



INTERLAKEN HOSTELS & ADVENTURE | WWW.INTERLAKEN-ADVENTURE.COM



www.alplodge.com

ALP LODGE / BACKPACKERS INTERLAKEN

Marktgasse 59, CH-3800 Interlaken
ph +41 (0)33 822 47 48, info@alplodge.com



www.villa.ch

BACKPACKERS VILLA SONNENHOF

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



www.balmers.ch

BALMER'S HERBERGE

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



www.funny-farm.ch

FUNNY FARM BACKPACKERS / HOTEL

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



www.happy-inn.com

HAPPY INN LODGE

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



www.riverlodge.ch

RIVER LODGE

Brienzstrasse 24, CH-3800 Interlaken Ost
ph +41 (0)33 822 44 24, welcome@riverlodge.ch



www.youthhostel.ch/boenigen

YOUTH HOSTEL BÖNIGEN

Aareweg 21, am See, CH-3806 Bönigen-Interlaken
ph +41 (0) 33 822 43 53, boenigen@youthhostel.ch

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

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

WWW.INTERLAKEN-ADVENTURE.COM

BOOK ONLINE NOW!

interlaken

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 Gletstübli 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, Mönch and **Jungfrau (Top of Europe)**, equally add to the beauty of the area. Excursions to the highest railway station in Europe, the Junfrauoch (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!

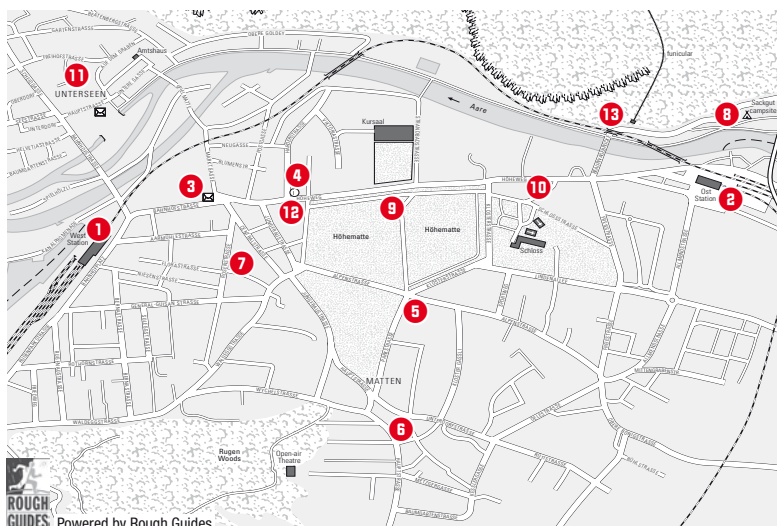
highlights

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 **Harderkuhl** (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 **Heimwehfluh** – 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 Caipirinjas 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.



ROOMS from € 19.-

24h ACCESS

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FIRE PLACE

River Lodge

I N T E R L A K E N

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