

A GUIDE TO THE LOVELY CITY OF

# 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, Apfelpold, 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):** Fizzen (3rd Floor)

**Accessories:** Clomes

**Outdoor Equipment:** Transa

**Thriftng:** 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 Rosenlauital via Schwarzwaldalp to Grosse Scheidegg (Back with the Bus).

### Other Adventures

#### Freilichtmuseum Ballenberg

**Boatride** Thun-Interlaken / Interlaken-Brienz

Explore **Thun, Interlaken, Luzern** or

**Solothurn**

#### 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).

### 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