



## 10 good reasons to visit INTERLAKEN:

### → The unique location

Interlaken is located at 568 metres above sea level, in the centre of Switzerland - and thus of Europe - between Lakes Thun and Brienz in the Bernese Oberland. Interlaken has excellent rail and motorway links with Zurich, Geneva, Basel and Bern airports as well as with major cities both inside and outside Switzerland.

### → The healthy climate

One of Interlaken's most important assets is its healthy climate; although subalpine, it is nevertheless mild; sudden changes in temperature, damp fog and biting winds are seldom. The extensive deciduous and coniferous forests surrounding the resort, as well as the two lakes and nearby glaciers have a balancing affect.

### → The traditional hotel industry

Guests will find a choice of overnight accommodation in some 55 hotels, guest houses and hostels offering a total of over 4,300 beds. To this can be added around 1,000 beds in holiday homes, modern apartments and cosy, rustic-style rooms. The 7 camp sites in the area between Lake Thun and Lake Brienz can accommodate up to 6,000 guests in the summer season.

### → Interlaken – the perfect congress resort

The new congress hall of the Casino Kursaal Interlaken AG opened its doors on 1 May 2010. Until then, the existing rooms had offered space for events of all kinds with up to 1,300 persons. The new building delivers additional capacity; from May 2010, another 1,200 persons (concert seating) or 600 persons (seminar seating) have been able to use the congress hall as a venue for all types of meetings. All congress rooms are equipped with the latest technology and are within 5 to 8 minutes walking distance of every hotel.

### → So much choice in a small area

Mild lake shores, a high-Alpine glacier world, quietly flowing rivers and streams, thundering waterfalls, simple hostels, modern first-class hotels, pure recreation, excitement and adrenalin. And between all these contrasts a wealth of touristic diversity lies waiting to be discovered...



### → Sightseeing and entertainment

The Höheweg, the business and social heart of Interlaken, is a 700-metre-long boulevard with hotels, souvenir shops, cafés, fashion, watch and jewellery stores, many green spaces and extensive flowerbeds.

The Kursaal, built in 1859 and renovated in 1968, is where people meet, listen to concerts, play boules, enjoy theatre evenings or simply stroll through the impressive park with its colourful flower clock and nostalgic gas lighting. Young and young at heart have a good time in the numerous bars, discos and nightclubs.

### → The attractive excursion options

Interlaken, the 'gateway to the Jungfrau' offers an almost unlimited choice of excursions: the Jungfraujoche – Top of Europe with Europe's highest-altitude railway station, the Schilthorn with the longest aerial cableway in the Alps and the Piz Gloria revolving restaurant, popular cruises on Lake Thun and Lake Brienz, the much-visited St Beatus Caves, the Ballenberg Open-Air Museum near Brienz and the many castles and ruins in the surrounding area.

### → Wide range of sporting attractions

Interlaken makes the hearts of all sports enthusiasts beat faster in summer and winter; cycling and mountain biking, high-Alpine tours, sailing, surfing, swimming, tennis, horse riding, golf, skiing, cross-country skiing, sledging and ice skating. But that's not all; Interlaken is also the European mecca of adventure sport. It's all on offer here, from paragliding and skydiving to river rafting, canyoning and zorbing. And all in a conveniently compact area!

### → Interlaken – the central winter resort

Interlaken is so much more than a splendid summer destination. Even at the coldest time of year, the resort scores points for its central location and attractively priced choice of accommodation. Fancy skiing in a top winter sport region while staying in an attractive small town? Interlaken makes it possible. The holiday resort is the ideal starting point for excursions into the Jungfrau Region's winter sports paradise. This seventh heaven for skiers, snowboarders, carvers, cross-country skiers, winter walkers and sledging fans is accessed by more than 45 mountain railways, aerial cableways, chairlifts and skilifts. A skibus takes guests in comfort to the bottom stations in this stunning region at the foot of the Eiger, Mönch & Jungfrau massif. The small but select ski areas of Beatenberg, Habkern and Axalp are ideal for families, and winter-walkers and



sledging fans will also be in their element, whether by day or night. A Snow Fun Park, countless piste-side snack bars and valley runs with stops at cool après-ski bars will make the heart of every winter-sports fan jump for joy! The range of winter-sport attractions is rounded off with an artificial ice rink, a curling hall and indoor tennis courts.

### → **Swiss hospitality**

The tourism professionals in Interlaken and the Jungfrau Region have a wealth of international experience. They not only understand how to open up the beauty of their holiday region to visitors but also care for their holiday region with the same dedication that they devote to the well-being of their guests. Swiss hospitality is at home in Interlaken; a fact the guest will feel when visiting the town.