



INTERLAKEN – what a wonderful world!

It is nothing extraordinary for a place to be on a river, a lake, or by the sea. But that it is situated between two lakes is practically unique. Interlaken can be proud of this unequalled situation between the Lakes of Thun and Brienz. However, the vicinity of the mountains and the view of the world famous trio of peaks, Eiger, Mönch and Jungfrau are equally a part of this holiday resort rich in tradition, in the centre of the Bernese Oberland holiday region.

The „Hoeheweg“ as a social and cultural meeting point

The hotels are spread out over the whole area of the resort; the Hoeheweg, however, is incontestably the centre. Along this boulevard which extends from Interlaken West to Interlaken East, with many hotels, restaurants, shops of all kinds, souvenir boutiques and ornamental flower gardens, the guests from all over the world meet, go for a saunter or drive by in carriages. The centrepiece of this street is the Hoehematte, where the vista opens out over the green meadow towards the mountains, with the unique view of the Jungfrau. A wide promenade with shady trees and restaurants invites you to linger.

The cultural focus point is the Kursaal, renovated several times since it was built in 1859, with its magnificent garden and the much admired flower clock. Evening entertainment, music concerts and theatrical performances in the wonderful art nouveau halls, and folkloristic events in the cosy „Spycher“ fulfil many desires. Those who want can try their luck at a game of „Boule“ or in the slot machine casino. Other discos, restaurants offering musical entertainment and bars are to be found all over the resort.

Alpine Shepherds' Festivals and Tell performances

The Alpine Shepherds' Festivals at Unspunnen in the years 1805 and 1808 represent the start of actual tourism on the Boedeli. In 1905 the centenary celebration reminded one of the „Spirit of Unspunnen“. After the Second World War, the tradition was taken up again. In 1946, 1955, 1968, 1981 and 1993 ten thousands of spectators experienced the Swiss national costumes - and alpine shepherds' festivals.



Schiller's dramatic play about freedom, „William Tell“, has been performed on the natural stage at the Rugen since 1912. After interruptions due to the two wars, since 1947 every summer between 30'000 and 40'000 spectators attend the open-air theatre of the native lay performers. Thanks to the roofed stand with 2200 seats, the 20 performances can take place in any weather.

Excursion centre of the Bernese Oberland

The main trump-card of the holiday resort Interlaken is its favourable location in the centre of the Bernese Oberland with all its sights. Interlaken, well opened-up by its rail and road connections, is the starting point for many excursions; be they boat trips on the Lakes of Thun or of Brienz, trips up to all the peaks which can be reached by mountain railways and vantage points of the Jungfrau Region or of the Lower Alps; be they railway trips to Lucerne, Berne, Montreux, etc., or bus trips over the alpine passes. Excursions to the highest railway station in Europe, to the Junfrauoch at an altitude of 3454 m.a.s.l., with its new glacier restaurant „Top of Europe“ and the excursion with the longest aerial cableway of the Alps, in the footsteps of 007 - James Bond, to the Schilthorn with its revolving restaurant „Piz Gloria“ and the 360° panorama of the spectacular mountain peaks are considered to be the highlights of every stay in this region. Of the further destinations for excursions only the Ballenberg open-air museum near Brienz, the Beatus caves, the Schynige Platte with its alpine garden and Erich von Däniken's Mystery Park shall be mentioned here.

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.

No other resort in the whole of stunning Switzerland offers such 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 6110 metres and splendidly situated alongside the Weissenau Nature Reserve on the shores of Lake Thun, rounds off Interlaken’s amazing array of recreational attractions.

INTERLAKEN as a winter holiday destination

Interlaken, the summer resort „par excellence“, now also provides the facilities proven over decades in winter. The wintertime guests of Interlaken benefit from favourable hotel rates and in addition have the possibility to select a different skiing area every day of their stay. The comfortable Interlaken Skibus brings the guests from Interlaken, as ideal starting point, in about 30 minutes to the bottom stations of the Jungfrau Ski Region, a grandiose winter sports area for skiers, cross-country skiers and hikers. Over 45 mountain railways, aerial cableways, chairlifts and skilifts open-up this region of superlatives. The winter sports facilities are rounded off by an indoor ice skating rink, a most modern curling hall and the tennis centre.

INTERLAKEN as a congress and convention centre

The favourable situation with regard to communications and access and the many good possibilities of accommodation made Interlaken a popular convention centre. The value of Interlaken as a congress venue increased when the Congress Centre was built in 1980 and when the Kursaal was converted to enable year round operation. The combination of the technically well equipped congress



halls with the stylish banquet rooms of the Kursaal provides the possibility to hold events with up to 2000 participants in an unforgettable atmosphere under one roof. The multitude of hotels with a central location, the abundant entertainment facilities, the gastronomically top grade restaurants, the manifold recreation and excursion possibilities make for a favourable ambience for successful congresses, conventions, seminars and major events of the most varied kind.

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