



Gantrisch Highlights

Ideas for great excursions

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The Gantrisch-Region

The getaway and holiday region of Gantrisch in the triangle between Berne, Fribourg and Thun is one of the most beautiful rural mountain areas of Switzerland and has little industry.

The multifaceted natural and cultural landscape of Gantrisch extends south from Berne, between the Aare and Sense rivers to the rocky peaks of the Gantrisch range in the foothills of the Alps. Countless viewpoints offer

great views of the Alpine peaks and over the central plateau to the Jura range.

The winter weather forecast for the higher reaches of the Gantrisch region often promises bright sunshine high above the gloomy sea of fog. While in winter cross-country skiers discover a paradise of trails, in summer hikers and fans of nature treasure the natural landscape with its protected moors and large forests.

Information

Both tourist offices impart a lot of information about the holiday and leisure region of Gantrisch.

Schwarzenburg Tourist Information
Dorfplatz 22
3150 Schwarzenburg
T 031 731 13 91
info@schwarzenburgerland.ch
www.schwarzenburgerland.ch

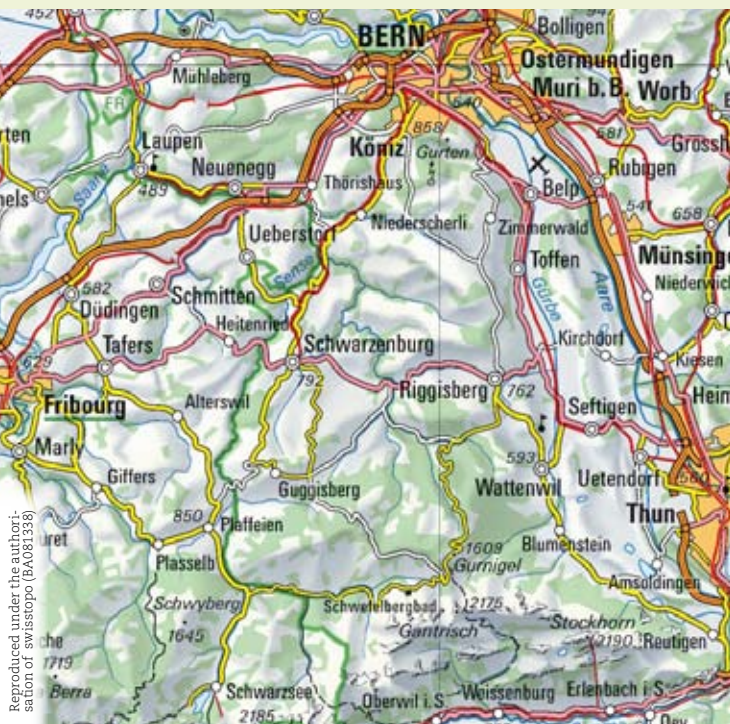
Belp Tourist Information
Bahnhofplatz 4, 3123 Belp
T 031 819 39 39
info@guerbetal.ch
www.guerbetal.ch

For information about the neighbouring Schwarzsee region in Canton Fribourg:

Schwarzsee Tourism
1716 Schwarzsee
T 026 412 13 13
info@schwarzsee-tourismus.ch
www.schwarzsee.ch

The trains of the S-Bahn Berne (www.s-bahn-bern.ch), the Postbus network (www.postbus.ch), with its dense network of routes, other bus companies, and the seasonal Gantrisch hiking and snow bus (www.gantrisch.ch/bus) bring visitors hungry for new experiences quickly to their destinations in the holiday and leisure paradise of Gantrisch. Treat your car to a day off!

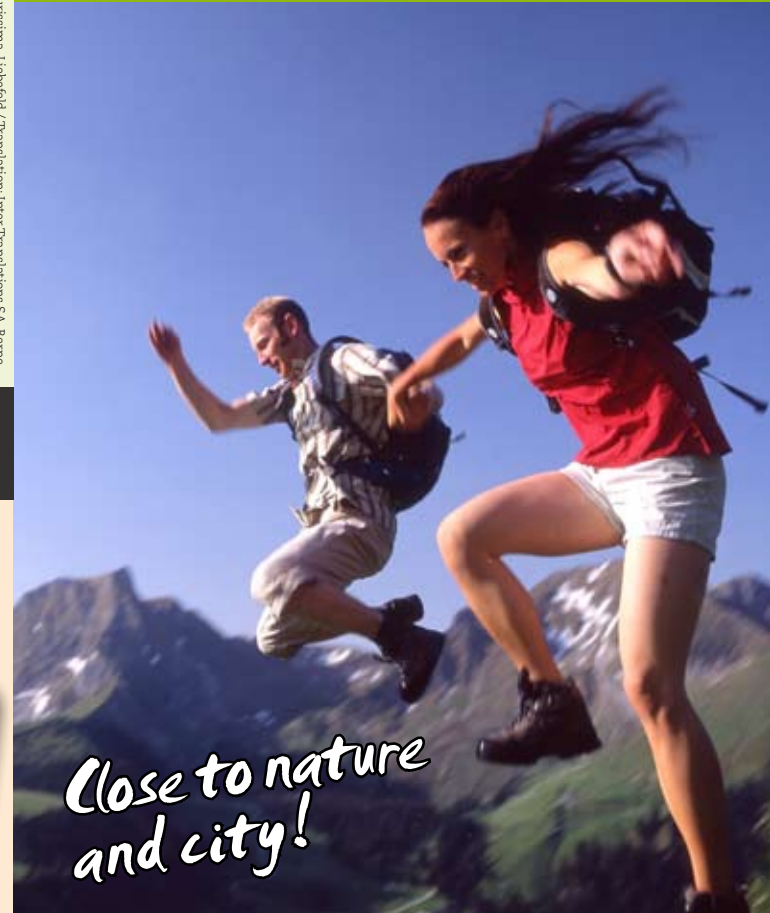
You can find additional information about the area on the website of the Gantrisch Region Development Association, www.gantrisch.ch.



The GantrischPass

More experiences and more value with the GantrischPass. Holders of a GantrischPass obtain attractive special offers or reductions at about 50 Gantrisch region businesses, restaurants, ski-lifts etc. Get a GantrischPass. It's worth it! The 2009 GantrischPass costs Fr. 40.- (children Fr. 20.-, families Fr. 100.-). Get even more information from the brochure «Gantrisch-Ideas»,

from tourist offices in Schwarzenburg and Belp or from www.gantrisch.ch/pass.



Close to nature
and city!

Gantrisch Rope Park

Experience the forest from the squirrels' perspective. Put your skills and courage to the test. This is what the Gantrisch Rope Park offers with the highest platforms in Switzerland.

The most courageous scale heights of 36 m – thrills are guaranteed! Trained beforehand and of course well-secured, you will experience rickety rope bridges, daring «Tyroliennes» and tricky ropeladders on six courses of different levels of difficulty. Try it for a day! (Children: Minimum height 140 cm)

Before or after the Rope Park it's worth visiting the forest experience trail close by for

another exciting adventure in the Längeney forest.

Seilpark Gantrisch AG, Längeneybad
3154 Rüscheegg-Heubach
T 031 739 01 00 (May to October)
www.seilpark-gantrisch.ch



Gürbetal High Trail

You don't have time for a trip to the Alps? No problem! The well-developed Gürbetal valley high trail is centrally located near the gates of the city of Berne.

The beautiful panorama trail high above the lush green and sparsely developed Gürbetal valley, always with views of the majestic four thousand metre peaks of the Bernese Oberland, leads from Kehrsatz/Kühlewil along the Längenbergen mountain to Mühlethurnen and has several entry and exit points which are easily reached by train or bus.

You will need about five hours to cover the 17 km trail. This excludes time for a break at,

for example, one of the many public barbecue spots.

Brochures and walking maps:
Belp Tourist Office, T 031 819 39 39
or Schwarzenburg Tourist Office,
T 031 731 13 91



Cross-country Skiing

Glide through the snowy Gantrisch scenery enjoying a magnificent panorama. What could be more beautiful on a sunny winter's day?

The Gantrisch cross-country skiing centre has a network of 45 km excellent classic and skating trails, which connect the main starting points of Schwarzenbühl/Selital, Ottenleuebad, Gurnigel-Wasserscheide and Untere Gantrischhütte, and these are supplemented by some somewhat more challenging side trails.

The network, with its reliable snow conditions and views of the Gantrisch range, Lake Thun and the Alps, is for both performance-orientated and hob-

by cross-country skiers. Cross-country skiing equipment can be rented from five places.

Gantrisch Cross-country Skiing Centre, P.O. Box 87, 3150 Schwarzenburg, T 031 735 55 55, www.lzg.ch



Gantrisch Biking

Looking for ideal mountain bike trails? The valleys and hills of the Gantrisch region in the triangle between Berne, Thun and Fribourg are a paradise for mountain bikers.

Enthusiasts from the «Gantrisch Biking Club» have created a well-signposted 200 km long bike trail network in this beautiful area. Certain sections of the terrain are quite challenging.

Eight attractive trail suggestions with short descriptions and altitude profiles are presented in the latest edition of the Gantrisch Bike Map. There is something for all levels from leisure riders to ambitious bike experts. Enjoy cycling in this region, which is a true biking paradise.

The Gantrisch Biking Map is available from the Schwarzenburg Tourist Office
T 031 731 13 91



Old-timer Gallery

The old-timer gallery, the small motor show in Toffen in the Gürbetal valley, has a multitude of classic cars and motorbikes from various eras and origins for collectors and enthusiasts.

Here you will find dream cars displayed on 3,000 m² of exhibition space. The regular large auctions with several hundred participants are internationally famous on the old-timer scene. The sales exhibition also welcomes visitors who just want to catch a glimpse of these precious vehicles.

The old-timer gallery includes a jukebox collection that is worth seeing. There is also a restaurant and a great playground for young visitors.

Old-timer Gallery
Gürbestrasse 1
3125 Toffen
T 031 819 61 61
www.oldtimergalerie.ch
daily 10 am to 6 pm



Guggershörnli

If you come to Guggisberg, don't miss the climb up to the striking rocky ridges of Guggershörnli. Stare in awe at the breathtaking 360 degree view from the Alps to the Jura.

The Guggershörnli is one of the most popular viewpoints in the region and has been the destination for many a school trip. After half an hour on a zigzag track you come to the steep ridge, which can only be reached by a sturdy wooden staircase. The panorama makes up for each drop of sweat on the short, steep climb.

When you return to the village, visit the Vreneli-Museum and the church dedicated to Saint Mauritius in the most beautiful spot on the edge of the village.

Guggisberg Tourism, Dorf
3158 Guggisberg, T 031 735 50 50
www.guggisberg-tourismus.ch

