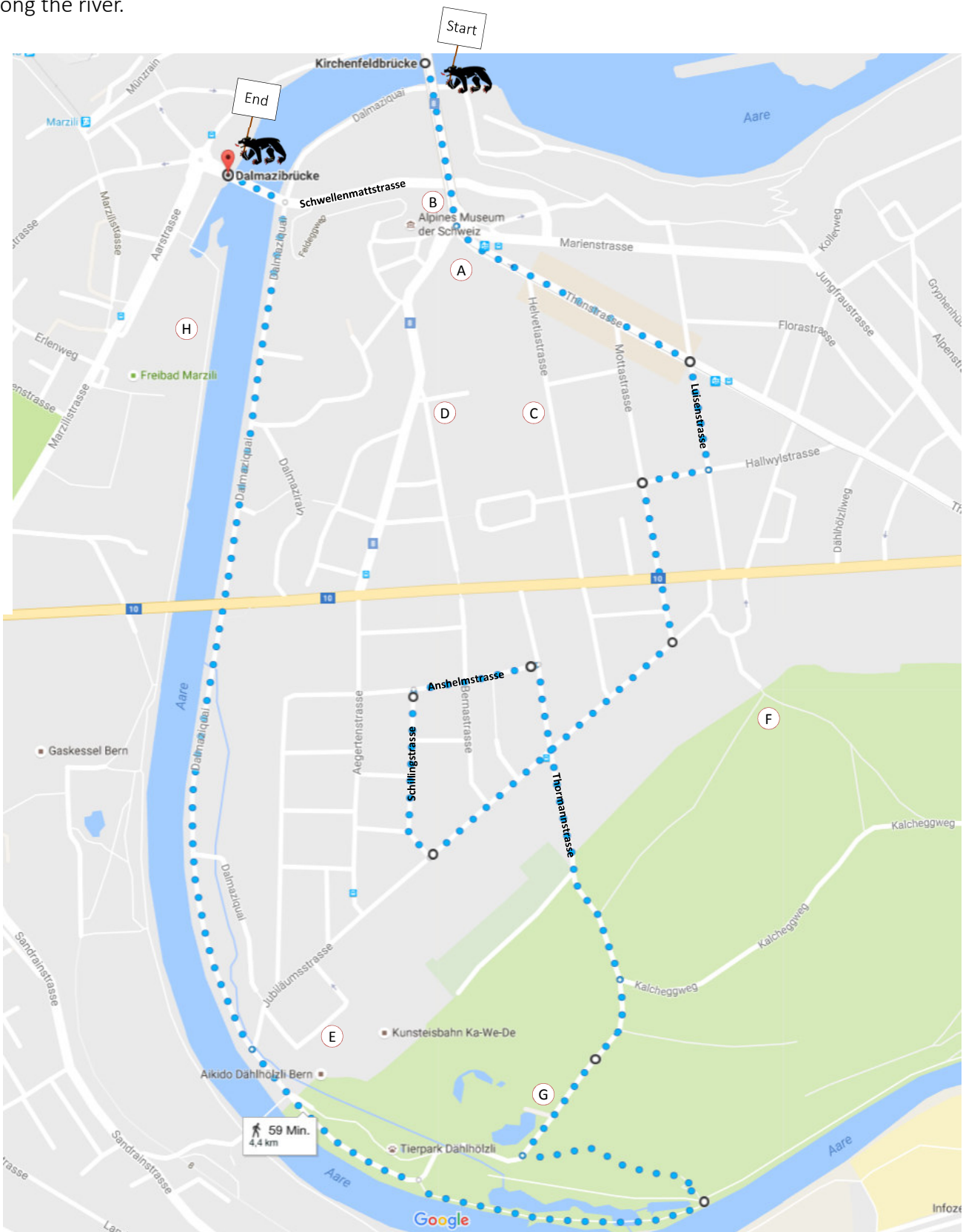


Self Guided Walking Tour – Kirchenfeld

With this walk you discover the Kirchenfeld district of Bern. It offers a great mix between nature and city because you'll pass some of Bern's museums (e.g. Einstein Museum), many beautiful old houses, the zoo of Bern and you'll discover one of the forests of the city. The walk finishes with a long and nice promenade along the river.



To get to the quarter you have to cross *Kirchenfeldbrücke*. If you walk on the right side you have a really nice view to the federal palace, on the left side you see the old city centre and weir of Bern.

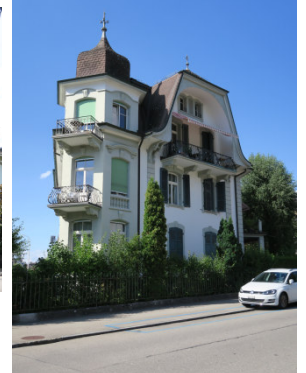
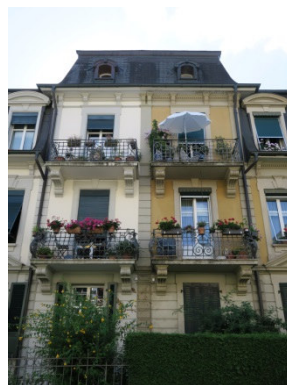


After the bridge you arrive at *Helvetiaplatz*. Now you are really close to some of Bern's museums:

- The big castle in front of you is the historical museum of Bern with a permanent exhibition about Albert Einstein (Einstein Museum) (Point A on the Map)
- On your right is the Swiss alpine museum (B).
- In *Helvetiastrasse* you find the museum of communication (C).
- The Natural History Museum is at *Bernastrasse 15* (D).

If you don't want to visit one of the museums you continue to walk up *Thunstrasse* (all along the tracks of the tram). This is the main street of the Kirchenfeld, here you find some shops, cafés and grocery stores. If you're hungry or thirsty, you can buy a little snack at the Migros, which is at the corner to *Luisenstrasse*. It's the last grocery store on this walk, because we leave the commercial area of the quarter now and continue in the residential area. You turn right at *Luisenstrasse*, you turn right again at *Hallwylstrasse* and then you turn left at *Mottastrasse*. Walk down the street until you get to its end at *Jubiläumsstrasse* where you turn right.

Here are some impressions of the residential area of the Kirchenfeld quarter:



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At the end of *Jubiläumsstrasse* is the Ka-We-De (Point E on the map), an open air swimming pool during summer and a skating rink in wintertime. The Ka-We-De was the first open air swimming pool in Switzerland which had a swimming pool with artificial waves. So you can imagine that it's not that big. But still, it is a great place to visit with children, in summer and in winter!

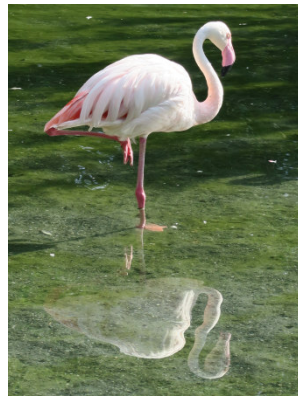
We don't walk down to Ka-We-De but we walk along a loop through *Schillingstrasse*, *Anshelmstrasse* and *Thormannstrasse*. There is no special sight in those streets, they just offer many really nice houses.

If you aren't interested in architecture/nice old houses you can also skip this loop and go directly in the forest. If you wonder what the big building at the end of *Thormannstrasse* is (not the end where the forest is, the other one), that's one of the gymnasiums of Bern. Next you leave the residential area at the end of *Thormannstrasse* and you'll get into the Dählhölzli-Forest. You don't have to follow the street on the map, feel free to stroll around in the forest as long as you want. The walk continues at the river, so you can find your own way down to the river. If the weather is good and if you're not afraid of heights, there is a really cool thing to do at point F: The ROPETECH adventure park. There are ten parcours which lead through the forest at a height of 4 to 23 meters. It costs CHF 28.00 for children under 16 years, CHF 33.00 for students and seniors and CHF 38.00 for adults. For more information you can visit their website www.ropetech.ch.

In the lower part of the forest there is the zoo of Bern called Tierpark Dählhölzli. There are some compounds which you can visit for free (maybe you'll pass some of them while walking in the forest) and some which are in the part where you have to pay (the entrance is at point G). It costs CHF 6.- for children under 16 years and CHF 10.- for adults.



The entrance to the zoo with flamingos (for free)



*Left: The compound of the pelicans
Right: The river with some swimmers*

The walk continues along the river, where you find the beavers, the pelicans, the otters and the children's zoo (everything for free). There are some ibexes and the wild boar if you walk a little bit further up to the left. Next you follow the river until you get to the bridge called *Dalmazibrücke*. That's where this walk ends.



A bench at Dalmaziquai with view to the swimmers in the river



Dalmaziquai



The view to the federal palace at the end of the walk

Now you have three options:

1. If it summer and good weather you can go to the Marzili (open air swimming pool and very popular place to swim in the river, point H on the map). You should be a good swimmer if you go in the Aare! If it's your first time, it might be helpful to watch the short BBC video on Youtube about the Aare-Swimming called *BBC News Close Up Swimming in Berne s fast flowing city river*. You start to walk up the river at the Marzili, then you go in where ever you want and you float back to the Marzili where you get out of the water.
2. You continue to walk along the river on this side. If you do so, you'll get to the BearPark after around 15 minutes. It's a nice walk and when you are at the BearPark you can either go to the rose garden (another 5 minutes) or walk up the old city center.
3. The fastest way to get back to the centre is to walk up *Schwellenmattstrasse* to the bridge *Kirchenfeldbrücke* where the walk started .



Some impressions of the Aare-Swimming