

## MEDIA INFORMATION

### Summer news from the Lenk-Simmental holiday region

**The region in the western Bernese Oberland presents a colourful bouquet of experiences for the summer. From rock 'n' roll to jazz, blues, classical, pop and rock to folk sounds and readings - the summer of 2023 in the Simmental will be marked by a wide variety of festivals and events. There is also news on the mountain or for families.**

#### **Festival «Simmenklänge» – 16 to 18 June 2023**

Young musicians will make the mountain world of Lenk resound during the three-day festival. Master class in singing with opening concert, chamber music, opera brunch, house concerts and a children's project. In collaboration with the Bern University of the Arts. [www.kulturlenk.ch](http://www.kulturlenk.ch)

#### **Midsummer Festival at Simmenfall – 23 to 25 June 2023**

Wenn die Beats so satt klingen, wie die Wiesen grün sind und das kräftige Rauschen der Simmenfälle von mal wuchtig-rockigen, mal samtig-weichen Klängen begleitet wird, dann ist wieder Mittsommerfestival. Das kleine, feine Musikfestival zuhinterst im Simmental ist gespickt mit etablierten Künstlern und Geheimtipps. [www.mittsommerfestival.ch](http://www.mittsommerfestival.ch)

#### **21. Hangar Rockin' – 30 June to 1 July 2023**

First-class live music acts and DJs, the 1/8 Mile Hot Rod Race, glittering US classic cars and the Merchandise Area will revitalise the St. Stephan airfield. The breathtaking mountain backdrop trembles under roaring V8 engines and raging rock'n'roll music. [www.hangarrockin.com](http://www.hangarrockin.com)

#### **35. «Jazz Tage Lenk» – 7 to 16 July 2023**

The traditional musical event par excellence. Traditional jazz, blues, swing, soul and folk captivate Lenk and its guests. Headliners of this year's festival are the legendary Pepe Lienhard Big Band, the Dutch Swing College Band, the Swiss Soul & Pop discovery Nicole Bernegger or the Blues Night with Lilly Martin & Band. [www.jazztagelenk.ch](http://www.jazztagelenk.ch)

#### **Run to the Hill «it might get loud», Jaunpass above Boltigen – 21 to 23 July 2023**

In the Juan Paso celebration reserve, temporary independence is proclaimed and the "seriousness of the world" is driven away from the summit of unreasonableness with a lot of noise. A concert event, peppered with very nonsensical side events, shakes the Jaun Pass for three days. [www.juan-paso.ch](http://www.juan-paso.ch)

#### **Simmental Beer Festival Lenk – 1 to 3 September 2023**

The 7th edition of this festival, organised by the Lenker Biermanufaktur, features well-known Swiss bands such as Chlyklass, Dabu Fantastic, Caroline Chevin and Pat Burgener and offers an exuberant open-air atmosphere and side events. [www.simmentalerbier.ch/festival](http://www.simmentalerbier.ch/festival)

#### **And that's not all**

Numerous concerts and musical performances take place in hotels, restaurants, bars, public venues, churches or in the open air. 14 May: Yodelling Day Obersimmental-Saanenland-Pays-d'Enhaut, 2 June: Celtic & Irish Folk Concert, 3 June: Rock Night at the Sporthotel Wildstrubel, 23 to 29 July: Panflute Festival, 30 July: Menuhin Festival Concert, 13 August: Summer Concert of the classical tenors "I Quattro" at the Lenkerhof. More information at [www.lenk-simmental.ch/en/actual/event-calendar/#/events](http://www.lenk-simmental.ch/en/actual/event-calendar/#/events)

#### **Lenk Bergbahnen: Gastronomy, anniversary and new weekend operation**

From summer 2023, Lenk Bergbahnen will be running the Berghaus Leiterli and the Metschstand mountain restaurant under its own management with a new gastronomy concept. In addition, until the planned start of the winter season in November, the Betelberg gondola lift will take guests to the summit every weekend. On 17 September, Lenk Bergbahnen will celebrate its 75th anniversary with a festival. [www.lenkbergbahnen.ch](http://www.lenkbergbahnen.ch)

### **Adelboden-Lenk Hiking Ticket**

Train, bus and mountain railways - all included with the exclusive Adelboden-Lenk hiking ticket. The hike against the backdrop of the Wildstrubel leads from the Lenk Metschstand via Sillerenbühl to the Bergläger above Adelboden. The journey is by public transport via Spiez to Lenk and back from Adelboden. The panoramic hike also takes you along the popular Blumenweg.

[www.lenk-bergbahnen.ch/lenker-bergsommer/bls-rundreise](http://www.lenk-bergbahnen.ch/lenker-bergsommer/bls-rundreise)

### **Stay overnight for free at the «Work & Bike'n'Hike Week Lenk» – 7 to 11 August 2023**

After the successful first event last year, this summer there will again be a volunteer week to improve the trail infrastructure in Lenk. In addition to mountain bikers, hikers are now also cordially invited. The overnight stay will be offered by tourism as a reward for the half-day's work. Anyone with a passion for biking and hiking can apply. Rolf Marmet from Lenk-Simmental Tourism will answer any questions and is happy to accept applications at [r.marmet@lenk-simmental.ch](mailto:r.marmet@lenk-simmental.ch).

### **Adelboden-Lenk test operation mountain bike trial**

With the opening of the bike trail at Höchst in Adelboden, the first official routes of the Bikeregion Adelboden-Lenk were also signalled. Hikers and bikers are «on the road together» on these sections. In a first step, the routes to Höchst and back as well as the Lenk single trail classic Summerwald on Betelberg were signposted. The aim of the three-year trial operation is to clarify as many questions as possible about coexistence, management and maintenance.

### **«Bergbeizen-Pass» with trendy socks – whole summer**

Get your socks on! When you visit 8 of the 20 mountain bistros in the Simmental until the end of autumn 2023, you will receive a pair of fashionable, trendy Lenk-Simmental socks as a gift. The Bergbeizen-Pass has been motivating people to visit the local mountain pubs for years.

[www.lenk-simmental.ch/en/erlebnisse/alpkultur-restaurants-pass](http://www.lenk-simmental.ch/en/erlebnisse/alpkultur-restaurants-pass)

### **Summer University Lenk – 10 to 14 July 2023**

High-quality lectures on the topics «Alps in transition», «Attractive living space as an important basis for mountain area development», «The secrets of Lenk», «Alpine farming from an agronomic point of view» and «Alpine legends» in the Kirchgemeindehaus Lenk. [www.kulturlenk.ch/de/sommer-universitaet/programm](http://www.kulturlenk.ch/de/sommer-universitaet/programm)

### **Beer hike Lenk – 19 August 2023**

On the initiative of the Lenk Music Society, a beer hike is taking place for the first time in the surroundings of the village of Lenk. On a leisurely hike, various types of beer can be tasted at several stops. Musical entertainment will also be provided. Details will follow.

### **LiteratureLenk. The «Röstigraben n'existe pas.» – 13 to 15 October 2023**

This series of events is the first bilingual literature festival in Lenk. Readings by Swiss authors in German and French take place at the Hotel Kreuz. There will also be an exhibition about Elsbeth Pulver's library.

[www.kulturlenk.ch/de/literaturlenk/programm](http://www.kulturlenk.ch/de/literaturlenk/programm)

### **Discover the habitat of birds – several dates**

In Switzerland, eleven bird species are found exclusively in the Alps. Five different altitude levels create habitats with their typical bird species: bearded and griffon vulture, golden and short-toed eagle, red kite, kestrel, whinchat and skylark. Myrta Wüthrich from St. Stephan, qualified field ornithologist and excursion leader, accompanies the discovery trips on the Lenk, in St. Stephan and Boltigen.

[www.lenk-simmental.ch/erlebnisse/steinadler-koenig-der-luefte](http://www.lenk-simmental.ch/erlebnisse/steinadler-koenig-der-luefte)

### **Children's programme with new offers – all summer and autumn**

Children take part in the daily programme free of charge with the Simmental Card (guest card). Children of all ages will be thrilled by the new discovery tour around Lenkerseeli, the handicraft lesson in the Alphüttli, the tennis course from 6 years, the Punch and Judy show for the youngest or the popular climbing and biking courses. [www.lenk-simmental.ch/en/experiences-tours/experience-finder](http://www.lenk-simmental.ch/en/experiences-tours/experience-finder)

Lenk-Simmental Tourism / Press service

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Lenk-Simmental Tourismus AG, Albert Kruker, Director, Rawilstrasse 3, CH-3775 Lenk im Simmental  
Tel. +41 33 736 35 35, [a.kruker@lenk-simmental.ch](mailto:a.kruker@lenk-simmental.ch), [www.lenk-simmental.ch](http://www.lenk-simmental.ch)