

Welcome to Interlaken

Welcome to Interlaken – it's great to have you here! Look forward to unique and unforgettable experiences against the most beautiful scenic backdrop.

Interlaken – Adventure Capital of Europe

Whether you prefer air, ground or waterbased activities, boredom is simply not an option! Dare to try the Canyon Swing, skydiving or a paragliding tandem flight. Riding a mountain bike and exploring the Rope Park are just two of many exciting options available: interlaken.ch/adventure

Events

Traditional and contemporary events characterize the vibrant cultural scene in the Interlaken holiday region. This is where experiences in the great outdoors meet local events. Get all the news on current and upcoming events at: interlaken.ch/events

Free WiFi

Enjoy free internet access on your smartphone in the centre of Interlaken, along the Höheweg between Interlaken Ost and Interlaken West. Activate «Public WiFi Interlaken» by entering your mobile number (including your country code). You will receive a text message containing a four-digit code to access the limited WiFi network. Now you can share your favourite snaps on social media with the [#interlaken](https://www.instagram.com/interlaken), [#brienzersee](https://www.facebook.com/interlaken) and [#thunersee](https://www.facebook.com/interlaken) hashtags.

Refreshing H2O

Did you know that you can fill your drinking bottle at every tap or almost every fountain in the Interlaken holiday region? Interlaken's water is refreshing and clean – try it for yourself!

Your Interlaken

Scan the QR code and design your stay to your taste: welcome.interlaken.ch/en

Interlaken Tourism

Marktgasse 1 | CH-3800 Interlaken | P 0041 33 826 53 00
mail@interlakentourism.ch | interlaken.ch

Culture / Activities



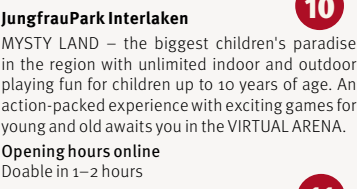
Kunsthhaus / House of Art
Culture vultures will want to make sure the Kunsthhaus Interlaken is on their itinerary. Get the latest news on the local culture programs and discover Interlaken's thriving art scene.
Operating hours all year round
Doable in 1–2 hours



Tourismuseum
Switzerland's first museum devoted to regional tourism showcases the evolution of travel and hospitality in the Alps. Come and retrace the eventful history of tourism over the past 200 years in an eventful manner.
Operating hours seasonal
Doable in 1–2 hours



Mystery Rooms
Do you enjoy puzzle solving and reality games? It all begins when you get locked into a mysterious room with just one hour to escape. This experience is a true challenge. Registration required.
Operating hours all year round
Doable in 2 hours



JungfrauPark Interlaken
MYSTY LAND – the biggest children's paradise in the region with unlimited indoor and outdoor playing fun for children up to 10 years of age. An action-packed experience with exciting games for young and old awaits you in the VIRTUAL ARENA.
Opening hours online
Doable in 1–2 hours

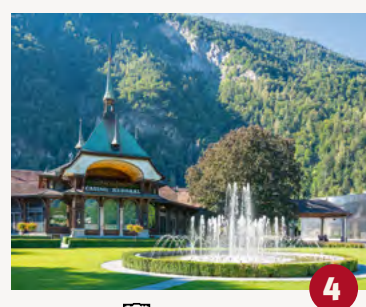
Funky Chocolate Club
In a hands-on workshop at Funky Chocolate Club, discover the secret to the delicious Swiss chocolate and then create your own custom chocolate. It's a wonderful present for your friends and family back home. Registration required.
Operating hours seasonal
Doable in 2 hours



Unterseen Old Town #interlaken
Cross the Aare River and explore Unterseen's old town in just a few minutes on foot. Here you can see the 13th century church and the Stadthaus (town hall) with its picturesque square.
Doable in 30 minutes



Höheweg and Höhematte #interlaken
At the heart of Interlaken, breathtaking views open up of a lush green meadow, rising up behind it the majestic sight of the snow-covered Jungfrau. The Höhematte meadow is a popular landing spot for tandem paragliders and the perfect place for a souvenir snap. Stroll along the Höhweg, enjoy great shopping opportunities and relax over refreshments at a restaurant or café.
Doable in 1–2 hours



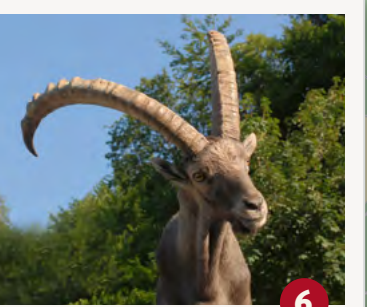
Kursaal-Park #interlaken
Situating on the Höhweg, Interlaken's Kursaal (Casino) invites you to linger in its splendid gardens. The lovely floral clock and the statue of the famous Bollywood director Yash Chopra sit perfectly in this beautifully landscaped haven.
Doable in 30 minutes



Harder Kulm #interlaken
The panorama from Interlaken's home mountain is just a 10-minute funicular ride away. From up here, you can soak up views of Interlaken nestled between the lakes, behind it the iconic triple peaks of the Eiger, Mönch and Jungfrau. Enjoy the view from the Two Lakes Bridge.
Operating hours seasonal | Doable in 1.5–2 hours



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Operating hours seasonal | Doable in 1.5–2 hours



Alpine Wildlife Park
Encounter Interlaken's heraldic animal – the ibex – up close in the Alpine Wildlife Park. Located by the valley station of the Harder-Kulm Funicular, this wildlife facility is also home to a marmot colony.
Doable in 1 hour

Goldswil



YOUR ADVENTURE STARTS HERE!
OUTDOOR.CH

Ringgenberg

Bönigen

Matten

City Tours #interlaken

Interlaken City Tour
There are six tour recommendations on the map. There are 31 panels on the City Tour with fascinating facts about various sights and local personalities. You can also split this tour into smaller sections so that you have enough time to enjoy the impressions and capture them on photos.
Doable in 1–3 hours

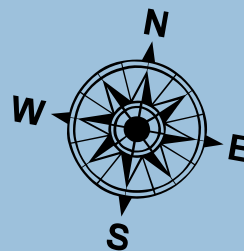
City Walking Tours (non-guided)
Lake Brienz Tour, 1h (one way)
Lake Thun Tour, 1h30 (one way)
Matten kl. Rugen circular path, 1h
Matten Fountain path, 1h
Wilderswil Village Tour, 1h30 (on the back)

Free Walking Tours (guided)
Would you like to see Interlaken from the viewpoint of a local? Join a free guided walking tour to discover more about Interlaken's past, including wild tales and ancient legends.
Info: interlaken-walkingtours.ch
Doable in 2 hours

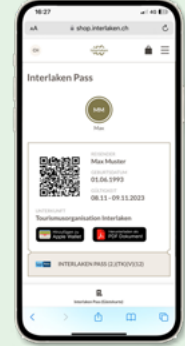
- Bus routes**
- Bus station
 - Bus stop
 - Interlaken – Beatenberg
 - Interlaken – Ringgenberg
 - Interlaken – Bönigen – Iseltwald
 - Interlaken local bus
 - Interlaken – Wilderswil – Gsteigwiler
 - Interlaken – Habkern
 - Wilderswil – Saxeten
 - STI Interlaken – Gunten – Thun
 - Interlaken – Därligen – Leissigen – Spiez

Timetable available at sbb.ch or on the SBB Mobile App

#interlaken
#brienzersee
#thunersee



Thunersee



Unforgettable experiences thanks to attractive discounts

Unforgettable experiences amid stunning natural surroundings await you in the Holiday Region Interlaken. With the Interlaken guest card, you can benefit from numerous discounts throughout the Interlaken Holiday Region and beyond. Take advantage of excellent public transport links and travel by bus. More information on the public transport network: interlaken.ch/guestcard. Or discover Interlaken with the **Interlaken Pass** – your digital guest card. The Interlaken Pass is the digital version of our former analogue guest card. **If interested, please contact your accommodation provider.**

Taxi

You will find taxis to take you to your accommodation at Interlaken West and Interlaken Ost railway stations. Find the contact details of local taxi firms at: interlaken.ch/mobility

Bicycle and car rental

Mountain bikes, quadricycles and other bicycles can be hired at various locations. Europcar and Hertz provide car hire services in Interlaken.



Carriage Rides

Treat yourself to a leisurely ride by horse-drawn carriage through Interlaken, along the Höhematte thoroughfare to Unterseen's old town. Carriages can be hired on the Höhematte or with any carriage operator.

Food & Drink

Traditional Swiss cuisine includes mainly vegetable, meat, fish and cheese dishes – with a growing global influence. You will find restaurants within walking distance of Interlaken Ost and West stations and in Unterseen's old town. Interlaken provides a broad variety of restaurants with Swiss and international cuisine. Find out more here: interlaken.ch/restaurant

Tipping

There is no obligation to tip – a service charge is always included in the bill. That said, you are of course welcome to reward great service with an extra tip.

Shopping

Most retail businesses in Interlaken are open from Monday to Saturday from approx. 9am to 6.30pm. Some souvenir shops in the centre of Interlaken are open 7 days a week, some even until 10pm. Swiss francs and/or credit cards are accepted.



Boat Trip on Lake Brienz & Giessbach Falls
Embark on a lake cruise and enjoy the mountain panorama and gentle breeze. Lake Brienz will wow you with the magnificent Giessbach Falls. Whether you opt for a tasty on-board brunch or a leisurely evening meal, the possibilities on the lake are many and varied. **Operating hours seasonal** | Doable in 3 hours



Schnynige Platte
The Schnynige Platte is a mountain full of Swiss tradition and diversity: nostalgic rack-and-pinion railway, picturesque views, kilometres of hiking trails, daily live alphorn concerts, a mountain hotel from the Belle Époque and the unique Botanical Alpine Garden. The cow Lily accompanies young and old across her alp. **Operating hours seasonal** | Doable in 5 hours



Jungfrauoch – Top of Europe
Discover the high-alpine world of eternal snow and ice at 3454 m.a.s.l. Visit the Ice Palace with its ice sculptures and the Sphinx Observatory with spectacular views of the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site. **Operating hours all year round** | Doable in 5 hours



Schilthorn – Piz Gloria
Follow in the footsteps of James Bond, who visited the Schilthorn in the iconic 1969 film 'On Her Majesty's Secret Service'. Once you've arrived at the summit by aerial cableway, you can admire over 200 mountain peaks from the revolving 360°-Restaurant Piz Gloria. **Operating hours seasonal** | Doable in 5 hours



Niesen – the Swiss Pyramid on Lake Thun
Splendid views of the Lake Thun region await you on the summit. This unmistakable pyramid-shaped peak in the Bernese Oberland also enchants with various events at the Niesen Kulm Mountain Lodge (overnight stay possible). **Operating hours seasonal** | Doable in 5 hours



Stockhorn
Explore this idyllic excursion and recreation area by cableway or on foot. Whether you enjoy fishing, climbing, bungee jumping or fine dining – the Stockhorn has plenty to offer. **Operating hours seasonal** | Doable in 5 hours

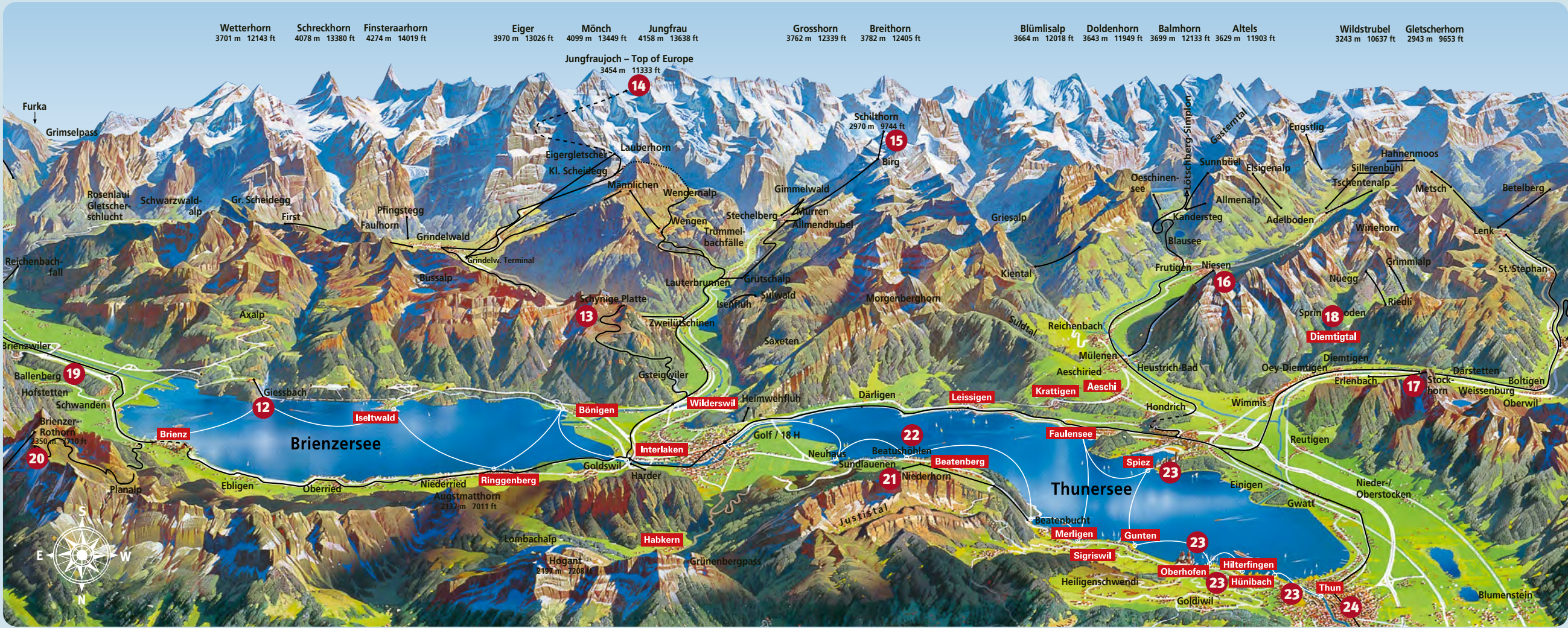


Nature Park Diemtigtal
Near, wild, valuable. With its cultural treasures and extensive landscape, the Diemtigtal Nature Park is an ideal destination for active excursions. Hiking trails lead walkers along streams, past old wooden houses and through luscious alpine meadows and forests. **Doable in 4 hours**

Join the Las Vegas-Vibes

CASINO
INTERLAKEN

Open daily
from 12.00 - 03.00 h



Ballenberg Open-Air Museum
Discover Switzerland either by foot or by horse-drawn carriage, as well as its multifaceted animal world with its 200 farm animals. Explore over 100 original, centuries-old buildings from all parts of Switzerland, learn how cheese is made and what life was like back then. **Operating hours seasonal** | Doable in 4 hours



Brienzer Rothorn
It's full steam ahead as the Brienz Rothorn cogwheel railway huffs and puffs its way to the summit. The steam train takes you through lush meadows and woodlands and past towering cliffs on your way to the peak. **Operating hours seasonal** | Doable in 5 hours



Niederhorn
Catch a ride on an aerial gondola up to Mount Niederhorn for stunning views of the opposite mountains. Activities include hiking, wildlife watching, alpine orienteering or whizzing downhill on a scooter – what would you prefer doing most? **Operating hours seasonal** | Doable in 4 hours



St. Beatus Caves
Exploring, discovering & experiencing culinary highlights – you can do all this at the St. Beatus Caves and the new restaurant Stein & Sein. The magic world of waters and stones at the shores of Lake Thun is worth a visit in every weather condition. **Operating hours seasonal** | Doable in 3 hours



Boat Trip on Lake Thun & Castles
Lake Thun has numerous venerable castles along the lakeside to admire. Visit one of the majestic castles with their picturesque gardens and grounds along the Lake Thun shoreline for a glimpse into life in days gone by. The castles around Lake Thun are easily reached by boat or bus from Interlaken West station. **Operating hours seasonal** | Doable in 3 hours



Thun City
Thun is home to traditional shops, restaurants and historic walls. Stroll through the city and visit Thun Castle's towers perched high above the late-medieval Old Town with its famous raised pavements. A visit from Interlaken is perfect in combination with a cruise on scenic Lake Thun. **Doable in 4 hours**



Key symbols

- Family friendly
- Lookout point/photo point
- Suitable in poor weather
- Free Public WiFi
- Cash machine, ATM
- Barbecue facilities
- Bicycle rental
- Billard
- Boat landing stage
- Camping
- Canoe & kayak rental
- Car parking (chargeable)
- Car park (chargeable)
- Park+Ride (chargeable)
- Carriages
- Childr. playground
- Church
- Curling/ Artificial ice-rink
- Cinema
- English Garden
- Golf Club Interlaken-Unterseen
- Hospital
- Japanese Garden
- Jetboat
- Laundry
- Lost Property Office
- Mini-golf
- Monument
- Mountain railway
- Museum
- Museum of Tourism
- Open-air pool
- Paraglider/Hanggliding landing area
- Point of view
- Police
- Post office
- Railway station
- Riding stables
- Sailing school & Boat rental
- Shops
- SUP
- Swimming, indoor pool
- Taxi
- Tell open-air theatre
- Tennis/Squash
- Tourist Information
- Vitaparcours
- Walk-in-Clinic
- WC/Toilets
- (Wind)surfing

Emergency numbers

European emergency number	112
Police	117
Fire brigade	118
Ambulance	144
Swiss Air Rescue Rega	1414
TCS roadside assistance	0800 140 140
Walk-in-Clinic Interlaken	0041 33 826 21 00
Lost & Found Interlaken	0041 33 826 51 11
Lost & Found Wilderswil	0041 33 826 01 40