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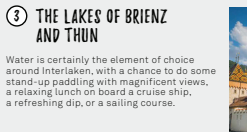
### 1 INTERLAKEN ADVENTURES

For a change, enjoy a bird's eye view of the Interlaken Holiday Region. Paragliding lets you sneak a peek at breath-taking views of the vast mountain and lake scenery.



### 2 IN TOLKIEN'S FOOTSTEPS

J.R.R. Tolkien is said to have come up with the idea for Rivendell in Lord of the Rings after hiking in the Lauterbrunnental. And no wonder: there are no fewer than 72 waterfalls gushing in the valley.



### 3 THE LAKES OF BRIENZ AND THUN

Water is certainly the element of choice around Interlaken, with a chance to do some stand-up paddling with magnificent views, a relaxing lunch on board a cruise ship, a refreshing dip, or a sailing course.



### 4 FAIRY-TALE CASTLES AROUND THE LAKE

Right on the shores of Lake Thun are five magnificent castles with spacious grounds, the perfect setting to experience the life of the nobility in the turbulent Late Middle Ages.



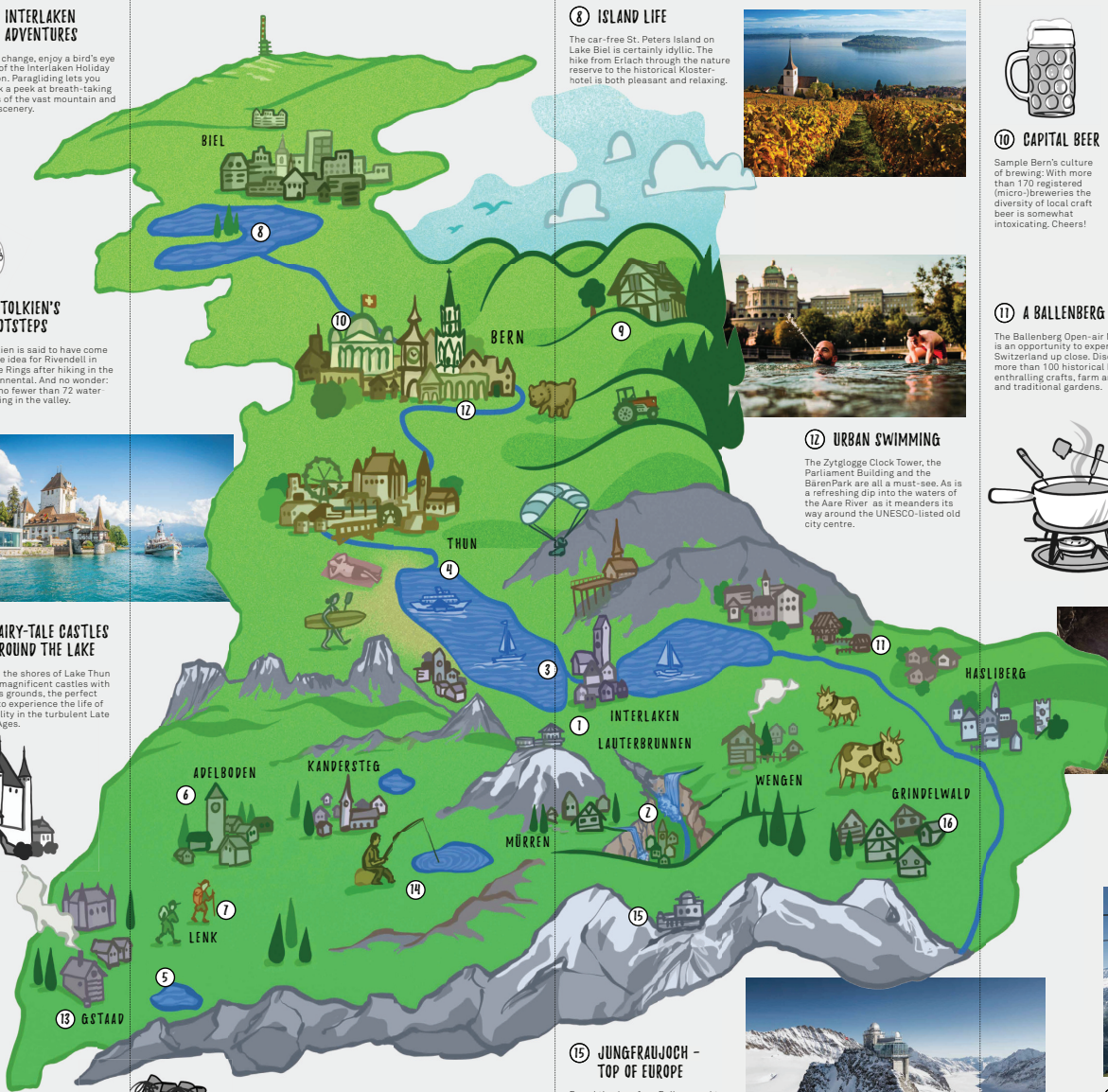
### 5 ALONG THE LAKESHORE

A relaxed mountain bike or e-bike tour takes you from Gstaad to Lauenen. The route around the wonderful Lake Lauenen is an experience. Caution: Allow plenty of time for photo ops!



### 6 ADELBODEN - LAND OF SCOOTER BIKE RUNS

A fun way to experience the legendary Adelsboden landscape and take in the views is to travel the 45 km of scooter bike runs along 7 exciting routes. A great summer experience for all the family.

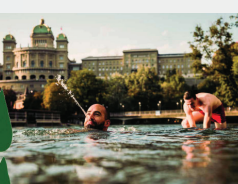


### 7 LENK - A HIKING PARADISE

As a family destination Lenk is also a genuine paradise for hikers. For instance the trail from the Simmenfallen waterfalls to Siebenbrunnen is invigorating and offers stunning views.

### 8 ISLAND LIFE

The car-free St. Peters Island on Lake Biel is certainly idyllic. The hike from Erlach through the nature reserve to the historical Kloster-hotel is both pleasant and relaxing.



### 10 CAPITAL BEER

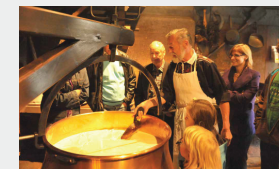


### 11 A BALLEMBERG VISIT

Sample Bern's culture of brewing: With more than 170 registered (micro-)breweries the diversity of local craft beer is somewhat intoxicating. Cheers!

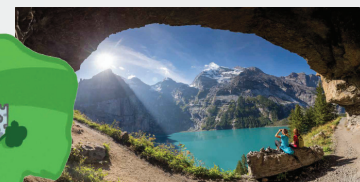
### 12 URBAN SWIMMING

The Zygtloge Clock Tower, the Parliament Building and the BärenPark are all a must-see. As is a refreshing dip into the waters of the Aare River, as it meanders its way around the UNESCO-listed old city centre.



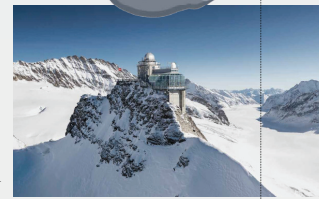
### 13 THE PEACE AND QUIET OF NATURE

Enjoy a delicious fondue in the heart of Gstaad's mountain scenery, courtesy of the vintage-look fondue backpack and seats shaped like three giant caquelon fondue pots. Bon appetit!



### 14 HOLIDAY ACTIVITIES AT THE LAKE OESCHINEN

Whether it's hiking, boating or summer sledding, a trip to the Lake Oeschinen at the UNESCO World Heritage Site is a unique experience.



### 15 JUNGFRAUJOCH - TOP OF EUROPE

Board the Jungfrau Railway and travel up in complete comfort to Europe's highest railway station (3,454 m above sea level). Once there admire stunning, breath-taking views of a world filled with ice, snow, and sheer cliffs.



### 16 GRINDELWALD FIRST - TOP OF ADVENTURE

For that pure adrenaline rush, fly the First Flieger and the First Glider, balance along the First Cliff Walk or race down the mountainside in a mountain cart or on a trottbike.