

# A warm welcome to Hotel Seiler au Lac

*You have chosen our house for a few days or weeks,  
we are pleased to be able to spoil you for this time with us.*

*On the following pages you will find practical information  
about the special services of our house.*

*As well as information about excursions and activities  
in the Jungfrau and Lake Brienz region.*

*If you have any further questions, please do not hesitate to contact us.*

*Our reception is open from 7.00am – 10.00pm,  
outside these hours*

*you can reach us on the internal telephone number 401.*

*We wish you a pleasant and relaxing  
stay at the SEILER AU LAC*

*Stefan Zingg und Team*



**If you enjoyed your stay with us,  
tell your friends and acquaintances and  
leave an entry on Trip-Advisor or Google+.  
If something didn't meet your expectations,  
please tell us.**

### Check-In and Check-Out:

On arrival, the rooms are available from 4.00 pm

We kindly ask you to vacate the room by 11.00 am. on the day of departure.  
If you wish to check out later, please contact reception.

### Restaurant Opening hours:

#### **Breakfast buffet**

Low season: 8.00 - 10.30 am.  
High season: 7.00 - 10.30 a.m.

#### **Restaurant „La Gare“**

Wednesday - Sunday 8.00 am - 10.00 pm  
Lunch 11.30 am - 2.00 pm  
Dinner 6.00 pm - 9 pm  
Afternoon menu 2.00 pm - 5.30 pm

#### **Pizzeria „La Boheme“**

Friday - Tuesday 6.30 - 10.00 pm  
High season Mon. & Tue. 12.00am - 11.00 pm

If you start your day trip before breakfast times, we will be happy to make you a packed lunch to take with you. Please report to reception before 8.00 pm.

#### **Room cleaning:**

The room cleaning takes place until 1.00 pm.

If you do not wish to have your room cleaned, please hang the "Do not disturb" sign on the door.

#### **Room service:**

8.00am - 9.00pm

Tel. Nr. 91 or 401

On request we serve breakfast (Continental) in your room.

8.00 - 10.00 a.m. (Surcharge Fr. 2.50 p. person)

#### **Minibar:**

The available non-alcoholic drinks in your minibar are included in the room rate.

We are happy to stock your minibar according to your wishes, please contact the reception.

#### **Luggage:**

Report to reception (via tel. 91 or 401) when your luggage is ready.

Our porter will be happy to help you.

**Additional items to make your stay even more relaxing:  
(Please report to the reception before 8.00pm )**

**Pillows and duvets:**

We have synthetic pillows and duvets for allergy sufferers.

If the duvet is too warm or too cold, we have a suitable solution for you.

Extra pillows are available on request.

The head end of the bed can be adjusted as desired. In most rooms, you can also adjust the foot end of the bed.

**Bathroom:**

For the duration of your stay, we are happy to provide you with a bathrobe on request.

We also have non-slip mats for the bathtub.

If you have forgotten your toothbrush, shaving kit or slippers - We will be happy to help you.

**Laundry:**

Ironing boards and irons are available, we will gladly bring them to your room.

We offer a laundry service (laundry bag and price list can be found in the wardrobe.)

Please give the laundry bag with completed list to your room maid or place it on the bed.

If dropped off before 10.00am: return of linen within 36 hours.

CHEMICAL CLEANING is not done by the hotel. The nearest dry cleaner is in Interlaken Ost near the train station.

A laundromat is located in Matten, (Hauptstrasse 19, 3800 Matten bei Interlaken)

<https://washsaloon.jimdofree.com/>

**Safe:**

Each room has its own safe. For the key, Fr. 50.- will be charged as a deposit on the invoice and deducted again when the key is returned.

Please leave the safe unlocked and open on departure.

### Garden:

In our garden behind the house there are sunbeds as well as a table tennis table at your disposal. Bats and balls are available at the reception.

### Salon Rouge:

For playing and lingering, the "Salon Rouge" has a pool table, books, playing cards and many other games. (Keys for the game box are available at the reception).

### Children:

There is a large playground for children at the Bönigen school.

For special requests regarding menu and meal times for small children, please contact the reception.

### Dogs:

Dogs kept on a leash are welcome, except in the dining room.

For hygienic reasons, dogs are not allowed to be fed in the public areas.

They also remain well-behaved under the table.

You will find water bowls in front of the restaurant and the pizzeria. (or ask our service staff).

### Power voltage:

In Switzerland we have 220V

Socket adapters are available at the reception (deposit Fr. 20.--)

### Credit cards:

We accept the following credit cards at the hotel:

EC-DIRECT, POSTCARD, VISA, EURO/MASTERCARD, DINERS or AMERICAN EXPRESS and TWINT

### Photocopies, printouts:

During office hours Fr. -.40 per colour copy, Fr. -.20 black/white



### SET UP FREE WI-FI:

1. tap on your mobile phone under "Settings" and select MONZOOM Seiler au Lac.
2. Enter the number of YOUR mobile phone that you are using with the area code of your country (00...). Accept the terms and conditions and press Register.
3. You will then receive a 4-digit code by SMS, which you enter.

The WI-FI is now activated for the duration of your stay.

You can use the same phone number and the same code for 3 other devices (like I-Pad etc.).

For those who cannot receive an SMS, there are emergency codes at the reception!  
(Ps. the code is valid for half a year and also works at the airport).

### INSTRUCTIONS FOR USING THE PHONE:

Call from room to room:

Dial the desired room number

Making calls to external numbers:

1. pick up the handset.
2. dial 0 (the 0 opens the line to outside the hotel).
3. dial the desired number

Switzerland: e.g. 031 800 00 00; you dial 0-031 800 00 00

Foreign countries: e.g. England UK 0678 253 466, you dial 0-0044 687 253 466

#### **Various countries - area codes:**

Australia	0061	Kuwait	00965	
Belgique	0032	Luxembourg	00352	Auskunft-Information 111
China	0086	Niederlande	0031	
Deutschland	0049	Norwegen	0047	Internationale Auskunft
England UK	0044	Oman	00968	International Information
Espana	0034	Österreich	0043	No. 1818
France	0033	Portugal	00351	
Israel	00972	Qatar	00974	
Indien	0091	Südafrika	0027	
Italien	0039	S. Arabien	00966	
Ireland	00353	USA-Kanada	001	
Japan	0081	U.A.E	00971	

### INSTRUCTIONS FOR USING THE ALARM CLOCK:

1. pick up the telephone receiver
2. Wait for the buzzer sound and then press the alarm clock.
3. enter the alarm time with 4 digits (e.g. 07.15)
4. press the pound key to confirm (#).

You can also report to reception before 20.00 that you would like to be woken up.

## Emergency numbers:

*Hotel Intern: 401 or 91 (also at night)*

*Interlaken Hospital: 0-033 826 26 26 or 144*

*HANI Family doctor emergency Interlaken (by the Interlaken West train station):*

*Opening hours:*

*Monday - Friday: 6:00 - 8:00 pm*

*Saturday: 1:00 - 6:00 pm*

*Sunday: 1:00 - 6:00 pm*

*Tel. Medphone*

*0-0900 57 67 47 CHF 3.23/min*

*0-0900 57 67 47 CHF 3.50/min for Prepaid*

*Possible without advance notification!*

*Breakdown service - Interlaken organisation: 0-033 822 23 23*

*Taxi: Bahnhoftaxi: 0-033 822 50 50*

## **Massage:**

If you would like to pamper yourself with a massage, our masseur Franco Vitaliano is at your disposal with great pleasure and professionalism.

### **Reservation:**

Treatments are bookable on request and should be requested at the reception at least one day in advance by 8.00pm

### **Prices and Info's:**

<b>Classic massage</b>	60 min	CHF 110.-
	50 min	CHF 100.-
	30 min	CHF 55.-

Classic massage strokes promote blood circulation, the metabolism and circulation are activated and complaints in the musculoskeletal system can be alleviated.

<b>Aroma Therapie</b>	60 min	CHF 110.-
	50 min	CHF 100.-
	30 min	CHF 55.-

A massage with aromatic oil to promote physical and mental well-being

<b>Manual Lymphdraining</b>	60 min	CHF 110.-
	50 min	CHF 100.-
	30 min	CHF 55.-

With large-area and pressureless movements along the lymphatic channels, tissue fluid is removed whereby decongestion can be achieved.

<b>Foot reflexology massage</b>	60 min	CHF 110.-
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With targeted pressure and sometimes circular movements, accupressure points are activated.

<b>Hot Stone</b>	60 min	CHF 110.-
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Deep relaxation through a massage with hot stones

We kindly ask you to pay your massages directly and in cash to our masseur.

## Things to know about Bönigen:

### Bank / ATM:

Raiffeisenbank Bönigen; Opening hours:

Monday and Thursday: 9.00am to 12.00pm and 2pm to 5pm

### Shops:

Are normally open from Monday to Friday

from 8.00am to 12.00pm and from 2.00pm to 6.00pm

Saturdays until 4.00 pm

The Volg (grocery shop) in Bönigen is open from 7.00 am to 8.00 pm.

### Post Office:

Opening hours:

Monday to Friday 7.30am - 11.30am and 2pm - 6.00pm

Saturdays 8.30 - 11.00am

### Lido:

Open from mid-May to mid-September 9.00 am. - 6.00 pm.

(Heated pool from end of May to end of August)

Ask for a bath towel at the reception (please do not bring white bath towels from your room).

### Hairdresser Bönigen:

Hair & Style Coiffure Oberland, Hauptstr. 39, Bönigen 033 823 31 32.

### Bus connections:

Your blue guest card entitles you to free bus travel on the Bödeli (Iseltwald, Bönigen, Ringgenberg, Interlaken, Matten Wilderswil).

The bus stop to Interlaken is directly in front of the hotel (wooden house). Departure times from Bus Nr. 103: every half hour '08 and '42. In the evening from 8.00pm always '38.

The last bus from Interlaken is bus no. 102, which leaves Interlaken West at 22.55. Bus to Iseltwald, once an hour, always '10. The bus stop is in front of the tourist office.

### Stand-up paddles, pedalos and kayaks:

Can be hired at the lido. More Info: [www.hightide.ch](http://www.hightide.ch)

### Bicycles and e-bikes:

At "Flying Wheels" in Interlaken, you can rent bikes by the hour or day.

More info: <https://www.flyingwheels.ch>



## Excursion tips:

### Jet boat:

Based on our own experience, we can highly recommend a trip on a jet boat!  
You can whizz across the lake to the Giessbach Falls and back again at breakneck speed.  
45 minutes for Fr. 99.- per person.

### Paragliding, Skydiving und Riverrafting:

Book your paragliding, skydiving and river rafting directly at the reception!  
Most providers will pick you up directly at the hotel.  
(Except in high season, when the meeting point is at Interlaken Ost station).

### Biking and hiking from Bönigen:

Here are a few suggestions for bike tours from Bönigen:

- **Around Lake Brienz:** A tour that almost has to be done...

Bönigen - Iseltwald - Giessbach - Brienz - Oberried - Niederried - Ringgenberg - Bönigen; total length approx. 36km, duration approx. 2h 40min.

More info: <https://www.interlaken.ch/erlebnisse/tour/brienzersee-loop>

- **Along the Lütschine to Lauterbrunnen:** Nice and shady on hot days...

Bönigen - Wilderswil - Zweilütschinen - Lauterbrunnen - Bönigen

Total length approx. 26km

For those who enjoy walking,

here are a few suggestions for easy hikes and walks:

- **The 3 Waterfalls hike** leads from Bönigen to Iseltwald to the Giessbach and all the way to Brienz. (Total length approx. 6h, but can also be done in sections approx. 1.5 - 2h).

- **Walk along the lake and the Aare** to Interlaken Ost approx. 45min or Interlaken West approx. 1h15min.

- **Walk along the Lütschine to Wilderswil** approx. 1h, return by bus no. 105 to Interlaken West where you change to bus no. 103 Bönigen.

If you want to go higher up, you can get a hiking map of hikes in the Jungfrau region at the Reception.

You can easily reach the starting points by bus no. 103 to Interlaken Ost and from there by train in the direction of Lauterbrunnen or Grindelwald.

For a longer stay, the Jungfrau Travel Pass is worthwhile; it allows you free travel on the entire Jungfrau Railway network for 3 - 8 days.

## Harder Kulm – Interlaken's local mountain



Within 10 minutes you can take the funicular from Interlaken Ost up to the Harder Kulm.

From here you can go on smaller and larger circular hikes or simply enjoy the beautiful view of the Eiger, Mönch, Jungfrau and the two lakes while having a coffee in the restaurant.

The funicular runs from 09.10am every half hour from the valley station to the summit. The last ascent is at 8.55pm

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## Brienz Rothorn Train



Climb the mountain with the 124 year old steam cogwheel railroad with huffing and puffing: past forests and flowering meadows until an increasingly breathtaking view opens up little by little. From the top, with good visibility, you can discover more than 100 mountain peaks.

Once at the top, you will be offered various hiking opportunities;

For those who prefer a short walk, the Edelweiss trail is a good choice, enjoy the wonderful view over the Swiss Alps while walking up to the summit. This easy hike takes about 15 minutes each way.

If you like it a bit more challenging and have packed good shoes, then we recommend the hike to the Planalp middle station. The path leads across alpine pastures past alpine huts, in about 1h 45min down to Planalp. Here you can board the train again and be transported comfortably down to the valley.

The valley station is located in Brienz just opposite the Zentralbahn train station.

## Schynige Platte



*From Wilderswil, the cogwheel railway takes you up to the Schynige Platte. During the 50-minute ride up the mountain, you can enjoy a wonderful view of Interlaken and the surrounding mountains.*

*Once at the top of the mountain, it is worth taking a detour to the Alpine Garden. Here, from the end of May to mid-September, alpine flowers bloom in brilliant colours. The plant species that thrive in their natural environment are marked with a plaque. This makes it easy for even a layman to distinguish the different species.*

*For experienced hikers with good shoes, the Schynige Platte is a nice start for various high-altitude hikes:*

### **The Panorama Trail:**

*Schynige Platte-Lauchernhorn-Schynige Platte (2h30).*

*Or the day tour Schynige Platte- Faulhorn -First (6h10)*

## *By boat on Lake Brienz*



*The Bönigen boat station is directly in front of the house.*

*Treat yourself to a relaxing day on and around Lake Brienz.*

*In summer, the boats leave every hour. The first one departs from Bönigen at 9.25 am and the last one at 4.25 pm.*

*Combine your boat trip with a walk along the lakeshore.*

*e.g. from Iseltwald to Giessbach or vice versa, 1 ½ hours each way.*

*A beautiful hike is "The path of the three waterfalls" from Bönigen to Brienz.*

*This trail can be hiked comfortably in three stages.*

*- From Bönigen a newly created hiking trail leads to the two waterfalls Erschwanden and Mülibach (approx. 2.5 hrs.), the Mülibach is located above Iseltwald.*

*- If you continue your hike, the high-level trail continues after the Mülibach waterfall to the Giessbach Falls (approx. 1.5 hrs).*

*- The last section then leads from the historic Hotel Giessbach along the lake to Brienz (approx. 1 hour).*

*The entire hike takes approx. 5 hours. Good shoes are required.*

## Rainy weather excursions

### *St. Beatus Caves*



*Experience the fascinating stalactite caves and immerse yourself in the mystical nature park of the legendary St. Beatus, who, according to legend, fought a dragon in the 6th century in order to live out his eremitic existence in the caves.*

*A beautiful walk leads from the car park through the forest up to the cave entrance. It crosses the waterfall tumbling out of the cave with several bridges.*

*Thanks to electric lighting and secured paths, 1 kilometre of the extensive cave system is easily accessible.*

*The tour of the caves takes you through enormous stalactite formations, wide halls and gorges. Let yourself be enchanted by the unique shapes and colours. The experience of this unique natural world underground will leave you in awe!*



## Trümmelbach Falls



Lauterbrunnen is the valley of waterfalls.

Admire the picturesque and thundering waterfalls during a hike from Lauterbrunnen to Stechelberg. The hike is quite flat and therefore also suitable for prams.

A highlight in the Lauterbrunnen Valley are the Trümmelbach Falls. These ten glacier waterfalls inside the mountain are unique in Europe. The falls have been made accessible by stairs, bridges and a tunnel lift. An unforgettable experience for young and old.

## BALLENBERG - Open-Air Museum of Switzerland



Rediscover Switzerland at Ballenberg:

More than 100 original, centuries-old buildings from all parts of Switzerland, 250 native farm animals, original gardens and fields, as well as events and demonstrations of traditional crafts show the rural life of yesterday and inspire for today and tomorrow.

**Tips for families:**

- Playground, petting enclosure and carousel.
- Try out children's games
- "House to touch" - everything can be touched and explored
- Children's exhibition "Magic Forest
- Making bricks