

An aerial photograph of Interlaken, Switzerland, showing the city built on a narrow strip of land between two lakes. The Aare River flows through the center of the city. The buildings are mostly multi-story structures with red-tiled roofs. The water in the lakes is a vibrant blue-green color. The text "Your Interlaken City Apartment & Area Guide" is overlaid in a white, serif font, centered over the river. A white horizontal line is positioned below the text.

Your Interlaken City Apartment & Area Guide

Your Hosts Marc & Thea Herzig

“We love the Bernese Oberland and paragliding! And we are happy to bring both closer to you.”

Thea is your host and ensures an all-round pleasant stay in Interlaken.

Marc will take you into the air and show you Interlaken from above with a fantastic view of the Jungfrau region.



Content

1. Address & Check In
2. Directions
3. Good to know
4. Restaurants
5. Cafés
6. Bars & Pubs
7. Shopping
8. Activities & Adventures

1. Address & Check In

Address

Postgasse 21

3800 Interlaken

interlakencity@gmx.ch

+41 79 314 69 88

Location: <https://goo.gl/maps/3JSjUyApbm1hc3fT7>

Check In

You can check in from 4pm. The front door is open. You will get all information needed by mail. At the apartment door you'll find a lockbox with the key in it (code will be sent to you).

Check out

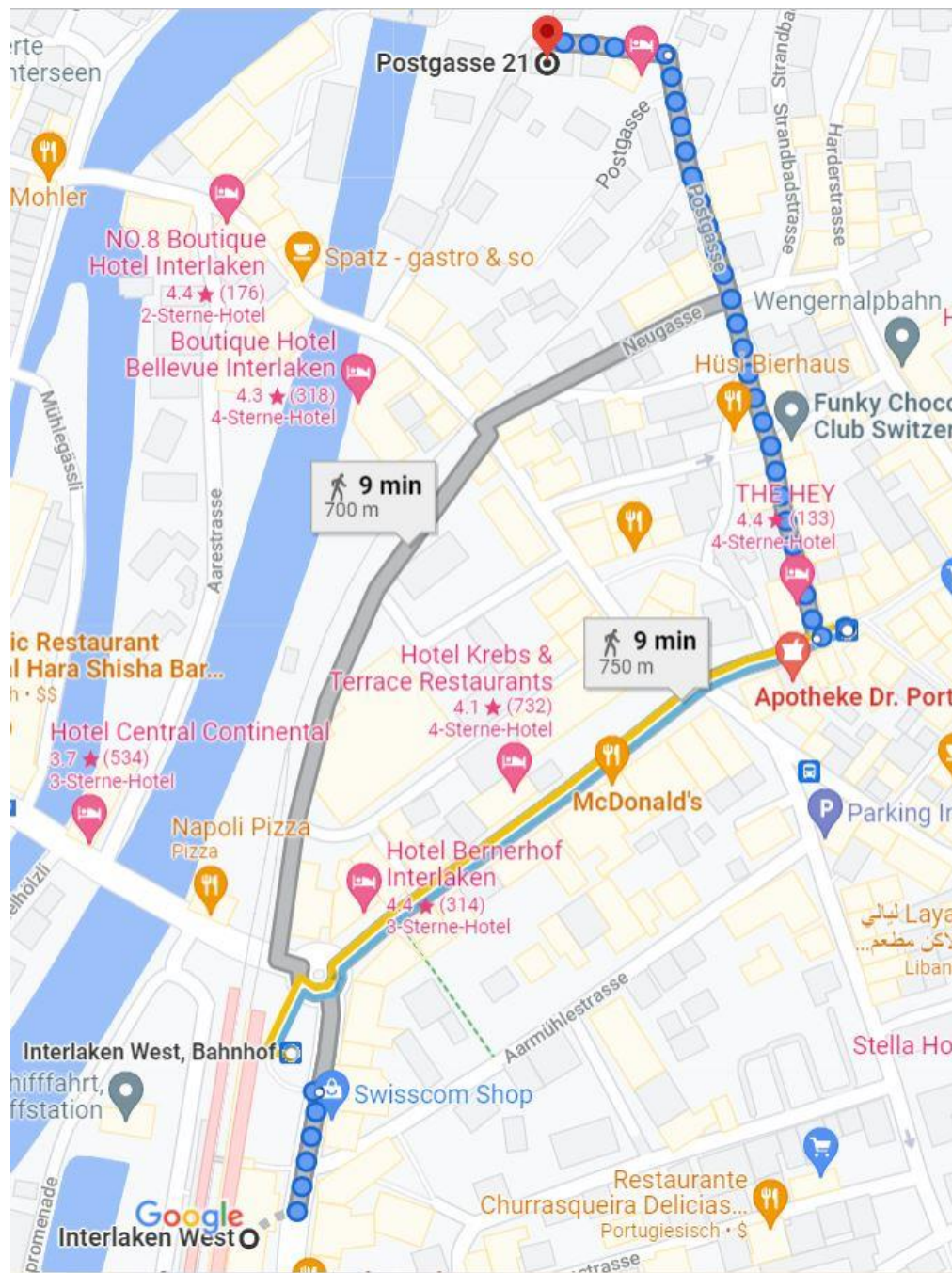
You can check out until 10am at the latest.



2. Directions

1. From the train station Interlaken West (9 mins walk)

Take bus **no. 21** (direction **Interlaken Ost**) or bus **no. 103** (direction **Iseltwald**), get off at the bus stop "Jungfraustrasse", walk back the street 2m and turn right into Postgasse. Follow the street for 350m. The apartment is on the left side.



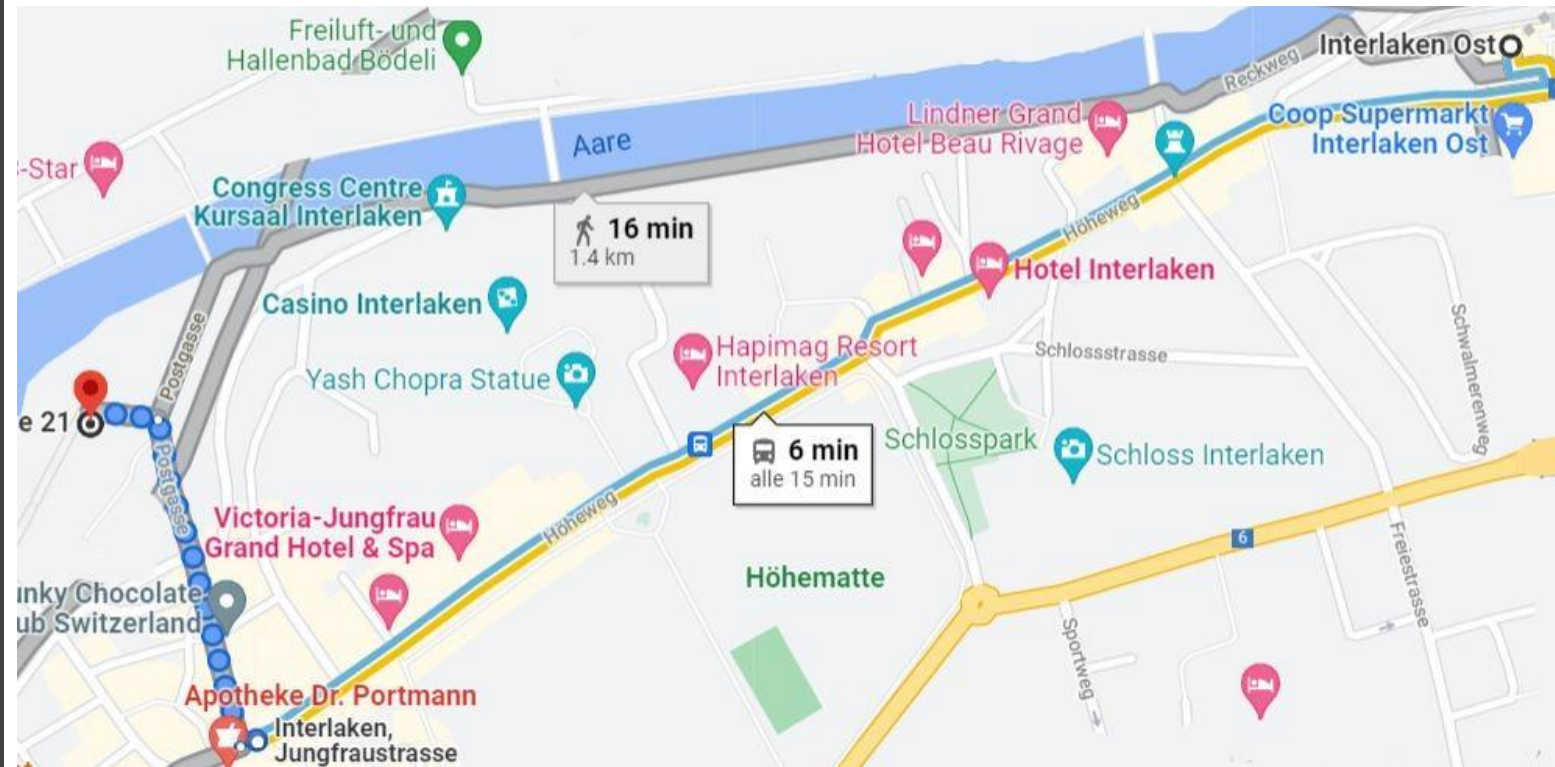
2. Directions

2. From the train station Interlaken Ost (16 mins walk)

Take bus no. 21 (direction Thun) or bus no. 103 (direction Interlaken West), get off at the bus stop "Jungfraustrasse" and turn right into Postgasse. Follow the street for 350m. The apartment is on the left side.

3. From the airport

If you are traveling to Switzerland by plane, go to www.sbb.ch for your train connection to Interlaken.



3. Good to know



Luggage room

The luggage room is located in the entrance area to the right of the stairs. If you arrive before 4 pm, you are welcome to leave your luggage there. There's a lockbox with the key in it (Code 2121)



Kitchen

Our kitchen is equipped with the following: oven, microwave, kettle, toaster, hotplates, coffee machine.



Parking

You can park in one of the free garages. Please do not park on the street as you risk a fine. For more information: www.interlakencity.com/informatio nen



Internet

Simply scan the QR code on the little signs in every room and connect automatically to the WLAN.

3. Good to know



Washing machine

In the apartment itself there is no washing machine at your disposal. However, you can do your laundry in the laundromat in the city.



Bathroom

Our apartment is equipped with towels, bed linen and hairdryer.



Noise & Night Rest

Please be considerate of other guests - try not to slam doors and keep noise to a minimum in the evening and early morning hours. From 10pm o'clock is night silence. Please respect the neighbors.



Smoking

All our apartments are non-smoking apartments. Smoking is strictly prohibited and fines will be levied. Smoking is only allowed outside the apartment.

4.
Restaurants





Restaurant Bären

Restaurant Bären is a rustic Swiss restaurant in chalet style. It is the perfect place to enjoy Swiss cuisine in a cozy and welcoming environment.

Location: Seestrasse 2
3800 Unterseen

Contact: www.baeren-unterseen.ch
+41 33 822 75 26

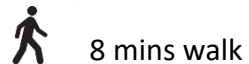


Restaurant Stadthaus

A Swiss restaurant that will capture your heart with its relaxed atmosphere, delicious Swiss cuisine and super friendly service. It's a place you can go to anytime: for a coffee break, lunch or dinner.

Location: Untere Gasse 2
3800 Unterseen

Contact: www.restaurantstadthaus.ch
+41 33 822 86 89



Restaurant Layaly Beirut

Laylay Beirut Restaurants has very good lunch deals and is a great place to discover the unique culinary and individual tastes of Lebanese and Oriental cuisine.

Location: Centralstrasse 26
3800 Interlaken

Contact: www.layalybeirutinterlaken.ch
+41 33 822 40 40






Pizzeria Horn

Italian restaurant serving wood-fired pizza, meat and fish, homemade pasta dishes and risotto.

Location: Harderstrasse 35
3800 Interlaken

Contact: www.pizzeriahorn.ch
+41 33 822 92 92

 5 mins walk




Restaurant El Azteca

Here you will find the best Mexican food outside of Mexico with an authentic Mexican cuisine. They also have a great selection of tequilas and the best margaritas.

Location: Jungfraustrasse 30
3800 Interlaken

Contact: www.elazteca.ch
+41 33 822 71 31

 6 mins walk




Little Thai

This restaurant is the first choice among locals and is recommended by Lonely Planet. It serves the best homemade curries and Thai noodles in town.

Location: Hauptstrasse 19
3800 Matten

Contact: www.mylittlethai.ch
+41 33 821 10 17

 15 mins walk

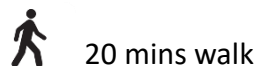


Restaurant Tenne

The perfect place to have a pizza from the wood-fired oven after a long day. The homemade pasta is just as good as the extremely friendly service.

Location: Alpenstrasse 58
3800 Interlaken

Contact: www.restaurant-tenne.business.site
+41 33 822 94 22

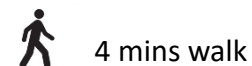


Taj Mahal

Taj Mahal is an Indian and Nepalese restaurant and take away.

Location: Marktgasse 20
3800 Interlaken

Contact: www.kmtajmahal.com
+41 33 822 04 44

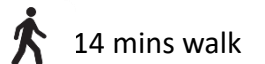


Restaurant Hirschen

The Hirschen promises pleasurable moments with traditional Swiss cuisine. Rustic fare with fondue and rösti, tender filet on a hot stone or a special recommendation from the chef are served in the rustic restaurant.

Location: Hauptstrasse 11
3800 Matten-Interlaken

Contact:
<https://hirschen-interlaken.ch/de/>
+41 33 822 15 45



5. Cafés





Velo Cafe

Velo Café has an artistic atmosphere and offers a great menu for breakfast, lunch and dinner. Be sure to try the matcha latte, avocado toasts, or summer smoothies.

Location: Unionsgasse 10
3800 Interlaken

Contact: www.velo-cafe.ch
+41 33 820 30 31



6 mins walk



Café de Paris

Local cafe for an afternoon tea or coffee. You can sit inside or on the terrace.

Location: Marktgasse 14
3800 Interlaken

Contact: www.cafe-de-paris-interlaken.ch
+41 33 821 69 10



5 mins walk



Spatz

Very cozy and modern little café with good coffee and tasty little snacks right on the Aare River.

Location: Spielmatte 49
3800 Unterseen

Contact: www.ladelokal.com
+41 33 820 07 08



5 mins walk

6. Bars & Pubs






Barracuda Bar

Barracuda is not only your local bar in Interlaken, but also a cozy place to hang out. Here you can find the best sandwiches and paninis in town, delicious cocktails and good beer. A good choice for a light lunch, dinner or a party night.

Location: Hauptstrasse 16
3800 Interlaken

Contact: www.barracudacafe.ch
+41 76 824 66 85

 15 mins walk




Huesi Bierhaus

Huesi is not only a bar with over 90 local and international beers, but also a great restaurant with classic gastro-pub cuisine for lunch and dinner. On weekends there are often events and live music.

Location: Postgasse 3
3800 Interlaken

Contact: www.huesi-interlaken.ch
+41 33 823 23 32

 3 mins walk



Brasserie 17

The "Brasse" is an Irish pub with great live music on Thursdays, sports broadcasts and other events. Here you can find affordable delicious bar food, trendy drinks and a relaxed atmosphere to unwind after a day of traveling.

Location: Rosenstrasse 17
3800 Interlaken

Contact: www.brasserie17.ch
+41 33 822 32 25



15 mins walk



The 3 Tells Pub

The Three Tells Pub serves great food, weekend brunch and a wide selection of local, Irish and international beers in a typical Irish pub atmosphere.

Location: Hauptstrasse 49
3800 Interlaken

Contact: www.the3tells.com
+41 33 822 18 25



16 mins walk

7. Shopping





Coop Supermarket Unterseen

Supermarket that has a good selection of food and household products.

Location: Bahnhofstrasse 25
3800 Unterseen

open:

Mo- Thu: 8am – 7pm

Fr: 8am – 8pm

Sat: 8am – 5pm



Migros Supermarket

Large supermarket near Interlaken West, offering a wide selection of groceries and household items. There is also a small electronics market there.

Location: Rugenparkstrasse 1
3800 Interlaken

open:

Mo-Thu: 8am – 8pm

Fr: 8am – 9pm

Sat: 8am – 6pm



Coop Supermarket Interlaken Post

Small supermarket with groceries which is open daily.

Location: Marktgasse 1
3800 Interlaken

open: daily



Post

Nearest post office right next to the Coop.

Location: Marktgasse 1
3800 Interlaken

open:
Mo-Fr: 8am – 6pm
Sat: 8.30am – 11am



Pharmacy (Apotheke)

1. Apotheke Dr. Portmann AG
Höheweg 4, 3800 Interlaken
+41 33 828 34 34

open:
Mo-Fr: 7.30am – 7pm
Sat: 7.30am – 6pm
Sun: 9.30am – 6.30pm

2. Grosse Apotheke Dr. Bichsel
Bahnhofstrasse 5a, 3800 Interlaken
+41 33 827 60 00

open:
Mo-Fr: 7.30am – 6.30pm
Sat: 8.00am – 5pm

8. Activities & Adventures



Adventure Service

*Experience the adventure of
a lifetime*

Are you looking for an adrenaline-filled adventure? How about a paragliding flight? Book directly on <https://alpinair.com/> or call us on +41 79 583 83 83 and get CHF 10.- discount.



the ultimate bucket list

SUMMER

- ✓ Paragliding / Hang Gliding
- ✓ Skydiving
- ✓ Lake Thun and Brienz
- ✓ Via Ferrata
- ✓ Bungee Jumping
- ✓ Canyon Swing
- ✓ Kayaking
- ✓ Paddle Boarding
- ✓ Schilthorn
- ✓ Lauterbrunnen Valley & Trümmelbach Falls
- ✓ Try Swiss Fondue
- ✓ Canyoning & River Rafting
- ✓ Jetboat
- ✓ Hiking in the Alps
- ✓ high ropes course
- ✓ Grindelwald-First
- ✓ Harder Kulm
- ✓ Monster Scooters Ride
- ✓ Jungfraujoch

WINTER

- ✓ Paragliding
- ✓ Skydiving
- ✓ Sledding by day and night
- ✓ Skiing or snowboarding
- ✓ Snowshoe tour
- ✓ Indoor high ropes course in Grindelwald
- ✓ Winter kayak tours on Lake Brienz
- ✓ Winter boat trip on Lake Thun
- ✓ Winter hiking
- ✓ Schilthorn
- ✓ Visit to the Lauterbrunnen Valley
- ✓ Jetboat
- ✓ Jungfraujoch
- ✓ Schilthorn
- ✓ Ice skating at the Ice Magic
- ✓ Swiss fondue in a hotpot at Lake Brienz



What to do on a rainy summer day?

- ✓ The Kunsthaus in Interlaken (exhibitions by renowned painters, music events and screenings for movie fans (www.kunsthausinterlaken.ch))
- ✓ The Tourism Museum in Unterseen (www.tourismuseum.ch)
- ✓ Four Castles of Lake Thun (www.thunerseeschloesser.ch)
- ✓ Farmyard visit (www.interlaken.ch/stallvisite)
- ✓ Indoor Ropes park (www.indoorseilpark.ch)
- ✓ Spa and Wellness day (www.interlaken.ch)
- ✓ Swiss Food and Culture Tour (www.interlakenfreetour.com)
- ✓ Mystery Room – Life Escape Game (www.mystery-rooms.com)
- ✓ Funky Chocolate Club – make your own swiss chocolate (www.funkychocolateclub.com)
- ✓ Ballenberg Open Air Museum
- ✓ Jungfraupark
- ✓ Trümmelbach Waterfalls
- ✓ St. Beatus Caves (www.beatushoehlen.swiss)
- ✓ River rafting or canyoning



What to do on a rainy day in winter?

- ✓ The Kunsthaus in Interlaken (exhibitions by renowned painters, music events and screenings for movie fans (www.kunsthausinterlaken.ch))
- ✓ The Tourism Museum in Unterseen (www.tourismuseum.ch)
- ✓ Four Castles of Lake Thun (www.thunerseeschloesser.ch)
- ✓ Farmyard visit (www.interlaken.ch/stallvisite)
- ✓ Indoor Ropes park (www.indoorseilpark.ch)
- ✓ Spa and Wellness day (www.interlaken.ch)
- ✓ Mystery Room – Life Escape Game (www.mystery-rooms.com)
- ✓ Funky Chocolate Club – make your own swiss chocolate (www.funkychocolateclub.com)
- ✓ Skiing / snowboarding in the Jungfrau region
- ✓ Sledding fun