.

If you would like us to book any of these restaurants on your behalf don't hesitate to ask your Holiday Rep.

Our Top Tips:

- Water is fine to drink from the tap. However, if you order water in a restaurant without ordering another drink you may be charged for the water.
- If you are out for lunch and do not want a full meal, ask the restaurant if you can share a plate, or for an extra set of cutlery.
- Tipping Culture: If you plan to go for a meal then the service is included in the price of the meal. Tipping of the hotel staff is at your discretion.

Swiss words and phrases

We've put a few words and phrases in here to get you started on your holiday.

- Hi/Bye - ciao
- Good morning/evening - Guete Morge / Gueten Oobe
- Goodbye - Uf Widerluege / Ciao / Tschüss / Bis später / Sali / Adieu
- How are you? - Wie goots Ihne?
- I'm fine and you?- Dangge, guet, und Ihne?
- Where is the toilet? - Wo isch d'Toilette?
- How much is it? - Was koschtet das?
- The bill - die Rechnung
- A stamp - Eine Briefmarke
- Ticket - ticket
- Single - Einzelfahrt
- Return - Rückreise
- Beer - Bier
- Wine (red/white/rose) - Wein (Rot/Weiss/rose)
- House wine - Hauswein
- Water (still/sparkling) - wasser (naturale/frizzante)
- Please  Bitte
- Thank you - danke
- Left - Links
- Right - rechts
- 1 - Eis
- 2 - Zwei
- 3 - Drüü
- 4 - Vier
- 5 - Feuf
- 6 - Sächs
- 7 - Sibe
- 8 - Acht
Fun Facts

We have put together a few fun facts about Interlaken for you to have a read through.

- 'Interlaken' is Latin and translates as 'between the lakes' as it is situated in the middle of Lake Brienz and Lake Thun. It was once called 'Aarmühle' which means 'mill on the River Aare'.
- Lake Brienz is the deepest lake in the Bernese Oberland and the 4th deepest in Switzerland.
- The River Aare that runs through Interlaken joining Lake Thun and Lake Brienz is the longest river to begin and end in Switzerland.
- There are a grand total of 1,211 different walking trails in and surrounding Interlaken. It is a popular destination for walking and hiking routes cherishing some stunning scenery of lakes and mountains.
- There are 26 Cantons in Switzerland that all have their own governments and courts. Interlaken belongs to the Canton of Bern symbolised by the bear.

The information on this page was last modified on 19 June 2017.

If there are any important updates, your Thomson Holiday Rep will let you know when you arrive on holiday.