



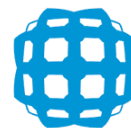
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# Welcome to Switzerland

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A complete guide for  
your stay in Lausanne  
during the 15th  
CSCWD Conference

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**CSCWD**





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## I. Switzerland and the Lausanne region

By its central geographical location, Switzerland is an ideal international destination for business, incentive and leisure travel. It is a country with many different facets. It unites an impressive variety of landscapes in a small geographical area and benefits from an exceptional natural heritage. As an important centre for communication and transport between the countries of Northern and Southern Europe, it has a common frontier with Germany, France, Italy, and the Principality of Liechtenstein. The Alpine Arc, just a few kilometers away from Lausanne, features some of the finest mountain peaks like the Matterhorn, Mont Blanc or the Jungfrau, and spectacular passes: Grimsel, St Gotthard, Simplon and Great St Bernard. These natural assets are further enhanced by security and dependability, Swiss values *par excellence*.



The second largest city on the shore of Lake Geneva, Lausanne combines the dynamics of a business town with its ideal location as a holiday resort. Sport and culture are a golden rule in this Olympic capital. Nature, historic town, contemporary architecture, and exceptional surroundings: the Olympic capital is a model of the art of living and of cultural events. No need to wear out your shoes to visit the town and its region. A dense public transport network gives you the freedom to go from the lakeside to the trendy

neighborhoods within minutes. Considered as one of the greenest towns in Europe, Lausanne gives preference to soft mobility: bikes are available for free, so hikers can explore the Lavaux vineyard trails. As one of the leading gastronomic regions throughout the world, Lausanne is the home of plenty of star-studded chefs, tables d'hôte and typical inns. Culinary... and cultural diversity: over twenty museums, theatres, concerts and the Lausanne Béjart Ballet. The town is the stage of permanent activities, for example the event "Lausanne Estivale" offering 400 free-of-charge shows every year.





## II. Access to Lausanne

### ...from Geneva International Airport



If you are arriving by airplane in Geneva, multiple types of transport are available on site to get to Lausanne. As the airport is divided into the French and Swiss side, it is important to exit through the Swiss side if you are transferring from a French airport.

#### By train

The train station is located inside the T1 terminal, with trains leaving 5 times every hour. Tickets can be purchased from the machines located in the station (CHF, Euro or credit cards), from the station counters and also from the CFF online shop ([www.sbb.ch/en/](http://www.sbb.ch/en/)). If you wish to acquire an unlimited public transport pass for either 4, 8, 15 or 22 consecutive days or one entire month, you can purchase a Swiss Pass at [www.railaway.com](http://www.railaway.com).

| From Geneva Airport<br>To Lausanne | Length | Connexions | Frequency | Standard fair |
|------------------------------------|--------|------------|-----------|---------------|
|                                    | 45 min | 0          | 5/h       | 25 CHF.-      |

#### By car

If you wish to access Lausanne by car, you can either get a taxi in front of the terminal or hire a rental car at the company desks on the arrival floor. The fastest route is the A1 motorway heading north. Access the center of Lausanne by using the “Lausanne Sud” exit.

| Car Rental Company | Phone               | Web  | Opening hours |
|--------------------|---------------------|--|---------------|
| Alamo              | +41 (0)22 717 84 30 | <a href="http://www.alamo.com">www.alamo.com</a>             | 7:00 – 23:00  |
| AVIS               | +41 (0)22 929 03 30 | <a href="http://www.avis.ch">www.avis.ch</a>                 | 6:30 – 23:30  |
| Budget             | +41 (0)22 929 03 30 | <a href="http://www.budget.com">www.budget.com</a>           | 6:30 – 23:30  |
| Europcar           | +41 (0)22 717 81 10 | <a href="http://www.europcar.ch">www.europcar.ch</a>         | 7:00 – 23:30  |
| Hertz              | +41 (0)22 717 80 80 | <a href="http://www.hertz.ch">www.hertz.ch</a>               | 7:00 – 23:30  |
| National           | +41 (0)22 717 84 30 | <a href="http://www.nationalcar.com">www.nationalcar.com</a> | 7:00 – 23:00  |
| Sixt               | +41 (0)22 717 84 10 | <a href="http://www.sixt.com">www.sixt.com</a>               | 7:00 – 23:30  |





- **Taxi** : TAXI Phone Central  
Phone: +4122 33 141 33  
www.taxi-phone.ch



| From Geneva Airport To<br>Lausanne | Transport  | Distance | Cost                  |
|------------------------------------|------------|----------|-----------------------|
|                                    | Rental Car | 65 km    | 39 Chf.- (Chf 0.6/km) |
|                                    | Taxi       | 65 km    | About 250.-           |

### ...from Zurich Airport



Zurich is the second closest airport to Lausanne after Geneva International Airport.

### **By train**

Zurich Airport has a railway station with trains leaving for Lausanne at least every half hour. Tickets can be purchased from the machines located in the station (CHF, Euro or credit cards), from the station counters and also from the CFF online shop ([www.sbb.ch/en/](http://www.sbb.ch/en/)). If you wish to acquire an unlimited public transport pass for either 4, 8, 15 or 22 consecutive days or one entire month, you can purchase a Swiss Pass at [www.railaway.com](http://www.railaway.com).

| From Zurich Airport To<br>Lausanne | Length    | Connexions | Frequency | Standard fair |
|------------------------------------|-----------|------------|-----------|---------------|
|                                    | 2 ½ hours | 0          | 2/h       | 71 Chf.-      |

### **By car**

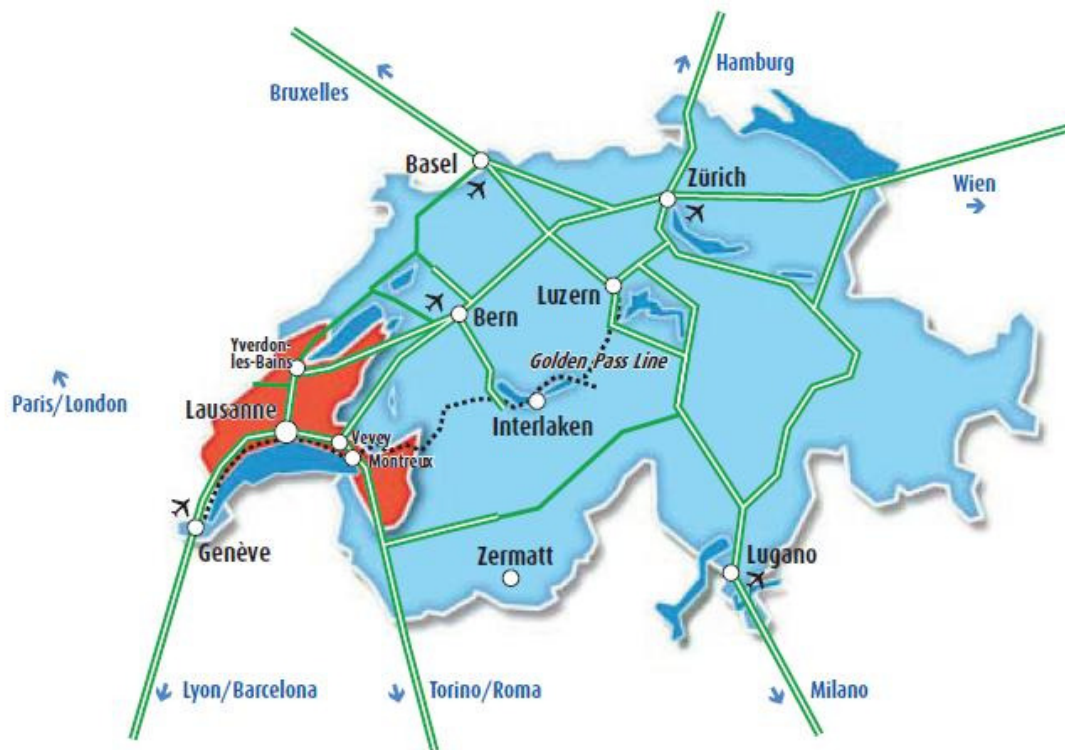
| Car Rental Company | Phone               | Web  | Opening hours |
|--------------------|---------------------|--|---------------|
| AVIS               | +41 (0)44 800 77 30 | <a href="http://www.avis.ch">www.avis.ch</a>                 | 6:30 – 23:30  |
| Budget             | +41 (0)44 800 77 30 | <a href="http://www.budget.com">www.budget.com</a>           | 6:30 – 23:30  |
| Europcar           | +41 (0)43 255 56 56 | <a href="http://www.europcar.ch">www.europcar.ch</a>         | 7:00 – 23:30  |
| Hertz              | +41 (0)43 816 32 17 | <a href="http://www.hertz.ch">www.hertz.ch</a>               | 7:00 – 23:30  |
| National           | +41 (0)43 816 32 90 | <a href="http://www.nationalcar.com">www.nationalcar.com</a> | 7:00 – 23:00  |
| Sixt               | +41 (0)43 816 35 23 | <a href="http://www.sixt.com">www.sixt.com</a>               | 7:00 – 23:30  |

- **Taxi:** Airport taxi  
Phone: +41 (0)44 366 61 31

| From Zurich Airport To<br>Lausanne | Transport  | Distance | Cost                   |
|------------------------------------|------------|----------|------------------------|
|                                    | Rental Car | 230 km   | 138 Chf.- (Chf 0.6/km) |









### III. Restaurants in Lausanne

In the Olympic Capital as well as its immediate surroundings, there is an absolutely extraordinary wealth of good eateries. From little bistros to temples of fine dining, from brasseries to exclusive caterers, from Italian food to exotic tastes, the cuisine captivates the five senses of foodies and gourmets, be they novice, regular or experienced.

Bellow is an assortment of restaurants that might suit your culinary needs. For additional information and an extended list of restaurants in the region, visit the Lausanne Tourism website ([www.lausanne-tourisme.ch/restaurants](http://www.lausanne-tourisme.ch/restaurants)).

#### *Swiss – Regional restaurants*

##### **Café Romand**

Phone : +41 (0)21 312 63 75  
Place St. François, 2  
Metro: Flon  
Bus: Saint François  
9 AM - 1 AM  
Average price: CHF 20.-

##### **Chalet Suisse**

Phone : +41 (0)21 312 23 12  
Route du Signal, 40  
Metro: Signal  
10 AM – 11.45 PM  
Average price: CHF 45.-

##### **Café de Grancy**

Phone: +41 (0)21 616 86 66  
Avenue du Rond Point, 1  
Metro: Grancy  
8 AM - 12 PM  
Average price: CHF 35.-

#### *French Restaurant*

##### **Bleu Léopard**

Phone: +41 (0)21 321 38 32  
Rue Enning, 10  
Metro: Bessière  
7 AM – 3 AM  
Average price: CHF 17.-

##### **Café Beau Rivage**

Phone : +41 (0)21 613 33 33  
Place du Port, 17  
Metro: Ouchy  
9 AM – 11.30 PM  
Average price: CHF 60.-

##### **Minuit Soleil**

Phone : +41 (0)21 323 53 64  
Rue central, 23  
Metro: Bessière  
9 AM – 12 PM  
Average price : CHF 38.-





## ***Italian Restaurants***

### **Ticino**

Phone : +41 (0)21 320 32 04  
Place de la Gare, 12  
Metro: Gare CFF  
6.30 AM – 11.30 PM  
Average price: CHF 25.-

### **L'Accademia**

Phone: +41 (0)21 613 34 34  
Place du Port, 11  
Metro: Ouchy  
12 AM – 2 PM and 7 PM - 9 PM  
Average price: CHF 100.-

### **La Bruschetta**

Phone : +41 (0)21 312 57 34  
Avenue de la Gare, 20  
Metro: Gare CFF  
11.30 AM – 2 PM and 6.30 PM - 10.45 PM  
Average Price: CHF 15.-

## ***Mediterranean Restaurants***

### **Café du Simplon**

Phone: +41 (0)21 616 31 04  
Rue du Simplon, 17  
Metro: Grancy  
7 Am – 11.30 PM  
Average price: CHF 20.-

### **Le Lyrique**

Phone : +41 (0)21 312 88 87  
Rue Beau Séjour, 29  
Metro: Grancy  
6.45AM – 12 PM  
Average price: CHF 45.-

### **La Suite**

Phone : +41 (0)21 320 60 30  
Rue du Petit-Chêne, 28  
Metro: Gare CFF  
12 AM – 2 PM and 7 PM – 10 PM  
Average price : CHF 40.-

## ***Chinese- Asian Restaurants***

### **Ma Jong**

Phone : +41 (0)21 329 05 25  
Escalier du Grand-Pont, 3  
Metro : Flon  
11.30 AM – 11 PM  
Average price: CHF 17.-

### **Chinatown**

Phone : +41 (0)21 312 39 34  
Rue Grand Saint Jean, 1  
Metro : Flon or Riponne  
11.30 AM – 2.30 PM and 6.30 PM – 10.30 PM  
Average price: CHF 45.-

### **Au Canard pekinois**

Phone: +41 (0)21 329 03 23  
Place Chauderon, 16  
Metro/Bus : Chaudron/Beaulieu  
11 AM – 2.30 PM and 7 PM – 10.30 PM  
Average price: 45.-





1. Chinatown
2. Au Canard Pekinois
3. Ma Jong
4. Café Romand
5. Café de Grancy
6. Minuit Soleil
7. Bleu Léopard
8. Table d'Edgard
9. l'Academia
10. Café Beau Rivage
11. Ticino
12. Café du Simplon
13. La Suite
14. La Bruschetta
15. Le Lyrique



## IV. Transport in Lausanne

During your stay in the Olympic Capital, you may want to take advantage of the Lausanne public transport network. Visitors staying in hotels are entitled to the “Lausanne Transport Card” which grants them access to all public transports within the Lausanne region. If you wish to acquire an unlimited public transport pass for 4, 8, 15 or 22 consecutive days or one entire month, you can purchase a Swiss Pass at [www.railaway.com](http://www.railaway.com).

### Bus and Metro

- **Transports Publics de la région Lausannoise**  
15, chemin du Closel ; 1020 Renens  
Phone : +41 (0)21 621 01 11  
Infoline : 0900 564 900 (Chf 0.86/min)  
Web : [www-t-l.ch](http://www-t-l.ch)  
See map page 16

### Train

- **Chemins de fer fédéraux (CFF)**  
5 a, place de la Gare ; 1003 Lausanne.  
Info service CFF: 0900 300 300  
Web: [www.cff.ch](http://www.cff.ch)

### Taxis

| Company             | Telephone    | E-mail   |
|---------------------|--------------|--|
| AB Taxis            | 0800 220 250 | X  |
| Allô Taxis          | 0800 870 872 | X  |
| Taxiphone           | 0844 810 810 | <a href="http://www.taxiphone.ch">www.taxiphone.ch</a>       |
| Taxis Services Sàrl | 0844 814 814 | <a href="http://www.taxiservices.ch">www.taxiservices.ch</a> |

### Car Rental

| Company    | Address                                  | Phone               | Web  |
|------------|--|---------------------|--|
| Aloc-Cars  | 3, place de la Gare<br>1003 Lausanne     | +41 (0)21 311 12 06 | <a href="http://www.aloc-cars.ch">www.aloc-cars.ch</a> |
| Avis       | 50, avenue de la Gare<br>1003 Lausanne   | +41 (0)21 340 72 00 | <a href="http://www.avis.ch">www.avis.ch</a>           |
| Europcar   | 2, av. Louis –Ruchonnet<br>1003 Lausanne | +41 (0)21 319 90 40 | <a href="http://www.europcar.ch">www.europcar.ch</a>   |
| Hertz Sàrl | 17, place du Tunnel<br>1005 Lausanne     | +41 (0)21 312 53 11 | <a href="http://www.hertz.ch">www.hertz.ch</a>         |





## Boat

- **Compagnie Générale de navigation sur le Lac Léman (CGN)**  
Phone: 0041 (0)848 811 848  
Web: [www.cgn.ch](http://www.cgn.ch)

## Reduced mobility

- **TL – Transports Publics de la region Lausannoise**  
All metro platforms have access ramps or lifts. On buses, the front door is reserved for people with reduces mobility. Ask the driver for help.
- **Taxiphone “taxiHandic”**  
Vehicle equipped to transport one person in a wheelchair and five other people.  
Phone: 0844 810 810

## Bicycles

- **Free service Bicycles “Lausanne Roule”**  
Phone: 0041 (0)21 533 01 17  
Operates as free access, 7/7 days, 24/24 hours  
Full day ticket: CHF 5.-  
*You can borrow a bike at one station and return it to another.*







## V. Useful Information

- Currency

Please note that Switzerland remains with the Swiss franc, usually indicated as CHF. While Switzerland is not part of the European Union and thus is not obliged to convert to the Euro, many prices are nonetheless indicated in Euros so that visitors may compare prices. Merchants may accept Euros but are not obliged to do so. Change given back to the client will most likely be in Swiss francs.

- Information centers

The two information and reception centres of the tourist office are located in the railway station and in the Ouchy district down by the lake. They are linked to the historic centre by the m2 metro line. Make sure you drop in there to take advantage of the thousands of services on offer – ticket office, travel passes, area map, recommended itineraries, documentations, hotel and restaurant information, help and security services, etc. – and find out about current cultural and leisure events, some of which you can attend free of charge.

|                           |  |
|---------------------------|--|
| <i>Lausanne Tourisme:</i> | Avenue de Rhodanie 2,<br>Case postale 49<br>1000 Lausanne 6<br>Phone : +41 (0)21 613 73 73 |
|---------------------------|--|

- Opening hours

Most shops and businesses have the same opening hours:

|                        |                   |            |
|------------------------|-------------------|------------|
| Mon-Fri: 08:00 – 19:00 | Sa: 08:00 – 18:00 | Su: closed |
|------------------------|-------------------|------------|

- Emergencies

Ambulance: call 144

Police: call 117





# Swiss Public Transport Passes



## Swiss Pass

The Swiss Pass affords you unlimited travel on Swiss Travel System's public transport network on either 4, 8, 15 or 22 consecutive days or one entire month. Choose your personal travel route from approximately 20'000 kilometers of train, (postal) bus or boat routes. Your personal choice includes the classic scenic routes, the public transport systems of 41 Swiss cities, and gives you [50% discount on most mountain-top trains and cable cars](#). To top it off, you will profit from [free entries to approx. 400 museums](#) and other interesting discounts accorded to you by our [Bonus Partners](#).

### Prices (per person)

4 days pass CHF 260.-  
8 days pass CHF 376.-

## Swiss Flexi Pass

The Swiss Flexi Pass allows travelers to freely choose their traveling days. You may travel on the Swiss Travel System network for 3, 4, 5 or 6 non-consecutive days within a month; on the selected days, you are offered the same great possibilities as when traveling with a Swiss Pass. With the Swiss Flexi Pass, you get on those days validated for free travel the free Admission to museums and the other discounts. On the days between the first and the last validated day, your Swiss Flexi Pass offers a 50% discount on train, (postal) bus and boat rides, as well as on most mountain-top excursions.

### Prices (per person)

3 days in one month pass CHF 249.-  
4 days in one month pass CHF 302.-

***All given prices are indicative only (state summer 2010) and subject to change***

Where to buy your Swiss pass:

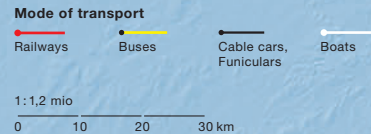
<http://www.swisstravelsystem.ch/en/content/offer/ticket-shop/verkaufsstellen/>

Travel network covered by the Swiss Pass and Swiss Flexi Pass on the map hereafter



# Synoptic Map

Due to lack of space not all lines are indicated. Subject to alterations.



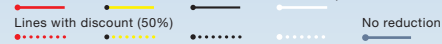
## Area of validity Swiss Pass | Swiss Flexi Pass | Swiss Youth Pass

Lines for unlimited travel, with the Swiss Flexi Pass also for additional tickets at half price



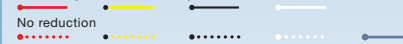
## Area of validity Swiss Card

Lines for 1 journey: Round-trip Swiss border/airport – destination and back for unlimited travel at half price



## Area of validity Swiss Transfer Ticket

Lines for 1 journey: Round-trip Swiss border/airport – destination and back



A seat reservation (incl. supplement) is required to travel in some trains/buses/boats such as Glacier Express, Bernina Express, Wilhelm Tell Express, Swiss/Chocolate Train, Palm Express, etc. On some postbus routes (e.g. Alpine passes) a supplement (Alpine Ticket) and/or a seat reservation is required.

② Half-price reduction not granted.





## VII. Your venue: the Lausanne Olympic Museum

### The Olympic Experience



The 15<sup>th</sup> CSCWD Conference will be held in the world renowned Olympic Museum. This inspiring venue is one of the most beloved locations in the region and attracts people from around the globe. The universal values upheld by the ancient sporting institution are embodied and conveyed by this singular place.

The museum's setting is as unique and remarkable as the Olympic story itself. Perched on the lakeside hill facing the Alps, the building is surrounded by stunning gardens and art pieces. On the inside, the modern architecture shelters various expositions pertaining to the history of the Olympic Games and the legends that helped make it into the event it is today. It is the home to many invaluable objects like the many different torches used during the various editions or pieces of equipment worn by gold winning athletes.

Visiting the museum reveals itself to be an interesting and stimulating experience. The exhibits are lively and interactive, making it easy to immerse yourself in the exploits of the past. The museum also has a library, a video library, an Olympic study center, an auditorium and a panoramic restaurant.



### The Conference

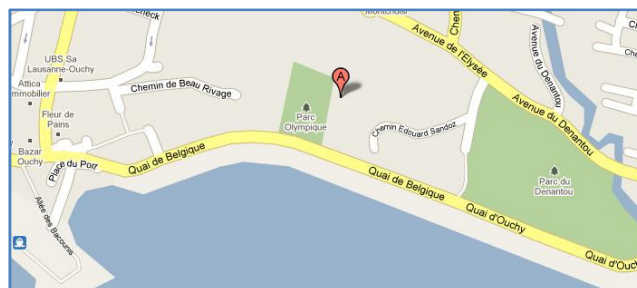
Besides from its expositions, the Olympic Museum also acts as a privileged conference center. The entire CSCWD Conference will take place in this beautiful building. The main conferences will take place in the multi-purpose auditorium (seating capacity of 170) whereas the workshops will be held in three meeting rooms with a maximum capacity of 60 each. Coffee breaks and lunch will be served on location.

A registration and information desk will be present on location for participants to pick up their badge and gift bags.

### Access

The Olympic Museum is easily accessible. From the Place du Port in Ouchy, the park entrance is about 300 meters away. Once you have arrived at the Olympic Fountain, go through the park by foot or by escalator.

| Car Parking  | Public Transports  |
|--|--|
| <ul style="list-style-type: none"><li>• Parking « Navigation » (800m)</li><li>• «Beau-Rivage Palace» Parking</li></ul> | <ul style="list-style-type: none"><li>• Line 2: stop at Croix-d'Ouchy</li><li>• Line 8 and 25: stop at Musée Olympique</li><li>• Metro M2: stop at Ouchy</li></ul> |





## Tourism Activities

Switzerland is known around the world for its fine chocolate, precise watches and breathtaking mountain panoramas. This is a selection of activities you won't want to miss while visiting Switzerland.

As these activities are not organized, this selection is complete with suggestions concerning transportation options (train, bus, lifts, boats, etc.) you might want to use outside of Lausanne. We recommend you purchase a Swiss Pass which gives access to all of Switzerland's public transportation as well as half price entrances to museums.

For Swiss Pass information and purchase: [www.swisstravel.com](http://www.swisstravel.com)

For bus and train schedules: [www.sbb.ch](http://www.sbb.ch)

### Zermatt



Located 177 Km from Lausanne, Zermatt gives you the opportunity to see the most photographed mountain in the world: the Matterhorn. The small village of Zermatt, surrounded by the beautiful Alps, is considered to be one of Switzerland's loveliest sites. The climate is usually favorable with 300 sunny days a year which makes for great photos and an unforgettable day.

For additional information about Zermatt: [www.zermatt.ch](http://www.zermatt.ch)

#### Option 1: Gornergrat and tour of Zermatt

With its panoramic terrace perched at 3089 meters, the Gornergrat is one of the most appreciated sites in Switzerland. The view is truly breathtaking with a panorama on the Mont Rosa, the Gorner glacier and 29 other peaks over 4000 meters. Getting there from the Zermatt station with the highest railway in Europe is by itself an incredible experience!

- **Public transport**

Take the train heading to Brig at Lausanne Train Station.  
Stop at Visp to transfer to train heading to Zermatt.  
Duration of trip: 2h45 min (roundtrip)

- **All inclusive Train Fare (without Swiss Pass)**

You can purchase an all-inclusive train ticket at Lausanne Train Station which covers the Lausanne to Zermatt trip as well as the train ride up to Gornergrat. Prices are CHF 177.60.- for adults and CHF 88.80.- for children.





## Option 2: Matterhorn Glacier Paradise and Schwarzsee Paradise

Discover mystical, icy worlds in the highest glacier palace in the world. You arrive at the glacier palace with one of the 2 lifts directly from the Matterhorn glacier paradise station. You then walk into the palace through an ice tunnel that is almost fifteen meters below the surface of the glacier. Discreet lighting and ethereal sounds accompany you through a minor wonder of the world of glaciers. Information about the creation of the glacier palace, glaciology and impressive statues sculpted from ice round off an experience of a very special kind.



Schwarzsee Paradise is a marvelous lake at the foot of the Matterhorn can be reached in only 12 minutes from the Matterhorn Express Valley Station. To access from the Matterhorn Glacier Paradise: 1. Take the lift to Ganderegg Hütte station 2. Change lifts and take the one going to Furgg 3. Take the final lift going to Schwarzsee Paradise.

- **Public transport**

Take the train heading to Brig at Lausanne train station.

Stop at Visp to transfer to train heading to Zermatt.

*Duration of trip: 2h45 min (roundtrip)*

- **Fares (without Swiss Pass)** Matterhorn Glacier Paradise and Schwarzsee paradise (Ice palace entrance and train included)

|                       |           |
|-----------------------|-----------|
| Adult:                | CHF 228.- |
| Young (1989-1992):    | CHF 146.- |
| Children (1993-1999): | CHF 134.- |

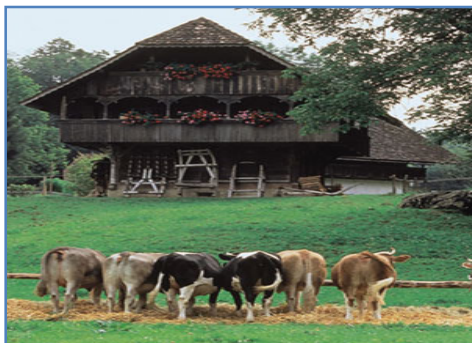
- **Fares with Swiss Pass**

Matterhorn Glacier Paradise and Schwarzsee paradise (ice palace entrance and 50% off ski lifts)

|                       |             |
|-----------------------|-------------|
| Adult:                | CHF 41.-    |
| Young (1989-1992):    | CHF 36.50.- |
| Children (1993-1999): | CHF 31.50.- |

## Ballenberg

### Excursion at the Swiss Open Air Museum Ballenberg



Experience Switzerland as it used to be. More than one hundred century-old buildings from all over Switzerland, 250 farmyard animals, traditional, old-time gardens and fields, demonstrations of local crafts and many special events create a vivid impression of rural life in days gone by. Ballenberg is indeed unique.

For additional information about Ballenberg: [www.ballenberg.ch](http://www.ballenberg.ch)



- **Public Transport**

Take the train heading to Bern (platform 1) at Lausanne train station.  
Change trains in Bern and take the one heading to Interlaken (platform 7).  
Once in Interlaken Ost, take the train to Brienz (platform 1).  
In Brienz, take the postal bus 107 heading to Ballenberg.  
*Duration of trip: 3h08 (one way)*

- **Fares with Swiss Pass**

Transport and Museum free of charge with Swiss Pass

- **Fare (without Swiss Pass)**

All inclusive (Round-trip train ticket and museum entrance)

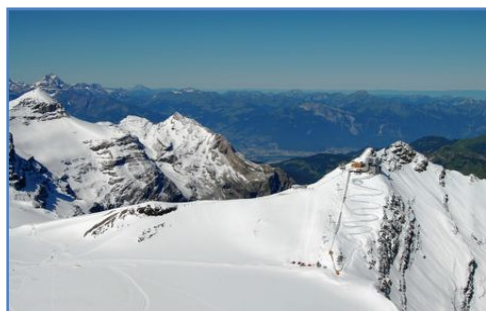
Adults: CHF 127.80.-

Children: CHF 69.40.-



## Les Diablerets and Gstaad

### Excursion at Glacier 3000 and Gstaad village



The Diablerets glacier (3000m) offers a superb view over the Swiss Alps and many activities during the summer season such as hiking, paragliding and even an alpine coaster. On your way back to Lausanne, take a walk through the beautiful and world renowned Gstaad ski station.

For additional information about Glacier 3000: [www.glacier3000.ch](http://www.glacier3000.ch)

For additional information about Gstaad: [www.gstaad.ch](http://www.gstaad.ch)

- **Public Transport**

→ Lausanne to Glacier 3000:

Take the train heading toward Brig (platform 3) at Lausanne train station. Stop at Aigle.

In Aigle, take the TPC train heading to Les Diablerets (platform 13/14)

Once in Les Diablerets, take the bus going to Col du Pillon

Take the ski lift up to Glacier 3000

*Duration of trip: 2h30*

← Glacier 3000 to Lausanne via Gstaad:

Take the bus heading to Gstaad Bahnhof from Col du Pillon. Stop at Gstaad Bahnhof.

Take the MOB train heading to Montreux (platform 2). Stop at Montreux.

In Montreux, take the train heading to Lausanne (platform 1).

*Duration of trip: 2h20*

- **Fares with Swiss Pass**

Adults: CHF 39.-

Children: CHF 19.50.-

- **Fares (without Swiss Pass)**

Adults: CHF 147.20

Children: CHF 74.10





## Jungfrauoch-Top of Europe



The unforgettable trip to our high-Alpine wonderland of eternal ice and snow is the true "highlight" of a visit to Switzerland. At an amazing 3454 metres, this is Europe's highest-altitude railway station :100% guarantee of snow & ice! The Sphinx observation hall and terrace, the glistening Ice Palace, a walk on the eternal snows of the Jungfrau plateau. Amazing year-round attractions on the Jungfrauoch-Top of Europe

### **A remarkable route:**

Interlaken Ost - Lauterbrunnen - Kleine Scheidegg - Jungfrauoch - Grindelwald - Interlaken Ost.

This unique round-trip by modern cogwheel railway takes you first to Kleine Scheidegg, altitude 2061 metres, at the foot of the notorious Eiger North Wall. From here the Jungfrau Railway climbs to the station at Eigerletscher , well known for its mountain restaurant.

The trip continues through the Eiger tunnel to the stations at Eigerwand and Eismeer, with a five minute halt at each. Enjoy spectacular sightseeing through large observation windows hewn from solid Alpine rock.

And then the arrival on the Jungfrauoch, in the heart of a glorious glacier world on the very roof of Europe! Superb views extend as far as the summits of the Vosges Mountains in France and the Black Forest in Germany. The Great Aletsch Glacier, at 22 km the longest ice-stream in the Alps, begins on the Jungfrauoch-Top of Europe.

***Don't forget to wear good shoes, sun glasses and take some warm clothes with you as the temperature at 3'600m. is rather low even in summer!***

- **Fares with Swiss Pass**  
Adults: CHF 122.- (from Grindelwald)
- **Fares (without Swiss Pass)**  
Adults: CHF 284.-



# Gruyères

## Tour of the Gruyères castle and cheese factory



At the foot of the Pre-Alps, you will be enchanted by the charm and picturesque architecture of the medieval town of Gruyères. The town has given its name to the area and to its delicious cheese. Come and explore a little town that's been unaffected by the passage of time, built in a superb setting.

A visit to the castle is a journey across eight centuries of architecture, history and culture. "Gruyères" is a thrilling multimedia show (images, music, light and sound) available in 8 languages; it brings the visitor out of time, on a discovery of the wonderful story of the castle. Every day, every 30 minutes.

Situated in the very centre, near the alpine pastures and at the foot of the Château de Gruyères, La Maison du Gruyère invites you to discover the king of cheeses: Le Gruyère AOC. There, you'll learn all the secrets about the ancient art of making the famous cheese.

For additional information about Gruyères: [www.la-gruyeres.ch](http://www.la-gruyeres.ch)

- **Public Transport**

Option 1:

Take the train heading to St Gall or Lucerne (platform 1) at Lausanne train station.

Stop at Palézieux.

At Palézieux train station, take the TPF bus heading to Montbovon. Stop at Gruyères

*Duration of trip: 1h30 (one way)*

Option 2:

Take the train heading to Brig (platform 3) at Lausanne train station. Stop at Montreux.

At Montreux station, take the MOB train heading to Zweisimmen and stop at Montbovon.

At Montbovon, take the GFM train heading to Palézieux and stop at Gruyères.

*Duration of trip: 1h48 (one way)*

- **Fares with Swiss Pass**

Adults: CHF 23.-

Children: CHF 14.-

- **Fares (without Swiss Pass)**

Adults: CHF 79.-

Children: CHF 42.-





# Montreux

## Tour of the Chillon Castle and Montreux



Between the shores of Lake Geneva and the Alps, the Chillon castle is an architectural jewel located in the most beautiful setting imaginable. With over 1,000 years of history, the monument has always inspired artists and writers, from Jean-Jacques Rousseau to Victor Hugo and Lord Byron, from Delacroix to Courbet.

Home of the world famous Montreux Jazz Festival, the town of Montreux is part of what is called the “Riviera

Vaudoise” due to its micro-climate. Freddie Mercury and Charlie Chaplin are amongst the many celebrities that have fallen in love with the region’s exquisite and peaceful setting. On the shores of Lake Geneva, the seven kilometres of flower- and palm tree -adorned banks in Montreux offer a sumptuous view of the Alps.

For additional information on the Chillon Castle: [www.chillon.ch](http://www.chillon.ch)

For additional information on Montreux: [www.montreux.ch](http://www.montreux.ch)

- **Public Transport**

→ From Lausanne to Chillon Castle

Take the regional train (S1 or S3) heading to Villeneuve. Stop at Veytaux-Chillon.

The Castle is just a 5 minute walk from the Chillon train stop.

← From Chillon to Lausanne or Montreux by boat

Take CGN boat heading to Montreux at the Chillon docking platform. (the only boat heading to Lausanne with a stop in Montreux is at 13h35)

← From Montreux to Lausanne by train

Take the train heading to Geneva or Geneva airport (platform 1) at the Montreux train station.

Stop in Lausanne.

- **Fares with Swiss Pass**

Adults: CHF 6.-

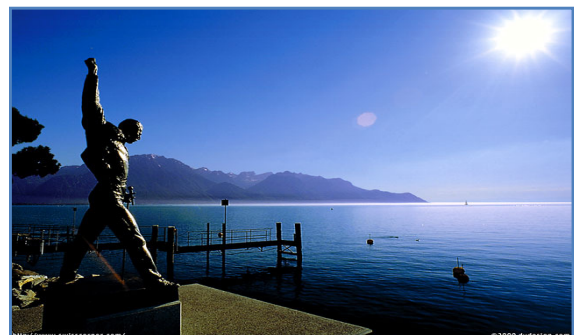
Children: CHF 3.-

- **Fares (without Swiss Pass)**

*Tickets with boat ride from Chillon to Lausanne*

Adults: CHF 37.-

Children: CHF 18.50.-



*Tickets with boat ride from Chillon to Montreux and train ride to Lausanne*

Adults: CHF 30.80.-

Children: CHF 15.40.-



# City Excursions

## Bern

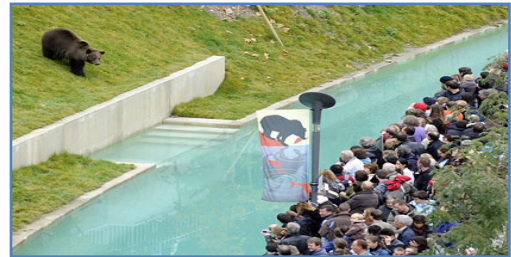


Bern is Switzerland's capital city and has remarkably well preserved its historical aspects through the centuries. The old town was able to be entered onto UNESCO' listing of World Heritage Sites in 1983. Bern has a huge range of things worth seeing –cathedrals, Zytglogge (time clock centre), BearPark, the house and square of Parliament, the River Aare, over 100 fountains, the Lauben, the zoo- all these and much more make Bern a real Mecca for tourists.

For additional information on Bern: [www.berninfo.com](http://www.berninfo.com)

### *Option 1: BearPark*

The new bear park was inaugurated in 2009 and is one of the most popular attractions in the whole city. This tour is quite special for children and adults alike. Paths for visitors follow the Aar River and allow them to get a good close view of the animals. The natural setting allows the bears to live the life they've always wanted in a beautiful setting. This attraction is free of charge.



### *Option 2: House of Parliament*

The House of Parliament is the headquarters of the Swiss Government (Federal Council) and the Parliament (National Council and Council of States). The building was completed in 1902 and the central domed hall and both chambers feature numerous symbolic renderings of Swiss history. Organised tours which last 45 minutes can be booked one day in advance. Visits are free of charge but official ID papers must be left at the front desk.



### *Option 3: Rosengarten*

The rose garden is a large park with a wonderful view of the old town and the Aare river. It is home to 220 different types of roses, 200 types of irises and moor beds with 28 types of rhododendrons. A must see for flower lovers.



### *Option 4: Shopping*

Bern has one of the biggest covered markets in Europe which is easily accessible by from the train station. When leaving the station, turn left and follow Bärenplatz.



- **Public Transport**

Take the train heading to St Gall or Lucern at Lausanne train station. Stop at Bern.

- **Fares with Swiss Pass**

Transports and tours all included

- **Fares (without Swiss Pass)**

Adults: CHF 62.-

Children: CHF 31.-

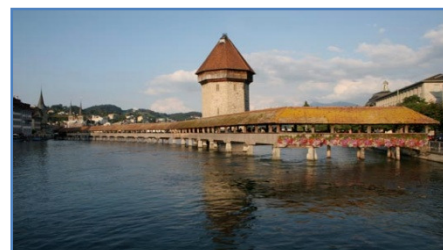
## Lucerne

Lucerne acts as a gateway to a very special part of the world: Central Switzerland. The medieval city, the lake, the mountains, an unmistakeable composition of natural and man-made beauty, time-tested over the centuries and carefully nurtured. Lucerne is a city of culture and style.

For additional information on Lucerne: [www.luzern.org](http://www.luzern.org)

### *The Chapel Bridge:*

Considered the oldest wooden covered bridge in Europe, the Chapel Bridge was constructed in the 14<sup>th</sup> century as part as the city's fortification. It was named after St. Peter's Church which is nearby. The paintings that were added in the 17th century illustrate scenes of Swiss and local history, including the biographies of the city's patron saints, St. Leodegar and St. Maurice.



### *KKL Luzerne (Culture and Convention Center Lucerne):*

The KKL Luzern (Culture and Convention Centre Lucerne) at Europaplatz is the work of the Parisian architect Jean Nouvel. The Concert Hall (1'800 seats) is one of the finest concert halls in the world. The Lucerne Hall, the Convention Centre with the Auditorium, and the Museum of Art – the fourth largest in the world – are also part of this sensational construction.



### *Swiss Museum of Transport:*

The Swiss Museum of Transport is the most diverse museum for transportation and communication in Europe. More than 3,000 items are exhibited in a space as large as 40,000 square meters.





*Rigi:*

Mount Rigi, at 1800 m above sea level, is the «queen of the mountains» for many people, having been the famous mountain in Central Switzerland for over 100 years, where Europe's first cogwheel train was built. Enjoy a fantastic view of the Alps, which includes 13 lakes and extends as far as Germany and France. The excursion to Rigi Kulm is a combination of a cogwheel train ride, an aerial cable-car ride and a boat trip on Lake Lucerne.



- **Public Transport**

→ Lucerne

Take the train heading to Lucerne at Lausanne train station.

*Duration of trip: 2h36*

→ Rigi

Take the train heading to Lucerne at Lausanne train station. There, take the train going to Arth Goldau and then the one heading to Rigi (0h32).

← From Rigi to Lausanne

Take the train from Arth Goldau back to Lucerne. In Lucerne, change trains with the one heading to Lausanne. (3h08)

- **Fares with Swiss Pass**

All included except Museum 50%

|                      |           |             |
|----------------------|-----------|-------------|
| Museum of Transport: | Adults:   | CHF 13.50.- |
|                      | Children: | CHF 7.-     |

- **Fares (without Swiss Pass)**

|                           |           |           |
|---------------------------|-----------|-----------|
| Train Lucerne – Lausanne: | Adults:   | CHF 118.- |
|                           | Children: | CHF 59.-  |

|                       |            |             |
|-----------------------|------------|-------------|
| Train Lucerne – Rigi: | Adults :   | CHF 87.60.- |
|                       | Children : | CHF 43.80.- |

|                      |           |          |
|----------------------|-----------|----------|
| Museum of Transport: | Adults:   | CHF 27.- |
|                      | Children: | CHF 14.- |



## Jura - watch making Country

Switzerland is famous for its watches. Precision has always been the country's key quality. This excursion lets you discover the charming Jura region and specifically the Chaux-de-Fonds which is the heart of Swiss watch making industry.

For additional information on La Chaux-de-Fonds: [www.chaux-de-fonds.ch/](http://www.chaux-de-fonds.ch/)

*International Watch Museum:*

With a collection of over 4000 Swiss and foreign time pieces, the International Watch Museum is the most important specialized watch making museum in the world. Through various expositions, you will discover the art of timekeeping from 1902 to modern days.



*Company visits: Tag Heuer and Girard-Perregaux*

Visit some of the world's most renowned watch making factories and discover what it takes to manufacture pure precision.

To schedule a visit:

- For Tag Heuer: contact +41 (0)32 919 80 00 or [Julie.richard@ne.ch](mailto:Julie.richard@ne.ch) (Chaux-de-Fonds Tourism office)
- For Girard-Perregaux: contact +41 (0)32 911 33 33 or [Julie.richard@ne.ch](mailto:Julie.richard@ne.ch) (Chaux-de-Fonds Tourism office)

- **Public Transport**

Lausanne → International Watch Museum

Take the train heading to Zurich via Neuchâtel at Lausanne train station. Stop at Neuchâtel.

In Neuchâtel, take the train to La Chaux-de-Fonds (platform 7).

To go to Museum from the train station, follow the map below:



- **Fares with Swiss Pass:**

Transport included

Museum entrance:

Adults: CHF 7.50.-

Children: CHF 3.-



- **Fares (without Swiss Pass):**

|                          |           |            |
|--------------------------|-----------|------------|
| Train ticket (roundtrip) | Adults:   | CHF 64.-   |
|                          | Children: | CHF 32.-   |
| Museum entrance:         | Adults:   | CHF 15.-   |
|                          | Children: | CHF 7.50.- |

## Other Activities

### Wellness

- Bains de Lavey - Lavey: [www.lavey-les-bains.ch](http://www.lavey-les-bains.ch)
- SPA Beau Rivage Palace – Lausanne [www.brp.ch](http://www.brp.ch)
- SPA Lausanne Palace - Lausanne [www.lausanne-palace.com](http://www.lausanne-palace.com)

### Activities for young children

- Labyrinthe Aventure – Evionnaz [www.labyrinthes.ch](http://www.labyrinthes.ch)
- Swiss Vapeur Park – Le Bouveret [www.swissvapeur.ch](http://www.swissvapeur.ch)
- Aquaparc – Le Bouveret [www.aquaparc.ch](http://www.aquaparc.ch)

### Museums

- Giannada Foundation – Martigny [www.gianadda.ch](http://www.gianadda.ch)
- Musée du Jeu – La Tour de Peilz [www.swiss-riviera.com/musee-du-jeu/](http://www.swiss-riviera.com/musee-du-jeu/)
- Alimentarium – Vevey [www.alimentarium.ch](http://www.alimentarium.ch)
- Musée des Sciences Naturelles – Lausanne [www.lausanne.ch](http://www.lausanne.ch)
- Fondation de l’Ermitage – Lausanne [www.fondation-hermitage.ch](http://www.fondation-hermitage.ch)
- Musée du pain – Echallens [www.maison-ble-pain.com](http://www.maison-ble-pain.com)

