



### **Camping Manor Farm,**

3800 Interlaken - Thunersee, Switzerland

**T:** +41 338 22 22 64

**F:** +41 338 22 22 79

### **GPS co-ordinates**

Latitude: 46.6806

Longitude: 7.8156



# Campsite Information

## Camping Manor Farm, Interlaken

Camping Manor Farm is a long time Canvas favourite. Awarded the highest Swiss rating this south facing campsite is surrounded by mountains with views towards the Eiger. There is a lakeside setting and private beach, that are perfect for watersports such as fishing, windsurfing or canoeing.

### Arriving at Camping Manor Farm

On arrival go to the Canvas reception, your Canvas couriers will be here to meet you between 16.00 and 20.00. You will need your passport for check-in.

### Early / Late Arrivals

Please note if you arrive before 16.00, your accommodation may not be ready. If you arrive between 20.00 and 22.00, you will find directions to your courier and/or accommodation at the Canvas reception. Arrivals after 22.00 cannot be accepted on site. Please note that if you do arrive late and cannot be admitted onto the campsite, you have full responsibility for finding alternative off-site accommodation. A Canvas courier will be available on site from 09.00 the following day. Please telephone your couriers if you know that you are going to be late.

### Reception

Campsite reception is open from 08.00 to 12.00 and 14.00 to 18.00 in low season. The opening hours will extend in high season to 07.30 until 21.00.

### Barrier

There is a barrier on site in high season; it is closed from 23.00 until 07.00. In low season, the gates do not close, but please respect other campers and do not drive on site late at night or early in the morning.

### Currency Exchange

Currency may be exchanged on site at the main reception.

### Safety Deposit Boxes

Safety deposit boxes are available on site, see reception for details.

### Telephone

There is one coin-operated phone and four card operated phones on site near the main reception. Phone cards are on sale at reception.

### Web/Email Access

This facility is available above the souvenir shop for around 6CHF per half hour. There is also Wi-Fi available on site for 5CHF for 5 hours access.

### Shopping

There are two on-site shops, one a small mini-market, the other a newsagents and gift shop. The mini market sells a range of basic groceries and produce. The opening hours vary according to demand but the shop is generally open from 08.00 to 11.00 and from 15.00 to 19.00. Please enquire at campsite reception for the exact opening hours during your holiday. Fresh bread needs to be ordered one day in advance in low season, in high season there is a bakery stall in the mini-market. The site also sells souvenirs, newspapers and postcards.

### Washing and Toilet Facilities

Washing machines and a tumble dryer can be found in the launderette below main reception (stairs behind the building), costing 5CHF per wash or dry. The machines are operated using CHF coins, and detergent is included. Please do not open the machines until they have fully stopped. Free hot showers, a bath and standard toilets are available in every sanitary block, please remember to press the green button for hot water.



### Post

There is a post box near the campsite reception and stamps are sold at the souvenir kiosk.

### Eating and Drinking

**Takeaway/Snack Bar:** The takeaway is open daily in high season only, from 12.00 to 22.00. A range of popular food such as hog dogs, burgers, chicken and fries are available.

**Restaurant/Bar:** The oak beamed restaurant, which has its own bar, has good views over the lake and mountains. Their pizza nights on Sundays are very popular and it is recommended that you reserve a table if you wish to eat here in high season. Favourites here are the pizzas, pasta and meat dishes. Opening hours are 10.00 to 23.00 everyday in both low and high season.

### Recreation

**Paddling Pool:** The site has a very small paddling pool for children, please check with your couriers for details on availability.

**Lake:** The lake next to site has a beach and is good for swimming. Pedaloos (10CHF) are also available for hire. The Hang Loose water sports centre at the adjoining Neuhaus hotel offers a large variety of activities for all ages.

**Fishing:** Fishing is permitted on the lake; a permit costing around 50CHF is required.

**Games room:** The games room has pinball and table football.

**Sports equipment hire:** You can hire bicycles, windsurf equipment, boats and much more at the Hang Loose sports centre.

**Water sports:** Banana boat rides, jet skiing and windsurfing lessons are available at the Hang Loose sports centre.

**Adventure sports:** The Hang Loose centre also offers Paragliding and Hang-gliding, ideal for adrenaline junkies!

**Mini Golf:** Available on site opposite the restaurant. Fees are 5CHF per adult and 4CHF per child.

There are also facilities for football, volleyball, and table tennis and there is a children's play area on site with slides and swings.

### FamilyExtra

FamilyExtra hosts fun filled activities for the whole family with sessions tailored to different ages. The sessions offer something to suit everyone and include activities such as Waterwalkerz, Canvas Olympics, Raft building, Tatty Bumkin for toddlers and Aqua Olympics. The whole family can join in, or Mum and Dad can relax while the children are off having fun - it's up to you. FamilyExtra is available between 17 May - 3 September. Please ask your FamilyExtra couriers for details of the week's activities.

### Disabled Facilities

This site meets the Canvas "Recommended for the Disabled" criteria.

### Rules and Regulations

- There is a 10km/h speed limit on site.
- Minimum noise on site between noon-2pm and 9pm-8am.
- No driving on site between 11pm-6am.
- Please park only in the allocated parking space on your pitch.
- A recycling system is in operation on site. Please dispose of rubbish in the correct containers.

# Local Information

## Shopping

**Supermarkets:** There are several supermarkets in Interlaken the closest being Co-op (open 08.00 to 12.00 and 14.00 to 17.00 Monday to Thursday; until 21.00 on Friday and 07.30 until 17.00 on Saturday). There are also branches of Migros and Denner. There is a hypermarket in Thun, near the motorway exit marked 'Thun Sud'. There is also a budget supermarket, Aldi, please check the information folder in Canvas reception for directions.

**Souvenirs:** There are a large variety of gift shops in Interlaken.

## Local Markets

**Tuesday:** Interlaken and Bern (Bundesplatz).

**Wednesday:** Thun (Bälliz) and Bern (Bärenplatz).

**Thursday:** Bern (Bärenplatz).

**Friday:** Unterseen and Bern (Bärenplatz).

**Saturday:** Bern (Bundesplatz) and Thun (old town).

## Facilities

**Petrol:** There are two filling stations in Interlaken, both located near the Interlaken Ost train station. Please ask your couriers for more details.

**Chemist:** The nearest chemist is Gross Apotheke, Bahnhofstr 5A, Interlaken.

**Banks:** There are branches of Crédit Suisse and Swiss Bank near the Westbahnhof, both of which have cash dispensers.

**Post Office:** The nearest post office is at Marktgasse 1, Interlaken. At the post office you can buy phone cards, stamps, maps, tickets for events and souvenirs. There is also a cash dispenser.

Please ask on site for opening hours of the above facilities.

**Tourist Information:** There is a tourist information office at Höhweg 37, in the Hotel Metropole. Free maps and schedules as well as tickets to the Jungfrauoch are on offer. Open 08.00 until 18.00 during the week; 08.00 until 12.00 on Saturday (until 17.00 in high season) and from 10.00 to 12.00 and 16.00 to 18.00 on Sundays in high season.

## Distances

Interlaken: 3.2km (2 miles)  
Brienz: 16km (9.6 miles)  
Thun: 24km (14.4 miles)  
Bern: 56km (33.6 miles)

## Local Transport

Both the Westbahnhof and the Ostbahnhof in Interlaken have trains to Bern, Basel, Zurich, Geneva, Lucerne and Lugano. Trains to the mountains depart

from Ostbahnhof every 30 minutes, connecting the towns of Wengen, Grindelwald, Mürren, Lauterbrunnen and Jungfrauoch.

There is a bus stop outside at the restaurant on site, services run to Interlaken Ost and Thun station several times a day. On arrival your couriers will issue you with free bus passes for Interlaken, and you can find time tables in the information folder in Canvas reception.

## Doctor

Your Canvas courier has the relevant telephone numbers and addresses for doctors and will help to arrange an appointment for you.

## Dentist

Your Canvas courier has the relevant telephone numbers and addresses for dentists and will help to arrange an appointment for you.

## Emergency Services

There is a three-digit phone number for emergency services:

Police	117
Fire	118
Ambulance	144

## Eating and Drinking

You may like to try these restaurants and bars, which have been recommended by Canvas customers and couriers in previous years:

**Café Restaurant Spatz:** *Spielmatte 49, Interlaken.* Reputedly the cheapest fondue in town, this café also serves other hearty Swiss fare at reasonable prices. Dine indoors or on the terrace overlooking the river.



**Restaurant Bar des Alpes:** *Höhweg 115 Interlaken.* Serves traditional Swiss dishes, including rösti. From the middle of May until the end of August a brass band plays in the garden from 19.30. Access is good for the disabled. Car park is behind the house.

**Matahari:** *General Guisanstr 31, Interlaken.*

Indonesian 'Rijstafel' (rice platter) is the speciality at this relaxed eatery located just behind the Migros supermarket. Vegetarians are well catered for.

**Brasserie 17:** *Rosenstrasse, Interlaken.* Enjoy spare ribs, chicken wings, vegetarian dishes and baked potatoes in a fun atmosphere. Five different beers are available on tap.

**Mr. Hong:** *Marktgasse 48, Interlaken.* A modern Chinese / Korean take away and favourite with locals. Mr. Hong and his wife prepare the delicious food fresh on the spot for you. If you're lucky you'll get to sit down in the kitchen area as he tells you his top-tips for the local area. There is a table to eat in, but previous customers have recommended taking away and eating down by the river.

## Beaches

The campsite has a private lake side beach. From here it is possible to swim and there are opportunities for water sports activities. .

## Activities

Interlaken is the base for a huge range of outdoor pursuits such as bungee jumping, parachuting, glacier climbing, canyoning, kayaking and paragliding. Crans Montana is a modern and fashionable resort, a winter sports centre where you can ski all year round on the glacier. The resort is also well known for its Alpine golf courses. Another year-round sport resort is Saas-Fee; enjoy a pleasant alpine walk in the summer. The Alpine Guide's Office provides a selection of climbs to the various summits for both experienced and amateur climbers.

## Family Fun

**Swiss Transport Museum** • Take a trip to the Swiss Transport Museum in Luzern. This multimedia journey takes you back through time to the beginnings of transport and communication. The museum is open from 09.00 until 18.00 and there's plenty of parking available

**Brienzer Rothorn** • From Brienz, a steam driven cogwheel train takes you on a one-hour trip up the mountain. There are panoramic views of the mountains, plenty of marked rambling and hiking routes, and a restaurant at the summit.

## Out and About

Visit one of the natural wonders of the Alps, the Aletsch Glacier. Get the train up to the Jungfrauoch for great views over the glacier!



# Regional Information

## Berner Oberland

This Swiss canton contains the most beautiful lakes, gorges and mountains. Here you will find towns such as Interlaken (the starting point for Jungfrauoch, the highest railway station in Europe at 3,454m) and Grindelwald.

### Eating & Drinking – Regional Specialities

Around Interlaken, the meals tend to be hearty feasts of soup, salads, fish, meat and potatoes. Try Felchen or Fera (locally caught fish) and Geschnietzeltes Kalbsfleisch (veal in a creamy sauce), combined with a colourful salad of celery, red cabbage and sauerkraut. The local breads are also delicious and best fresh from a small bakery. Don't miss to try the "Rösti", a savoury potato pancake, best enjoyed with Geschnietzeltes! If you have a sweet tooth you will fall in love with Swiss chocolates (visit the Merkur shop in Interlaken) and cakes.

### Things to do and see

\*A • an admission charge is payable for these attractions.

## Family Fun

**Trümmelbach Waterfalls** • These spectacular glacier waterfalls are located inside a mountain, made accessible by tunnel-lift. The Trümmelbach falls are the only waterfalls that drain the mighty glaciers of Eiger (3970m), Monk (4099m) and Jungfrau (4158m). Find them in Lauterbrunnen, approximately 20km from Interlaken.

**St Beatus-Höhlen** • Impressive caves with stalactites and stalagmites, waterfalls and a reconstruction of a prehistoric settlement of cave dwellers. There is also a picnic area and a restaurant in the idyllic setting of the woodlands. 5km west of Manor Farm. (Open daily. Guided tours every 30mins, \*A).

**Tierpark Dählhölzli** • An excellent zoo where the animals live in semi-freedom in natural woodland. There is also a vivarium with reptiles and fish. In Bern. (Open daily, \*A). Also in Bern, children might enjoy seeing the bears waving at visitors for food in the Bärengraben. The bear pit has been a feature of the town since the late 15th century.

**Aare Gorge** • An impressive 1400m long and 180m high gorge formed by the river Aare in the rock formation "Kirchet" in the Haslital valley. The entrance to the gorges lies just outside the village of Meiringen (when coming from Interlaken). The Path through the Aare Gorge is an easy walk and is mostly between 1-2 metres wide. The path is constructed of 1000m of wooden paths built on steel girders which are anchored in the cliff walls and 400m of tunnels and galleries.

**Freilichtmuseum Ballenberg** • An open-air museum with costumed workers enacting the everyday lives of their ancestors. Buildings from as early as the 16th century show the distinctive architecture of 13 different regions and set the scene for displays and demonstrations of crafts and Swiss life. Near Brienz (Open daily, \*A).

**Castle Oberhofen** • The castle sits on the shores of Lake Thun, and makes for a fantastic scenery with its exotic gardens and palm trees. There is an interesting museum and a children's chalet with an impressive toy collection. The castle is open for visitors every afternoon, the park is open all day. Located in Oberhofen between Gunten and Thun. (\*A).

**Niesen Funicular** • The Niesen mountain is called "the Swiss pyramid" for its distinctive shape. You can



hike up the mountain or take the historical funicular lift, offering an exciting ride, with up to 69% ascent. On top of the mountain you'll find fantastic views over Lake Thun, the Jungfrau mountain range and the valleys towards Kandersteg. There is also a good, modern restaurant and a charming souvenir shop. The return trip on the funicular is 47CHF/adults and 23.50CHF/children, making it more affordable than many mountain railways in the Jungfrau region. (\*A).

**Heimwehfluh Funicular** • From Interlaken, an old fashioned funicular with open, red, wooden carriages, takes you up this wooded hill. At the top is an amusement park with a model railway, a bobsleigh run, a course for electric mini-cars, a café and restaurant. The funicular station is five minutes south of Interlaken West station (\*A).

## Places of Interest

**Bern** • The capital of Switzerland is an extremely picturesque and lively city. The well-preserved old town is particularly charming with its arcaded streets and flower-decked fountains. In addition to the zoo and the bear pits (see Family Fun), Bern has many attractions. The 12th century Zutgloggeturm (clock tower) was built as a gate to the city, at four minutes to every hour you can see the mechanical bears, jesters and other figures whir into action for a grand performance. The Gothic Münster (cathedral) towers above the roofs of the old town. The Kunstmuseum is well worth a visit, housing the world's largest Paul Klee collection, in addition to work by Picasso, Chagall, Cézanne and other famous artists (\*A).

**Interlaken** • Interlaken is situated in a spectacular setting, between Lake Thun and Lake Brienz. It is an ideal base from which to explore the area by foot, funicular railway, boat or car. It is also an impressive activity centre with its bathing beach, swimming pools, tennis courts, golf course, yachting and water sport schools, riding school, and numerous footpaths. For the less energetic this is a good spot from which to admire the famous view of the Jungfrau as you stroll along the Höheweg, the town's main shopping street. Cross the bridge over the River Aare to the village of Unterseen where there are many attractive buildings, including a 15th century Gothic church and 17th-18th century timber houses. From Interlaken East take a train to Wilderswil from where you can take an excursion on a cogwheel train to Schynige Platte.

**Lake Thun (Thunersee)** • Known as the Riviera of the Bernese Oberland, Lake Thun offers a host of water sports, superb scenery and several places of interest on its shores. At the northwest end of the

lake the old town of Thun is worth visiting, with its arcaded streets, gabled houses and 12th century castle - Schloss Zähringen (Open daily, \*A). The popular walk up Heilingenschweni, the hillside above Thun on the lake's north shore, provides a view of the distant Jungfrau Mountains.

**Lake Brienz (Brienzersee)** • If you enjoy walking, the wooded shores of Lake Brienz is an ideal place. The town of Brienz, which lies on the lake shore opposite the Giessbach Falls, has an old-world charm and is famous as a woodcarving and violin-making centre. A trip to Oberreid, on the north shore of Lake Brienz, gives a good view of the lake and the Stustenhorner range. Discover a superb panoramic view from the grounds of the 17th century church at Ringgenberg.

### Into the Mountains

**Jungfrau** • The easiest, and probably most spectacular mountain region to visit from Interlaken is the Jungfrau, dominated by the Eiger (3970m), Jungfrau (4158m) and Mönch (4099m). A trip on the Jungfrau railway (to the highest station in Europe) is likely to be a highlight of your holiday (take sunglasses, warm clothes and good shoes). At the terminus you may feel light-headed until you get used to the air, but you will be rewarded with absolutely stunning views.

**The Schilthorn** • At (2970m), the Schilthorn, famous for its James Bond restaurant, can be reached by an impressive set of cable car trips. Leave your car in one of the car parks in Lauterbrunnen, which serves as a starting point for these two spectacular excursions. While at Lauterbrunnen it is worth stopping to see the spectacular Trümmelbach Falls, accessible by an underground funicular railway (Open daily, \*A).

**Mürren and Wengen** • The villages of Mürren and Wengen, perched high on opposite sides of the Lauterbrunnen valley, offer spectacular views. No cars are allowed in the villages, which can only be reached by rail or cable car.

**Passes** • The first time you drive round the passes in Switzerland will be an unforgettable experience. From Interlaken you can encompass the Grimsel, Furka and Susten passes - however beware that these passes cannot open until all the snow has been cleared from the roads, which may not be until June.

*Every effort has been made to ensure the information contained within this guide, to the best of our knowledge, is both helpful and correct at time of going to press (March 2010). Canvas Holidays cannot accept responsibility for inaccuracies contained herein.*