

Zeitschrift: Swiss review : the magazine for the Swiss abroad
Herausgeber: Organisation of the Swiss Abroad
Band: 39 (2012)
Heft: 5

Werbung

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BLS RegioExpress in Emmental, Bern Region

Roam between Bern and Lucerne.

Hop on board the BLS RegioExpress between Bern and Lucerne to roam and discover Emmental and Entlebuch.

From the capital to Emmental...

Setting off from Bern, the BLS RegioExpress travels through the beautiful green Emmental, a true land of plenty. It's worth making a stop or two to take in the magnificent houses that are typical of the region and taste its specialties, such as the famous cheese that bears its name, or even discover the cow bells produced at the Berger foundry in Bärau.

...and from Entlebuch to the foot of Mount Pilatus

After Emmental, the trail leads to Entlebuch, a region also known as the "Wild West" of Lucerne. This natural paradise is the only UNESCO biosphere in Switzerland, where fascinating landscapes of pre-alpine marshland and karst areas are waiting to be discovered. This is the perfect opportunity to try the beneficial effects of Kneipp baths, set amongst the idyllic backdrop of pastures above the village of Flühli. With body and mind rejuvenated, you will be ready to set off again for Lucerne.

The unique cheese with holes

Well known for its holes, Emmentaler is also a cheese that has attained Appellation d'Origine Contrôlée (AOC) status, granted to products with a designated origin. Discover how this cheese is made – nothing beats a visit to the cheese factory in Affoltern for a demonstration.



Tip 1

MySwitzerland.com
Webcode: **D37291**

The delights of Emmental

Kambly, one of the most famous biscuit makers in Switzerland, is situated right on the BLS RegioExpress trail. More than just a biscuit factory, a visit to the world of Kambly will involve discovering the secrets of those who create its delights or even try to do some yourself.



Tip 2

MySwitzerland.com
Webcode: **C133096**

Health through water

Relaxation and wellbeing amongst the pastures at the Entlebuch biosphere reserve, where there is a hidden pond fed by a source of freshwater, dedicated to hydrotherapy using the method developed in the 19th century by the priest Sebastian Kneipp.



Tip 3

MySwitzerland.com
Webcode: **A38131**

Network Switzerland:

Hotel Landgasthof Kemmeriboden-Bad, Schangnau

Register until 30.11.12 at MySwitzerland.com/aso and win a two-night stay for two people at Hotel Landgasthof Kemmeriboden-Bad in Schangnau.



MySwitzerland.com
Webcode: **A54647**

A collaboration between Switzerland Tourism and the Organisation of the Swiss Abroad (OSA)



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