



Dear guests - welcome to the most unique 5-star superior hotel in Switzerland.

During your stay with us we want you to feel as comfortable as possible, enjoy yourself to full extent and let yourself be indulged. We trust that you will return home with many happy memories.

An individual, personal and attentive service awaits you at the Lenkerhof. Feel the enthusiasm and affection we have for our guests while we whisk you away on your very own "Lenkerhof" wellness journey.

The following pages will provide important information and details about the hotel and the Lenk area to help you to a pleasant start into your next days with us. Do not hesitate to ask us should you have any special wishes or require more information. We are eager to help and look forward to interesting conversations, too.

We are delighted to have you as our guests at the Lenkerhof!

Jan Stiller & Heike Schmidt
and the Lenkerhof team

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A for...

Alpine Play-Station

Every day from 07:00 am until 09:30 pm (childcare starts at 01:00 pm) a new adventure starts. Games, fun and excitement guaranteed for all our younger guests (3 years old and above).

tel. 887

B for...

Babyphone

If you want to leave your room while your child is asleep, you may call reception to activate the baby phone. The reception staff will monitor your child over telephone until 10.00 pm and contact you if necessary. Please inform us about your plans and how you are to be reached in the hotel if need arises.

tel. 600

Babysitting

Babysitting service can be arranged by the reception at a charge of CHF 30.– per hour. There is an additional charge of CHF 15.– per child beyond the first one. Please inform reception well in advance and note that this service may not be guaranteed in case of a late request. Cancellations for the babysitting service will be taken into account free of charge up until 24 hours in advance, after which a full charge applies.

tel. 600

Bar and Lounge

Whether you feel like having an espresso in the morning, a snack at lunch time, coffee in the afternoon, an aperitif before dinner or a digestive before retiring for a good night's sleep, you will always find your favourite drink at the bar (open from 10:30 am until around 01:00 am). Live music is featured 6 days a week from Tuesdays to Sundays between 06:00 pm and 08:00 pm and from 09:30 pm onwards.

tel. 619

Bathrobe and slippers

Bathrobe and slippers are provided in your bathroom or in the wardrobe. Please contact our housekeeping department should you require a different size. Additionally, a black wellness bag in your bathroom will help you take your personal belongings down to the 7sources beauty & spa. We recommend to leave all your jewellery, electronic devices and valuables in your room.

Towels for the pool and for the sauna area are available at the 7sources beauty & spa reception.

tel. 620

Bicycle rent

Are you interested in renting a bike? The reception staff will be happy to organize a bike or an E-bike rental at the Troxler sports shop for you. The rental fee may also be charged upon request onto your hotel invoice.

Otherwise, you can rent a bicycle at the «Sputnik» sports shop in town. The reception staff will gladly share with you some bike tour suggestions.

tel. 600

Blankets

Would you like to have an additional or warmer blanket? Are you allergic to feathers? Or do you wish to enjoy a lighter quilt? Our housekeeping staff gladly assists you with any request.

tel. 620

Breakfast

The best way to start your Lenkerhof day is with a nutritious breakfast in the morning. Every day from 07:30 am to 11:00 am we offer a wide range of food. Fruits, power drinks, different kinds of corns, yoghurt, a variety of cheese and ham and even more await you. You may choose your table for breakfast. Should you prefer to have breakfast in your room please kindly inform the room service or the reception team about your wishes on the evening before.

tel. 618

Business corner

Our business corner is located in the foyer across the hall from the reception. Further information is provided on page 6 "Computer/laptop".

C for...

Car

For further information see page 10 "Parking".

Carriage ride

Are you interested in a romantic carriage ride through the village of Lenk? Enjoy the beautiful landscape for either 30 minutes (CHF 70.– per carriage) or 60 minutes (CHF 110.– per carriage). The reception team will call the stable and endeavour to book your preferred time.

tel. 600

Cash machine

Three banks featuring ATMs can be found in the town centre of Lenk.

- You will find the local BEKB branch across the main roundabout of Lenk, on the left.
- The "Postbank"/post office lies at the Kronenplatz (opposite COOP).
- The third bank is Reifeisen and is next to the Kronenplatz and tourist information.

Check-in

Rooms are available at the latest at 03:30 pm upon the day of arrival. Feel free to arrive earlier. You are very welcome to store your luggage at reception and start enjoying the hotel services and facilities in the meantime.

Check-out

On your day of departure kindly vacate the room before 11.00 h. You are welcome to enjoy the 7souces beauty & spa until 15.00 h on your day of departure. The restaurants and the bar are happy to host you for as long as you wish. Your luggage can be left at the reception or loaded in your car.

We highly recommend to check-out somewhat earlier on weekends or settle your bill on the evening before to avoid queuing at peak hour for check-out.

Computer / laptop

During your stay you may use our Wireless-LAN connection free of charge everywhere in the hotel. Here is how to connect with the public Wireless LAN

1. Connect your device with the «FREE LENKERHOF» network.
2. Your internet browser should open and the login page come up automatically. Click the “connect” button down below.
3. Enter your cell phone number in international format as indicated (type 41 79 XXX XX XX). After validating, you will receive an SMS with your personal access code. Enter said code in the corresponding field and click « registrieren ».
4. You are now connected to the Internet.

Should you experience any issues or not have an active mobile phone at your disposal please click instead the connection option without mobile phone. In order to be given your personal access code you will need to call the support line at 043 500 34 56 (telephone charges will apply).

The hotel reception staff remains at your disposal for questions or queries.

Tel. 600

D for...

Doctors

Several doctors are at your disposal in Lenk. In case of sickness or injury, the reception will contact a doctor and arrange an appointment. A first-aid kit is available at the reception, and the closest hospital is in Zweisimmen.

- Dr. Beat Hählen
Schanzenstrasse 3
3775 Lenk im Simmental
tel. 033 733 16 01
- Doctors on duty:
this number connects you directly with the doctor on standby.
tel. 0900 576 747
- **Emergency number is 144 or from the hotelphone 0144**

Dogs

In a spirit of mutual respect, dog owners are kindly advised to keep their dogs on a leash in the hotel premises. Dogs are permitted in the bar area, the lobby and the «Oh de Vie» Restaurant but may not access other public areas (Spettacolo restaurant, spa and cigar lounge are off-limits). You may order dog food through room service, yet please note that it is not included in the daily charge of CHF 35.- per night.

Should your dog be left alone in your room, please hang the dog sign on your door handle to inform our housekeeping staff not to enter the room.

Dogs are not permitted on settees or beds. Owners are responsible for any damage which may be caused by their pets.

Dresscode

Sportive or fashionable? Both. We look forward to welcoming you in our restaurants with fashionable, casual clothes. Gentlemen are kindly requested to wear long trousers.

DVD player

If you are looking for a cozy movie night, the reception will happily provide you with a wide variety of DVDs as well as set up a DVD Player in your room.

tel. 600

E for...

Emergency

In case of sickness or injury our reception team will immediately contact the local doctor on standby or the hospital in Zweisimmen. For more information see under "doctor" on page 6.

Both a first-aid kit and a defibrillator are available at reception.

Emergency number is 144 or from the hotelphone 0144

tel. 600

Events

Are you planning a seminar or looking for the right venue for a special celebration? We will be pleased to show you our «DenkTankLenk» services and facilities able to host 10 to 150 participants.

Our Event Manager will be delighted to provide individual advice to plan your event or personal highlight.

tel. 610

Extending your stay

Should you like to extend your stay, we will do our very best to extend your visit in the same room. Kindly contact the reception staff.

tel. 601

Extra beds

We will be very happy to arrange either an extra bed or a sofa bed in your room (depending on room category). Children under 3 years old spend the night free of charge in their parents' room. The charge for children aged 3 to 5 is CHF 45.– per child and per night including breakfast. Dinner will be charged à la carte.

We charge CHF 105.– per child per night, staying in the room with 2 adults, for children aged 6 to 12, and CHF 180.– for older teenagers under 16. Guests aged 16 and above entail a charge of CHF 215.– per person and night. These last prices for additional beds include breakfast.

tel. 620

F for...

Fax

Outgoing faxes are charged CHF 1.50 per page. For incoming faxes up to 10 pages no fee is applied and your message can be picked up at the reception.

tel. 600

Fitness area

Our fitness area opens daily from 07:30 am to 08:00 pm. Our fitness machines feature headset access as well as an ipod docking station for the listening of music or television watching. Headsets are available at the 7sources beauty & spa reception

Would you be interested in personal training? We will find out together about your strengths and weaknesses. Ask at the SPA-reception about the "Medocheck".

Our 7sources beauty & spa team will be happy to assist you in case of need.

tel. 646

Flowers

Would you like to order flowers for a special occasion or simply for a little treat? Our florist will be glad to arrange the perfect bouquet. Please note that flowers should be ordered well in advance and that a minimal charge of CHF 50.- applies. Naturally roses make the exception and may be ordered for CHF 8.- apiece.

tel. 659

G for...

Golf

For a perfect golf day we recommend you the golf courses Gstaad-Sannenland, Thunersee or Interlaken-Unterseen. For further information please do not hesitate to contact our reception team.

tel. 600

Gourmet Package for children

For your children aged 0 to 5 you may order individual courses à la carte. For older children the applied half board charge is CHF 40.- per night until 12y.o., CHF50.- per night until 15 y.o. and CHF 88.- per night beyond 15 years old. For more information see under "the litte prince restaurant" on page 9.

tel. 600

H for...

Hairdresser

The 7sources beauty & spa offers a hairdresser on request, who will happily assist you about styling and care for your hair.

tel. 646

Housekeeping

Our housekeeping team is available daily from 07:30 am to 10:00 pm and take care of comfortin your room.
tel. 620

Hygiene products

If the need arises, some hygiene products may be purchased at reception, such as razor sets, dental care sets or child nappies. For further requirements please contact our reception team.
tel. 600

I for ...

Internet

Find the corresponding information page 6 "Computer/Laptop".

iPod Docking station

The iPod Docking station connects your mobile device to the TV. To watch your pictures, movies or music follow this instruction: Power-on the TV → connect the iPhone → chose the button "Source"on the TV remote → select "USB-access" → confirm with ok.

L for...

Late check-out

Upon prior request and if available a late check-out until 02:00 pm can be arranged free of charge on your day of departure.
Would you like to enjoy your stay the entire day in your room? Please contact reception to find out if you can keep your room a while longer, up until 06:00 pm. A late check-out until 06:00 pm will be charged CHF 80.– per person. Beyond 06:00 pm the full room rate applies.
tel. 600

Laundry

To use our laundry service please complete the laundry form provided in your wardrobe and contact our housekeeping service in order for your laundry to be taken care of as soon as possible. Laundry collected at your door before 10:00 am will be returned by 06:00 pm on the same day (except Saturdays and Sundays). Dry cleaning is also available on request.
tel. 620

Lenk information

The reception hands out bike-, hiking- and ski-maps. For further questions about Lenk and Simmental we remain available 24/7. Please contact the reception.
tel. 600

The Little Prince restaurant

The children restaurant serves the kind of food our little ones really like – all the while remembering what they need. Dinner is served at 06:30 pm. Please contact our child care before 05:00 pm on the same day for reservations. Find the corresponding information page 8 "Gourmet Package for children".
tel. 887

M for...

Money exchange

The reception will be glad to change your Euros and US-Dollar up to CHF 500.- into Swiss Francs at the current exchange rate with a commission of 3% and 2% for changes in the exchange rate.

Minibar

Your minibar beverages are included in the room rate and replaced daily. Should you require further beverages, in particular alcoholic drinks, please call room service. Your order will be served in your room at the prices indicated in the bar menu. Please note our service charge of CHF 5.- for drinks and CHF 10.- for food delivery.

tel. 618

N for...

Nappies

For baby and toddler bathing, pool nappies are available at the 7sources beauty & spa reception at a charge of CHF 6.- each. Furthermore, regular nappies are available at the hotel reception.

tel. 600

P for...

Parking

Underground parking is charged CHF 20.- (summer) / CHF 25.- (winter) per night and a garage remote is available at the reception. The outdoor parking area along the street is free of charge (with no guarantee for potential damage etc.).

We kindly ask you not to park in the hotel entryway during your stay as it is only for arrival and departure.

We will be glad to clean your car while your stay:

- Inside cleaning CHF 65.-
- Outside cleaning CHF 95.-
- Full cleaning CHF 140.-

tel. 600

Personal training

The 7sources beauty & spa offers a range of fitness activities including gymnastics, stretching, calories burning and body shaping classes. We will also be glad to provide you with the services of a personal trainer.

Please contact the 7sources beauty & spa team for further details and find our weekly guest program on the board next to the Oh de Vie show-kitchen window.

tel. 646

Photocopies

Photocopies are charged as follows:

- Black & white CHF 0.40 per sheet (less than 50 copies)
CHF 0.35 per sheet (more than 50 copies)

- Colour CHF 0.70 per sheet (less than 50 copies)
CHF 0.50 per sheet (more than 50 copies)

tel. 600

Picnic

We will be happy to lend you a hiking backpack for picnics on a blossoming alpine meadow or in a cosy ski hut. Should you wish for one we will gladly provide you with a delicious packed lunch too! Please place your order 24 hours in advance.

tel. 618

Pools

The outdoor sulphur pool (half circle, 7.9 meter radius, temperature 34°C) and the indoor sports pool (14.85 meters long, 28°C) open daily from 07:30 am to 08:00 pm.

Children are allowed access to the pools from 07:30 am to 05:30 pm. Please consider that children have no access to the 7sources beauty & spa outside this mentioned time range. Thank you.

The last access to the spa is 15 minutes before closing.

tel. 646

R for...

Restaurants

We will be pleased to spoil you in our restaurants. You can choose our Gourmet Package for the entire stay or dine à la carte in our restaurants.

If you have chosen the à la carte option, you pay the respective price for the dishes or menus you enjoy. You are free to choose on which days you dine in which restaurant. We recommend this option if you do not want to eat every evening of your stay with us and/or if you have only a small appetite.

For CHF 88.- per person per night, you can reserve our Gourmet Package for the entire stay at the Gourmet Restaurant Spettacolo (16 Gault Millau points), the Mediterranean à la carte Restaurant Oh de Vie or the Mountain Restaurant Bühlberg (both during opening hours). When you book the Gourmet Package for the entire stay you benefit from up to 16 courses in the Spettacolo Restaurant, up to 4 courses in the Oh de Vie Restaurant and up to 3 courses on the Bühlberg. These are maximum specifications and you choose à la carte how many and which courses you would like. In the Gault Millau Restaurant Spettacolo, a table is reserved for you every day. We would be happy to reserve a table for dinner for you instead in the Restaurant Oh de Vie or in the mountain restaurant Bühlberg.

Children prices vary according to age. Additional information is provided on page 8 under « Gourmet Package for Children ».

Should you have neither the Gourmet package nor any restaurant reservation so far, we highly recommend making your reservation with the restaurant manager or with the hotel reception to ensure availability.

Reserved meals which have not been taken cannot not be refunded. However upon prior agreement an evening meal may be switched for a lunch at the Oh de Vie or Bühlberg restaurant. Please contact the restaurant manager.

tel. 616



In the evening we serve you a daily changing Gault Millau à la carte dinner. Guests with a Gourmet Package can choose their own menu from the 16 courses in number, order and choice of courses. Guests without the Gourmet Package have two options. You can choose à la carte individual dishes for the respective price or you can choose a menu of your choice from 3 courses upwards for CHF 88.- per person. You are welcome to add further courses for CHF 20.- per additional course.

Orders may be placed between 07.00 pm and 09.30 pm. Please understand that from 09.00pm onwards at most 5 courses may still be ordered and we will select the available courses. Look forward to a culinary highlight at the Spettacolo.

tel. 616



Everyday from noon to 02:00 pm choose between a day's menu or a two-course "Lenker" lunch where you may decide about the menu yourself. Enjoy a starter and main course, or maybe rather main course and dessert. A half liter water and coffee are also included. And from Wednesday to Sunday from 7:00 pm to 10:30 pm do let us pamper you with a stylish Mediterranean cuisine. You may order your meals à la carte or enjoy with your Gourmet package a 3-courses dinner which you still can choose from the regular menu. The Oh de vie team will be happy to assist in case of need. Rejoice about this culinary trip in southern Europe (additional closing times may occur)!

tel. 617

Mountain restaurant



Authentic and seasonal dishes, from cheese fondue to Simmental beef filet are served daily on Lenk's most beautiful sun terrace with open view over the fascinating mountains. You can create your own three course menu with the gourmet package option. A rustic experience you should not miss. Please have a small foretaste of this unique restaurant on our homepage www.buehlberg.ch.

tel. 033 733 15 60

Room service

Our room service menu is displayed at the end of this booklet. All options marked by a star are served 24/7.

Please note our service charge of CHF 5.- for drinks and CHF 10.- for food orders (press the room service button on your telephone).

tel. 618

S for...

Safe

Your personal safe is in your room and can be programmed with a code of your choice (max. covered value CHF 1'000.-).

You may also deposit your valuables in our reception safe (max. covered value CHF 50'000.-). Please note that the hotel cannot be held liable for any loss of property.

tel. 600

Safety instructions

Dear guest

Your security is our priority. Our hotel is equipped with state of the art fire prevention technology. Fire detectors in every room are connected to the local fire brigade. Fire safety instructions with the best emergency exit for you can be found inside your room (usually displayed on the wall next to your door). All the emergency exits are clearly signposted.

Fire

Should you detect smoke or fire, sound the fire alarm by breaking the glass of the nearest fire alarm relay in the hallway and pressing the alarm button.

In the event of fire, please follow the instructions of our trained staff.

In case of emergency

- Keep calm
- Alert your neighbours
- Do not use any lift!
- Follow any instructions given by the staff.
- Follow the EXIT signs and leave the building by the emergency exits to reach the assembly point: on the parking lot right outside our 7sources beauty & spa. Report then to the staff member in charge of guests identification and counting.

Smoke in the corridor

- Close all doors and windows.
- Attract attention from your window.

Smoke in your room

- Leave your room, fully close the windows and front door and alert our reception immediately.

Sauna area

In winter our sauna area opens daily from 12:00 pm to 08:00 pm In the event of bad weather we will gladly open the sauna area earlier on or heat up the private sauna wing with biosauna and steam bath. Children under 14 are not permitted in the sauna area and teenagers aged 14 and above must be accompanied by an adult. Please note that our saunas are a nude area. Sauna Towels are provided at the spa reception, which you can use to sit on and/ or to wrap yourself.

tel. 646

Ski and hiking tickets

We will be glad to spare you the waiting line at the cable car counter and arrange your tickets directly at the hotel reception! Maps of the Lenk/Adelboden hiking and skiing region are available at reception. Local buses all year round as well as mountain railways in summer are freely available with your Lenk-Simmental-Tourismus card.

tel. 600

Ski service

The overnight-service by Intersport Troxler offers a complete round-up service for your skis. While you relax in the land of dreams, the team of Intersport Troxler fixes your skis and snowboards up to a new level. Please contact our reception in case of interest.

tel. 600

Smoking

Following bernese cantonal law, all public access areas are smoke-free: all of our rooms, both restaurants «Spettacolo» and «Oh de Vie» as well as the other public areas of the hotel are strictly non-smoking. To relax after their culinary delights, cigarette, cigar or pipe smokers may use our Davidoff smoker's lounge, our terrasse or the room balcony when provided.

Tel. 619

Upon request at the reception an ashtray will be delivered onto your balcony. Please note that in case of necessity deep cleaning costs for the room will be charged to your hotel bill.

Tel. 600

Starter Kit

How about bringing some Lenkerhof back home? You may purchase from our large variety of products at any time, including our culinary offer: cheese, exclusive mustard or a good bottle of wine will be the perfect gift for those who stayed behind during your holiday. Simply inquire with the team members from the corresponding services or order with the "starter kit" form found in your room.

tel. 600

Stool / seat in the bathroom

Do you need a sitting-accommodation in your bathroom or shower? We kindly ask you to contact our housekeeping team. They will be pleased to arrange an adapted stool right away.

tel. 620

T for...

Train pick-up service

Should you opt for a train travel next time, we will be glad to pick you up at Lenk train station free of charge and will happily take care of any forwarded luggage.

Please take note of the high reliability of railway connections between Lenk and the rest of Switzerland as well as Germany (ICE Berlin - Spiez or the Panorama Express from Montreux - Zweisimmen).

Taxi service

Destination	1-4 Pax	Ride time
Zweisimmen	CHF 48.60	0 h 20 min.
Spiez	CHF 178.20	1 h 00 min.
Thun	CHF 189.–	1 h 15 min.
Gstaad	CHF 102.60	0 h 40 min.
Zurich (airport or city)	CHF 750.60	2 h 30 min.
Bern	CHF 307.80	1 h 30 min.
Belp-Bern airport	CHF 286.20	1 h 30 min.

Geneva (airport or city)

CHF 642.60

2 h 30 min.

These prices are approximate rates and travel times only.

Telephone service

Important numbers

<u>Service</u>	<u>Number</u>
Réception & Concierge	600
7sources beauty & spa	646
Roomservice	618
Housekeeping	620
Outside line	Code 0
To the other rooms	The room number

Loudspeaker

You may adapt the volume with the „+“ and „-“ buttons located in the middle lower part of your telephone. To modify the receiver volume it is necessary to first pick up the receiver. The loudspeaker volume can be adjusted after activating the loudspeaker with the corresponding button found between the volume control buttons.

Treatments

Our 7sources beauty & spa team remains at your service daily from 09:00 am to 08:00 pm. For appointments press the 7sources button on your room telephone or dial 646. Treatments may be cancelled free of charge up until 24 hours in advance. Short notice cancellations as well as unmet appointments however are compensated by full cancellation charges.

tel. 646

TV Remote control / Television channels

To switch on press any channel number.

1 HOME-TV	21 VOX	41 tagesschau24	61 BBC Two	81 Sony Action+1	101 TRT World HD
2 BPN	22 kabel eins	42 EURONEWS GE	62 BBC World News	82 Sony Channel	102 Tunisie Nationale
3 SRF 1	23 kabel eins Doku	43 Eurosport 1 De	63 Bloomberg Europe	83 Sony Classic	103
4 SRF zwei	24 3sat	44 SPORT1	64 CNN Int.	84 Sony Movies	104
5 SRF info	25 arte	45 DMAX	65CNBC Europe	85 Sony Movies+1	105
6 Das Erste	26 KIKA	46 REGIO TV	66 ITV	86 Tiny Pop	106
7 ZDF	27 TOGGO	47 RTS Un	67 ITV2	87 NTV MIR	107
8 zdf_neo	28 WDR HD Bonn	48 RTS Deux	68 ITV4	88 1TVRUS Europe	108
9 ZDFinfo	29 NDR FS NDS	49 France 24	69 Sky News Intl	89 ROSSIY A24	109
10 ONE	30 hr-fernsehen	50 TV5MONDE EU	70 Al Jazeera English	90 RTR	110
11 SWR BW	31 rbb Berlin	51 EURONEWS FR	71 CBBC	91 Russia Today	111
12 BR Fernsehen Süd	32 NITRO	52 CGTN F	72 CGTN	92 PMC	112
13 SAT.1	33 NICKELODEON AT	53 RSI LA 1	73 CCTV-4	93 Channel 112	113
14 SAT.1 Gold	34 Comedy Central AT	54 RSI LA 2	74 CGTN Documentary	94 Al Jazeera Channel	114
15 ProSieben	35 TELE 5	55 Rai 1	75 DW English	95 2M Monde	115
16 Pro7 MAXX	36 phoenix	56 Rai 2	76 RT Doc	96 Arirang TV	116
17 RTL Television	37 WELT	57 Rai 3	77 CITV	97 ARMPUB TV	117
18 RTL2	38 Welt der Wunder	58 Rai News 24	78 France 24	98 BBC Arabic TV	118
19RTLplus	39 ServusTV DE	59 SMTv San Marino	79 POP	99 Cubavision Int	119
20 SUPER RTL	40 n-tv	60 BBC One	80 POP Max	100 RTPi	120

Radios

110 SRF 1	125 1LIVE	140 hr2	155 radioeins
111 SRF 2 Kultur	126 WDR2 Rheinland	141 hr3	156 Dlf Kultur
112 SRF 3	127 WDR3	142 hr4	157 COSMO
113 SRF 4 News	128 WDR4	143 MDR Sachsen DD	158 1LIVE diGGi
114 SRF Musikwelle	129 WDR5	144 MDR JUMP	159 RTS-1ere
115 SRF Virus	130 SR 1 Europawelle	145 MDR SPUTNIK	160 Eepace 2
116 Swiss Classic	131 SR 2 KulturRadio	146 MDR AKTUELL	161 Couleur3
117 Swiss Classique	132 SR 3 Saarlandwelle	147 MDR KLASSIK	162 Option Musique
118 Swiss Jazz	133 Bayern 1	148 NDR 2 NDS	163 Rete Uno
119 Swiss Pop	134 Bayern 2	149 NDR Kultur	164 Rete Due
120 SWR1 BW	135 BAYERN 3	150 NDR Info NDS	165 Rete Tre
121 SWR2	136 BR-Klassik	151 Bremen Eins	166 Radio-Rumantsch
122 SWR3	137 B5 aktuell	152 Bremen Vier	
123 SWR4 BW	138 BAYERN plus	153 Antenne Brandenburg	
124 SWR Aktuell	139 hr1	154 rbb 88.8	

V for...

Vouchers

Would you like to share your Lenkerhof experience? Give away a voucher of your choice! The reception will set up the desired voucher including your preferred services. Pricing information on request. Alternatively you can directly book your voucher online at <https://shop.e-guma.ch/hotel-lenkerhof/en/gutscheine>.

Should you have a voucher in your possession which you plan on using please give it directly at check-in at the hotel reception in order for us to take it into account on your hotel bill.

tel. 600

W for...

Wake-up call

Please inform our reception should you require a friendly and personal wake-up call.

tel. 600

Water

Water at the Lenkerhof has been filtered through the many rock layers of the Lenk mountains and is of premium quality and perfectly safe to drink. A peculiarity of Lenk in addition to our excellent drinking water is the abundant supply of sulphur water from one of Europe's strongest sulphur sources located right above the Lenkerhof. This water has a rather peculiar smell, yet has numerous medicinal properties and is perfectly drinkable. You will find freshly bottled sulphur water every morning on our breakfast buffet as well as at our 7sources beauty & spa reception.

Wet 'n' Wild

Fun for kids in the turbo tube, the adventure tank and both pools from 07:30 am to 05:30 pm daily. Parents, please note that your children are not admitted to the 7sources beauty & spa outside of this time range. Thank you.

Wifi /Wlan

Find the corresponding information page 6 "Computer/Laptop".

From the history of Lenk

The community of Lenk constitutes the southernmost part of the Simmental valley.

Its name originates from what was once called the «Siebne» river, in turn derived from the «Siebenbrünnen», or seven wells.

These names became «Simme» and «Simmental» towards the end of the 17th century.

Although there are traces of sparse human settlements in the area dating back to pre-historic times, very little is documented about the life of the people of Lenk until the 14th century. However, it has been established that the hamlets of Aegerten, Pöschenried, Oberried, Brand and Gutenbrunnen used to belong to the inner parish of upper Simmental valley, paying taxes to St. Stephan church. The first documentary evidence of the name Lenk appears at the end of the 14th century.

In 1504, the government in Bern granted the hamlet communities in Lenk permission to build their own church, which was consecrated on June 18th, 1505 by Cardinal Mathäus Schiner on behalf of the Bishop of Lausanne. From this time onwards, the five hamlets at the top of the upper Simmen valley became known as the community of «Lenk». However the almost century-long dispute with Interlaken about the community's independence was only settled by the state of Bern in 1525.

For fear of jeopardizing the good trade relations with the Catholic region of Valais, the community of Lenk initially rejected the Reformation and only embraced the new faith in 1528 when Peter Kunz from Erlenbach was sent to the village as a preacher and mediator. However, the people of Lenk did not suffer the reformed pastor imposed by Bern for more than a year and Pastor Blösch had to flee over the Hahnenmoos pass before the end of his first year in office.

In April 1689, the puritanical authorities in Bern granted Christen Perreten a concession to transform a sulphur well into a bathhouse. This marked the beginning of the tourist industry in Lenk. But the moral apostles in Bern attached stringent conditions to the granting of the bath concession: while heating water and bathing were not tolerated on the Lord's day, Perreten was specifically prohibited from entertaining guests other than respectable church-goers.

The bathhouse remained dormant until the 19th century when around the 1840s its new owners attempted to revive the business. Fearing a decline in morals, the Bern government initially refused to renew the concession. Only after the repeated intervention of reputable physicians was the spa allowed to re-open. Even then, a Lenk judge of public morals, convinced that the spa would give free reign to moral degeneration and idleness, lodged an appeal against this decision, on the grounds that it was immoral for women and menfolk to bathe in the same water (although in actual fact they bathed in succession in the interests of energy savings).

In 1862 the new and -by the standards of the time- modern hotel and spa facilities were reopened, marking a further milestone in the village's touristic development. The construction of the Simmental railways in the early 20th century and the extension of the line to Lenk in 1912 heralded a further expansion of tourism.

Yet Lenk was not spared from adversity: on July 16th, 1878 the village was ravaged by fire. 26 buildings and the church went up in flames.

As the people of Lenk still lived up in the mountains

The first inhabitants of Lenk in the Neolithic age lived in Tierberg cave at the top of the Simmental valley at an altitude of 2660 m. They reached this primeval dwelling place via the old Rawil route leading from the Langermatte up over the Firstli and past the Laufbodenhorn. The hunters of the Neolithic age probably climbed this far up year after year because of the good hunting opportunities at this altitude; the Tierberg cave must have afforded welcome shelter at night and by hard weather.

Three layers of charcoal and ash at different depths evidence three successive periods where the cave was in use. As the tree line once reached approx. 2200 m, the inhabitants of bygone days had to haul their fuel

wood 400 m up the mountainside. The Tierberg cave is assumed to have been the highest Alpine resting place of primeval times.

Lenk in the middle ages

Lenk only had a sparse population while the city of Bern was founded around 1191. A few individual names from this time are documented in a land concession record drawn up by the Bishop of Lausanne. One of these names is of a certain Glauwi Senfto, who held land possessions in the so-called Chrome (outside Oey) and Steinmass; the Glauwis estate in Pöschenried is presumably named after its owner.

The Valley floor was marshland and regularly threatened by flood. The debris carried by both the lateral valley brooks as well as by the Wallbach sometimes transformed the plain around the village into a lake at high water after heavy storms. The first inhabitants of Lenk settled on the sunny slopes. In particular in Gutenbrunnen on the Pletsche with its late chapel belonging to St. Stephan parish. Forest clearings resulted in ever more arable land; the names of the meadows of Rüti, Brand, Schwand and Schwendi bear evidence to this development.

The people of Lenk broke away from the parish of St. Stephan and built their own church and established their own congregation in the years 1504-1505; this is evidence of a considerable increase in the population of the community around this time. Lenk church is said to have been consecrated by Cardinal Mathäus Schiner.

At the time of the Reformation, the inhabitants of the upper Simmental valley – and not least the people of Lenk – spurred on by the Blankenburg castellan, Anton Bütschelbach, and the Zweisimmen town preacher, Ulrich Ubert, offered fierce resistance to the new faith. Particularly in Lenk through the good trade with the staunch Catholic packhorse traders of Valais. In October 1528, the people of the upper Simmental valley wrote to Bern that they could not bring themselves to embrace the reformed faith out of consideration for the staunch Catholic Valaisans.

However, the good relations between Lenk and the Valais region turned sour when Lenk finally embraced the Reformation in 1529. In 1522, the people of Lenk had surrendered their church and the rectory to the Bern government. Responsibility for appointing the minister and his stipend was assumed by the council of Bern and the people of Lenk now resigned themselves to the new faith. There were episodes of Valaisans coming across the Rawil pass and provoking the adherents of the reformed church in Lenk, as reported in an official document from Bern to the people of the Oberland in June 1529. In that year, the people of Lenk attempted to oust a reformed pastor but were admonished by the Bern Council not to drive him out of office.

During this period, various die-hard Catholics left Lenk to settle in the region of Valais or Saanen which remained strongholds of the old faith. There were also movements in the opposite direction, with adherents of the new faith moving from Catholic Jaun to Lenk and St. Stephan.

The Battle of the Wives

The legendary Wyberschlacht, or Battle of the Wives, on the Langermatte gives a vivid impression of the times of religion wars on both sides of the Rawil pass.

When the able-bodied men of Lenk had been called to arms and gone down the valley to fight in the wars of religion, hostile Valaisans stole across the Rawil pass and snatched the livestock grazing on the Langermatte. They returned across the pass, put the stolen cattle out to graze and retired to celebrate their triumph opening a barrel of Fendant wine. As they partook of substantial quantities of the good wine, the youths of Lenk, led by chamois hunter Siegfried who had been out hunting when the militia had left their homes, advanced across the Rawil pass and found their cattle peacefully grazing in the meadows. Carefully, they removed the bells from around the cattle's necks and, all the while ringing the bells to trump the celebrating Valaisans drove their livestock back across the pass and down into Lenk. Siegfried then angrily smashed a large cowbell through the window of the tavern in which the Valaisans were by then well inebriated. Alarmed, they ran out of the tavern to find that the people of Lenk had retrieved their stolen livestock. Once they had recovered from their drunken stupor, they advanced across the pass to Lenk,

intent on battle. But the people of Lenk, in particular the women, were armed to the teeth with scythes and pitchforks, ready to retaliate. They fearlessly attacked the advancing Valaisans and beat them into retreat. The wives of Lenk won a resounding victory. When their husbands returned from the war, they were much surprised to hear about the brave feats of their womenfolk in their absence. The place where those who fell in the course of battle is still known today as “Bi de Toete” (the place of the dead).