



## **INTERLAKEN – the perfect departure point for active leisure and pleasure**

No other Swiss resort can offer such a vast variety of active leisure attractions within a radius of only 20 kilometres. The resort was given two lakes – both superb spots to enjoy an active Interlaken vacation. Lovely Lakes Thun and Brienz offer an appealing array of water sport attractions, including sailing, surfing, swimming and diving. A variety of sailing, surfing and diving schools mean that even inexperienced water rats can safely enjoy aqua-fun. A fleet of ships ply the emerald waters, including two lovingly restored lake steamers offering pure nautical nostalgia. Perfect for those who like to combine rest and recreation! As a captivating contrast to the two lakes, Interlaken also boasts a magnificent mountain world. The mighty Eiger, Mönch & Jungfrau seem almost close enough to touch and other imposing peaks provide hours of happy hiking along a wide network of well-maintained paths. The glorious glacier village of Grindelwald is a mere 20 km away, ideal for challenging mountain climbing or Alpine glacier hikes.

Interlaken is a paradise for all pedal pushers, from cycling beginner to mountain biking buff. Two national cycling routes pass the town and even inexperienced cyclists will enjoy well-marked tours such as the superb stretch along the shores of beautiful Lake Brienz to the Giessbach Falls. The region is also bliss for mountain bikers. Cycling connoisseurs say that the tour from Interlaken along Lake Thun via the “Grön” to Beatenberg is one of the most beautiful biking tours in Switzerland.

Interlaken also offers a complete range of popular adventure sport activities. Local topography makes it possible to relish that amazing rush of pure adrenaline in the air, on land or on water. In recent years, Interlaken has become a Mecca for paragliders and hang gliders, with the surrounding mountains providing many excellent, easily accessible take-off points. Skydiving offers would-be ‘high-fliers’ an even better birds-eye view of spectacular Alpine scenery. River rafting, canyoning and hydrospeeding fans can experience the cool element on the region’s rivers. Zorbing – rolling downhill inside an inflatable transparent plastic ball - is an exciting, action-packed experience. An 18 hole golf course, with an overall length of 6’110 metres and splendidly situated alongside the Weissenau Nature Reserve on the shores of Lake Thun, rounds off Interlaken’s amazing array of recreational attractions.

**Contact:** Interlaken Tourismus, Patrizia Pulfer, Manager Media Relations  
Höheweg 47, CH – 3800 Interlaken, Phone + 41 (0)33 826 53 06, Fax +41 (0)33 826 53 90  
[patrizia.pulfer@interlakentourism.ch](mailto:patrizia.pulfer@interlakentourism.ch), [www.interlaken.ch](http://www.interlaken.ch)

## Adventure Travel Destination Interlaken

### Activities

#### 1) Bungee Jumping

Dive into a canyon in free fall, dare a giant leap out of a gondola. On the menu are two à la carte jumps: the glacier bungee jump at 86m or the Stockhorn jump at 134m. Both jumps are served with a guarantee of breathtaking views.

**Information:** Alpin Raft, Outdoor Interlaken

#### 2) Canyoning

Canyoning is one of the most impressive of all adventure sports and extremely popular. Gorges around Interlaken are ideal for beginners and also amaze canyoning addicts.

**Information:** Alpin Raft, Outdoor Interlaken

#### 3) Canyon Jump

Attached to an 85m long rope, people jump, free fall, and then swing at high speed through the narrow glacial canyon: scary but awesome.

**Information:** Alpin Raft

#### 4) Paragliding School

Why not learn paragliding skills at one of the local flying schools? Taster, basic or advanced courses are offered by our professional flying schools.

**Information:** Flying School IKARUS, Chill out Paragliding World Interlaken, AlpinAir Paragliding School, Skywings Flying School

#### 5) Paragliding / Hanggliding

Thanks to tandem flights paragliding can be ultimate freedom for everyone. Get a whole new perspective on the stunning scenery while sweeping softly down to the valley in the heart of Interlaken with a licensed tandem pilot.

The classic flights:

- Big Blue (the sensational): Beatenberg – Interlaken, 800m alt. difference, average flight time 10-20min, trip time 1.5h
- Sunset: Schynige Platte – Interlaken, 1300m alt. difference, average flight time 20-40min, trip time 2.5h
- Double Air Time: Beatenberg – Interlaken, 800m alt. difference, average flight time 30-60min, trip time 2h

**Information:** Alpin Center, Paragliding Interlaken, Twin Paragliding, Skywings Adventures, tandem-flights.ch, Hanggliding Interlaken, AlpinAir, Star Paragliding

#### 6) River Rafting

Action is guaranteed for our guests when they raft down a rushing mountain river in a rubber dinghy, kitted out with life jacket and oars. This trend sport is all the rage with Interlaken's vacation visitors.

**Information:** Alpin Raft, Outdoor Interlaken, Swissraft

**Contact:** Interlaken Tourismus, Patrizia Pulfer, Manager Media Relations

Höheweg 47, CH – 3800 Interlaken, Phone + 41 (0)33 826 53 06, Fax +41 (0)33 826 53 90

[patrizia.pulfer@interlakentourism.ch](mailto:patrizia.pulfer@interlakentourism.ch), [www.interlaken.ch](http://www.interlaken.ch)

### 7) Rope Park

In the natural arena of the Rugen woods our guests experience the forest from a new perspective. The adventure rope park features up to eight different rope trails connecting over 50 platforms on a height of four to fourteen meters. Various degrees of difficulties allow for children from the ages of twelve and adults of all ages to test their agility and fitness in a new unexpected way. Professional guide will help their guests along.

**Information:** Outdoor Interlaken

### 8) Sky diving

Take a high dive, above the clouds and in free fall...This is sky diving. Several local companies offer this exhilarating sport, breathtaking bird's-eye view and adrenalin rush included.

**Information:** BOHAG, Skydive Interlaken, Skydive Switzerland, Skydive Xdream

### 9) Zorbing

Whether summer or winter – Twist down over meadows and fields in a transparent plastic ball.

**Information:** Alpin Center

### 10) Ice Climbing

Glistening blue crevasses, eerie ice sculptures, awe-inspiring walls of solid ice – our glacier world is absolutely unique. Discover frozen fascination, accompanied by a mountain guide and kitted out with crampons, ice picks and ropes.

**Booking office:** Swiss Alpine Guides

### 11) Climbing

This trend sport is a brilliant method of body training, demanding agility, physical and mental strength and stamina. Whether you aim high in airy hall or in the natural world – climbing is a stimulating challenge for young and young-at-heart.

**Information:** Swiss Alpine Guides, Outdoor Interlaken, Mäx Climbing School, Beatenberg Tourism

### 12) Waterski / Wakeboard / Wakeskate

These trendy water sports put even the most wonderful winter dreams in the shade and quicken the pulse. Take to the turquoise, sun-kissed waves of Lake Thun or Lake Breinz.

**Information:** Hang loose, Waterski School Lake Thun, swisswake.ch

### Contact details / suppliers

<p><b>Outdoor Interlaken</b> Hauptstrasse 15 phone +41 (0)33 826 77 19 <a href="http://www.outdoor-interlaken.ch">www.outdoor-interlaken.ch</a></p>	<p><b>Interlaken Hostels &amp; Adventure</b> <a href="http://www.interlaken-adventure.com">www.interlaken-adventure.com</a></p>
<p><b>Skywings</b> 3852 Ringgenberg Adventures Interlaken Paragliding mobile +41 (0)79 266 82 28</p>	<p><b>skywings Flugschule (flight school)</b> Brandstrasse 206A CH-3852 Ringgenberg phone +41 (0)33 823 21 04 mobile +41 (0)79 311 15 60</p>

<a href="http://www.skywings.ch">www.skywings.ch</a> <b>Skydive Xdream</b> Postfach 46 CH-3805 Goldswil mobile +41 (0)79 759 34 83 <a href="http://www.justjump.ch">www.justjump.ch</a>	<a href="http://www.skywings.ch">www.skywings.ch</a> <b>Skydive Interlaken GmbH</b> Beat Schweizer Weieneggstrasse 11K CH-3612 Steffisburg phone +41 (0)33 222 58 48 mobile DropZone +41 (0)79 659 37 65 <a href="http://www.skydiveinterlaken.ch">www.skydiveinterlaken.ch</a>
<b>Skydive Switzerland</b> phone +41 (0)33 821 00 11 <a href="http://www.skydiveswitzerland.com">www.skydiveswitzerland.com</a>	<b>Flugschule IKARUS (flight school)</b> CH-3800 Interlaken phone +41 (0)33 822 04 28 mobile +41 (0)79 656 23 23 <a href="http://www.fly-ikarus.ch">www.fly-ikarus.ch</a>
<b>Hang Gliding Interlaken (Delta)</b> Tandem Hanggliding 3800 Interlaken/Matten phone +41 (0)79 770 07 04 <a href="http://www.hangglidinginterlaken.com">www.hangglidinginterlaken.com</a>	<b>Chill out Paragliding World Interlaken</b> Alpenstrasse 16 CH-3800 Interlaken mobile +41 (0)79 339 93 88 <a href="http://www.karieisenhut.com">www.karieisenhut.com</a>
<b>Twin Paragliding</b> CH-3800 Matten mobile +41 (0)79 622 51 00 <a href="http://www.twinparagliding.com">www.twinparagliding.com</a>	<b>Paragliding Interlaken GmbH</b> CH-3800 Interlaken phone +41 (0)33 823 82 33 <a href="http://www.paragliding-interlaken.ch">www.paragliding-interlaken.ch</a>
<b>Star Paragliding</b> Richard Dean CH-3800 Sundlauenen phone +41 (0)79 354 52 51 <a href="http://www.flystar.ch">www.flystar.ch</a>	<b>Beatenberg Tourism</b> CH-3803 Beatenberg phone +41 (0)33 841 18 18 <a href="mailto:info@beatenberg.ch">info@beatenberg.ch</a> <a href="http://www.interlaken.ch">www.interlaken.ch</a>
<b>Tandem-flights.ch</b> Patrick Reuter CH-3800 Interlaken mobile +41 (0)79 311 02 02 <a href="http://www.tandem-flights.ch">www.tandem-flights.ch</a>	<b>BOHAG</b> CH-3814 Gsteigwiler phone +41 (0)33 828 90 00 <a href="http://www.bohag.ch">www.bohag.ch</a>
<b>Alpin AC Center</b> Paragliding Tandem Flights phone +41 (0)33 823 55 23 <a href="http://www.alpinecenter.ch">www.alpinecenter.ch</a>	<b>AlpinAir</b> <b>paragliding school/Tandem flights</b> CH-3706 Leissigen phone +41 (0)33 847 01 00 mobile +41 (0)79 463 39 39 <a href="http://www.alpinair.ch">www.alpinair.ch</a>
<b>Contact details: Alpin Raft</b> 3800 Matten bei Interlaken phone +41 (0)33 823 41 00 <a href="http://www.alpinraft.ch">www.alpinraft.ch</a>	<b>Swissraft</b> Jungfraustrasse 72 CH-3800 Interlaken phone +41 (0)33 823 02 10 <a href="http://www.swissraft.ch">www.swissraft.ch</a>
<b>Wasserskischule Thunersee Gunten</b> CH-3654 Gunten phone +41 (0)33 251 44 66 <a href="http://www.wakeboardschule.ch">www.wakeboardschule.ch</a> <a href="http://www.wasserskischule.ch">www.wasserskischule.ch</a>	<b>swisswake.ch</b> Stefan Oswald Obere Stockteile 9 3806 Bönigen phone +41 (0)33 822 83 93

	<a href="http://www.swisswake.ch">www.swisswake.ch</a>
<b>hang loose</b> wassersportzentrum neuhaus 3800 Interlaken-Thunersee mobile +41 (0)79 233 52 28 <a href="http://www.surfshop-hangloose.ch">www.surfshop-hangloose.ch</a>	<b>MÄX</b> Indoor & Outdoor Climbing Jungfraustrasse 44 3800 Interlaken phone +41 (0)33 821 28 22 mobile +41 (0)79 541 07 21 <a href="http://www.kletterschule-interlaken.ch">www.kletterschule-interlaken.ch</a>
<b>Swiss Alpine Guides</b> Postfach 29 CH-3800 Matten-Interlaken phone +41 (0)33 822 60 00 <a href="http://www.swissalpineguides.ch">www.swissalpineguides.ch</a>	<b>Interlaken Tourism</b> Höheweg 37 CH-3800 Interlaken Phone +41 (0)33 826 53 00 <a href="http://www.interlaken.ch">www.interlaken.ch</a>