



Today's highest point



Day 6

Thun → Fluhli



Distance:

56 Kilometers



Climbing:

1150 Meters

Points of Interest:

- ★ The region of Emmental: rolling hills and cheese.
- ★ The Alpine Panorama road between Wigen and Fluhli
- ★ The Bio-sphere reserve
- ★ The therapeutic waters of Fluhli

Today is a shorter day and so you'll have some time to enjoy a sumptuous breakfast and then have a stroll along the lakefront and the quiet medieval streets of thun.

When leaving Thun, you will start by climbing the "Col de Schallenberg" to gain around 650 meters. You're now in the region of Emmental.

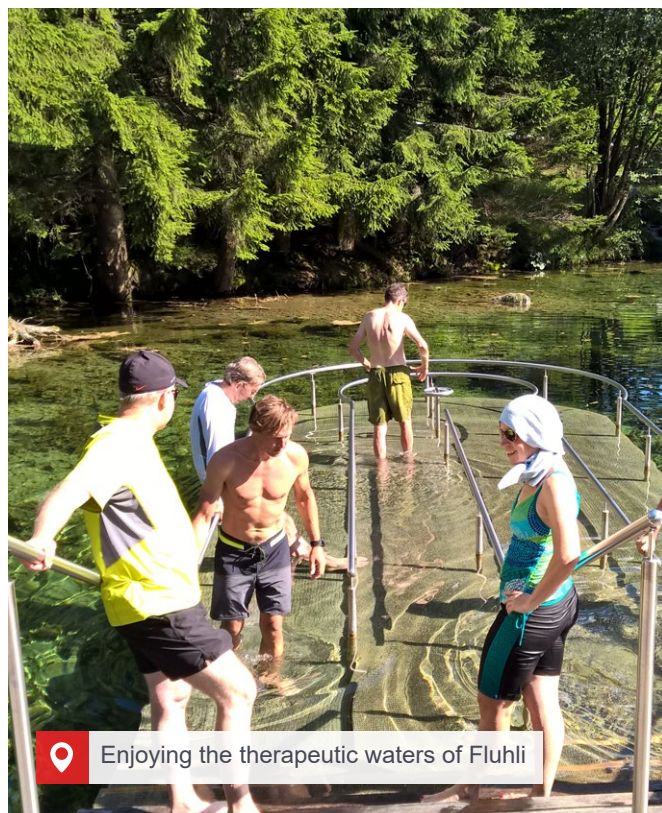
During the last ice-age, this region was one of the few uncovered areas of Switzerland and the water erosion of the period has formed an intricate system of hills and valleys. You'll see high fields with flowered chalets, foggy forests in the clouds and rows of hills stretching one after the other like an army of turtles.

Of course, you know the cheese: Emmental. This is the mild hard cheese with all the holes, the variety we all know as "swiss cheese". Although you've probably tasted pale imitations at your local deli, it's here that you'll see small local **Kaserei** producing massive wheels of the real deal. Make sure to stop and buy a slab.



📍 Stopping for the view

Consider taking lunch in Schangnau, before passing into a UNESCO biosphere reserve. The designation confirms what you might suspect: you're in a region whose cultural and natural landscape has changed little over the centuries. The locals voted to become a reserve years ago and have made a commitment to promoting their own regional products, cultivating the natural resources (grass, wood, landscape) and developing ecotourism.



📍 Enjoying the therapeutic waters of Fluhli

You will likely be staying in the village of Fluhli in the heart of the biosphere. Our hotel, the Kurhaus, has a long and celebrated history. Many famous guests have made their way to this isolated hotel to enjoy the healing waters above the village.

It's been a short day, so you'll have time to walk up the "Schwandalp" path and enjoy the views and the refreshing springs up on top. Learn more at: www.fluehliwasser.ch.