



INSIGHTS

THE HAUENSTEIN HOTELS MAGAZINE



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INSIGHTS

WELCOME TO LAKE THUN

The Hauenstein Hotels Group comprises three exclusive 4- and 5-star hotels on Lake Thun, accommodation in idyllic rural surroundings and six restaurants in the Lake Thun region. With a total of 220 hotel rooms, suites, holiday apartments and luxury lakeside villas, Hauenstein Hotels is one of the largest hotel groups and employers in the Bernese Oberland. Beautifully located on Lake Thun and nestled in the stunning mountain scenery of the Bernese Oberland, each property is unique in its own way. See for yourself – and be enchanted by the warmth of our staff.



© Erlebnisland Grizzlybär, Romel Janeski

GRIZZLYBÄR ADVENTURE LAND

At the gateway to Gantrisch Nature Park lies Grizzlybär Adventure Land. Surrounded by nature, visitors of all ages will find a wide range of activities. Visit the animal park, play a round of mini golf on our course and enjoy summery dishes with views of Dittligsee.



© Deltapark Vitalresort, Phil Wenger

DELTAPARK VITALRESORT

In this 4* superior hotel with 5* lakeside villas, everything centres on three pillars: relaxation, exercise and enjoyment – with the aim of bringing body, mind and soul into balance. Nestled in the Kander Delta's 70,000 m² parkland, surrounded by two nature reserves and located right on the shores of Lake Thun, Deltapark Vitalresort and its feel-good oases are the perfect place to recharge and leave everyday life behind.



solbadhotel



© Solbadhotel Sigriswil, Kai Grossmann

SOLBADHOTEL SIGRISWIL

High above Lake Thun, this 4* hotel offers unrivalled views of the lake and surrounding mountains. You can look forward to a family atmosphere and authentic hospitality. The generous wellness oasis – with a saltwater pool, indoor and outdoor whirlpools, a sauna area with various saunas and steam baths, and a comprehensive range of wellness treatments – invites you to relax.



© Restaurant Burehuus, Kai Grossmann

RESTAURANT BUREHUUS

This restaurant is known for its high-quality Swiss cuisine, served in a cosy Burehuus (rustic) setting. Seasonal products come from local suppliers and are prepared fresh in-house in line with Label Fait Maison guidelines. What arrives on your plate brings a little 'Burehuus' to both heart and palate.



© Belvédère Strandhotel, Romel Janeski

BELVÉDÈRE STRANDHOTEL

This renowned 4* superior hotel in Spiez offers breathtaking views over the Bay of Spiez and Lake Thun. Enjoy the panorama from the Captain's Bar and let us treat you to creative culinary compositions, alongside an extensive selection of drinks and fine wines. The hotel's spa is a place to unwind and feel restored. A particular highlight is the hotel's own private lido and the expansive park in front of the hotel.



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THE REGION LAKE THUN

We love our region and are delighted to share our suggestions for days out with you.

Welcome to one of Switzerland's most impressive landscapes – a region where water, mountains and culture blend into a truly distinctive whole. Lake Thun captivates with its crystal-clear expanse, charming lakeside villages and the striking mountain panorama of the Bernese Oberland. Whether you would like to explore, get active in nature or simply unwind, you will find a wide range of options around Lake Thun to enrich your stay.

The region combines Alpine proximity with an almost Mediterranean sense of ease.

With the Insights magazine, we would like not only to bring our hotel world closer to you, but also to offer inspiration for unforgettable experiences in the region. Each issue brings together selected tips, background stories, recommendations from our staff and new discoveries to make your stay even more varied.

We warmly invite you to discover the diversity of the Lake Thun region. Browse our suggestions for days out, let yourself be inspired and shape your stay entirely to suit you.

PanoramaCard:
As a hotel guest, you can
take advantage of great
offers and discounts.





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INTERLAKEN – GATEWAY TO THE JUNGFRAU REGION

Framed by Lake Thun and Lake Brienz and watched over by the trio of Eiger, Mönch and Jungfrau, this is a region that has captivated people from all over the world for generations. Interlaken and the Lake Thun region combine impressive landscapes with mountain air, space and tranquillity. Whether you would like to discover breathtaking panoramas, take to the skies with an adrenaline rush, or enjoy the gentler side of the Alps, you will find plenty of ways to make your stay active and varied.



© jungfrau.ch – Top of Europe, David Birri

Schynige Platte

The journey on the historic cog railway from Wilderswil to Schynige Platte is one of the Jungfrau Region's finest experiences. As the train steadily climbs, it opens up striking views of lakes, forests and the peaks of the Bernese Oberland. At the top, a panorama awaits that stretches far beyond Eiger, Mönch and Jungfrau, revealing the region in all its variety. Circular routes and gentle walks invite you to explore the Alpine landscape at a leisurely pace. The botanical Alpine garden and traditional mountain restaurants round off the excursion, making Schynige Platte a particularly atmospheric destination for guests who appreciate nature and views.



© Paragliding Interlaken GmbH

Interlaken from a bird's-eye view

Interlaken is one of Switzerland's best-known paragliding destinations – and with good reason. The combination of two lakes, striking mountain ranges and the wide plains of the Böödeli, the stretch of land between the two lakes, creates a unique backdrop for an unforgettable tandem flight.

After a short briefing, you and your experienced pilots make your way to the take-off point high above Interlaken. Just a few steps are enough – and you are airborne in the clear Alpine air. As you glide silently over Interlaken, you gain perspectives only visible from above: the lakes in deep blue tones, the peaks of the Jungfrau Region within touching distance and the vibrant landscape beneath you. Experience nature from a viewpoint you may never have seen before.



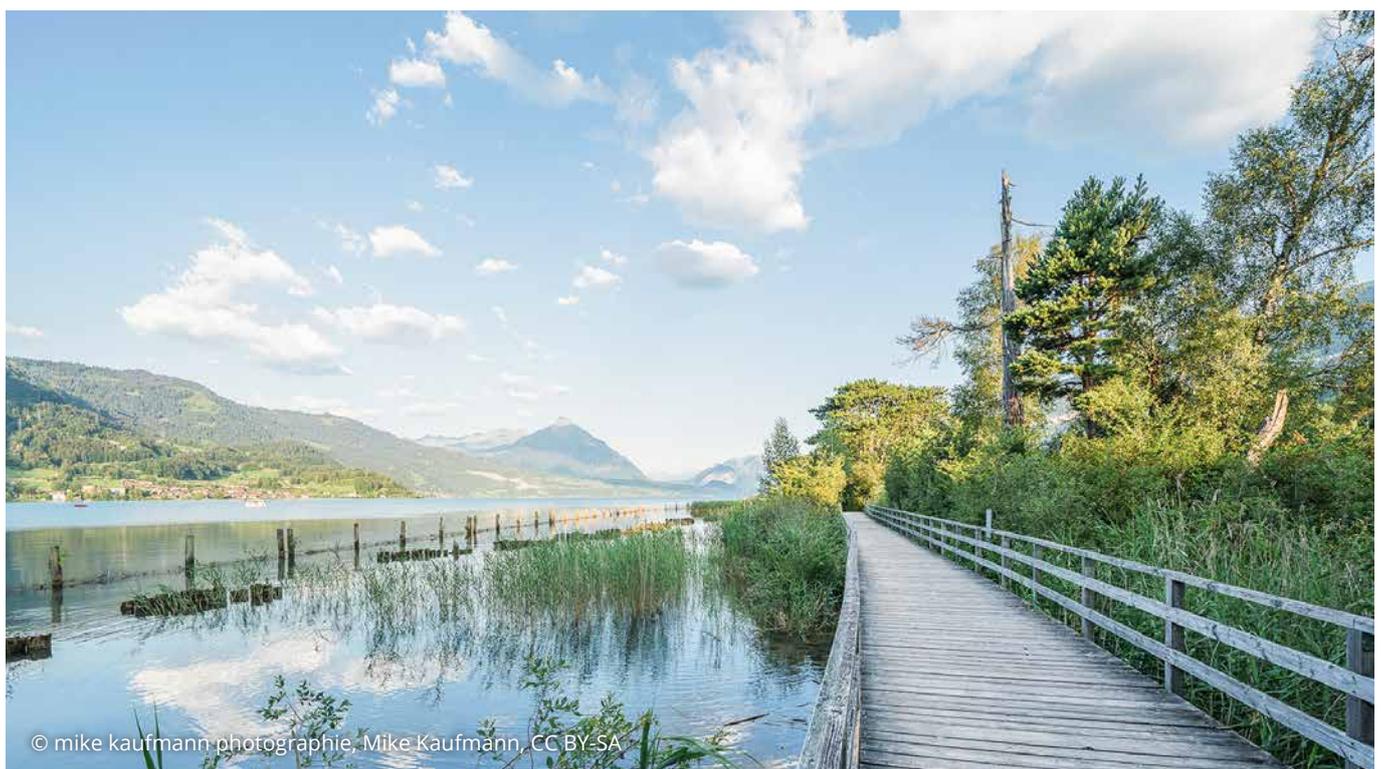


© Outdoor Switzerland AG

Seilpark Interlaken

Seilpark Interlaken offers a varied challenge for anyone looking for movement and a touch of thrill. Set in a beautiful woodland at the foot of the Jungfrau Region, a range of courses of different difficulty levels lead you high into the trees and test skill, courage and concentration. Secured with a modern safety system, you move from platform to platform, overcome obstacles and remain close to nature throughout. Whether as a sporting experience, a team outing or a family adventure, the park provides a

playful setting in which everyone can choose their own pace. The combination of movement, fun and an impressive mountain backdrop makes it perfect for anyone who wants to experience Interlaken actively and from a fresh perspective.



© mike kaufmann fotografie, Mike Kaufmann, CC BY-SA



© Outdoor Switzerland AG

River Rafting

In the Interlaken holiday region, river rafting definitely belongs on the list of activities guests shouldn't miss. Equipped with a wetsuit, helmet and life jacket, you climb into an inflatable raft together with a group and an experienced guide. Together, you navigate the powerful mountain rivers of the Jungfrau Region, master roaring rapids and experience the Alpine landscape from a unique perspective.

The region offers a variety of white-water experiences: thrill seekers head for the Lütschine, with its wild rapids and action-packed sections, while the Simme offers calmer stretches that also suit families and first-timers. Both options are run with professional guides, who provide a safety briefing before the tour and prepare the group for the river.

River rafting is active, great fun and brings you very close to nature. You are moving, you feel the water, you see the mountains – and those are the moments that stay with you. Especially towards the end of the tour, as the river flows towards Lake Brienz, you can sense just how good that immersion in nature feels.



Berner Oberland Pass:

From stays of three days or more, you can benefit from discounts on transport and attractions.



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WHAT TO DO WHEN THE WEATHER IS BAD

Even when the sun is hiding behind the clouds, the Lake Thun region still has special experiences to offer. Whether cultural discoveries or inspiring outings away from the outdoors, these tips show just how varied and rewarding a day can be – whatever the weather.





© Stiftung Sternwarte Planetarium SIRIUS

Sigriswil Observatory & Planetarium

When the weather doesn't allow for stargazing, the Sternwarte & Planetarium SIRIUS in Sigriswil opens doors to distant galaxies. With impressive projections, modern technology and expert guided tours, it creates a universe of fascinating insights and surprising perspectives. A visit that inspires and invites reflection. The strong connection to the region is also reflected in the support provided by Hauenstein Immobilien AG. This commitment helps secure the venue for guests and local residents alike – turning even a rainy day into a journey into the infinite.



© Unsplash, Daniel Cox

Castles around Lake Thun

When the sky stays grey, a world of history, architecture and sweeping views opens up around Lake Thun. The castles of Thun, Schadau, Hünegg, Oberhofen and Spiez are an ideal alternative on wet-weather days. Each castle has its own character, weaving past and present together in a fascinating way. Whether magnificent salons, enchanting parks, historic craftsmanship or intriguing exhibitions, these cultural jewels invite you – whatever the weather – to step into another era and discover the region's history. An outing that inspires and enriches, while offering a calm counterpoint to adventures on the lake.





© Adobe Stock, Markus Thoenen

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LAKE THUN BLOG

Would you like even more suggestions for days out, exciting stories about the Bernese Oberland region and background information on Hauenstein Hotels? Then we warmly invite you to visit our blog 'Thunerseemoments'. Here you'll find regular, inspiring insights into life around Lake Thun, recommendations for activities in every season, interviews with people from the region and behind-the-scenes glimpses of our businesses. The blog combines useful information with a personal passion for the destination – for anyone who would like to

deepen their stay or plan their next visit. Whether hikes, culinary discoveries, cultural highlights or little hidden gems off the beaten track, 'Thunerseemoments' showcases the diversity of the Bernese Oberland. Let yourself be inspired and discover the beauty around Lake Thun.



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ROOTED IN THE REGION

Hauenstein Immobilien AG owns and manages all Hauenstein Hotels operations and also serves as the management office of the Hauenstein Gruppe. Since it was founded in 1954, Hauenstein Immobilien AG has been actively committed to the Lake Thun region. It is one of the region's leading companies for building condominiums and houses with excellent value for money.

The company's 70-year success story is built on broad expertise, strong regional networks and short decision-making paths. Together with our customers, we look for the best solutions. More than 7,000 customers have already placed their trust in our experience and commitment.

With projects such as Asterweg in Thun, where modern rental apartments with a high quality of living are being created, and Kirschgarten in Faulensee, which offers quiet living close to the lake, we are setting visible signs for future-oriented building. Both projects combine contemporary architecture with well-designed floor plans and an ambience that authentically reflects life on Lake Thun.

To continue this development consistently, Hauenstein Immobilien AG is actively looking for new building land in the region. We continuously review plots with potential for high-quality living space or innovative uses – with the aim of delivering projects that strengthen the character of the region and create lasting added value.

We build for the future
hauensteinimmo.ch



© Hauenstein Hotels, Phil Wenger

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DISCOVER THE HAUENSTEIN HOTELS

In summer, Hauenstein Hotels reveal their special variety. Each property offers its own perspective on Lake Thun and invites you to enjoy the warm season in your own way.

Belvédère Strandhotel

Right on the shores of Lake Thun, Belvédère Strandhotel invites you to enjoy relaxed moments by the water. The hotel's own lido offers exclusive access to the lake with plenty of privacy and a unique view over the Bay of Spiez. On the generous sunbathing lawn, guests will find quiet spots to sunbathe, read or simply switch off.

A particular highlight is the infinity pool, which seems to flow seamlessly into Lake Thun.

Here, the boundaries blur between pool and lake, between relaxation and panorama. Whether early in the morning or in the warm hours of the evening, the interplay of water, space and nature makes this place an experience – and a symbol of indulgent time out on Lake Thun.



© Belvédère Strandhotel, Romel Janeski



© Deltapark Vitalresort, Phil Wenger

Deltapark Vitalresort

Deltapark Vitalresort offers direct access to Lake Thun. A short walk through the hotel park brings guests to the shoreline, where a wide range of activities on the water awaits. Stand-up paddleboards, kayaks and canoes can be hired on site and offer a fresh perspective on the lake. Motorboats and rowing boats are also available to rent. Explore the lake in your own way. The spacious sun deck is the ideal place, to unwind after active hours, let your gaze drift across the water and fully enjoy Deltapark Vitalresort's exceptional setting.



© Solbadhotel Sigriswil, Kai Grossmann

Solbadhotel Sigriswil

At Solbadhotel Sigriswil, the sun terrace offers wide views over Lake Thun. High above the water, a place emerges where you can slow down and experience summer with intention.

On warm days, the nearby Strandbad in Gunt-en offers a refreshing change, while the surroundings around Sigriswil invite you to hike, stroll and enjoy other summer activities. Solbadhotel is the ideal starting point for anyone seeking a harmonious balance of relaxation and nature.





Restful sleep at Hauenstein Hotels

Sleep is one of the most important foundations for real recovery. At night, the body regenerates, thoughts settle and new energy emerges. Yet in everyday life, sleep is often neglected or taken for granted. It is only when it is missing that we realise how strongly it affects our well-being, performance and mood.

Sleep plays a special role in a hotel. The environment is new, routines change, and sound and light feel different from at home. At the same time, a hotel stay offers the chance to step back from everyday life and consciously unwind. What matters is not only how long you sleep, but how well.

Good sleep is created when several factors work together. Quiet and darkness help the body switch into sleep mode. A comfortable room temperature and fresh air support recovery. Above all, though, you need a bed that relieves and supports the body. When your neck, shoulders and back can relax, the mind can let go too.

That is why sleep is considered thoughtfully at Hauenstein Hotels. The rooms are designed for peace and quiet, the bed climate is carefully balanced, and the bed systems are chosen to suit as many people as possible. The pillow plays a key role in particular, as it influences the alignment of the cervical spine and therefore directly affects sleep quality.

When you sleep well in a hotel, you experience the stay more intensely. The morning feels easier, the day seems longer, and rest becomes tangible.

In the blog post and video with sleep and health consultant Fritz Leibundgut, you can learn what truly matters when it comes to sleeping well in a hotel – and how small adjustments can make a big difference.



Fritz Leibundgut has been working intensively on the subject of sleep and health for many years. His bed systems are designed to support the body without restricting it, and are suitable for everyone. The collaboration with Hauenstein Hotels is based on the shared conviction that sleep is an essential part of the guest experience. A good bed should not draw attention to itself – it should simply do its job. When guests wake up refreshed, the bed system was exactly right.

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CAREERS AT HAUENSTEIN HOTELS

With more than 300 staff from over 35 different nations, Hauenstein Hotels is one of the largest employers in the Bernese Oberland. Together with the entire Hauenstein Gruppe, we are committed to creating a working environment in which our staff not only feel comfortable and valued, but can also develop personally and professionally. We actively foster individual strengths and talents – whether through in-house training, targeted further education or taking on responsibility in new areas of work. It is particularly important to us to offer opportunities for development at every level.

25 years of heartfelt hospitality – and the story continues

On farewells, responsibility and the future of a special hotel. After 25 years in which they have shaped, led and, together with the Hauenstein family, developed the Solbadhotel, the moment has come for Herbert and Luzia Wicki to hand over responsibility.

After around ten years of professional experience in Zurich, they decided to make a fresh start on Lake Thun. The move was made with respect, but also with the conviction that they could build something here. From the outset, the aim was to reconcile work and family life while developing the business step by step.

The focus was placed on individual guests through the Hauenstein family's investments in a comprehensive wellness facility, as well as through the management's personal attention to guests – people who value peace, reliability and personal attention. This decision shaped the hotel for the long term and, over the years, created a loyal circle of regular guests.

Personal presence was always a central element of their leadership. For Herbert and Luzia Wicki, direct dialogue with guests and staff was simply

part of everyday life. Conversations, observations and feedback flowed straight into operations and helped to build closeness and trust.

At the same time, Solbadhotel continued to grow. The number of rooms increased to 72, and a team of around 30 became almost 90. With this growth came responsibility – as an employer in the region and as a business that thinks long term. This path was supported by the close, partnership-based collaboration with the Hauenstein family, which has enabled stability and development across three generations.

Today, Herbert and Luzia Wicki look back with gratitude and serenity. Their wish for Solbadhotel's future is simply expressed: to continue on the path they have chosen, to remain open to new ideas, and to ensure that the hotel has a clear, recognisable identity from autumn 2026 onwards. For them, that has always been Solbadhotel's strength.

Find out more about their long journey as hosts in our blog post.

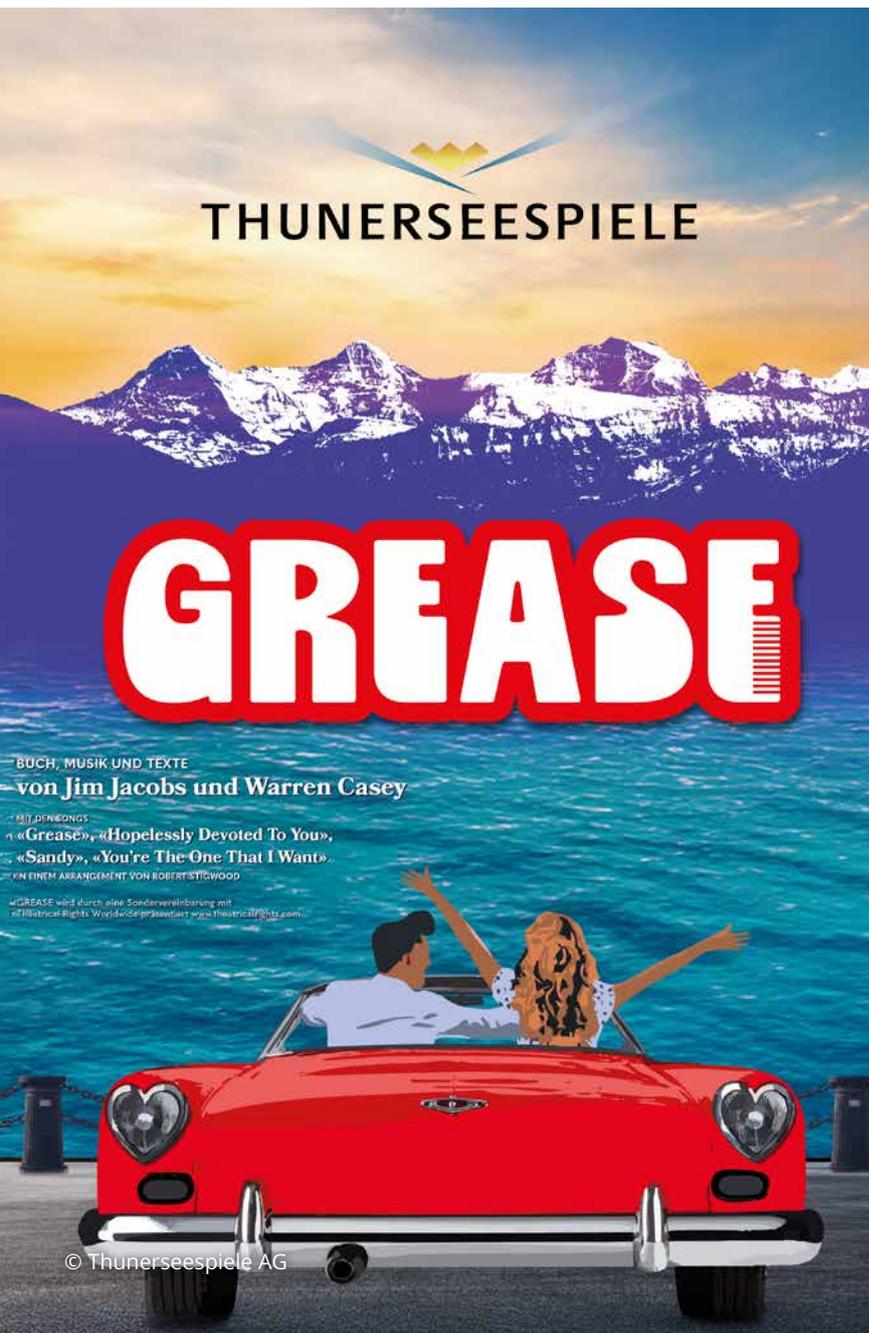




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REGIONAL PARTNERSHIPS

Successful partnerships have always been a key cornerstone of Hauenstein Hotels and the entire Hauenstein Gruppe. We seek long-term partnerships characterised by trust and mutual support. Long-term partnerships come before short-term profit.



Thunerseespiele

Hauenstein Hotels has been the principal partner of Thunerseespiele for many years – one of Switzerland's most important open-air musical festivals. This close collaboration connects us with a cultural institution that reaches far beyond the region and creates a summer highlight for tens of thousands of visitors every year. In summer 2026, the programme features GREASE, a musical classic that has delighted generations. The story of Sandy and Danny, set in the high-energy world of the 1950s, promises a captivating mix of nostalgia, humour and iconic songs. Hits such as "Summer Nights", "You're the One That I Want" and "Greased Lightning" make for a fast-paced stage experience – interpreted in a contemporary way and staged especially for the unique lakeside stage on Lake Thun. With its stage right by the water, framed by the impressive mountain scenery of the Bernese Oberland, Thunerseespiele offers a setting that turns musical moments into a truly spectacular overall picture. This unique interplay of nature, culture and emotion makes every visit a special experience. The musical is performed in German.



Competition
Win two pairs of tickets for
Thunerseespiele!





© Deltapark Vitalresort, Phil Wenger

BLS boat trips

A trip with BLS boat services is one of the most enjoyable ways to discover Lake Thun. From the water, new perspectives open up on historic castles, lakeside villages and the impressive mountain world of the Bernese Oberland. Whether as a relaxed round trip or as a link between different excursion destinations, the cruise combines pleasure, tradition and nature in a special way. As a hotel guest on Lake Thun, you benefit from discounts as part of the PanoramaCard Thunersee, as well as property-dependent direct-booker benefits that make access to the boat services even more attractive. This makes discovering the region from the water a straightforward and rewarding activity.



© Stockhornbahn AG, Jost von Allmen

Stockhorn

Stockhorn is a distinctive viewpoint peak in the Bernese Oberland, known for its impressive panoramic views of more than 200 mountain peaks, Lake Thun and Lake Brienz, and the Swiss Plateau all the way to the Jura. In summer, varied hiking trails, scenic walks and clear mountain lakes invite you to experience the landscape actively and with enjoyment. Quieter moments in nature away from everyday life also have their place here. Thanks to the regional partnership with Stockhornbahn, hotel guests can benefit from attractive discounts, depending on the property. In addition, PanoramaCard Thunersee offers reductions on selected offers and makes it easier to access this popular excursion destination. This means Stockhorn can be integrated into your Lake Thun stay flexibly and individually.



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REGIONAL CUISINE

Hauenstein Hotels are known not only for their excellent accommodation, but also for their culinary offering. From regional specialities to international delicacies, the six restaurants provide a variety to delight every gourmet. Our head chefs place great importance on using fresh, high-quality produce. Discover a world of indulgence with us and let us treat you to culinary highlights.



A recipe by
Marco Müller, Head Chef,
Belvédère Strandhotel

Ingredients

- 500 g garden peas* (1)
- 500 g garden peas* (2)
- 2 onions
- 2 garlic cloves
- 200 g white button mushrooms
- 50 g fresh mint
- 50 g rapeseed oil
- 1,2 l vegetable stock
- 600 g vegan cream
- 2 limes
- 1 food colouring salt, pepper, sugar

* frozen

Creamy pea soup with mint & lime

Method

First, gently sauté the first portion of garden peas together with the onions, garlic and mushrooms in the rapeseed oil. Season with salt, pepper and a pinch of sugar. Then deglaze with the vegetable stock and vegan cream, and allow everything to simmer until the ingredients are soft and the flavours have come together.

Transfer the soup to a blender and purée on the highest setting for around 10 minutes until smooth. Add the second portion of garden peas and the fresh mint, then blend for a further 7–8 minutes at 65 °C. This keeps the colour especially fresh and the aroma vibrant.

Pass the soup through a sieve, then season to taste with lime juice, salt and pepper. If needed, add a little green food colouring to enhance the intense colour.



Enjoy!





A recipe by
Roger Weischede, Head Bar-
tender at the Captain's Bar

Captain's Bar – where the view meets craftsmanship

Perched high above the Bay of Spiez lies a place that instantly slows you down: the Captain's Bar at the Belvédère Strandhotel Spiez. The interior is styled like a ship – warm teak flooring, thoughtful details, and outside a bow-shaped terrace that opens the view straight onto Lake Thun. Anyone who takes a seat here understands at once why an apéro suddenly feels like being on holiday. Even on cooler days, the panorama remains wonderfully close thanks to the generous floor-to-ceiling windows: lake, bay and mountain backdrop are simply part of the experience.

Yet the Captain's Bar is more than a setting – it comes alive through people who celebrate enjoyment. One of them is Roger Weischede. He is host, tinkerer and passionate bartender, combining blending flavours until they become a true tasting experience. For him, it's about balance and surprising nuances. One example is Roger's signature drink, "Crazy Pear". His goal was to create a mocktail that speaks to every taste: sweet, sour, salty, bitter and spicy – all in a single glass. This is how this distinctive drink came to be one that was honoured by the «Swiss Barkeeper Union».

Curious what inspires Roger and how his signature drink came to be? On the blog, he takes us behind the bar – into his passion and into the drink that perfectly matches the Captain's Bar mood.



Crazy Pear

Ingredients

2.5 cl	pear syrup
2 cl	salted caramel syrup
3 cl	lemon juice
3 cl	Sanbitter
10 cl	ginger beer
1	slice of ginger
1	slice of pear

Method

A long drink glass works best for this recipe. Chill the glass in the refrigerator in advance. Remove the glass, pour off any meltwater and fill it to the top with ice. Add the pear syrup, salted caramel syrup and lemon juice, then stir briefly. Slowly pour the Sanbitter into the glass down the side, past the ice. Top up with ginger beer and gently stir only 1–2 times (to keep the carbonation lively). Finish by garnishing with a slice of ginger and a slice of pear.

Cocktail variation

Increase all ingredients by 0.5 cl and add 4 cl white rum.

Cheers!



INSIGHTS

HIKES FOR SPRING / SUMMER

In spring and summer, a variety of hikes around Lake Thun await you, with impressive views and experiences close to nature. Discover our selected hiking tips.



Our top photo spots
Explore the best photo spots in the region on our Google Maps map.



© Hauenstein Hotels, Aaron Pettke

Through Justistal via the Sichle to Eriz

This varied hike leads through the quiet Justistal and onwards via the Sichle to Eriz. Away from the main routes, you will experience an unspoilt cultural landscape of alpine pastures, traditional farmhouses and wide views of the Bernese Alpine foothills.

The route is suitable for hikers with a good basic level of fitness and stands out for its peaceful, natural scenery. Ideal for anyone who would like to discover the authentic Bernese Oberland at an unhurried pace.





Sigriswiler Rothorn

This scenic mountain hike leads from Schwanden/Säge up to Sigriswiler Rothorn (at 2,051 m). Along the way, through forests, alpine pastures and steep paths, it offers fantastic panoramic views of Lake Thun, the Bernese Alps and even as far as the Jura. The circular route requires moderate to good fitness and sure-footedness, but is manageable for experienced hikers. At the summit, a sweeping view over the Alpine foothills rewards the effort.



Fotowettbewerb

Post your photo from the region on Instagram using #thunerseemoments and tag @hauensteinhotels. With a bit of luck, you could win a voucher for Hauenstein Hotels worth CHF 50.

To the ibex colony

This panoramic mountain hike takes you from Lombachalp to Augstmatthorn high above Lake Brienz. Alongside impressive panoramic views, the route – with a bit of luck – offers the chance to spot ibex in their natural habitat. The tour requires good basic fitness and sure-footedness, and is aimed at experienced hikers who appreciate Alpine landscapes and special moments in nature.



Discover spring hikes

Our blog post on spring hikes offers a varied selection of additional hiking tips in the region – from enjoyable routes to scenic mountain tours. The featured trails are ideal for discovering new perspectives and capturing special moments in nature. Share your favourite impressions and take part in our photo competition. With a bit of luck, your shots will become part of our #thunerseemoments and inspire other guests to make new discoveries.



THANK YOU FOR YOUR VISIT.
WE LOOK FORWARD TO SPOILING YOU AGAIN SOON.

THE HAUENSTEIN HOTELS TEAM



© Deltapark Vitalresort, Phil Wenger

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