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The various regions of Bern

The **Bernese Midlands** (Berner Mittelland) is made up of the valley of the river Aare, the river Emme, some of the foothills of the Bernese Alps, as well as the plain around the capital Bern, and has many small farms and hilly forested regions with small to mid-sized towns scattered throughout. It is perhaps best known by foreigners and visitors for the Emmentaler. The classic Swiss cheese with big holes, the Emmentaler, comes from this region's pastures of hilly and low mountainous countryside up to the 1,000m range. Mühleberg has a nuclear powerplant.



Emmentaler with 7 Hengsten Hohgant and Bernese Alps

In the north of the canton lies the **Three Lakes Region** (Seeland), concentrated around Lake Biel, Neuchâtel, and Murten, which rises from the plain up to the northernmost Swiss mountain chain of the Jura. The climate around the lakes is very pleasant. Many high quality wines come from here.



Twann with St. Petersinsel

The **Bernese Oberland** comprises the Bernese Alps. The highest mountain in the Bernese Alps is the Finsteraarhorn at 4,274 metres, but the best known mountains are Eiger, Mönch, and Jungfrau.

The well-known hiking and ski resorts in the eastern Oberland are located around Interlaken and the Jungfrau, such as car-free Mürren and Wengen in the Lauterbrunnen valley, and Grindelwald.

Further east, in the Haslital are the Aareschlucht and the town of Meiringen. In the Western Bernese Oberland there are many other resorts and small villages catering to visitors. These are accessed from



Bernese Alps/Eiger, Mönch and Jungfrau

the lake town of Thun, and the most notable of them are Kandersteg with the Oeschinensee and Adelboden. Further west is the Simmental with Lenk and Zweisimmen and the Saanenland with the famous resorts Gstaad and Saanen.

The whole area is very mountainous, with steep cliffs, many glaciers, and countless waterfalls. It is renowned for its scenic beauty and the charm of the small Swiss villages that dot the area. As a result of this, tourism is one of the main sources of income in the Bernese Oberland. Other important sectors are agriculture (especially cattle breeding), cheese making, and hydroelectric power generation.

The region also has an extensive train network as well as many cable cars and funiculars, with the highest train station in Europe at the Jungfraujoch and the longest gondola cableway in the world from Grindelwald to the Männlichen.



Train to the Jungfrau