



**Aare swimming course organisers
Angela Scalese and Bernhard Fleuti:
“Swimming in the Aare is a
unique experience. Safety is
a key concern for us.”**

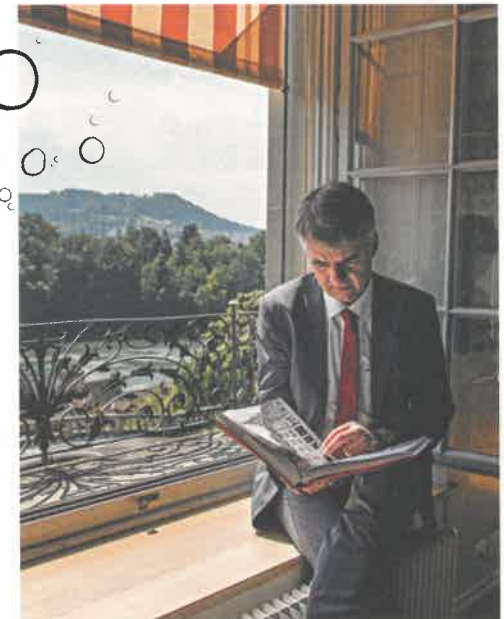
The people of Bern have an on-going love affair with the Aare river. In no other city can you enjoy such clear, cool fresh water while gently drifting past the picturesque Old Town of Bern – a UNESCO World Heritage Site.

Urban swimming is a major part of the city’s culture. Nearly everyone enjoys a refreshing dip during the summer months. But you don’t simply go to “the Aare”. Regulars have their favourite places to jump in, drift along and get out: from point to point. And if getting in at the pebble beach of the Eichholz camping site is too easy, take a deep breath and dive straight into the cool water: a favourite spot among locals is Schönausteg, near Dählhölzli Zoo. Speaking of locals: even the Mayor of Bern, Alec von Graffenried, often swims in the Aare in summer. “It’s pure relaxation for me”, he says.

Staying safe in the Aare

Not everyone feels instantly at ease in the current of the Aare. That’s why Angela Scalese is actively committed to ensuring that people have fun and stay safe: “Many young people don’t know how to swim in rivers.” Since 2017, she has worked with Bernhard Fleuti from the Swiss Life-savers Society SLRG to organise special Aare swimming courses on safety and how to behave in the river under the slogan “Stadtwellen – sicher y d’Aare” (City waves – staying safe in the Aare). “Even good swimmers need to know their limits as well as the safe places to get in and out of the water”, explains Angela.

stadtwellen.ch



Alec von Graffenried, mayor of Bern:
“When I can, I travel between meetings by bike and then I jump into the Aare, preferably several times a day.”

