



Steph's Quick Budget Fact Sheet

Switzerland - Adelboden

Quick Facts

- ✓ **Capital:** Bern
- ✓ **Language:** German, Swiss-German, French, Italian, Reto-Roman
- ✓ **Population:** ± 3,600
- ✓ **Sq. km:** ± 88.2
- ✓ **Currency:** Francs (CHF)
- ✓ **Country code:** +41 (33)
- ✓ **Visa:** Yes, not EU, but Schengen. Info [here](#). EU citizens up to 90 days without registration.
- ✓ **Emergency phone:** 117 (police), 118 (fire), 144 (ambulance),



History Recap Over 1 Drink

1291: Origin Swiss Confederation: 3 cantons form alliance. 1815: Napoleonic Wars – borders & neutrality established. '48: Federal constitution, centralized government. '74: Revised constitution: democracy by referendum. 1914-18: WWI. '19-20: Versailles Treaty → reaffirms neutrality. '20: Joins League of Nations, headquarters in Geneva. '23: Union with Liechtenstein. '39-45: WWII, Federal Council issues declaration of neutrality. Refuses to join UN. '59: Founder member of EFTA. 4 Party Government System. '63: Joins Council of Europe. '67: Right-wing campaigns anti-immigration. '71: Women vote. '85: Referendum: Equal female rights in marriage. Immigrant nr's restricted. '92: Enters World Bank & IMF, but rejects EEC. '94: Referendum: racism & denial of holocaust illegal. Laws against drug traffic & illegal immigrants. '95-98: Releasing pre-WWII Jewish bank accounts to Holocaust survivors. '01: 11 die in Gotthard tunnel crash. Voters reject proposal to reject army. '02: Voted to join UN. Tightening asylum laws. '05: Join EU Schengen. Job market opens to EU. 5-year ban on genetically modified crops. '07: Anti-foreigner politics, only EU friendly. '09: Recession. Ban minarets. '10: Majority women in cabinet. '12: Anti-immigration politics and initiatives continue. '17: Plans to abolish nuclear energy

Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Spring												
Summer												
Autumn												
Winter												
Budget												

Altitude: 1350m. Climate: Marine West Coast Climate (Cfb). High season: Winter, second high season: Summer.

Bucket List For Free

- ☺ **Nature & Walks:** [See blog story] From Adelboden village towards: Tschentenalp (*various trails*); Engstligenfall & Engstligenalp; Löhnerhütte; Bonderfall; Bonderalp; Cholerenschlucht; Bergläger, Chuenisbargli & Hochst; Sillerenbühl & Geils; Aebi; Elsigentalp; Hahnenmoos; Frutigen to Adelboden... With a Gästekarte (*incl. with citytax*) buses in Adelboden & direct region are included.
- ☺ **Swimming Pool:** Panorama Schwimmbad Gruebi, free with Gästekarte.

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- 👍 **Skiing, Snowboarding & other Winter Sports:** [Adelboden-Lenk](#). [Sleighriding best on Tschentenalp].
- 👍 **Igloo Dining:** [Fondue Iglu Engstligenalp](#).
- 👍 **Museums & Sights:** [Heimat Museum](#).

Festivals

- ⚙️ Ski World Cup : Jan.
- ⚙️ Vogellisi Festival: Jul.
- ⚙️ Adelbodner Bierweg: Aug.
- More festivals [here](#).

Budget Bites

⌘ **Supermarkets:** Coop (*expensive*). Closest Lidl / Aldi in Spiez.

⌘ **Local food:** Fondue (*melted cheese*), Rösti (*potato dish*), Zopf (*Sunday bread*), Bürli (*small breads*), Raclette (*grilled cheese dish*), Pastetli (*meat pie*), Rippli (*pork ribs*), Berner Platte (*mixed meat*), Älplermagronen (*potatoes-macaroni dish*), Saffron Risotto, Polenta, Zürcher Geschnetzeltes (*veal with mushrooms*), Rüeblli Kuchen (*carrot cake*), Magenbrot (*sweet bread*), Birchermüesli (*mixed muesli*), Basler Leckerli (*glazed ginger bread*), Büdnernusstorte (*nut pastry*), Meringue, Chocolate, Cheese.

⌘ **Go vegan:** Being vegan is ridiculously easy in Europe, and also in Switzerland. However, don't expect to find much in Adelboden, prepare to self-cater (*and preferably buy your food in Spiez/Thun*): [Happy Cow – Adelboden](#).

Mama Said

☠ Europe is generally safe... and Switzerland is one of the safest countries in Europe. Relax.

☠ Tap water is drinkable. In the Alps you can even drink river water.

☠ People speak a very specific dialect of German, that is basically a language on its own and can't be understood with 'normal' German skills. The dialect is even stronger here in Berner-Oberland. Simply request to speak 'Hoch Deutsch', which is the official language that everyone speaks as well. English isn't widely spoken.

Sleep Cheap

❖ Hostels and alternative accommodation are very expensive in Switzerland, and even more so in Adelboden. Check [Booking.com](#) for deals, but always book directly with accommodation to avoid fees. Also check [Sleep on Straw](#). [Air BnB](#) usually has slightly cheaper deals.

❖ Go [Couchsurfing](#) or Housesitting ([20% discount for Trusted Housesitters via this link!](#)). Also check [WorkAway](#) or [HelpX](#) for work-exchanges. Wild camping generally [not allowed](#), but you can get away with it if you hide well off-trail.

Free-Riding?

■ Adelboden is very small, and everything is at walking distance. In summer this is most likely the reason you are here in the first place.

■ Biking is another fun way to explore. To save up, bring your own bicycle. Rental is pricey.

■ Adelboden has a downtown bus station with intercity lines. Local buses, also to the waterfall, are free of charge with a Gästekarte (*included when paying city taxes, request at hotel reception*). There is no [Flixbus](#) station in Adelboden, Thun is the closest.

■ Adelboden doesn't have a train station. The closest one is in Frutigen, which can be reached with a bus from Adelboden. Public transport and especially train travel is obscenely expensive in Switzerland, especially when bought on the travel day. Book ahead online to find cheaper fares. I found great early-booker deals on: [Trainline](#).

■ Airports: Flughafen Bern (BRN), Luchthaven Zürich (ZRH).

Next?

➔ **In Switzerland:** Spiez, Thun, Interlaken, Bern, Basel, Brienz, Luzern, Skt. Gallen, Zürich.

➔ **International destinations close by:** Italy, France, Germany, Austria, Liechtenstein.