

# Contents

<b><u>The Authors</u></b>	<b>16</b>	Around Vevey	89
<b><u>Getting Started</u></b>	<b>18</b>	Montreux & Around	89
<b><u>Itineraries</u></b>	<b>22</b>	<b>NORTHWESTERN VAUD</b>	<b>91</b>
<b><u>Snapshot</u></b>	<b>26</b>	Yverdon-les-Bains	91
<b><u>History</u></b>	<b>27</b>	Around Yverdon-les-Bains	93
<b><u>The Culture</u></b>	<b>32</b>	To Lac de Joux	93
<b><u>Environment</u></b>	<b>39</b>	<b>ALPES VAUDOISES</b>	<b>94</b>
<b><u>Outdoor Activities</u></b>	<b>43</b>	Aigle	94
<b><u>Food &amp; Drink</u></b>	<b>51</b>	Leysin	95
<b><u>Geneva</u></b>	<b>59</b>	Les Diablerets	95
History	60	Villars & Gryon	95
Orientation	60	Pays d'Enhaut	96
Information	60	<b>Fribourg, Neuchâtel &amp; Jura</b>	<b>97</b>
Sights	61	<b>CANTON DE FRIBOURG</b>	<b>99</b>
Activities	66	Fribourg	99
Walking Tour	66	Estavayer-le-Lac	103
Geneva for Children	67	Murten	104
Tours	67	Around Murten	105
Festivals & Events	68	Gruyères & Around	106
Sleeping	68	Broc & Bulle	108
Eating	70	Charmey & the Schwarzsee	108
Drinking	72	<b>CANTON DE NEUCHÂTEL</b>	<b>109</b>
Entertainment	73	Neuchâtel	109
Shopping	73	Around Neuchâtel	112
Getting There & Away	73	Montagnes Neuchâteloises	114
Getting Around	74	<b>CANTON DE JURA</b>	<b>114</b>
<b><u>Lake Geneva &amp; Vaud</u></b>	<b>75</b>	Franches Montagnes	115
<b>LAUSANNE</b>	<b>77</b>	Northern Jura	115
Around Lausanne	86	<b>Valais</b>	<b>117</b>
<b>SWISS RIVIERA</b>	<b>87</b>	<b>LOWER VALAIS</b>	<b>119</b>
Vevey	87	Western Valais & Val d'Illiez	119
		Martigny	120
		Around Martigny	122
		Mont Blanc	123
		Verbier	124
		Val de Bagnes	125
		Ovronnaz	125
		Sion	125
		Around Sion	128
		Sierre & Around	129
		Crans-Montana	130
		Val d'Anniviers	131
		<b>UPPER VALAIS</b>	<b>132</b>
		Leukerbad	132
		Lötschental	133
		Visp	133

Brigerbad	134
Zermatt	134
Saas Fee	137
Brig	138
The Goms & Aletsch Glacier	139

## **Bernese Oberland** 142

<b>INTERLAKEN</b>	<b>144</b>
<b>AROUND INTERLAKEN</b>	<b>149</b>
Schynige Platte	149
St Beatus Höhlen	149
<b>JUNGFRAU REGION</b>	<b>150</b>
Grindelwald	151
Around Grindelwald	154
Kleine Scheidegg	154
Jungfrauoch	155
Lauterbrunnen	156
Wengen	156
Mürren	165
Gimmelwald	166
Schilthorn	166
<b>THE LAKES</b>	<b>167</b>
Thun	167
Spiez	169
Lake Thun	170
Brienz	170
Around Brienz	171
<b>EAST BERNESE OBERLAND</b>	<b>172</b>
Meiringen	172
<b>WEST BERNESE OBERLAND</b>	<b>174</b>
Kandersteg	174
Gstaad	175

## **Mittelland** 178

<b>BERN</b>	<b>179</b>
<b>BIEL-BIENNE</b>	<b>189</b>
Around Biel-Bienne	191
<b>EMMENTAL REGION</b>	<b>191</b>
<b>SOLOTHURN</b>	<b>192</b>
Around Solothurn	193

## **Zürich** 194

Orientation	195
Information	195
Sights	195
Walking Tour	199
Festivals & Events	200
Sleeping	200
Eating	204
Drinking	205

Entertainment	206
Shopping	207
Getting There & Away	207
Getting Around	208
<b>AROUND ZÜRICH</b>	<b>208</b>
Uetliberg	208
Rapperswil	208
Winterthur	209

## **Central Switzerland** 212

<b>LUCERNE</b>	<b>214</b>
Around Lucerne	221
<b>LAKE LUCERNE</b>	<b>221</b>
Mt Pilatus	222
Stanserhorn	223
Beckenried	223
Mt Rigi	223
<b>LAKE URI</b>	<b>224</b>
Brunnen	225
<b>SCHWYZ CANTON</b>	<b>226</b>
Schwyz	226
Einsiedeln	228
<b>ENGELBERG</b>	<b>229</b>
<b>ZUG CANTON</b>	<b>232</b>
Zug	232
<b>GOTTHARD PASS</b>	<b>233</b>
Andermatt	233

## **Basel & Aargau** 235

<b>BASEL</b>	<b>236</b>
Around Basel	244
<b>AARGAU CANTON</b>	<b>245</b>
Baden	245

## **Northeastern Switzerland** 246

<b>SCHAFFHAUSEN CANTON</b>	<b>247</b>
Schaffhausen	248
Rheinfall	250
Stein am Rhein	250
<b>ST GALLEN CANTON</b>	<b>251</b>
St Gallen	251
<b>APPENZELLERLAND</b>	<b>254</b>
Appenzell	255
Stein	256
Säntis	257
<b>LAKE CONSTANCE</b>	<b>257</b>
Konstanz	258
Kreuzlingen	258
Friedrichshafen	258

Romanshorn & Arbon	259
Rorschach	259
Bregenz	260
<b>GLARNERLAND &amp; AROUND</b>	<b>260</b>
Braunwald	260
Walensee	261

## **Graubünden** 262

<b>CHUR</b>	<b>264</b>
<b>AROUND CHUR</b>	<b>267</b>
Lenzerheide & Valbella	267
Arosa	268
Flims, Laax & Falera	269
<b>WEST OF CHUR</b>	<b>271</b>
Ilanz	271
Valsertal & Val Lumnezia	271
Disentis/Mustér & Val Medel	272
<b>SOUTH OF CHUR</b>	<b>273</b>
Via Mala & Avers Valley	273
Splügen & Valle Mesolcina	273
<b>NORTH OF CHUR</b>	<b>273</b>
Bündner Herrschaft	274
<b>KLOSTERS &amp; DAVOS</b>	<b>275</b>
Klosters	275
Davos	276
<b>THE ENGADINE</b>	<b>278</b>
Unterengadin	278
Oberengadin	281
St Moritz	282
Silvaplana, Sils-Maria & Maloja	284
<b>BERNINA PASS ROAD</b>	<b>284</b>
Pontresina & Around	285
Val Poschiavo	285
<b>VAL BREGAGLIA</b>	<b>285</b>

## **Ticino** 286

<b>BELLINZONA</b>	<b>288</b>
North of Bellinzona	290
<b>LUGANO</b>	<b>292</b>
Around Lugano	296
<b>LAGO DI LUGANO</b>	<b>296</b>
Gandria	297
Campione d'Italia	297
Monte Generoso	297
Ceresio Peninsula	297
Mendrisio & Around	298
Meride	299
<b>LOCARNO</b>	<b>299</b>
Around Locarno	301
<b>WESTERN VALLEYS</b>	<b>302</b>
Centovalli	302

Valle Onsernone	302
Valle Maggia	302
Val Verzasca	303

## **Liechtenstein 305**

Vaduz	307
Around Vaduz	309
Malbun	310
Around Malbun	311

## **Directory 312**

Accommodation	312
Business Hours	314
Children	315
Climate Charts	315
Customs	315
Dangers & Annoyances	316
Disabled Travellers	316
Discount Cards	316
Embassies & Consulates	316
Festivals & Events	317
Food	317
Gay & Lesbian Travellers	317
Holidays	318
Insurance	318
Internet Access	318
Legal Matters	318
Maps	318
Money	319
Post	319

Shopping	320
Solo Travellers	320
Telephone	320
Time	321
Toilets	321
Tourist Information	321
Visas	322
Women Travellers	322
Work	322

## **Transport 323**

<b>GETTING THERE &amp; AWAY 323</b>	
Entering the Country	323
Air	323
Land	325
Sea & River	326
<b>GETTING AROUND 326</b>	
Air	327
Bicycle	327
Boat	328
Bus	328
Car & Motorcycle	328
Local Transport	330
Mountain Transport	332
Tours	332
Train	332

## **Health 334**

<b>BEFORE YOU GO 334</b>	
Insurance	334

Recommended Vaccinations	334
Internet Resources	334
Further Reading	334
<b>IN TRANSIT 335</b>	
Deep Vein Thrombosis (DVT)	335
Jet Lag & Motion Sickness	335
<b>IN SWITZERLAND 335</b>	
Infectious Diseases	335
Traveller's Diarrhoea	335
Environmental Hazards	335

## **Language 338**

## **Alternative Place Names 349**

## **Behind the Scenes 350**

## **Index 353**

## **World Time Zones 362**

## **Map Legend 364**

# Regional Map Contents

