# Morning Post

#### Tuesday, 3rd July 2018

## Sweety of today

Our confectionery recommends fresh:

#### Lime tart

along with other homemade cakes and pastries, together with a Schweizerhof-coffee with whipped-cream and cream of Cacao.

#### Poem of the day

Life is like a mirror when you smile inside, it smiles back.

#### Jungfraujoch – Top of Europe

The Jungfraujoch-Top of Europe is the highlight of any Swiss holiday. The highest railway station in Europe is located 3,454 metres above sea level. The visitors gain access to a high-Alpine wonderland of ice, snow and rock, which they can admire from the viewing platforms on the Aletsch Glacier or in the Ice Palace. The

railway journey to the Jungfraujoch is an experience which leads through the Eiger and the Mönch. At the Eismeer and Eigerwand intermediate stations, visitors can enjoy the wonderful view.



#### The chamois

Habitat: alps, upper forest belt, often also in lower regions. The chamois anatomy is perfectly adjusted to the alpine mountains. The heart is larger than other mammals hearts and able to perform higher pulse frequencies (up to 200) without damage. This empowers the chamois to reach a speed up to 50 km/h even in the most impassable terrain.



#### Weather forecast

Today it is mostly cloudy with some rain. The temperatures are between 61°F in the morning and 75°F in the afternoon.



### <u>St. Beatushöhlen</u>

On the eastern shore of Lake Thun, near the world-famous holiday resort of Interlaken, the St. Beatus Caves stretch well into the Niederhorn massif. Legends tell that this impressive natural wonder, created over millions of years ago, served as a safe hiding-place for Saint Beatus in the 6th century. Whereas in the 18th century the picturesque Pilgrim's Way was the only means of access, the popular Beatus Caves are now easily reached by boat, bus or car.

