

# Directory

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## ACCOMMODATION

Switzerland offers every type of accommodation you've heard of, and some you might not – such as 'sleeping in straw' (see opposite). Local tourist offices always have listings and will book hotels and pensions for you for little or no commission.

This guidebook runs the gamut from budget to midrange and top-end accommodation. The budget category includes camping, dormitories, farm stays, hostels and simple hotels and pensions, which frequently offer rooms without private bathroom facilities. These all generally cost less than Sfr150 for a double, although this might differ slightly, depending on whether you're staying in a city or the countryside.

Midrange accommodation – with all the comforts of private bathroom, TV, telephone and more – rises to approximately Sfr350 for a double, again depending on where you're staying. Above this price you will certainly be enjoying time-honoured Swiss luxury.

Rates in main cities stay constant throughout the year (apart for Christmas). But in small towns and resorts, there are low, middle and high seasons. Some have two high seasons: one in summer and one in winter. Changeover dates differ from place to place, so check in advance. In budget hotels the seasonal differences are less marked.

Unless otherwise noted, hotel prices in this guide always include breakfast.

## B&Bs/Private Rooms

More than 350 B&Bs throughout Switzerland can be found at [www.bnb.ch](http://www.bnb.ch). Private houses in rural areas also frequently offer inexpensive 'room(s) vacant' (*Zimmer frei*, *chambres libres* or *camere libere* in German/French/English).

## Camping

There are about 450 camp sites in the country, classified from one to five stars depending on their amenities and convenience of location. They are often scenically situated in an out-of-the-way place by a river or lake, so having your own transport is useful. Charges per night are from around Sfr8 per person plus Sfr6 to Sfr12 for a tent, and from an additional Sfr4 for a car. Telephone ahead, as in the high season camps might be full, and at the start or end of the season camps may close if demand is low or the weather poor.

## BOOK ACCOMMODATION ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at [www.lonelyplanet.com](http://www.lonelyplanet.com). You'll find the true, insider lowdown on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

## PRACTICALITIES

- Major newspapers include the *Neue Zürcher Zeitung* ([www.nzz.ch](http://www.nzz.ch) in German) and *Tages Anzeiger* ([www.tagesanzeiger.ch](http://www.tagesanzeiger.ch) in German) in Zürich, *Le Temps* ([www.letemps.ch](http://www.letemps.ch) in French) and *La Tribune de Genève* ([www.tdg.ch](http://www.tdg.ch) in French) in Geneva and the Lugano-based *Corriere del Ticino* ([www.cdt.ch](http://www.cdt.ch) in Italian). More populist papers include the free tabloid *20 Minuten* ([www.20min.ch](http://www.20min.ch) in German) and the right-wing *Blick* ([www.blick.ch](http://www.blick.ch) in German). *Facts* ([www.facts.ch](http://www.facts.ch) in German) is a glossy news monthly, while *Cream* ([www.cream-magazine.ch](http://www.cream-magazine.ch)) is an English magazine published every two months.
- Public broadcast media are largely broken down along linguistic lines. German-language SF-DRS operates three TV and five radio stations. The French and Italian TV operators are TSR and RTSI respectively, with RSR and RSI being their radio equivalents. RR is a Romansch radio station.
- Swissinfo ([www.swissinfo.org](http://www.swissinfo.org)) is a national news website available in several languages, including English. World Radio Geneva (FM 88.4) is an English-language station broadcasting music and news throughout the Lake Geneva region. Check online for BBC World Service frequencies ([www.bbc.co.uk/worldservice/schedules](http://www.bbc.co.uk/worldservice/schedules)).
- The PAL system (not compatible with the North American and Japanese NTSC system) is used for videos. DVDs are the universal standard.
- Electrical supply is 220V, 50Hz. Swiss sockets are recessed, hexagonally shaped and incompatible with most plugs from abroad (including 'universal' adapters). Fortunately, you will also usually find at least one standard, three-pin continental socket in every building.
- Metric measurements are used. Like other continental Europeans, the Swiss indicate decimals with commas and thousands with full points.

For details on camping in Switzerland contact the **Schweizerischer Camping und Caravanning Verband** (Swiss Camping & Caravanning Federation, SCCV; ☎ 061 302 26 26; [www.sccv.ch](http://www.sccv.ch)) and **Verband Schweizer Campings** (Swiss Camping Association; ☎ 033 823 35 23; [www.swisscamps.ch](http://www.swisscamps.ch); Seestrasse 119, CH-3800 Interlaken). Another useful Internet site is [www.camping.ch](http://www.camping.ch).

The **Touring Club der Schweiz** (Swiss Touring Club, TCS; ☎ 022 417 27 27; [www.tcs.ch](http://www.tcs.ch) in German, French & Italian; Chemin de Blandonnet, Case postale 820, CH-1214, Vernier/Geneva) also publishes a comprehensive guide to Swiss camp sites.

Free camping (*Wildes Camping*) is not strictly allowed and should be discreet, but it is perfectly viable in the wide-open mountain spaces, and is fairly common in places like Ticino. If the police come across you, they may not do anything (especially if you've been responsible with your rubbish) or they may move you on. A fine is theoretically possible.

## Dormitories & Alpine Huts

Dormitory accommodation (*Touristenlager* or *Massenlager* in German, *dortoir* in French) has been well established for years

in ski and other resorts. Take care in studying accommodation lists, as dormitories may only take groups. Mattresses are often crammed side by side in massive bunks in these places; however, there are usually no curfews and the doors aren't usually locked during the day. Some camp sites offer simple dorm beds too.

Student dorms in university towns may also be offered during holidays.

There's been a move in recent years to upgrade the accommodation in Alpine huts – including indoor plumbing – although most remain quite basic. There are some 150 huts, all maintained by the **Schweizer Alpenclub** (Swiss Alpine Club; ☎ 031 370 1818; [www.sac-cas.ch](http://www.sac-cas.ch) in German & French). They're rarely full and you'll probably be offered a place on the floor rather than being turned away. If there's no warden, payment depends on an honesty system, and there will be a book for signing in. Prices are comparable to those of youth hostels.

## Farm Stays

When their cows are out to pasture in summer, Swiss farmers often charge travellers a

small fee to sleep in their empty barns. At Sfr20, plus a few sundries (usually Sfr1 to Sfr2 for showers, breakfast etc), 'sleeping in straw' is not only cheap, but also a great experience. Many straw pallets come with blankets – though it's advisable to ask ahead.

A booklet listing participating farms is available from **Aventure sur la paille/Abenteuer im Stroh** (☎ 024 445 16 31; www.aventure-sur-la-paille.ch, www.abenteuer-stroh.ch).

Some farms take paying guests in their farmhouses, too.

## Hostels

The word for youth hostel is *Jugendherberge* in German, *auberge de jeunesse* in French and *alloggio per giovani* in Italian. The national hostel organisation is the **Schweizer Jugendherbergen** (Swiss Youth Hostel Association, SYHA; ☎ 044 360 14 14; www.youth hostel.ch), which is affiliated with Hostelling International (HI) and runs 61 hostels. These range from older, institutional affairs to some very modern establishments bordering on designer accommodation. If you're not an IYHA member (over/under 18 Sfr33/22), you'll pay a Sfr6 'guest fee'. Six guest fees add up to a full international membership card. Bed prices mostly range from Sfr30 to Sfr35, although a few start at Sfr25.

Hostels do get full; telephone reservations are not accepted but bookings can be made via the website. During busy times a three-day maximum stay may apply.

As well as official youth hostels, there are many backpacker hostels in Switzerland. These tend to be more flexible in their regulations, reception times and opening hours, and are generally free of school groups. Membership is not required, but more than 20 of these hostels are loosely affiliated under **Swiss Backpackers** (☎ 033 823 46 46; www.swissbackpackers.ch).

Look out also for **Naturfreundehaus** (Friends of Nature; www.nfhouse.org) hostels.

## Hotels & Pensions

Despite the great reputation of Swiss hotels, the standard at the lower end of the market is pretty variable. The cheapest rooms are those without private toilet and shower, although they often have a sink (*lavabo*). For these, prices start at around Sfr40/70 (single/double) in a small town, or Sfr80/100 in

cities and top resorts. Count on at least Sfr10 to Sfr20 more per person for a room with shower. In low-budget accommodation, the private shower may be merely a shower cubicle rather than a proper en suite bathroom.

If you're staying in mostly one- or two-star hotels, **Swiss Budget Hotels** (☎ 0848 805 508; www.rooms.ch) produces a national booklet of good-quality cheaper hotels and has regular special offers.

A *Frühstückspension* or *Hotel-Garni* serves only breakfast, and does not offer half or full board. Small pensions with a restaurant often have a 'rest day', when check-in may not be possible, unless by prior arrangement (so telephone ahead).

If you move into the realm of the three- or four-star pension or hotel, you are assured of decent comfort. There'll be a room telephone, TV and maybe even a mini-bar.

However, it's in five-star establishments that Swiss excellence comes into its own. The places are palatial and the service is impeccable. Luxury establishments like Zürich's Baur au Lac and Gstaad's Palace hotel are world renowned.

## Self-Catering Apartments

Self-catering accommodation is available in holiday chalets, apartments and bungalows. These are often booked out well in advance – for peak times, reserve six to 12 months ahead. In low season, you can sometimes get apartments on demand. A minimum stay of one week (Saturday to Saturday) is common. Local tourist offices will send lists if requested. **REKA** (Schweizer Reisekasse; ☎ 031 329 66 33; www.reka.ch) has special deals in the low season. **Interhome** (Zürich ☎ 01 497 2222; www.interhome.ch; USA ☎ 305-940 2299; Australia ☎ 02-9453 2744; UK ☎ 020-8891 1294) has offices in several countries and gives one-third off bookings made in the week preceding the rental period.

## BUSINESS HOURS

Most shops are open from 8am to 6.30pm Monday to Friday, sometimes with a one- to two-hour break for lunch at noon in smaller towns. In larger cities, there's often a late shopping day until 9pm, typically on Thursday or Friday. Closing times on Saturday are usually 4pm or 5pm. In some places souvenir shops can open on Sunday,

although it is unusual for other shops to be open on that day – exceptions are Zürich's Shop Ville and supermarkets at some train stations.

Offices are typically open from about 8am to noon and 2pm to 5pm Monday to Friday. Banks are open from 8.30am to 4.30pm Monday to Friday, with late opening usually one day a week.

## CHILDREN

Orderly and clean, Switzerland is perfect for family travel and promotes itself as such. **Swiss Railways** (www.rail.ch) offers a Family Card (see p327), while **Switzerland Tourism** (www.myswitzerland.com) lists hotels that provide special family facilities (eg supervised play rooms). Click on 'Family Vacations' in the menu for details.

Places that might interest kids include: the Swiss Games Museum (p87) in Vevey; the frogs in Estavayer's Regional Museum (p103); the mirror maze in Lucerne's Glacier Garden; the Knie children's zoo in Rapperswil; Teddyland on Schynige Platte in the Jungfrau Region; the Freilichtmuseum Ballenberg near Brienz. There's also the Crans Montana children's festival in February.

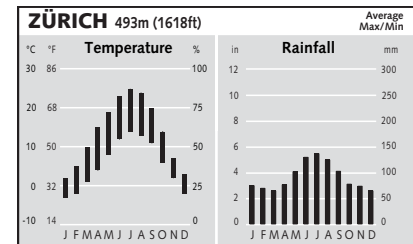
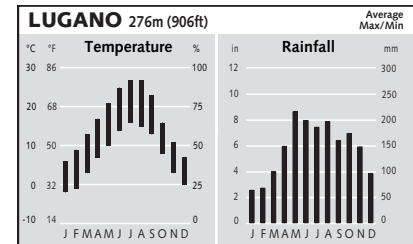
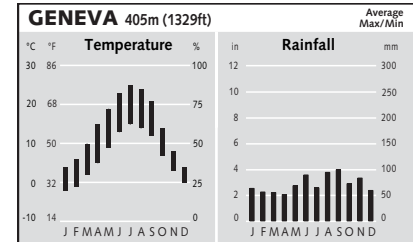
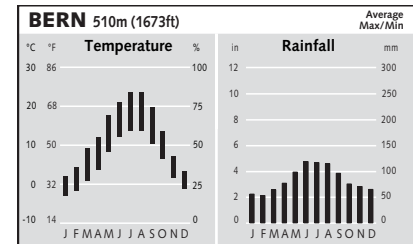
Individual chapters contain more tips for families. For general advice, see Lonely Planet's *Travel with Children*.

## CLIMATE CHARTS

You'll need to be prepared for a range of temperatures, as the mountains create a variety of local and regional microclimates. That said, most of the country has a central European climate, with daytime temperatures around 18° to 28°C in summer and -2° to 7°C in winter. The coldest area is the Jura, in particular the Brevine Valley. By contrast, Ticino in the south has a hot Mediterranean climate.

Summer tends to bring a lot of sun, but also the most rain, and there were terrible floods in 1999 and 2005. Look out for the Föhn, a hot, dry wind that sweeps down into the valleys and can be oppressively uncomfortable (though some find its warming effect refreshing). It can strike at any time of the year, but especially in spring and autumn.

For more information about when to visit Switzerland, see p18.



## CUSTOMS

Visitors are subject to duty-free limits. Visitors from Europe may import 200 cigarettes, 50 cigars or 250g of pipe tobacco. Visitors from non-European countries may import twice as much. The allowance for alcoholic beverages is the same for everyone: 1L for beverages containing more than 15% alcohol by volume, and 2L for beverages containing less than 15%. Alcohol and tobacco may only be brought in by people aged 17

or over. Gifts up to the value of Sfr100 may also be imported, as well as food provisions for one day.

## DANGERS & ANNOYANCES

The Swiss are relatively rule-oriented, and street crime is fairly uncommon. However, you should still always watch your belongings; pickpockets thrive in city crowds. The Swiss police aren't very visible, but when they do appear, they have a poor reputation for their treatment of people of non-European descent or appearance, with some suggesting that they perform random street searches of questionable necessity and so on.

Several cities, such as Zürich and Bern, have a heroin problem, but these days you generally have to be way off the main thoroughfares to notice it.

## DISABLED TRAVELLERS

Although many of its most scenic regions are mountainous, travellers with physical disabilities will still find Switzerland one of the world's most easily navigable countries. Most train stations have a mobile lift for boarding trains, and many hotels have disabled access (although budget pensions tend not to have lifts). **Switzerland Tourism** (www.myswitzerland.com) and the local tourist offices should be able to offer travel tips for people with physical disabilities.

**Mobility International Schweiz** (☎ 062 206 88 35; www.mis-ch.ch; Froburgstrasse 4, CH-4600 Olten) has information and a travel agency. Details on the website are mainly in German only, but it is working on an English translation, and there are links to some English information.

## DISCOUNT CARDS

### Senior Cards

Senior citizens are not entitled to discounts on Swiss railways, but they do get many discounts on museum admission, ski passes and some cable cars. Numerous hotels also offer low-season discounts. **Switzerland Tourism** (www.myswitzerland.com) can send you a list of these hotels.

Proof of age is needed for museum and transport discounts. The discounts often start for those as young as 62, although sometimes a higher limit is observed. The abbreviation for senior citizens is AHV in German and AVS in French.

## Student & Youth Cards

An International Student Identity Card (ISIC) can get the card-holder discounts on admission prices, air and international train tickets and even some ski passes. If you're under 26 but not a student, you can apply for the IYTC (International Youth Travel Card). This is not so useful, but may get you some price reductions in lieu of an ISIC. Both cards should be issued by student unions and by youth-oriented travel agencies in your home country.

The travel agencies **STA Travel** (www.statravel.ch) and **Globetrotter** (www.globetrotter.ch in German) can issue ISIC cards (Sfr20).

## Visitors' Cards

In many resorts and a few cities there's a visitors' card, sometimes called a guest card (*Gästekarte*), which provides various useful benefits such as reduced prices for museums, swimming pools or cable cars. Cards are issued by your accommodation (even hostels and camp sites), though if you're in a holiday apartment you'll need to get one from the tourist office. They're well worth having, so if your hotel doesn't supply one automatically, ask if such a scheme exists.

## Swiss Museum Pass

Regular or long-term visitors to Switzerland might want to consider buying a **Swiss Museum Pass** (www.museumpass.ch; adult/concession/family Sfr111/99/202) which offers entry to the permanent collection (only) of 400 museums. See the website for details.

## EMBASSIES & CONSULATES

### Swiss Embassies

For a comprehensive list of Swiss embassies abroad, go to www.eda.admin.ch. The following is a selection of countries that have Swiss embassies:

**Australia** (☎ 2-6162 8400; www.eda.admin.ch/australia; 7 Melbourne Ave, Forrest, Canberra, ACT 2603)

**Canada** (☎ 613-235 1837; www.eda.admin.ch/canada; 5 Marlborough Ave, Ottawa, Ontario K1N 8E6)

**Ireland** (☎ 01-218 6382; www.eda.admin.ch/dublin; 6 Ailesbury Rd, Ballsbridge, Dublin 4)

**New Zealand** (☎ 04-472 1593; vertretung@wel.rep.admin.ch; 22 Panama St, Wellington)

**South Africa** (☎ 012-452 06 60; www.eda.admin.ch/pretoria; 225 Veale St, Parc Nouveau, New Muckleneuk 0181, Pretoria)

**UK** (☎ 020-7616 6000; www.eda.admin.ch/london; 16-18 Montague Pl, London W1H 2BQ)

**USA** (☎ 202-745 7900; www.eda.admin.ch/washington; 2900 Cathedral Ave NW, Washington DC 20008-3499)

## Embassies & Consulates in Switzerland

All embassies are found in Bern. Consulates can be found in several other cities, particularly in Zürich and Geneva. Australia and New Zealand have no embassy in Switzerland, but each has a consulate in Geneva. Most of Bern's embassies are located south-east of the Kirchenfeldbrücke. For a comprehensive list, go to www.eda.admin.ch.

**Australia** (☎ 022 799 91 00; www.australia.ch; Chemin des Fins 2, Grand-Saconnex, Geneva)

**Austria** (Map p180; ☎ 031 356 52 52; bern-ob@bmaa.gv.at; Kirchenfeldstrasse 77-79, Bern)

**Canada** Bern (Map p180; ☎ 031 357 32 00; www.canada-ambassade.ch; Kirchenfeldstrasse 88); Geneva (Map p62; ☎ 022 919 92 00; 5 Ave de l'Ariana)

**France** Bern (☎ 031 359 21 11; www.ambafrance-ch.org in German & French; Schosshaldenstrasse 46); Geneva (☎ 022 319 00 00; www.consulfrance-geneve.org in French; 11 Rue J Imbert Galloix)

**Germany** Bern (☎ 031-359 41 11; www.bern.diplo.de in German & French; Willadingweg 83); Basel (☎ 061 693 33 03; Schwarzwaldallee 200)

**Ireland** (Map p180; ☎ 031-352 14 42; Kirchenfeldstrasse 68, Bern)

**Italy** (Map p180; ☎ 031 350 07 77; Efenstrasse 14, Bern)

**South Africa** (Map p180; ☎ 031 350 13 13; www.southafrica.ch; Alpenstrasse 29, Bern)

**Netherlands** (Map p180; ☎ 031 350 87 00; www.nl.embassy.ch; Kollerweg 11, Bern)

**New Zealand** (Map p62; ☎ 022 929 03 50; Chemin des Fins 2, Grand-Saconnex, Geneva)

**UK** Bern (Map p180; ☎ 031 359 77 00; www.britain-in-switzerland.ch; Thunstrasse 50); Geneva (Map p62; ☎ 022 918 24 00; Rue de Vermont 37-39); Zürich (☎ 01 383 65 60; Hegibachstrasse 47)

**USA** Bern (☎ 031 357 70 11; http://bern.usembassy.gov; Jubiläumsstrasse 93); Geneva (☎ 022 840 51 60; Rue Versonnex 7); Zürich (☎ 01 422 25 66; Dufourstrasse 101)

## FESTIVALS & EVENTS

Numerous events take place at a local level throughout the year, so check with tourist offices, especially for markets (*Märkt*) and traditional fairs (*Chilbi*). Following is a brief selection of the main events; more information and additional special events are mentioned in the destination sections of this guidebook and at www.switzerland.com. For details on the Alpine Games

(*Unspunnenfest*), held every 10 years, see p149.

**January** Costumed sleigh rides in the Engadine and the Lauberhorn ski race at Wengen. International Hot Air Balloon Week is held in Château d'Oex and the Vogel Gryff festival is in Basel.

**February** Carnival time (*Fasnacht*) in many towns, particularly in Catholic cantons, with parades, costumes and musicians. Basel's Fasnacht is best known, but it's also lively in Lucerne and Fribourg.

**March** Engadine Skiing Marathon, Graubünden. Cow fighting (yes, the cows fight each other!) starts at the end of the month in lower Valais and continues for most of the summer.

**April** Meeting of the Landsgemeinde in Appenzell.

**May** Celebrations for May Day, especially in St Gallen and in Vaud.

**June** The annual performance of *William Tell* starts in Interlaken, and continues until early September. There are open-air music festivals in Ticino (late June to August).

**July** Montreux Jazz Festival, Nyon Rock Festival.

**August** National Day (1 August) celebrations and fireworks, and Swiss wrestling in the Emmental. The middle of the month sees Zürich's Street Parade, the start of the Geneva Festival and the International Festival of Music in Lucerne.

**September** Teens test their shooting ability (*Knabenschiessen*) in Zürich, and a religious festival in Einsiedeln.

**October** Vintage festivals in wine-growing regions such as Morges, Neuchâtel and Lugano.

**November** Open-air festivals on the fourth Monday in November including the onion market (*Zibelmärkt*) in Bern.

**December** St Nicholas Day celebrations on 6 December and the Escalade festival in Geneva.

## FOOD

Swiss food has an Italian, French or German flavour, depending on which part of the country you're in. (Your tastebuds will thank you most if it's an Italian region.) Although fondue and rösti are available, so too is a wide range of international cuisine.

This guide includes options for all tastes and budgets. At budget restaurants, you can expect to fill up for less than Sfr25 per person. Midrange establishment events will set you back between Sfr25 and Sfr75 each, while bills in fine-dining restaurants can easily rise to Sfr200 per person (or more).

See p51 for more on eating and drinking in Switzerland.

## GAY & LESBIAN TRAVELLERS

Attitudes to homosexuality are progressive. Gay marriage is recognised (although gay couples are not permitted to adopt children or have fertility treatment) and the age of

consent for gay sex is the same as for heterosexuals, at 16 years.

All major cities have gay and lesbian bars. The **Cruiser magazine** (☎ 044 388 41 54; www.cruiser.ch in German; Sfr6.50) has extensive listings of organisations, places and events. Other useful websites include: www.gay.ch (in German) www.pinkcross.ch (in German and French) and www.lesbian.ch (in German). Pride marches are held in Geneva (early July) and Zürich (mid-July).

## HOLIDAYS

National holidays in Switzerland are:

**New Year's Day** 1 January

**Easter** March/April; Good Friday, Easter Sunday and Monday

**Ascension Day** 40th day after Easter

**Whit Sunday & Monday** 7th week after Easter

**National Day** 1 August

**Christmas Day** 25 December

**St Stephen's Day** 26 December

Some cantons observe their own special holidays and religious days, eg 2 January, 1 May (Labour Day), Corpus Christi, 15 August (Assumption) and 1 November (All Saints' Day). Ticino and Lucerne are the luckiest cantons, enjoying an extra eight/seven public holidays respectively. The third Sunday in September is a federal fast day, and some cantons (eg Vaud and Neuchâtel) take the following Monday as a holiday.

## INSURANCE

Since free health treatment in Switzerland is very limited, it's all the more important to have the correct travel insurance. In addition, if you're trekking in the mountains, you might want to check whether your policy covers helicopter rescue and emergency repatriation. When skiing or snowboarding, you can buy 'winter sports' cover, available from most insurance companies at a premium. A few winter-sports policies can also be extended, at a cost, to adventure sports, such as canyoning, rafting and skydiving.

Worldwide cover to travellers from over 44 countries is available online at [www.lonelyplanet.com/travel\\_services](http://www.lonelyplanet.com/travel_services).

For more on health insurance, see p334.

## INTERNET ACCESS

Using Swiss Internet cafés and terminals can be quite frustrating. Not only are they expensive (on average Sfr10 to Sfr16 per

hour), but many public computers are deliberately equipped with only web browser software. That frequently means that if you want to do anything mildly technical – like reading an email attachment – the set-up won't allow it. It's a good idea to warn your family and friends of this.

Some of the larger public libraries have cheaper terminals and some hotel rooms have easy-to-use modem plugs. Nearly all Swisscom phone boxes now have an electronic phonebook, which allows you to send short emails worldwide for just Sfr1.50 each.

## LEGAL MATTERS

Swiss police have wide-ranging powers of detention allowing them to hold a person without charges or a trial, so be extra careful to stay on the right side of the law. If approached by them, you will be required to show your passport, so carry it at all times.

There are some minor legal variations between the 26 cantons. In Zürich, for example, women are not allowed to use or carry pepper spray (*Pfefferspray*) to deter attackers, whereas in neighbouring Aargau, they are. Similarly, busking (playing music in the streets) may be allowed in some places and not in others. If in doubt, ask.

## Drugs

Moves to decriminalise cannabis in Switzerland were abandoned in October 2003, but you will still notice a fair bit of dope around. In the cities, police tend not to do much about it, but if they do decide to enforce the law you face a fine of up to Sfr400. Possession of over about 30g of cannabis, or any amount of a harder drug, may mean being looked upon as a dealer, and you'll possibly be liable for a larger fine, jail or deportation.

## MAPS

**Hallwag, Kümmerly + Frey** (☎ 031 850 31 31; www.swisstravelcenter.ch; Grubenstrasse 109, CH-3322 Schönbühl) has a vast range of road atlases, city maps and hiking maps, which can be bought online. Swiss Hiking Federation maps and maps produced by the Bundesamt for Topographie (sometimes down to 1:15,000 scale) are also found in most travel bookshops. The *Swiss Travel System* brochure, free from Switzerland Tourism and major train stations, has a clear A3 map of

bus and train routes. For more detail, buy the Swiss Federal Railway rail map from a Swiss train station.

In Swiss cities and towns, the local tourist information office will have free maps and brochures.

## MONEY

Swiss francs are divided into 100 centimes (*Rappen* in German-speaking Switzerland). There are notes for 10, 20, 50, 100, 500 and 1000 francs, and coins for five, 10, 20 and 50 centimes, as well as for one, two and five francs.

See p19 for information about costs in Switzerland.

## ATMs

Automated teller machines (ATMs) – called Bancomats in banks and Postomats in post offices – are common, and are accessible 24 hours a day. They can be used with most international bank or credit cards to withdraw Swiss francs, and they have English instructions. Your bank or credit-card company will usually charge a 1% to 2.5% fee, and there may also be a small charge at the ATM end.

## Cash

Many businesses throughout Switzerland, including most hotels, some restaurants and souvenir shops, will accept payment in euros. However, any change will be given in Swiss francs, at the rate of exchange calculated on the day.

## Credit Cards

The use of credit cards is less widespread than in the UK or USA and not all shops, hotels or restaurants will accept them. When they do, EuroCard/MasterCard and Visa are the most popular.

## International Transfers

**Western Union** (☎ 0800 007 107) has a receiving agent in most towns. Charges, paid by the sender, are on a sliding scale, depending on the amount sent.

## Moneychangers

You can change money at banks, as well as at airports and nearly every train station daily until late into the evening. Whereas banks tend to charge about 5% commis-

sion, some money-exchange bureaus don't charge commission at all. Exchange rates are *slightly* better for travellers cheques than for cash, but there's not much difference.

For bank opening hours and exchange rates, see the inside front cover of this guidebook.

## Tipping

Tipping is not normally necessary, as hotels, restaurants, bars and even some taxis are legally required to include a 15% service charge in bills. However, if you've been very happy with a meal or service you could round up the bill (locals often do); hotel and railway porters will expect a franc or two per bag. Bargaining is virtually nonexistent, though you could certainly try asking for a discount on your hotel room in the low season.

## Travellers Cheques

All major travellers cheques are accepted, especially American Express, Visa or Thomas Cook. You can call **American Express** (☎ 0800 550 100) on its toll-free number if you lose your Amex travellers cheques.

## POST

Post office opening times vary, but they're usually open from at least 8am to noon and 2pm to 5pm Monday to Friday, and from 8.30am to noon on Saturday. The larger post offices stay open during lunchtime and also have an emergency counter (*Dringlichshalter*) outside normal operating hours (eg lunchtime, evening, Saturday afternoon, Sunday evening), but transactions are subject to a Sfr1 to Sfr2 surcharge. Many post offices have an ATM.

## Postal Rates

Within Switzerland, deliveries are either by A-Post (delivered next working day) or B-Post (taking three working days). Standard letters (up to 100g) and postcards sent A-Post cost Sfr1. Sending them by B-Post costs Sfr0.85.

For international deliveries, the main categories of post are priority/prioritaire and economy/economique. Priority deliveries to Europe take two to four days, and to elsewhere roughly seven days. Economy service to Europe takes four to eight days and, to other destinations, seven to 12 days. Rates

for priority/economy letters under 20g to Europe are Sfr1.30/1.20. Equivalent rates to countries outside Europe are Sfr1.80/1.40. Prices for posting items to countries bordering the Mediterranean are the same as those for Europe.

Paketpost rates are cheaper for heavier items than for Briefpost (letter post). An 'Urgent' service is also available for same-day or next-day international deliveries; for prices and other details contact **Swiss Post** (☎ 0848 454 545; www.post.ch).

## SHOPPING

You can't miss the cowbells and cuckoo clocks, sold by numerous souvenir shops. The upmarket Heimat/Heimatwerk shops also stock textiles, ceramics, quality fondue sets, toys and trendy handbags.

However, Switzerland is a land of brands and it's also worth keeping some room in your suitcase for the following:

**Bags and satchels** Switzerland is home to Freitag (www.freitag.ch), the manufacturer of trendy, courier-style satchels made from recycled plastic.

**Colouring pencils** The world's first water-soluble brand of pencil was Switzerland's Caran d'Ache (www.caran-dache.ch). A boxful still makes a delightful present for the little sister, artist or architect back home.

**Footwear** Bally (www.bally.ch) is known abroad, but the stay-at-home national chain Navyboot (www.navyboot.ch) also does some great high-stepping boots and shoes.

**Swiss army knives** The leading and original brand is Victorinox (www.victorinox.ch), although Wenger (www.wenger-knife.ch) also does a decent range. Knives can cost anything from Sfr7.50 to Sfr200 or more, depending on functionality.

**Watches** If you can't stretch to a TAG Heuer, Rolex, Cartier or Patek Philippe, then a Swatch (www.swatch.ch) will let you tell the time in style without first having to consult your bank manager.

**Water bottles** Sigg (www.sigg.ch) is a world leader in this field; one of its brightly coloured, aluminium-coated flasks has even been immortalised in New York's Museum of Modern Art.

## Taxes & Refunds

VAT (MWST in German, TVA in French) is levied on goods and services at a rate of 7.6%, except on hotel bills, when it's only 3.6%. Nonresidents can claim the tax back on purchases over Sfr400. (This doesn't apply to services or hotel/restaurant bills.) Before making a purchase, ensure that the shop has the required paperwork for you

to make a claim. Refunds are given at main border crossings and at Geneva and Zürich airports, or you can claim later by post.

## SOLO TRAVELLERS

Solo travellers should experience no particular problems and will be perfectly safe. You'll meet people staying in hostels, of course; however, the Swiss are also pretty chatty and friendly, and will often strike up impromptu conversations.

## TELEPHONE

The main telephone provider is **Swisscom** (☎ 0800 800 114; www.swisscom.com), which evolved from the former state-run monopoly. The minimum charge in its numerous phone boxes is 60c, which then increases by 10c increments. Coin-operated call boxes also take euros, but it's more common for public phones to take only phone 'taxcards', which come in values of Sfr5, Sfr10 and Sfr20, and can be purchased from post offices and other outlets, newsagencies, shops etc. Many telephones take credit cards.

To find a phone number in Switzerland, check the telephone book or dial ☎ 111 (minimum charge Sfr1.60, Sfr0.25 for the first minute and national tariffs thereafter). Alternatively, the residential **white pages** (www.weisseseiten.ch) and the business **yellow pages** (www.gelbeseiten.ch) have listings in German, French, Italian and English.

There's no surcharge for calling the international operator (☎ 1141), although you are not able to do this from public telephone boxes. Operator-connected international calls can be made collect via ☎ 0800 265 532.

Since 2005, Swiss private customers have been able to buy fixed-line phones with SMS (text message) capability.

## Phone Codes

The country code for Switzerland is ☎ 41. When telephoning Switzerland from abroad you drop the initial zero from the number, hence to call a number in Bern you dial ☎ 41 31 (preceded by the overseas access code of the country you're dialling from).

The international access code from Switzerland is ☎ 00. To call Britain (country code ☎ 44), you would start dialling with ☎ 00 44.

Telephone numbers with the code 0800 are toll-free, and those with 0848 are

### WARNING: DIAL ALL NUMBERS

Regional codes do not exist in Switzerland. Although the numbers for a particular city or town share the same three-digit prefix (for example Bern 031, Geneva 022), numbers always must be dialled in full, even when calling from next door – literally.

charged at the local rate. Numbers beginning with 156 or 157 are always charged at the premium rate. Numbers with the code 079 are mobile phone numbers.

## Tariffs & International Phonecards

There are only two national tariffs to fixed line phones: Sfr0.08 per minute for day-time calls Monday to Friday, anywhere in Switzerland, and Sfr0.04 per minute after 5pm, before 8am and on weekends. When calling Swisscom mobiles, the equivalent rates are Sfr0.41/0.31, and for other mobiles it's Sfr0.55/0.45.

The normal/cheap tariff for international dialling to fixed-line phones is Sfr0.12/0.10 per minute for a range of countries including Australia, Britain, Canada, New Zealand and the USA, and Sfr0.25/0.20 to countries including Ireland, Japan and the Netherlands. For further details see www.swisscom-fixnet.ch. Of course, many hotels add a premium to these rates.

You can usually save money on the normal international tariff by buying prepaid cards – Swisscom sells them to the value of Sfr10, Sfr20, Sfr50 and Sfr100. Or look for prepaid cards from rival operators. For example, the **Mobile Zone** (www.mobilezone.ch in German, French & Italian) chain of shops has Sfr20 or Sfr50 Discount Call cards, which can be used via local mobile phones, private phones and phone boxes. Check the website for the nearest branch.

## Mobile Phones

Most phones on European GSM networks will work in Switzerland perfectly, though you should check with your provider about costs. Alternatively, prepaid local SIM cards are available from the three network operators – **Orange** (www.orange.ch), **Sunrise** (www.sunrise.ch) and **Swisscom Mobile** (www.swisscom-mobile.ch).

It's easy to buy these via the nationwide **Mobile Zone** (www.mobilezone.ch in German, French &

Italian) chain of shops. Check the website for the nearest branch. Prices start at about Sfr40 to Sfr50 for a card with Sfr20 of talk-time.

All prepaid cards must be officially registered, so take your passport when you go to buy.

## TIME

Swiss time is GMT/UTC plus one hour. If it's noon in Bern it's 11am in London, 6am in New York and Toronto, 3am in San Francisco, 9pm in Sydney and 11pm in Auckland. Daylight-saving time comes into effect at midnight on the last Saturday in March, when the clocks are moved forward one hour; they go back again on the last Saturday in October. The Swiss use the 24-hour clock when writing times.

Note that in German *halb* is used to indicate the half-hour before the hour, hence *halb acht* means 7.30, not 8.30.

## TOILETS

Public toilets are usually pretty clean. Urinals are often free, and many cubicles are too, but some of the latter may have a charge of between Sfr0.20 and Sfr0.50. The spotless Mr Clean range of facilities in most train stations is more expensive, costing Sfr2. Toilet cubicles in supermarket and department-store restaurants are generally free; they're for customers only, but who will know?

## TOURIST INFORMATION

Switzerland Tourism abroad and local tourist offices in Switzerland are helpful and have plenty of literature in English. They usually also have information for travellers with special requirements.

## Regional Tourist Offices

Generally, these tend not to accept personal callers, but will answer written queries. For a list, see Switzerland Tourism's website (www.myswitzerland.com).

## Local Tourist Offices

For detailed resort information, you are always better off contacting the local tourist office. Information is free (maps nearly always are too) and somebody will invariably speak English. Local tourist offices are widespread and will often book hotel rooms, tours and excursions for you. In German-speaking Switzerland the offices are called

*Verkehrsbüro*, or *Kurverein* in some resorts. In French they are called *office du tourisme* and in Italian, *ufficio turistico*.

### Tourist Offices Abroad

The headquarters of **Switzerland Tourism** (☎ 044 288 11 11; www.myswitzerland.com; PO Box 695, CH-8027, Zürich) will provide written information, but accepts no personal visits. Swiss tourist offices abroad include the following:

**France** (☎ 00800 100 200 30; info@myswitzerland.com; Porte de la Suisse, 11 bis, rue Scribe, F-75009 Paris) Closed to the public; only provides information by phone, email or post.

**Japan** (☎ 03-5401 5426; info@switzerland.com; Toranomon Daini Waiko Bldg 3F, 5-2-6, Toranomon, Minato-ku Tokyo 105-0001)

**UK** (☎ 020 7420 4900, 00800 100 200 30; info.uk@switzerland.com; 30 Bedford St, London WC2E 9ED)

**USA** (☎ 1877 794 8037; info.usa@switzerland.com; Swiss Center, 608 Fifth Ave, New York, NY 10020)

Switzerland Tourism has no Australian office, but you can get information from its website, from Zürich HQ (info@switzerland.com), from the embassy in **Canberra** (☎ 02-6162 8400; www.eda.admin.ch/australia; 7 Melbourne Ave, Forrest, Canberra, ACT 2603) or any major Australian travel agent.

There are several other offices in Europe and around the world, all listed on the website under 'Contact'.

### VISAS

Visas are not required if you hold a passport for the UK, Ireland, the USA, Canada, Australia, New Zealand or South Africa, whether visiting as a tourist or on business. Citizens of the EU, Norwegians and Icelanders may also enter Switzerland without a visa. A maximum three-month stay applies, although passports are rarely stamped. Citizens of several African, Asian and Arab countries, plus Eastern European and Balkan states, require visas. See www.foreigners.ch for details, and check with the local embassy or a reputable travel agency before travelling.

In Switzerland, carry your passport at all times and guard it carefully. Swiss citizens

are required always to carry personal identification, so you will also need to be able to identify yourself at any time.

### WOMEN TRAVELLERS

Minor sexual harassment (catcalls and the like) is much less common than in some neighbouring countries, such as Italy and France, but, in our experience at least, it's a teensy bit more common than in others, like Germany and Austria. Common sense is the best guide to dealing with potentially dangerous situations such as hitching or walking alone at night.

### WORK

#### Work Permits

Citizens of the EU, plus Norwegians and Icelanders, may work in Switzerland for up to 90 days a year without a permit. However, these workers still have to register with the Swiss cantonal authorities before arrival.

Other foreigners and EU citizens on longer assignments will need a permit. For details visit www.foreigners.ch. If you get caught working illegally you can be fined and deported.

These rules can change at any time, so do some research beforehand.

#### Types of Work

Language skills are particularly crucial for work in service industries. Generally, the ski resorts are the most likely places to find a position. *Working in Ski Resorts – Europe* (paperback) by Victoria Pybus provides detailed information. Within Switzerland, check through ads for hotel and restaurant positions in the weekly newspaper *hotel + tourismus revue* (Sfr4.30), which is mostly in German. A useful web resource for service-industry jobs is www.gastronet.ch.

In October, work is available in vineyards in Vaud and Valais. Conditions are usually better than in other countries.

**WWOOF** (Worldwide Opportunities on Organic Farms; www.dataway.ch/~reini/woof; Postfach 59, CH-8124, Maur) finds people volunteer work on small organic farms throughout Switzerland.

# Transport

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## GETTING THERE & AWAY

When visiting Switzerland from outside Europe, it's worth investigating whether it's cheaper to fly to a European 'gateway' city and travel on from there. London and Frankfurt are the most obvious candidates.

Flights, tours and rail tickets can be booked online at [wfhww.lonelyplanet.com/travel\\_services](http://wfhww.lonelyplanet.com/travel_services).

### ENTERING THE COUNTRY

Formalities are kept to a minimum when entering Switzerland by air, rail or road, although passports will be checked.

### Passport

Ensure your passport is valid until well after you plan to end your trip – six months is a safe minimum. Swiss citizens are required to always carry personal identification, so carry your passport at all times and guard it carefully. Citizens of many European countries don't need a passport to travel to Switzerland; a national identity card may suffice. Check with your travel agent or the Swiss embassy before departure.

### THINGS CHANGE

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and be aware of the security requirements for international travel. The details given in this chapter should be regarded as pointers and not a substitute for your own careful, up-to-date research.

### AIR Airlines

More than 100 scheduled airlines fly to/from Switzerland, the most important of which are listed below. Lufthansa part-owns Swiss International Air Lines and their two timetables have been integrated.

**Air France** (☎ 022 827 87 87; [www.airfrance.com](http://www.airfrance.com))

**American Airlines** (☎ 044 654 52 56; [www.aa.com](http://www.aa.com))

**British Airways** ([www.ba.com](http://www.ba.com)); Zürich (☎ 0848 845 845); Geneva (☎ 0848 801 010)

**Continental Airlines** (☎ 0800 776 464; [www.continental.com](http://www.continental.com))

**Darwin Airline** (☎ 0800 177 177; [www.darwinairline.com](http://www.darwinairline.com))

**Lufthansa Airlines** (☎ 0845 773 7747; [www.lufthansa.com](http://www.lufthansa.com))

**Qantas Airways** (☎ 0845 774 7767; [www.qantas.com](http://www.qantas.com))

**Swiss International Air Lines** (☎ 0848 852 000; [www.swiss.com](http://www.swiss.com))

**South African Airways** (☎ 0870 747 1111; [www.flysaa.com](http://www.flysaa.com))

**United Airlines** (☎ 0845 844 4777; [www.ual.com](http://www.ual.com))

### Low-Cost Airlines

This market changes often, so keep an eye out for new entrants and be aware that current players might abandon certain routes.

**Air Berlin** (☎ 0848 737 800; [www.airberlin.com](http://www.airberlin.com))

**easyJet** (☎ 0848 888 222; [www.easyjet.com](http://www.easyjet.com))

**flybe** (☎ + 44 0 1392 268 500; [www.flybe.com](http://www.flybe.com))

**Germanwings** ([www.germanwings.com](http://www.germanwings.com))

**Helvetic** (☎ 043 557 90 99; [www.helvetic.com](http://www.helvetic.com))

**SkyEurope** (☎ 043 557 90 99; [www.skyeurope.com](http://www.skyeurope.com))

### Airports

The two main Swiss airports are **Zürich Airport** (☎ 043 816 22 11; [www.zurich-airport.com](http://www.zurich-airport.com)), **Geneva**

**International Airport** (☎ 022 717 71 11; www.gva.ch), and increasingly **EuroAirport** (☎ 061 325 31 11; www.euroairport.com), serving Basel (as well as Mulhouse, France and Freiburg, Germany).

**Bern-Belp** (☎ 031 960 21 21; www.flughafenbern.ch) and **Lugano Airport** (www.lugano-airport.ch) are secondary airports, but growing.

For more details, see the relevant destination chapters. Bear in mind that **Friedrichshafen** (www.fly-away.de) in Germany and **Aeroporto di Milano Linate & Malpensa** (www.sea-aeroportoimilano.it) in Italy are airports close to the Swiss border.

## Tickets

Two agents, **Flight Centre** (www.flightcentre.com) and **STA Travel** (www.statravel.com), operate in many of the regions discussed here.

Check for cheap fares in major newspapers and try the following online booking sites (or their local versions):

- www.cheapflights.com
- www.ebookers.com
- www.expedia.com
- www.lastminute.com
- www.opodo.com
- www.travelocity.com

## Africa

South Africa is the best place on the continent to buy tickets to Switzerland. **Swiss International Air Lines** (☎ 0860 040 506; www.swiss.com) has direct flights daily from Johannesburg to Zürich (from 4500 rand in low season).

## Asia

With tourism from India the fastest growing sector of the Swiss tourism market, **Swiss International Air Lines** (Delhi ☎ 91-011 2341; 5th fl, World Trade Tower, Barakhamba Lane; Mumbai ☎ 022-2287 01 22; 1st fl, Hoechst House, 193 Nariman Point) has plenty of offices in the country. It operates nonstop flights to Zürich from Mumbai, with connecting flights to/from Geneva.

Expect to pay about 38,000 rupees in the low season, or try **STIC Travels** (☎ 11-233 57 468; www.stictravel.com) for cheaper tickets.

Direct flights also go to Zürich from Bangkok, Hong Kong, Singapore and Tokyo.

## Australia & New Zealand

The Sydney-based **Swiss Travel Centre** (☎ 02 9250 9320; www.swisstavel.com.au) has specially negotiated airfares to Switzerland.

## FLY-RAIL BAGGAGE SERVICE

Passengers on all flights into Geneva and Zürich airports are able to send their luggage directly on to any one of 116 Swiss train stations, without having to wait for their bags at the airport. Similarly, upon departure they can check their luggage at any of these train stations up to 24 hours before their flight and pick it up at their destination point. The charge is Sfr20/US\$15 per item of luggage. Bulky items such as bicycles and surfboards are excluded. For details, email reservation@stc.ch. Alternatively, visit www.rail.ch or www.myswitzerland.com to find sales points in your country. Similar luggage forwarding is possible within the country (see p333).

**Swiss International Air Lines** (☎ 1300-724 666, 02-8251 3950; c/o Walshes World Agencies, Level 3, 117 York St, Sydney 2000) has linked services with Air New Zealand, British Airways, Qantas and Singapore Airlines. Expect to pay up to AUD\$3200 or NZ\$2700 in the low season.

**Thai Airways** (☎ 02-9844 0999; www.thaiairways.com.au; 75-79 Pitt St, Sydney 2001) has the most convenient services, flying from Sydney to Bangkok with timed connections to Geneva.

## Canada

**Travel CUTS** (☎ 1-866-246 9762; www.travelcuts.com) is Canada's national student travel agency.

**Swiss International Air Lines** (☎ 1 877 359 7947; www.swiss.com) has direct flights daily from Montreal to Zürich (from C\$600 return in the low season) and other code-share services via New York.

## Continental Europe

The number of low-cost flights has mushroomed in recent years. If you book very early – and are lucky – you might find flights for as little as €22 each way (plus taxes).

**Air Berlin** (☎ www.airberlin.com) flies to Zürich from dozens of destinations in Germany, Italy, Spain and Portugal. Beware that you need to book very early with this particular low-cost carrier to get the best deal.

**easyJet** (www.easyjet.com; France ☎ 08-25 08 25 08; Netherlands ☎ 023-568 4880; Spain ☎ 90-229 9992) has flights to Geneva and Basel from about two dozen destinations. See the website for details.

**Germanwings** (www.germanwings.com) operates from Cologne-Bonn, Germany to Zürich.

**Helvetic** (www.helvetic.com) flies to Zürich from Italy, Portugal, Spain, the Czech Republic and Hungary.

**SkyEurope** (www.skyeurope.com) flies from Basel and Zürich to Austria (Vienna) and Slovakia (Bratislava and Kosice).

Aside from **STA Travel** (www.statravel.com), agencies in major European cities include the following:

**NBBS Reiswinkels** (☎ 0900 10 20 300; www.nbbs.nl in Dutch; Linnaeusstraat 28, Amsterdam)

**Passaggi** (☎ 00800 191 020 04; www.passaggi.it in Italian; Galleria Stazione Termini, 00 185 Rome)

**Voyages Wasteels** (☎ 0825 887 070; www.wasteels.fr in French; 11 rue Dupuytren, 756006 Paris)

## UK

London is a major centre for discounted air tickets. Including taxes, you should be able to find a scheduled return flight for between UK£120 and UK£200.

The two main scheduled carriers are **British Airways** (☎ 0845-773 3377; www.ba.com) and **Swiss International Air Lines** (☎ 0845-601 0956; www.swiss.com), which both have services leaving from Heathrow and London City airports.

Ticino carrier **Darwin Airline** (☎ +41 (0) 800 177 177 international toll free; www.darwin-airline.com) flies from London City Airport (to Bern and Lugano only).

Several low-cost carriers travel between the UK and Switzerland, including **easyJet** (☎ 0870-600 0000; www.easyjet.com) and **Helvetic** (☎ 020 7026 3464; www.helvetic.com). Note that if you travel **Air Berlin** (☎ 0870 738 8880; www.air

berlin.com) or **Germanwings** (☎ 0870 252 1250; www.germanwings.com) your flight will be routed via Germany.

During the winter skiing season only, **Bmibaby** (☎ 0870 264 2229; www.bmibaby.com) flies to Geneva from Birmingham, Cardiff, Manchester and Nottingham to Geneva.

Budget travel agencies include **Traifinders** (☎ 0845 058 5858; www.traifinders.com) and **Bridge the World** (☎ 0870 444 7474; www.bridgetheworld.com).

## USA

In the USA, try consolidators (budget travel agencies), such as **Air Brokers** (☎ 1-888-883 3273; www.airbrokers.com), **Airline Consolidator** (☎ 1-888-468 5385; www.airlineconsolidator.com) and **Airtech** (☎ 212-219 7000; www.airtech.com).

Scheduled fares start at approximately US\$450 for return flights to Switzerland. **American Airlines** (☎ 1 800 433 7300; www.aa.com) and **Swiss International Air Lines** (☎ 1 877 359 7947; www.swiss.com) code-share on several nonstop flights per day to Zürich from New York (both JFK and Newark), Boston, Chicago, Los Angeles, Miami and Washington, as well as direct flights to Geneva. **Continental Airlines** (☎ 1-800-231 0856; www.continental.com) also has nonstop flights from Newark, while **Delta** (☎ 1-800-221 1212; www.delta.com) flies nonstop from Atlanta.

## LAND Bus

**Eurolines** (www.eurolines.com), via local operator **Alsa+Eggman** (☎ 0900 573 747 per min Sfr1.50, Geneva ☎ 022 716 91 10, Zürich ☎ 043 366 64 30; www.alsa-eggmann.ch), operates services on about 35

## ROAD TOLLS

There's a one-off charge of Sfr40 to use Swiss motorways and semi-motorways, identified by green signs. The charge is payable at the border (in cash, including euros) or from Swiss tourist offices abroad (see p322). The sticker (*vignette*) you receive upon paying the tax can also be bought at post offices and petrol stations. It must be displayed on the windscreen and is valid for a calendar year, with one month's leeway. If you're caught without it, you'll be fined Sfr100. A separate *vignette* is required for trailers and caravans. Motorcyclists are also charged the Sfr40. For more details, see www.vignette.ch.

Generally, it's easy enough to avoid motorways and hence not bother with the *vignette*. However, note that a *vignette* is also necessary to use either the Gotthard Tunnel (between Ticino and Uri) or the San Bernardino Tunnel (between Ticino and Graubünden).

On the Swiss-Italian border you'll need to pay an additional toll if using the Grand St Bernard Tunnel between Aosta, Italy, and Wallis (toll for cars/motorcycles one way from Italy Sfr38.40 /20.40, from Switzerland Sfr29/17).



routes to/from Austria, Croatia, Hungary, Germany, Montenegro, Poland, Portugal, Romania, Serbia, Slovakia and Spain.

See p331 for further bus services.

### Car & Motorcycle

There are fast, well-maintained motorways (freeways) to Switzerland through all surrounding countries. The German motorways (*Autobahnen*) have no tolls, whereas the Austrian, Czech, French (*autoroute*) and Italian (*autostrada*) and Slovak motorways do.

The Alps present a natural barrier to entering Switzerland, so main roads generally head through tunnels (see the boxed text Road Tolls, p325 for information about the costs involved). Smaller roads are scenically more interesting, but special care is needed when negotiating mountain passes. Some, like the N5 (E21) route from Champagnole (in France) to Geneva, aren't recommended if you have no previous experience driving in the mountains. See p328 for more on getting around using this mode of transport.

### PAPERWORK & PREPARATIONS

An EU driving licence is acceptable throughout Europe for up to a year. Third-party motor insurance is a minimum requirement: get proof of this in the form of a Green Card, issued by your insurers. Also ask for a 'European Accident Statement' form. Taking out a European breakdown assistance policy is a good investment.

A warning triangle, to be displayed in the event of a breakdown, is compulsory almost everywhere in Europe, including Switzerland. Recommended accessories include a first-aid kit (compulsory in Austria, Slovenia, Croatia and Greece), a spare bulb kit and a fire extinguisher. In the UK, contact the **RAC** (☎ 0906-470 1740, per min 60p; www.rac.co.uk) or the **AA** (☎ 0870-550 0600; www.theaa.com) for travel information.

For more on Swiss motoring regulations, see p74.

### Train

Taking the train is more expensive and time-consuming than flying within Europe. However, some travellers enjoy the experience, and it can seem somehow appropriate to arrive in environmentally friendly Switzerland

via a relatively green mode of transport. Contact [www.raileurope.co.uk](http://www.raileurope.co.uk), [www.raileurope.com](http://www.raileurope.com) or your local European rail operator.

From the UK, the quickest train route is via **Eurostar** ([www.eurostar.com](http://www.eurostar.com)) to Paris and then onwards by French TGV (*train à grande vitesse*). A fare to Geneva generally costs between UK£150 and UK£200 for adults between 26 and 59 years, with slight discounts for those under 26 or over 60. Allow approximately nine hours for this trip, or 10 to Zürich.

There are several trains a day from Paris to Geneva and Lausanne, taking 3½ to four hours. The trip from Paris to Bern takes 4½ hours by TGV.

Zürich is the country's busiest international terminus. Four daily trains (four hours) connect with Munich. Two daytime trains (nine hours) and one night train leave for Vienna, from where there are extensive onward connections to/from cities in eastern Europe.

Most connections from Germany pass through Zürich or Basel. Nearly all connections from Italy pass through Milan before branching off to Zürich, Lucerne, Bern or Lausanne.

### SEA & RIVER

Switzerland can be reached by steamer from several lakes, although it's a slightly more unusual option. From Germany, you come via Lake Constance (p257); from Italy via Lago Maggiore (p301); and from France along Lake Geneva (p85).

It's also possible to cruise down the Rhine River to Basel (p243).

## GETTING AROUND

Despite a headline-grabbing three-hour power outage in 2005, and disruptions after that year's terrible flooding, Switzerland's fully integrated public transport system is one of the most efficient in the world. The Swiss think nothing of coordinating schedules with only a few minutes' leeway between arrivals and departures. Missing a connection through a late arrival is rare.

Travel within the country is expensive, however, and visitors who are planning to use public transport on inter-city routes

### SWISS TRAVEL PASSES

The following national travel passes generally offer better savings than Eurail or Inter Rail passes (see p333) on extensive travel within Switzerland. Most can be purchased before arrival in Switzerland from **Switzerland Tourism** (☎ 044 288 11 11; [www.myswitzerland.com](http://www.myswitzerland.com); PO Box 695, CH-8027, Zürich) or on arrival from major transport centres such as the main train stations in Zürich or Geneva. The Half-Fare Card, however, is rarely available abroad. For more details, go to [www.rail.ch](http://www.rail.ch) and search for 'travel passes'.

#### Swiss Pass

The Swiss Pass entitles the holder to unlimited travel on almost every train, boat and bus service in the country, and on trams and buses in 35 towns. Reductions of 25% apply on funiculars, cable cars and private railways such as Jungfrau Railways. The following prices are for 2nd-class passes; 1st class is 50% higher. If you are under 26, you are entitled to a Swiss Youth Pass, which is 25% cheaper in each instance.

- four days (Sfr245)
- eight days (Sfr350)
- 15 days (Sfr425)
- 22 days (Sfr490)
- one month (Sfr545)

#### Swiss Flexi Pass

This pass allows you to nominate a certain number of days (anywhere from three to

eight) during a month in which you can enjoy unlimited travel.

- three days (Sfr230)
- eight days (Sfr420)

### Half-Fare Card

Almost every Swiss person owns one of these. As the name suggests, you pay only half-fare on trains with this card, plus you get some discounts on local-network buses and trams. If you plan to use many cable cars, the Half-Fare Card might be a better option than the Swiss Pass, as the reduction is greater (50% as against 25%), and the cheapest version pays for itself after only three or four mountain trips.

- One month (Sfr99)
- One year (Sfr150; photo necessary)

### Family Card

A free Family Card is also available, offering free travel (on trains, buses and boats – even on some cable cars) for children aged between six and 16 accompanied by at least one of their parents. Children within that age bracket and travelling with an adult who is not a relative get 50% off.

### Regional Passes

Network passes valid only within a particular region are available in several parts of the country. Such passes are available from train stations in the region and more details can be found in individual destination chapters.

are strongly advised to consider one of the passes listed in the boxed text Swiss Travel Passes, above.

Timetables often refer to *Werktags* (work days), which means Monday to Saturday, unless there is the qualification 'ausser Samstag' (except Saturday).

### AIR

Internal flights are of little interest to most visitors, owing to Switzerland's compact size and excellent rail transport. However, **Swiss International Air Lines** ([www.swiss.com](http://www.swiss.com)) does serve all major hubs, such as EuroAirport, Geneva and Zürich airports. Return fares start from about Sfr250.

Some mountain resorts have helicopter operators offering flights around the Alps. There are also scenic Zeppelin airship rides over Lakes Lucerne (p217) and Constance (p258).

### BICYCLE

For information on the experience of biking around Switzerland and national cycle routes, see p43.

### Hire

**Rent A Bike** ([www.rent-a-bike.ch](http://www.rent-a-bike.ch) in German & French) hires out bikes at around 100 train stations. Prices start at Sfr23 for a half day, and Sfr31 for a full day, and there are discounts for

Swiss travel pass-holders. Counters are open daily, usually from the crack of dawn until some time in the evening. If you inform staff beforehand, you can return your bike to any other station with a rental counter, but it costs Sfr6 more. There's a huge demand for these rental bikes during summer, so try to reserve your bike at least a day or two ahead.

Many **SYHA Hostels** (www.youthhostel.ch) also now rent out bikes, even to nonguests. Prices are Sfr10 for a half day and Sfr15 for a full day, although you will have to leave a Sfr100 deposit. Booking is also necessary.

There is free bike rental in Bern (p184), Geneva (p66), Zug (p232) and Zürich (p208).

### Transport

One bike per passenger can be taken on slower trains, and sometimes even on Inter-City (IC) or EuroCity (EC) trains, when there is enough room in the luggage carriage (Sfr15, or Sfr10 with valid Swiss travel pass). Between 31 March and 31 October, you must book (SFr5) to take your bike on ICN (inter-city tilting) trains.

Trains that do not permit accompanied bikes are marked with a crossed-out pictogram in the timetable. Sending your bike unaccompanied costs Sfr16 to Sfr32, depending on its size.

### BOAT

All the larger lakes are serviced by steamers operated by Swiss Federal Railways (SBB/CFF/FFS), or allied private companies for which national travel passes are valid. Lakes covered include Geneva, Constance, Lucerne, Lugano, Neuchâtel, Biel, Murten, Thun, Brienz and Zug, but not Lago Maggiore. Railpasses are not valid for cruises offered by smaller boat companies. The **Swiss Boat Pass** (Sfr35; valid for 1 year) gives you a 50% discount on travel on the country's 14 largest lakes.

### BUS

Yellow 'postal buses' (Postbus in German, Car Postal in French, Auto Postale in Italian) supplement the rail network, following postal routes and linking towns to the more inaccessible mountain regions. They are extremely regular, and departures tie in with train arrivals. Bus stations are invariably next to train stations. Travel is one class only.

For a flat fee of Sfr12, your luggage can be sent on ahead to a post office and picked up later – especially useful for hikers relying on the postal bus network.

For those schlepping home late from a club or rushing to make a red-eye flight, there are several **Nightbuses** (☎ 0900 100 201; <http://mct.sbb.ch/mct/nightbird> in German & French) on weekends.

### Bus Passes

All Swiss national travel passes (see the boxed text Swiss Travel Passes, p327) are valid on postal buses; however, a few tourist-oriented Alpine routes levy a surcharge (usually around Sfr15, but sometimes Sfr25). Details are given in the relevant chapters.

### Costs

Postal bus fares are comparable to train fares (see p332). All-day scenic journeys, for example, can cost between Sfr35 to Sfr85.

### Reservations

Tickets are usually purchased from the driver, though on some scenic routes over the Alps (eg, the Lugano–St Moritz run) advance reservations are necessary. See [www.postbus.ch](http://www.postbus.ch) for details.

### CAR & MOTORCYCLE

If you're deciding whether to travel by car or motorcycle, you should consider the effect your exhaust emissions will have on the Alpine environment. You might also find it frustrating to have to concentrate on the road while magnificent scenery unfolds all around. Public transport is excellent in city centres, where parking can make cars an inconvenience.

### Automobile Associations

The **Swiss Touring Club** (Touring Club der Schweiz, TCS; ☎ 022 417 27 27; [www.tcs.ch](http://www.tcs.ch) in German, French & Italian; Chemin de Blandonnet, Case postale 820, CH-1214, Vernier/Genève) and **Swiss Automobile Club** (Automobil-Club der Schweiz, ACS; ☎ 031 328 31 11; [www.acs.ch](http://www.acs.ch); Wasserwerksgasse 39, CH-3000, Bern 13) are internationally affiliated and can provide details on driving in Switzerland.

The larger TCS operates the national 24-hour **emergency breakdown service** (☎ 140). The service is free for members of the Swiss motoring clubs or their affiliates;

anybody else has to pay (charges are Sfr80 to Sfr320).

### Bring Your Own Vehicle

For information on bringing your own transport into Switzerland, see p326.

### Driving Licence

EU and US licences are accepted in Switzerland for up to one year. Otherwise, you should obtain an International Driving Permit (IDP).

### Fuel

Unleaded (*bleifrei, sans plomb, senza plombo*) petrol is standard, found at green pumps, but diesel is also widely available (black pumps). At the time of writing, unleaded fuel cost Sfr1.58 per litre, diesel Sfr1.68. For the latest prices, go to [www.theaa.com](http://www.theaa.com) and search for 'fuel'.

### Hire

Car rental is expensive, especially if hiring from a multinational firm. It's cheaper to book ahead from your own country, but

you're still looking at Sfr350 to Sfr500 per week. The minimum rental age is usually 25, but falls to 20 with some local firms, and you will always need a credit card. It is possible to drive Swiss hire-cars into most EU countries, including the 10 member states that joined in 2004. However, you cannot take them to Greece. Other off-limits countries include Albania, Bosnia, Bulgaria, Serbia, Turkey and Ukraine.

National (local rate) and international reservation numbers and web addresses include the following:

**Avis** (☎ 0848 811 818; [www.avis.ch](http://www.avis.ch))

**Europcar** (☎ 0848 808 099; [www.europcar.ch](http://www.europcar.ch))

**Hertz** (☎ 0848 811 010; [www.hertz.ch](http://www.hertz.ch))

**Holiday Autos** ([www.holidayautos.com](http://www.holidayautos.com)) Australia (☎ 1300 554 432); Switzerland (☎ 056 675 75 85); UK (☎ 0870 400 0099); USA (☎ 1-800 422 7737)

**Sixt** (☎ 0848 884 444)

**Thrifty** (Australia ☎ 1300 367 227; [www.thrifty.com.au](http://www.thrifty.com.au); New Zealand ☎ 09-309 0111; [www.thrifty.co.nz](http://www.thrifty.co.nz); UK ☎ 01494 751 600; [www.thrifty.co.uk](http://www.thrifty.co.uk)).

### Insurance

See p326.

### ROAD DISTANCES (KM)

Bellinzona	241																										
Bern	97	253																									
Biel-Bienne	93	247	41																								
Brig	190	161	91	129																							
Chur	228	115	242	237	174																						
Fribourg	132	285	34	71	179	274																					
Geneva	267	420	171	209	214	409	138																				
Interlaken	153	195	57	92	73	209	92	230																			
Lausanne	203	359	107	146	151	346	72	62	167																		
Lugano	267	28	279	273	187	141	331	446	221	383																	
Lucerne	103	140	115	107	149	140	147	280	71	218	166																
Neuchâtel	141	294	46	31	141	283	43	123	104	73	320	156															
St Gallen	191	217	204	197	288	102	236	371	225	307	243	138	244														
St Moritz	313	150	327	321	241	85	359	494	294	430	176	225	368	178													
Schaffhausen	161	246	173	167	259	182	205	340	228	276	272	108	214	80	266												
Sion	252	214	160	195	53	399	128	161	86	98	240	271	166	356	294	329											
Zürich	113	195	125	119	208	118	157	292	177	229	221	57	166	81	203	51	281										
	Basel	Bellinzona	Bern	Biel-Bienne	Brig	Chur	Fribourg	Geneva	Interlaken	Lausanne	Lugano	Lucerne	Neuchâtel	St Gallen	St Moritz	Schaffhausen	Sion										

## Road Conditions

Swiss roads are well built, well signposted and well maintained, but you should stay in low gear on steep stretches and carry snow chains in winter.

Most major Alpine passes are negotiable year-round, depending on the current weather. However, you will often have to use a tunnel instead at the Great St Bernard, St Gotthard and San Bernardino passes. Passes that are open only from June to October are Albula, Furka, Grimsel, Klausen, Oberalp, Susten and Umbrail. Other passes are Lukmanier (open May to November), Nufenen and (June to September), Splügen (May to October).

Phone ☎ 163 for up-to-the-hour traffic conditions (recorded information in French, German, Italian and English).

You can take your car on trains through the following tunnels and passes, among others:

**Lötschberg Tunnel** (☎ 0900 55 33 33 premium rate; www.bls.ch; hMar-Oct) From Kandersteg to Goppenstein or Iselle.

**Furka Pass** (☎ 027 927 77 71; www.mgbahn.ch; ☞ year-round) From Oberwald to Realp.

**Flüela Pass** (☎ 081 288 37 37; www.rhb.ch; ☞ year-round)

## Road Rules

A handbook on Swiss traffic regulations (in English) is available from cantonal registration offices and at some customs posts. The minimum driving age for cars and motorcycles is 18, and for mopeds it's 14.

The Swiss drive on the right-hand side of the road. If in doubt, always give priority to traffic approaching from the right. On mountain roads, the ascending vehicle has priority, unless a postal bus is involved, as it always has right of way. Postal bus drivers let rip a multitone bugle when approaching blind corners. In towns, allow trams plenty of respect, and stop behind a halted tram to give way to disembarking passengers.

The speed limit is 50km/h in towns (though certain stretches may be as low as 30km/h), 80km/h on main roads outside towns, 100km/h on single-carriage motorways and 120km/h on dual-carriage motorways. Car occupants must wear a seat belt at all times where fitted, and vehicles must carry a breakdown-warning triangle, which must be readily accessible (ie not in the boot).

Dipped headlights must be turned on in all tunnels, and are recommended for motorcyclists during the day. Headlights must be used in rain or poor visibility. Both motorcyclists and their passengers must wear crash helmets.

Switzerland is tough on drink-driving. The blood alcohol content (BAC) limit is 0.05%, and if caught exceeding this limit you may face a heavy fine, a driving ban or even imprisonment. If you're involved in a car accident, the police must be called if anyone receives more than superficial injuries.

Proof of ownership of a private vehicle should always be carried. Within Switzerland, you can drive a vehicle registered abroad for up to 12 months, but its plates should be clearly visible.

## Road Signs

Almost all road signs use internationally recognised conventions. Signs you may not have seen before are: a crisscrossed white tyre on a blue circular background, which means snow chains are compulsory; and a yellow bugle on a square blue background, which indicates a mountain postal road where you must obey instructions given by postal bus drivers.

## Urban Parking

Street parking in the centre (assuming traffic isn't banned, as it often is) is controlled by parking meters during working hours (8am to 7pm Monday to Saturday). Parking costs around Sfr1 to Sfr1.50 per hour, with maximum time limits from 30 minutes to two hours. Central streets outside these metered areas are usually marked as blue zones, allowing a 1½-hour stay during working hours, or as (increasingly rare) red zones, with a 15-hour maximum. In either of the latter two cases, you need to display a parking disc in your window indicating the time you first parked. Discs are available for free from tourist offices, car-rental companies and police stations.

## LOCAL TRANSPORT Public Transport

All local city transport is linked via the same ticketing system, so you can change lines on one ticket. Usually you must buy tickets before boarding, from ticket dispensers at

## SCENIC JOURNEYS

Trains, buses and boats are more than the means of getting from A to B in Switzerland. On some routes with stunning views, the journey really is the destination. Switzerland boasts the following routes among its classic sightseeing journeys. Bear in mind that you can choose just one leg of the trip, and that scheduled services ply the same routes for standard fares. In addition to these journeys, almost any train in the Jungfrau region (p151) will also provide beautiful scenery.

### Panorama Trains

The following have panoramic coaches with extended-height windows:

The **Glacier Express** (Brig ☎ 027 927 71 24 or 027 927 77 77, Chur ☎ 081 288 61 00; www.glacierexpress.ch; 2nd/1st class Sfr129/215, seat reservations supplements Sfr9-17; ☞ 7½hr, daily) runs between Zermatt and St Moritz, Chur or Davos. It's a spectacular journey over the Alps, past the lakes of central Switzerland and on to the rolling countryside of Graubünden. The Brig-Zermatt Alpine leg makes for pretty powerful viewing, as does the area between Disentis/Mustér and Brig. See p23.

The **Golden Pass Route** (☎ 033 828 32 32; www.goldenpass.ch, www.mob.ch; one way 2nd/1st class Sfr67/111; ☞ 5hr, 4 trips daily) travels between Lucerne to Montreux, from the wonderful landscape of central Switzerland over the Brünig Pass to Gstaad and then down to the waters and vineyards of the Lake Geneva area. The journey is in three legs, and you must change trains twice. The Lucerne-Interlaken leg (2nd/1st class Sfr30/60, two hours) is best around the Brünig Pass, while the Montreux-Zweisimmen section (Sfr29/58; two hours) really comes to life from Montreux to Château d'Oex, especially on the climb/descent from Lake Geneva. The Interlaken-Zweisimmen section (Sfr24/48) takes an hour. Regular trains, without panoramic windows, work the whole route hourly.

The **Bernina Express** (☎ 081 288 63 26; www.rhb.ch; one way 2nd/1st class Sfr74/110, Swiss pass free, reservations obligatory in summer Sfr7; ☞ 2½hr, daily) cuts 145km through Engadine from Chur to Ticino. The train travels through viaducts and switchback tunnels, past glaciers, streams and Alpine flowers and up through the 2253m Bernina Pass without a rack and pinion system. Between May and October, you can opt to continue onwards from Ticino to Lugano by bus.

Other scenic rail routes include the following:

**Chocolate train** (www.mob.ch) Touristy return trip in a Pullman car from Montreux to the chocolate factory at Broc.

**Mont Blanc/St Bernard Expresses** (www.tmr.sa.ch) From Martigny to Chamonix, France, or over the St Bernard Pass.

**Voralpen Express** (www.voralpen-express.ch) Lake Constance to Lake Lucerne, through St Gallen, Rapperswil and Romanshorn.

### Rail/Boat

Several journeys combine panorama trains with lake steamers.

The **William Tell Express** (Lucerne ☎ 041 367 67 67, Locarno ☎ 027 922 81 51; www.lakelucerne.ch; 2nd/1st class Sfr73/111, Swiss Pass free, obligatory reservation Sfr47; ☞ May-Oct) starts with a wonderful three-hour cruise across Lake Lucerne to Flüelen, from where a train wends its way through ravines and past mountains to Locarno.

The **Rhône Express** (www.rhoneexpress.ch; 2nd/1st class Sfr105/162, Swiss Pass free, obligatory reservation Sfr45) combines a 1st-class boat ride on a historic steamer across Lake Geneva from Geneva to Montreux, followed by a scheduled service to Visp, and a change to a panoramic train at Visp to the Matterhorn and Zermatt.

### Postal Bus

The **Palm Express** (St Moritz ☎ 081 837 67 64, Lugano ☎ 091 807 85 20; www.palmexpress.ch; tickets Sfr62, Swiss Pass free, obligatory reservation Sfr10) travels between Lugano and St Moritz, skirting the Mediterranean-style Lakes Lugano and Como (in Italy) before rising into the mountains via the Maloja Pass into Engadine.

For details on four passes tours, see p174. Another half a dozen scenic Alpine routes can be found at www.postbus.ch.

stops. Very occasionally you can also buy from machines on board.

In some Swiss towns, single tickets may give a time limit (eg one hour) for travel within a particular zone, and you can only break the journey within that time. Multi-strip tickets may be available at a discount (validate them in the on-board machine at the outset of the journey), or one-day passes are even better value.

Inspectors regularly check for people travelling without tickets. Those found without a ticket pay an on-the-spot fine of up to Sfr80.

## Taxi

Taxis are rarely necessary, but you can usually find them outside train stations or telephone for them (see individual chapters for details). They are always metered, and prices are high.

## MOUNTAIN TRANSPORT

The Swiss have many words to describe mountain transport. They are: funicular (*Standseilbahn* in German, *funiculaire* in French, *funicolare* in Italian), a cable car (*Luftseilbahn*, *téléphérique*, *funivia*), a gondola (*Gondelbahn*, *télécabine*, *telecabinoia*) and also a cable chair/chair lift (*Sesselbahn*, *télésiège*, *seggiovia*). All are subject to regular safety inspections.

## TOURS

Numerous day trips can be booked through local tourist offices. The country is so compact that excursions to major national attractions are offered from most towns. A trip to Jungfrauoch, for example, is available from Zürich, Geneva, Bern, Lucerne and Interlaken.

Most of these tours represent reasonable value. They are good if you are pressed for time and sometimes cheaper than organising it yourself.

## TRAIN

The Swiss rail network combines state-run and private operations. The **Swiss Federal Railway** ([www.rail.ch](http://www.rail.ch), [www.sbb.ch/en](http://www.sbb.ch/en)) is abbreviated to SBB in German, CFF in French and FFS in Italian. All major train stations are connected to each other by hourly departures, which are normally between 6am and midnight.

Long-distance trains usually have a dining car. Smoking is banned on all trains and train stations.

## Classes

Most travellers will find spick-and-span 2nd-class compartments perfectly acceptable for their needs. However, these carriages are sometimes fairly full, especially when the army is on the move, and occasionally you'll have to stand.

The 1st-class carriages are even more comfortable and spacious. Fewer passengers use 1st class, which also offers power points for laptops to let you work onboard.

Exactly where 1st- and 2nd-class sections will draw up alongside the platform (see opposite) is usually announced over the loudspeaker, or shown on a bulletin board. A few private lines may not have 1st-class compartments.

## Costs

Ordinary fares are relatively expensive, at about Sfr30 per 100km. A national travel pass (see the boxed text Swiss Travel Passes, p327) will undoubtedly save you money.

Return fares are only cheaper than two singles for longer trips. Special deals are sometimes available in the low season.

All fares quoted in this guide are for 2nd-class travel unless stated otherwise; 1st-class fares average 50% to 65% higher.

## Information

All stations, large and small, can provide advice in English, and free timetable booklets are invariably available. There's a Switzerland-wide number for **train information** (☎ 0900 300 300); calls are charged at Sfr1.19 per minute.

### ROUND-TRIP TICKETS

If you have a specific itinerary and are certain you won't be changing your route, a *Rundfahrt* (*billet circulaire* in French) ticket is worth investigating as a sometimes cheaper alternative to a Swiss travel pass. Such tickets allow you to journey in a circular loop and, because they are valid for a month, it's possible to break your journey for several days at various cities and towns along the way.

## MAJOR SWISS RAIL ROUTES



Train schedules are revised every December, so double-check all fares and frequencies quoted here.

## Luggage

Train stations invariably offer luggage storage, either at a special counter (usually Sfr8 per piece) or in 24-hour lockers (Sfr3 to Sfr4 for a small locker, Sfr4 to Sfr6 for a large one).

Nearly every station allows ticket-holders to send their luggage ahead – yes, even after 9/11 – where you can dispatch your bag before 9am and collect it at your destination station after 6pm. This is especially useful if you're visiting several different locations in a day before your overnight stop. This 'fast baggage' service is Sfr20 per item (up to 25kg) and your luggage will be screened.

## Platforms

Station announcements, in German, French, English and frequently Italian, state on which track (*Gleis* in German, *voie* in French, *binario* in Italian) a particular train is due. Station platforms are quite long and are divided into sections, A to D. Pay special attention to announcements, as sometimes small rural trains wait at the furthest end of the platform.

## Reservations & Tickets

Seat reservations are advisable for longer journeys in the high season and usually cost an extra Sfr5.

Some smaller, rural rail routes, marked with a yellow eye pictogram, have a 'self-control' ticketing system. On these routes, be sure to buy a ticket before boarding, or you'll risk a fine. Ticket inspectors do appear quite frequently.

Single train tickets for journeys over 80km are valid for two days. It is possible to break the journey on the same ticket – but tell the conductor before your ticket is punched.

Return tickets over 160km are valid for a month and similarly allow you to break your journey.

## Train Passes

**European railpasses** ([www.raileurope.co.uk](http://www.raileurope.co.uk), [www.rail-europe.com](http://www.rail-europe.com)), including Eurail and Inter Rail passes, are valid on Swiss national railways. However, you cannot use them on postal buses, city transport, cable cars or private train lines (eg the Zermatt route and the Jungfrau routes at the heart of the Bernese Oberland). So, while they're practical if you're covering several countries in one journey, they're less useful than Swiss travel passes (p327) for exploring the really scenic regions of Switzerland.

# Health

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Travel health depends on your pre-departure preparations, your daily health care while travelling and how well you handle any medical problem that does develop. In Switzerland, you face no unusual threats to your health.

## BEFORE YOU GO

Make sure you're healthy before you start travelling. If you require a particular medication take an adequate supply, as it may not be available locally. Take part of the packaging showing the generic name rather than the brand, which will make getting replacements easier. It's a good idea to have a legible prescription or letter from your doctor to show that you legally use the medication, to avoid any problems.

### INSURANCE

Make sure that you have adequate health insurance (see p318). There is no free state health service in Switzerland (Swiss citizens and residents are all obliged to take out some form of private health insurance) and all treatment must generally be paid for. The EU and Switzerland have a reciprocal agreement on basic health-care provisions.

Although there is a public system in Switzerland, it is not really free as all residents in Switzerland have to pay for health insurance.

EU members are covered to an extent, but should take out private travel/health cover. Treatment in a public ward of a public hospital is covered by the European Health Insurance Card (EHIC, which replaced the old E111 form in 2005), the card European citizens use to obtain reciprocal health care in other EU member states. There is a nonrefundable excess charge for every 30-day period in hospital. EU citizens with the EHIC pay half of the full cost of ambulances (road and air). Go to any doctor registered with the Swiss health system. Dental care, except emergency accident treatment, is not covered at all. You will generally have to pay up front and claim a refund from **Gemeinsame Einrichtung KVG** (☎ +41 32 625 48 20; Gibelinstrasse 25, Postfach CH-4503 Solothurn).

### RECOMMENDED VACCINATIONS

No immunisations are required to enter Switzerland, but generally it's a good idea to make sure your tetanus, diphtheria and polio vaccinations are up to date before travelling. You may also like to consider immunisation against tick-borne encephalitis if you are going to be in rural areas. Check with your doctor and leave plenty of time for shots – ideally six weeks before travel. The US-based **Centers for Disease Control & Prevention** ([www.cdc.gov](http://www.cdc.gov)) also has information.

Although there is no risk of yellow fever in Switzerland, if you are arriving from a yellow fever-infected area (ie most of sub-Saharan Africa and parts of South America) you'll need proof of yellow fever vaccination before you will be allowed to enter the country.

### INTERNET RESOURCES

EU citizens should see the website of their national health system for travel advice and what the European Health Insurance Card (EHIC) entitles them to in Switzerland. In the case of the UK, check the NHS website ([www.dh.gov.uk](http://www.dh.gov.uk)).

### FURTHER READING

Lonely Planet's *Travel with Children* includes helpful advice on travel health for younger children. There are also excellent travel-

health sites on the Internet. From the Lonely Planet home page there are links at [www.lonelyplanet.com/weblinks/wlheal.htm](http://www.lonelyplanet.com/weblinks/wlheal.htm) to the World Health Organization and the US Centers for Disease Control & Prevention.

## IN TRANSIT

### DEEP VEIN THROMBOSIS (DVT)

Blood clots may form in the legs during plane flights, chiefly because of prolonged immobility (the longer the flight, the greater the risk). The chief symptom of DVT is swelling or pain of the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and breathing difficulties. Travellers with any of these symptoms should immediately seek medical attention. To prevent the development of DVT on long flights you should walk about the cabin, contract the leg muscles while sitting, drink plenty of fluids and avoid alcohol and tobacco.

### JET LAG & MOTION SICKNESS

To avoid jet lag try drinking plenty of nonalcoholic fluids and eating light meals. Upon arrival, get exposure to natural sunlight and readjust your schedule (for meals, sleep etc) as soon as possible.

## IN SWITZERLAND

Self-diagnosis and treatment can be risky, so you should always seek medical help. An embassy, consulate or five-star hotel can usually recommend a local doctor or clinic. The quality of health care in Switzerland is generally very high, whether in public or private hospitals. See opposite for more information.

### INFECTIOUS DISEASES

#### HIV & AIDS

Infection with the human immunodeficiency virus (HIV) may lead to acquired immune deficiency syndrome (AIDS), which is a fatal disease. Any exposure to blood, blood products or body fluids may put the individual at risk. The disease is often transmitted through sexual contact or dirty needles – vaccinations, acupuncture, tattooing and

body piercing can be potentially as dangerous as intravenous drug use. HIV/AIDS can also be spread through infected blood transfusions; blood used for transfusions in European hospitals is screened for HIV and should be safe.

### TRAVELLER'S DIARRHOEA

Simple things like a change of water, food or climate can all cause a mild bout of diarrhoea, but a few rushed toilet trips with no other symptoms is not indicative of a major problem.

Dehydration is the main danger with any diarrhoea, particularly in children or the elderly as dehydration can occur quite quickly. Under all circumstances *fluid replacement* (at least equal to the volume being lost) is the most important thing to remember. Weak black tea with a little sugar, soda water, or soft drinks allowed to go flat and diluted 50% with clean water, are all good. Stick to a bland diet as you recover.

Swiss restaurants generally have very high standards of hygiene, and food poisoning is rare – although, naturally, always possible. Some of the country's dairy products have very high levels of fat, however.

### ENVIRONMENTAL HAZARDS

#### Altitude Sickness

This disorder can occur above 3000m, but very few treks or ski runs in the Austrian, French, Italian or Swiss Alps reach heights of 3000m or more – Mont Blanc is one exception – so altitude sickness is unlikely. Headache, vomiting, dizziness, extreme faintness, and difficulty in breathing and sleeping are all signs to heed. Treat mild symptoms with rest and simple painkillers. If mild symptoms persist or get worse, descend to a lower altitude and seek medical advice.

### Bites & Stings

#### RABIES

Switzerland is one of the few European countries to be have been declared free of rabies.

#### SNAKES

Switzerland is home to several types of snakes, a couple of which can deliver a nasty, although not fatal, bite. They are more prevalent in the mountains. To minimise

your chances of being bitten always wear boots, socks and long trousers when walking through undergrowth where snakes may be present. Don't put your hands into holes and crevices, and be careful when collecting firewood.

If bitten by a snake that could be venomous, immediately wrap the bitten limb tightly, as you would for a sprained ankle, and then attach a splint to immobilise it. Keep the victim still and seek medical help. Tourniquets and sucking out the poison are now comprehensively discredited.

### TICKS

These small creatures can be found throughout Switzerland up to an altitude of 1200m, and typically live in underbrush at the forest edge or beside walking tracks. A tiny proportion carry viral encephalitis, which may become serious if not detected early (see below).

You should always check all over your body if you have been walking through a potentially tick-infested area, as ticks can cause skin infections and other more serious diseases. If a tick is found attached, press down around the tick's head with tweezers, grab the head and gently pull upwards. Avoid pulling the rear of the body as this may squeeze the tick's gut contents through the attached mouth-parts into the skin, increasing the risk of infection and disease. Smearing chemicals on the tick will not make it let go and is not recommended.

### Lyme Disease

This is an infection transmitted by ticks that may be acquired in Europe. The illness usually begins with a spreading rash at the site of the tick bite and is accompanied by fever, headache, extreme fatigue, aching joints and muscles, and mild neck stiffness. If untreated, these symptoms usually resolve over several weeks, but over subsequent weeks or months, disorders of the nervous system, heart and joints may develop. Treatment works best early in the illness. Medical help should be sought.

### Tick-Borne Encephalitis

This disease is a cerebral inflammation carried by a virus. Tick-borne encephalitis can occur in most forest and rural areas of Switzerland. If you have been bitten, even hav-

ing removed the tick, you should keep an eye out for symptoms, including blotches around the bite, which is sometimes pale in the middle. Headache, stiffness and other flu-like symptoms, as well as extreme tiredness, appearing a week or two after the bite, can progress to more serious problems. Medical help must be sought. A vaccination is available and is the best protection.

### Hypothermia

The weather in Europe's mountains can be extremely changeable at any time of the year. Skiers and hikers should always be prepared for very cold and wet weather.

Hypothermia will occur when the body loses heat faster than it can produce it and the core temperature of the body falls. It is surprisingly easy to progress from very cold to dangerously cold due to a combination of wind, wet clothing, fatigue and hunger, even if the air temperature is above freezing. It is best to dress in layers; silk, wool and some of the new artificial fibres are all good insulating materials. A hat is important, as a lot of heat is lost through the head. A strong, waterproof outer layer (and a 'space' blanket for emergencies) is essential. Carry basic supplies, including food containing simple sugars to generate heat quickly and fluid to drink.

Symptoms of hypothermia are exhaustion, numb skin (particularly toes and fingers), shivering, slurred speech, irrational or violent behaviour, lethargy, stumbling, dizzy spells, muscle cramps and violent bursts of energy. Irrationality may take the form of sufferers claiming they are warm and trying to take off their clothes.

To treat mild hypothermia, first get the person out of the wind and/or rain, remove their clothing if it's wet and replace it with dry, warm clothing. Give them hot liquids – not alcohol – and high-kilojoule, easily digestible food. Do not rub victims; instead, allow them to slowly warm themselves. This should be enough to treat the early stages of hypothermia. The early recognition and treatment of mild hypothermia is the only way to prevent severe hypothermia, which is a critical condition.

### Sunburn

You can get sunburnt surprisingly quickly, even through cloud, and particularly at high

altitude. Use a sunscreen, a hat and a barrier cream for your nose and lips. Calamine lotion or a commercial after-sun preparation are good for mild sunburn. Protect your eyes with good-quality sunglasses, particularly if you will be near water, sand or snow.

### Water

Not only can you rely on tap water in Switzerland, but the water from most of the country's tens of thousands of fountains is also drinkable. Occasionally you will come across a tap or fountain labelled *Kein Trinkwasser* or *eau non potable*, and that means it's not drinking quality.

If you will be drinking water from rivers, lakes or streams – even crystal-clear Alpine streams – you should take steps to purify it. The simplest way of purifying water is to boil it thoroughly. Vigorous boiling should be satisfactory; however, at high altitude water boils at a lower temperature, so germs are less likely to be killed. Boil it for longer in these environments. Consider purchasing a water filter for a long trip. Alternatively, iodine is effective in purifying water and is available in tablet form. Follow the directions carefully and remember that too much iodine can be harmful.

# Language

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In the corner of Europe where the German, French and Italian language areas meet, Switzerland (Schweiz, Suisse, Svizzera) has three official federal languages: German (spoken by about 64% of the population), French (19%) and Italian (8%). A fourth language, Rhaeto-Romanic, or Romansch, is spoken by less than 1% of the population, mainly in the canton of Graubünden. Derived from Latin, Romansch is a linguistic relic that, along with Friulian and Ladin across the border in Italy, has survived in the isolation of the mountain valleys. Since 1996,

### TALK OF THE TOWN

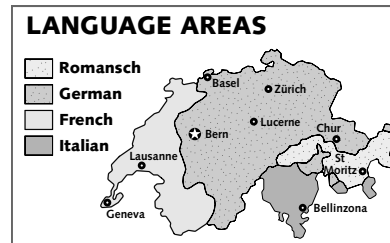
Occasionally, it's hard to remember there's a language divide in Switzerland, when the person at the next table flits from German to French and a widespread form of thanks, *merci* *vielmals* mixes the two. Undoubtedly, the much-vaunted Röstigraben (Rösti ditch) still divides French- and German-speaking parts of the country, both in language and culture, but visitors will more often be charmed by the country's linguistic ambidextrousness. By the time you leave Switzerland you might well be in thrall of the way many Swiss Germans say *Salut* as if it were 'Sally' or bid you farewell with *Adieu* rather than *Tschüss*. You might relish the drawn-out, sing-song vowels of the interchangeable Swiss German greetings *Grueza* or *Gruezi wohl*. However, don't worry if you don't even begin to understand anything more complicated in Schwyzertütsch, not even many French or Italian Swiss do.

Romansch has enjoyed status as a semi-official federal language, together with guarantees for its preservation and promotion.

### Being Understood in English

Regardless of how the list of official languages reads, day-to-day language use is somewhat different. In order of predominance, the country's spoken languages are: German, English, French and Italian. Surprising as it is, English is increasingly the *lingua franca* in Swiss companies spanning several of the country's language regions. Children in Zürich and seven other German-speaking cantons are, controversially, starting to learn English in school before they're even taught French.

Most Swiss, particularly those working in service industries (tourist office staff, telephone operators, hotel and office receptionists, restaurant staff and shopkeepers), already speak excellent English. In German Switzerland, you'll also meet many fluent English speakers in other walks of life, especially in the cities. To a progressively lesser extent, the same is true in French,



Italian and Romansch-speaking Switzerland. You'll rarely get stuck, but that's no excuse not to have a go in the local lingo.

## FRENCH

### SWISS FRENCH

Neuchâtel is where the purest form of French is spoken, yet you won't find much difference from standard French, wherever you go. Of course there are some local expressions and regional accents. A female waitress is a *sommelière*, not a *serveuse*, and a postal box is a *case postale*, not a *bûte postale*. Although the normal French numbers are understood, some locals use *septante* for 70, *huitante* for 80, and *nonante* for 90. Swiss Romande is a term used to refer to French-speaking Switzerland.

### PRONUNCIATION

Most letters in the French alphabet are pronounced more or less the same as their English counterparts; a few that may cause confusion are listed below. The combinations *un* and *on* in the pronunciation guides are nasal sounds – the 'n' is not pronounced; *zh* is pronounced as the 's' in 'measure.'

- c** before **e** and **i**, as the 's' in 'sit' before **a**, **o** and **u** it's pronounced as English 'k'
- ç** always the 's' in 'sit'
- h** always silent
- j** as the 's' in 'leisure'
- r** from the back of the throat while constricting the muscles to restrict the flow of air
- n, m** where a syllable ends in a single **n** or **m**, these letters are not pronounced, but the preceding vowel is given a nasal pronunciation
- s** often not pronounced in plurals or at the end of words

## GENDER

All nouns in French are either masculine or feminine and adjectives reflect the gender of the noun they modify. The feminine form of many nouns and adjectives is indicated by a silent **e** added to the masculine form, as in *ami* and *amie* (the masculine and feminine for 'friend'). In the following phrases both masculine and feminine forms have been indicated where necessary. The masculine form comes first and is separated from the feminine by a slash. The gender of a noun is often indicated by a preceding article: 'the/a/some,' *le/un/du* (m), *la/une/de la* (f).

## ACCOMMODATION

### I'm looking for a ...

<i>Je cherche ...</i>	zher shersh ...
<b>guesthouse</b>	
<i>une pension (de famille)</i>	ewn pon-syon (der fa-mee-yer)
<b>hotel</b>	
<i>un hôtel</i>	un o-tel
<b>youth hostel</b>	
<i>une auberge de jeunesse</i>	ewn o-berzh der zher-nes

### What is the address?

*Quelle est l'adresse?*  
kel e la-dres

### Could you write the address, please?

*Est-ce que vous pourriez écrire l'adresse, s'il vous plaît?*  
e-sker voo poo-ryay e-kreer la-dres seel voo play

### Do you have any rooms available?

*Est-ce que vous avez des chambres libres?*  
e-sker voo-za-vay day shom-brer lee-brer

### May I see it?

*Est-ce que je peux voir la chambre?*  
es-ker zher per vwa la shom-brer

### Where is the bathroom?

*Où est la salle de bains?* oo e la sal der bun

### I'd like (a) ...

<i>Je voudrais ...</i>	zher voo-dray ...
<b>single room</b>	
<i>une chambre à un lit</i>	ewn shom-brer a un lee
<b>double-bed room</b>	
<i>une chambre avec un grand lit</i>	ewn shom-brer a-vek un gron lee
<b>twin room (with two beds)</b>	
<i>une chambre avec des lits jumeaux</i>	ewn shom-brer a-vek day lee zhew-mo

### How much is it ...? *Quel est le prix ...?*

<b>per night</b>	<i>par nuit</i>	par nwee
<b>per person</b>	<i>par personne</i>	par per-son

## CONVERSATION & ESSENTIALS

You'll find that any attempt to communicate in French will be very much appreciated. Even if the only sentence you can muster is *Pardon, madame/monsieur/mademoiselle, parlez-vous anglais?* (Excuse me, Madam/Sir/Miss, do you speak English?), you're sure to be more warmly received than if you blindly address a stranger in English.

An important distinction is made in French between *tu* and *vous*, which both mean 'you'; *tu* is only used when addressing people you know well, children or animals. If you're addressing an adult who isn't a personal friend, *vous* should be used unless the person invites you to use *tu*.

<b>Hello.</b>	<i>Bonjour.</i>	bon-zhoor
<b>Goodbye.</b>	<i>Au revoir.</i>	o-rer-vwa
<b>Yes.</b>	<i>Oui.</i>	wee
<b>No.</b>	<i>Non.</i>	no
<b>Please.</b>	<i>S'il vous plaît.</i>	seel voo play
<b>Thank you.</b>	<i>Merci.</i>	mair-see
<b>You're welcome.</b>	<i>Je vous en prie.</i>	zher voo-zon pree
	<i>De rien. (inf)</i>	der ree-en
<b>Excuse me.</b>	<i>Excusez-moi.</i>	ek-skew-zay-mwa
<b>Sorry. (forgive me)</b>	<i>Pardon.</i>	par-don

**What's your name?**  
*Comment vous appelez-vous?*  
ko-mon voo-za-pay-lay voo

**My name is ...**  
*Je m'appelle ...*  
zher ma-pel ...

**Do you speak English?**  
*Parlez-vous anglais?*  
par-lay-voo ong-lay

**I don't understand.**  
*Je ne comprends pas.*  
zher ner kom-pron pa

**Could you write it down, please?**

*Est-ce que vous pourriez l'écrire, s'il vous plaît?*  
es-ker voo poo-ryay le-kreer seel voo play

## NUMBERS

0	<i>zero</i>	ze-ro
1	<i>un</i>	un
2	<i>deux</i>	der
3	<i>trois</i>	twā
4	<i>quatre</i>	ka-trer
5	<i>cinq</i>	sungk
6	<i>six</i>	sees
7	<i>sept</i>	set

## EMERGENCIES

### Help!

*Au secours!* o skoor

### There's been an accident!

*Il y a eu un accident!* ee lay ew un ak-see-don

### I'm lost.

*Je me suis égaré/e. (m/f)* zhe me swee-zay-ga-ray

### Leave me alone!

*Fichez-moi la paix!* fee-shay-mwa la pay

<b>Call ...!</b>	<i>Appelez ...!</i>	a-play ...
<b>a doctor</b>	<i>un médecin</i>	un med-sun
<b>the police</b>	<i>la police</i>	la po-lees

8	<i>huit</i>	weet
9	<i>neuf</i>	nerf
10	<i>dix</i>	dees
11	<i>onze</i>	onz
12	<i>douze</i>	dooz
13	<i>treize</i>	trez
14	<i>quatorze</i>	ka-torz
15	<i>quinze</i>	kunz
16	<i>seize</i>	sez
17	<i>dix-sept</i>	dee-set
18	<i>dix-huit</i>	dee-zweet
19	<i>dix-neuf</i>	deez-nerf
20	<i>vingt</i>	vung
21	<i>vingt et un</i>	vung tay un
22	<i>vingt-deux</i>	vung-der
30	<i>trente</i>	tront
40	<i>quarante</i>	ka-ront
50	<i>cinquante</i>	sung-kont
60	<i>soixante</i>	swa-sont
70	<i>soixante-dix</i>	swa-son-dees
80	<i>quatre-vingts</i>	ka-trer-vung
90	<i>quatre-vingt-dix</i>	ka-trer-vung-dees
100	<i>cent</i>	son
1000	<i>mille</i>	meel

## SHOPPING & SERVICES

### I'd like to buy ...

*Je voudrais acheter ...* zher voo-dray zash-tay ...

### How much is it?

*C'est combien?* say kom-byun

### Can I pay by ...?

*Est-ce que je peux payer avec ...?*

es-ker zher per pay-yay a-vek ...

#### credit card

*ma carte de crédit* ma kart der kre-dee

#### travellers cheques

*des chèques de voyage* day shek der vwa-yazh

### I'm looking for ...

<b>a bank</b>	<i>une banque</i>	ewn bonk
<b>the ... embassy</b>	<i>l'ambassade de ...</i>	lam-ba-sahd der ...
<b>the hospital</b>	<i>l'hôpital</i>	lo-pee-tal
<b>the market</b>	<i>le marché</i>	ler mar-shay
<b>the police</b>	<i>la police</i>	la po-lees
<b>the post office</b>	<i>le bureau de poste</i>	ler bew-ro der post
<b>a public phone</b>	<i>une cabine téléphonique</i>	ewn ka-been te-le-fo-neek
<b>a public toilet</b>	<i>les toilettes</i>	lay twa-let
<b>the tourist office</b>	<i>l'office de tourisme</i>	lo-fees der too-rees-mer

## TIME & DATES

### What time is it?

*Quelle heure est-il?* kel er e til

### It's (8) o'clock.

*Il est (huit) heures.* il e (weet) er

### It's half past ...

*Il est ... heures et demie.* il e ... er e der-mee

### in the morning

*du matin* dew ma-tun

### in the afternoon

*de l'après-midi* der la-pray-mee-dee

### in the evening

*du soir* dew swar

<b>Monday</b>	<i>lundi</i>	lun-dee
<b>Tuesday</b>	<i>mardi</i>	mar-dee
<b>Wednesday</b>	<i>mercredi</i>	mair-krer-dee
<b>Thursday</b>	<i>jeudi</i>	zher-dee
<b>Friday</b>	<i>vendredi</i>	von-drer-dee
<b>Saturday</b>	<i>samedi</i>	sam-dee
<b>Sunday</b>	<i>dimanche</i>	dee-monsh

<b>January</b>	<i>janvier</i>	zhon-vyay
<b>February</b>	<i>février</i>	fev-ryay
<b>March</b>	<i>mars</i>	mars
<b>April</b>	<i>avril</i>	a-vreel
<b>May</b>	<i>mai</i>	may
<b>June</b>	<i>juin</i>	zhwun
<b>July</b>	<i>juillet</i>	zhwee-yay
<b>August</b>	<i>août</i>	oot
<b>September</b>	<i>septembre</i>	sep-tom-brer
<b>October</b>	<i>octobre</i>	ok-to-brer
<b>November</b>	<i>novembre</i>	no-vom-brer
<b>December</b>	<i>décembre</i>	day-som-brer

## TRANSPORT

<b>What time does ... leave/arrive?</b>	<i>À quelle heure part/arrive ...?</i>	a kel er par/a-reev ...
<b>bus</b>	<i>le bus</i>	ler bews
<b>train</b>	<i>le train</i>	ler trun

## SIGNS

<b>Entrée</b>	Entrance
<b>Sortie</b>	Exit
<b>Renseignements</b>	Information
<b>Ouvert</b>	Open
<b>Fermé</b>	Closed
<b>Interdit</b>	Prohibited
<b>Toilettes/WC</b>	Toilets
<b>Hommes</b>	Men
<b>Femmes</b>	Women

### I'd like a ... ticket.

*Je voudrais un billet ...* zher voo-dray un bee-yay ...

#### one-way

*simple* sum-pler

#### return

*aller-retour* a-lay rer-toor

#### 1st class

*de première classe* der prem-yair klas

#### 2nd class

*de deuxième classe* der der-zyem klas

<b>the first</b>	<i>le premier (m)</i>	ler prer-myay
	<i>la première (f)</i>	la prer-myair
<b>the last</b>	<i>le dernier (m)</i>	ler dair-nyay
	<i>la dernière (f)</i>	la dair-nyair
<b>train station</b>	<i>la gare</i>	la gar

## Directions

### I want to go to ...

*Je voudrais aller à ...* zher voo-dray a-lay a ...

### Where is ...?

*Où est ...?* oo e ...

### Go straight ahead.

*Continuez tout droit.* kon-teen-way too drwa

### Turn left.

*Tournez à gauche.* toor-nay a gosh

### Turn right.

*Tournez à droite.* toor-nay a drwat

### near (to)/far (from)

*près (de)/loin (de)* pray (der)/lwun (der)

### Can you show me (on the map)?

*Pouvez-vous m'indiquer (sur la carte)?* poo-vay-voo mun-dee-kay (sew la kart)

# GERMAN

## SWISS GERMAN

Though German-speaking Swiss have little trouble with standard High German, they use Swiss German, or Schwyzertütsch, in private conversation and in most unofficial situations. Contrary to the worldwide trend



of erosion of dialects, its usage is actually increasing. Swiss German covers a wide variety of melodic dialects that can differ quite markedly from High German, often more closely resembling the German of hundreds of years ago than the modern version. It's as different to High German as Dutch is. Swiss German is an oral language, rarely written down, and indeed there is no standard written form – they can't even agree on how to spell 'Schwyzertütsch'! While newspapers and books almost invariably use High German and it's also used in news broadcasts, schools and the parliament, people are more comfortable with their own Swiss German, and may even attempt a completely different language when speaking to foreigners rather than resort to High German.

Germans themselves often have trouble understanding Schwyzertütsch. To English speakers' ears High German sounds like it's full of rasping 'ch' sounds, but even Germans will joke that *Schwyzertütsch ist keine Sprache, sondern eine Halsentzündung* (Swiss German isn't really a language, it's a throat infection).

To make matters even more complicated, regional dialects are strongly differentiated for such a small country, thanks to the isolating effect of mountain ranges (and the lack of a written 'standard').

With no written form and so many dialects, it's impossible to provide a proper vocabulary for Swiss German. The commonly used greeting is *Grüezi* (Hello) and 'tram' is *Tram*, not *Strassenbahn*. Versions of French words are often used: 'thank you' is not *danke* but *merci* (though pronounced as 'mur-see' rather than the correct French, 'mair-see'); 'bicycle' is *vélo*, not *Fahrrad*; 'ice cream' is *glace*, not *Sahneneis*. In pronunciation, double vowel sounds are common – 'good' sounds more like 'gu-et' than the High German *gut*. Visitors will probably also note the frequent use of the suffix *-li* to indicate the diminutive, or as a term of endearment.

For more information, read *Dialect and High German in German-Speaking Switzerland*, published by Pro Helvetia, the Arts Council of Switzerland. For a more in-depth guide to High German, get a copy of Lonely Planet's *German Phrasebook*.

## PRONUNCIATION Vowels

German	Pronunciation Guide
<i>hat</i>	<b>a</b> (eg the 'u' in 'run')
<i>habe</i>	<b>ah</b> (eg 'father')
<i>mein</i>	<b>ai</b> (eg 'aisle')
<i>Bär</i>	<b>air</b> (eg 'hair', with no 'r' sound)
<i>Boot</i>	<b>aw</b> (eg 'saw')
<i>leben</i>	<b>ay</b> (eg 'say')
<i>Bett/Männer</i>	<b>e</b> (eg 'bed')
<i>fliegen</i>	<b>ee</b> (eg 'thief')
<i>schön</i>	<b>er</b> (eg 'her', with no 'r' sound)
<i>mit</i>	<b>i</b> (eg 'bit')
<i>Koffer</i>	<b>o</b> (eg 'pot')
<i>Leute/Häuser</i>	<b>oy</b> (eg 'toy')
<i>Schuhe</i>	<b>oo</b> (eg 'moon')
<i>Haus</i>	<b>ow</b> (eg 'how')
<i>zurück</i>	<b>ü</b> ('ee' said with rounded lips)
<i>unter</i>	<b>u</b> (eg 'put')

## Consonants

The only two tricky consonant sounds in German are **ch** and **r**. All other consonants are pronounced much the same as their English counterparts (except **sch**, which is always as the 'sh' in 'shoe'). The **ch** sound is generally like the 'ch' in *Bach* or Scottish *loch* – like a hiss from the back of the throat. When **ch** occurs after the vowels **e** and **i** it's more like a 'sh' sound, produced with the tongue more forward in the mouth. In this book we've simplified things by using the one symbol **kh** for both sounds. The **r** sound is different from English, and it isn't rolled like in Italian or Spanish. It's pronounced at the back of the throat, almost like saying a 'g' sound, but with some friction – it's a bit like gargling.

## Word Stress

As a general rule, word stress in German mostly falls on the first syllable. In the pronunciation guides in the following words and phrases, the stressed syllable is shown in italics.

## ACCOMMODATION

<b>Where's a ...?</b>	
<i>Wo ist ...?</i>	vaw ist ...
<b>guesthouse</b>	
<i>eine Pension</i>	ai-ne pahng-zyaw
<b>hotel</b>	
<i>ein Hotel</i>	ain ho-tel
<b>inn</b>	
<i>ein Gasthof</i>	ain gast-hawf

**youth hostel**  
*eine Jugendherberge* ai-ne yoo-gent-her-ber-ge

**What's the address?**  
*Wie ist die Adresse?* vee ist dee a-dre-se

**May I see it?**  
*Kann ich es sehen?* kan ikh es zay-en

**Do you have a ... room?**  
*Haben Sie ein ...?* hah-ben zee ain ...

**single**  
*Einzelzimmer* ain-tsel-tsi-mer

**double**  
*Doppelzimmer mit einem Doppelbett* do-pel-tsi-mer mit ai-nem do-pel-bet

**twin**  
*Doppelzimmer mit zwei Einzelbetten* do-pel-tsi-mer mit tsvai ain-tsel-be-ten

**How much is it per ...?**  
*Wie viel kostet es pro ...?* vee feel kos-tet es praw ...

**night**  
*Nacht* nakht

**person**  
*Person* per-zawn

## CONVERSATION & ESSENTIALS

You should be aware that German uses polite and informal forms for 'you' (*Sie* and *Du* respectively). When addressing people you don't know well you should always use the polite form (though younger people will be less inclined to expect it). In this language guide we use the polite form unless indicated by 'inf' (for 'informal') in brackets.

If you need to ask for assistance from a stranger, remember to always introduce your request with a simple *Entschuldigung* (Excuse me, ...).

<b>Good ...</b>	<i>Guten ...</i>	goo-ten ...
<b>morning</b>	<i>Morgen</i>	mor-gen
<b>afternoon</b>	<i>Tag</i>	tahk
<b>evening</b>	<i>Abend</i>	ah-bent

**Hello.**  
*Guten Tag.* goo-ten tahk

**Goodbye.**  
*Auf Wiedersehen.* owf vee-der-zay-en

**Yes.**  
*Ja.* yah

**No.**  
*Nein.* nain

**Please.**  
*Bitte.* bi-te

**Thank you (very much).**  
*Danke./Vielen Dank.* dang-ke/fee-len dangk

**You're welcome.**  
*Bitte (sehr).* bi-te (zair)

**Excuse me, ...** (before asking for help or directions)  
*Entschuldigung.* ent-shul-di-gung

**Sorry.**  
*Entschuldigung.* ent-shul-di-gung

**What's your name?**  
*Wie ist Ihr Name? (pol)* vee ist eer nah-me  
*Wie heisst du? (inf)* vee haist doo

**My name is ...**  
*Mein Name ist .../ Ich heiße ...* main nah-me ist .../ ikh hai-se ...

**Do you speak English?**  
*Sprechen Sie Englisch?* shpre-khen zee eng-lish

**I (don't) understand.**  
*Ich verstehe (nicht).* ikh fer-shtay-e (nikht)

**Could you please write it down?**  
*Könnten Sie das bitte aufschreiben?* kern-ten zee das bi-te owf-shrai-ben

## EMERGENCIES

**Help!**  
*Hilfe!* hil-fe

**I'm sick.**  
*Ich bin krank.* ikh bin krank

**Call a doctor!**  
*Rufen Sie einen Arzt!* roo-fen zee ai-nen artst

**Call the police!**  
*Rufen Sie die Polizei!* roo-fen zee dee po-li-tsai

**I'm lost.**  
*Ich habe mich verirrt.* ikh hah-be mikh fer-irt

**Go away!**  
*Gehen Sie weg!* gay-en zee vek

## NUMBERS

<b>1</b>	<i>ains</i>	aints
<b>2</b>	<i>zwei</i>	tsvai
<b>3</b>	<i>drei</i>	drai
<b>4</b>	<i>vier</i>	feer
<b>5</b>	<i>fünf</i>	fünf
<b>6</b>	<i>sechs</i>	zeks
<b>7</b>	<i>sieben</i>	zee-ben
<b>8</b>	<i>acht</i>	akht
<b>9</b>	<i>neun</i>	noin
<b>10</b>	<i>zehn</i>	tsayn
<b>11</b>	<i>elf</i>	elf
<b>12</b>	<i>zwölf</i>	zverlf
<b>13</b>	<i>dreizehn</i>	drai-tsayn
<b>14</b>	<i>vierzehn</i>	feer-tsayn

15	fünfzehn	fünf-tsayn
16	sechzehn	zeks-tsayn
17	siebzehn	zeep-tsayn
18	achtzehn	akh-tsayn
19	neunzehn	noyn-tsayn
20	zwanzig	tsvan-tsikh
21	einundzwanzig	ain-unt-tsvan-tsikh
30	dreißig	drai-tsikh
31	einunddreißig	ain-und-drai-tsikh
40	vierzig	feer-tsikh
50	fünfzig	fünf-tsikh
60	sechzig	zekh-tsikh
70	siebzig	zeep-tsikh
80	achtzig	akh-tsikh
90	neunzig	noyn-tsikh
100	hundert	hun-dert
1000	tausend	tow-sent
2000	zwei tausend	tsvai tow-sent

## SHOPPING & SERVICES

### I'm looking for ...

*Ich suche ...* ikh zoo-khe ...

### How much (is this)?

*Wie viel (kostet das)?* vee feel (kos-tet das)

### Do you accept ...?

*Nehmen Sie ...?* nay-men zee ...

#### credit cards

*Kreditkarten* kre-deet-kar-ten

#### travellers cheques

*Reiseschecks* rai-ze-sheks

a bank	eine Bank	ai-ne bangk
a chemist	die Apotheke	dee a-po-tay-ke
the ... embassy	die ... Botschaft	dee ... bot-shaft
the hospital	das Krankenhaus	das krang-ken-hows
the market	der Markt	dair markt
the police	die Polizei	dee po-li-tsai
the post office	das Postamt	das post-amt
a public phone	ein öffentliches Telefon	ain er-fent-li-khes te-le-fawn
a public toilet	eine öffentliche Toilette	ain er-fent-li-khe te-le-fawn

### What time does it open/close?

*Wann macht er/sie/es auf/zu?* (m/f/n)  
van makht air/zee/es owf/tsoo

## TIME & DATES

### What time is it?

*Wie spät ist es?* vee shpayt ist es

### It's (one) o'clock.

*Es ist (ein) Uhr.* es ist (ain) oor

## SIGNS

Polizei	Police
Eingang	Entrance
Ausgang	Exit
Offen	Open
Geschlossen	Closed
Kein Zutritt	No Entry
Rauchen Verboten	No Smoking
Verboten	Prohibited
Toiletten (WC)	Toilets
Herren	Men
Damen	Women

### Twenty past one.

*Zwanzig nach eins.* tsvan-tsikh nahkh ains

#### am

*morgens/vormittags* mor-gens/fawr-mi-tahks

#### pm

*nachmittags/abends* nahkh-mi-tahks/ah-bents

Monday	Montag	mawn-tahk
Tuesday	Dienstag	deens-tahk
Wednesday	Mittwoch	mit-vokh
Thursday	Donnerstag	do-ners-tahk
Friday	Freitag	frai-tahk
Saturday	Samstag	zams-tahk
Sunday	Sonntag	zon-tahk

January	Januar	yan-u-ahr
February	Februar	fay-bru-ahr
March	März	merts
April	April	a-pril
May	Mai	mai
June	Juni	yoo-ni
July	Juli	yoo-li
August	August	ow-gust
September	September	zep-tem-ber
October	Oktober	ok-taw-ber
November	November	ok-ven-ber
December	Dezember	de-tsem-ber

## TRANSPORT

### What time does the ... leave?

*Wann fährt ... ab?*

van faitr ... ap		
bus	der Bus	dair bus
train	der Zug	dair tsook

### What time's the ... bus?

*Wann fährt der ... Bus?*

van faitr dair ... bus		
first	erste	ers-te
last	letzte	lets-te
next	nächste	naykhs-te

### A ... ticket to ...

*Einen ... nach ...* ai-nen ... nahkh ...

#### one-way

*einfache Fahrkarte* ain-fa-khe fahr-kar-te

#### return

*Rückfahrkarte* rük-fahr-kar-te

#### 1st-class

*Fahrkarte erster Klasse* fahr-kar-te ers-ter kla-se

#### 2nd-class

*Fahrkarte zweiter Klasse* fahr-kar-te tsvai-ter kla-se

## Directions

### Where's (a bank)?

*Wo ist (eine Bank)?*

vaw ist (ai-ne bangk)

### Can you show me (on the map)?

*Können Sie es mir (auf der Karte) zeigen?*

ker-nen zee es meer (owf dair kar-te) tsai-gen

### Turn ...

*Biegen Sie ... ab.* bee-gen zee ... ap

#### left/right

*links/rechts* lingks/rekhts

#### straight ahead

*geradeaus* ge-rah-de-ows

#### near

*nahe* nah-e

#### far away

*weit weg* vait vek

## ITALIAN

### SWISS ITALIAN

There are some differences between the Ticinese dialect and standard Italian, but they aren't very significant. You may come across some people saying *bun di* instead of *buon giorno* (good morning/day) or *buona noc* (pronounced 'nockh') instead of *buona notte* (goodnight).

## PRONUNCIATION

### Vowels

Vowels are generally more clipped than in English:

a	as in 'art', eg <i>caro</i> (dear); sometimes short, eg <i>amico/a</i> (friend)
e	short, as in 'let', eg <i>mettere</i> (to put); long, as in 'there', eg <i>mela</i> (apple)
i	short, as in 'it', eg <i>inizio</i> (start); long, as in 'marine', eg <i>vino</i> (wine)
o	short, as in 'dot', eg <i>donna</i> (woman); long, as in 'port', eg <i>ora</i> (hour)
u	as the 'oo' in 'book', eg <i>puro</i> (pure)

### Consonants

c as the 'k' in 'kit' before a, o and u; as the 'ch' in 'choose' before e and i

ch	as the 'k' in 'kit'
g	as the 'g' in 'get' before a, o, u and h; as the 'j' in 'jet' before e and i
gli	as the 'lli' in 'million'
gn	as the 'ny' in 'canyon'
h	always silent
r	a rolled 'rr' sound
sc	as the 'sh' in 'sheep' before e and i; as 'sk' before a, o, u and h
z	as the 'ts' in 'lights'; at the beginning of a word, it's most commonly as the 'ds' in 'suds'

A double consonant is pronounced as a longer, more forceful sound than a single consonant.

## Word Stress

Stress is indicated in our pronunciation guide by italics. Word stress generally falls on the second-last syllable, as in spa-*ghet*-ti, but when a word has an accent, the stress falls on that syllable, as in cit-*tà* (city).

## ACCOMMODATION

I'm looking *Cerco ...* cher-ko ...

### for a ...

guesthouse	<i>una pensione</i>	oo-na pen-syo-ne
hotel	<i>un albergo</i>	oon al-ber-go
youth hostel	<i>un ostello per la gioventù</i>	oon os-te-lo per la jo-ven-too

### What is the address?

*Qual'è l'indirizzo?* kwa-le leen-dee-ree-tso

### Could you write the address, please?

*Può scrivere l'indirizzo, per favore?* pwo skree-ve-re leen-dee-ree-tso per fa-vo-re

### Do you have any rooms available?

*Avete camere libere?* a-ve-te ka-me-re lee-be-re

### May I see it?

*Posso vederla?* po-so ve-der-la

### I'd like a ... room.

*Vorrei una camera ...* vo-ray oo-na ka-me-ra ...

single	
singola	seen-go-la
double	
matrimoniale	ma-tree-mo-nya-le
twin-bed	
doppia	do-pya

How much is it ...? *Quanto costa ...?* kwan-to ko-sta ...

per night	<i>per la notte</i>	per la no-te
per person	<i>per persona</i>	per per-so-na

## CONVERSATION &amp; ESSENTIALS

<b>Hello.</b>	<i>Buongiorno.</i>	bwon-jor-no
	<i>Ciao. (inf)</i>	chow
<b>Goodbye.</b>	<i>Arrivederci.</i>	a-ree-ve-der-chee
	<i>Ciao. (inf)</i>	chow
<b>Good evening.</b>	<i>Buonasera.</i>	bwo-na-se-a
	(from early afternoon onwards)	
<b>Good night.</b>	<i>Buonanotte.</i>	bwo-na-no-te
<b>Yes.</b>	<i>Sì.</i>	see
<b>No.</b>	<i>No.</i>	no
<b>Please.</b>	<i>Per favore/</i>	per fa-vo-re
	<i>Per piacere.</i>	per pya-chay-re
<b>Thank you.</b>	<i>Grazie.</i>	gra-tsye
<b>That's fine/</b>	<i>Prego.</i>	pre-go
<b>You're welcome.</b>		
<b>Excuse me.</b>	<i>Mi scusi.</i>	mee skoo-zee
<b>Sorry (forgive</b>	<i>Mi scusi/</i>	mee skoo-zee/
<b>me).</b>	<i>Mi perdoni.</i>	mee per-do-nee

## What's your name?

*Come si chiama?* ko-me see kya-ma

## My name is ...

*Mi chiamo ...* mee kya-mo ...

## Do you speak English?

*Parla inglese?* par-la een-gle-ze

## I don't understand.

*Non capisco.* non ka-pee-sko

## Please write it down.

*Può scriverlo, per favore?* pwo skree-ver-lo per fa-vo-re

## EMERGENCIES

## Help!

*Aiuto!* a-yoo-to

## I'm ill.

*Mi sento male.* mee sen-to ma-le

## I'm lost.

*Mi sono perso/a.* mee so-no per-so/a

## Go away!

*Lasciami in pace!* la-sha-mi een pa-che  
*Vai via! (inf)* va-ee-vee-a

## Call ...!

*Chiami ...!* kee-ya-mee ...

**a doctor** *un dottore/* oon do-to-re/  
*un medico* oon me-dee-ko

**the police** *la polizia* la po-lee-tsee-ya

## NUMBERS

0	zero	dze-ro
1	uno	oo-no
2	due	doo-e
3	tre	tre
4	quattro	kwa-tro

5	<i>cinque</i>	cheen-kwe
6	<i>sei</i>	say
7	<i>sette</i>	se-te
8	<i>otto</i>	o-to
9	<i>nove</i>	no-ve
10	<i>dieci</i>	dye-chee
11	<i>undici</i>	oon-dee-chee
12	<i>dodici</i>	do-dee-chee
13	<i> tredici</i>	tre-dee-chee
14	<i>quattordici</i>	kwa-tor-dee-chee
15	<i>quindici</i>	kween-dee-chee
16	<i>sedici</i>	se-dee-chee
17	<i>diciassette</i>	dee-cha-se-te
18	<i>diciotto</i>	dee-cho-to
19	<i>diciannove</i>	dee-cha-no-ve
20	<i>venti</i>	ven-tee
21	<i>ventuno</i>	ven-too-no
22	<i>ventidue</i>	ven-tee-doo-e
30	<i>trenta</i>	tren-ta
40	<i>quaranta</i>	kwa-ran-ta
50	<i>cinquanta</i>	cheen-kwan-ta
60	<i>sessanta</i>	se-san-ta
70	<i>settanta</i>	se-tan-ta
80	<i>ottanta</i>	o-tan-ta
90	<i>novanta</i>	no-van-ta
100	<i>cento</i>	chen-to
1000	<i>mille</i>	mee-le

## SHOPPING &amp; SERVICES

## I'd like to buy ...

*Vorrei comprare ...* vo-ray kom-pra-re ...

## How much is it?

*Quanto costa?* kwan-to ko-sta

## Do you accept credit cards?

*Accettate carte di credito?* a-che-ta-te kar-te dee kre-dee-to

## I want to change ...

*Voglio cambiare ...* vo-lyo kam-bya-re ...

## money

*del denaro* del de-na-ro

## travellers cheques

*assegni dee viaggio* a-se-nyee dee vee-a-jo

## I'm looking for ...

<b>a bank</b>	<i>Cerco ...</i>	cher-ko ...
	<i>un banco</i>	oon ban-ko
<b>the ... embassy</b>	<i>l'ambasciata</i>	lam-ba-sha-ta
	<i>di ...</i>	dee ...
<b>the market</b>	<i>il mercato</i>	eel mer-ka-to
<b>the post office</b>	<i>la posta</i>	la po-sta
<b>a public toilet</b>	<i>un gabinetto</i>	oon ga-bee-ne-to
<b>the tourist office</b>	<i>l'ufficio</i>	loo-fee-cho
	<i>di turismo</i>	dee too-rez-to

## TIME &amp; DATES

## What time is it?

*Che ore sono?* ke o-re so-no

## It's (8 o'clock).

*Sono (le otto).* so-no (le o-to)

## in the morning

*di mattina* dee ma-tee-na

## in the afternoon

*di pomeriggio* dee po-me-ree-jo

## in the evening

*di sera* dee se-ra

## Monday

*lunedì* loo-ne-dee

## Tuesday

*martedì* mar-te-dee

## Wednesday

*mercoledì* mer-ko-le-dee

## Thursday

*giovedì* jo-ve-dee

## Friday

*venerdì* ve-ner-dee

## Saturday

*sabato* sa-ba-to

## Sunday

*domenica* do-me-nee-ka

## January

*gennaio* je-na-yo

## February

*febbraio* fe-bra-yo

## March

*marzo* mar-tso

## April

*aprile* a-pree-le

## May

*maggio* ma-jo

## June

*giugno* joo-nyo

## July

*luglio* loo-lyo

## August

*agosto* a-gos-to

## September

*settembre* se-tem-bre

## October

*ottobre* o-to-bre

## November

*novembre* no-vem-bre

## December

*dicembre* dee-chem-bre

## TRANSPORT

## What time does the ... leave/arrive?

*A che ora parte/arriva ...?* a ke o-ra par-te/a-ree-va ...

## (city) bus

*l'autobus* low-to-boos

## (intercity) bus

*il pullman* eel pool-man

## train

*il treno* eel tre-no

## I'd like a ... ticket.

*Vorrei un biglietto ...* vo-ray oon bee-lye-to ...

## one-way

*di solo andata* dee so-lo an-da-ta

## return

*di andata e ritorno* dee an-da-ta e ree-toor-no

## 1st class

*di prima classe* dee pree-ma kla-se

## 2nd class

*di seconda classe* dee se-kon-da kla-se

## SIGNS

<b>Ingresso/Entrata</b>	Entrance
<b>Uscita</b>	Exit
<b>Informazione</b>	Information
<b>Aperto</b>	Open
<b>Chiuso</b>	Closed
<b>Proibito/Vietato</b>	Prohibited
<b>Polizia/Carabinieri</b>	Police
<b>Gabinetti/Bagni</b>	Toilets
<b>Uomini</b>	Men
<b>Donne</b>	Women

<b>the first</b>	<i>il primo</i>	eel pree-mo
<b>the last</b>	<i>l'ultimo</i>	lool-tee-mo
<b>train station</b>	<i>stazione</i>	sta-tsyo-ne

## Directions

## Where is ...?

*Dov'è ...?* do-ve ...

## Go straight ahead.

*Si va sempre diritto.* see va sem-pre dee-ree-to

*Vai sempre diritto. (inf)* va-ee-sem-pre dee-ree-to

## Turn left.

*Giri a sinistra.* jee-ree a see-nee-stra

## Turn right.

*Giri a destra.* jee-ree a de-stra

## Can you show me (on the map)?

*Può mostrarmelo (sulla pianta)?* pwo mos-trar-me-lo (soo-la pyan-ta)

## ROMANSCH

Romansch dialects tend to be restricted to their own particular mountain valley. Usage is gradually being undermined by the steady encroachment of German, and linguists fear that the language may eventually disappear altogether. There are so many dialects that not all the Romansch words listed here will be understood. The main street in villages is usually called Via Maistra.

## A FEW WORDS &amp; PHRASES

<b>Please.</b>	<i>Anzi.</i>
<b>Thank you.</b>	<i>Grazia.</i>
<b>Hello.</b>	<i>Allegra.</i>
<b>Good morning.</b>	<i>Bun di.</i>
<b>Good evening.</b>	<i>Buna saira.</i>
<b>Good night.</b>	<i>Buna notg.</i>
<b>Goodbye.</b>	<i>Adieu/Abunansvair.</i>
<b>tourist office</b>	<i>societad da traffic</i>
<b>room</b>	<i>la chombra</i>
<b>bed</b>	<i>il letg</i>

<b>closed</b>	<i>serrà</i>	<b>Wednesday</b>	<i>Marculdi</i>
<b>left</b>	<i>sanester</i>	<b>Thursday</b>	<i>la Gievgia</i>
<b>right</b>	<i>dretg</i>	<b>Friday</b>	<i>Venderdi</i>
<b>woman</b>	<i>la dunna</i>	<b>Saturday</b>	<i>Sanda</i>
<b>man</b>	<i>l'um</i>	<b>Sunday</b>	<i>Dumengia</i>
<b>cross-country skiing</b>	<i>il passlung</i>	<b>1</b>	<i>in</i>
<b>food</b>	<i>mangiar</i>	<b>2</b>	<i>dus</i>
<b>bread</b>	<i>il paun</i>	<b>3</b>	<i>trais</i>
<b>cheese</b>	<i>il chaschiel</i>	<b>4</b>	<i>quatter</i>
<b>fish</b>	<i>il pesch</i>	<b>5</b>	<i>tschinch</i>
<b>ham</b>	<i>il schambun</i>	<b>6</b>	<i>ses</i>
<b>milk</b>	<i>il latg</i>	<b>7</b>	<i>set</i>
<b>wine</b>	<i>il vin</i>	<b>8</b>	<i>och</i>
<b>Monday</b>	<i>Lündeschdi</i>	<b>9</b>	<i>nouv</i>
<b>Tuesday</b>	<i>il Mardi</i>	<b>10</b>	<i>diesch</i>

# Alternative Place Names

## ABBREVIATIONS

(E) = English  
(F) = French  
(G) = German  
(I) = Italian  
(R) = Romansch

**Basel** (E, G) – Basle (E), Bâle (F), Basilea (I)

**Bern** (E, G) – Berne (E, F), Berna (I)

**Bernese Mittelland** (E) – Berner Mittelland (G), Le Plateau Bernois (F)

**Bernese Oberland** (E) – Berner Oberland (G)

Biel (G) – Bienne (F)

**Bodensee** (G) – Lake Constance (E)

**Brienzersee** (G) – Lake Brienz (E)

**Brig** (E, G) – Brigue (F)

**Chur** (E, G) – Coire (F)

**Fribourg** (E, F) – Freiburg (G), Friburgo (I)

**Geneva** (E) – Genève (F), Genf (G), Ginevra (I)

**Graubünden** (E, G) – Grisons (F), Grigioni (I), Grishun (R)

**Lake Geneva** (E) – Lac Léman or Lac du Genève (F), Genfer See (G)

**Lake Geneva Region** (E) – Région du Léman (F), Genferseegebiet (G)

**Lago Maggiore** (I) – Lake Maggiore (E)

**Leuk** (E, G) – Loeche (F)

**Leukerbad** (E, G) – Loeche-les-Bains (F)

**Lower Valais** (E) – Unterwallis (G), Bas Valais (F)

**Lucerne** (E, F) – Luzern (G), Lucerna (I)

**Matterhorn** (E, G) – Cervino (I)

**Mont Blanc** (F) – Monte Bianco (I)

**Neuchâtel** (E, F) – Neuenburg (G)

**Rhine River** (E) – Rhein (G), Rhin (F)

**St Gallen** (E, G) – St Gall (F), San Gallo (I)

**St Moritz** (E, G) – Saint Moritz (F), San Murezzan (R)

**St Peter's Island** (E) – St Peterinsel (G), Île de St Pierre (F)

**Sarine River** (E) – Saane (G), Sarine (F)

**Schaffhausen** (E, G) – Schaffhouse (F), Sciafusa (I)

**Sierre** (E, F) – Siders (G)

**Sion** (E, F) – Sitten (G)

**Solothurn** (E, G) – Soleure (F), Soletta (I)

**Switzerland** (E) – Suisse (F), Schweiz (G), Svizzera (I), Svizra (R)

**Thunersee** (G) – Lake Thun (E), Lac de Thoune (F)

**Ticino** (E, I) – Tessin (G, F)

**Upper Valais** (E) – Oberwallis (G), Haut Valais (F)

**Valais** (E, F) – Wallis (G)

**Vaud** (E, F) – Waadt (G)

**Vierwaldstättersee** (G) – Lake Lucerne (E)

**Visp** (E, G) – Viège (F)

**Winterthur** (E, G) – Winterthour (R)

**Zug** (E, G) – Zoug (F)

**Zugersee** (G) – Lake Zug (E), Lac de Zoug (F)

**Zürich** (G) – Zurich (E, F), Zurigo (I)

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