



Swiss Backpacker News

BUDGET TRAVEL GUIDE

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Spring / Summer / Fall 2011



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highlights
events
excursion tips
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BUDGET ACCOMMODATION SWITZERLAND

Place	Name		Street	Phone	web / mail											
1	Aurigeno	Baracca Backpacker (closed April 1st – 22nd)	SB	Al runch cavalign 1	079 207 15 54	www.baracca-backpacker.ch	31.– *	75.– *		K	L		W		13	
2	Basel	Basel St. Alban Youth Hostel	HI	St. Alban – Kirchrain 10	061 272 05 72	basel@youthhostel.ch	from 41.80 ***	from 133.60 ***	B		L	W	I	W	X	234
3	Bern	Bern Backpackers/ Hotel Glocke	SB	Rathausgasse 75	031 311 37 71	www.bernbackpackers.ch	from 35.–	from 92.–		K	L	W	I	W		71
3	Bern	Bern Youth Hostel	HI	Weihergasse 4	031 326 11 11	bern@youthhostel.ch	from 36.90 ***	from 92.80 ***	B			W	I	W	X	183
3	Bern	Hotel Landhaus		Altenbergstrasse 4	031 348 03 05	hotel@alberfrida.ch	38.– **	from 120.–	B	K	L		I	W		32
4	Braunwald	Adrenalin Backpackers Hostel	SB	im Dorkfern	079 347 29 05	www.adrenalin.gl	35.– */**	from 96.–	B	K	L		I	W		60
5	Cabbio	Humanità Backpacker's	SB	alla villa	091 830 14 81	www.humanita.ch	30.–	from 80.–		K	L	W	I			23
6	Château-d'Oex	Château-d'Oex Youth Hostel (for closing times see page 22)	HI	Route des Monnaires 67	026 924 64 04	chateau.d.oex@youthhostel.ch	from 36.50 ***	from 95.– ***	B			W	I	W		50
7	Dachsen at Rhine Falls	Dachsen Youth Hostel (Closed after Oct 30th)	HI	Schloss Laufen am Rheinfall	052 659 61 52	dachsen@youthhostel.ch	from 28.50 ***	–	B							91
8	Davos Dorf	Davos Youthpalace	HI	Horlaubenstrasse 27	081 410 19 20	davos@youthhostel.ch	from 52.90 ***	from 145.80 ***	HB		L		I	W	X	235
8	Geneva	City Hostel Geneva	SB	2, rue Ferrier	022 901 15 00	www.cityhostel.ch	32.–	88.–		K	L	W	I	W		98
10	Gimmelwald	Mountain Hostel	SB	Niedere Matte	033 855 17 04	www.mountainhostel.com	28.–	–		K		W	I	W		50
11	Grindelwald	Downtown Lodge (closed April 25th – June 9th)	SB	Dorfzentrum	033 828 77 30	www.downtown-lodge.ch	from 38.–	from 90.–	B	K	L	W	I	W	X	290
11	Grindelwald	Grindelwald Youth Hostel (closed April 10th – May 12th and after Oct 23rd)	HI	Geissstutzstrasse 12	033 853 10 09	grindelwald@youthhostel.ch	from 36.70 ***	from 95.40 ***	B		L	W	I	W		135
11	Grindelwald	Naturfreundehaus (closed April 10th – May 14th)		Terrassenweg 18	033 853 13 33	www.nfh.ch/grindelwald	41.–	92.–	B	B	L	W	I	W		65
12	Gryon	Chalet Martin	SB	Rue du Villars	079 724 63 74	www.gryon.com	from 25.–	from 70.–		K		W	I	W		32
13	Interlaken	Backpackers Villa Sonnenhof	SB	Alpenstrasse 16	033 826 71 71	www.villa.ch	from 35.–	from 98.–	B	K	L	W	I	W	X	190
13	Interlaken	Balmer's Herberge	SB	Hauptstrasse 23	033 822 19 61	www.balmers.com	from 27.–	from 74.–	B	K	L	W	I	W		250
13	Interlaken	Happy Inn Lodge	SB	Rosenstrasse 17	033 822 32 25	www.happy-inn.com	22.– / 24.–	from 52.–		K	L		I	W		70
13	Interlaken	River Lodge (closed after Oct 9th)	SB	Brienstr. 24	033 822 44 24	www.riverlodge.ch	from 29.50	from 93.–		K	L	W	I	W		72
13	Interlaken-Bönigen	Interlaken-Bönigen Youth Hostel (closed April 1st – 7th and after Oct 23rd)	HI	Aareweg 21	033 822 43 53	boenigen@youthhostel.ch	from 32.50 ***	–	B	K	L	W	I	W		150
14	Kandersteg	Kandersteg International Scout Centre		Wagetiweg	033 675 82 82	www.kisc.ch	23.–	70.–		K	L	W	I	W	X	351
15	Klosters	Klosters Youth Hostel (closed April 10th – June 10th and after Oct 23rd)	HI	"Soldanella", Talstrasse 73	081 422 13 16	klosters@youthhostel.ch	from 39.– ***	from 90.– ***	B				I	W		92
15	Kreuzlingen	Kreuzlingen Youth Hostel	HI	Promenadenstrasse 7	071 688 26 63	kreuzlingen@youthhostel.ch	from 31.20 ***	from 73.40 ***	B				I	W	X	93
17	Laax-Cons	Backpacker Deluxe Hotel Capricorn (closed May 1st – 31st)	SB	Via Cons 405	081 921 21 20	www.caprilounge.ch	29.– *	from 98.–				W	I	W		54
18	Lausanne	Lausanne Guesthouse & Backpacker	SB	Ch. des Epinettes 4	021 601 80 00	www.lausanne-guesthouse.ch	36.40 *	106.–		K	L	W	I	W	X	80
18	Lausanne	Lausanne Youth Hostel "Jeunotel"	HI	Ch. du Bois-de-Vaux 36	021 626 02 22	lausanne@youthhostel.ch	from 39.10 ***	from 100.20 ***	B			W	I	W	X	312

* = bed-sheets not included ** = no breakfast included *** = surcharge CHF 6.– / night for non HI members (families CHF 12.– / night) (w) = women only

MAP OF SWITZERLAND



BUDGET ACCOMMODATION SWITZERLAND

	Place	Name		Street	Phone	web / mail									
19	Lauterbrunnen	Valley Hostel	SB	Führen	033 855 20 08	www.valleyhostel.ch	from 28.–	66.– / 76.–		K		W	I	W	70
20	Locarno	Locarno Youth Hostel	HI	Via B. Varenna 18	091 756 15 00	locarno@youthhostel.ch	from 41.25 ***	from 87.50 ***	B		L	W	I	W	200
21	Lucerne	Backpackers Lucerne	SB	Alpenquai 42	041 360 04 20	www.backpackerslucerne.ch	32.–	74.– / 80.–		K	L	W	I	W	78
21	Lucerne	Lion Lodge Luzern	SB	Zürichstrasse 57	041 410 01 44	www.lionlodge.ch	33.90 / 35.90	75.80 / 93.80		K	L	W	I	W	82
21	Lucerne	Lucerne Youth Hostel	HI	Am Rotsee, Sedelstrasse 12	041 420 88 00	luzern@youthhostel.ch	from 36.40 ***	from 92.80 ***	B		L	W	I	W	194
22	Montreux	Montreux Youth Hostel	HI	Passage de l'Auberge 8	021 963 49 34	montreux@youthhostel.ch	from 34.– ***	from 97.– ***	B		L		I	W	112
23	Nidau b. Biel	Lago Lodge	SB	Uferweg 5	032 331 37 32	www.lagolodge.ch	30.–	84.–		K	L	W	I	W	88
24	Pontresina	Pontresina Youth Hostel (closed April 26th – June 3rd and after Oct 23rd)	HI	"Cuntschett", Via de la Staziun 46	081 842 72 23	pontresina@youthhostel.ch	from 55.50 ***	from 159.– ***	B			W	I	W	130
25	Richterswil	Richterswil Youth Hostel	HI	Hornstrasse 5	044 786 21 88	richterswil@youthhostel.ch	from 36.– ***	from 94.– ***	B				I	W	80
26	Saanen	Saanen-Gstaad Youth Hostel (for closing times see page 31)	HI	Chalet Rüblhorn, Spitzhornweg 25	033 744 13 43	saanen@youthhostel.ch	from 38.80 ***	from 93.60 ***	B			W	I	W	74
27	Santa Maria in Müstair	Sta. Maria i.M. Youth Hostel (closed before May 31st and after Oct 16th)	HI	Chasa Plaz	081 858 56 61	sta.maria@youthhostel.ch	from 22.30 ***	from 80.60 ***	B	K		W		W	54
28	Schaan-Vaduz	Schaan-Vaduz Youth Hostel (closed after Oct 23rd)	HI	Under Rüttigass 6	00423 2325022	schaan@youthhostel.ch	from 33.60 ***	from 85.20 ***	B		L	W	I	W	110
28	Schaffhausen	Schaffhausen Youth Hostel "Belair" (closed after Oct 30th)	HI	Randenstrasse 65	052 625 88 00	schaffhausen@youthhostel.ch	from 30.05 ***	from 70.10 ***	B				I	W	93
29	Schwyz	Hirschen backpackers.hotel.pub	SB	Hinterdorfstrasse 14	041 811 12 76	www.hirschen-schwyz.ch	29.– * / 32.– *	92.– / 124.–		K	L	W	I	W	35
31	Scuol	Scuol Youth Hostel (closed April 3rd – June 7th and after Oct 23rd)	HI	Prà da faira	081 862 31 31	scuol@youthhostel.ch	from 37.– ***	from 122.– ***	B				I	W	164
32	Stein am Rhein	Stein am Rhein Youth Hostel	HI	Hemishoferstrasse 87	052 741 12 55	stein@youthhostel.ch	from 30.05 ***	from 73.10 ***	B				I	W	92
33	St. Gallen	St. Gallen Youth Hostel	HI	Jüchstrasse 25	071 245 47 77	st.gallen@youthhostel.ch	from 32.30 ***	from 90.60 ***	B		L	W	I	W	87
34	St. Moritz-Bad	St. Moritz Bad Youth Hostel	HI	Via Surpunt 60	081 836 61 11	st.moritz@youthhostel.ch	from 51.– ***	from 130.– ***	HB		L	W	I	W	306
35	St. Moritz-Celerina	Hotel "Alte Brauerei"		Via Maistra 60	081 832 18 74	www.alte-brauerei.ch	46.– *	130.–	B			W	I	W	200
36	Valbella	Valbella Youth Hostel (closed April 3rd – June 10th and after Oct 23rd)	HI	Voa Sartons 41	081 384 12 08	valbella@youthhostel.ch	from 39.40 ***	from 117.80 ***	B		L		I	W	140
37	Vevey	Riviera Lodge	SB	Place du Marché 5	021 923 80 40	www.rivieralodge.ch	from 32.–	from 88.–		K	L	W	I	W	60
38	Yverdon-les-Bains	Gîte du Passant		Rue du Parc 14	024 425 12 33	info@gite-du-passant.ch	33.–	77.–	B	K		W		W	82
39	Zermatt	Matterhorn Hostel		Schluhmattstrasse 32	027 968 19 19	www.matterhornhostel.com	from 36.–	from 92.–			L		I	W	56
39	Zermatt	Zermatt Youth Hostel	HI	Staldenweg 5	027 967 23 20	zermatt@youthhostel.ch	from 51.10 ***	from 136.20 ***	HB		L	W	I	W	174
40	Zurich	City Backpacker / Hotel Biber	SB	Niederdorfstrasse 5	044 251 90 15	www.city-backpacker.ch	from 36.– *	from 112.–		K	L	W	I	W	65
40	Zurich	Hotel Hottingen		Hottingenstr. 31 / Cäcilienstr. 10	044 256 19 19	www.hotelhottingen.ch	42.50 (w)	125.– / 165.–	B	K	L	W		W	74
40	Zurich	Zurich Youth Hostel	HI	Mutschellenstrasse 114	043 399 78 00	zuerich@youthhostel.ch	from 39.50 ***	from 138.– ***	B		L	W	I	W	281

* = bed-sheets not included

** = no breakfast included

*** = surcharge CHF 6.–/night for non HI members (families CHF 12.–/night)

(w) = women only

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SB = "Swiss Backpackers". All hostels marked with "**SB**" are members of the Swiss Backpackers association and comply with minimum standards such as self catering kitchen and/or reasonably priced restaurant, 24 hour access and

personal attention at reception. These hostels are independently owned and operated. Their standards, provisions and methods of management may vary accordingly. All offer dormitories as well as a choice of smaller rooms. No membership is required. www.swissbackpackers.ch



HI = "Hostelling International". All hostels marked with "**HI**" are members of the Swiss Youth Hostel Association. The brand stands for the role as a low-cost provider that values high quality and promotes socially responsible and green tourism.

Non-HI members have to pay a surcharge of CHF 6.– per night (families CHF 12.–/night). The cheapest way to become a member is to register in your country before you depart. www.youthhostel.ch

You can find the whole list with direct links under www.backpacker.ch We hope you'll enjoy your visit to Switzerland!

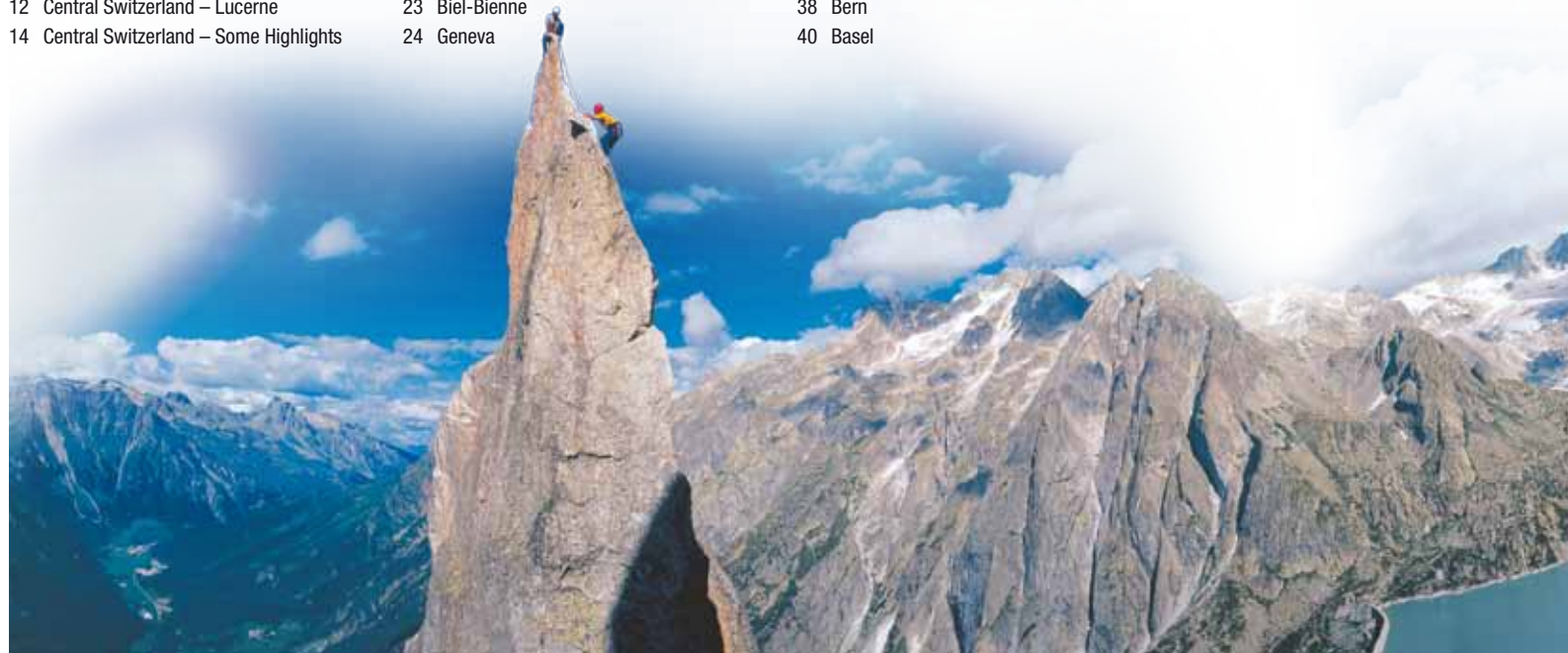
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Swiss travel know-how...

...and all you need to know about Switzerland



Switzerland was founded over 700 years ago (1291). Today 26 politically sovereign cantons make up the modern federation of Switzerland.

general information

Currency: Swiss Franc “Franken/franc”, CHF 1.– = 100 cents “Rappen/centimes”. Exchange rate (fixed on February 18th 2011): CHF 1.– corresponds to 0.77 Euros / 1.05 US\$.

Cinema: In the German part of Switzerland, cinemas nearly always show films in their original language (e.g. a film marked E/f/d means spoken in English with subtitles in French and German). Cheaper admission on Mondays! There are many open-air cinemas during July and August.

Democracy: The Swiss vote, a few times each year, on local, cantonal and federal issues like public building, raising taxes, and environmental and international participation.

Emergency phone numbers: 117 Police, 144 Ambulance, 118 Fire Brigade.

European Union: Switzerland is not a member of the European Union (EU).

Health Insurance: As there is no state medical health service in Switzerland, and as

medical treatment must be paid for, it is advisable to take out insurance against personal accident and illness.

Internet / E-mail: Most hostels offer internet access and even WLAN, and in most towns and cities you'll find at least one Internet café; see “Practical Information” of each section.

Lockers: Almost every railway station has lockers where you can leave your baggage.

Population / Languages: Switzerland has a population of about 7.5 million. The national languages of Switzerland are Swiss-German (north, central and east), French (west), Italian (south) and Rhaeto-Romanic (south-east).

Phoning: Most public phones accept cards only (no coins). Taxcards are sold at post offices, at all “kiosks” (small shops where you find newspapers, cigarettes and sweets), at train and petrol stations, and at most hostels. For national and international directory information see www.directories.ch or call 1811 or 1818.

Post: Postcards and letters (if under 20 gr weight) within Europe CHF 1.20 (priority 1.30), overseas CHF 1.40 (priority 1.80).

Tipping: Tips are included on all hotel/ hostel and restaurant bills. It is neither necessary nor expected to give an extra tip. Tip when the service is nice and friendly.

Water: Tap water is fine to drink nearly everywhere. Some fountains carry the sign “Kein Trinkwasser” or “eau non potable.” This means no drinking water!

Weather, Clothes and Climate: The climate is moderate with no excessive heat, cold or humidity. March to May, October & November the daytime temperatures range from 5 to 15 degrees (Celsius), from June to September from 18–30 degrees. Depending on the altitude, the temperature range may vary!

Work: Switzerland is known as a country with a restrictive policy regarding foreign labor. And if you get caught working illegally you can be fined and deported.

accommodation

Swiss Backpackers (www.swissbackpackers.ch): a group of independent hostels uniting the Swiss Backpacker Hostels have dormitories as well as private rooms, all conveying a friendly and international atmosphere plus self catering kitchen and/or reasonably priced restaurant. Most of their addresses are listed on **page 2 + 3** (marked with **SB**) and under »www.backpacker.ch

Swiss Youth Hostel Association (www.youthhostel.ch) is affiliated with the Hostelling International network HI. The cheapest way to become a member is to register in your country before you depart. As a non-HI member you have to pay a surcharge of CHF 6.– per night (families CHF 12.–). Their most important addresses are listed on **page 2 + 3** (marked with **HI**) and under »www.backpacker.ch

Hostels: There are many more hostels all around Switzerland, some of them also listed at »www.backpacker.ch. Another affordable hotel group is **Etap Hotels** »www.etaphotel.com

food

Restaurants: The variety of food served is wide, from traditional to international cuisine. Most Migros and Coop supermarkets have cheap restaurants and, of course, you'll also find McDonald's. In the cities check out the wide range of take-out stands, for example, turkish kebab, falafel or just simple pizza and burgers.

Supermarkets: There are plenty of supermarkets like Coop and Migros where you can stock up on your provisions.

Traditional Swiss Dishes: Traditional and regional dishes play an important role in the Swiss diet. The ones most widely known are: cheese fondue (a blend of melted cheese served up in a big stoneware pot into which bread or hot potatoes are dipped); Raclette (melted slices of cheese with boiled potatoes and mixed pickles); Rösti (German-Swiss dish: grated, fried potatoes, sometimes with egg, sausage, onions or bacon).

transport

Public Transport: Cities and towns have excellent transportation networks. Buy your ticket from a ticket machine, which you'll find at almost every stop. **For discounts, check the list below!**

Railway System: You will appreciate Switzerland's extensive railway system. It is relaxing and comfortable and will allow you to fully enjoy the scenery. Normal point-to-point tickets and reservations can be purchased at every railway station. Seat reservations are only required on special scenic trains like the Glacier Express, the Bernina Express, etc. For all train information, call 0900 300 300 (CHF 1.19 per min.) or see »www.rail.ch



Train Tickets: Single train tickets are expensive, so if you're frequently using the train in Switzerland, "Swiss Travel System" offers a wide range of **tickets to cut costs**. The rates for 1 person are: **Swiss Youth Pass** and **Swiss Pass** (valid 4, 8, 15, 22 days or 1 month), 4 days for CHF 200.– respectively CHF 266.– and up. **Swiss Flexi Pass** (3 days up to 6 days within a month), 3 days for CHF 254.– and up.

Swiss Half Fare Card, 1-month half-fare card for CHF 110.– (with this card you pay only 50% of the normal fare). For a second person or more, passes are available at 15% reduction. Kids under 16 travel for free with the Swiss Travel System Family Card. The tickets can be ordered online or by phone at 00800 100 200 23 (foc). In Switzerland, Swiss Passes are available at major railway stations. Swiss Pass holders not only get unlimited access to the train, bus and boat network, but also a generous discount on most mountain transport (see transport **discount list below**) and **free admission** to practically all of Switzerland's world class **museums** and exhibitions! »www.swisstravelsystem.ch/en

Post Buses: The Swiss post buses are ideal if you want to travel off the beaten path. With some of the post buses you can cross alpine passes. The **Swiss Passes** (see above)

are all valid on post buses (surcharge on some mountain routes)! »www.postbus.ch

Bicycles: Cycling is very popular in Switzerland. You'll find well-marked cycling routes throughout, particularly in the urban areas. Bicycles can be rented at most railway stations. In the cities of Bern, Geneva, Lausanne and Zurich you can borrow **bikes free of charge!** For more information about this great deal check the pages of each particular city.

Walking / Hiking: Switzerland, with its well-kept paths and trails, is an ideal country for hiking! Maps of trails are available from local tourist offices. You'll find some hiking tips inside this newspaper!

Guided tours / excursions: Best of Switzerland Tours is a Swiss company with professional multilingual guides, focusing all their efforts on showing you the best of the marvellous Swiss mountains, landscapes and other places of interest (i.e. Mount Titlis or Mount Pilatus, the cities of Zurich or Lucerne). For information / booking ask at your hostel, at the tourist office or see »www.switzerland-tours.ch

The other Swiss company, Swizzbuzz, offer adventurous activities in Switzerland with a flexible service for backpackers off the beaten track for local culture and alternative activities – and unlike an ordinary

Swiss bus tour you have the option to get off and stay longer in any place. For information see »www.swizzbuzz.ch or call 076 245 99 82.



Rough Guide is the best travel source for your trip through Switzerland. »www.roughguides.co.uk

homepages:

www.myswitzerland.com/en
www.backpacker.ch
www.swisstravelsystem.ch/en



save money

Supersaver tickets give you big discounts on selected train journeys. It's worth buying early as there are only a limited number of Supersavers for each train. Supersaver tickets are only available during a special offer period. **You can only buy them online** at the SBB Ticket Shop »www.rail.ch » Travel » Ticket Shop » Supersaver tickets (special conditions), that you print yourself (print@home). This is a great deal; make use of it!

All information is subject to change. ☞

Public Transport – List of Discounts

With the following tickets you get a discount or can travel for free (your ticket must be valid on the day of travel).

Means of transport	Eurail	Inter Rail	Swiss Pass / Swiss Flexi Pass / Swiss Youth Pass	Swiss Half Fare Card / Swiss Card ^{1.)}	General Season Ticket (GA/AG)
Swiss Federal Railway (SBB/CFF/FFS)	free	free	free	50%	free
The Swiss POST bus lines	–	–	free ^{2.)}	50%	free ^{2.)}
Geneva city transport (TPG)	–	–	free	–	free
Lake Geneva steamers (CGN)	free	50%	free	50%	free
Montreux – Zweisimmen (MOB)	free	free	free	50%	free
Montreux – Gllion – Rochers-de-Naye	–	50%	50% ^{3.)}	50%	50% ^{3.)}
Lake Neuchâtel / Morat steamers	free	–	free	50%	free
Lake Biel / Bienne steamers (BSG)	free	50%	free	50%	free
BLS AG (Bern – Lötschberg – Simplon)	free	free	free	50%	free
Bern city transport (Bernmobil)	–	–	free	–	free
Lake Thun and Brienz steamers	free	50%	free	50%	free
Interlaken – Lauterbrunnen / Grindelwald	25%	–	free	50%	free
Kleine Scheidegg – Jungfrau joch	25%	–	25%	50%	50%
Wilderswil – Schynige Platte (SPB)	25%	–	50%	50%	50%
Lauterbrunnen – Wengen (WAB)	25%	–	free	50%	free
Wengen – Kleine Scheidegg – Grindelwald	25%	–	25%	50%	50%
Grindelwald Grund – Männlichen	25%	–	50%	50%	50%
Lauterbrunnen – Mürren (BLM)	25%	–	free	50%	free
Stechelberg – Mürren (LSMS)	25%	–	free	50%	free
Mürren – Schilthorn (LSMS)	25%	–	50%	50%	50%
Brienz – Rothorn (BRB)	–	–	50%	50%	50%
Zermatt – Gornergrat (GGB-ggb)	25%	50% ^{4.)}	50%	50%	50%
Brig – Visp – Zermatt (MGB-bvz)	–	–	–	–	–
Brig – Göschenen / Disentis (MGB-FD)	25%	50% ^{4.)}	free	50%	free
Zermatt Bergbahnen (ZBAG)	–	–	50%	50%	50%

Means of transport	Eurail	Inter Rail	Swiss Pass / Swiss Flexi Pass / Swiss Youth Pass	Swiss Half Fare Card / Swiss Card ^{1.)}	General Season Ticket (GA/AG)
Saas Fee – Mittelallalin (LSF)	–	–	50%	50%	50%
Lucerne city transport (VBL)	–	–	free	–	free
Lucerne – Stans – Engelberg	–	–	–	–	–
Lucerne – Meiringen – Interlaken Ost	free	free	free	50%	free
Lake Lucerne steamers (SGV)	free	50%	free	50%	free
Mount Pilatus (PB)	30%	30%	50%	50%	50%
Mount Rigi Railways (RB)	50%	50%	free	50%	free
Stanserhorn (StHB)	50%	50%	50%	50%	50%
Mount Titlis (BET)	50%	–	50%	50%	50%
Centovalli train (Locarno – Domodossola)	free	free	free	50%	free
Lugano city transport (TPL)	–	–	free	–	free
Lugano – Ponte Tresa (Caslano)	–	–	free	50%	free
Lake Lugano steamers (SNL)	–	–	free	50%	50%
Rhätische Bahn (RhB)	free	free	free	50%	free
Glacier Express	–	–	–	–	–
St. Moritz – Chur – Disentis (RhB)	free	free	free	50%	free
Disentis – Brig – Zermatt (MGB)	25%	50% ^{4.)}	free	50%	free
Zurich city transport system (VBZ)	–	–	free	–	free
Lake Zurich steamers (ZSG)	free	50%	free	50%	free
Lake Constance steamers	35 – 50%	–	free	50%	free
Braunwaldbahn (BRWB)	–	–	free	50%	free

1.) On transfer days the Swiss Card offers the same advantages as the Swiss Pass, BUT is not valid on urban transportation systems
2.) On selected postal bus lines (e.g. Alpine passes), the supplement "Alpine Ticket" is mandatory

3.) Montreux – Gllion – Caux free
4.) Reduction only for InterRail YOUTH-Pass

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practical information



How to get there:

Zurich has an international airport from where the city can be reached within only 15 minutes. Direct train services link Zurich Airport with the **main station** ① (dep. every 10–15 min from 05.02 am until 00.17 am). The huge main station houses the ① **tourist office** ① (044 215 40 00, free hotel reservations, »www.zuerich.com, open Mon–Sat 8 am–8.30 pm, Sun 8.30 am–6.30 pm); foreign currency exchange, Western Union, public phones, bicycle rental, lockers, supermarket (Migros, open daily), restaurants, travel agency, rest rooms, showers, pharmacy, shopping, fast food, dentist and medical station “Permanence”, open 7 am–23 pm (next to the pharmacy). Taxi Zurich (toll-free at 0800 822 222). @ Internet café at Shop Ville (inside the train station) or at your hostel (guests only). Public transportation (city): 1-hour ticket CHF 4.10; 24-hour ticket CHF 8.20. **ZurichCARD**: The ZurichCARD costs CHF 20.– (valid for 24 hours) or CHF 40.– (for 72 hours). It gives you **unlimited** train, streetcar, bus and boat travel in the area of Zurich (incl. airport, city, Uetliberg, and even a short roundtrip of 1½ hours on the lake), and **free entrance to all museums in Zurich** and more. Ask for it at the tourist office or at one of the train stations!

Best **souvenir shops** in town are: ②a Teddy's Souvenir Shop at Limmatquai 34, and ②b Meng Cutlery at Rennweg 31 and at Poststrasse 4 (get a 10% discount with the voucher on the next page!).

www.zuerich.com
www.backpacker.ch

budget accommodation

③ City Backpacker/Hotel Biber, Niederdorfstrasse 5 (044 251 90 15) »www.city-backpacker.ch; Zurich Youth Hostel, Mutschellenstr. 114 (043 399 78 00) (tram no 7 until stop “Morgental”, follow the signs) »www.youthhostel.ch/zuerich; ④ Hotel Hottingen, Hottingerstrasse 31/Cäcilienstrasse 10 (044 256 19 19) (tram no 3 until stop “Hottingerplatz”) »www.hotelhottingen.ch; Etap Hotel Zürich City-West, Technoparkstrasse 2 (044 276 20 00) »www.etaphotel.com; Richterswil Youth Hostel, Hornstrasse 5, Richterswil (Richterswil is 27 minutes by train from Zurich, see page 10) (044 786 21 88) »www.youthhostel.ch/richterswil; Etap Hotel Winterthur (Winterthur is 20 minutes by train from Zurich, see page 10), Brühlbergstrasse 7a (052 264 84 00) »www.etaphotel.com For more accommodation in and around Zurich ask at the tourist office.



Shopping spree at Augustinergasse

Zurich is beautiful! You could easily spend weeks here. Situated at the north end of Lake Zurich and just 15 minutes away from the international airport. The lake, a river and the distant peaks of the Alps make the city a perfect combination of natural beauty, cosmopolitan charm and urban buzz. Exploring on foot is the best way of getting to know the attractive old town, divided by the Limmat River, or the famous Bahnhofstrasse ⑥ and the lake promenade, as well as the Langstrasse ⑭ area with its very international ambience (also red light district), or the trendy quarter of Zurich West with its new bars, Viadukt shopping/market hall and the impressive architectural space called the Schiffbau. The city silhouette is dominated by the striking towers and spires of three churches—the Grossmünster church ⑦; St. Peter's church ⑮, which boasts Europe's largest clock face (8.7 m or 28.5 ft in diameter); and the Fraumünster church ⑧, greatly admired for its precious stained glass windows by Marc Chagall. Lindenhof ⑫ is a beautiful, small, park-like open space in the middle of the old town.

highlights

⑥ **The Bahnhofstrasse.** Zurich's world-famous shopping street covers a distance of 1.4 km (0.9 miles) from the main station to the lake.

⑦ **Grossmünster Church.** Zurich's most famous landmark and a symbol of the city. Climb the tower (cost CHF 4.–, students CHF 2.–) and enjoy a terrific view! On a clear day you can even see the snowcapped Alps. Church open daily 10 am–6 pm, tower Mon–Sat 10.15 am–5 pm and Sun 12.30–5.30 pm.

⑧ **Fraumünster Church.** Well-known for its stained glass windows in the chancel

by Marc Chagall and the large organ (5,793 pipes). Open daily 10 am–6 pm (worship Sun 10 am).

⑨ **Schweizerisches Landesmuseum** (Swiss National Museum), Museumstrasse 2. The castle-like building, surrounded by the charming Platzspitz park, right behind the train station, houses the largest collection of objects relating to Swiss cultural history. Open Tue–Sun 10 am–5 pm (Thu till 7 pm), closed on Monday! Adm. CHF 10.–, students CHF 8.–.

⑩ **Niederdorf** (Zurich's old town). During the daytime the pedestrian zone is a shop-

per's paradise and at night an exciting centre of entertainment.

⑪ **Augustinergasse.** One of Zurich's most beautiful streets. This quaint, old street is lined with numerous 14th–18th century houses with ornate bay windows.

⑫ **Lindenhof.** An oasis of peace in the heart of the city offering a magnificent view of the old town. It's also the place for passionate chess players (open-air).

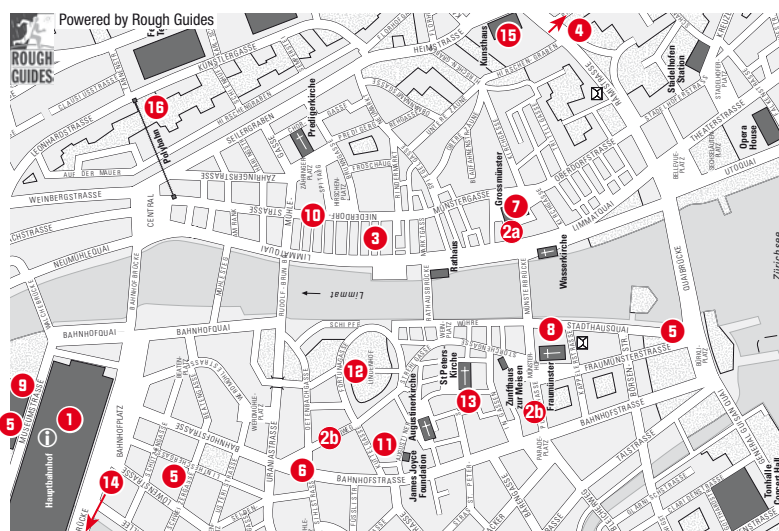
⑬ **St. Peter's church.** Zurich's oldest church. Since 1534, it holds the record for the largest church clock face in Europe (8.7 m diameter). Open Mon–Fri 8 am–6 pm, Sat 10 am–4 pm, Sun 11 am–5 pm (worship Sun 10 am).

⑭ **Langstrasse.** Walk down from Helvetiaplatz until Limmatplatz and enjoy this busy, international, big-town feeling (red light district). Lots of second hand shops and international take-out food (tasty and cheap). West of Limmatplatz the former industrial quarter has changed into a very trendy area now called **Zurich West**. Here you'll find lots of new bars, restaurants and clubs and the huge complex called Schiffbau (with drama stages, jazz clubs and more) and the Viadukt shopping/market hall, Zurich's new shopping area inside an old railway bridge. To get there take tram 4 or 13 until stop Escher-Wyss-Platz or Dammweg.

⑮ **Kunsthau** (Art Museum), Helmpplatz 1. Zurich's Kunsthau is called Switzerland's finest gallery. So if you visit just one art museum in Switzerland, this should be it! Open Wed–Fri 10 am–8 pm, Sat, Sun and Tue 10 am–6 pm, (Mon closed). Entry: permanent collection CHF 14.–, students CHF 10.–, (**free** with ZurichCard); on Wed admission is free of charge for all visitors! ⑯ **Polyterrace.** Hop on the Polybähnli (cable car) at Central square and in two minutes you'll be enjoying the best all-round view of the city! The area in front of the Federal Institute of Technology (ETH) is a popular viewing point!

Zurich Zoo and Masoala Rainforest. With around 2,000 animals this is one of Europe's most attractive zoos. The Masoala rainforest hall simulates the climate of Madagascar and has hundreds of species. Tropical feeling guaranteed! Open daily 9 am–6 pm (Masoala 10 am–6 pm). Entrance is at Zürichbergstrasse 221 (take tram 6 to Zoo). Admission CHF 22.–, youth under 25 CHF 16.–.

Chinese Garden at Bellerivestrasse is one of the most important Chinese gardens outside of China. Open daily from March 27th–October 24th, 11 am–6 pm, entrance CHF 4.–.



See pages 8–10 for Uetliberg hiking, Rhine Fall tour, lake and river cruises and more around Zurich!

events

April 4th	Chris de Burgh at the Hallenstadion
April 12th	Angelo Branduardi at the Kongresshaus
April 11th	Zürcher Sechseläuten – Traditional spring festival with parade at Sechseläutenwiese (Bellevue square) and burning of a strawman (a symbol of father winter) at 6 pm
May 5th – June 5th	Circus "Knie" at Landiwiese
May 9th & 10th	Zucchero at the Hallenstadion
May 16th	Sade at the Hallenstadion
May 20th – 22nd	Historical medieval spectacle next to Fraumünster church
June 6/7/24/25	Roger Waters The Wall at the Hallenstadion
June 14th	Katie Melua at the Hallenstadion
June 16th – 19th	Zurich Pride Festival. Numerous events and a large parade of gay and lesbians throughout the city
July 1st – 3rd	Festival Tropical Caliente. Most important Latin event in Switzerland. At the port Zurich Enge (along General-Guisan Strasse)
July 10th	Ironman Switzerland – world class triathlon and Swiss championships with lots of attractions at Landiwiese
July 14th	Bon Jovi at Stadion Letzigrund
mid-July – mid-Aug	Open-air cinema at Zürichhorn – with a beautiful view of the lake
Aug 1st	Swiss National Day – fireworks everywhere!
Aug 13th	Street Parade 2011 – world's largest techno event with hundreds of thousands of participants! With the parade in the afternoon and party all night long
Aug 18th – Sep 4th	Theatre spectacle at Landiwiese – great open-air spectacle
Aug 26th – 28th	Niederdorf old town festival – multicultural festival in the old town (along Niederdorfstrasse): with live bands, artistic performances, snacks and drinks
Sep 3rd	The long night of the museums (from 7 pm). Cultural happenings (art, lectures, special exhibitions, theatre and culinary surprises), museums open until at least two in the morning or even until dawn
Sep 8th	World Class Zurich – int. athletics meeting at Letzigrund Stadium
Sep 10th	Status Quo at the Hallenstadion
Sep 10th – 12th	Knabenschiessen – Switzerland's biggest fun fair at Albisgütli
Sep 23rd – 25th	Freestyle.ch. Spectacular contests on snowboards, freeskis, FMX- and BMX-bikes and skateboards, at Landiwiese

Markets

Wed	Market of food and other specialties inside Zurich main station
Tue/Fri	Food and flower market at Bürkliplatz
Thu/Sat	Market of hand-crafted art at Rosenhof (next to City Backpacker)
Sat (May – Oct)	Flea market at Bürkliplatz / Stadthausanlage
Sat	Flea market at Kanzlei (Kanzleistr. 56, next to Helvetiaplatz)
Sat	Food and flower market at Rathausbrücke

For open-air, festivals and other national events see page 17.

entertainment, fun & parties

With almost 500 bars, clubs and discos, Zurich offers entertainment to suit everyone. And from spring to fall, the offer additionally includes over 400 open-air restaurants (many of them in the numerous public open-air swimming pools).

- **Zürichhorn / Seefeldquai** (between Bellevue and Chinese Garden) and the **Landiwiese** (in Wollishofen) are ideal places to be at on a hot summer day... Chill out and have a refreshing swim in the lake!
- **Niederdorfstrasse** is the place to be at night: there are lots of restaurants/bars/pubs, guaranteed party atmosphere.
- **Oliver Twist** (Rindermarkt 6) and **Nelson** (Beatengasse 11) are the pubs to go to. Oliver Twist is also a sports bar where you can watch international sports on TV.
- **Restaurant Café Zähringer** (at Zähringerplatz 11, not far from the City Backpacker) is a good place to be and to meet people, and they serve good vegetarian food.
- **Cabaret Voltaire** (Spiegelgasse 1). Zurich's world famous "Dada House". Exhibitions, events and a café bar (closed on Monday).
- **Rote Fabrik** (Seestrasse 395). Alternative art, restaurant, open-air bar and entertainment, next to the lake. Live events: concerts, films, disco and other dance, etc. call 044 481 91 21 for the latest information. »www.rotfabrik.ch
- **Kanzlei** (Kanzleistr. 56, next to Helvetiaplatz). Nice place (disco, bar and cinema). »www.kanzlei.ch
- **Abart** (Manessestr. 170, tram Nr. 13 or bus 33 until Utobücke). Alternative club! Events and concerts from alternative rock to pop. Good prices. »www.abart.ch
- **Xtra Limmatahaus** (Limmatstr. 118, near Limmatplatz). Very popular place to go amongst the young people of Zurich. Monday/Wednesday regular disco. Admission free. See daily press for latest concerts. »www.x-tra.ch
- **Barfüsser** (Spitalgasse 14) is Europe's oldest gay bar!
- **Paddy Reily's** (Talstrasse 82) is an Irish pub.
- **Kaufleuten** (Pelikanstrasse 18) is a club at the top end of the market (Madonna and Prince were once guests here). »www.kaufleuten.ch
- **Babalu Bar** (Schmidgasse 6) is a perfect starting point for a hot night out on the town.
- **Jules Verne panorama bar** (Uraniastrasse 9) is a bar at the observatory tower with a view over the roofs of Zurich.
- **Casablanca** (Langstr. 62). Cool bar and café in the lively Langstrasse quarter.
- **El Lokal** (Gessnerallee 11). Nice bar to hang out at in the evenings; also offering some tapas. An array of strange and amazing things inside and a nice area with a view of the river outside.
- **Rathaus-Café** (at Limmatquai 61, directly on the Limmat river) is certainly the best spot for people-watching.
- **Bar Offen** (Lettensteg) is housed in an old Berlin S-Bahn coach in the now disused Letten station. Indoors or outdoors, sit back, relax and enjoy the special atmosphere.
- **Pier West** (Lettensteg 10). A swimming pool with DJs, cool drinks and a great atmosphere in the evenings.
- **Primitivo** (at Wasserwerkstrasse) on the banks of the River Limmat is a good place to be at all times of the day – to read the newspaper, sunbathe, swim, and just for fun.
- **Enge Lakeside Bathing** (Mythenquai). Open-air bar at the lakeside pool offers superb views across the lake. Situated on pontoons floating on the lake.
- **Rimini-Bar** (at Schanzengraben) is a popular place for relaxing after work and getting ready for a long night (open from 7:15 pm, closed when it rains).



save money

Free bikes

• Bikes to borrow free of charge (daytime free, overnight Fr. 10.–)! Robust city bikes are available all year round at the main railway station at "Velostation Nord" (opposite track 18 at Museumstrasse near Landesmuseum) and at "Velostation Süd" (near Sihlpost). Both open daily 8 am–9.30 pm. From May to October bikes are also available at Globus City (a shopping centre close to Bahnhofstrasse) and at Stadthausquai 1, both open 9 am–9.30 pm; at the train station Oerlikon (in front of the Swissôtel), and at the train station Enge, both open 10 am–9.30 pm. Bikes can be picked up with presentation of a valid form of ID and a deposit of CHF 20.–. **Zurich's best summer deal; make use of it!**

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Pedal boat ride on Lake Zurich near Enge harbor

ZURICH ITSELF

Uetliberg mountain

Take the S-train no 10 (leaves from track 2 at the main station) through fields and forest up to the Uetliberg mountain. A 10-minute walk brings you to the top (871 m) where you can climb the tower with a beautiful view. From there you can hike back to the city or you can easily trek along the “Planetenweg” (planetary path) to Felsenegg (1½ hour). From there a cable car will bring you down to Adliswil from where you can get back to the city (by S-train no 4). The ZurichCARD is valid for this excursion up the Uetliberg. Without a ZurichCARD it costs: CHF 16.40 for a 24-hr ticket (this “Albistageskarte” includes all Zurich city public transportation, so make use of it! You can even buy it at the ticket machine, just dial *131). **Free for Eurail-holders** (only for the Felsenegg cable car will you need to pay CHF 4.10).



ZVV – 9 o'clock Travelcard

The 9 o'clock Travelcard (9-Uhr Tagespass) entitles you to use public transport within the whole canton of Zurich. From 9 am until shut down (no time restrictions on weekends) you save 30% off the regular day ticket price! So if you are planning to make any excursions in and around the area, look into this option (CHF 24.–; for Swiss-Card-holders CHF 12.–). See also ZurichCARD (on page 6)!

Monday night skate event

The **Monday night skate** is open for everybody and free of charge (but you need to bring your own skates; they can not be rented). The tour takes place every two weeks and is suitable for both beginners and advanced skaters. Every second Monday in dry weather; it starts at Bürkliplatz at 8 pm and lasts about 2 hours (15–22 km), check »www.nightskate.ch

Limmat river cruise

A Limmat river cruise affords wonderful views of Zurich's historic buildings, bridges and monuments. One of the best and most popular, trips start from the Landesmuseum (Swiss National Museum) for the scenic upriver journey through the heart of the city, including a short trip on the lake and the return journey down the river again – or you can get off at Zürichhorn and have a refreshing swim in the lake! Boats from Landesmuseum operate from April 3rd – October 23rd. Departure every 30 minutes from 10.05 am – 9.05 pm; April and October until 6.35 pm only. Tickets cost CHF 4.10 per hour (a roundtrip lasts 55 minutes!), the cruise is **free of charge** if you hold a Eurail ticket or a ZurichCard.

Cruise on Lake Zurich

Take one of the various boats/steamers and enjoy a relaxing time on Lake Zurich! The

lake is almost 40 km long and measures nearly 90 km². The Lake Zurich fleet offers different round trips and cruises. Full timetables are posted at the company office at Bürkliplatz, from where almost all boats depart. Even if you do not have much time in Zurich, you'll find the right trip for yourself: a 1½ hour short roundtrip dep. daily every 30 minutes from 11 am until 7 pm (Apr & Oct until 6 pm) from Bürkliplatz, costs CHF 8.20. The cruises are **free** for Eurail and 50% off for Interrail holders. If you hold a ZurichCARD, the 1½ hour tour on the lake is **free of charge**. Get your ticket on board. »www.zsg.ch

Guided tours

Best of Switzerland Tours is a Swiss company with professional multilingual guides, focusing all their efforts on showing you the best of the marvellous Swiss mountains, landscapes and places of interest (i.e. Mount Titlis or Mount Pilatus, the cities of Zurich or Lucerne). For information/booking ask at your hostel, at the tourist office or see »www.switzerland-tours.ch

Or do you want to experience Switzerland on a personally guided tour? Swizzbuzz offer adventurous activities in Switzerland with **a flexible service for backpackers off the beaten track** for local culture and alternative activities – and unlike an ordinary Swiss bus tour **you have the option to get off and stay longer in any place**. For information see »www.swizzbuzz.ch or call 076 245 99 82.



save money

Buy your souvenirs/gifts in Zurich and get a **10% Backpacker discount** with the advertisement on page 7.

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save money

A visit to Zürich does not have to be expensive. Also for those on a tight budget the city with the world's highest quality of life is full of surprises and many of its offers are even free of charge:

Sightseeing

From the impressive Grossmünster church to the famous Chagall windows at the Fraumünster church, or a refreshing dip in Lake Zurich: Zurich's most beautiful sights are all **free of charge**.

In Zurich you have a choice of 1,200 fountains at which to quench your thirst, **free of charge**.

The Municipal Collection of Succulent Plants (at Mathenquai 88) has one of the most important collections in Europe! Open daily 9 am–4.30 pm, **free of charge**. Take bus 161 from Bürkliplatz (direction Kilchberg) or bus 165 (direction Rüschlikon), both to bus stop Sukkulanten-Sammlung.

Bikes

Bikes can be borrowed **free of charge** (for details about this great deal see page 7).

Museums

Some museums, whether at the university, the ETH (the Swiss Institute of Technology), the Central Library or the Museum of Anthropology, are both full of fascinating insights and **free of charge** too.

Best views

Whether it is from the Polyterrasse at the Swiss Institute of Technology or the Lindenhof: the best views of Zurich are to be had **free of charge**; you only have to climb the stairs yourself!...

Budget lunch

Lots of restaurants in Zurich are of great value for your money. One especially hot tip for those on a tight budget are the canteens of the university and ETH.

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The Rhine Falls

AREA OF ZÜRICH

Winterthur

Located just 20 minutes from Zurich, Winterthur combines the flair of a big city with the homely atmosphere of a small town. The town has everything a bigger city can offer: cinemas, markets, parks, bars, discos and excellent museums, i.e. the **Museum of Photography** (Fotomuseum) at Grüenstrasse 44 + 45. A critic has called it "the most beautiful museum of photography in Europe"! Open Tue–Sun 11 am–6 pm (Wed to 8 pm), closed on Monday; entry CHF 9.–, students CHF 7.–; bus no. 2 (direction Seen) until "Fotozentrum" or 15 minutes on foot from the main station.

Another museum that puts most of its visitors in awe is the **Swiss Science Center** (Technorama) at Technoramastrasse 1, which shows science and technology in an easily understandable way. Open Tue–Sun 10 am–5 pm (closed on Monday); entry CHF 25.–, students 21.–; take bus no. 5 (main station Gate F) until "Technorama".

Unique in town is the **CityStroll**. Join and meet new friends, socialize in the pub and hear about the sixth biggest city of Switzerland while strolling through the streets.

CityStroll takes place every Thursday from 6–9 pm and it's guided by two real Winterthurers. Costs CHF 29.– including 2 drinks and free gift. For more information check »citystroll.ch and/or do not hesitate to ask at the reception of the City Backpacker/Hotel Biber in Zurich.

Block and Tempodrom (Lagerplatz 17, just 300 m from the train station, open Mon–Sat 10 am–midnight; Sun 10 am–8 pm) is Europe's largest indoor sports park, with 3,000 m² of rollerpark, beach volleyball courts, racing carts, a climbing wall and much more (sports equipment can be hired). It's good fun! Five minute-walk from Winterthur's main station (052 204 07 00) »www.kart.ch

The Bäumli is Winterthur's most popular **vantage point**. On the terrace above the hillside vineyards of the Goldenberg you can enjoy the fantastic view of the entire city and the Alps. Take bus number 10 (direction of Oberwinterthur railway station) to Bäumliweg bus stop, from here you'll reach the Bäumli via the city's longest steps, measuring 425 metres.

Winterthur's coolest **events** are the Afro-Pfingsten (Pentacost, African food, culture and music) on June 9th–13th and the Winterthurer Musikfestwochen (music festival) which offers a large variety of concerts from rock to pop to jazz, mostly free, in the unique atmosphere of the old medieval town (August 17th–28th).

How to get to Winterthur: From Zurich main station trains to Winterthur leave every 15 minutes (S-train no 12, 11, 8, or fast trains in the direction of St. Gallen and Frauenfeld).

Accommodation in Winterthur: Etap Hotel Winterthur, Brühlbergstrasse 7a (052 264 84 00) »www.etaphotel.com

The Rhine falls

The largest waterfall in Europe is 150 meters wide and 23 meters high! It is refreshing to stand on a boulder in the middle of a waterfall and feel the gusts of cool air rushing towards you and see the massive amounts of water jetting down the Rhine fall. There is a special visitor's platform which allows you to get as close as possible. This is a great natural spectacle that you should not miss! The nearby city of **Schaffhausen** is situated along the Rhein River and has a charming town center with many nice shops and restaurants. A highlight here is the fortress "Munot" built in the 16th century, from where you'll have a great view! This is Schaffhausen's trademark circular fortress (admission is free).

How to get there: From Zurich's main station take a train to Winterthur and from there take S 33 direction Schaffhausen, and get off at "Schloss Laufen am Rheinfall". As a Eurail/Interrail-holder you travel free of charge; with a ZVV 9 o'clock Travelcard (see above) it costs CHF 24.–; the normal fare for this ticket is CHF 31.60. »www.rhinefalls.com

For more about the Rhine falls, the cities of Schaffhausen, St. Gallen and other highlights (and accommodation) in Switzerland's northeast see **pages 42/43**.

Richterswil

There are perhaps only a few people in the whole world who have heard of Richterswil. But the train link to Richterswil is ideal for people who want to get to know Zurich but would rather stay in the country than the busy city. After an exhausting day in the city you'll find a little holiday paradise in this small town on Lake Zurich. You can go swimming, rowing, windsurfing and diving virtually outside the door here.

How to get there: From Zurich's main station take the suburban railway (S-Bahn) no 2 or 8 from Zurich to Richterswil (trains run every 30 minutes and take 27 minutes).

Accommodation in Richterswil: Richterswil Youth Hostel, Hornstrasse 5 (044 786 21 88) »www.youthhostel.ch/richterswil (from Richterswil station/boat landing stage it's a three-minute walk along the lakeside path to the youth hostel).

Baden

Baden is a relaxing spa town on the river Limmat, just 24 km downstream from Zurich. The intact, **picturesque old town** and the thermal spring baths are good reasons to visit Baden (German for "bath"). Discover what fun it is to relax in the steaming open-air **thermal pools** (the richest mineral water in Switzerland – the public pools are on Kurplatz). Baden also has a **casino** and, visible from all over town, a castle.

How to get there: Trains to/from Baden leave every 15 minutes (S-train 12 and fast trains in the direction of Bern and Basel) and take only 15 minutes! Just 100 m north of the railway station Baden you'll find the tourist office.

Rapperswil

The small lakefront town of Rapperswil, called City of Roses, lies only 37 km south of Zurich and is dominated by an imposing thirteenth-century **castle** (with its small Poland museum). Another highlight of Rapperswil is the **longest wooden bridge** in Switzerland! Rapperswil offers wonderful views, nice terrace cafés, a shaded promenade, a little marina and a delightful walled **rose-garden**.

How to get to Rapperswil: From Zurich main station trains to Rapperswil leave every 15 minutes (S-train no 5, 15, 7); or take a boat trip one way.

Braunwald (1,256 m)

Staying in Zurich and want to spend a day or more in a car-free vacation resort off the beaten track? Choose Braunwald. Read more about this beautiful destination on the next page. **»»**

An advertisement for Swizzbuzz Adventure Tours. It features a Swiss flag logo and the text "ADVENTURE TOURS" in large, bold letters. Below this, it says "BACKPACKING SWITZERLAND OFF THE BEATEN TRACK". There are three filmstrip-style images showing people in various outdoor settings: one with a mountain, one with a river, and one with a car. At the bottom, there are three green arrows pointing right, labeled "ADVENTURE", "CULTURE", and "FUN". The website "WWW.SWIZZBUZZ.CH" and phone number "+41 76 245 99 82" are listed at the bottom.

practical information

**How to get there:**

There are hourly trains from Zurich main station via Ziegelbrücke to Linthal with direct transfer to the funicular up to Braunwald. The funicular railway is one of the steepest in the world. The ascent from Linthal to Braunwald is 607 metres, with the maximum incline 64%. Note: Braunwald railways is **free of charge** with the Swiss Pass and the Swiss Flexi Pass.

As you emerge from the top station, you'll see map-boards of the village and its surroundings. To the right is the **tourist office** (055 653 65 65). @ Internet at Adrenalin Backpackers.

www.braunwald.ch
www.myswitzerland.com

budget accommodation

Adrenalin Backpackers Hostel (079 347 29 05), situated in the middle of the village centre, just 2 minutes from the mountain station of the funicular. »www.adrenalin.gl



The beautiful Alps appear just a step away



Climbing in Braunwald is a major highlight



Braunwald is a great destination for sport freaks

Braunwald (1,256 m) is a car-free vacation resort located in the southernmost region of the Glarnerland (easy to reach within just approx. 90 min from Zurich). It's located on a slightly sloped sun terrace, high above the Linth Valley at 1,256 meters. Braunwald is surrounded by a fantastic panorama of mountains, with the peak of Tödi a real eye-catcher. The beautiful panorama of the Glarner Alps is within clear view and appears just a step away. Braunwald is far from both traffic and a hectic lifestyle. This is a place to turn your back on the crowds and head for the wilderness. Braunwald offers every essential ingredient for an eventful outing or an unforgettable holiday off the beaten track.

highlights

The car-free holiday resort of Braunwald offers hiking, biking, climbing, horse-riding, paragliding and a few special highlights.

Biking is especially popular in Braunwald (bike rental is possible). You'll find well-marked bike routes and at the tourist office you can buy a biker's map. Or how about a **trottinett-ride**? Trottinets (scooter) can be rented at the gondola station Grotzenbüel.

The **climbing installation** is a major highlight. The limestone cliffs of the silver-gray Eggstock Mountains towering high above Braunwald have long been a well-kept secret among mountain climbers. And because climbing in full view of the snow-capped Glarner Mountains is a wonderful experience, **even beginners can enjoy these routes** and conquer the Eggstock Mountains. The climbing installations may only be used if you wear a

climber's harness and a helmet (these can be rented).

The alpine route connecting Braunwald to the deep blue Lake Oberblegi and down to Schwanden leads **hikers** through the weird rock formations of the moranes of the Glaernisch Range. Rushing mountain streams and beautiful alpine flowers round off the picture. Walking time is about 4 h 45 min (altitude difference 280 m ascent and 910 m descent, condition intermediate to difficult), season from June to October, starting point is Braunwald; from Schwanden return by train to Linthal/Braunwald.

Another **great hike** is the roundtrip from Braunwald to the Chnüggrat. On the way you'll spy the grandiose scenery of the Glarner Alps. The glacier-covered Tödi mountain range, considered the local landmark, is especially impressive. Walking time is about 4 h 45 min (altitude difference 680 m ascent/descent, condition intermediate to difficult), season from June to October, starting point and destination is Braunwald.

Or how about the **panorama hike**? Starts and ends at Grotzenbüel (1,559 m), season from June to October, walking time is about 3 hours. An easy hike with spectacular panoramic views. With some nice mountain restaurants on the way and, if you are lucky, you can even see marmots.

Fishing is possible at the beautiful deep blue Oberblegi lake high above Braunwald. A permit costs CHF 30.— per day, CHF 110.— per week.

Or are you a passionate **chess player**? At Hotel Bellevue you'll find open-air chess.

Car-free does not mean party-free. The Adrenalin Backpackers is not only a hostel, a restaurant and a bar, but also a **party place** where you're sure to get in contact with locals.

And if it rains? No worries, the Adrenalin Backpackers offers video games, pool, darts, tabletop football and Internet. Or have you ever played air-hockey? Try it at the Adrenalin Backpackers, it's good fun.

And the friendly people from the tourist office will also help you with ideas and information.

www.adrenalin.gl

■ backpackers hostel ■ bar ■ dorfbeiz

8784 braunwald +41 (0)79 347 29 05

braunwald is far from both traffic and a hectic lifestyle. this is a place to turn your back on the crowds and enjoy pure nature. interested?

12 CENTRAL SWITZERLAND – LUCERNE

practical information



How to get there:

Lucerne is situated on the most important route running from north to south. Direct fast trains also link Lucerne to the international airports in Zurich (1 h 10 min.), Basel (1 h 40 min.) and Geneva (3 h). The ① **tourist office** (041 227 17 17) is at Zentralstr. 5 next to the **railway station** ① where you also find shopping, fast food, restaurants, hotel booking, lockers, bicycle rental, rest rooms, bookstores, foreign currency exchange, and the medical station “Permanence” (open 24 hrs). ② Post office and Swisscom center next to the railway station; laundrette, Jet Wasch, at Bruchstrasse 28 and “Altstadt-Express-Wäscherei” at Löwengraben 14; @ Internet station at Café Parterre, Mythenstr. 7; in downtown Lucerne everyone can access Wireless LAN, just connect with **Luzern. WLAN** and surf!

www.luzern.org
www.centralswitzerland.ch
www.backpacker.ch

budget accommodation

- ③ Backpackers Lucerne, Alpenquai 42, (041 360 04 20) »»www.backpackersluzerne.ch;
- ④ Lion Lodge Luzern, Zürichstrasse 57 (041 410 01 44) »»www.lionlodge.ch; Lucerne Youth Hostel, Sedelstr. 12 (041 420 88 00) (take bus no 18 from the train station and get off at the stop “Jugendherberge”, takes 18 minutes) »»www.youthhostel.ch/luzern;
- ⑤ Hotel Alpha, Pilatusstrasse 66 (041 240 42 80) »»www.hotelalpha.ch; Etap Hotel Luzern, Kellerstrasse 4-8 (041 367 80 00) »»www.etaphotel.com

TIP!



Visit Switzerland's first and only **glass labyrinth** at the Glasi Hergiswil. A walk through this world of glass created by light, sound and the play of illusion is an impressive experience. The entrance fee is CHF 5.-; slippers and gloves for the walk are available at the cash register.

How to get there: Hergiswil is only 10 minutes by train from Lucerne. At the Glasi Hergiswil you can also visit a great exhibition on art glass production, with museum, shop and show, free of charge (see page 50). Open Mon – Fri 9 am – 6 pm, Sat 9 am – 4 pm.



Stairs along the Reuss river

Lucerne is unique, you'll love it! Centrally located, just an hour south of Zurich and Basel, it offers an incredible panorama. Lucerne lies at the western end of Lake Lucerne (Vierwaldstättersee) which is the geographical and spiritual heart of Switzerland. The city, as well, features the world-famous medieval Chapel Bridge (Kapellbrücke), connecting the old part of town to the new. The over 660-year-old wooden-covered bridge partially burnt down in 1993 but has been restored to its original condition. You'll be charmed by Lucerne's misty lake, by the snow-capped mountains rising above, and the many possibilities for excursions you have from here.

highlights

- ⑥ **Chapel Bridge.** The world-famous 660-year-old bridge, which burnt down in August 1993 and was reconstructed six months later, true to the original. See the paintings of the Swiss and local city history inside the covered bridge.
- ⑦ **Lion of Lucerne** (Löwendenkmal). “The Dying Lion of Lucerne” figures among those monuments known all around the world. Globetrotter Mark Twain described the Lion of Lucerne as “the saddest and most moving piece of rock in the world”. Denkmalstrasse (Bus no. 1 to Maihof, get off at Löwenplatz).
- ⑧ **Glacier Gardens** (Gletschergarten). The real history of the Swiss glaciers; a place not to be missed. Next to the Lion of Lucerne. Daily 9 am – 6 pm, admission CHF 12.-, students CHF 9.50, with guest card CHF 10.-.
- ⑨ **The Bourbaki Panorama**, an 1100-sq metre circular painting, is one of the world's few panorama paintings still in existence. The scene is brought to life with recorded commentary (in English). At Löwenplatz 11. Open Mon 1 – 6 pm, Tue – Sun 9 am – 6 pm, admission CHF 8.- / students CHF 7.-.
- ⑩ **Museum Donation Rosengart.** The most recent museum in Lucerne. It owes its importance to two unique groups of works by **Pablo Picasso** and **Paul Klee**. At Pilatusstrasse 10; open daily 10 am – 6 pm, admission CHF 18.-, students CHF 16.-.
- ⑪ **Museum of Nature** (Natur-Museum) A permanent biological exhibition shows flora and fauna from Central Switzerland,

with a variety of live animals in aquariums and terrariums. Kasernenplatz 6 (next to Spreuerbrücke), open Tue – Sun 10 am – 5 pm, closed on Mondays, admission CHF 6.- / students CHF 5.-.

⑫ **The Swiss Transport Museum** (Verkehrshaus) is the biggest museum in Lucerne! And Europe's largest and most diversified transport museum also includes a **giant-screen IMAX cinema**. Lidostrasse 5 is 2 km east of the center. You can take a boat or bus no 6, 8 or 24 from Lucerne station to the “Verkehrshaus-Lido” stop, or else it's a pleasant twenty-minute lakeside stroll. Open daily 10 am – 6 pm, admission CHF 28.- (museum only); CHF 19.- (IMAX only); or buy a combi-ticket (museum and IMAX) for CHF 38.-.

⑬ **Musegg Wall.** A part of the rampart built in 1386; almost entirely intact. Three towers are open to the public: Schirmer, Zyt and Männli. The oldest city clock, built in 1535, is on the Zyt tower. This clock is privileged to chime every hour one minute before all the other city clocks.

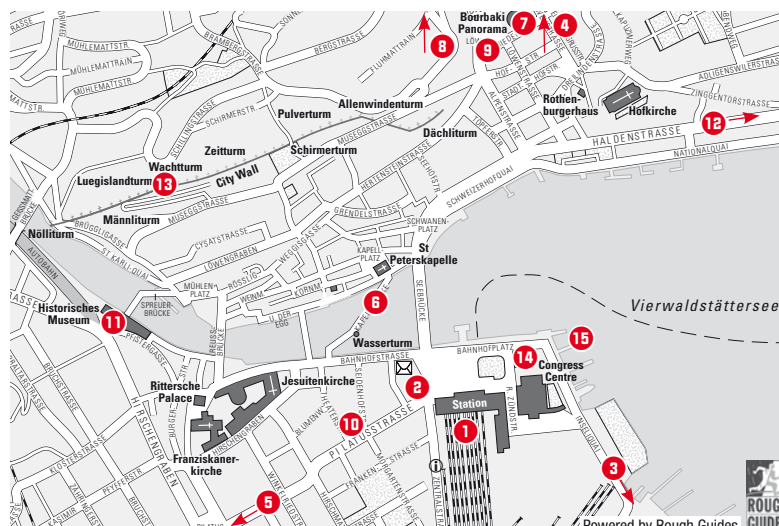
⑭ **KKL** (Culture and Convention Center Lucerne). The KKL (at Europaplatz, next to the station) is the work of the Parisian architect Jean Nouvel. It houses one of the finest concert halls in the world and the Museum of Art – the fourth largest in Switzerland.

⑮ A very good reason for coming to Lucerne at all is to explore the beautiful **Lake Lucerne**. All boats depart from the quay directly outside the station. **Free** with Eurail- and Swiss Pass, 50% off with Interrail.

TIP!



Mount Pilatus. An excursion to mount Pilatus (2,132 m / 7,000 ft) is an absolute must if you stay in Lucerne! For details and more about Central Switzerland see **page 14**.



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events

April 9th – 17th	Fumetto, international comic festival
April 29th – May 8th	LUGA agriculture and handicraft exhibition with lots of events (at Allmend)
May 7th	Lucerne City Run
June 19th	Swimming in the Reuss (for everybody), from Lucerne to Sins
June 25th	Lucerne Old Town Festival
July 8th – 10th	Rowing World Lucerne (on the Rotsee). World Cup final
July 13th – Aug 21st	Open-air cinema (at Alpenquai)
July 21st – Aug 7th	Circus Knie at Allmend
July 22nd – 30th	Blue Balls Festival, blues session »»www.blueballs.ch
Aug 1st	Swiss National Day, with parties everywhere
Sep 11th	Lucerne Museum Night. All the museums are open until 1 am. For CHF 20.– you get free entrance (from 6 pm) to all museums and free bus travel
Sep 17th	Cheese-Festival. Huge cheese market in the old town
Oct 1st – 16th	Lucerne autumn fair at Inseli Busparkplatz (right behind the train station)
Oct 30th	Lucerne Marathon

Markets

Tue, Fri & Sat	Fish market in the old town (Unter der Egg)
Tue & Sat	Fruit, vegetable and flower market along Rathausquai, Unter der Egg, and Bahnhofstrasse
Sat	Flea market along Untere Burgerstrasse / Reussteg (May – Oct)
First Wed monthly	Handicraft market at Bahnhofstrasse / Jesuitenplatz

entertainment, fun & parties

- **Bar 59** (Industriestrasse 5), a place to “hang around underground” while drinking and partying.
- **Concert house “Schüür”** (Tribtschenstrasse 1) is a concert house but also has a bar and a nice garden. Call 041 368 10 30 for today’s program. »»www.schuur.ch
- **Mr. Pickwick** (Rathausquai 6) is a good place for beer, on the riverside next to the famous Chapel Bridge.
- **Parterre**, at Mythenstrasse 7, is an Internet-café, bar and restaurant. They have the longest table in town!
- **Jazzkantine zum Graben** (Grabenstrasse 8) is a place where you can listen to live jazz and have a drink.
- Are you looking for a disco? Try **The Loft** (Haldenstrasse 21).
- **“Salü Café Bar”** (Waldstätterstrasse 5). With French ambience, is a good place to stay at.
- **Jet Club** (Pilatusstr. 29) at Hotel Astoria; dance club open every night! Hotel Astoria has a bar too, the **“Penthouse”**, not cheap but with a beautiful view of Lucerne’s mountains.



save money

The **LucerneCard** gives you unlimited travel on public transportation in the city, a 50% discount on admission to most of Lucerne’s museums and more. Costs CHF 19.– (24 hours), CHF 27.– (48 hours), CHF 33.– (72 hours). The LucerneCard is available at the tourist office and at the railway station.



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www.backpackerslucerne.ch

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www.lake.ch

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14 CENTRAL SWITZERLAND – SOME HIGHLIGHTS

some excursions and hiking tips



Mount Pilatus – The Dragon Mountain of Lucerne

An excursion to Mount Pilatus (2,132 m / 7,000 ft), the giant mountain looming near Lucerne, is an absolute must. There is hardly another mountain in Switzerland surrounded by so many legends; most notably the dragons, which have lived there from time immemorial, are a subject of tales and speculation. The best way to become acquainted with the Dragon Mountain is the “Golden Roundtrip” (½- or 1-day tour), with modern, soundless panoramic gondolas – a most spectacular aerial tramway and the **steepest railway in the world** (48 degrees). **Note:** as a “Swiss Pass” holder you get a **50% discount!** Pilatus is also ideal for **walking and hiking**. And it’s also a particularly popular **climbing** region, offering a range of routes in all degrees of difficulty. An additional highlight in the summer program is the “Pilatus Seilpark”, Central Switzerland’s largest rope park (daily open from May 1st until October 23rd, costs CHF 27.–).

Here you’ll find 10 exercise trails through forest, each with 6 to 11 stations in varying degrees of difficulty. And Pilatus also offers Switzerland’s **longest summer toboggan run** – 1,350 metres (begins at Fräkmüntegg at 1,415 metres altitude; open in summer from May 1st until October 23rd, in dry weather only, costs CHF 8.–).

It’s also possible to arrange a fascinating **tandem paragliding flight** from Mount Pilatus. Enjoy a bird’s eye view of Lucerne and then land at the cable car station in Kriens. The altitude difference is 1,600 m, flying time is 30–60 minutes (depends on prevailing weather conditions), costs CHF 290.– and no flying experience is necessary! Call 041 820 54 31 or check out »www.paragliding.ch

How to get the there: Take bus no. 1 from the Lucerne train station to Kriens (bus stop: Linde/Pilatus; takes 16 minutes). Panoramic gondolas and an aerial tram will take you to the top. Get down to Alpnachtstad by cog railway (open May – November). You can then either take the train (15 min.) or a boat (75 min.) to get back to Lucerne. This so-called “Golden Roundtrip” can also be done in the reverse direction! »www.pilatus.ch, »www.luzern.org



The world’s steepest cog-wheel railway leads up to the top of Mount Pilatus

The Swiss Path – The most famous hiking path of Switzerland

Visit the “Rütli” meadow, where Switzerland was founded on the 1st of August 1291 and have a short or long walk around the panoramic mountains in the very heart of Switzerland.

The long distance Swiss Path is almost 35 km, walkable in two days of roughly six hours each, or easily dividable into smaller chunks. Tourist offices around the region stock **English guides** of the route! This very Swiss hiking path is great fun for everyone! There’s a special day trip ticket called “Weg der Schweiz day pass”. This day trip ticket enables you to use the boat all day

long. You can hike on the Swiss Path and whenever you feel like it you can enjoy a boat trip (costs CHF 41.– or 26.– if you hold a Swiss Half Fare card).

How to get there: As the path surrounds the Urnersee (the lake which belongs together with Lake Lucerne), you are able to enter it **by boat** from Lucerne, Brunnen, Morschach, Sisikon, Flüelen or any station adjoining the path. »www.brunnentourismus.ch, »www.lakelucerne.ch. (As well as by boat you can reach the hiking path by train on any previously mentioned station adjoining the path. Easy connections from Lucerne, Brunnen, Schwyz, Zurich).



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View from Pilatus Kulm over the Bernese Alps

practical information



How to get there:

½-hourly trains to Schwyz from Zurich, Lucerne, Lugano and Basel; Regular bus connection between Brunnen, Morschach, Seewen, and Schwyz. ① **Tourist office** in Schwyz at Bahnhofstrasse 4 (041 810 19 91); in Brunnen at Bahnhofstrasse 15 (041 825 00 40). @ Internet station in Schwyz at Hirschen Pub (Hinterdorfstr. 14, 041 811 12 76) and at Millennium (Bistro and Bar at Herrengasse 15, 041 810 40 00). In Brunnen you'll find Internet access at the tourist office.

www.swissknifevalley.ch
www.centralswitzerland.ch
www.brunnentourismus.ch
www.backpacker.ch

budget accommodation

Hirschen Backpackers Hotel Pub Schwyz, same place as Hirschen Pub, Hinterdorfstr. 14, (041 811 12 76). Hop aboard any bus (direction Schwyz Post), get off at station "Schwyz Post" – just follow the sign for Hirschen. »www.hirschen-schwyz.ch; for accommodation in Brunnen ask at the tourist office (there are budget priced rooms in some hotels as well as some B&Bs).

entertainment, fun & parties

Schwyz

- **Hirschen Pub** (same place as Hirschen Backpacker, Hinterdorfstr. 14), nice pub where tourists get in touch with locals. Here you'll find lots of games, Internet-access and an idyllic garden.
- **Tübli** (Schützenstr. 15) is a cosy little bar, with over 100 foreign beers! Meet locals!
- **Mystery-Bar** (Reichsstr. 8) is a sports-bar and lounge.
- **Gleis 2** (Bahnhofstrasse 131, Seewen) is a stylish music-bar with DJ-corner.
- **Nelson Pub** (Bahnhofstrasse 127, Seewen) is a good place for playing table soccer and darts.

Brunnen

- **Mezcalito** (Axenstrasse 9, next to the lake) is a nice bar; they serve wonderful mexican food.
- **Schilf Restaurant and Bar** (Gersauerstrasse 85) offers beautiful views of the lake.
- **Badhüsli** (Axenstrasse, next to the lake) is a nice wine pub.
- **Quai 2** (Waldstätterquai 2) next to the lake, with a beautiful view.
- **Brunner Hof-Bar** (Gersaustrasse 3) is a place in typical Swiss decoration where you can meet the locals.



Hikers on the "Swiss Path" high above the shores of lake Uri

Swiss Knife Valley, the Schwyzerland region, is located on the border of Lake Lucerne next to the Swiss Alps. Here, Switzerland was actually founded on the 1st of August, 1291, through the so-called "Rütli"-meadow. And here, the **original Swiss Army Knife** comes from, hence the title "Swiss Knife Valley". The area comprising Schwyz, Brunnen, Seewen, Morschach, and much more offers you many highlights. And there are beautiful mountains and lakes in the area ready to be explored. Schwyz is the capital of the canton and has backpacker accommodation!

highlights

Schwyz is a small but characterful town with plenty of history, and it's the capital of its canton. And Schwyz is only 50 train-minutes from Zurich and 40 minutes from Lucerne! The town is best known for being the repository of the ancient documents (dating from 1291) embodying the history of the Confederation, on display in the **Bundesbriefarchiv** at Bahnhofstrasse 20 (closed on Monday). On a terrace above the central Hauptplatz square there is the large parish **church of St. Martin** (with an ornate interior). The **Rathaus**, sitting on the square itself, has a façade decorated with frescoes painted in 1891. A little northwest lies the **Ital-Reding Haus**, an early seventeenth-century manor house set in its own garden and with a magnificent interior (closed on Monday). Across the garden – and in the same complex – is the ancient **Haus Bethlehem**, one of the oldest wooden houses in the country (dating back to 1287)!

At the "Schaukäserei Schwyzerland" (at Milchstrasse 5, just a 2-minute walk from Schwyz train station) you can **produce your own Swiss cheese** or just **watch the cheese production!** (for details see **page 50**).



Opposite the Mythencenter shopping complex at Schmiedgasse 57 is Victorinox, the manufacturer of the **original Swiss Army Knife**. You can not visit the factory here, but in its on-site shop they sell the complete range of pocket multitools at **discount prices** (open Mon – Fri 7.30 am – noon & 1.15 – 6 pm, Sat 8 am – 3 pm).

Brunnen village is dramatically located. Vistas from its jetty are stupendous – directly across the cliffs of Seelisberg, with the Uri-Rotstock and Titlis behind, the length of the Urnersee in the south, and the length of Lake Lucerne in the east. Brunnen basks at the head of a wind tunnel which draws the warm "Föhn" wind north from the Mediterranean, frequently turning the Urnersee choppy and stormy. The easiest excursion from Brunnen is to the **Urniberg** peak nearby, with stunning views both on the way up in the tiny cable-car and from the summit itself (with a restaurant). By cable car or funicular you can travel up to the **car-free village of Stoos** and even higher up to the summit of the **Fronalpstock** (view of 5 lakes!). »www.brunnentourismus.ch

A good reason for coming to this particular part of Central Switzerland is to explore the beautiful **Lake Lucerne** and its fjord-like finger, the **Lake Uri**. A cruise in an over 100-year-old and beautifully restored steamboat is a must! In Brunnen there are also plenty of **water sports** on the lakes, including swimming, waterskiing, sailing, windsurfing and diving.

Brunnen is also where Switzerland's most famous hiking path the "**Swiss Path**" ends (read more about it on **page 14**).

Around Schwyz and Brunnen you'll find dozens of amazing **hiking** opportunities. Or you can discover the region on wheels. Whether you choose a demanding route with a racing bike, a challenging trail for a work-out with a **mountain bike** or a comfortable **bike tour**, the region has a route for every type of biker (rent your bike at the railway station). At the tourist office you'll get good biking- or hiking-maps. Central Switzerland is a highlight for **paragliders**, you may depart from almost all the famous peaks around the Lake of Lucerne. And you also have the opportunity to take off on a tandem paragliding flight, courtesy of the local adventure operator "touch and go". They arrange **tandem paragliding flights** (no flying experience is necessary) 041 820 54 31, »www.paragliding.ch Or how about caving, bungee jumping, kayaking, rafting, wreck diving or a guided mountain stream tour? All this and a lot more is on offer as well in the region. Book at your hostel or visit the local tourist office.



Victorinox is the world leader of pocket multitools and the largest employer in the Swiss Knife Valley. Who does not know these great pocket knives and multitools, this symbol for quality and multi-functionality? They are give aways of US presidents in the white house and successfully probed with expeditions from the north pole to Mount Everest. Victorinox accompanies people through life. And has for 125 years. Some say: "It's a friend not just a knife"!

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(See competition on page 34)

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Victorinox pocket knives and multitools are available in hardware stores, specialist shops, sport and outdoor-shops, department stores, souvenir shops, at hostels etc.





open-air and festivals

April 12th – 16th	Zermatt unplugged, with Seal, Roger Hodgson (the voice of Supertramp), One Republic, David Gray and many more
June 9th – 13th	Afro-Pfingsten (Pentacost). African food, culture and music in Winterthur (20 min. by train from Zurich)
June 9th – 11th	Greenfield Festival Interlaken . International and Swiss bands present rock, punk, hip-hop and electronic sounds. The entrance ticket also entitles you to camp out at the festival site!
June 24th – 26th	Albani Party. Large street party in Winterthur (20 min. by train from Zurich)
June 24th – 26th	International Trucker & Country Festival Interlaken . Famous country stars & bands. Western village, big truck & motor-bike exhibition (at the Military Airfield)
June 30th – July 3rd	Open-Air St. Gallen . Biggest open-air in Switzerland, with famous international acts. Bring your own tent!
July 1st – 3rd	Caliente Zurich . Most important Latin music festival in Switzerland, indoor and outdoor
July 1st – 16th	Montreux Jazz Festival. Jazz meets up with the blues, rock, reggae and soul. Tons of free concerts on the lakeshore promenade, at Montreux Jazz Café and the Palace
July 8th – 17th	"Moon and Stars" summer festival Locarno (Piazza Grande)
July 14th – 17th	Gurten Festival Bern . On mount Gurten. Fantastic atmosphere, int. acts. Bring your sleeping bag and sleep outside or in the huge tent!
July 22nd – 30th	Blue Balls Festival Luzern , blues sessions
July 29th – 31st	Interlatina. Interlaken will be struck with Latino fever (concerts, market stands, dance shows and more at Stadthausplatz Interlaken-Unterseen)
Aug 3rd – 13th	International Film Festival Locarno . See the latest major productions on the largest screen in Europe (26m x 14m) at open-air shows in the southern setting of Piazza Grande
Aug 4th – Aug 14th	Geneva Festival. An immensely popular festival and a highlight of the summer season, with fun fair, entertainment, concerts and fireworks
Aug 11th – 13th	Buskers Bern . Street musicians' festival in the old town
Aug 13th	Street parade and energy Zurich – world's largest techno event with hundreds of thousands of participants! With the parade in the afternoon and party all night long
Aug 17th – 28th	Winterthur Musikfestwochen (music festival). A large variety of concerts from rock to pop to jazz, mostly free, in the unique atmosphere of the old medieval town
Oct 21st – Nov 13th	Avo Session Basel (some of the most famous artists from the genres of pop, soul, rock, Latin, blues and R&B)

concerts

April 4th	Chris de Burgh, Hallenstadion, Zurich
April 12th	Angelo Branduardi, Kongresshaus, Zurich
May 9th & 10th	Zucchero, Hallenstadion, Zurich
May 16th	Sade, Hallenstadion, Zurich
May 16th	Jovanotti, St. Jakobshalle, Basel
May 28th	Jannick Noah, Arena, Geneva
June 4th	Status Quo at Aarberg (15 train-minutes from Biel)
June 14th	Zucchero, Arena, Geneva
June 14th	Katie Melua, Hallenstadion, Zurich
June 15th	Katie Melua, Arena, Geneva
June 23rd	Herbert Grönemeyer, Stade de Suisse, Bern
July 14th	Bon Jovi, Stadion Letzigrund, Zurich
Sep 10th	Status Quo, Hallenstadion, Zurich

practical information



How to get there:

Lausanne has good connections to all major cities in Switzerland and almost hourly direct trains to France (Paris, 3h 50min.), Italy (Milan, 3h 50min.) and Germany (approx. 5 hours).

① **At the train station** you'll find the ① **tourist office** (021 613 73 73); lockers, bicycle rental, currency exchange, rest rooms, fast food, small shops and a post office. Lausanne is beautiful but very hilly, so be prepared for some steep walks when discovering Lausanne on foot! The center is a few steps up from the main station at place St. François. ② **Ouchy**, the port of Lausanne, is a beautiful place. There is another ① **tourist office** at Avenue de Rhodanie 2. @ Internet at Quanta virtual fun space, pl. de la Gare 4; Fleur de Pains, Avenue d'Ouchy 73. Wireless Internet access is available at Flon, Palud, Riponne, St-François, Montbenon, Navigation, Port.

www.lausanne-tourisme.ch
www.lake-geneva-region.ch
www.backpacker.ch



save money

The **Lausanne Transport Card** gives you free and unrestricted access to all public transport services in the city (bus, train, metro). You'll get this card at your hostel. It is valid for the duration of the reservation, including the arrival and departure days!

budget accommodation

③ **Lausanne-guesthouse & backpacker**, Epinettes 4 (021 601 80 00) »www.lausanne-guesthouse.ch; ④ **Lausanne Youth Hostel "Jeunotel"**, Chemin du Bois-de-Vaux 36 (021 626 02 22) »www.youthhostel.ch/lausanne



save money

⑩ **Bikes to borrow free of charge!** Pick up at Place de l'Europe, open daily 8 am – 6 pm from April 15th until October 31st. Deposit of CHF 20.– and you need to show your passport or ID card. Great summer deal even though Lausanne is a city of some steep hills.



View of the city of Lausanne

Lausanne resides on the hillside between Lake Geneva below and the woods above, surrounded by meadowland and vineyards, facing the Alps. Lausanne was officially named the Olympic Capital in June 1994, a unique and prestigious title awarded by the International Olympic Committee, headquartered in Lausanne since 1915. Popular with students, Lausanne features numerous private schools and one of the country's largest university campuses, comprising the Federal Institute of Technology (EPFL) and the University of Lausanne. Lausanne has more to offer young people than most Swiss cities: nightlife, bars, bistros, discos... many museums and collections stage more than 50 exhibitions a year, from dinosaurs to contemporary art.

highlights

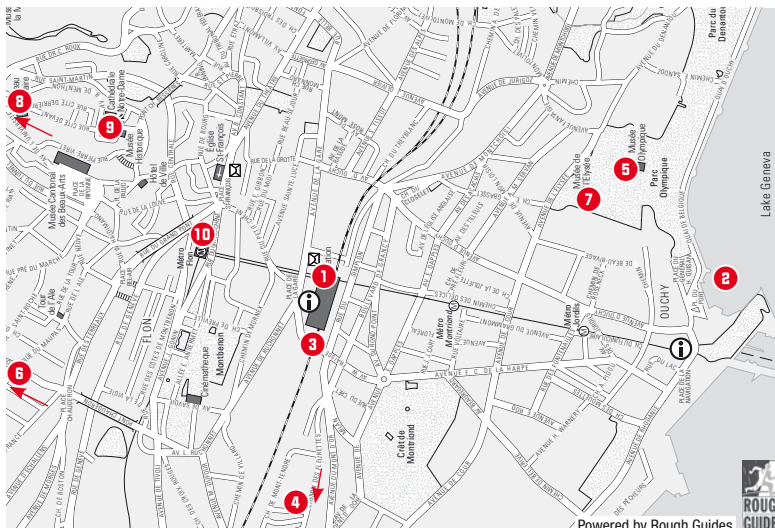
Via the 160 covered steps of the Escaliers du Marché (or by other routes) you reach the **old town**. The peaceful, historic atmosphere of the old town is an invitation to linger. L'hôtel de ville and place du Palud are nice places to take pictures of. And you should not miss seeing Lausanne's **magnificent cathedral** ⑨ from the 12th century, with its four towers and 105 stained-glass windows. Inaugurated in 2003, the new organ is the only one of its kind in the world by virtue of its design and its dimensions (nearly 7,000 pipes); concerts are held there regularly.

⑤ **Olympic Museum** on quai d'Ouchy 1, which hosts a great exhibition about the

Olympic movement up to today. This symbol of the union of sports and culture is a universe filled with history and emotion. Open daily 9 am – 6 pm. Admission CHF 15.–, students CHF 10.–. »www.olympic.org

⑥ **Collection de l'Art Brut** at av. des Bergières 11, a special exhibition, which you shouldn't miss. Open Tue – Sun 11 am – 6 pm (during July and August also open on Mon). Admission CHF 10.–, students CHF 5.–. **Free entry every first Sat of the month!**

⑦ **Musée de l'Elysée** at Avenue de l'Elysée 18, an impressive photo collection. Open Tue – Sun 11 am – 6 pm (Mon closed). Admission CHF 8.–, students CHF 4.–. **Free entry every first Sat of the month!**



⑧ **Fondation de l'Hermitage** at Route du Signal 2 is housed in a beautiful 19th-century residence and is devoted to holding temporary exhibitions on the fine arts. It's surrounded by a magnificent park! Tue – Sun 10 am – 6 pm, Thu until 9 pm, (Mon closed). Admission CHF 18.–, students CHF 7.–.

The one-time fishing village of **Ouchy** is now a prime territory for waterfront strolling and café-lounging. And all summer long the Ouchy waterfront hosts informal music events (from techno to chamber music to African dance) just about every weekend, and usually free of charge.

Lausanne boasts a **great spectacle for skaters**. Along the lake there are many good places and streets for skaters; in particular, check the **Vidy area** (a kilometer or so west of Ouchy).

Check out Lausanne's **Skatepark HS 36** at av. de Sévelin 36. 1,700m² of indoor wooden facilities: half pipe, mini ramps, bowl (400m²), street course, climbing wall. Open from Tuesday to Sunday. Equipment rental possible. For more information check out »www.fievre.ch. From the train station take the metro to "Flon", from "Flon" take the metro (M1) and get off at the first stop (Vigie).

Boat trips. Lake Geneva is not only a place for sport, leisure and excursions, the stately white boats of the CGN will also take you to Geneva, Vevey, Montreux, Morges, Rolle, Nyon, Evian (in France) and many other ports in Switzerland and France! The boats call regularly at Ouchy. So on your way from Lausanne i.e. to Geneva or Vevey (or vice versa), you can easily take a boat instead of a train and enjoy a relaxing time on this beautiful lake!

There's much more to be explored in the beautiful Lake Geneva Region. Read more about it on the following pages.

events

April 30th	20 kilometres of Lausanne. Open cross-country run in the city
May 5th–8th	Carnaval de Lausanne. Various events in the streets of the city centre
May 13th–June 16th	Luna Park (merry-go-round and much more) at Place Bellerive, Ouchy
June 28th–July 3rd	City festival with music, dance, theatre, jazz and more
June 30th	Athletissima 2011. International athletics meeting at La Pontaise Olympic Stadium
mid-July–mid-Aug	Open-air film screenings at Lausanne-Bellerive
Aug 1st	Swiss National Day, with parties and fireworks everywhere
Sep 24th	Museum Night. Events and entertainment at various museums and cultural institutions
Sep 29th–Oct 12th	Circus Knie at Place Bellerive in Ouchy
Oct 19th–23rd	Underground film and music festival Lausanne
Oct 30th	Lausanne Marathon (42 km through the vineyards overlooking Lake Geneva)

Markets

Mon & Thu	Food market at Boulevard de Grancy (until 1pm only)
Wed & Sat	Food market at Place de la Riponne (8 am–2.30 pm)
Thu	Flea markets at Place Chauderon and at Place de la Riponne
Sun (April–Sep)	Food market at Allée des Bacounis in Ouchy
1st Fri monthly	Craft market at Place de la Palud

entertainment, fun & parties

- **MAD** (Rue de Genève 23) is a huge disco. Various styles from rock to rave.
- **Amnésia** (E.-Jaques-Dalcroze 9 at Port de Vidy), big disco, various styles.
- **Atelier Volant** (Côtes de Montbenon 12), enjoy the Latino vibes there.
- **Movida** (Place Chauderon 5), Latino style as well.
- **Loft Club** (place Bel Air 1), techno sound for young people.
- **DI Club** (Place Central), for electronic music and jam sessions.
- **Buzz** (Rue Enning 1), all-style music, warm and electric atmosphere.
- **A La Bossette** (place du Nord 4), nice, almost underground smoky café.
- **Hôtel de Ville** (place de la Palud 10), lovely, small bijou, organic food.
- **Château** (place du Tunnel 1), homemade beer, late nights...
- **Bleu Léopard** (Rue Enning 10), different styles of music, open until late. Sunday brunch.
- **Captain Cook** (Rue Enning 2) is an English Pub.
- **Le Bourg** (Rue de Bourg 51), concerts, one-man-show, projections... This café-theatre invites you to come and have a drink and discover the evening's entertainment.
- **Les Brasseurs** (rue Centrale 4), a beautiful micro-brewery in a décor of wood paneling and copper, dedicated to beer. Brewery specialities.
- **Café Luna** (Place de l'Europe 7), relax in its different atmosphere amid a setting combining designer chic and cosy ambience.
- **Cult Club** (Place Chauderon 18), R&B in a cool club.
- **Point Bar** (Rue de Genève 10), aims to be Lausanne's Little Barcelona... with house, electro, funk and Latino music on weekends.



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 Internet stations
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 Hang-out room
 Your room view

practical information



How to get there.

Vevey and Montreux both have a main train station: from/to Lausanne (13 min.), from/to Geneva (1 h), from/to Interlaken (change in Zweisimmen) with the famous mountain train “MOB Golden Pass” – free for Eurail/Interrail-holders: a great journey which will take you across a beautiful landscape! You can easily move between Vevey and Montreux either by bus (15 min.) or by train (5 min.). Both train stations have lockers, rest rooms, bike rentals, a bank and small shops. The post offices are both near the train stations. ① The **tourist information offices** have all the major information you’ll need: in **Vevey**, Grand-Place 29 (0848 86 84 84), and in **Montreux**, Place de l’Eurovision (0848 86 84 84). @ Internet café in Montreux Digital Planet at Avenue du Casino 49; in Vevey Internet station open to everybody at Riviera Lodge, Place du marché 5.

www.montreux-vevey.com
www.lake-geneva-region.ch
www.backpacker.ch

budget accommodation

Vevey: Riviera Lodge, Place du Marché 5, (021 923 80 40) (300 m from the train station on the lake side in a charming renovated 19th century town house) »www.rivieralodge.ch

Montreux: Montreux Youth Hostel, Passage de l’Auberge 8, (021 963 49 34) (30 minutes on foot along the lake shore, or take train no S1 from the railway station to Montreux-Terriet (takes only 2 min.), from there it’s 2 min. walking distance) »www.youthhostel.ch/montreux

TIP!



Taste a unique **chocolate fondue** at the Riviera Lodge, Vevey. An original recipe with melted chocolate and fresh fruit to dip in. (fondue with fresh fruits CHF 13.– per person, minimum 2 people). “I can resist everything except temptation”, Oscar Wilde said once...



Montreux on the shores of Lake Geneva

Vevey and Montreux are the main resorts of the so-called Swiss Riviera. The name describes the stretch of Lake Geneva roughly between Lausanne and Villeneuve and is one of the sunniest places in the country! Many writers, musicians and artists such as Charles Chaplin, Freddy Mercury (their statues are located on the lake shore), Igor Stravinsky, Ernest Hemingway, Lord Byron and many others chose this place for the beauty of the landscape. The two charming resorts of Vevey and Montreux work closely together. Vevey has a cosy historical downtown, esplanades, a shopping mall and many nice cafés, which offer the traveller a warm feeling. Montreux, 5 km from Vevey, is more touristically oriented, but the promenade on the lakeside, with the nearby **Castle of Chillon**, is a must!

highlights

Vevey

The old streets east of Grand Place and the lakeside promenade are worth exploring. Vevey also has a **15th century church** (St. Martin’s, up the hill behind the station) and several museums:

Vevey Historical Museum, Rue du Château 2. This museum (founded in 1897) is housed in a beautiful 16th century building dating from the Bernese occupation. Its collections of objects, paintings and documents bring the region’s past back to life. Open Tue – Sat 11 am – 5 pm. Admission is **free of charge**.

Swiss Camera Museum, Ruelle des Anciens-Fossés 6. This museum shows you the history of photography, from the camera obscura to numerical images. The history of photography, its inventors and its techniques, is recounted by an amazing collection of cameras, dating from the very invention of photography to the present day, and enhanced with audio-visual and interactive presentations. Open daily

except Monday 11 am – 5.30 pm. Admission CHF 8.–, students CHF 6.–.

The **Swiss Museum of Games** (Musée Suisse du Jeu), Rue du Château 11, La Tour-de-Peilz. The colourful port village of La Tour-de-Peilz is situated between the lake and the old town, just about 1 km east of Vevey and dominated by its white château. In this romantic setting, the Swiss Museum of Games invites you to actively discover games from around the world and throughout the ages. Have fun! Open daily except Monday, from 11 am – 5.30 pm. Admission CHF 9.–, students CHF 6.–.

The **Alimentarium** at Quai Perdonnet is a museum of food. Internationally renowned, it takes a scientific and ethnological look at the food of the past and the present. Open Tue – Fri 10 am – 5 pm, Sat & Sun until 6 pm (closed on Monday). Admission CHF 12.–, students CHF 8.–.

Sir Charles Chaplin, The immortal screen comedian, spent the last 25 years of his life

at the Manoir de Ban above Vevey. Chaplin, his wife and children, moved to Vevey in 1953. The whole family quickly settled in to their adopted town and became part of the local life. Sir Charles and his wife Lady Oona are buried in the Corsier s/Vevey cemetery. His memorial statue can be seen on the Vevey lakeshore.

Montreux-Vevey has always been a favorite place for artists – not only Charlie Chaplin, but also Freddie Mercury, David Bowie, Le Corbusier, Jean-Jacques Rousseau, Henri Nestlé, Barbara Hendricks, Victor Hugo, Dostoevski etc... Follow their trail through the vineyards or along the lakeside and discover a part of their lives (at Riviera Lodge you get **free flyers** with maps and stories about these artists!).

Montreux

Chillon Castle at Montreux – one of Switzerland’s most beautiful sites! This extraordinary fort was built on a rock set in a lovely scenic location on the shore of the lake. Chillon is an exceptional combination of castle and fortress. There are magnificent collections of antique furniture, pewter and weapons. The towers and ramparts offer a wonderful view of the lake and mountains. Cruise on Lake Geneva on a steamboat and discover the Chillon Castle you’ve perhaps seen on pictures many times but never in reality. The castle, called “Château de Chillon”, was made legendary by the poem “The Prisoner of Chillon”, written by Lord Byron in 1816. Open daily April – Sep 9 am – 7 pm, in Oct 9.30 am – 6 pm (latest

entrance is one hour before closing time). Admission CHF 12.–, students 10.–.

Visinand House, situated in the old town of Montreux (Rue du Pont 32), is the oldest building of the area! It is the home of the cultural centre, which includes three exhibition rooms, as well as an attic where classes, conferences, shows and activities are held. The fine arts, photography and applied arts provide some themes for the numerous temporary exhibitions. Open Wed–Sun 3–6 pm, **free entrance**.

Freddie Mercury and the group Queen loved their frequent stays in the peace and scenic splendour of the Vaud Riviera, where they composed, produced and recorded some of the biggest hits in their repertoire. A stroll along the shores of Lake Geneva will bring you to Freddie Mercury's statue.

activities

Vevey and Montreux are the capitals of the **Lavaux winegrowing region, a UNESCO World Heritage Site**. The Lavaux vineyard terraces stretch for about 30 km along the south-facing northern shores of Lake Geneva from the Chillon castle to the eastern outskirts of Lausanne. The steep, narrow stone walled terraces cover the lower slopes of the mountain-side between the villages and the lake's edge; above are forests and pasture and across the lake, the high peaks of the Alps. Discover the unique region and its typical villages. Easy to reach with the wine train or funicular. **Wine tasting** in the "caveau" (wine cellar) of Riviera Lodge has begun to spread its reputation. Or visit one of the many wine cellars and taste one or two of their specialties.

The hilly surroundings of the Vevey Montreux area offer a good range of easy **hikes**. There is a huge choice for everyone's taste and ability, from footpaths through the mountains, vineyards, fields and forests, to the many flowered walks along the shores of Lake Geneva. Ask at the tourist office for the "Hiking Map".

A very good reason for coming to Vevey or Montreux is to explore the beautiful **Lake Geneva**. Would you like to board a ship to go shopping in **Evian (France)**? Do you feel like celebrating the first of August off Pully? Or are you interested in visiting the Olympic Museum in **Lausanne**? Do you want to admire the "jet d'eau" in **Geneva's** harbour? These are only a few proposals. It is up to you to make the most of them! For swimming and sunbathing in an idyllic setting, you'll find quiet pebble beaches and green parkland all along the Riviera. Enjoy a relaxing afternoon while splashing in the invigorating waters of Lake Geneva. There are about **20 natural beaches** and access to them is **free**. Some suggestions: Jardin Doret – Vevey, Bains des Hommes – la Tour de Peilz, Bain des Dames – la Tour de Peilz, La Becque – la Tour de Peilz, La Grotte – Corseaux (they are all near Vevey); and Plage de Chillon – Veytaux, Port du Basset – Clarens, La Maladaire (near Montreux).

Rochers-de-Naye, with its floral alpine garden, is a great one-day tour. You may walk up to the top (2,042 m/6,700 ft., approx. 3½ hrs for good hikers), or take the scenic MOB railway, or the cogwheel train to "les Pléiades", 1,300 m of breathtaking views of the lake.



events

June 9th – 12th	Montreux Sundance Festival Montreux. Electro sound at Montreux Music & Convention Centre
July 1st – 16th	Montreux Jazz Festival . Details and tickets call (0848 86 84 84) or check out »»www.montreuxjazz.com
July & Aug	Every Saturday morning Vevey's Market Square turns into a magical summer market
mid-July – mid-Aug	Open-air cinema at Place Scanavin Vevey
July 30th – Aug 1st	Oldtimer Ships Regatta (just in front of Vevey and Montreux)
Aug 1st	Swiss National Day – party and fireworks everywhere!
Aug 19th – 21st	Street artists festival Vevey . This popular annual lakeside festival attracts talented performers from Switzerland and abroad
Sep 2nd – 4th	Freddie Mercury Memorial Days

For more events ask at the tourist office!

entertainment, fun & parties

Vevey

- For a Latino & salsa night, go to the cocktail bar called **Indigo** (rue de la Madeleine 29).
- **Rocking Chair** (Av. de Gilamont 60) has concerts and a dance floor.
- **Le Bout du Monde** (Rue D'Italie 24) is where the locals meet. Live music.

Montreux

- Live music and DJs at **NED** (rue du Marché 19).
- **Paradise Pub** (at Grand Rue 58) has billiards, games and more.
- **Mayfair House** is a music and lounge bar (Grand Rue 52).
- **White Horse** is a nice pub (Grand Rue 28).
- **Opus café** (rue du Marché 23), a cafe and restaurant.
- **Le Casino Barrière** of Montreux (rue du Théâtre 9) rolls out the red carpet to welcome you (free introduction to games, live music every Fri & Sat).



Chillon Castle

vevey

montreux-riviera

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22 LAKE GENEVA REGION – SOME HIGHLIGHTS



Yverdon-les-Bains, the castle dating back from the 13th century

The Lake Geneva Region is often called “a cocktail of Switzerland” and whatever your interests, it offers a remarkable range of leisure and pleasure activities for both body and soul. Here you'll find peaceful lakes bordered by palm trees, the rolling wooded hills of the Jura, the delightful green landscapes of the northern part and the snowy summits of the Alps with the majestic glacier of Les Diablerets. Some enthusiasts even manage to ski on both snow and water on the same day! The Lake Geneva Region offers you a vast choice of sporting, cultural and leisure activities. For hikers and bikers, scenic routes and trails extend across the entire region. The range of holiday activities is wide. »»www.lake-geneva-region.ch



some highlights

From Montreux the **famous mountain train “MOB Golden Pass”** (free of charge for Eurail, InterRail, or Swiss-Pass holders!), one of the showcase journeys of Swiss railways, which climbs northwest through the hills into Canton Bern. On this spectacular route between Montreux and Zweisimmen (in the Bernese Oberland) you can stop, for example, in **Château-d'Oex** and **Saanen-Gstaad**.

Château-d'Oex

Château-d'Oex offers everything the heart of a sportsman could desire. A variety of mountain tours, **river-rafting** on the Saane river (from Saanen to Château-d'Oex), kayaking, canyoning, hydrospeed, **paragliding** (landing area right next to the Youth Hostel), **mountain bike** course with permanent time-recording and a number of other MTB routes.

Also worth a visit is “Le Grand Chalet” in Rossinière, a chalet dating from 1754, with 113 windows (trains to Rossinière take 6 minutes).

But actually Château-d'Oex is best known for all its hot air. When the Swiss Bertrand

Piccard and the Briton Brian Jones made their record-breaking 45,000 km round-the-world balloon flight in 1999, the takeoff point and centre of the whole operation was here. Every January the town hosts this arguably most beautiful sports event in the Swiss calendar, the annual Hot-Air Ballooning Week, when nearly 100 colourful giants catch the thermals to float peacefully over the hills and valleys round about.

How to get to Château-d'Oex: Hourly train from Montreux (takes 1 hour).

① **Tourist offices:** La Place 6 (026 924 25 25) »»www.chateau-doex.ch

Budget accommodation: Château-d'Oex Youth Hostel, Route des Monnaies 67, (026 924 64 04, closed April 1st – 20th, April 26th – June 1st, and after October 23rd). »»www.youthhostel.ch/chateau.d.oex

Saanen-Gstaad

The Gstaad-Saanenland holiday region actually belongs to the the Bernese Oberland, but is closely linked with Château-d'Oex and as well within easy reach of Montreux (see mountain train “MOB Golden Pass” above). The Gstaad-Saanenland holi-

day region is popular with a charming mix of visitors. While the car-free chalet village of Gstaad attracts countless stars and starlets, the smaller neighbouring village Saanen offers attractive options a little further away from the hustle, but still close to the action. There are **hiking** possibilities, from short walks to high alpine tours. Or how about **river-rafting** on the Saane river (from Saanen to Château-d'Oex), kayaking, canyoning, hydrospeed, etc. The possibilities are countless.

How to get to Saanen: Hourly trains from Montreux (takes 1 hour 15 minutes). Trains between Château-d'Oex and Saanen take only 16 minutes.

① **Tourist offices:** Promenade 41 in Gstaad (033 748 81 81) »»www.gstaad.ch

Budget accommodation: Saanen-Gstaad Youth Hostel in Saanen, Chalet Rüblihorn, Spitzhornweg 25 (033 744 13 43, closed April 1st – 20th, April 26th – June 1st and after Oct 23rd) »»www.youthhostel.ch/saanen

Villars-Gryon and Les Diablerets

Situated on a natural sun terrace at 1,300 metres, Villars-Gryon commands a fine view of Mont-Blanc and the Alps. More than 300 km of marked **hiking trails** and 150 km of all-terrain **bicycle trails** allow you to discover the beauty of the area. Three high-altitude lakes and numerous alpine farms (serving breakfast cooked on wood fires and demonstrating cheese making) offer a unique experience. At Chalet Martin in Gryon you can also book **rock climbing** and even **paragliding** (tandem flights), just ask at the reception. Les Diablerets is located at the foot of an Alpine massif capped by one of the most beautiful glaciers in Switzerland. Cross-country-skiing on a glacier at 3,000 metres is possible in summer! And do not miss visiting the **summit restaurant**, designed by celebrated Swiss architect Mario Botta. It has a fantastic terrace!

How to get there: By rail from Lausanne to Villars-Gryon (via Aigle or via Bex, takes approx. 1 h 15); to Les Diablerets via Aigle (1 h 20).

① **Tourist office:** at Rue Centrale, Villars (024 495 32 32); at Place de la Barboleuse 11, Gryon (024 498 00 00), at Rue de la Gare, Les Diablerets (024 492 00 10). www.villars.ch; »»www.diablerets.ch; »»www.lake-geneva-region.ch

For accommodation Chalet Martin, Rue du Villars (079 724 63 74) »»www.gryon.com

Yverdon-les-Bains

Just 20 train-minutes from Lausanne on the southern tip of Lake Neuchâtel lies the attractive thermal capital of the French-speaking part of Switzerland, Yverdon-les-Bains. This beautiful spa town can look back on 15 centuries of health-giving hospitality. The **spa thermal center** at Avenue des Bains 22 (with thermal pools, jacuzzis and bubble and massage jets) is open daily 8 am – 10 pm (Sun until 8 pm), admission costs CHF 19.–. Or you may prefer to visit the dreamy world of the “House of Elsewhere” (La Maison d'Ailleurs), **museum of science fiction** (the only one of its kind in Europe) at Place Pestalozzi 14, open Wed – Fri 2 – 6 pm, Sat & Sun 11 am – 6 pm, admission costs CHF 9.–, students 7.–. For culture and history explore the 13th century **castle** and its museum.

How to get there: Yverdon-les-Bains is easily accessible by rail (approx. 20 minutes from Lausanne or 36 minutes from Biel).

① **Tourist office:** at Av. de la Gare 2 (024 423 61 01), »»www.yverdonlesbainsregion.ch

Budget accommodation: Gîte du Passant, Parc 14 (024 425 12 33) »»www.gite-du-passant.ch

All about the cities of Lausanne, Vevey and Montreux, see pages 18–21; All about Biel see next page.

““



Pure relaxation at the end of a long day hiking

practical information



How to get to Biel:

½ hourly trains from Zurich (1 hour 10 min.), Bern (26 min.), from Basel (1 hour 7 min.); hourly connections from Lausanne (58 minutes) and Geneva (1 hour 27 min.). The **train station** hosts: the **tourist office** (at Bahnhofplatz 12; 032 329 84 84), lockers, bicycle rental, currency exchange, fast food, small shops, post office (at Bahnhofplatz), Migros supermarket (near train station, Bahnhofstr. 15), @ Internet at Lago Lodge. Another tourist office is at Zentralstrasse 60 (032 329 84 86).

www.biel-seeland.ch
www.watchvally.ch
www.backpacker.ch

budget accommodation

Lago Lodge, Uferweg 5 in Nidau (032 331 37 32), the only Swiss hostel with a micro beer brewery. A 7-min. walk from the main station, the lodge is located behind "Strandboden" – a public beach just a few hundred meters from the main station (direction lake) »www.lagolodge.ch (For more accommodations/campsites ask at the tourist office).



On the route along the Aare River



Biel. In the old town

Biel – or Bienne, in French – located between Bern in the south and Basel in the north, offers great experiences in a small region. The city of Biel borders Lake Biel and is the only city in Switzerland where there are two official languages: German and French. Even the streets are marked in both languages in this charming city. In Biel lies the cradle of the Swiss watchmaking industry. Trademarks such as Swatch, Omega, Rolex, Tissot and many others, are closely associated with this city. It has a small but beautiful historic centre, with a Gothic church (15th century) and its many fountains decorated with flowers. The Port of Biel is the starting point for **scenic river and lake cruises**, which can take you to St. Peter's Island and the Neuchâtel and Murten Lakes (the three lakes are linked by two canals and there are countless ways of criss-crossing them). The region is a paradise of possibilities as far as the eye can see and offers lots of outdoor activities. With a wide selection of routes to choose from, Biel also makes the ideal starting point for beautiful **cycling tours**.

highlights

The main attractions are strolling in the old town, dropping in on a couple of small museums and taking a **boat ride** on the lake or the river. One of the best boat trips in the region is the river trip up the Aare from Biel to Solothurn, which takes about two and a half hours and passes a stork colony at Altreu on the way.

Biel is a small city that's easy to get around in. **Cycling** is a good means to explore some of the very beautiful places around the city. There are lots of cycling tours; a nice one is from Biel to Murten (distance 36 km, travel time 3 to 4 hours). Bicycle rentals at the train station or directly at Lago Lodge. Ask at the hostel or the tourist office for a good cycling map.

Or do you like inline skating? This is as well a good means to explore the city and its surroundings. There's also a skatepark (at Aarbergstr. 72, just two minutes from the Biel train station). But you need to bring your own skates.

Northeast of Biel is the beautiful "**Taubenloch Gorge**" (dove's gorge)! Take bus no. 1 or 2 (direction Eisbahn) until station Taubenloch. There's a well-engineered path run-

ning through the dark and craggy defile for about 2.5 km, and entry is free (there's a donation box near the entrance).

For adventure operators running canyoning trips in the gorge and for other latest adventure opportunities, ask at **Lago Lodge!**

Just 28 train minutes from Biel, you can visit the **Papiliorama**. In this garden (housed in an amphitheater which measures 40 metres in diameter and 14 metres at its maximum height) at all times around a **thousand butterflies** flutter about in an enchanting and colourful ballet. Open daily 9 am – 6 pm; admission CHF 17.–, students 14.–; there are hourly trains from Biel to the train stop Kerzers Papiliorama (you need to change the train in Lyss).

St. Peter's Island is a nature reserve well-loved and much visited. The political theorist Jean-Jacques Rousseau chose this island as his refuge in 1765, later calling it the happiest time of his life. The best way to get to the island is by boat from Biel (approx. 50 minutes), which calls at several lakeside villages en route.

events

May 27th & 28th Stedtlifescht (summer festival) in Nidau

June 3rd – 4th Stars of Sounds Festival at the town square in Aarberg (15 train minutes from Biel) with stars like Status Quo and others

June 16th – 18th Running Days Biel. European-cup of super-marathon, night-marathon and much more

July 1st – 3rd Bieler Braderie – big summer festival

July 12th – 16th Pod'Ring – local rock festival in the old town

July 16th – 29th International Chess Festival at Kongresshaus

July 27th – Aug 14th Open-air cinema at castle Nidau

July 31st Lake Biel summer-feast. Party and big fireworks

August 1st Swiss National Day – party everywhere!

August 19th & 20th Royal Arena Festival (hip-hop festival) in Orpund (10 minutes by bus from Biel)

August 26th – 28th "Altstadtchilbi", large fair in the old town of Biel

September 23rd – 28th Circus "Knie" at Gurzelen Parking

entertainment, fun & parties

- The **Lago Lodge** is not only a backpacker but also has a nice restaurant – taste their beer! They have their own micro brewery and bistro.
- **St. Gervais** (Untergasse 11) is where the alternative people meet.
- Enjoy your beer at **Pooc** (about 80 different beers) or at **Baramundo** (both are near Guisan-Platz).
- **Restaurant du Commerce** (Untergasse 25) is a small bar in the old town (no meals).
- **Coupoie Biel** (Silbergasse, opposite the congress center) is an alternative place.
- **Bien Bar** (Dufourplatz / Bahnhofstrasse), lovely people, famous for good local products.
- **DUO** (Kontrollstrasse 26), Fri hip-hop and Sat house music.
- **Bar Hasard** (Bahnhofstrasse 4), small bar with good beer.
- **Pizzeria Seeland** (Bahnhofplatz 7), good pizzas, fair prices.
- **El Dorado** (Mattenstrasse 30), alternative bar, live concerts.



practical information



How to get there:

From the international airport Geneva "Cointrin", the city is reached within 6 minutes. There is direct-train service every 10–15 min. from the early morning until late night. Geneva has good connections to all major cities in Switzerland (33 min. to Lausanne; 1 h 41 min. to Bern; 2 h 40 min. to Zurich and Basel).

① **At the railway station (Cornavin)** you'll find public phones, Internet, shopping, fast food, travel agency, pharmacy, bike rental, rest rooms/showers; Migros supermarket just opposite the main station.
 ② Post office at rue de Mont-Blanc 18.
 ③ **Tourist office** at rue de Mont-Blanc 18 (022 909 70 70), currency exchange at Rue Mont Blanc 21. Along place Mont Blanc you'll find many souvenir shops and fast-food restaurants. @ Internet at Open Vidéo, Route de Meyrin 8, Charly's Multimedia Check Point, rue de Fribourg 7 and at hostels (guests only). Bus terminal at Place Dorcière.

www.geneva-tourism.ch

www.ville-ge.ch

www.backpacker.ch



save money

All visitors staying at a hotel/hostel/campground in Geneva can benefit from the **Geneva Transport Card**, with no additional cost (enables you the use of the entire public transportation network without restriction, with validity for the entire duration of your stay including the departure day!)

budget accommodation

③ City Hostel Geneva, Rue Ferrier 2 (022 901 15 00) » www.cityhostel.ch; ④ Youth Hostel Geneva, Rue Rothschild 30 (022 732 62 60) » www.genevahostel.ch; ⑤ Home St-Pierre, Cour St-Pierre 5 (022 310 37 07) » www.homestpierre.ch; ⑥ Cité Universitaire, Av. Miremont 46 (022 839 22 22) » www.unige.ch/cite-uni; Etap Hotel Genève, 26 Av. Louis Casai (022 710 46 36) » www.etaphotel.com; Etap Hotel Genève Petit-Lancy, Ch. des Olliquestes 6 (022 709 02 20) » www.etaphotel.com

TIP!



The City Hostel is also an issuing office for **Swiss train passes** i.e. the Swiss Pass/Swiss Youth Pass. For details about the Swiss train passes see page 5.



View from the cathedral onto the town and the lake basin with the famous water jet

Geneva is truly an international city that belongs not so much to Switzerland as to the whole world! Dozens of international organisations are based here, two of which are the United Nations' European headquarters and the International Committee of the Red Cross. It's a progressive crossroads of people and civilizations, enjoying a privileged situation in the heart of Europe. No wonder, then, that this central position has made Geneva a cosmopolitan city where organisations, firms, businesses and banks from all over the world rub shoulders. Geneva stretches along both banks of Lake Geneva in a magnificent harbor. And it is also a city of parks and promenades, offering a bit of rural rescue in the otherwise urban environment.

highlights



⑬ **Genev'roule** is a bike-rental organisation, from which you can rent bicycles all year long and **borrow for free** in summer (from May to end of October). It's free for a period of up to 4 hours, from the 5th hour on, the bikes cost CHF 2.– an hour. The stations at Place de Montbrillant 17 (just behind the train station) and Ruelle des Templiers 4 are open daily from 8 am–9 pm. The stations at Place du Rhône (next to the river), Bains des Pâquis (lake shore) and at Plaine de Plainpalais (near the skatepark) are open daily 9 am–7 pm. Deposit required: CHF 20.– plus you must show your passport or ID card.

⑦ **Saint Peter's Cathedral**. The central point of Geneva's old town. One-hundred-and-fifty-seven steps lead to the summit of the cathedral's north tower and to a **fabulous panorama** overlooking the city and the lake. And underneath the cathedral there

is one of Europe's largest subterranean **archaeological sites**. Open Mon–Sat 9.30 am–6.30 pm, Sun noon–6.30 pm (June–September); Mon–Sat 10 am–5.30 pm, Sun noon–5.30 pm (Oct–May). Entrance to the towers CHF 4.–.

An underground passageway connects the cathedral to its archaeological site and to the **International Museum of the Reformation** (at Rue du Cloître 4). Located in a beautiful 18th century historic building, the Maison Mallet, this museum retraces the history of the Reformation Movement initiated by John Calvin. The museum is open Tue–Sun 10 am–5 pm, entry costs CHF 10.– (students 7.–); combined ticket (cathedral with towers, archaeological site and the museum) costs CHF 16.–.

⑧ **Institute and Museum Voltaire**, rue des Délices 25. The life and work of Voltaire in the 18th century. Located in the man-

sion owned by the philosopher from 1755–1765. **Free entrance**, open Mon–Sat 2–5 pm, Sun closed.

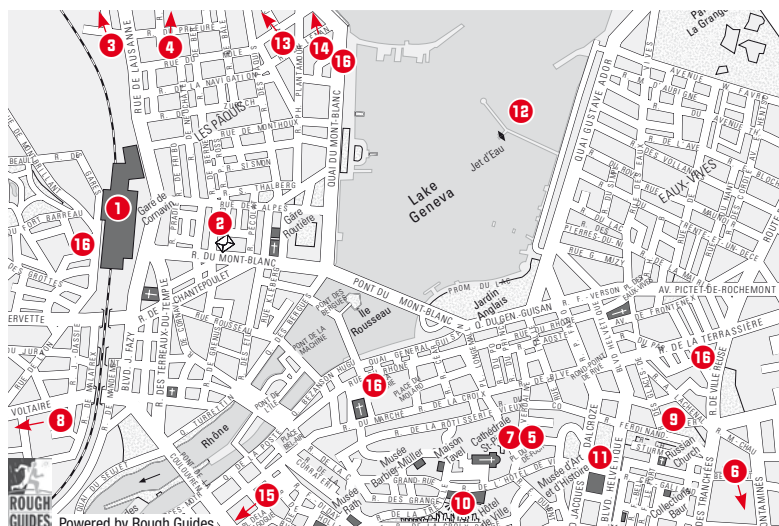
⑨ **Russian Church**. A jewel of Byzantine art, with an interior richly decorated with icons. Rue Rodolphe-Toepffer 3. Open for visitors only sporadically, but it's even worth seeing from outside.

⑩ **Espace Jean-Jacques Rousseau**, with Public and University Library at Grand-Rue 40. One part of this museum recalls the Reformation Movement and its leaders in Geneva. The second part is dedicated to the city's most famous son, Jean-Jacques Rousseau. Open daily (except Mon) 11 am–5.30 pm. Entrance CHF 5.–/students CHF 3.–.

⑪ **Museum of Art & History**. Rue Charles-Galland 2. This is one of the most important museums. The collection comprises paintings, sculptures, weapons, room interiors and archeology. Open Tue–Sun (closed on Monday) 10 am–6 pm. **Entrance free** (paying entrance for temporary exhibitions: CHF 5.–, free admission to permanent collections and temporary exhibitions every first Sunday of the month).

⑫ **Water Fountain (Jet d'eau)**. The famous Geneva fountain is known around the world as a symbol of Geneva (Quai Gustav-Ador). The fountain shoots 500 liters (132 gallons) of water per second, as high as 450 feet in the air. A good place from which to take a picture of Geneva (the fountain is not activated in case of strong winds).

⑬ **International Red Cross and Red Crescent Museum Geneva**. Geneva is the birthplace of the International Red Cross and Red Crescent Movement. Close to the International Red Cross Committee (ICRC), on 17 Avenue de la Paix, there is a very impressive museum. Its collection entreats its visitors to weigh their own contribution to mankind's efforts to relieve suffering; to keep alive the flame of hope and take to heart the maxim: "Each of us is responsible to others for everything". Allow around 2 hours to see this museum. There's a nice restaurant inside, along with a museum-shop and multimedia area (Café Dunant).



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Open daily (except Tuesday) 10 am–5 pm, admission CHF 10.–, students 5.–. **Note:** the museum is closing on June 30th 2011 for transformation work (reopening not before summer 2013). »www.micr.org

How to get there: From Cornavin railway station take bus no. 8, F, Z or V and get off when you see the Red Cross flag (opposite the visitors' entrance of the United Nations building).

10 The United Nations Geneva. The United Nations Office Geneva (UNOG) is the largest and most active center for conference diplomacy in the world and the site of many historic negotiations. It is also the second largest United Nations office after the New York headquarters. The UN office in Geneva is based at the Palais des Nations, which was built in 1936 as the headquarters for the League of Nations. The United Nations offer tours on which you can familiarise yourself with the only truly universal organisation ever formed. One-hour guided tours trace the history of the United Nations, covering current activities and future projects. Daily tours from April–October 10 am–noon and 2–4 pm; July and August 10 am–5 pm. Admission CHF 10.–/students CHF 8.–.

How to get there: Buses 5, 11, 14 to Place des Nations; or V, Z to Ariana; or 8, 18, F to Appia. (It is not possible to enter the United Nations building by the main entrance in place des Nations. The **visitors' entrance** is at Pregny Gate 14, av. de la Paix, opposite the Red Cross headquarters).

15 Museum of Modern and Contemporary Art, MAMCO (Musée d'Art Moderne et Contemporain, MAMCO), 10 rue des Vieux

Grenadiers. This extraordinary museum was built in an old factory. Opened in 1994, it is a prestigious museum which exposes on its surface of 4,000 m² a vast collection of European and American art covering the last four decades. 1000 works of art are owned by the museum, 300 are permanently on display. In addition, three times a year temporary exhibitions are organised. Open Tue–Fri from noon to 6 pm (every first Wed of the month till 9 pm), Sat & Sun 11 am–6 pm, closed on Monday. Admission CHF 8.–, students 6.–. **Free admission every first Sunday of the month!** »www.mamco.ch.

How to get there: Buses no 1, 4, 44 stop at école de Médecine, trams 12 and 16 stop at Rond-Point de Plainpalais, or tram 13 stops at Cirque.

Excursion by mini-train électro-solaire. The unique mini-train functions with solar energy and starts daily from 10.15 am every 45 minutes to sunset at Jardin Anglais (English Garden), a quiet ride along the quays and parks (duration 30 minutes); it's possible to stop and visit the parks and the rose garden and then to continue with the following train. Costs CHF 8.–.

Self-guided walking tour. The tourist office (at Rue du Mont-Blanc 18) proposes you to stroll through 2,000 years of Geneva's history independently and at your own pace. The tour includes 25 points of interest and lasts approximately two and a half hours. You may buy the audio guide MP3 style, which costs CHF 15.– and is available in English, French and German language. If

you speak Italian, Spanish, Russian, Chinese, Japanese, Korean, or Arabic you can hire a discman, which costs CHF 10.– plus a deposit of CHF 50.–, to be refunded when returning the player. Both the audio guide MP3 style and discman are available at the tourist office on Mon 10 am–6 pm; Tue–Sun 9 am–6 pm.

Discover Geneva on foot or by boat. Geneva has many wonderful parks and gardens that invite you to spend a nice day strolling through peaceful nature. There are approx. 75,000 trees and 40,000 rose bushes, which make Geneva Switzerland's rose capital. The **Botanical Garden**, a large wooded area with comfortable footpath, is a haven of peace near the right bank of the lake, with gorgeous seasonal flower arrangements. It contains several tropical greenhouses, one of which is in the shape of a dome, a park with deer, flamingoes, aviaries and ponds; close to the UN-building. Bus no. 4, 44 or 18. **Parc de la Bâtie.** With the Parc de la Bâtie as a starting point, you can hike along the beautiful Rhône Valley – a wildlife preservation area. Bus 4 to Bel-Air and then walk along the river Rhône (west).

Geneva's boat companies do a wide range of cruises, i.e. cruises for one hour, for one day, or evening and lunch cruises; the choice is yours. Board one of its sixteen ships (8 paddle wheelers including 5 steamers and 8 propeller vessels) and discover countless beautiful sights in a congenial atmosphere. The different cruises start from Quai du Mont-Blanc and/or Jardin Anglais. **Or be**

your own captain. At Quai Gustave-Ador electric boats and pedal boats can be rented.

Rhône River Cruise. The Rhône may not be the Amazon but once past its junction with the Arve River, a lush and seemingly untouched landscape unfolds. If you are in Geneva between April and October, note the point of departure: Pont de l'Île, quai des Moulins. There, a Geneva "Mouette" will take you on a picturesque cruise of two and a half hours to the Verbois dam and back. Keep your camera and binoculars within easy reach for the sights are really worth it! Not only are the landscapes stunning, the high cliffs which give way to vast stretches of fields when approaching the dam offering fine views of the Alps and the Jura mountains, but an incredible variety of fauna can be observed during the entire cruise. Costs CHF 25.–, duration 2 h 45.

Mont Salève. The Salève (which peaks at 1,380 meters), located in **nearby France**, offers a unique view. It's a kingdom for lovers of nature and a favorite venue for climbers, mountain bikers, paragliders and delta wingers. Bear in mind that Salève is across the French border, so if you don't have a visa (either to get into France or to get back to Switzerland), you should give it a miss! Bus no 8 brings you to Veyrier, from where it's a short walk to the Salève cable-car. There's a panoramic restaurant on top. You can do the trip to the summit and back in a couple of easy hours.

For information about the beautiful **Lake Geneva Region** see **pages 18–22**.

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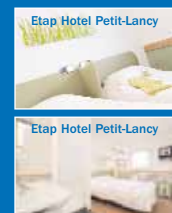
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events

May 14th & 15th	Geneva Marathon (under the patronage of the United Nations)
May 21st	Fête de l'Espoir (Hope Festival). Free-of-charge festival where all artists perform on a voluntary basis (at Stade du Bout-du-Monde)
June 14th	Zuccherò, Arena, Geneva
June 17th – 19th	"Bol d'Or" – Europe's biggest lake sailing race
July & Aug	Open-air cinema by the lakeside
July 11th	Lake Parade. The not-to-be-missed rendez-vous for enthusiasts of techno and house music
Aug 1st	Swiss National Day. Speeches, paper lantern parade, patriotic show, bonfire and fireworks
Aug 4th – 14th	Geneva Festival. The immensely popular festival takes place around the lake but also within different districts in Geneva. It is the highlight of the summer season, with fun fair, entertainment, concerts and fireworks »www.fetesdegeneve.ch
Aug 25th – Sep 15th	Circus "Knie" at Plaine de Plainpalais

Markets

Tue / Fri / Sun	Fruit, vegetable and craftsmen's market at Plainpalais
Wed / Sat	Flea market at Plainpalais
Wed / Sat	Fruit/vegetable market at place de la Fusterie
Thursday	Handicraft market at place de la Fusterie
Friday	Book market at palace de la Fusterie

entertainment, fun & parties

For listings of cinemas / theaters / concerts, get a free copy of "**Geneva by night**" and/or "**Geneva at hand**".

In Geneva almost every corner has its café. **Place du Bourgh-de-Four** (in the old town), for instance, is lined with busy terrace cafés offering coffees, aperitif and snacks to fuel hours of reading and people-watching.

- **Quartier des Pâquis** (between the main station and the lake) is, for many, "the" place for a good night out: restaurants/pubs/bars and a lot of fun.
- **Bains des Pâquis**, about 5 minutes from the fountain. A good place to listen to live music, to stroll through food stalls, or for a dip in the lake.
- **Mr. Pickwick** (at rue de Lausanne 80) is, of course, a real English pub. Cheers...!
- **Mulligans Irish Pub** (at rue de Grenus 14) is a place to enjoy a Guinness in Irish ambience.
- **Les Brasseurs**, at Place de Cornavin 20 (just across the train station), offers a cosy and friendly atmosphere, home-made beers and culinary specialties.
- **Palais Mascotte** (Rue de Berne 43) has a restaurant, a bar and a disco (all in the same building).
- **L'Usine**, at place des Volontaires 4, is an alternative multicultural center that offers a rich programme of concerts, theatre, dance, film projects, as well as several bars and more.
- **Post Café**, at rue de Berne 7, is a friendly and congenial place.
- **Auberge de Saviesse** (rue des Pâquis 20), **Edelweiss** (Place de la Navigation 2) and **Hôtel de Ville** (Grand Rue 39 in the old town) are good for fondue!
- **Discothèque-Cabaret Garçonnière**, at Rue de la Rôtisserie, is a gay club with daily shows (open until 5 am).
- **Tcherga Bar**, at Rue de la Navigation 40 (open Wed – Sun), has live music.

For more suggestions ask at your hostel.

»»



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practical information

**How to get there:**

Take the mountain train Visp-Zermatt (hourly connections); it takes 65 minutes and is a scenic trip! There are hourly train connections to Visp from Bern (55 min.), from Lausanne (1 h 32 min.), from Zurich (2 h) and from Geneva (2 h 16 min.).

No access for cars (only as far as Täsch). Foreign currency exchange at the train station (travel agency Zermatt-Tours).

① Next to the train station (at Bahnhofplatz 5), you'll find the **tourist information** (027 966 81 00). Also by the station runs the main street, Bahnhofstrasse, along which you'll find most of the shops, pharmacies, supermarkets (i.e. food markets Migros and Coop), etc., you'll need. @ Internet station at Internet Corner Pöstli (Bahnhofstrasse 41), at the Country Bar at Hofmattweg 3 or at your hostel; launderette at "Waschsalon Doli" at Hofmattstrasse 3.

www.zermatt.ch
www.backpacker.ch

budget accommodation

Zermatt Youth Hostel, Staldenweg 5 (027 967 23 20) »www.youthhostel.ch/zermatt;
Matterhorn Hostel, Schlumattstrasse 32 (027 968 19 19) »www.matterhornhostel.com

events

April 12th–16th Zermatt unplugged, with Seal, Roger Hodgson (the voice of Supertramp), One Republic, David Gray and many more

July 9th Zermatt Marathon. A marathon with an altitude difference of over 1,400 m; a challenge for any racer!

July 24th Täschalp Race and Alp Festival

July 29th–31st Matterhorn Eagle Cup. Golf tournament at over 2,500 m above sea level

August 1st Swiss National Day, fireworks and celebrations everywhere!

August 14th 43rd Folklore Festival. More than 1,200 participants will take part in this huge parade



A hiker on tour... In the background the Matterhorn (4,478 m)

Zermatt (1,620 m/5,320 ft), situated just in front of the majestic Matterhorn, is one of the world's most famous mountain resorts. The idyllic village in the heart of the Alps has become one of the most renowned mountain resorts. There are no petrol-driven cars allowed in Zermatt. **Horse-drawn carriages**, as well as electric cars, are the only means of transport. Zermatt and its surroundings offer tons of great outdoor activities and hiking possibilities the whole year round. Summer skiing is possible too, on the everlasting glacial snow at the foot of the Matterhorn, between 2,900 and 3,900 meters. And as an experienced climber you can climb a few 4,000 m peaks.

some highlights

Zermatt and its surroundings offer tons of great **outdoor activities** and hiking possibilities the whole year round. And Zermatt has many spectacular **mountain railways**. Gornergrat (3,130 m/10,134 ft) is one of them. From the top, you will enjoy an exciting view of Monte Rosa. Klein Matterhorn, at 3,820 m/12,338 ft, is the highest station you can go. By the way, the famous Matterhorn has an altitude of 4,478 m (14,663 ft). Check out Europe's highest glacier grotto at Klein Matterhorn, including an informative exhibition.



In Zermatt **summer skiing** is possible! Enjoy 20 kilometres of piste on Zermatt's Theodul glacier. Carve and relax together with national alpine ski teams from all over Europe, with the Matterhorn always in sight. **Skiing and snowboarding the whole year round**, with 365 days of snow – you can only find this in Zermatt. As the highest altitude, largest and most efficiently developed snow sport location in the Alps, Zermatt offers an absolute snow guarantee.



Save money and travel in the afternoon with an "afternoon ticket"! Enjoy the wonderful afternoon atmosphere

at the viewing points in the Matterhorn glacier paradise (departure 1.30–3 pm, CHF 78.50, June 11th–October 16th), the Schwarzsee paradise (dep. 2.30–3.30 pm, CHF 38.50, June 11th–October 9th) or the Rothorn paradise (dep. 2.30–3.30 pm, CHF 52.–, June 18th–October 18th). For **biking**, rent one at the station or at a sport shop and get a good map from the tourist office. Don't forget your camera – the view is breathtaking up there. For **hiking**, numerous **well-marked footpaths and walks** (nearly 400 km/250 miles) take you through pine-scented mountain forest, to the shores of calm alpine lakes and to the ice-blue glaciers. Consult a map before you set off! You should not miss visiting **the oldest part of the village**, with houses and barns which are 200–250 years old, the original main street, etc.

On a rainy day you could visit the **Matterhorn Museum** (at Bahnhofplatz 57). The museum tells the exciting story of the Matterhorn – from its origins in Africa and the terribly dramatic first ascent to the present day. Open daily 2–6 pm (July – September 11 am–6 pm), admission CHF 10.–,

students 8.–, and it's free of charge if you hold a Swiss Pass (see page 5).

Or spend some hours playing **games**. The Country Bar at Hofmattweg 3 (Hotel Elite) offers different games (tabletop football, pool and more) and Internet stations.

entertainment, fun & parties

- **Broken Bar/Disco** at Bahnhofstrasse 41 is Zermatt's cult disco. You can dance on a legendary wine barrel.
- **Braun Cow Snack Bar** at Bahnhofstrasse 41. They serve hot food from 9 am–11 pm (sandwiches, hamburgers, salads and soups).
- **Schneewittchen** at Steinmattstrasse 34 is a bar and nightclub open from July–October.
- **T-Bar "Let's Dance"** at Bahnhofstrasse 28. Disco with original fittings and furnishings (with old elements from the Zermatt cable cars).
- **Boîte à Chocolat** at Bahnhofstrasse 7b is a bar but also has homemade chocolate specialties as well as a variety of top handmade swiss chocolate.
- **Papperla Pub** at Steinmattstrasse 34 is a legendary meeting point for everyone in Zermatt.
- **GramPis Pub** at Bahnhofstrasse 70 is where people meet & eat.
- **Sparky's Bar and Restaurant** at Schlumattstrasse 32. Nachos, pasta, thai-food, salads, soups and more.
- **Country Bar** at Hofmattweg 3 (Hotel Elite) offers different games (tabletop football, pool and more) and Internet stations.



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; »www.myjungfrau.ch

some highlights


1 All about **Interlaken**, the number one resort for adventure and fun, see page 36.
 2 For **Grindelwald**, the glacier village in the Bernese Oberland, see page 32.

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

The trip to Jungfrauoch (UNESCO World Natural Heritage) by railway is an unforgettable experience with a 100% guarantee of snow all year round!! 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 first climbs to the station at Eigergletscher (Eiger glacier). The trip continues through the Eiger tunnel to the stations at Eigergletscher and Eismeer (with a five minute stop at each). 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 plateau with hikes in the eternal snow, summer ski & snowboard park, 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 186.20. But there are **cheaper fares:** if you hold one of the "Swiss Passes" you get free travel from Interlaken to Grindelwald or Wengen, 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**)! Another chance to save money is the **"Good Morning Ticket"** valid (from May 1st until October 31st). With the "Good Morning Ticket" you travel up on the first train of the day (departs at 6.35 am from Interlaken Ost / 6.55 from Lauterbrunnen / 7.17 from Grindelwald / 7.25 from Grindelwald Grund), and leave the summit no later than 12 noon. Then this whole trip costs CHF 140.– if you start from Interlaken Ost; or CHF 130.– if you start from Lauterbrunnen or Grindelwald.

Or if you prefer to sleep long, there is also a **"Good Afternoon Ticket"**, costs the same as the "Good morning Ticket" if you start from Kleine Scheidegg at 3.30 pm. »www.jungfrau.ch

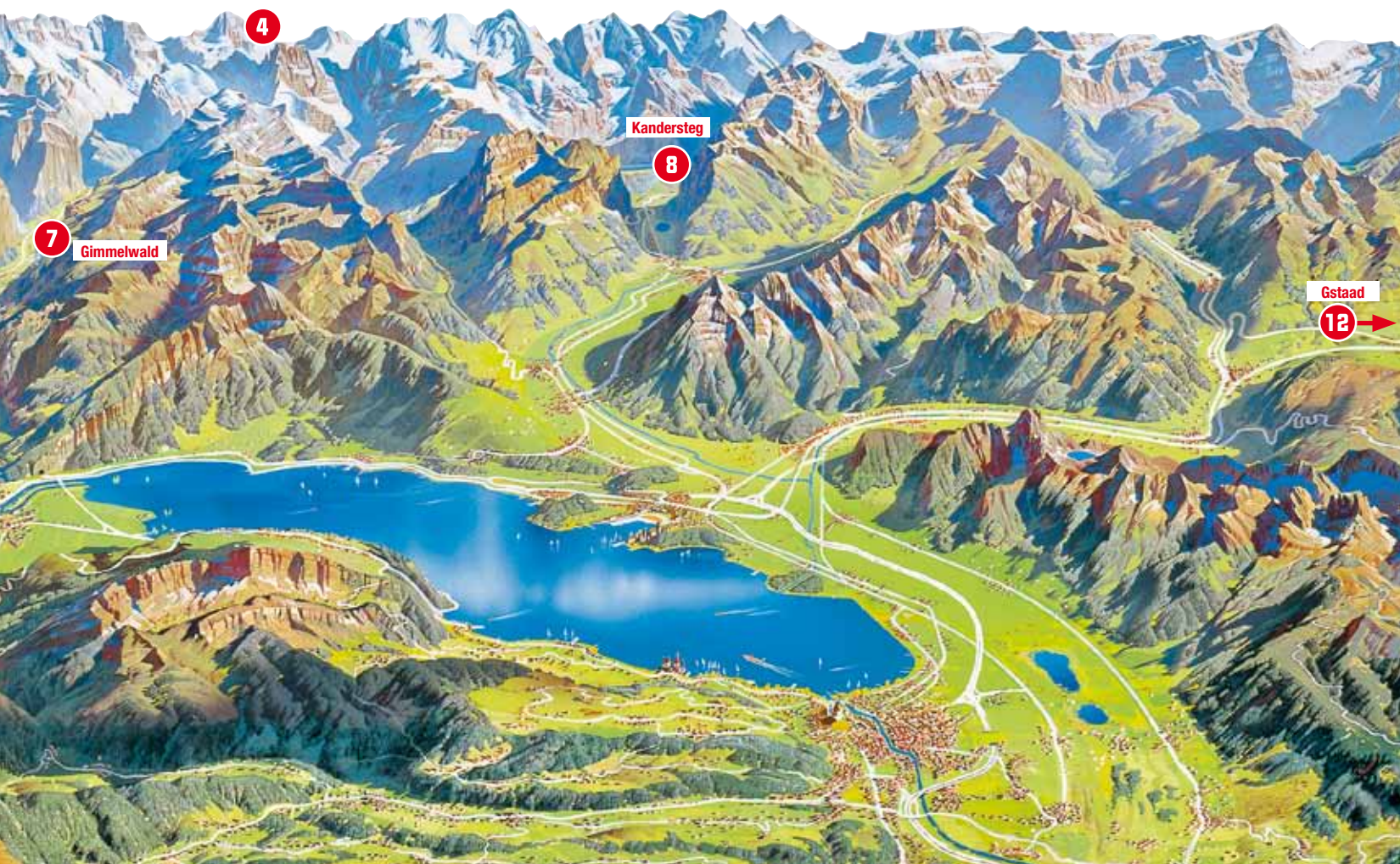
4 Schilthorn (2,970 m / 9,744 ft)

The Schilthorn is not as high as the Jungfrauoch, but a trip up to this summit is just as memorable. 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" (in the Tourist-orama you can watch extracts of this 007 movie which was filmed here in late 1968). Piz Gloria turns around its axis in 50 minutes, allowing a breathtaking view! The Schilthorn is reached by a series of cable-cars from the valley floor at Stechelberg, via Gimmelwald and Mürren, on a breathtaking ride up to Birg and then the Schilthorn summit. The Mürren-Schilthorn area is a **magnificent hiking region!** The rich variety of alpine flora, combined with breathtaking views of snow-covered Alps, dominated by the Eiger, Mönch and Jungfrau, guarantee you an absolutely unfor-



Schilthorn cable car in front of the Muerrenbach Falls near Lauterbrunnen



gettable outing. Ask at the tourist office for the detailed hiking map.

How to get to the Schilthorn: take a bus from Lauterbrunnen to Stechelberg (takes 16 minutes). From Stechelberg the cable-car brings you via Gimmelwald and Mürren to the Schilthorn (takes 32 minutes).



A return ticket from Stechelberg costs CHF 94.80. But there are **cheaper fares**: if you hold one of the “Swiss Passes” you get free passage 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

5 Bönigen

The village of Bönigen is situated on Lake Brienz, a short 12 minute bus ride from Interlaken. The village, with its quaint chalets and meadows along the lake, is an ideal starting point for excursions throughout the lake and mountain regions of the Bernese Oberland and the Jungfrau Region. An extensive net of hiking and walking paths and trails invites you to explore the area. Bönigen is also called «**the village of wood-carved houses**». Numerous buildings featuring lavish carvings and paintings, dating from 1549 and representing all building styles and eras, have been preserved and are concentrated here. Besides swimming in the lake (there's a **nice beach** only 200 meters from the HI youth hostel),

Bönigen also offers a heated pool (with a 67 m long water shoot) and boat rental is possible as well.

How to get to Bönigen: by bus from Interlaken Ost (takes only 12 minutes), from Interlaken West (20 minutes), or you can walk along the lake (takes 20 minutes).

① Bönigen at Seestrasse 6, 033 822 29 58 »www.boenigen.ch

Budget Accommodation: Interlaken-Bönigen Youth Hostel, Aareweg 21, 033 822 43 53 (closed April 1st – 7th and after Oct 23rd) »www.youthhostel.ch/boenigen

6 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. 72 waterfalls plummet over the walls down to the valley. The Lauterbrunnen Valley comprises one of the largest nature-protected areas in Switzerland. The friendly Lauterbrunnen village is a great base for nature-lovers wishing to explore the surrounding region in leisure. It's where **amazing mountain railways** begin their climb through some of Europe's most stunning scenery (Jungfrau – Top of Europe and the Schilthorn). At the southern end of the main street there's the sparkling Staubbach Waterfall. And from the train station the public bus brings you to the spectacular

Trümmelbach Waterfalls. You reach the starting point to these impressive waterfalls via stairs or a lift and walk to the various 10 stages (open daily from April to November). From the top, above the falls, trails from Mettlenalp connect to paths leading to Wengen. In summertime, Lauterbrunnen offers many possibilities for **hiking and biking**, leading to the “most beautiful spots on earth”!

High above the “Valley of Waterfalls” lies Winteregg, with its popular **mountain restaurant**. Winteregg is easy to reach from Grütschalp by train or by a 30-minute walk along a panoramic path (you reach Grütschalp by aerial cableway from

Lauterbrunnen, there board the panoramic train to Winteregg).

Do you want to know how cheese is made from milk? From June to September there's a guided tour to the **Cheese Dairy** on offer, starting every Wed. at 8.30 am (duration 2.5 hours), costs CHF 10.–, meeting point is the tourist office (registration until Tuesday 5 pm at the tourist office).

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

① Lauterbrunnen **tourist information** at Stutzli 6 (right opposite the train station), 033 856 85 68 »www.mylauterbrunnen.com

Budget Accommodation: Valley Hostel, Fuhren, 033 855 20 08, »www.valleyhostel.ch



Hiking in the Bernese Oberland with Mt. Eiger and Mt. Moench in the background



Hiking along Lake Oeschinen (1,578 m) high above Kandersteg JUN6047 Kleine Scheidegg and the impressive Eiger North Wall

7 Gimmelwald (1,367 m / 4,169 ft)

Tiny car-free Gimmelwald nestles on a sunny terrace and the arrival is already spectacular – a cable car takes you high over the rocks to Gimmelwald. The small farming hamlet of 140 inhabitants is a hiking paradise and the ideal starting point for **wonderful walks and hikes** in a wild, romantic area. The footpaths start in front of your hostel's door and offer an imposing view of the mountain scenery.

A wonderful **walk** is the one from Gimmelwald to the Tanzboden (dance floor). The path takes you from Gimmelwald through the Sefinental Valley and then climbs steeply via Busenbrand to Busenalp (2 hours). Then a 30 minute uphill stretch, rewarded by magnificent views from the Tanzbödéli plateau (takes approx. 3 hours in total).

Or try **trout-fishing** in the Sefinenlütschine-River – it's good fun (get your licence at the Mountain Hostel). But never forget that this sport is called fishing, not catching... And if the trout do not bite, follow in the **footsteps of James Bond** and visit the **Schilthorn peak**, one of the most exclusive view points in the alpine world. For details about this dramatic mountain see "Schilthorn" on the former page.

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 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 »www.mygimmelwald.ch

Accommodation: Mountain Hostel Gimmelwald, Nedere Matte, 033 855 17 04, »www.mountainhostel.com

8 Kandersteg (1,200 m / 3,660 ft)

The laid-back resort of Kandersteg, at the entrance to the longstanding Lötschberg Tunnel, is a picturesque, chalet-strewn village and a fine place to explore the surrounding area. Attractions are all rural and scenic. A prime hiking and recreation spot above the village is the dramatically crag-ringed **Lake Oeschinen** (1,578 m), a small lake accessed by a chair lift (from the eastern edge of the village). It's a twenty-minute stroll to the lake itself from the top station. There are some beautiful trails in the area and the walk back down to Kandersteg is only about 1 hour. 5 km north of Kandersteg (reachable by bus or on foot) lies the **Blausee** (blue lake) and its namesake **nature park**. Blausee is famous for its fresh trout (there's a nice restaurant). There are over 500 km of hiking trails around Kandersteg, the tourist office will help with suggested routes.

How to get to Kandersteg: there are direct train connections from Bern (takes 1 hour). From Interlaken Ost it takes 1 hour 10 minutes and you have to change trains in Spiez.

① **Tourist information** Kandersteg is in the village centre, straight ahead from the train station on the main street (Hauptstrasse), 033 675 80 80 »www.kandersteg.ch

Budget Accommodation: Kandersteg International Scout Centre, Wagetiweg, 033 675 82 82, »www.kisc.ch

9 Schynige Platte (1,967 m)


An easy trip – and a very fine mountain excursion – is the ride up to the Schynige Platte, from where you can survey some of the best panoramic views in the entire Alps. From Wilderswil the enchantingly old-fashioned cog railway slowly climbs up the mountainside via Alp Breitlauenen to the station at Schynige Platte (operates from May 28th – October 23rd). From here, you have an **overwhelming panoramic view**, especially of the famous three alpine peaks Eiger, Mönch and Jungfrau. And many different marked trails lead out in all directions from here. The natural paradise is also famous for its unique Botanical Alpine Garden. The Jungfrau railways have some special offers i.e. "Teatime Ticket", "Guided Moonlit Hike", "Tandem Paragliding Schynige Platte", "Swiss National Day Party on Schynige Platte" (on Aug 1st) and many more. Check out »www.jungfrau.ch

A great **classic alpine hike** is the one from Schynige Platte via Faulhorn to Grindelwald-First. This demanding trail requires a good basic level of fitness; hiking time is about 6 hours. Important: the last descents by First Aerial Cableway are between 5 and 6 pm according to season. You should not underestimate your hiking time and include time for breaks!

How to get to Schynige Platte: take a train from Interlaken Ost to Wilderswil (takes just 5 minutes), from where the rack-railway will bring you within an hour up to the Schynige Platte top station (climbs 1,420 metres over a distance of 7.2 km through some spectacular scenery!). "Swiss Passes" holders get a **50% discount** (for more about the "Swiss Passes" see **page 5**)!

10 Grindelwald-First (2,168 m)

First is easily reached by aerial gondola from Grindelwald. The views from the top are among the best in the beautiful Bernese Oberland! Take delight in over 100 km of picturesque and well-prepared summer **hiking trails** suitable for every level of hiking, across flower-strewn meadows, past fields of mountain roses or bilberry bushes. On the botanical trail from First via **Lake Bachalp** (magnificent moorland scenery with typical vegetation) to Waldspitz-Bort (about 2 hours 20 minutes in total), you'll find over 100 different flowers. It's a popular voyage of discovery. Crystal-clear lakes reflecting snow-capped summits and pure alpine air. An easy hike without any uphill or downhill sections (1 hour 20 minutes) with spectacular panoramic views is the one from Grindelwald-First to the Grosse Scheidegg. Ask at the tourist office or at your hostel for the "hiking map Grindelwald First".

 **Thrills and a great time are guaranteed with the First Flyer!** 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!** With the First Flyer the dream of swishing through the air becomes reality. Whizz down 800 metres at speeds of up to 84 km/h and a maximum height of 50 metres above ground. One ride costs CHF 25.–; but there are combi-tickets: up to First by cable-car, down with the First Flyer to Schreckfeld and from there back to Grindelwald, costs CHF 75.–. Another attraction on First is the **scooter-bike trip** from Bort Station down to Grindelwald. Such a trip costs CHF 30.– (includes

the aerial-gondola ride from Grindelwald to Bort and the hire of scooter-bike and helmet (deposit of CHF 100.– or credit card!). Or book a combination of both, a ride with the First Flyer and a scooter-bike trip (on the same day); costs CHF 79.– including cable-car, First Flyer, scooter-bike and helmet).

How to get to Grindelwald-First (or Bort): the gondola rises at the eastern edge of Grindelwald village (from May 21st until Oct 23rd). You can **save money** and book the “**combi-special 11**” for CHF 86.– (this includes one night’s accommodation incl. breakfast at the Downtown Lodge Grindelwald, the aerial gondola trip and a flight with the First Flyer (see advertisement on page 33).

11 Grindelwald – Kleine Scheidegg

Kleine Scheidegg (2,061 m), the pass between Grindelwald and Lauterbrunnen Valleys, lies directly beneath the towering trio of the Eiger, Mönch and Jungfrau. From here, the Jungfrau Railway begins its remarkable journey to the Jungfraujoch – Top of Europe. You’ll meet Alpine herdsman with their cattle, climbers preparing to attempt the Eiger



Schilthorn Allmendhubel, starting point of several beautiful hikes

North Face and visitors from all over the world. Most people only linger for a few minutes while changing trains for Jungfraujoch, but Kleine Scheidegg is also the trailhead for a wealth of **high-country walks**. Hikes down to Grindelwald (4 hours) or to Wengen (2 hours) are relatively easy-going. A tougher one is the one-hour hike up to the Eigergletscher (Eiger glacier).

How to get to Kleine Scheidegg: there are two routes to Kleine Scheidegg. The one from Grindelwald Grund station takes 34 minutes, the one from the other side of the pass takes 45 minutes if you start in Lauterbrunnen. “Swiss Passes” holders get a **25% discount** (for more about the “Swiss Passes” see **page 5**)!

12 Gstaad-Saanenland

The Gstaad-Saanenland holiday region is popular with a charming mix of visitors. While the car-free chalet village of Gstaad attracts countless stars and starlets, the smaller neighbouring village Saanen offers attractive options a little further away from the hustle, but still close to the action. There are **hiking possibilities**, from short walks to high alpine tours. An enjoyable hike with panoramic views of the Saanenland region starts in the historical village of Saanen (at the train station). The route takes you past the Roti Egg and Gspan meadows as well as the Rittmal alpine pasture and ends at the Berghaus Rellerli. The journey back can be done either in comfort by cable-car or at exhilarating speed on scooters or bikeboards. Hiking time is approx. 2 hours 30 minutes; difference in altitude is 800 metres.

Or how about **river-rafting** on the Saane river (from Saanen to Château-d’Oex), kayaking, canyoning, hydrospeed, etc. The possibilities are countless. Read more about about Château-d’Oex on page 22.

How to get to Gstaad or Saanen: From Interlaken it takes 2 hours and you have to change in Spiez and Zweisimmen (from Gstaad to Saanen and vice versa trains take only 4 minutes). Easy to reach from Gstaad/Saanen is the Lake Geneva Region (trains between Saanen and Château-d’Oex take only 16 minutes, to Montreux 1 hour and 15 minutes). Read more about the Lake Geneva Region on page 18–22.

Tourist office: Promenade 41 in Gstaad (033 748 81 81).

Budget accommodation: Saanen-Gstaad Youth Hostel in Saanen, Chalet Rüblhorn, Spitzhornweg 25 (033 744 13 43, closed April 1st – 20th, April 26th – June 1st and after Oct 23rd) » www.youthhostel.ch/saanen

TIP!



Adventure sports

There is **pure adventure** in the Bernese Oberland. No other part of Switzerland has more adventure in store, hence most of the Swiss adventure companies are based in Interlaken. The Interlaken-Adventure.com network offers extra cool combinations of adventure activities and overnight stays in one of their hostels, summer and winter. During spring (April 15th until May 31st) and autumn (Sep 1st until Dec 15th) they offer **special packages** at sensational prices, i.e. **tandem paragliding** (from CHF 180.–), and **tandem hanggliding** (from CHF 240.–); **Tandem skydiving** from over 4,000 m (from CHF 390.–) with 45 seconds of freefall at over 100 mph; **Canyoning** (from CHF 135.–) or **river rafting** on a powerful mountain river (from CHF 125.–); **ice-climbing** down crystalline blue ice cliffs (from CHF 190.–).

There is no experience necessary and all equipment is included. All the prices above include two nights in a dormitory accommodation and can be upgraded! Well, how about bungee jumping, glacier trekking, rock climbing, a scenic flight, wakeboarding, funyak, windsurfing or waterskiing? The list of things to do is endless. Have fun and enjoy the great outdoors in and around Interlaken.

You can book pure adrenaline adventure right at the hostel’s desk or online on www.interlaken-adventure.com

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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 Jungfraubahn), and Kleine Scheidegg Station (on the way to Jungfrauoch).

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 1st Floor) and at the hostels (guests only).

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

**save money**

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

budget accommodation

Downtown Lodge, Dorfzentrum (033 828 77 30, closed April 25th–June 9th) »www.downtown-lodge.ch; Grindelwald Youth Hostel, Geissstutzstrasse 12 (033 853 10 09, closed April 10th–May 12th and after Oct 23rd) »www.youthhostel.ch/grindelwald; Naturfreundehaus, Terrassenweg 18 (033 853 13 33, closed April 10th–May 14th) »www.naturfreundehauser.ch/grindelwald

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 50 metres above ground. The aerial gondola to First rises at the eastern edge of Grindelwald village (May 21st–Oct 23rd). **Save money** and book the “**combi-special 10**” for CHF 86.– (this includes one night's accommodation in a dorm incl. breakfast at the Downtown Lodge Grindelwald, the aerial gondola trip and a flight with the First Flyer). See advertisement on the next page. Read more about Grindelwald-First on page 30.



The Jungfrau Railway

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 (4,107 m 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! There is more to see in Grindelwald than the world-famous panorama of the Eiger, the Mönch and the Jungfrau; beauty can be perceived even in a single stone, an animal, or a flower.

highlights

The possibilities for exploring the wonderful world of mountains here are endless for both athletic and non-athletic types!

Grindelwald offers **hiking** against the world's most beautiful backdrop! 300 km of marked walking, hiking and mountain paths for you to choose from. Numerous suggestions can be found on the 1:25,000 walking map of Grindelwald, on sale at Grindelwald Tourism. Grindelwald offers its guests a great deal of other **outdoor activities**, not only biking and hiking, but also trekking, climbing, mountaineering, tandem paragliding flights, tandem skydiving, bungee jumping, canyoning, river rafting and more. Ask at the tourist office or at your hostel.

Biking downhill is pure adventure. The start of two impressive downhill runs is near the First top station. Two runs are available to conquer the challenging terrain down to the Schreckfeld Station, with an altitude difference of 200 m. Once at Schreckfeld, you can board the gondola

cableway to go back up to First and start again! Rental of top-class downhill bikes and gear is available at First.

Also attractive (for ambitious athletes as well as for leisure bikers) is the “**Top Ten**” (10 bike routes). The starting point is the tourist center, where you will receive a card. This card contains 10 squares corresponding to the different runs. Before setting out for each new run, the corresponding field must be stamped. At the end of the run the card is again stamped to prove completion. Ask for the special brochure and map at the tourist center.

The wildly-romantic **Glacier Gorge**, with its mills, cuts and green marble slabs, is one of nature's masterpieces. A specially-constructed wooden walkway leads from the hotel restaurant Gletscherschlucht over gushing waters and through galleries and tunnels over 1,000 m right into the gorge. On either side, the partly smooth walls rise overhead 100 meters. **How to get there:** 35 minutes walking distance from the vil-

lage center or by bus from Grindelwald Station. Open daily June until October.

The ascent to the **Upper Glacier** leads over a rather adventurous wooden staircase that winds its way up to the rock with over 890 steps. A 15 minute walk from the Hotel Wetterhorn takes one to the beginning of the climb. Admire the fantastic view at the foot of the glacier! Open daily from mid-May to end-October.

From the upper Glacier it's just about a 25 minute walk to the **Alpine Bird Park**. This small park with various alpine birds as well as an alpine garden and hut restaurant is set in idyllic surroundings 1,400 m above sea level at the foot of Wetterhorn between Grindelwald and the Grosse Scheidegg. Open daily, **entrance free of charge**. In the village centre (opposite Hotel Hirschen) there is an attractive **18-hole mini-golf course**. Entry costs CHF 7.–, open daily (June, September and October 1–6 pm and July and August 10 am–10 pm).

On a rainy day visit the **sports center** (Sportzentrum). There you'll find an indoor pool, sauna complex, solarium, game room, Internet, an attractive boulder room as well as Switzerland's first indoor rope park, the Sport Pub and the tourist office. The sports center is open daily.

Read more about excursions to the Jungfrauoch, the Schilthorn or the Schynige Platte and more about the beautiful Bernese Oberland on pages 28–31, 36.

events

May 8th	Yodeling Meeting at Engelweidli (if the weather is bad on May 8th this event will take place 1 week later)
June 5th	Half-marathon. From Grindelwald (at 951 m) up to Männlichen (2,216 m)
June 20th – 25th	Landart festival at Erlenpromenade (near Hotel Gletscherschlucht). Different nations create sculptures and creations in wildly-romantic surrounding, using nothing but natural materials found in the area
July 24th	Folklore Festival. Yodeling, alphorn blowing, flag throwing, Swiss folklore band at Männlichen (starts at 11 am)
Aug 1st	Swiss National Day, fireworks and celebrations everywhere
Aug 14th	Eiger Bike Challenge
Aug 19th & 20th	Fun Triathlon and Inferno Triathlon
Sep 10th	Jungfrau Marathon Interlaken – Kleine Scheidegg
Oct 1st	Country Night
Oct 7th – 10th	Interfolk Jungfrau region. Yodeling, alphorn blowing, flag throwing and more at Grindelwald-First, Kleine Scheidegg, Harder Kulm/Interlaken and Mürren/Winteregg

entertainment, fun & parties

- **Mescalero Mexican Pub and Disco** (Hotel Spinne). The “in” place where you can dance and party until the early hours of the morning.
- **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.
- **American Bar & Restaurant** (Hotel Alpenblick). Best burgers outside Texas! Pool/billiards, games, darts and a lot of sound.
- **Espresso-Bar** (Hotel Spinne). This is a meeting point and party place for all ages. Tourists and locals meet at the bar or out on the sun terrace.
- **Plaza Disco** (Hotel Sunstar). It's all about dancing until the early morning. Special events and drinks.
- **Gepsi-Bar** (Hotel Eiger). A popular meeting point for locals as well. Weekly live acts and special evenings.
- **Plagier-Bar** (Hotel Lauberhorn). Plagierbar means bluffers-bar, open Thu, Fri and Sat.



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www.youthhostel.ch/boenigen

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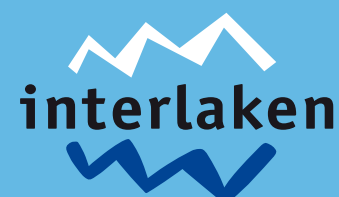
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www.interlaken.ch

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 Markt-gasse 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 Glettstübli Steiner, Spielmatte 10, Unterseen and at Self-Service Wash and Dry Schmocker, Beatenbergstrasse 5, Unterseen.

www.interlaken.ch
www.interlakenadventure.com
www.berneroberland.ch
www.backpacker.ch

**save money**

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

budget accommodation

5 Backpackers Villa Sonnenhof, Alpenstrasse 16 (033 826 71 71) »www.villa.ch; 6 Balmer's Herberge, Hauptstr. 23 (033 822 19 61) »www.balmers.com; 7 Happy Inn Lodge, Rosenstrasse 17 (033 822 32 25) »www.happy-inn.com; 8 River Lodge, Brienzstr. 24 (033 822 44 24, closed after Oct 9th) »www.riverlodge.ch; Interlaken-Bönigen Youth Hostel, Aareweg 21, 033 822 43 53 (closed April 1st–7th and after Oct 23rd) »www.youthhostel.ch/boenigen (bus number 3 from Interlaken Ost to "Lütschinenbrücke" stop from where it's a 5-minute walk to the hostel)



Paragliders over Lake Thun

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, Moench 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. It is nothing extraordinary for a city to be situated by river, lake or sea. But that it is, like Interlaken, between two lakes – Lake Thun and Lake Brienz – is practically unique. And Interlaken is the number one resort in Europe for **adventure and fun!** At each hostel you can book outdoor activities. It is worth staying several nights here enjoying the fabulous nature and exciting adventure possibilities!

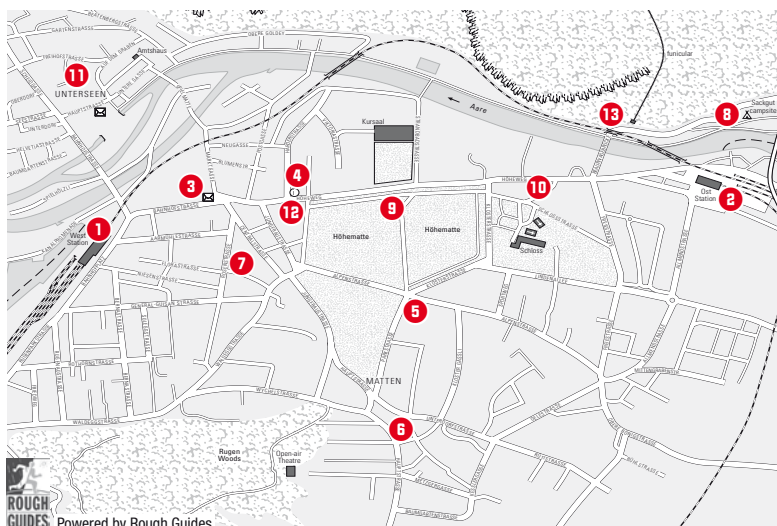
highlights

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 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.
10 **Japanese Garden**. This is Switzerland's first Japanese garden (designed in 1995 by a Japanese landscape gardener). Next to the Interlaken Hotel on Höhweg, small but beautiful.
11 **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.

12 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. Daily show at 5 and 6 pm, entrance fee CHF 14.80 (including chocolate voucher).

13 A funicular rises from behind the Ost Station through the woods to the **Harder-kulm** (1,310 m), offering vistas over the town, both lakes and a panorama of snowy peaks close enough to touch!



ROUGH GUIDES Powered by Rough Guides

The funicular operates from April 22nd – Oct 23rd.

On the other side of town, some 500 m south of West Station, a unique, nostalgic funicular takes you to the top of **Heimweh-fluh** – also called the top of Interlaken (670 m / 2,196 ft), where you'll be sure to enjoy a fabulous view! Near the funicular station you'll find the **Interlaken Rope Park**, an adventure park featuring up to 7 different rope trails and more than 90 different challenges, from ground level up to 20 meters in height. Various degrees of difficulties allow people of all ages to test their agility and fitness. Professional guides will help you along. Open daily Mon–Fri 1–6 pm, Sat & Sun 10 am–6 pm; during July & August daily open from 10 am–6 pm; CHF 37.– (including equipment and instructions).

On hot summer days take bus no. 6 (direction Thun) to the **Interlaken "beach"** at Neuhaus! Another good place for bathing is **Lake Brienz**, one of the cleanest lakes in Switzerland. But be warned, the water's really cold!

Rent a bicycle and explore the area on your own. Many local suppliers (ask at your hostel) and both railway stations as well offer bike rental and will be happy to give you tips on making the most of your pedal-powered excursion. Biker's maps are available at Interlaken's tourist office.

The St. Beatus-Caves, Switzerland's first and only underground cave museum – spectacular but safe. Explore this mysterious maze of stalactites, stalagmites, lakes and waterfalls to a depth of 3,000 metres. From Interlaken by ship, car, bus – or on foot along the historic pilgrims' path (approx. 2 hour walk from Interlaken West Station). Open March 27th–October 26th, 9.30–5 pm. Guided tours only! Tours start every 30 minutes, duration approx. 1h, entry costs CHF 18.–, students or if you hold a visitor's card 16.–. It can get cold in the caves, so bring something warm to wear!

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 28–33**, and see »www.interlakenadventure.com

events

June 9th – 11th	Greenfield Open-Air. Over 40 international and Swiss bands present rock, punk, hip-hop and electronic sounds. The entrance ticket also entitles you to camp out at the festival site!
June 16th – 19th	Swiss Yodeling Festival. Around 10,000 yodellers, flag throwers, alphorn blowers and around 200,000 visitors are expected
June 16th – Sept 2nd	Wilhelm Tell Open-Air Theater. Annual performance of Schiller's play about the Swiss national hero at Tell-Spiel Areal Matten (it's German spoken, but it's pretty obvious what the plot is)
June 24th – 26th	International Trucker & Country Festival. Famous country stars & bands. Western village, big truck & motor-bike exhibition (at the Military Airfield)
July 29th – 31st	Buskers Festival in Rosenstrasse (in front of the Brasserie 17). Street artists show with acrobatics, juggling, magic and comedy, daily buskers shows from 5 pm (free entrance)
July 29th – 31st	Interlatina. Interlaken will be struck with Latino fever (concerts, market stands, dance shows and more at the Marktplatz)
Aug 1st	Swiss National Day celebration with a grand folklore parade through the centre (at 3 pm) and with a fireworks display (at 10 pm at Höhematte meadow)
Sep 10th	International Jungfrau Marathon. Start at the Höheweg Interlaken (565 m), finish at Kleine Scheidegg (2,070 m), 42.1 km with some hills in it! An American magazine has rated this marathon as the most beautiful race course in the world!
Oct 7th – 10th	Interfolk Jungfrau region. Yodeling, alphorn blowing, flag throwing and more at Grindelwald-First, Kleine Scheidegg, Harder Kulm/Interlaken and Mürren/Winteregg

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, best Caipirinhas in town and have chess, backgammon and lots more.
- In **Buddy's Pub**, at Hotel Splendid (Höheweg 33), you'll find a large selection of beer.
- For disco nights check out **The Caverne** (at the Mattenhof resort, Hauptstrasse 36 in Matten – bus no 5 from Interlaken West), or in **Metrobar** at the Metropole Hotel (Höheweg 37), or **Johnny's Club** at the Carlton Hotel (Höheweg 92).
- **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 Sport Bar**, at Bahnhofstrasse 6 in Unterseen, has snooker, pool tables, and darts. Latest re-opening, totally refurbished; light, airy and under experienced management. Enjoy!
- **High-Life**, at Rugenparkstrasse (near West station), is a rock club with live music, open daily from 10 pm until 3 am, Fri and Sat until 5 am.

'''

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practical information



How to get there:

Bern has excellent train connections from numerous European cities, incl. high-speed train links from Paris (France), from Hamburg/Frankfurt (Germany) and from Rome/Milan (Italy). And there are departures at least hourly to most destinations within Switzerland (it takes 56 min. to Zurich, 51 min. to Basel, 1 h 41 min. to Geneva).

The huge train station ① is centrally situated and provides the **tourist office** ① (031 328 12 12), pharmacy, currency exchange, lockers, rest room/shower, fast food, restaurants, shopping, bike rental, supermarkets, and taxis (031 371 11 11). Another tourist office ② is next to Bärenpark (bear park) where they present a **multimedia show** about the history of Bern in different languages, every 20 minutes – the show costs CHF 3.– or CHF 1.– for students or if you hold a Swiss Pass. @ Internet at Kramgasse 47 (Weblane) and at your hostel (for guests only).

www.berninfo.com
www.cityhunter.ch
www.backpacker.ch

budget accommodation

③ Bern Backpackers/Hotel Glocke, Rathausgasse 75 (031 311 37 71) »www.bernbackpackers.ch; ④ Hotel Landhaus, Altenbergstr. 6 (031 348 03 05) »www.albertfrida.ch; ⑤ Berne Youth Hostel, Weihergasse 4 (031 326 11 11) »www.youthhostel.ch/bern; Etap Hotel Bern Expo, Am Guisanplatz 4 (031 335 12 12) »www.etaphotel.com



save money

⑥ Bikes to borrow free of charge (they also have flyer electrobikes, scooters and skateboards). Pick up at Milchgässli (next to Bahnhofplatz), at Hirschengraben and at Zeughausgasse, open daily from May (Hirschengraben from June) until the end of October, 7.30 am – 9.30 pm (before May pick up at Milchgässli only!). Bikes are free of charge for 4 hours, every additional hour costs CHF 1.– Deposit of CHF 20.– and passport or ID required. **Bern's best summer deal!**



On an inflatable dinghy tour through Bern

Bern is perhaps the most immediately charming city in all of Switzerland. The country's political and diplomatic capital has been listed as a **UNESCO World Heritage**. For all its political status, it is a tiny city and the attraction of the place rests in its ambience. You could spend days just café-hopping and wandering the streets with its arcades, street fountains and small shops. Einstein developed his special theory of relativity here and it was from here that the famous Emmentaler cheese was first sent on its way to conquer the world.

highlights

② **Bear Park** (Bärenpark). The bear is Bern's heraldic animal. The Bear Park houses 4 brown bears. Open daily, entry is free of charge. Bus 12 to station Bärengraben.

⑦ **House of Parliament** (Bundeshaus). Seat of Swiss government and parliament. **Free guided tours** (duration 45 min.), Mon–Sat at 9, 10, 11 am and at 2, 3 and 4 pm, plus Thursdays 5, 6 and 7 pm (no tours during parliamentary sessions; then access to the public galleries only). Passport or ID card required! Check-in at the latest 25 minutes before the start of the tour (security entrance, east side of Parliament Building)! In view of the large number of visitors it is advisable to sign up the day before (031 322 85 22).

⑧ **Münster-Cathedral** from 1421. A prime example of Swiss late Gothic architecture.

Highest spire in Switzerland: 344 steps above the entrance, 100 meters high, from where you can enjoy an **excellent view!** Mon–Sat 10 am – 5 pm, Sun 11.30 am – 5 pm, (latest entry to climb the spire is 30 min. before closing time). Free admission to the cathedral, entry to the spire costs CHF 4.–.

⑨ **Swiss Alpine Museum**. History of the Swiss Alps. Special exhibits, multimedia show, audio-visual information in 4 languages. Mon 2–5.30 pm, Tue–Sun 10 am – 5.30 pm. Admission CHF 12.–, students CHF 8.–. Helvetiaplatz 4, cross the bridge at Casinoplatz.

⑩ **Zoological Gardens Dählhölzli**. Attractive woodland setting. A unique selection of European and exotic fauna. Open daily 8 am – 6.30 pm, CHF 10.–, students CHF 8.–. Take bus 19 to Tierpark.

⑪ **Museum of Fine Arts** (Kunstmuseum). One of the most distinguished collections in Switzerland: Italian, Swiss and French art, i.e. Picasso, Kandinsky, Matisse. Hodlerstrasse 12. Tue 10 am – 9 pm, Wed–Sun 10 am – 5 pm, closed on Mon. Admission CHF 7.–, students CHF 5.–.

⑫ **Einstein House** at Kramgasse 49 is the apartment where Einstein lived from 1903 to 1905. It's now a small museum featuring pictures which provide an insight into Einstein's years in Bern. Daily 10 am – 5 pm, admission CHF 6.–, students CHF 4.50. (the **Historical Museum** at Helvetiaplatz 5 presents a permanent exhibition under the name "Einstein Museum"; open Tue–Sun 10 am – 5 pm; CHF 13.–, students CHF 8.–.)

⑬ **The Rose Garden** is a large park with a wonderful view of the old town and the river loop and has a nice restaurant (take bus no. 10 or walk, it's only 5 minutes from Bear Park).

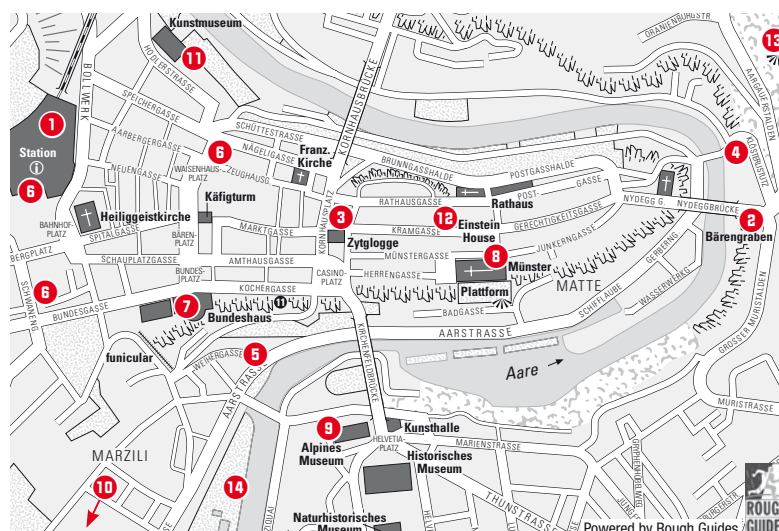
The **Zentrum Paul Klee** is much more than a traditional fine arts museum. Approx. 4,000 paintings, watercolors, drawings, puppets, sketches and other works of Paul Klee's are on display. Take bus no 12 from the railway station until "Paul Klee Zentrum". Tue–Sun 10 am – 5 pm, Mon closed. Admission CHF 18.–, students CHF 16.–.

Bern's **Rope Park** offers you an exceptional, active adventure in close touch with nature, with 50 platforms of various degrees of difficulty. Open daily (April – October) from 10 am – 7 pm (Oct until 6 pm); admission CHF 36.–, students CHF 31.–. From the train station take tram 3 or 5 or bus 19 or 28 until Thunplatz.

On really sweltering days cool down in and on the shore of the beautiful meandering **river Aare**. In the popular free public bath **Marzili** ⑭ you can float down the river (good swimmers only). A great spot for a self-catering barbecue is the park **Eichholz** (right next to the river – this is where people from Bern spend many of their summer days).

Mt. Gurten. Popular day-trip destination! Panorama of the city and the Alps. Reached in 25 min. by tram no. 9 to Wabern. Get off at Gurtenbahn. From July 14th – 17th the legendary Gurten **open-air festival** is held up here (see events on page 17!).

And when it rains? Bern's six kilometers of **arcades**, with shops, restaurants and cafés, are weather-proof. Window-shopping is fun! Or visit the **Hamam & Spa** at Weihergasse 3 (next to the youth hostel) and enjoy the spirit of oriental bathing. Open daily (Tue, women only!). Or spend the day at **Westside**, the recently opened leisure and shopping complex offering a wide range of shopping varieties and the **Bernaqua Adventure Pool & Spa with fitness** (a superb oasis of relaxation and well-being).



events

April 28th & 29th	Huge flower market at Bundesplatz
May 14th	Bern Grand-Prix. Biggest running event in German speaking Switzerland!
June 19th	Swiss Frauenlauf (Women's Race – with almost 13,000 participants)
June 23rd	Herbert Grönemeyer at the Stade de Suisse
July 14th–17th	Gurten-Festival. This open-air music festival on Mt. Gurten is legendary for its great atmosphere whatever the weather! Bring your sleeping bag and sleep outside or in the huge tent!
End-July–end-Aug	Open-air cinema at Grosse Schanze (university)
Aug 1st	Swiss National Day – party in the old town and on Mount Gurten
Aug 11th–13th	Buskers Bern. Street musicians' festival in the old town
Aug 11th–24th	Circus Knie at Allmend
Aug 19th–21st	Fair and fun at Bümpliz-Chilbiplatz
Market	
Tue & Sat	Fruit, vegetable and flower market at Bundesplatz and at Bärenplatz (and on Bärenplatz daily from May until October)
Tue, Thu & Sat	Traders' market at Waisenhausplatz (May until October)
First Sat monthly	Crafts market at Münsterplatz
First Sun monthly	Flea market and brocante at Reitschule
Third Sat monthly	Flea market at Mühleplatz in the Matte (May–October)

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VISIT BERN... UNESCO world heritage sight

- 6 kilometers of arcades with cafes and shops let you explore the old town...even when it rains...
- free bikes, free swimming pools – float down the Aare River...
- interesting bars, clubs, culture centers and cellar theatres
- Einstein house, Paul Klee museum, Münster cathedral, ...

...and explore Switzerland from here! Easy day trips to Interlaken,
Jungfrau top of Europe, Lucerne, Zürich, Basel, Geneva...

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entertainment, fun & parties

- **Landhaus** (Altenbergstrasse 4–6, next to Bärengraben) has a beautiful restaurant and serves good food!
- **Restaurant Lötschberg** (Zeughausgasse 16) is a cute, modern place to be at, chat the night away, try some tasty, reasonably priced Swiss food, meet locals, taste local wine and listen to local DJs! »»»www.loetschberg-aoc.ch
- **Reitschule**, a former riding school at Neubrückestrasse 8 (031 306 69 69) near the main station, is the place for alternative culture: bar, small restaurant, disco, concerts, parties and art.
- **Bierhübeli** – bar/brasserie/concerts at Neubrückestrasse 43 (031 301 92 92). Check daily press for latest concerts. »»»www.bierhuebeli.ch
- **Gaskessel**, Sandrainstrasse 25 (031 372 49 00), has concerts, live music and discos. »»»www.gaskessel.ch
- **Dampfzentrale**, Marzilistrasse 47 (031 311 63 37). Electro, jazz, funk and soul, art exhibitions and dance performances. »»»www.dampfzentrale.ch
- **Shakira**, Maulbeerstrasse 3, is a dance hall with a variety of Latino rhythms.
- **Wasserwerk**, Wasserwerkstrasse 5 (031 312 12 31), is a famous nightspot in Bern. Concerts, dance, bars, disco, after hours and a lot more fun. »»»www.wasserwerkclub.ch
- **Comeback-Bar** (Rathausgasse 42) is a disco for gays, and **Samurai** (Aarberggasse 35) is a hip place for gays, lesbians & heteros to party the night away.
- **Bar Aux Petits Fours**, at Kramgasse 67, is a small gay bar.
- The bar **Les Amis** (Rathausgasse 63) is a famous spot to prepare for your night out. Downstairs is the cosy concert location **Wohnzimmer**.
- **Kairo** (Dammweg 43) and **Lorraine Brasserie** (Quartiergasse 17) are cozy, laid back restaurants and concert locations where young and freaky people of Bern meet.
- **O'Bolles** (Bollwerk 35) is a nice restaurant and café to hang out at and chat the night away.
- **Markthalle** (Bubenbergrplatz 9). The old market hall offers food and drinks from all over the globe.
- Check out the **Kornhauscafé** and the **Kornhauskeller**, with its medieval ambience, at Kornhausplatz 18.
- **Art'café/Eclipse** (Gurtengasse 6). Hits, party music, disco and bar.
- **Propeller-Bar** (Aarberggasse 30) is another disco and bar.
- **Turnhalle/PROGR** at Speichergasse 4, – one of Bern's hip places.
- **Club Bonsoir** (Aarberggasse 33-35). Recently opened club hosting international DJs, musicians and artists »»»www.bonsoir.ch
- **Liquid Club** (Genfergasse 10). This modern and elegant location represents urban clubbing on 4 floors. »»»www.liquid-bern.ch
- **ISC Club** (Neubrückestrasse 10). International Student Club of the University of Bern. International DJs and party every weekend »»»www.isc-club.ch

““



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practical information



How to get there:

Basel has an international airport (the EuroAirport Basel-Mulhouse Freiburg, from where the city is reached within 19 min. by bus no. 50 which runs four times an hour) and **three train stations**. ❶ The Swiss railway station SBB, ❷ the German station DB “Badischer Bahnhof” and the ❸ French station SNCF. Frequent, modern trains link the three stations with places in Switzerland and all parts of Europe. The Swiss main station, SBB, provides a large post office, shopping, Migros supermarket, restaurants, lockers, bicycle rental, rest rooms and foreign currency exchange. ❹ **Tourist offices** inside the Stadtcasino (at Barfüsserplatz) and inside SBB train station ❶ (061 268 68 68, valid for both tourist offices). The main post office is in the center (Freie Strasse). @ Internet station at your hostel.

www.basel.com
www.backpacker.ch



save money

All visitors who stay at a Basel hotel/hostel receive a **free Mobility Ticket** valid for the whole stay (max. 30 days). This gives you unlimited tram and bus travel without ever having to buy a ticket! Just great! Ask at reception.

budget accommodation

❶ **Basel St. Alban Youth Hostel**, St. Alban – Kirchrain 10, (061 272 05 72), »www.youthhostel.ch/basel. For more accommodation in Basel ask at the tourist office.

TIP!



The Basel Card costs for 24 h CHF 20.– (without means of transport) or CHF 25.– (incl. means of transport), for 48 h CHF 27.–, and for 72 h CHF 35.–. It gives you free admission to some museums and to the zoo, free guided tours of the town, free ferry rides, reductions for concerts and discos, reductions in various shops, a 30 % reduction on car rental and reductions on boat trips and taxi fares.

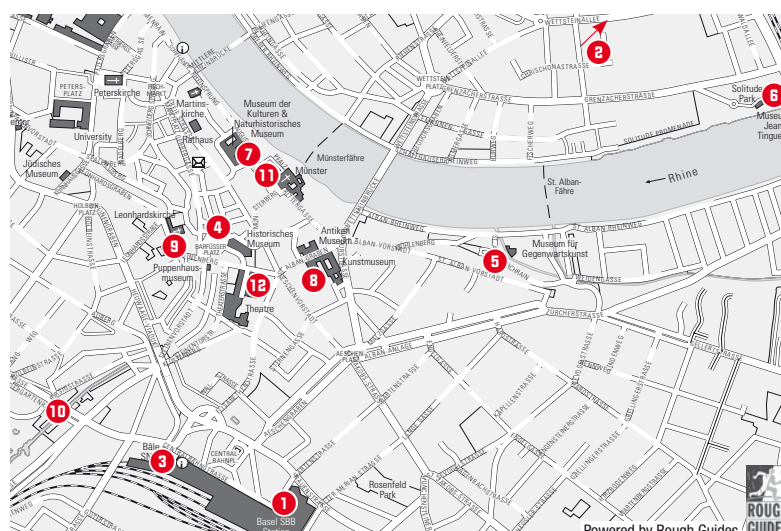


Basel's red town hall

Basel is located at the elbow of the Rhine on the borders of France and Germany. Its open-minded inhabitants give Basel its special character. The town has the oldest university in Switzerland (1460) and houses many museums and theaters. It has increasingly established itself as the architectural capital of the country. The multicultural Kleinbasel (on the right bank of the Rhine river) is the home of the alternative cultural scene. The town center is located on the left side of the river. The oldest and cheapest connections between the two banks of the Rhine river are **the ferries**. They are not only a tourist attraction but a means of public transport. Try them! From Basel you can also make excursions into the neighbouring regions of Germany and France.

highlights

❷ **The Museum Jean Tinguely**, at Paul Sacher Anlage 1 (take bus no. 31/36 to Tinguely Museum), is dedicated to the life and work of this major sculptor of iron. The building itself was designed and executed by another famous Swiss, the architect Mario Botta. This museum is unlike others: here, things rattle, squeak, crash and thump.



Open Tue–Sun 11 am–6 pm, closed on Monday. Admission CHF 15.–, students CHF 10.–.

At **Fondation Beyeler** at Baselstr. 101 in Riehen (take tram no 6 to Riehen Dorf) you'll find an exceptional collection of work by modern masters! The impressive, approx. 130 meter-long building resembles a ship lying anchored alongside the road. Open daily 10 am–6 pm (Wednesday till 8 pm). Admission CHF 25.–, students CHF 12.–, **cheaper admission** (CHF 20.– / students CHF 10.–) on Mon 10 am–6 pm and on Wed from 5–8 pm.

❸ The **Natural History Museum** at Augustinergasse 2 covers virtually all aspects of the natural sciences. Walk through the dinosaur hall or look at the numerous fossils or bizarre, colorful minerals. You may observe living animals in terrariums. Tram 6/8/11/14/16 to Schiffplättchen or tram 2/15 to Kunstmuseum. Open Tue–Sun 10 am–5 pm (closed on Monday). Admission CHF 7.–, students CHF 5.–, **free admission** every first Sunday of the month.

❹ **Kunstmuseum** (Museum of Art) at St. Alban-Graben 16 is one of the leading art houses in Switzerland. Highlights are paintings of Van Gogh, Gauguin, Cézanne and Picasso. And the museum owns the world's largest collection of works by the Holbein family. Open Tue–Sun 10 am–6 pm, admission CHF 15.–, students 5.–.

❺ The **Puppenhausmuseum** at Steinen-vorstadt 1 is the fascinating exhibition of teddy bears, dolls, toys, dollhouses and miniatures – the largest of its kind in Europe! The size and quality of the teddy bear collection make it unique in the whole world. Take tram 3/6/8/11/14/16 to Barfüsserplatz or tram 10 to Theater. Open daily 10 am–6 pm. Admission CHF 7.–, students CHF 5.–.

❻ **Basel's zoo** is laid out in a large park near the SBB station and has a varied collection including Indian rhinos and king penguins. Feeding times (Fütterungen) are fun to watch (see display by the entrance). Open daily from 8 am–6.30 pm (May–Aug) (until 6 pm only during Apr, Sep and Oct), CHF 18.– / youth under 25 CHF 12.–; **cheaper admission on Mondays** CHF 13.– / youth under 25 CHF 9.–.

❼ Basel's impressive **cathedral** (called the Münster) is the landmark of the city and worth a visit. It was built in the thirteenth century of red sandstone with a patterned roof and rebuilt following an earthquake in 1356. Open Mon–Sat 10 am–5 pm, Sun 11.30 am–5 pm, entry is **free of charge**.

❽ For many people the **Swiss Architecture Museum** (Switzerland's only museum of architecture), at Steinenberg 7, is a major reason for coming to Basel. The principal themes are: Swiss architecture from the Classical Modern period, international contemporary architecture, and the relation-

events

April 30th – May 13th	Jazz Festival Basel (at different places)
May 16th	Jovanotti at St. Jakobhalle
May 21st – 24th	Young Stage – International Circus Festival at Rosentalanlage
June 10th – 22nd	Circus “Knie” at Rosentalanlage
June 24th	Sonisphere Festival at St.Jakobpark (with Iron Maiden, Alice Cooper, Slipknot and others)
July 1st	Sommerblues Basel. Blues festival in Kleinbasel (5 open-air stages)
July 26th – Aug 13th	S’isch im Fluss (different concerts every evening on the raft at Rheinbrücke)
July 31st	Swiss National Day celebration, party in the city center with huge fireworks
Aug 1st	Swiss National Day
Aug 4th – 28th	Open-air cinema at Münsterplatz
Aug 16th	Annual Rhine swimming event, already a tradition for Baslers and non-Baslers
Oct 21st – Nov 13th	Avo Session Basel (some of the most famous artists from the genres of pop, soul, rock, Latin, blues and R&B at Messe Basel)
Oct 29th – Nov 13th	Autumn fair (biggest and oldest kermis market in Switzerland)
Oct 29th – Nov 6th	Swiss Indoors. World’s best tennis (incl. Roger Federer) at St.Jakobshalle

Markets

Daily (except Sun)	City market (food, flowers, handicraft and more) at Marktplatz
Saturdays	Flea markets at Petersplatz
2nd & 4th	Flea market at Barfüsserplatz
Wed monthly	

ship between architecture and art. Open Tue, Wed & Fri 11 am–6 pm, Thu 11 am–8.30 pm, Sat & Sun 11 am–5 pm (closed on Mon); CHF 10.– / students CHF 6.–.

The **Schaulager** at Ruchfeldstr. 19 in Munchenstein (approx. 10 minutes by tram no. 11 from the Swiss railway station SBB, direction Aesch until “Schaulager” stop) is an amazing venue (designed by the leading architects Herzog & De Meuron) and Basel’s newest, highly-regarded cultural institution (intended primarily for specialists as restorers, curators, researchers, teachers and students). But it’s also open to the public for occasional exhibitions and special events: in 2011 from March until August

28th, Tue, Wed & Fri 10 am–6 pm, Thu 10 am–7 pm, Sat 1–5 pm and Sun 10 am–5 pm (closed on Mon); CHF 10.– / students CHF 8.–.

If you’re halfway interested in design, you’ll love the **Vitra Design Museum**, one of the world’s leading museums for industrial furniture design and architecture. You’ll find the Vitra Design Museum across the border in Germany, 10 km north of Basel in the small town of Weil-Am-Rhein (at Charles-Eames-Strasse 1). Take bus no. 55 from Claraplatz directly to Vitra (**passport needed!**). Open Mon–Sun 10 am–6 pm; admission Euro 8.– / student Euro 6.50.

The **Roman Town of Augusta Raurica**. A visit to this largest open-air archaeologi-

entertainment, fun & parties

- **Das Schiff** on Westquastrasse 19 is a ship at dock (with a sandy beach-like deck and palm trees) with an excellent restaurant, disco and chill out music till late!
- A place with events ranging from live music to DJs to theatre is **Kaserne** at Klybeckstrasse 1b.
- **Brauerei Fischerstube**, at Rheingasse 45, brews its own beer.
- **Sky Lounge** is Basel’s highest bar (31st floor), with the most spectacular toilets (a real view from the 30th floor!), at Hotel Ramada at Messeplatz.
- A good place to meet people is **Unternehmen Mitte** at Gerbergasse 30.
- **Cargo Kultur Bar**, at St.Johanns-Rheinweg 46, is a nice bar, DJs on Fri & Sat.
- **Elle et Lui**, at Rebasse 39, and **Cupido Bar and Lounge** (next to Elle et Lui at Rebasse 43) are Basel’s best gay bars.
- A nice anarchic place is **Hirscheneck**, at Lindenberg 23 (also close to Elle et Lui), with live music or disco (new punk) most Fri and Sat. Brunch every Sun, and you don’t need to eat for the rest of the day!
- **Kuppel**, at Binnerstrasse 14, is like a huge igloo. Different style of music each night.
- **Blinde Kuh**, at Dornacherstrasse 192, offers dining in utter darkness. It’s a special experience indeed to sit and dine in this completely dark restaurant (the people serving you here are blind). May book ahead.
- Very good Thai food at very reasonable prices to be had at **mük dam** restaurant and take-away (Dornacherstrasse 220).
- **Atlantis**, at Klosterberg 13, is a music temple. Club nights with DJs, live concerts, food and more.

cal museum in north-west Switzerland is one of the most attractive outings around Basel. The extremely interesting open-air complex of The Roman Town of Augusta Raurica offers over 20 places of interest, including the best preserved antique theatre north of the Alps, a unique replica of a “Roman house” and the “Roman” farm animal park. No wonder the archaeological site is the most visited tourist attraction in the Baselland Canton today, and enjoys an international reputation.

How to get there: Fast train from Basel to Kaiseraugst: 10 minute walk to the Roman Museum and the central points of interest; or bus number 70 from Basel-Aeschenvorstadt

to the “August” stop, from there a 10-minute walk. **Or by boat** from Basel-Schiffände to “August” or “Kaiseraugst” (summer only, call 061 639 95 07); from there a 15-minute walk to the Roman Museum (journey time from Basel: 1½ hours). Opening hours: outdoor exhibitions and the farm animal park are open daily 10 am–5 pm; the Roman Museum open Tue–Sun 10 am–5 pm and Monday 1 pm–5 pm. You can visit most of the sights of Augusta Raurica **free of charge**. Entry to the Roman Museum and the Roman House costs CHF 7.–, students CHF 5.–.



Music raft “S’isch im Fluss” with view of Greater Basel



St. Gallen, Abbey Library

Switzerland's rural northeast (Ostschweiz in German) is not as mountainous as some other cantons, but compensates with lush green hills that are picture perfect. Bodensee (Lake Constance) is a big draw for summer recreation, while Stein am Rhein's main square could be from a fairy tale. The Rhine falls, Europe's largest waterfall, near Schaffhausen, are a dramatic spectacle. The main urban centre, St. Gallen, is world famous for its extraordinarily Baroque abbey, declared a UNESCO World Heritage Site. And Liechtenstein, the world's fourth-smallest country (only slightly larger than Manhattan), offers princely perfect views from the castle above Vaduz. You'll love this part of Switzerland!



some highlights

St. Gallen

St. Gallen is Switzerland's seventh largest city and has a busy modern centre and a beautiful **old town**. The centerpiece is the **impressive Baroque abbey** (built from 1755 to 1767), declared a UNESCO World Heritage Site. The interior of the church is vast! It's opulently painted, decorated with stucco works and the choir area with its 84 superbly carved seats and the historical organ is an artwork in itself. The cathedral really is glorious and should not be missed! Within the same complex of buildings as the cathedral, and just adjacent to it, is the **famous abbey library**, one of the **oldest libraries in Europe** (open Mon–Sat 10 am–5 pm, Sun 10 am–4 pm). It's famous for its stunning interior and for its huge collection of rare and unique medieval books and manuscripts. The **Textile Museum** (at Vadianstrasse 2) provides an interesting and well-presented collection of St. Gallen embroidery, famous throughout the whole world (open from April 26th 10 am–5 pm).

At St. Jakobstrasse 37 you'll find Switzerland's first **beer bottle museum**, with 2,000 bottles from 260 different breweries on display (open Mon–Fri 8 am–6.30 pm, Sat 8 am–5 pm, entry is free of charge!). An **architectural highlight** in St. Gallen is the "stadtlounge" (city lounge), just 5 minutes on foot from the main station. Built by artists it invites you to linger and pass the time. The major event in St. Gallen is its **three-day rock festival**, Switzerland's biggest open-air festival (from June 30th–July 3rd).

Factory visits are within easy reach from St. Gallen. You can watch chocolate production at Schoggi-Land in Flawil or visit the show cheese factory in Stein (for details see "factory visits" on page 50).

How to get there: direct trains link St. Gallen with Zurich (65 minutes) and Chur (1 hour 35 minutes).

① **Tourist office:** at Bahnhofplatz 1a next to the train station (071 227 37 37) »www.st.gallen-bodensee.ch

Budget accommodation: St. Gallen Youth Hostel, Juchstrasse 25 (071 245 47 77) »www.youthhostel.ch/st.gallen (from St. Gallen Station, take the orange "Trogenerbähnli" tram to the "Schülerhaus" stop, then 5 minutes on foot).

Schaffhausen and the Rhine Falls

Schaffhausen is the capital of Switzerland's northernmost canton and is nicknamed "City of Oriel Windows". With 170-odd examples of **oriel windows** this nickname is well-earned. Schaffhausen's beautiful riverside old town is crammed full of well-preserved architecture, lending the cobbled streets considerable charm. Two of the most grandiose houses are the **Zum Ochsen** house at Vorstadt 17 and the house **Zum Ritter** at Vordergasse 65, both with a Gothic façade and decorated with striking Renaissance frescoes. A 15-minute walk from the centre brings you up to the **Munot**, a fortification atop a vine-covered hill where you'll view the town in all its meandering glory. This is Schaffhausen's trademark circular fortress (admission free, open May–Sept 8 am–8 pm, April and Oct 9 am–5 pm). Schaffhausen also has a **casino** (at Herrenacker 7, open daily 12 noon–3 am, Fri & Sat until 5 am).

The very best excursion here is the short trip westward to the **Rhine falls**, Europe's largest waterfalls, 150 meters wide and 23 meters high! For a more subdued view, the falls on the north bank of the river are less steep and less violent. Cross the bridge to the south side to get a true impression

of the enormous impact of the water. The viewpoint from Schloss (castle) Laufen is best! From Schloss Laufen (**a castle overlooking the Rhine falls**) a stairway leads down alongside the splashing water to the lookout platform "Känzeli", where the roaring waters tumble inches from your nose. Starting from Schloss Laufen you can take a round trip in the Rhine falls basin or a **boat ride** to the rocks in its midst and climb up. A Rhine crossing costs CHF 2.– (duration 5 min.); a trip to the rock CHF 10.– (30 minutes); and a short roundtrip CHF 8.– (30 minutes). Or take the boat to Switzerland's biggest adventure park. Boat ticket from Schloss Laufen costs CHF 2.–, the park is open daily from 10 am to 7 pm, entry CHF 40.–.

August 20th sees a **mighty fireworks** display staged on the riverside (at about 9.30 pm)! The 4 km riverside walk from Schaffhausen to the Rhine falls takes about 45 minutes. Or you could take S-train no 33 to Schloss Laufen train station (takes 5 minutes and is possible from April–Oct only!). Another possibility is to take bus no 1 or 6 from Schaffhausen to "Neuhausen Zentrum", from where the well-signposted falls are a five-minute walk away. Or from Neuhausen Zentrum (Zentralstrasse) you can take the so-called "Rhine Falls Express", a nostalgic train that brings you to the falls (costs CHF 6.–).

How to get there: from/to Zurich main station trains take 40 minutes to Schaffhausen (or 49 minutes via Winterthur to Schloss Laufen). From/to Kreuzlingen you reach Schaffhausen by train (takes 55 minutes) or by **boat!**

① **Tourist offices:** In Schaffhausen at Herrenacker 15 (052 632 40 20); in Neuhausen at Rheinfallquai (052 670 02 37). »www.schaffhauserland.ch

Budget accommodation:

In Schaffhausen: Schaffhausen Youth Hostel "Belair", Randenstrasse 65 (052 625 88 00, closed after Oct 30th) »www.youthhostel.ch/schaffhausen (15 minutes on foot or by bus no. 3 direction Sommerwies to the "Wiesli" stop or by bus No. 6 direction Neuhausen to the "Hallenbad" stop).

At Schloss Laufen: Dachsen Youth Hostel, in an annexe of Schloss Laufen, the castle overlooking the Rhine falls (052 659 61 52, closed after Oct 30th) »www.youthhostel.ch/dachsen

Stein am Rhein

Little Stein am Rhein (just 20 km east of Schaffhausen) is a perfectly preserved medieval village. Over one million people pay their respects to this pretty town every year, so to enjoy this beautiful village you should stay overnight; it's only after 5 pm and before 10 am that there's much peace here. The Rathausplatz, often acclaimed as

the **most picturesque square** in Switzerland, is truly the type of place postcards were invented to celebrate! And the line of facades along the south side of the whole square is dazzling! A medieval **market** is held every Saturday morning! There are plenty of picturesque narrow lanes and alleys to explore. A manor house at Unterstadt 18, dating from 1279, is the **Museum Lindwurm** (open daily 10 am–5 pm), entry CHF 5.–, students CHF 3.–; the desk keeps English notes. Up the hill above the town, **Hohenklingen castle** provides a great view and a commendable restaurant!

How to get there: there are half hourly trains from/to Schaffhausen (takes 24 minutes); from/to Zurich main station trains take 40 minutes to Schaffhausen. But much nicer is to **travel by boat** (at least six boats a day arrive at Stein am Rhein, three from Schaffhausen downriver and three from Kreuzlingen upriver).

① **Tourist office:** at Oberstadt 3 (052 742 20 90).

Budget accommodation: Stein am Rhein Youth Hostel, Hemishoferstrasse 87 (052 741 12 55) »www.youthhostel.ch/stein



The Rhine Falls near Schaffhausen

Bodensee (Lake Constance)

Bodensee is shared by Switzerland, Germany and Austria. At its southeastern corner is Austria, focused around the town of Bregenz. The largest settlement on the German shore is the city of Konstanz, separated from its contiguous Swiss suburb of **Kreuzlingen** only by an arbitrary international frontier. Kreuzlingen welcomes you to a wide range of **water-sports** i.e. canoeing and kayaking as well as kayaking courses. The youth hostel lies in the middle of a park on the shores of the lake and has its own football and volleyball facilities. But Bodensee is also an El Dorado for **skaters** and **bikers**: The Bodensee cycle path measures over 250 km in total and the combination of bicycle/ship makes it possible to go on attractive, border-crossing cycling tours (information and route suggestions are available at the tourist office). There are dozens of **excursion cruises** all round the lake during summer season and as a Swiss Pass or Swiss Youth Pass holder you even travel **free of charge** along the Swiss shore!

How to get there: to/from St. Gallen take S-train no 3 (takes 55 minutes).

To/from Schaffhausen or Stein am Rhein you should take a boat. At least 3 boats a day (May–Sep) make the beautiful journey along the Rhine river a peaceful ride!

① **Tourist office:** at Sonnenstrasse 4 (071 672 38 40).

Budget accommodation: Kreuzlingen Youth Hostel, Promenadenstrasse 7 (071 688 26 63) »www.youthhostel.ch/kreuzlingen (on the lake shore, 5 minutes to walk from the railway station “Kreuzlingen Hafen (port)”).

The Principality of Liechtenstein

The principality of Liechtenstein is the world's fourth-smallest country, only slightly larger than Manhattan. It does not have an international airport, access from Switzerland is by local bus. But don't make the mistake of thinking you've arrived in Switzerland, even though the Swiss Franc is legal currency and all travel documents are valid! Liechtenstein even has its own **royal family**, who live in the castle above

Vaduz, the country's capital and seat of government. **Vaduz castle** is not open to the public, but it's worth the climb up the hill; at the top, there are magnificent vistas! Although Liechtenstein shares the Swiss postal system, it issues its own **postage stamps** and they are highly collectable. The small **Postage Stamp Museum** (at Städele 37 in Vaduz) contains 300 frames of national stamps issued since 1912 (open Tue–Sun 10 am–5 pm). **Schaan**, the village just 3 km from Vaduz, is an ideal place to start on **hiking and cycling** tours. Liechtenstein has some 400 km of **hiking trails** through Alpine scenery (ask at the tourist office for the Liechtenstein hiking map). As well, **skating and biking** on the Rhine Dam are very popular. The friendly people from the tourist office or at your hostel will help you with route suggestions and excursion tips. An exciting experience is a visit in the Galina **falconry** in Malbun. Never again will you get as close to eagles, hawks, falcons and eagle-owls. From May until Oct (only in good weather) daily at 3 pm (except on Mondays), a professional falconer and his birds of prey put on a

unique flight show, costs CHF 8.– (buses from Vaduz to Malbun run half-hourly and take 31 minutes).

How to get there: the nearest airport to Liechtenstein is Zurich. Regular post buses run to Schaan and Vaduz from Sargans and Buchs, both of them on the main Swiss train line between St. Gallen and Chur. There are usually at least 3 buses an hour from the Swiss border towns of Buchs and Sargans that stop in Schaan/Vaduz. To Sargans it takes 55 minutes from Zurich, from Chur 18 minutes, from St. Gallen 1 hour 9 minutes; to Buchs it takes 1 hour 10 minutes from Zurich, from Chur 37 minutes and from St. Gallen 56 minutes.

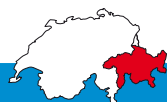
① **Tourist office:** in Vaduz at Städele 37 (00423 239 63 00).

Budget accommodation in Schaffhausen: Schaan-Vaduz Youth Hostel, untere Rüttigasse 6 (00423 23 250 22, closed after Oct 23rd) »www.youthhostel.ch/schaan (from Sargans or Buchs take the post bus and get off at “Mühleholz” stop, from there it's just 5 minutes to walk).



A via ferrata, or fixed-rope climb, is located at the southern entrance to the village of Pontresina

Grison (Graubünden in German) is one of Switzerland's biggest cantons and hosts many famous resorts, including the Flims-Laax-Falera, St. Moritz, Davos, Scuol and many more. These destinations are all famous for sports, and there is a lot to discover: 150 valleys, 615 lakes, beautiful mountain landscapes, small villages, the Swiss National Park, adventures, hiking and biking trails. Enjoy a trip through the area of Griston with the famous railways such as the Glacier Express, the Bernina Express, the Engadin Express and the Palm Express. (Check the **discount list** on page 5 for validity of your ticket).



some highlights

Chur is the capital of Griston and only 1 hour and 15 train minutes from Zurich (there are 2 direct trains per hour). All villages and holiday destinations described below are reached by train or post bus from Chur.

Flims, Laax, Falera (Surseiva)

The linked sports resorts of Flims-Laax-Falera are within easy reach of Chur (just 18 km west on a hillside above the Rhine). Over the last few winters, **Laax** (1,020 m) has become a mecca for snowboarders but has as well, in summer, a lot to offer. The summer guests can choose from different experiences, ranging from active relaxation to thrilling adventure – bathing in Cauma-Lake or in Lake Laax, hiking, mountain and downhill biking, skateboarding, climbing, etc. An extensive regional network of over 250 km of sign-posted **hiking trails** await you here; plenty of trails winding their way through the forest. Alternatively, take a chair lift up to the broad, level plateau atop the Cassons Grat, where there is a pleasant three-hour

circular walk offering alpine panoramas. In Laax all kinds of **mountain bikers** are very welcome and can find their specific infrastructures. Over 300 km of signposted mountain-bike routes are provided and at the tourist office you can get a special bike-guide and a mountain bike map. Besides huge freeride and cross country areas Laax provides you with serious downhill, bmx and northshore trails. All bike routes are numbered and marked! **Bikes can be rented** at Backpacker Deluxe Hotel Capricorn and at other places.

If you want to try out new tricks, refine your style or just enjoy being up in the air – it's all possible with the Big Airbag at the **Bikepark Flims** (next door to the base



Hiking in the Flims-Laax region

station). There are two jumping ramps and to ensure a soft, safe landing there is an airbag in place. Video cameras have been installed here as well. **Every jump is recorded and then shown on the giant video screen.** This means that those taking part can then analyse their time in the air and monitor their landing on the spot. **And even friends and fans at home can also take part because all videos are available at www.swatch.com**

Another highlight is the **Rhine Gorge**, also named the Swiss Grand Canyon, with wildwaters class II–III! **Go rafting** or learn kayaking within this spectacular environment... Flims also has a Via Ferrata, an adventurous high alpine trail up to the Flimserstein... a perspiring trail worth every step... Different packages can be booked online or ask at your hostel or at the tourist office; the friendly people there will love to help you with lots of tips, bookings, bike rental etc.!

How to get to Flims/Laax: Hourly public buses to Flims/Laax from Chur (approx. 35 min).

① **Tourist offices:** in Laax at Via Principale 91 (081 920 81 81), in Flims at Via Nova 62 (081 920 92 00), »www.flims.com

Budget accommodation: Backpacker Deluxe Hotel Capricorn, Via Cons 405, Laax (081 921 21 20, closed May 1st–31st) »www.caprilounge.ch

Lenzerheide /Valbella

The two linked resorts of Lenzerheide and Valbella (just 30 minutes from Chur) are the ideal places for some chill-out time or the challenge of **hiking and biking**. These

linked resorts bombard you with their beauty. The crystal clear Heidsee invites you for swimming, sailing and surfing. The Heidsee lake is a dream for anyone seeking action or wanting to relax. The lido, with its many attractions, is on the left shore of the lake, whilst the right shore is a nature reserve. There is a woodland wonderland, as well as plenty of soaring peaks. The Parpaner Rothorn (2,865 m) is the highest point reached by cable car. You'll find several walking trails starting from the summit. The Lenzerheide valley is also a challenging **paragliding and hang-gliding** area (but only recommended for experienced pilots!). And once in this region you should not miss the **world's longest toboggan run** (see TIP below).

How to get to Valbella: Hourly buses from Chur (takes 33 minutes). Bus between Valbella and Lenzerheide takes only 4 minutes.

① **Tourist office:** at Voa principala 68 in Lenzerheide (081 385 11 20) »www.lenzerheide.com

Budget accommodation: Valbella Youth Hostel, Voa Sartons 41, Valbella (081 384 12 08, closed April 3rd–June 10th and after Oct 23rd) »www.youthhostel.ch/valbella

TIP!



Once in Lenzerheide/Valbella you should not miss the **world's longest toboggan run** at the Alp Pradaschier (an aerial cable car from Churwalden brings you up there in 7 minutes, buses between Valbella and Churwalden take 9 minutes). The bob run winds round 31 bends, descending 480 m over 3,100 m down into the valley. Starting at the midway station (mountain restaurant), the run takes between seven and ten minutes down to the valley station in Churwalden. The bob run is open in both summer and winter, and lighting means it can even be done at night.

Davos

Davos, located in the heart of the Alps at an altitude of 1,560 m, is famous for its toothpaste-fresh air and the World Economic Forum (held in the last week of January each year). Davos is a 4 km-long strip beside a train line and a river. It comprises two contiguous areas, each with a train station: Davos-Platz and Davos-Dorf. Surrounded on all sides by idyllic countryside and breathtaking mountain scenery is Davos, **Europe's highest town**. In summer, the opportunities for **hiking** and **mountain-biking** are excellent! Different mountain railways take you to 700 km of mountain trails and hiking paths. The offers are suitable for everyone, from unhurried walkers and sporty, gregarious hikers to ambitious alpinists.

How to get to Davos: from Chur it takes approx. 1½ h. There are hourly trains and you have to change in Landquart. Or if you're coming from Klosters, it takes 26 minutes (hourly trains).

① **Tourist offices:** at Talstrasse 41 in Davos-Platz and at Bahnhofstrasse 8 in Davos-Dorf (081 415 21 21) »www.davos.ch

Budget accommodation: Davos Youthpalace, Horlaubenstrasse 27, Davos-Dorf (081 410 19 20) (with the local bus from Davos-Dorf as far as the Schiabach stop). »www.youthhostel.ch/davos



save money

A great offer is the “**Davos Klosters Inclusive-Card**”! You get it if you stay at least one night in a Davos or/and Klostershotel/hostel and as a holder of this card you can make use of countless services and recreational opportunities completely **free of charge**: you can travel free on all the cable cars that are in operation and, for example, go skating on the ice track, enjoy a free ride on the tin toboggan, or visit the Alpinum Schatzalp and make the most of the very varied active summer program.

Klosters

Only about 9 km northeast of Davos lies Klosters. In winter Britain's royals love this ski resort because of its charm. Where Davos has traffic, bright lights and street bustle, Klosters has peace and quiet and a village atmosphere. **Hikers** will find routes of varying degrees of difficulty situated around Klosters. And the Madrisa adventure park, with its **climbing facilities**, promises an adrenaline surge. The region is recognized as one of the most attractive **mountain biking** destinations in Graubünden. The new sign posts on the Davos Klosters mountain bike trails deliver information that provides for a spectacular experience for all skill levels, from amateur to the highly skilled cyclist. An absolute must for all mountain biking addicts is the 10,000 meter elevation freeride tour which takes advantage of the five cable railways of Davos Klosters to get you to the top of the mountains.

How to get to Klosters: from Chur it takes approx. 1 hour. There are hourly trains and you have to change in Landquart. Or if



Hikers in the Diavolezza cable car (near St. Moritz)

you're coming from Davos, it takes 26 minutes (hourly trains).

① **Tourist office:** at Alte Bahnhofstrasse 6 (081 410 20 20) »www.davos.ch

Budget accommodation: Klosters Youth Hostel, “Soldanella” Talstrasse 73, (081 422 13 16, closed April 10th–June 10th and after Oct 23rd), (a 10-minute walk from Klosters station). »www.youthhostel.ch/klosters

Engadine Valley

The Engadine Valley is traditionally Romansh-speaking, although almost everyone also speaks German. The valley is divided into two sections, the Lower Engadine (Unterengadin) and the Upper Engadine (Oberengadin). The main resorts in the **Upper Engadine** are **St. Moritz** and **Celerina**. St. Moritz is where the jet set come to play and pose. Celerina (just 2 km – a half-hour walk – east of St. Moritz) is a little further away from the hustle but still close to the action. There are tons of activities on offer here in St. Moritz and Celerina. Many cable cars give access to mountain peaks with an altitude of more than 10,000 ft, and to numerous vantage points, opening onto **breath-taking panoramic views**. Other

than an almost unlimited amount of possibilities for individual **hikes**, St. Moritz and Celerina offer guided glacier and mountain tours as well as excursions centering on various topics (geology, botany...) during the summer season. One of the best round-trip summer walks starts from Muottas



A mountain climber in the Upper Engadine

Muragl (8,177 ft). For maps and further hiking suggestions ask at your hostel or at the tourist office.

The nearby Silvaplana (40 train-minutes from St. Moritz) is known for its **windsurfing and kitesurfing**. The favourable Maloja wind has turned the Lake of Silvaplana into a Mecca for this sport (plenty of information at www.kitesailing.ch and at www.engadinwind.ch).

How to get to St. Moritz and Celerina: from Chur with the Rhaetian Railway up to

St. Moritz (appr. 2 hrs). There are stops in Celerina and St. Moritz.

① **Tourist offices:** in St. Moritz at Via Maistra 12 (081 837 33 33) »www.stmoritz.ch; in Celerina at Plaza da la Staziun 18 (081 830 00 11) »www.celerina.ch

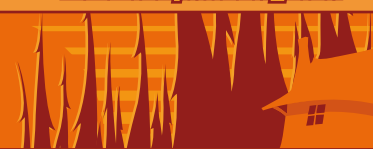
Budget accommodation:

In St. Moritz: St. Moritz Bad Youth Hostel, Via Surpunt 60 (081 836 61 11) »www.youthhostel.ch/st.moritz

In Celerina: Hotel “Alte Brauerei”, Via Maistra 60 (081 832 18 74) »www.alte-brauerei.ch Just 10 train-minutes southeasterly from St. Moritz at the mouth of the Val Bernina (Bernina valley) lies **Pontresina**. Check out the pentagonal Moorish tower and the Sta Maria **Chapel**, with frescoes dating from the 13th and 15th centuries. **Hiking trails** wend in all directions from Alp Languard to the east of Pontresina (the chair lift to the summit runs from the end of May to mid-October). In the same building as the tourist office is the **mountaineering school** which is the largest in Switzerland. Pontresina also provides ideal conditions for **inline skaters**. The high valley is suitable for high-altitude training of all types, and the wonderful backdrop is an inspiration for all, making it easier to run and glide. Inline skates can be hired from Fährdrich

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Bikers in the village of Guarda (near Scuol)

Sport in Pontresina (Via Maistra). In addition, biking here is very attractive. **Mountain bikers and cyclists** find more than 400km of mountain bike trails and cycling paths. Whether negotiating a steep single trail or a winding pass, adventure and fun are guaranteed on easy-going outings along the side valleys, or on thrilling descents from the mountain. Even **electro bikes** can be rented here (at Flying Cycles, Via Cuntschett 1 or at Camping Plauns, Plauns 13). With an electro bike you enjoy the excursion twice as much! Thanks to the integrated, virtually noiseless electric motor, the “manpower” is doubled when cycling – you can experience the Engadine with half the effort and twice the enjoyment!

How to get to Pontresina: the hourly trains from Chur take 2 hours and you have to change in Samedan. From St. Moritz it's just 10 minutes by train (or 18 minutes by bus).

① **Tourist office:** at Kongresszentrum Rondo, Via Maistra 133, (081 838 83 00) »www.pontresina.ch

Budget accommodation: Pontresina Youth Hostel, “Cuntschett”, Via da la Staziun 46 (081 842 72 23, closed April 26th – June 3rd and after Oct 23rd). The hostel is next to the railway and bus station. »www.youthhostel.ch/pontresina

Spread-out **Scuol** (1,250 m) is the main resort in the **Lower Engadine**. It's a health spa, and there are around 25 mineral springs in the vicinity. The main draw is the modern Bogn Engiadina complex at Stradun (open 8 am – 9.45 pm, admission CHF 25.–). Lower Scuol is well worth a wander; it has some incredibly quaint Engadine dwellings and cobbled squares.

Scuol offers tons of **hiking and biking** possibilities. And from here you can visit the **Swiss National Park!** The headquarters of the Swiss National Park is in Zernez (30 minutes by train from Scuol). The park comprises 169sq meters of woodland and mountains where flora and fauna flourish in a stringently protected natural environment. It's possible to bike around the National Park. At the tourist office you can book a four day National Park bike-tour (incl. 4 nights of accommodation, transport of luggage and bike map). This tour means nothing but pure nature. Hard climbs, tricky single-trails and daring downhill make this tour a biking delight. Another very pleasant excursion is the one to **Guarda**. Guarda (just 15 minutes by train from Scuol-Tarasp), is a village of national importance, one of the best preserved in the Engadine, and has expansive views! (From the train station to the village it's about 30 minutes by steep footpath – or you can take a bus).

How to get to Scuol: Hourly trains from Chur to Scuol-Tarasp (takes 2 hrs).

① **Tourist office:** at Stradun (beside the post office; 081 861 22 22) »www.scuol.ch

Budget accommodation: Scuol Youth Hostel, Prà da faira (081 862 31 31, closed April 3rd – June 7th and after Oct 23rd) »www.youthhostel.ch/scuol

Sta. Maria Val Müstair

Between the upper and the lower Engadine lies Zernez from where the main road goes over the Ofen Pass (2,149 m) into the idyllic **Val Müstair** and leads then into **Italy**. This route is covered by postal bus (six to nine departures a day). **Santa Maria** is the main village of the Val Müstair and has a nice Gothic church. Due to the valley's

south facing situation the weather is often mild here. The Val Müstair really is perfect for **hikers and bikers**, with the help of clearly-signposted paths, hikers can easily find their way around the valley.

How to get to Santa Maria: the hourly trains from Chur to Zernez take 1 h 45 minutes and you have to change in Saglians. From Zernez to Santa Maria the bus takes 1 hour.

① **Tourist office:** at the main road, (081 858 57 27) »www.val-muestair.ch

Budget accommodation: Santa Maria in Müstair Youth Hostel, Chasa Plaz, (081 858 56 61, closed until May 31st and after Oct 16th) »www.youthhostel.ch/sta.maria

events

June 13th & 17th	Start into the summer season Davos Folk-music concerts at the Vaillant Arena (hockey stadium)
June 24th – 26th	Dakine Trailfox Laax Hundreds of free-ride bikers are drawn to the exceptional rally, the feel of the great outdoors and the legendary riders' party.
July 8th – 10th	18th British classic car meeting St. Moritz
July 12th – 14th	Windsurfing and kitesurfing Regatta Lake Silvaplana (near St. Moritz)
July 16th	Engadin Festival Silvaplana (near St. Moritz) Yodeling concert at Restaurant Murtèl (starts 6.30 pm)
July 20th	Street Festival Lenzerheide
July 22nd – Aug 6th	Open-air cinema at Kurpark Davos
Aug 6th	Swiss wrestling Davos . Swiss wrestling and popular folk music at Davos-Sertig (starts at 8.30 am)
Aug 1st	Swiss National Day, with parties and fireworks everywhere
Aug 19th – 21st	New Orleans Jazz Festival Celerina
Oct 7th – 9th	Maxi-Avalanche Trophy Flims More than 400 bikers tumble down the trails
Oct 1st – 9th	38th Flims International Alpine Hot-Air Ballooning Week. Over 20 teams in their colorful hot-air balloons (with opportunities to have a ride!).





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Locarno, Piazza Grande

Ticino is the only Swiss canton in which the official language is Italian. The mix of Swiss tradition and Italian lifestyle gives this part of Switzerland a unique character. Ticino has a mild climate, as spring arrives earlier and autumn lingers longer than in the rest of Switzerland. Ticino's flora is typical for the coexistence of plants of both Alpine and Mediterranean origin. And Ticino has two lakes, both shared with Italy: **Lake Lugano** and **Lake Maggiore**. In summer sailing, windsurfing, canoeing and swimming in the lakes and rivers are highly popular. And if you want la dolce vita, search no more – it is waiting for you in the numerous sub-tropical parks and gardens.



some highlights

BELLINZONA

Bellinzona is the capital of the canton Ticino. It's set in a valley of lush mountains, and stands at the southern side of two important Alpine passes, San Bernardino and St Gotthard. Bellinzona is a city of castles. Its grand trio of castles – **Castelgrande** (from around the 6th century and the city's largest), **Montebello** and **Sasso Corbaro** – were together declared a **UNESCO World Heritage Site** in 2000.

Everyone passes through Bellinzona as it's on the train route connecting Locarno and Lugano, and on the Zurich-Milan route. But Post buses also head north-east through the Misox (Mesolcina valley) to Chur (Grison). **Cabbio** (just a 45-minute bus ride from Bellinzona) lies peacefully among the majestic mountains of the southern Alps and has nice backpacker accommodation, with a waterfall for swimming in a great natural environment. Due to its central location, it is an ideal starting point for forays to the rugged mountainous north, as well as to the milder, culturally diversified south. And the Humanità Backpacker's also offers lots of different activities and courses; for details check their website www.humanita.ch

How to get there: Bellinzona has regular train connections from Italy (coming from Milan) and all over Switzerland: from Zurich (2 h 15 min), from Lucerne (2 h), Bern (3 h 20 min) and Geneva (5 h). From Bellinzona

to Cabbio it's just 45 minutes by bus.

① **Tourist information** at Palazzo Civico in Bellinzona (091 825 21 31) »www.ticino.ch
Budget accommodation: Humanità Backpacker's in **Cabbio/Lostallo** (091 830 14 81) »www.humanita.ch; (for accommodation in Bellinzona check »www.youthhostel.ch or ask at the tourist office).

THE LAKE MAGGIORE AREA

Locarno is a small town situated on the north end of Lake Maggiore. It's easy indeed to lose one's heart to this picturesque little town. One of the most attractive spots is the **Piazza Grande** and right behind it lies the old part of town, "la città vecchia." Built in the Middle Ages, it holds great architectural and cultural treasures. Open-air concerts, disco-nights on lake cruises and beach parties are but some of the offers geared to please a backpacker. It is **free to swim** in various convenient spots around the lake. During the **International Film Festival** (August 3rd – 13th) the town will be crowded and accommodation is difficult to find!

Locarno is also the starting point for a wide range of activities: whether sailing on Lake Maggiore or energetic mountain bike excursions. And the valleys of Ticino offer several hundred kilometres of **hiking** paths. For the adventurous, there is action such as bungee jumping or canyoning. Most striking of all Locarno's sights is the Franciscan

Santuario della Madonna del Sasso church, an impressive ochre vision floating above the town. The twenty-minute walk up is atmospheric in itself, or you could take the **funicular** from just west of the main train station. »www.ascona-locarno.com

How to get there: Half hourly trains from Bellinzona (takes 20 minutes).

① **Tourist information** at Largo Zorzi 1, in the same building as the casino (091 791 00 91).

Budget accommodation: Locarno Youth Hostel, Via B. Varenna 18 (091 756 15 00) »www.youthhostel.ch/locarno, it's a 20-minute walk, or take bus no 31/36 direction Ascona/Losone as far as the "Cinque Vie" stop, or take the Centovalli Railway to "St. Antonio" stop; Casa DaVinci, Via B. Rusca 6 (091 751 30 64), www.casa-davinci.ch, near Piazza Grande in the old town.

The **Maggia Valley**, north of Locarno, is a valley of natural beauty. This valley alone offers 700 km of hiking paths and it is the ideal place to go to on hot summer days, so don't forget your swimsuit! Ponte Brolla (4.5 km from Locarno) is a good starting point for the Maggia Valley. From there you can walk along the Maggia river, or straight to the delta, which has a beautiful, real sand beach! In the valley there is a lovely backpacker accommodation **off the beaten path** in a little village called **Aurigeno**, the Baracca Backpackers. Take bus no. 10 from Locarno to Ronchini. There, cross the river on foot (takes you about 15 min. – it's well marked). Baracca Backpackers has only 13 beds, so call ahead! »www.ascona-locarno.com

How to get there: (See above).

Budget accommodation: Baracca Backpackers in **Aurigeno** (079 207 15 54, closed April 1st – 22nd) »www.baracca-backpacker.ch

Ascona is Locarno's smaller twin on the opposite side of the delta of the Maggia. It's often called the "Pearl of Lake Mag-

giore". Ascona is worth a day trip! It is situated near the delta of the Maggia river, on the shores of a splendid and sunny bay. Ascona has developed a large pedestrian zone – traffic free – in its historical center. The village is known as a center for arts, and the backstreets are filled with art galleries and craft shops. »www.ascona-locarno.com

How to get there: about 10 minutes by bus from Locarno.

① **Tourist information** at Via Collegio 8 (091 791 00 91). Stay overnight in Locarno!

The Brissago Islands. A visit to the botanical gardens on the Islands of Brissago is a must for anyone staying in the region. A beautiful one or half-day trip! A boat brings you from every destination around Lake Maggiore to this beautiful island, home to fantastic flowers only seen in subtropical areas.

events

The people in Ticino are famous for their open-air parties in summer. Just keep your eyes open and you'll run into a party!

June 3rd – 5th Huge antique market in **Locarno** (old town)

June 23rd – July 6th New Orleans and Classic Jazz Festival, **Ascona**

July 8th – 17th "Moon and Stars" summer festival **Locarno** (Piazza Grande)

July 14th – 16th Blues Festival **Bellinzona** (at Piazza Governo)

July 21st – 23rd Summer Nights Dream **Locarno**. Summer festival with a huge fireworks display at 10:45 pm on Saturday

August 1st Swiss National Day. Fireworks and parties everywhere

August 3th – 13th International Film Festival **Locarno**. Meet the stars there (and don't forget to book your accommodation ahead!)

»»



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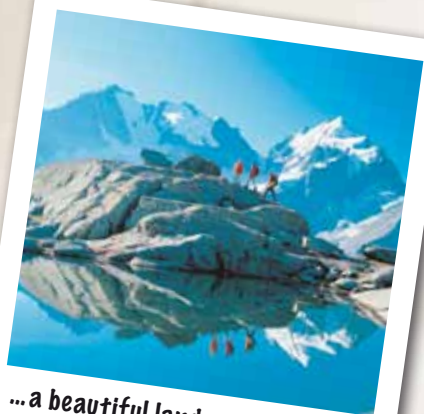
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Maestrani Schoggi-Land phone 071 228 38 88 Toggenburgerstr. 41, 9230 Flawil www.maestrani.ch	Mon–Fri 9 am–12 noon and 2–6 pm, Sat 9 am–12 noon (Sun closed). Admission free. Guided tours for individuals every Wed at 2 pm, CHF 7.–	Watch chocolate production from the 80 m-long visitor's gallery. They also have a shop, video terminals and a history corner.	Flawil is just a 14 min. train ride from St.Gallen (or 1 h from Zürich); from Flawil station take bus no 850.72 or 850.71.
Chocolat Alprose SA phone 091 611 88 88 Via Rompada 36, 6987 Caslano-Lugano www.alprose.ch	Mon–Fri 9 am–5.30 pm Sat–Sun 9 am–4.30 pm (Sat, Sun only exhibition)	Admission CHF 3.–. Factory visit Mon–Fri only, daily show in diff. languages.	20 min. train ride from Lugano (orange train direction Ponte Tresa, get off at Caslano).
CHEESE MAKING			
La Maison du Gruyère phone 026 921 84 00 1663 Pringy/Gruyères www.lamaisondugruyere.ch	Daily 9 am–7 pm (Jun–Sep) Daily 9 am–6 pm (Oct–May) Admission (includes small tasting) CHF 7.–/students CHF 6.–	Cheese making between 9–11 am and 12.30–2.30 pm (depending on season). Restaurant and shop. Exhibition "Gruyère, a journey to the heart of the senses". Different events on weekends.	4 min. train trip from Bulle. The Gruyère region is great for hiking and biking!
Schaukäserei Benedictus Monastery phone 041 638 08 88 6390 Engelberg www.schaukaeserei-engelberg.ch	Daily Mon–Sat 9 am–6 pm/Sun 9 am–5 pm Admission free	Watch cheese production daily (9.30 am–4 pm) and eat some at the bistro. Shop, with souvenirs and cheese.	From Engelberg village it's just a few minutes' walk.
Schaukäserei Schwyzerland phone 041 819 82 82 Milchstrasse, 6423 Seewen/Schwyz www.milchstrasse.ch	Tue–Sat 9 am–5 pm Admission free	Cheese production, shop and restaurant.	30 min. from Lucerne or 54 min. from Zurich. Get off at Schwyz train station (2 min walk).
Appenzeller Schaukäserei phone 071 368 50 70 Dorf 711, 9063 Stein/AR www.showcheese.ch	Cheese production daily 8.30 am–5.30 pm (restaurant and shop daily 8.30 am–6.30 pm) Admission free	Daily cheese production; slide/audio information, restaurant with great choice of Appenzeller cheese.	15 min. bus ride from St.Gallen (direction Herisau). Alight at the post office in Stein.
BAKED GOODS			
Ringli Land phone 041 970 10 22 Menznauerstrasse 20, 6130 Willisau www.hug-luzern.ch	Mon–Fri 8.30 am–6 pm, Sat 8.30 am–4 pm (on Sat, shop only), closed on Sun. Admission free	Watch the production of traditional "Willisau Ringlis" and delicious waffle specialties, and buy some in the shop.	Hourly train from Lucerne (takes 40 min.)
Chnusper Land phone 041 499 75 04 Hellbühlstrasse, 6102 Malers www.hug-luzern.ch	Mon–Fri 8.30 am–6 pm, Sat 8.30 am–4 pm (on Sat shop only), closed on Sun. Admission free	Watch the production of cookies, snacks and pastries. In the shop you'll find tons of baked goods.	2 trains per hour from Lucerne (takes approx. 10 min.)
GLASS ART MAKING			
Hergiswiler Glas AG phone 041 632 32 32 Seestrasse 12, 6052 Hergiswil www.glas.ch	Mon–Fri 9 am–6 pm, Sat 9 am–4 pm. Closed on Sun. Admission free	Great exhibition on art glass production, with museum, shop, and show. Here you'll also find Switzerland's first and only glass labyrinth (entry 5.–).	Only 10 min. by train from Lucerne (or 1 ¼ hrs. by boat – a great one-day tour!).

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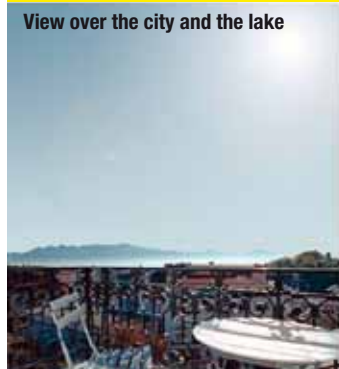
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