

You don't have to climb mountains!!

Interlaken and its surroundings are blessed with hundreds of walking and cycling paths of all grades. Below are just five of the popular and more gentle ones in the local area to sample on those more relaxing days.

1. Lazy Ranch Campsite to Neuhaus on Lake Thun.

A gentle stroll/cycle to the popular destination of Neuhaus for the boat station, lido, refreshments, water sports, nature reserve, or just to view the lake.

Walk uphill from Lazy Ranch and turn left leading to the river. Turn left at the river and follow the riverside footpath which exits at Neuhaus. Alternatively, cross the river bridge and turn left on the woodland path which exits at Manor Farm within a hundred yards right of the river footpath. (*Cyclists should use the woodland path only*)

25 minutes walking from Lazy Rancho, downhill.

2. Neuhaus to Interlaken West

An easy walk/cycle to Interlaken through the lakeside nature reserve and alongside the boat canal.

From the Neuhaus hotel alongside Lake Thun follow the walking sign for Interlaken along the lakeside path which leads through the nature reserve. There are viewing platforms and the Weissenau Castle ruin within the park... Exit the nature park and turn right. Cross over the bridge and turn left onto the path that will bring you alongside the boat canal. Continue alongside the canal which will lead you to Interlaken West boat and train stations. (*Cyclists should walk through the nature trail*)

1 hours walking from Neuhaus – 1.5 hours from Lazy Rancho, on dead flat going.

3. Lazy Rancho Campsite to Interlaken

A pleasant woodland walk/cycle into town at the base of the Harder

Walk uphill from Lazy Rancho and turn first left leading to the river. Turn right at the river and continue to the next bridge. Bear right at the bridge and take the exercise 'vitoparcours' trail (not the horse trail) through the trees. Continue until the junction at the end of the allotments and join the main road. Walk down the road for approx 250 yards and take the prominent footpath on your left. This pleasant woodland path takes you alongside the Harder Mountain on your left and the outskirts of Unterseen on your right. Continue to the end of the path and then turn left and shortly right to arrive at the Aare river promenade heading towards Interlaken Ost and centre, or right to gain the promenade near the Unterseen end of town. (*Cyclists can continue on the road past Lazy Rancho and then take the second left on seeing the allotments*)

Under 1 hour walking from Lazy Rancho, mostly downhill.

4. Neuhaus/Manor Farm to Sundlauenen

A delightful and varied short walk in nice surroundings along the shore of Lake Thun.

Start from opposite the Manor Farm Campsite restaurant (small car park) where the Sundlauenen walk is signposted. From the sign follow the footpath upwards through the trees for a short distance to reach a terrace section with good views down on Manor Farm and Lake Thun. Continue on and later descend to rejoin the lakeside road and walk on in the Thun direction. Further on take the path that descends left where signposted for Sundlauenen and continue on by the side of the lake in idyllic surroundings. Follow the main footpath on through a wooded section and over a river bridge (just downstream from the bridge there is a small picnic area on the lakeside) to the small lakeside hamlet of Sandlauenen and its tiny boat station.

30 minutes walking from Manor Farm Campsite - 1 hour from Lazy Rancho via (1) above, on slightly undulating going.

Boat back to Neuhaus or Interlaken? Or you can walk up from centre of the hamlet to the main road for a bus (15 min).

From the boat station you can also reach the St Beatus-Hohlen stalactite cave complex, on the main Thun-Interlaken road above, via a steep footpath in approx 25 minutes. Well worth seeing.

Note: If taking the boat back do consult a timetable as there is a two hour gap in sailings mid-afternoon.

5. Interlaken to Wilderswil

An interesting walk/cycle to Wilderswil skirting the town.

The walk starts from the Heimwehfluh Funicular entrance, Interlaken West. Walk uphill on the Wagenheronstrasse and shortly bear left where the road forks, signposted 'Unspunnen Ruine'. If you hear screaming it's coming from the treetop obstacle course on your right, which you can participate in if you feel frisky! Continue on past the Rugenbrau Brewery until the Unspunnen ruin comes into view and take the right hand track to the ruin which is well worth a look. Leaving the ruin take the main footpath, which is guarded by wooden railings and signposted 'Wilderswil/Dorf. Shortly cross over the narrow road and continue on to a viewing terrace overlooking the whole of Wilderswil and Lake Brienz in the distance. This is good rest stop. From the terrace continue to a small junction and turn right and then left at the water trough, signposted 'Museum'. Carry on and shortly take the slabbed narrow pathway on your right across the meadow. Rejoin and follow the road and you will arrive at an old water mill and bridge over the Saxetbach stream. The mill is now the local Museum, entrance is free and is quite interesting. *(The route can be cycled using discretion in places)*

45 minutes walking from the Heimwehfluh Funicular, uphill at first and then level.

From the museum walk downhill and turn left into Hebelweg and left again into Lehgasse. Continue to the village centre for refreshments and the bus stop back to Interlaken. Alternatively, walk straight down from the museum and follow the signs for the train station. Behind the station you might want to have a look at the church and old covered bridge.

As an extension of the above walk, or treated separately, is to continue over the Saxetbach stream using the bridge, cross the Saxeten road, and take the footpath signposted 'Burgenweg'. This footpath leads to the **The Rotenflue 'Castle'** (an ancient cave-dwelling site cut into the rock face). Follow the main path, it rises gently for its whole length, and you will arrive at the Rotenflue in approx 15 minutes. To access the site there is a steep section of well guarded metal ladder work. Again there are fine views from the site.

Note. The Saxetbach is the quite stream that suddenly became a previously forecast raging torrent in July 1999 due to a flash flood further upstream. It swept twenty one youngsters to their death who had been on a canyoning course just upstream from the Museum. Along the Saxeten road from the bridge (approx 400yds uphill) is a simple 'peoples' memorial to the. tragedy.

