



Dear guests

In this dossier you will find useful information on the following topics :

- General information about the holiday apartment / quick instructions
- Ideas around Adelboden
- Important telephone numbers
- Rental condition
- What to do in case of fire

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In the second folder (inside the TV furniture), you will find the following information:

- Adelboden map, hiking map
further information about Adelboden can be found at www.adelboden.ch or directly at the tourism center at Dorfstrasse 23
- Instructions for use

Information about the Chalet Bonderblick Holiday Apartment

Check – in

You can check in from 3:00 PM. If you arrive earlier, you can store your luggage in advance. Please let us know beforehand.

Check – out

We ask you to leave the apartment by 11:00 AM on the day of departure and to leave the key in the key deposit.

Key Deposit

The key deposit is located on the Hermann family's mailbox. We will send you the access code in advance. Please place the key back in the box upon your departure.

Parking

Next to the chalet, the "Hermann" parking space is reserved for you throughout your stay.

No Smoking

Smoking is prohibited in the entire apartment. You are welcome to smoke on the balcony; an ashtray is provided.

Kitchen

Microwave

Instructions can be found under "Instructions for Use" in the folder inside the TV furniture.

Dishwasher

The dishwasher can be operated with the normal program.



Tabs can be found in the kitchen cabinet opposite the stove. Further information on the dishwasher can be found under "Instructions" in the folder inside the TV furniture.

Coffee Machine

The DeLonghi portafilter coffee machine is operated with E.S.E. pods. Coffee pods and sugar can be found above the coffee machine.

The coffee machine is normally turned on and is in energy-saving mode. This can be seen when the button on the right side is slightly pressed inward.

To make coffee, follow these steps:

1. Press the coffee symbols to preheat the machine (2-3 minutes).
2. The coffee machine is ready when the symbols stop flashing and remain lit.

3. Then place an ESE pod in the portafilter.



4. Insert the portafilter straight and turn it to the mark (requires some force).



5. Start the coffee extraction by selecting the coffee cup symbol (1x coffee/espresso) or the button with 2 cups (large coffee).

Attention: Release the portafilter no earlier than a few seconds after the coffee extraction – the portafilter is under pressure during extraction!

Sleeping and living

Fireplace

You are welcome to use the fireplace. Please note the following:

- The fan switch (to the left of the fireplace, behind the curtain) should be set to ZERO.
- Open the combustion air regulator (slide the latch under the glass door to the left towards the balcony door).
- The kitchen exhaust fan must be turned off.
- Fill with wood, placing the large pieces at the bottom.
- Light it and initially leave the glass door open 1-2 cm.

Once the fire is burning:

- Set the fan (on the wall) to level 1 (or higher) (press the button for a long time).
- Close the glass doors after about 5 minutes.
- Once all the wood has burned, set the fan back to ZERO, and close the combustion air regulator (to the right towards the kitchen).

Firewood, lighters, and matches are located next to the fireplace. Additional firewood is on the balcony.

Box Spring Bed

The bed is from the Swiss brand Johann Jakob. It has two firmness levels: Firm on the window side and Medium on the entrance side. For optimal sleeping comfort, a firmer mattress (Firm) is recommended if you have a higher body weight.

Extra Bed

We are happy to provide an extra bed for your child (up to 3 years old) free of charge – just let us know.

Pull-out Sofa Bed

The sofa in the living room can be pulled out and offers two sleeping places. You can book the additional sleeping option (CHF 20.00 per night/person).

TV

Turning on the TV

1. Turn on the TV using the white remote control.
2. In the menu, start the "Zattoo TV" app.



Turning off the TV

The TV has a standby mode in which images are displayed in a gallery (Samsung "Art Mode"). By briefly pressing the off button on

the white remote control, the TV switches to this mode.

To turn off the TV completely, press and hold the off button until the TV turns off.

TV Troubleshooting

If the app does not load or the TV stutters, you can try turning off the TV completely or restarting the internet.

To do this, unplug the white box labeled Yallo located on the kitchen windowsill and plug it back in. After a few minutes, the internet connection will be reestablished and the app can be restarted on the TV.

Internet

Wireless Internet

5G WLAN-Name: Hermann_5G

Password: Bonderblick_3715

 Hermann_5G

Passwort

Bonderblick_3715



Automatisch erneut verbinden 

 Mehr anzeigen

Verbinden

Guest Bed / Sofa Bed

The sofa can be converted into a bed measuring 140x200 cm.



To do this, follow these steps:

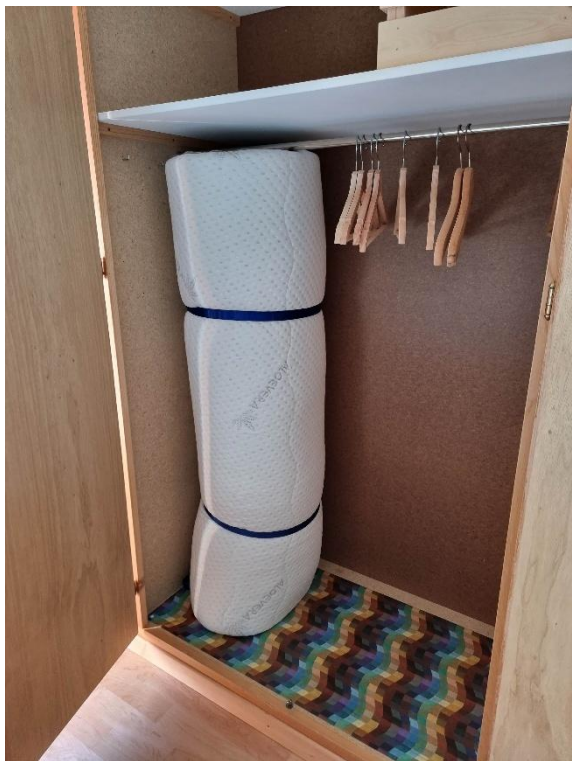
1. Pull the sofa forward and lift it at the same time.



-
2. Fold down the backrest of the sofa.
3. Fold down the armrests.



4. Place the topper on the sofa and secure it. (Toppers, fitted sheets & duvets can be found in the wardrobe).





5. Cover the topper and sofa with a fitted sheet.



Tourist Tax

The following amounts will be charged
(already paid with the prepayment):

Tourist tax per night per adult (from 16 years)
CHF 4.20

Tourist tax per night per child (6 to 15 years)
CHF 2.10

Children up to 6 years old CHF 0.00

In addition to the tourist tax, adults pay a
lodging tax of CHF 1.00 per night to the
canton of Bern.

Benefits:

- Local bus Adelboden (transport included in the guest card)
- Summer hiking trails (approx. 300 km)
- Winter hiking trails (approx. 43 km)
- Mountain bike trails (approx. 155 km)
- Adelboden local history museum
- Leisure and sports arena (discount)
- Cross-country skiing trails (discounted use with guest card)
- Gruebi outdoor swimming pool (entrance included in the guest card)

Garbage

In the apartment, fee-based garbage bags are provided for your use. Once a bag is full, you can dispose of it in one of the public containers. On the way to the town center, there are several containers on the right-hand side where you can drop off the garbage bag.



Activities in Adelboden

Welcome to Adelboden!

This idyllic village in the Bernese Oberland is located at an altitude of 1350 meters, nestled at the end of the picturesque Engstligen Valley, partly on a sunny plateau. Here, you will find peace and pure nature, far away from any traffic noise.

In the summer, Adelboden transforms into a hiking paradise. The Tschentenalp offers magnificent views, and the majestic Engstligen waterfalls are among the highest in Switzerland—a true highlight! Adventurers can explore the Cholerenschlucht or follow the exciting water trails on discovery tours. And the best part: Adelboden is perfect for

families! Children will find endless opportunities to play and explore.

In the winter, Adelboden-Lenk is a true hotspot for winter sports enthusiasts. The famous Chuenisbärgli offers one of the most challenging giant slalom courses of the FIS Ski World Cup. But there's plenty to do off the slopes as well: Snowshoe hikes through the peaceful winter landscape offer breathtaking panoramas. On bad weather days, the sports arena provides a varied program.

Tradition is alive here: On the alpine pastures such as Silleren, Engstligenalp, or Furggi, the delicious Bernese Alpine cheese is still produced. Particularly impressive is the alpine procession, where hundreds of cows and cattle are led along a spectacular path

through the rock walls to the Engstligenalp at 2000 meters above sea level.

Adelboden is the perfect starting point for hikes, snowshoe tours, or simply a relaxing holiday. Sports enthusiasts will find plenty to enjoy here, and the region also has a lot to offer culinary-wise. Numerous restaurants serve regional specialties and international delicacies.

Below you will find ideas for activities and some restaurant recommendations.

Winter Sports

Adelboden is a true winter paradise and a popular destination for skiers, snowboarders, and winter sports enthusiasts of all kinds. Nestled in the stunning landscape of the Bernese Oberland, Adelboden offers a diverse and well-developed winter sports area suitable for all skill levels.

Skiing and Snowboarding

With over 200 kilometers of slopes, Adelboden offers a wide selection of runs. From gentle slopes for beginners to challenging pistes for experienced skiers and snowboarders, there's something for everyone. The Chuenisbärgli is particularly famous as it is part of the FIS Ski World Cup and is considered one of the most challenging giant slalom courses. Here,

winter sports enthusiasts can test their skills and experience the thrill of the World Cup descent. In addition to the Silleren-Chuenis ski area, you can also ski on the Tschentenalp with its breathtaking panoramic views or on the Engstligenalp—the largest high plateau in Switzerland.

<https://adelboden-lenk-kandersteg.ch/aktivitaeten/winter/ski-und-snowboard>

<https://vogellisiberg.ch/>

<https://engstligenalp.ch/>

<https://www.tschentenalp.ch/>

Cross-Country Skiing and Snowshoeing

In addition to the classic ski sports, Adelboden also offers opportunities for cross-country skiers. The well-groomed trails lead through picturesque landscapes and offer ideal conditions for both beginners and advanced skiers.

<https://adelboden-lenk-kandersteg.ch/aktivitaeten/winter/langlaufen>

For those who want to enjoy the winter tranquility away from the slopes, snowshoeing is a perfect alternative. Numerous routes lead through snow-covered forests and across open fields, always accompanied by stunning panoramic views of the surrounding mountains.

<https://adelboden-lenk-kandersteg.ch/aktivitaeten/winter/schneeschuwandern>

Winter Hiking and Tobogganing

For winter hikers, there are well-marked trails that lead through the snowy nature, offering unforgettable experiences. A special attraction is winter hiking on the Engstligenalp, a high plateau that looks like a fairy tale land in winter.

<https://adelboden-lenk-kandersteg.ch/aktivitaeten/winter/winterwandern>

Families and adventurers will love tobogganing. Numerous toboggan runs provide fun and action, and for the particularly brave, there's even night tobogganing.

<https://adelboden-lenk-kandersteg.ch/aktivitaeten/winter/schlitteln>

Hiking

If you want to discover the Alps in all their diversity, Adelboden is the perfect starting point. This idyllic village in the Bernese Oberland is famous for its extensive hiking opportunities. With around 300 km of marked hiking trails, Adelboden offers something for every hiking enthusiast—from leisurely walks to challenging mountain tours. Whether you prefer relaxed paths like the Hörnliweg or more demanding routes, you'll find something that suits you and can fully enjoy the stunning alpine landscape.

<https://adelboden-lenk-kandersteg.ch/orte/adelboden/wandern>

Mountain Biking

Take the cable car for a comfortable ascent and then explore the high alpine trails down: Discover the diverse trails and wide mountain panoramas of Adelboden by bike.

<https://adelboden-lenk-kandersteg.ch/orte/adelboden/mountainbiken>

Swimming

Adelboden's panoramic swimming pool offers a variety of attractions. Highlights include a 50-meter swimming pool and the delightful Alpine wellness oasis with breathtaking views. Families particularly appreciate the children's pool, the playground with climbing equipment, the spacious play area with a volleyball court, the table tennis table, the diving board, and the cozy poolside restaurant that invites you to linger.

With the guest card, admission is free.

Address: Risetensträssli 22, 3715 Adelboden

<https://adelboden-lenk-kandersteg.ch/orte/poi/detail/panorama-schwimmbad-gruebi>

Wellness

In various hotels, external guests can use the wellness facilities. These establishments offer a relaxing break from everyday life and invite you to enjoy the spa areas and swimming pool. Here are some hotels that offer this service:

Parkhotel Bellevue (Prior reservation required for the spa)

Address: Bellevuestrasse 15, 3715 Adelboden

<https://www.bellevue-parkhotel.ch/de/wellness-adelboden-spa/hallenbad/>

Hotel Adler (On request & daily from 6:00 PM)

Address: Bellevuestrasse 15, 3715 Adelboden

<https://www.adleradelboden.ch/de/spa-5.html>

The Cambrian Adelboden (Telephone reservation required)

Address: Dorfstrasse 7, 3715 Adelboden

<https://www.thecambrianadelboden.com/de/wellness/>

Sports activities in the village

Tennis Court

The tennis court offers fun for young and old alike. Enjoy a match amidst a beautiful mountain backdrop. The court can be booked online or at the tourist office.

<https://www.tennis-adelboden.ch/>

Pump Track

The Bike Skills Area Nevada includes a pump track and a short jump line, surrounded by various skills stations that together form a mountain bike trail. The area can be used with various non-motorized devices. Helmets are mandatory, and use is free of charge.

Address: Schulerweg, 3715 Adelboden

<https://bikeschule-adelboden.ch/standorte/>

Sports Arena

The Adelboden leisure and sports arena is the perfect place for a variety of sports and recreational activities. Especially on rainy days, the arena is a real insider tip: climbing and bouldering on the indoor climbing wall, ice skating in the year-round open ice rink, and bowling.

Address: Landstrasse 30, 3715 Adelboden

<https://www.arena-adelboden.ch/>

Families and cultural activities in the village

Local Museum

The Local Museum in Adelboden showcases the local history and culture through a diverse collection of historical exhibits.

Visitors can discover traditional tools, costumes, and furniture that illustrate rural life in times past.

Address: Landstrasse 11, 3715 Adelboden

<https://adelboden-lenk-kandersteg.ch/orte/poi/detail/heimatmuseum-adelboden>

Ciné Rex

The Ciné Rex in Adelboden is a charming cinema that shows a mix of current blockbusters and classic films. With its cozy atmosphere, it offers a special experience for movie fans.

Address: Landstrasse 18, 3715 Adelboden

<https://cine-rex.ch/>

Families

Adelboden is ideal for families with children. The village offers numerous sports activities for children. There are lovingly designed playgrounds for climbing and swinging everywhere. The interactive game "Play through Adelboden" takes children on exciting discovery tours through the village. Many restaurants are family-friendly and offer special deals for families.

<https://www.3715.ch/de/freizeit/spielplaetze/>

<https://adelboden-lenk-kandersteg.ch/orte/adelboden/ludotrail-adelboden>

Restaurants and local shops

Adelboden not only offers breathtaking nature but also an impressive culinary variety. Here are some of the best dining spots in the village:

Restaurant Alpenblick

This restaurant is known for its fine cuisine. Exquisite dishes made from regional ingredients are served here, sure to delight every gourmet.

Address: Dorfstrasse 9, 3715 Adelboden

<https://www.alpenblick-adelboden.ch/>

Restaurant Bären

Located directly on the village square, this restaurant is ideal for families. With a child-friendly atmosphere and a diverse menu, both parents and children will feel at home here.

Address: Dorfstrasse 22, 3715 Adelboden

<https://www.baeren-adelboden.ch/>

Frida's Gelateria

Also located on the village square, this popular gelateria offers a wide selection of delicious ice cream, perfect for cooling off on warm days.

Address: Dorfstrasse 26, 3715 Adelboden

<https://www.desalpes-adelboden.ch/deutsch/fridas-gelateria/>

Haueter

This bakery is famous for its fine baked goods. Everything is freshly prepared—truly a paradise for lovers of sweet and savory pastries.

Address: Dorfstrasse 27, 3715 Adelboden

<https://www.haueter-adelboden.ch/>

Tea-Room Schmid

A lovely café, ideal for a relaxing break. Here, you can indulge in a cup of coffee and a piece of cake while enjoying a wonderful view of the mountains.

Address: Dorfstrasse 45, 3715 Adelboden

<https://tearoom-schmid-adelboden.ch/>

Taverne

This rustic tavern offers a cozy atmosphere. Here, you can enjoy traditional dishes in a rustic setting. On certain days, live music is played.

Address: Dorfstrasse 51B, 3715 Adelboden

<https://alte-taverne.ch/>

Käserei Schmid:

In this cheese shop, you will find high-quality regional cheeses. Here, you can purchase delicious specialties directly from local producers.

Address 21, 3715 Adelboden

<https://schmid-kaese.ch/>

Butcher Gempeler

This top-quality village butcher offers a fine selection of fresh meats and sausages.

Particularly popular are the Adelboden dried meat and the raw ham. Additionally, they also sell rum and tofu, making a visit worthwhile even for non-meat lovers.

Address: Dorfstrasse 33, 3715 Adelboden

<https://gempelermetzg.ch/>

Important phone numbers

Emergency

Emergency medical services 144

Local emergency medical service +41 (0)33
671 11 11

REGA (flying ambulance) 1414

Air-Glacières 1415

Police 117

Fire brigade 118

Police

Police station Adelboden +41 (0)33 356 85
21

Doctors

Local emergency medical service +41 (0)33
671 11 11

Hospital Frutigen +41 (0)33 672 26 26

Dr. med. Reto König, Adelboden +41 (0)33
673 26 26

Pharmacy/Drugstore

Pharmacy Adelboden +41 (0)33 673 13 75

Erlebnis Drugstore +41 (0)33 673 12 06

Dentists

Dr. med. dent. Tobias Pflug, Adelboden +41
(0)33 673 08 08

Osteotherapy

Osteotherapy Frutigen +41 (0)33 675 01 04
oder +41 (0)79 381 14 98

Taxi

AFA Taxi, Adelboden +41 (0)75 415 15 15

ABC-Funk-Taxi Bergmann,
Adelboden (advance reservation essential)
+41 (0)33 673 28 48

Public transport

AFA Bus Company, Adelboden +41 (0)33 673
74 74

Railway station Frutigen +41 (0)58 327 39 39

Waste disposal

Waste disposal Adelboden +41 (0)33 673 82
10

Lost and Found

Lost and Found Adelboden +41 (0)33 673 80
80

Tourism

Tourist Center & Mountain Lab +41 (0)33 673
80 80

General rental conditions for the Bonderblick holiday apartment

I. Contract Conclusion A rental contract is concluded between the tenant and the landlord. Please note the following cancellation conditions:

- Up to 90 days before the start of the trip: 100% refund of the deposit.
- From 90 days to 7 days before the start of the trip: 50% of the deposit will not be refunded.
- 7 days to the day of arrival: no refund.

II. Payment The deposit is due immediately upon conclusion of the contract (if paying by bank transfer, the amount must be transferred within 7 days), and the remaining payment (including final cleaning and tourist tax) must be transferred to the landlord's specified bank account 7 days before arrival or charged to the credit card used for the booking. The date of payment receipt on the landlord's bank account is decisive. If payments are not made on time, the landlord is entitled to withdraw from the contract and charge cancellation fees.

III. Rental Duration The minimum rental period is 7 nights. Check-in on the day of arrival: 3:00 PM Check-out on the day of departure: 11:00 AM

IV. Services The scope of contractual services is derived from the description on the website www.bonderblick.ch and bonderblick.lodgify.com.

V. Tenant Obligations

- The tenant agrees to treat the apartment and its inventory carefully. Any damage caused by the tenant or any co-resident to the rental property must be reported immediately to the landlord at the phone numbers provided below and compensated.
- Smoking is not allowed in the apartment; non-compliance will result in additional charges.
- Pets are not allowed.
- Only the number of people indicated in the booking is allowed to stay overnight.
- No subletting or lending of the property.
- Careful use of the fireplace.
- The furniture and consumables (e.g., coffee capsules, provided food, etc.) are the property of the landlord and must not be removed.

- Careful handling of the apartment key. If the key is lost, additional charges will apply.

VI. Defects and Remedy If any defects are found upon taking possession of the holiday apartment, the tenant must report them immediately so they can be inspected and rectified.

VII. Liability The landlord accepts no liability for theft, fire, and water damage to the tenant's property. The tenant is liable for any improper use of the fireplace or electrical appliances in the apartment (user manuals are provided in the apartment).

VIII. Cancellation/Termination of the Rental Agreement

VIII. a) The following cancellation conditions apply upon withdrawal:

- Up to 90 days before the start of the trip: 100% refund of the deposit.
- From 90 days to 7 days before the start of the trip: 50% of the deposit will not be refunded.
- 7 days to the day of arrival: no refund.

VIII. b) The landlord may terminate the rental agreement without notice if the tenant or any accompanying persons behave in a disruptive or destructive manner. In this case, the landlord retains the right to the rental price.

VIII. c) The landlord may terminate the rental agreement if the rental property is significantly impaired or endangered by force

majeure (e.g., natural disasters, fire, etc.) or if the property becomes uninhabitable for reasons beyond the landlord's control. The paid rental price will be refunded immediately.

VIII. d) Cancellations are made by mutual agreement and must be communicated in writing (email is acceptable).

IX. Internet Usage The Bonderblick holiday apartment offers Wi-Fi. Internet usage with your own Wi-Fi-enabled device (PC, notebook, smartphone, etc.) over the Wi-Fi connection is free of charge for the tenant. You use the Internet at your own risk; the landlord excludes any liability related to the tenant's Internet usage. For using the Internet via Wi-Fi, the Wi-Fi usage rules must also be considered (violation of protection rights such as copyright, trademark rights, patent rights, and database rights, access to or dissemination of immoral or illegal

information, dissemination of defamatory, offensive, or incendiary content, or other violations of the law). By logging in to the Wi-Fi, you agree to the terms of use. The access key for the Wi-Fi must be kept safe by the tenant. There is no entitlement to Internet access. The landlord is not liable for Internet outages.

Ferienwohnung Bonderblick

Fichtenweg 4

3715 Adelboden

076 778 63 47

STV FST
Finkenhubelweg 11
CH-3012 Bern

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info@stv-fst.ch
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STV FST

Schweizer Tourismus-Verband
Fédération suisse du tourisme
Federazione Svizzera del turismo
Föderation swiss dal turissem

CLASSIFICATION OF HOLIDAY HOMES AND GUEST ROOMS

March 2018

WHAT TO DO IN CASE OF FIRE?

In case of fire, it is important to intervene immediately in order to limit damage as far as possible. Keep calm and obey the three golden rules of behaviour:

GIVE THE ALARM (TELEPHONE 118), RESCUE, EXTINGUISH

1 GIVE THE ALARM

- Alert the fire brigade: telephone 118.
- Warn people at risk.

2 RESCUE

- Rescue people and animals from the burning room/area.
- Close windows and doors, and leave the site of the fire via the escape routes.
- If staircases are obscured by smoke: stay in the unit and wait by the window for the fire brigade.

3 EXTINGUISH

- Fight the fire with the appropriate equipment (hand-held fire extinguisher, fire blanket, etc.)
- Brief the firefighters when they arrive.

Source: ch.ch A service provided by the Federal Government, the Cantons and Communes