

## practical information

**How to get there:**

Half-hourly connections from Interlaken East (Ost); takes only 34 minutes! **Grindelwald has several railway stations:** Grindelwald Village Station, Grindelwald Grund Station (start of the Jungfrau-bahn), and Kleine Scheidegg Station (on the way to Jungfrau-joch). ① **Tourist office** (033 854 12 12) at the sports center (opening hours, ask at your hostel or check »www.grindelwald.travel @ Internet station at the sports center (Fun Factory 1<sup>st</sup> floor) and at the hostels (guests only).

**save money**

Ask for the **free visitor's card** which offers you many reductions!

www.grindelwald.ch  
www.berneroberland.ch  
www.backpacker.ch

## budget accommodation

Downtown Lodge, Dorfzentrum (033 828 77 30, closed Nov 1st–Dec 3rd) »www.downtown-lodge.ch; Grindelwald Youth Hostel, die Weid 12 Terrassenweg (033 853 10 09, closed Oct 25th–Dec 17th) »www.youthhostel.ch/grindelwald; Mountain Hostel, Grundstrasse 58 (033 854 38 38, closed Nov 1st–Dec 3rd) »www.mountainhostel.ch

**TIP!**

**Treat yourself to an exhilarating ride on the First Flyer – thrills and great time guaranteed!** Originated in the USA (where it is known as a Zip Rider) Grindelwald-First has **the only one of its kind in the whole of Europe!** Whizz down 800 metres at speeds of up to 84 km/h and a maximum height of 45 metres above ground. The First Flyer is open from Dec 11th 2010 until April 3rd 2011. A flight costs 25.–; there are combi-tickets available: i.e. up to First by cable-car, with the First Flyer down to Schreckfeld and from there back to Grindelwald, costs CHF 75.–.



The "velogemel" is unique to the area

**G**rindelwald is called "the glacier village in the Bernese Oberland". In the heart of the wonderful world of mountains, the village is surrounded by impressive "four-thousanders" and forms the entrance to an intact landscape that promises not only recovery and relaxation but also adventure and entertainment. Grindelwald's mountains are exceptional! The highest point is the peak of Moench (4107m above sea level), but the most famous one, of course, is the Eiger, with its impressive north face, a mountain which is monumental in mountaineering history! In winter Grindelwald belongs to the **top resorts for winter sport**. Its over 40 ski-lifts open up a total of over 200 km of ski slopes. Those not necessarily interested in skiing can walk through crunchy snow at sunny altitudes, race down hills on toboggans or Grindelwald Velogemels.

## highlights

Grindelwald can offer some of **the finest skiing and snowboarding in the Alps!** There's a huge variety of very attractive slopes (for all levels), and you can rent all the equipment (just ask at your hostel). And for snowboarders there is also a superpipe, a halfpipe, and a snowpark, not to be missed!

**Tobogganing** is a special winter experience, and there are lots of tobogganing runs in the Grindelwald area (sledge rental at Grindelwald Bus or at the sports shops in the village). **The longest run in the Alps** is the 15 km-long run leading from Bussalp down to Grindelwald with a descent of 1,600 metres! **Night-time tobogganing is a highlight!** This is possible on Bussalp and also Sulwald–Isenfluh. The Eiger Run on Alpiglen is flood-lit from Wednesday to Saturday. Also unique to the area is the «velogemel». You should try out this snow sport machine and see how much fun it

is! Every year velogemel world championships are held in Grindelwald.

But Grindelwald is also a top choice for **non-skiers**. There are plenty of winter hiking paths (over 100 km), snow shoe trails, and cross-country tracks. Or how about paragliding or snow tubing? Or do you prefer a romantic ride in a horse-drawn carriage?

And in case of bad weather, the **Sports Centre** offers a full range of alternative activities. There you'll find an indoor pool, sauna complex, solarium, fitness room, ice-skating, ice-hockey, a boulder room, Switzerland's first indoor rope park, game room, Internet café, a sports pub, the tourist office and more. The sports center is open daily.

**For excursions to the Jungfrau-joch and more about the beautiful Bernese Oberland see pages 14–16.**

## events

**Dec 31st** New Year's Eve parties everywhere.

**Jan 14th–16th** International Lauberhorn World Cup Ski Race, Wengen.

**Jan 17th–22nd** World Snow Festival. International artists design figures and sculptures out of metre-high blocks of snow.  
**Feb 6th** Velomegel (snow-bike) world-championship.

**Mar 1st–3rd** Skicross World Cup.

**Mar 5th** Horn sledge race.

## entertainment, fun &amp; parties

- **Mescalero Mexican Pub and Disco** (Hotel Spinne). The "in" place where you can dance until the early morning.
- **Espresso-Bar** (Hotel Spinne). This is a meeting point and party place for all ages. Tourists and locals meet at the bar.
- **Plaza Disco** (Hotel Sunstar). It's all about dancing until the early morning.
- **American Bar & Restaurant** (Hotel Alpenblick). Best burgers outside Texas! Pool-billiard, games, and a lot of sound.
- **Gepsi-Bar** (Hotel Eiger). A popular meeting point for locals too. Weekly live acts as well as special evenings.
- **Plagier-Bar** (Hotel Lauberhorn). Plagier-bar means bluffers-bar, open Thu, Fri and Sat.
- **Sport Pub** (in the Sports Centre). The sports person's pub, with an 11-metre Blue Bar, food and drinks, big screen sports TV, music and darts, until late.

## WINTER SPECIAL

**Grindelwald Youth Hostel offers:**

5 or 6 overnight accommodation (dorm) including breakfast, dinner and ski pass for the winter sports region of kleine Scheidegg / Männlichen / First.

Adults from CHF 479.50; youth (16–19) from CHF 436.50.–; children / youth (6–15) from CHF 362.–. Valid Sun–Sat, Jan 9th–29th 2011 and March 13th–April 3rd. Arrival on Sunday or on request.

**Notice:** Prices above incl. visitors tax and are for HI-members only. There's a surcharge of CHF 6.– per night for non HI-members (families CHF 12.–/night).

**Bookings** at Grindelwald Youth Hostel, +41 (0)33 853 10 09, grindelwald@youthhostel.ch

## 14 BERNESE OBERLAND – INTERLAKEN

### practical information



#### How to get there:

There are train connections from and to Zurich Airport (takes 2 h 20 min) and all major Swiss cities (i.e. 53 min from Bern and 2 hours from Zurich).

**Interlaken has two train stations** (1 West and 2 East [Ost]). West Station is near downtown; both provide foreign exchange, a hotel reservation board and travel information (mainly for the Jungfrau region), lockers, fast food. 3 Post office at Marktgasse 1; 4 **Tourist office** 4 at Höhweg 37 (033 826 53 00). Opposite West station you'll find a Migros supermarket with restaurant (Rugenparkstr. 1, second floor). @ Internet stations at all Backpackers and Hostels (in some, for guests only). Bahnhofstrasse/Höhweg is the main street. Launderettes at Wasch und Gletstübli Steiner, Spielmatte 10, Unterseen and at Self-Service Wash and Dry Schmocker, Beatenbergstrasse 5, Unterseen.



#### save money

Ask at your hostel for the **free visitor's card** which offers you many reductions!

[www.interlaken.ch](http://www.interlaken.ch)

[www.interlakenadventure.com](http://www.interlakenadventure.com)

[www.berneroberland.ch](http://www.berneroberland.ch)

[www.backpacker.ch](http://www.backpacker.ch)

### budget accommodation

5 Backpacker's Villa Sonnenhof, Alpenstrasse 16 (033 826 71 71) »[www.villa.ch](http://www.villa.ch); 6 Balmer's Herberge, Hauptstr. 23 (033 822 19 61) »[www.balmers.com](http://www.balmers.com); 7 Happy Inn Lodge, Rosenstr. 17 (033 822 32 25) »[www.happy-inn.com](http://www.happy-inn.com); 8 River Lodge, Brienzstr. 24 (033 822 44 24, closed Oct 10th–Mar 31st) »[www.riverlodge.ch](http://www.riverlodge.ch)

#### TIP!



Interlaken is perfectly positioned as the gateway into one of the most beautiful regions of Switzerland. This is the number one resort for **adventure and fun!** No other part of Switzerland has more adventure in store than Interlaken, hence most of the Swiss adventure companies are based here. The beautiful Bernese Oberland offers tons of outdoor activities – on land, in the air and in or on water (you can book outdoor activities at each hostel!). Read more about it (and about the region's natural wonders in and around Interlaken) on **page 16**, and see »[www.interlakenadventure.com](http://www.interlakenadventure.com)



Interlaken is the number one resort for adventure and fun

Interlaken is the heart of Switzerland's adventure activity scene, located in the center of the Bernese Oberland. The closeness of the mountains and the view of the three world-famous peaks Eiger, Mönch and **Jungfrau (Top of Europe)**, equally add to the beauty of the area. Excursions to the highest railway station in Europe, the Jungfraujoch (3,454 m / 11,333 feet), and to one of the most exclusive view points in the alpine world, the **Schilthorn peak**, can easily be made from here. Interlaken offers winter sport activities for skiers and snowboarders as well as non-skiers. You have the possibility to select a range of different areas. It's a winter sport paradise with over 200 km of prepared pistes, more than 100 km of winter walking paths and over 50 km of sledging trails. And Interlaken is the number one resort in Europe for **adventure and fun!** At each of the many backpacker hostels you can book outdoor activities. It is worth staying several nights here and enjoying the fabulous nature and some of the adventure possibilities!

### highlights

Interlaken is perfectly positioned as the gateway into one of the most beautiful regions of Switzerland. This is the number one resort for **adventure and fun!** No other part of Switzerland has more adventure in store than Interlaken, hence most of the Swiss adventure companies are based here. Resorts like Grindelwald, Wengen and Mürren can offer some of the **finest skiing and snowboarding** in the Alps! But not only skiers and snowboarders have a great time on the snow. For **non-skiers** there are plenty of winter hiking paths, snow shoe trails and cross-country tracks

and the adventure companies offer tons of other outdoor activities in the beautiful Bernese Oberland. You can book your adventure right at the hostel's desk or at »[www.interlakenadventure.com](http://www.interlakenadventure.com)

9 Interlaken's main street is the long "Höhweg", with a train station at each end (Interlaken Ost and Interlaken West). And the centrepiece of the Höhweg is the **Höhematte**, where the vista opens up over the green meadow towards the mountains with the unique view of the Jungfrau.

10 **Unterseen**, adjoining Interlaken north of West station, is an atmospheric village.

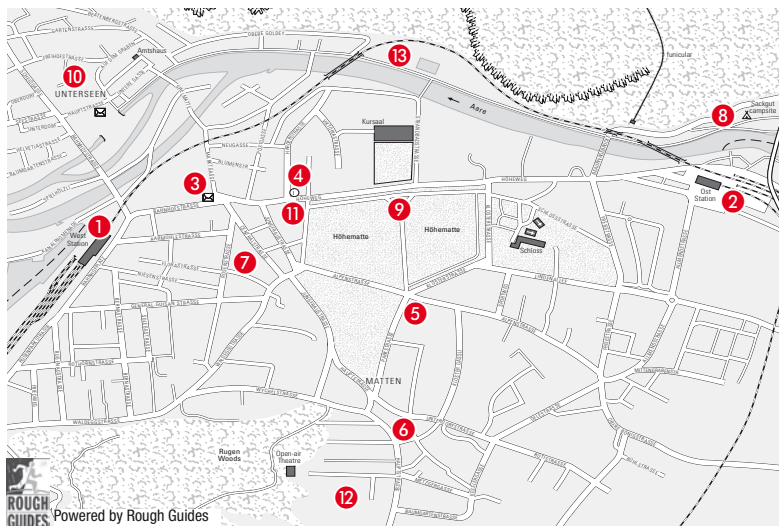
It houses some of the area's oldest buildings, and the square in front of the Amtshaus (municipal building) off Untere Gasse is particularly picturesque. You reach Unterseen by strolling along the Aare river.

11 See how chocolate is made and try your hand at becoming a chocolatier! The **chocolate show** is held daily at 5 and 6 pm at Grand Restaurant Schuh at Höhweg 56. Entrance fee CHF 14.80 (including chocolate voucher).

12 **Ice-skating** at "Eissportzentrum Bödeli", Tellweg 7, Matten (Tue closed).

13 **Indoor swimming pool** at "Hallenbad Bödeli", Unterseen (open daily).

Do you love to visit flea markets? There's a huge **indoor flea market** (40 rooms on 3 floors) just 9 bus-minutes from Interlaken (half hourly bus from Interlaken Ost until Goldswil Parkhotel). Open Mon–Fri 1.30–6 pm, Sat 11 am–4 pm, Sun 1–5 pm.



### WINTER SPECIAL



**Backpackers Villa Sonnenhof offers: CHF 10.– OFF on Sundays, Mondays and Tuesdays!**

Stay at Backpackers Villa Sonnenhof on Sunday, Monday or Tuesday and get CHF 10.– off the regular price. Offer applies: Oct 24th–Dec 14th 2010, Jan 9th–March 1st & March 13th–April 12th 2011.

Info & online booking at

»[www.villa.ch](http://www.villa.ch)



## events

<b>Nov 20th</b>	Star Night on the Höhematte meadow (music stars from Switzerland and Austria, transmitted live by Swiss and Austrian TV channels), tickets at the tourist office or <a href="http://www.ticketcorner.com">www.ticketcorner.com</a>
<b>Dec 3rd &amp; 5th</b>	Christmas market with numerous decorated stands and festive musical entertainment in the centre of Interlaken (and as well in the old town in Unterseen). Fri 4–9 pm, Sat 10 am–9 pm, Sun 10 am–6 pm
<b>Dec 31st</b>	New Year's Eve party night; something is going on everywhere
<b>Jan 1st</b>	Touch the Mountains. New Year's Day, music, drinks and food along Höheweg (from 2 pm) and a spectacular fireworks display on the Höhematte (at 6 pm). The festive fun continues with an open-air rock concert on the open-air stage Höheweg. Rock 'n' roll into the New Year!
<b>Jan 2nd</b>	"Harder Poschtete". Masked youngsters dressed as earthy, awesome figures parade through the centre accompanied by cowbell ringing clubs and music bands. Parade starts at 2 pm. Musical entertainment in various restaurants in the afternoon and in the evening
<b>Jan 14th–16th</b>	International Lauberhorn World Cup Ski Race, Wengen

## feedback

### HELP US UPDATE!

Things change – schedules change, good places go bad, and nice places get "discovered". If you feel we have got it wrong or left something out, please let us know!

### YOUR OPINION?...

Did you discover something special in Switzerland? Did you have any interesting experiences? What do you like about Switzerland? What do you like about the Swiss Backpacker News? Write to us! We genuinely value your feedback!

Everyone who writes to us will take part in the competition (see page 23)!

### Write an email to

[info@backpacker.ch](mailto:info@backpacker.ch) or write to:

Swiss Backpacker News, Am Bach 7, 5502 Hunzenschwil / Switzerland

## entertainment, fun & parties

- **Brasserie 17**, at Happy Inn Lodge (Rosenstr. 17), is the best party place in town for young people from all over the world! Live music – blues, rock, reggae, funk & soul, **every Thursday night from 9 pm**. Free entrance! The Brasserie is also famous for its spareribs, chicken wings, baked potatoes and five different beers on tap.
- **Balmer's Metro**, at Balmer's Herberge. Check out this different beat! Bar, nightclub, disco.
- The **Hüsi Pub**, at Postgasse 3 (pedestrian area), is an English-style pub with darts, pinball and many other games.
- **Riverside Bar**, Marktgasse 59. They serve the famous Rugen beer and the best Caipirinhas in town, and have chess, backgammon and lots more.
- For disco nights check out **The Caverne** (at the Mattenhof resort, Hauptstrasse 36 in Matten – bus no 5 from Interlaken West), or in **Black & White** at the Metropole Hotel (Höheweg 37), or **Johnny's Club** at the Carlton Hotel (Höheweg 92).
- In **Buddy's Pub**, at Hotel Splendid (Höheweg 33), you'll find a large selection of beer (has an internet station, too).
- **Positiv einfach**, Centralstr. 11. Small, cozy bar. Very popular among young people.
- **Hooters**, Höheweg 57. Where the famous Hooters girls (girls in orange hot pants) serve American cuisine, American and European breakfast and lunch specials.
- **Jamming Corner** (Bahnhofstrasse 1, Unterseen). For those who like Jamaican specialities.
- **Helvetia Bar**, at Bahnhofstrasse 6 in Unterseen, has snooker, pool tables, and darts. Latest re-opening, totally refurbished, light, airy and under new experienced management. Enjoy!

“

**swiss backpackers**  
Hostels • Herbergen • Auberges • Ostelli

Your 1st choice for Switzerland



personally run • independent • quality assured

34 hostels in Switzerland

Check for the SB logo in the hostel list on pages 2/3

[www.swissbackpackers.ch](http://www.swissbackpackers.ch)



Rest in a mountain restaurant



## 16 BERNESE OBERLAND – SOME HIGHLIGHTS

Eiger Mönch Jungfrauoch – Top of Europe Schilthorn



The beautiful Bernese Oberland is an ideal destination for backpackers, adventurers and sport freaks. Some of the best scenery in the whole of Switzerland can be found in the Jungfrau region. The many spectacular spots will be sure to get even the most stubborn “couch potato” out into the fresh air!


[www.berneroberland.ch](http://www.berneroberland.ch)  
[www.myjungfrau.ch](http://www.myjungfrau.ch)

### some highlights

#### 1 Jungfrauoch – Top of Europe (3,454 m / 11,333 ft)

The trip to Jungfrauoch (UNESCO World Natural Heritage) by railway is an unforgettable experience! Jungfrauoch is the **highest railway station in Europe!** From Kleine Scheidegg (2,061 m at the foot of the notorious Eiger North Wall) the Jungfrau Railway climbs up to several stations with a five minute stop at each where you can enjoy spectacular sightseeing through large observation windows hewn from solid Alpine rock; and then the arrival on the Jungfrauoch, in the heart of a glorious glacier world on the very roof of Europe! There are lots of attractions on the Jungfrauoch, i.e. the ice palace, the Sphinx vantage terrace, and more. Don't miss this tour, it's wonderful!

**How to get to the Jungfrauoch:** there are **two routes** to the top, either from Grindelwald or from Lauterbrunnen via Wengen (or go up one way and down the other!). Both train routes terminate at Kleine Scheidegg, where you must change for the final pull at Jungfrauoch.

 An adult round-trip fare costs CHF 165.80 from Lauterbrunnen, CHF 166.– from Grindelwald, or CHF 186.20 from Interlaken Ost. But there are **cheaper fares:** if you hold one of the “Swiss Passes” you get free travel from Interlaken to Grindelwald or Wengen (via Lauterbrunnen), a 25% discount on the connecting ticket to Kleine Scheidegg and from there up to Jungfrauoch (for more about the “Swiss Passes” see **page 5**!) »[www.jungfrau.ch](http://www.jungfrau.ch)

2 All about **Interlaken**, the number one resort for adventure and fun, see pages 14–15.

3 For **Grindelwald**, the glacier village in the Bernese Oberland, see page 13.

4 **Lauterbrunnen (796 m / 2,648 ft)**  
 The valley that runs directly south from Interlaken leads first to Lauterbrunnen. Lauterbrunnen lies in an impressive glaciated valley between gigantic rock walls and summits. The Lauterbrunnen Valley comprises one of the largest nature-protected areas in Switzerland. And it's where **amazing mountain railways** begin their climb through some of Europe's most stunning scenery (Jungfrauoch – Top of Europe and the Schilthorn). The friendly Lauterbrunnen village is a suitable base for a number of excursions and the valley floor



The Jungfrau Railway

itself is good for cross-country skiing.

»[www.mylauterbrunnen.com](http://www.mylauterbrunnen.com)

**How to get to Lauterbrunnen:** there are direct trains from Interlaken Ost (takes 20 min).

① Lauterbrunnen tourist information right opposite the train station, 033 856 85 68.

**Budget Accommodation:** Valley Hostel, Führen, 033 855 20 08, »[www.valleyhostel.ch](http://www.valleyhostel.ch)

#### 5 Gimmelwald (1,367 m / 4,486 ft)

Tiny, car-free Gimmelwald nestles on a sunny terrace at an altitude of 1,367 m in the heart of the winter sports of the stunning Schilthorn region. The small farming hamlet of 140 inhabitants is perfectly viable to enjoy the ski runs around Mürren but keeps you away from the crowds. It's cheaper to stay here than in Mürren, and you still get the normal Jungfrau Guest Card. »[www.mygimmelwald.ch](http://www.mygimmelwald.ch)

**How to get to Gimmelwald:** from Interlaken Ost, take the train to Lauterbrunnen and change to the bus for Stechelberg. In Stechelberg take the cable car via Mürren up to Gimmelwald (approx. 1 hour total).


① Gimmelwald does not have official tourist information (but ask at the Mountain Hostel; they do have lots of information! Official tourist information is in Mürren (in the same building as the Alpine Sports Center) 033 856 86 86.

**Accommodation:** Mountain Hostel Gimmelwald, Niedere Matte, 033 855 17 04 (closed Nov 20th – Apr 1st 2011), »[www.mountainhostel.com](http://www.mountainhostel.com)

#### 6 Schilthorn (2,970 m / 9,744 ft)

The Schilthorn summit offers the **best view** of Eiger, Mönch and Jungfrau and on more than 200 other summits! The view

from the exposed terrace on the top is dramatic! You can enjoy the exceptional views and sip cocktails in the **revolving Piz Gloria summit restaurant**, featured in the James Bond film “On Her Majesty's Secret Service”. Piz Gloria turns around its axis in 50 minutes, allowing a breathtaking view! **How to get to the Schilthorn:** take a bus from Lauterbrunnen to Stechelberg (16 min). From Stechelberg the cable-car brings you via Gimmelwald and Mürren to the Schilthorn (takes 32 minutes); operates during the whole year except for revision of the cable-car from November 8th until December 11th.

 A return ticket from Stechelberg costs CHF 94.80. There are **cheaper fares:** if you hold one of the “Swiss Passes” you get free travel from Stechelberg to Mürren and a 50% discount on the connecting ticket from Mürren to the Schilthorn (for more about the “Swiss Passes” see **page 5**!) »[www.schilthorn.ch](http://www.schilthorn.ch)



### Adventure sports

There is **pure adventure** in the Bernese Oberland. [interlakenadventure.com](http://interlakenadventure.com) network offers extra cool combinations of adventure activities and overnight stays in one of their hostels, winter and summer. Skiing and snowboarding are the major activities in the winter months. But the region is a major centre for adventure sports with many more activities on offer, such as free-riding, snowshoe trekking, sledding/tobogganing, heliskiing, boarding, even frozen waterfall ice climbing and much more. Experienced guides will lead you safely and guarantee you lots of fun. Check out »[www.interlakenadventure.com](http://www.interlakenadventure.com) or ask at your hostel.





## INTERLAKEN HOSTELS & ADVENTURE | [WWW.INTERLAKEN-ADVENTURE.COM](http://WWW.INTERLAKEN-ADVENTURE.COM)



[www.villa.ch](http://www.villa.ch)

### BACKPACKERS VILLA SONNENHOF

Alpenstrasse 16, CH-3800 Interlaken  
ph +41 (0)33 826 71 71, mail@villa.ch

Centrally located hostel in a villa with park. Additional new rooms with shower/toilet. Attractive rates including: free breakfast, all linen, personal lockers, self-catering kitchen, free w-lan, free entry to public swimming pool.



[www.balmers.ch](http://www.balmers.ch)

### BALMER'S HERBERGE

Hauptstrasse 23, CH-3800 Matten-Interlaken  
ph +41 (0)33 822 19 61, mail@balmers.ch

Oldest private hostel in Switzerland. The METRO bar is Interlaken's #1 night spot with the best Happy Hour around (2-for-1 drinks), live music & international DJ's. Special Packages available at our Activities Desk.



[www.funny-farm.ch](http://www.funny-farm.ch)

### FUNNY FARM BACKPACKERS / HOTEL

Hauptstrasse 36, CH-3800 Matten-Interlaken  
ph +41 (0)33 8 281 281, james@funny-farm.ch

Swimming pool, volley-, basketball, tennis, climbing wall, magnificent park, night-club, piano bar, beer garden, pool bar, restaurants, bonfire, Laundromat, TV, movies, booking office for all adventure activities.



[www.happy-inn.com](http://www.happy-inn.com)

### HAPPY INN LODGE

Rosenstrasse 17, CH-3800 Interlaken  
ph +41 (0)33 822 32 25, info@happy-inn.com

Budget hostel & dormitories in the center of Interlaken. 16 large clean rooms, international staff, no curfew, no lockout, adventure booking office. Our Restaurant/Bar BRASSERIE 17 is Interlaken's No 1 for food & fun!



[www.lazyfalken.ch](http://www.lazyfalken.ch)

### THE LAZY FALKEN HOTEL & BACKPACKER

Spielmatte 8, CH-3800 Unterseen-Interlaken  
ph +41 (0)33 822 30 43, info@lazyfalken.ch

The low budget Hostel Falken is just 3 minutes away from Interlaken West station. Wifi, one docking station, laundry facilities and all you can eat breakfast is included in the price. Good-priced restaurant.

### Interlaken is Europe's number 1 destination for adventure and fun.

And we mean it! Check out the huge variety of adventure sports we offer in our outdoor adventure playground in and around Interlaken. You can book the time of your life at all our hostels very own adventure desks.

### WWW.INTERLAKEN-ADVENTURE.COM

BOOK ONLINE NOW!

