

BERN

Population:	133,000 people
History:	First mentioned in 1191
Currency:	Swiss Francs
Languages:	(Swiss) German, French, English
~ C° in June:	23°/12°
Top Activities:	Hiking, Eating, Swimming

PLACES TO VISIT

Bern in Summer is alive and offers many green escapes, social spaces and great food. The Aare river flows right through the city and the life of all evolves around it: People take a swim almost every day if the weather allows. Bringing a swimsuit is absolutely essential! There are lots of places to explore in- and around Bern, of which we want to share some of our favourites with you.

Food

Migros, Coop, Lidl, Aldi \$: Picnics are the most affordable for sure when it comes to eating in Bern ;)

Mediterranean \$: Pittaria

Eritrean \$: Injera

Indian \$\$: Tulsi

At the river \$\$: Dampfzentrale

In the city \$\$: Du Nord

Vegetarian Buffet \$\$: Tibits

Off the beaten path \$\$: Zehndermätteli

Haute Cuisine \$\$\$: Moment

Ice-Cream: Gelateria di Berna (5 locations, on top of this list for a reason ;) S-Enzen (Maria worked there)

Drinks: PROGR, Volver, Tredicipercento, Pop-up's along the river, Capitol, Les Amis

Café's: Sattler, Apfelgold, Ô-Capitaine

Coffee: Jusq'a (most special), Drip Roasters (best filter), Adrianos (best Bern classic), Rösterei (also nice).

Museums + Art

Nature-Historical Museum
Museum for Communication
Paul Klee Museum
Tierpark Bern (Zoo)

Shopping

Cool clothing: Kitchener

Vintage (Clothing): Fizzzen (3rd Floor)

Accessories: Clomes

Outdoor Equipment: Transa

Thrifting: Hiob Brockenstube, Bärner Brocki, Heilsarmee Brockenstube, Emmaus Brockenstube

Offcut - Art supplies and fabric, the paradise for all creatives

Aare River (Swimming)

Marzili - most popular

Lorrainebad - most loved by locals

Eichholz Camping - most spacious

If you go for a swim: watch out for possible high water warnings and just follow the locals.

Uttigen - Bern: Floating down the turquoise river for 4 hours, a classic summer activity known as "Aarebötle".

Parks

Münsterplattform (where the city meets)
Rosengarten (best views)
Botanical Garden (with Café Fleuri)
Bärenpark (home to Berns Brown-Bears)

EXPLORE THE MOUNTAINS

Hikes

Close to Bern (Link):

1h Round walk on the Gurten hill just besides the city.

Flexible:

The Niederhorn (stunning views) as well as Oeschinensee (beautiful mountain view) offer beautiful short and long hikes (**1h-5h**),

Close to the Wedding (Link):

2.5h Hike in the Rosenlualtal via Schwarzwaldalp to Grosse Scheidegg (Back with the Bus).

Family-Friendly (Link):

Parking at Meienberg, **2.5h** Round hike around the Seebergsee.

Adventurous (Link):

Parking at Wasserscheide, **4h** Round hike from Gurnigel to the Leiterenpass (1905m) around the Gantrisch to the Morgetepass (1959m) and back down.

Challenging 2-Days (Link):

3.5h Hike from Lauenen to the Geltenhütte (reservation mandatory) and **4.5h** hiking down to Iffigenalp the next day (Back with the Bus and Train).

Other Adventures

Freilichtmuseum Ballenberg

Boatride Thun-Interlaken / Interlaken-Brienz
Explore **Thun, Interlaken, Luzern** or **Solothurn**

Google Maps:

We have collected all of the places mentioned in this guide on Google Maps for you: Link

Feel free to reach out to us with any questions, we love to help you enjoy your time in Switzerland! :)

Dear Greetings, Maria & Jonathan