

Interlaken

Canton of Berne · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Interlaken sits on a narrow strip of land between Lake Thun and Lake Brienz. The town itself is small and quiet. Its main role is as a gateway to the Jungfrau region and the Bernese Oberland.

Most visitors stay two or three nights. They use it as a base for mountain trips, boat rides and adventure sports.

When to visit

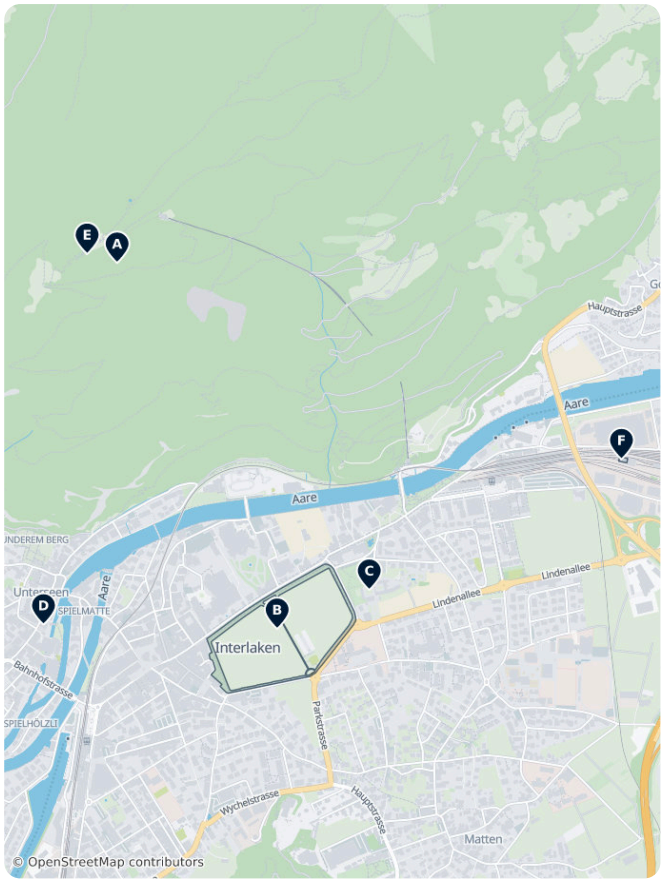
June to September is the best time for hiking, boat trips and clear views. July and August are busiest. Winter is good for skiing in nearby resorts, but the town itself is quiet. Spring and autumn are quieter, though some mountain lifts close for maintenance in April, May and November. Rain is frequent in late spring and summer, and clouds can hide the high peaks.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Good Good for skiing	5° / 10° Feels like 1°	-3° / -10°	14 rainy days · Dry air · Calm winds
February	Good Good for skiing	6° / 11° Feels like 2°	-3° / -11°	12 rainy days · Dry air · Calm winds
March	Poor Poor for skiing	8° / 14° Feels like 5°	1° / -7°	15 rainy days · Dry air · Calm winds
April	Fair Fair for hiking	13° / 19°	5° / -3°	16 rainy days · Dry air · Calm winds
May	Good Good for sightseeing	19° / 25°	10° / 4°	21 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	23° / 29°	14° / 9°	20 rainy days · Calm winds
July	Good Good for sightseeing	25° / 30°	16° / 10°	19 rainy days · Humid air · Calm winds
August	Good Good for sightseeing	25° / 31°	16° / 11°	18 rainy days · Humid air · Calm winds
September	Good Good for sightseeing	21° / 27°	12° / 6°	15 rainy days · Dry air · Calm winds
October	Good Good for hiking	17° / 23°	9° / 3°	15 rainy days · Dry air · Calm winds
November	Poor Poor for hiking	10° / 17°	3° / -6°	16 rainy days · Dry air · Calm winds
December	Fair Fair for skiing	6° / 11° Feels like 2°	-2° / -10°	15 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Harder Kulm is the viewpoint above town. A steep funicular climbs from the valley. The platform looks over both lakes and the Jungfrau peaks.
- B Höhematte is a large meadow in the centre with a view of the Jungfrau. Paragliders land here.
- C Schloss Interlaken is the former monastery, with a castle that now holds offices and a church.
- D Schloss Unterseen is a small castle in the old part of town across the river.
- E Zwei-Seen-Steg is a small viewing bridge at the top of the Harder.
- F Brünig Dampfbahn BDB runs steam trains in summer.



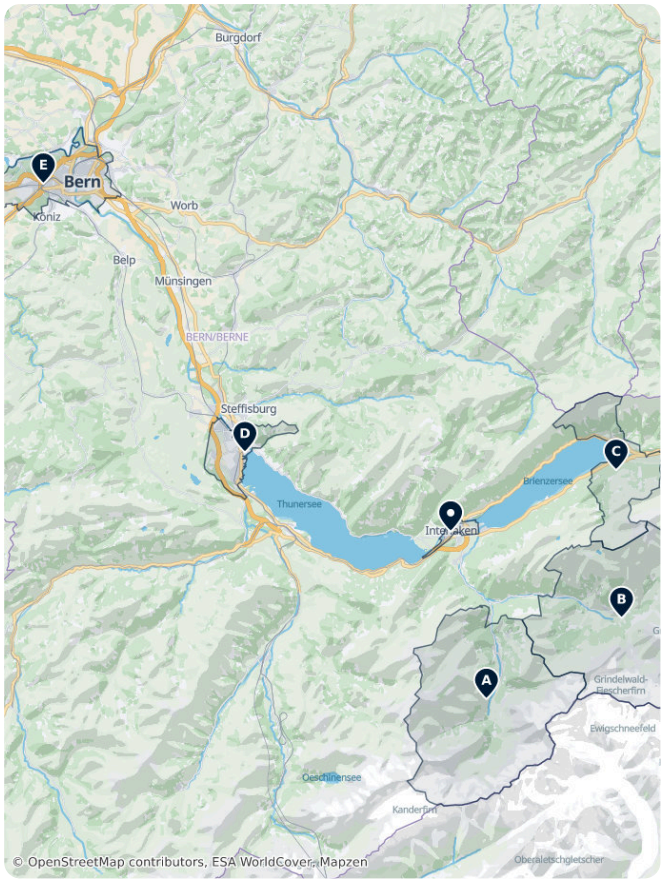
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What to experience

- Take a lake cruise on Lake Thun or Lake Brienz.
- Ride the funicular to Harder Kulm at sunset.
- Try paragliding or canyoning. Interlaken is the main adventure-sports base in Switzerland.
- Walk or cycle along the Aare river between the lakes.
- Visit Alpenwildpark for local animals.
- Climb to the viewpoint of Heimwehfluh for another view over the town.

Day trips

- A Lauterbrunnen is a valley with many waterfalls. It is about 20 minutes away by train.
- B Grindelwald is a mountain village at the foot of the Eiger. It is about 30 minutes away by train.
- Jungfraujoch is the high-altitude station on the Jungfrau massif. Trains leave from Interlaken Ost and change at Kleine Scheidegg.
- C Brienz is a woodcarving village on Lake Brienz. Boats and trains both run there.
- D Thun is a lake town with a castle. It is about 25 minutes away by train.
- E Bern is the Swiss capital. It is about 50 minutes away by train.



Where to explore

- Lauterbrunnen, Grindelwald and Brienz are villages in the same area.

Getting there

- By air: most visitors fly to Zurich, Geneva or Basel and take the train.
- By train: Interlaken has two stations, Interlaken West and Interlaken Ost. Trains run from Bern in about 50 minutes and from Zurich in about 2 hours. Check times on SBB.
- Interlaken Ost is the departure station for the mountain trains to Jungfraujoch.

Getting around

- The town is small and flat. The two stations are about 2 km apart.
- Local buses link the two stations and the main areas.
- Mountain trains and lifts are separate and priced separately. Check times and prices on the day, because the weather can change what runs.
- Boats on Lake Thun and Lake Brienz leave from two lake docks near the stations.

Getting around on foot & by bike

WALKABILITY

High

The town is small and flat between two lakes. Viewpoints are on steep hills.

CYCLING INFRASTRUCTURE

High

Flat bike paths run along the lakes and rivers. Hills rise sharply outside town.

Driving

- A car is not needed for Interlaken. Trains and buses reach most villages.
- Some villages in the Jungfrau region, such as Lauterbrunnen, have limited or costly parking.
- Parking in the centre is limited. Use a car park near a station.

Food & drink

Try cheese fondue, raclette and rösti. Lake Brienz and Lake Thun fish such as whitefish appear on many menus. Bernese specialties such as Berner Platte are common. Restaurants are used to many international visitors, and prices are high.

Brienz is known for its woodcarvers. Local carved items are sold in shops nearby.

What to eat & drink

BREAKFAST

Birchermüesli
A raw-oat, fruit, and yogurt breakfast invented by a Zurich doctor around 1900, now standard on breakfast buffets.

LUNCH

Rösti
A fried, shredded-potato cake, originally a Bernese farmer's breakfast, now a national side dish.

DINNER

Cheese Fondue · Fondue
Melted Gruyère and Vacherin cheese in a shared pot, eaten by dipping bread cubes on long forks.

Raclette
Cheese melted tableside or under a grill and scraped over boiled potatoes, pickles, and onions.

Zürcher Geschnetzeltes
Sliced veal and mushrooms in a creamy white-wine sauce, traditionally served with rösti.

Älplermagronen
Alpine herder's macaroni gratin with potatoes, cheese, and cream, often topped with fried onions and served with apple sauce.

SNACKS & STREET FOOD

Cervelat
Switzerland's best-known sausage, usually grilled and often called the country's unofficial national dish.

SWEETS & DESSERTS

Swiss Chocolate · Schweizer Schokolade
Switzerland pioneered milk chocolate in the 19th century; look for small-batch chocolatiers alongside the big national brands.

Basler Läckerli
A dense, spiced honey-and-candied-fruit biscuit from Basel, traditional around Christmas.

DRINKS

Swiss Wine · Vin Suisse
Mostly consumed domestically rather than exported; Valais and Vaud, along Lake Geneva, produce the best-known Chasselas whites.

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Safety & health

- Interlaken is very safe.
- Mountain weather changes quickly. Check the forecast and the last lift or train time.
- At high altitude, such as Jungfraujoch, some people feel dizzy or short of breath. Go slowly and drink water.
- Adventure sports operators are normally licensed. Check the operator and the conditions before you book.
- Tap water is safe to drink.

History

Interlaken began around an Augustinian monastery founded in the 12th century. The name means between the lakes. Tourism began in the 18th century when travelers came to see the Alps.

In the 19th century the railways opened the region to visitors. Today the town is a main centre for travelers to the Bernese Alps.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

ELECTRICITY



Type C / Type J
230 V · 50 Hz

LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Interlaken Essentials

Interlaken serves as the central hub between Lake Thun and Lake Brienz in the Bernese Oberland. This collection features the 1,322-meter Harder Kulm viewpoint and the historic 17th-century Schloss Unterseen. The 35-acre Höhematte park provides a landing site for paragliders and views of the Jungfrau massif. Cultural landmarks include the medieval Schloss Interlaken and the 13th-century Weissenau Castle ruins, while the vintage Heimwehfluhbahn funicular and the Casino Interlaken offer distinct architectural and leisure experiences.





A Harder Kulm

The Harderkulm is a funicular station at 1,322 metres in the Berner Oberland region of Switzerland, overlooking the towns of Interlaken and...

3800, Switzerland (46.69689, 7.85291)



B Schloss Unterseen

A 17th-century castle located in the municipality of Unterseen, representing the region's early modern administrative architecture.

Mühlegässli, 3800 Unterseen, Switzerland (46.68623, 7.84975)



C Paragliding Interlaken

This paragliding center offers you numerous activities for both summer and winter season. Skydiving or tandem flying, you'll surely enjoy it.

Höheweg 115, Postfach 657, 3800 Interlaken, Switzerland (46.68804, 7.86130)

paragliding-interlaken.ch, +41 33 823 82 33

D Höhematte

A 35-acre open park in the center of Interlaken. Formerly an Augustinian convent meadow, it now serves as the primary landing field for paragliders.

(Unnamed Road), Interlaken 3800, Switzerland (46.68610, 7.85978)



E Schloss Interlaken

A former Augustinian monastery dating back to the 12th century, later converted into a castle. The complex includes a Gothic cloister and a chapel.

4 Schloss, Interlaken 3800, Switzerland (46.68725, 7.86373)

F Weissenau Castle

Weissenau Castle is a ruined castle in the municipality of Unterseen of the Canton of Bern in Switzerland.

3800, Switzerland (46.67010, 7.83232)

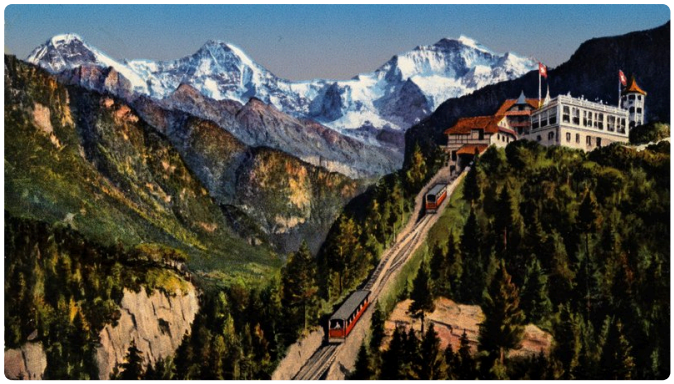
G Casino Interlaken

Housed in a 19th-century building and surrounded by gardens, this venue provides gaming facilities and hosts various regional cultural events.

44 Strandbadstrasse, Interlaken 3800, Switzerland (46.68825, 7.85797)

Mo–Su 12:00–02:00, 12:00–03:00

casino-interlaken.ch, +41 33 827 62 10



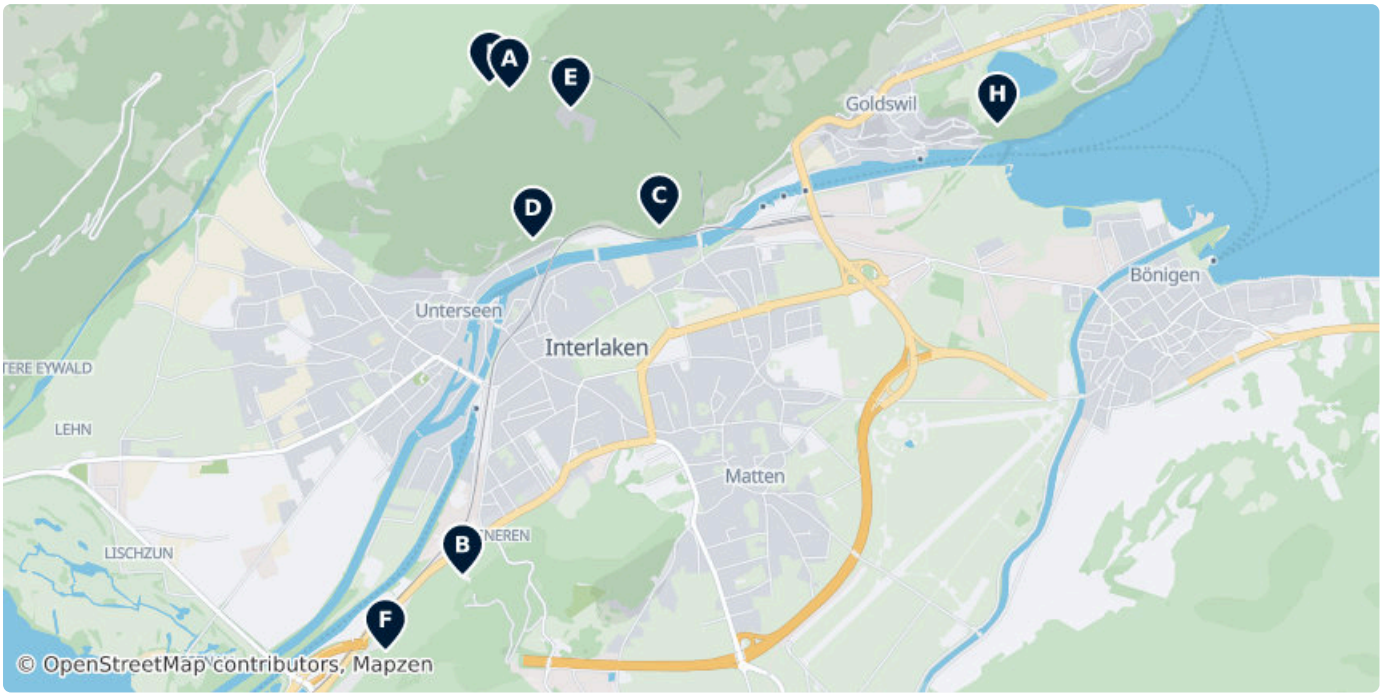
H Heimwehfluhbahn

The Heimwehfluhbahn is a funicular at Interlaken in the Swiss Canton of Bern.

(Unnamed Road), 3800, Switzerland (46.67584, 7.85036)

Scenic Viewpoints and Towers

Interlaken is situated on the Bödeli plain between Lake Thun and Lake Brienz. This collection features elevated vantage points accessible via historic funiculars and forest trails. Highlights include the Harder Kulm at 1,322 meters and the vintage 1906 Heimwehfluh funicular. These locations provide clear views of the Eiger, Mönch, and Jungfrau peaks, as well as the surrounding Bernese Oberland landscape and the Aare river.





A Harder Kulm

The Harderkulm is a funicular station at 1,322 metres in the Berner Oberland region of Switzerland, overlooking the towns of Interlaken and...

3800, Switzerland (46.69689, 7.85291)

B Heimwehfluhturm

Observation tower located at the top of the Heimwehfluh funicular, providing elevated views of the Bödeli plain and the surrounding mountain peaks.

(46.67551, 7.84990)

C Hohbühl

Forested viewpoint featuring a memorial to composer Felix Mendelssohn, overlooking Interlaken and the Aare river.

(46.69087, 7.86252)

D Pavillon Lustbühl

Small wooden pavilion on the slopes of the Harder mountain, offering a shaded vantage point over the town and the Bernese Alps.

(46.69032, 7.85442)

E Hardermandli

Vantage point on the Harder ridge named after a distinct rock formation that resembles a face, visible from the valley floor.

(46.69605, 7.85684)

F BKW Aussichtspunkt

Viewpoint situated above the BKW power station facilities, overlooking the Rugen area and the southern outskirts of Interlaken.

(46.67222, 7.84497)

G Heimwehfluh

Hilltop destination reached by a historic 1906 funicular. Features an alpine slide, a model railway exhibition, and views of both Lake Thun and Lake Brienz.

(46.67551, 7.84990)

H Wachtfeuer

Historical signal fire location on the Goldswil ridge, providing views of the Bödeli plain and the nearby ruins of Ringgenberg Castle.

(46.69532, 7.88419)

I Zwei-Seen-Steg

Cantilevered viewing platform at Harder Kulm, extending over the mountainside to provide unobstructed views of the Eiger, Mönch, and Jungfrau.

(46.69715, 7.85162)

DATA SOURCES

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