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Swiss Alpine Wrestling, Kemmeribodenbad, Bern Region

## A musical and sporting journey.

Discover styles of music and sports that are typically Swiss in all the regions.

### 2013: The Festival of Musical and Sporting Traditions

Traditional Swiss instruments and songs are currently enjoying a renaissance, thanks notably to a large number of events that are held throughout the country. Nendaz, in the Valais region, is the capital of the alphorn. Its annual international festival mixes traditional concerts with interpretations that are resolutely modern. For those with enough breath, Nendaz is offering courses for beginners and more experienced players, starting this spring.

### The national sports: test your strength and skill

Swiss wrestling, hornussen and stone throwing are the

three Swiss national sports practiced during the National Festival of Wrestling and Alpine Games, which takes place every three years. Wrestling is the predominant discipline celebrated in the festival. The wrestlers (both men and women) have to unbalance their opponents by grasping them by their breeches (shorts worn on top of their clothes) and making their shoulders or back touch the ground. The "hornuss" (a puck placed on a ramp, which has to be propelled into the air using a flexible rod) is a distant relative of baseball, whilst stone throwing calls for physical strength, as competitors have to throw a stone weighing 20, 40 or even 83.5 kilos as far as possible!

### Alphorn

Each summer, Nendaz forms the enchanting backdrop to the International Alphorn Festival, which welcomes more than 100 players of different nationalities. Taster courses and visits to the production workshop are organized regularly.



Tip 1

MySwitzerland.com  
Webcode: **A36501**

### 100% Swiss Olympic Games

The National Festival of Wrestling and Alpine Games takes place this year in Burgdorf in the Emmental region. Regional music and delicacies will be on the menu alongside the typically Swiss "Olympic Games", which we expect to welcome some 250,000 visitors.



Tip 2

MySwitzerland.com  
Webcode: **AP90182**

### The sound of Appenzell

In traditional Appenzell music, stringed instruments play a major role, alongside the hurdy-gurdy or the "hackbrett" (hammered dulcimer). The "Alpstobede" festivals held on the high mountain pastures in summer offer the perfect opportunity to appreciate this type of music.



Tip 3

MySwitzerland.com  
Webcode: **A160786**

### Network Switzerland:

Register at [www.MySwitzerland.com/aso](http://www.MySwitzerland.com/aso) by 31.5.2013 and win a 2-night stay for 2 people at the Swiss Historic Hotel Landgasthof Bären in Dürrenroth (Emmental), where you can discover the living traditions of the region.  
[www.baeren-duerrenroth.ch](http://www.baeren-duerrenroth.ch)



MySwitzerland.com/historic  
Webcode: **E54452**

A collaboration between Switzerland Tourism and the Organisation of the Swiss Abroad (OSA)



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