

# Alpine Adventure Week

4 - 11 September 2019



## Alpine Adventure Week

4-11 September 2019

Alpine Adventure Week is a special event for **Guides and Scouts over 18 years**, designed to enable you to learn and grow through personal outdoor challenge.

If your idea of fun includes challenging yourself and experiencing the culture and beauty of the Bernese Oberland, we are sure you will enjoy this event. It will be packed with opportunities to discover the beauty of the mountains, try new activities, explore the outdoors, and experience the magic of an international Guide and Scout Centre. Come and spend an unforgettable week in the Swiss Alps!

### Cost

**CHF 720 per person**

This event is open to Guides and Scouts over 18 years of age.

**Note:** Accommodation is in shared rooms. A limited number of single and twin rooms are available on request, there is a surcharge of CHF10 per person per night for these rooms.

### Package includes

- 7 nights of accommodation in rooms allocated by Our Chalet
- All meals (breakfast, packed lunch and dinner from dinner on 4 Sept – packed lunch on 11 Sept)
- 5 day programmes, 6 evening programmes
- All costs associated with activities, hikes and excursions (including gondolas) as indicated in the programme
- Luggage transfer on arrival and departure day

### Package price does NOT include

- Personal souvenirs and snacks
- Additional taxis or buses required in lieu of planned hikes on the itinerary
- Travel or health insurance
- Travel to and from your home to Our Chalet
- Additional nights' accommodation and meals at Our Chalet before or after the event week
- Use of internet and personal laundry

### Booking

Please take the time to read through the **Our Chalet Alpine Adventure Week Information Pack**. To reserve your place, contact [info@ourchalet.waggggs.org](mailto:info@ourchalet.waggggs.org) or make an on-line booking on our website at <https://www.waggggs.org/en/our-world/world-centres/our-chalet/>. We will then provide you with a booking contract and request a 10% non-refundable deposit which will secure your reservation. For more booking detail please see the end of the brochure.

Yours in Guiding and Scouting,

**Your Our Chalet Team**

## Day Programme Descriptions

The Our Chalet Team is pleased to bring you the following activities, all of which are led by our volunteer staff. Please note that the different hikes and activities will be guided according to weather conditions and the wishes and abilities of participants. The following draft event itinerary is subject to changes. Please see the next page for descriptions of the programme.

Date	Time	Activity	Meeting Place
<b>Day 1</b>	PM	Arrive (Check in after 14.00)	Reception
	19.30	<b>Welcome Meeting</b>	Reception
	20.00	<b>Our Chalet Tour</b>	Reception
<b>Day 2</b>	9.00	<b>Opening and Pinning Ceremony</b>	Flag Pole
	9.30 - 17.30	<b>Elsigenalp Hike Day</b>	Flag Pole
	20.00	<b>International Night</b>	Flag Pole
<b>Day 3</b>	9.00 - 17.30	<b>Adventure Park &amp; Climbing Wall</b>	Flag Pole
	20.00	<b>Swiss Night</b>	Flag Pole
<b>Day 4</b>	9.30 - 17.30	<b>Woodcarver's Hike and Town</b>	Flag Pole
	19.30	<b>Overnight Hike, OR</b>	Flag Pole
	20.00 - 22.30	<b>Twilight Hike</b>	Flag Pole
<b>Day 5</b>		FREE DAY	
<b>Day 6</b>	9.00 - 17.30	<b>Engstligenalp Hike &amp; Klettersteig (Via Ferrata)</b>	Flag Pole
	20.00	<b>WAGGS Night</b>	Flag Pole
<b>Day 7</b>	9.00 - 17.30	<b>Choice Hike Day</b>	Flag Pole
	20.00	<b>Campfire &amp; Closing Ceremony</b>	Flag Pole
<b>Day 8</b>	AM	Depart (Check out before 10.00)	Reception

## Day Programmes

### Elsigen Hike

This three-hour hike will take you from Our Chalet to Elsigenalp (1800m), where you will be able to enjoy lunch next to a beautiful mountain lake. From here it will be possible to continue hiking to the peak of Elshorn (2341m) for another 1.5 hours and appreciate the stunning mountain views, or spend the afternoon swimming in the lake and exploring the alpine plateau of Elsigenalp.



### Adventure Park and Rock Climbing

In the morning, after a short introductory training in the Adventure Park, you will have the opportunity to test your courage on a high ropes course, abseil (rappel) from the bridge, zip wire across the river and jump off the bridge into a pendulum swing (the pendulum swing is at additional an cost of CHF 20 per jump).

In the afternoon you will have the opportunity to learn the basics of rock climbing, how to belay your partner and the relevant safety requirements. If you are an experienced climber you will be able to develop your existing rock climbing skills on this exposed rock face. This activity is guided and supervised by experienced mountain guides.

### Woodcarver's Hike

Enjoy this two-hour hike to the famous Adelboden Woodcarver. For decades this family has been successfully running a woodcarving workshop. You will have the chance to purchase a variety of handcrafted items, including numerous Guide / Scout souvenirs. After lunch enjoy a walk through the beautiful Choleren Gorge.

### Free Day

This day follows the Bunderspitz overnight hike, giving you a chance to return from the peak and recover, as necessary. The rest of the day is for you, a day when you can visit other nearby towns, do some more hiking, try some other adventure sports or just relax at Our Chalet!

### Choice Hike Day

This will be a choice hike day. Depending on how you are feeling after several long days of challenges, you will have the opportunity to choose which area of Adelboden you would like to explore this day. In addition, we can geocache in the area and turn the hike into a high-tech treasure hunt!



### Engstligen Falls Hike and Klettersteig

First, you will walk two hours from Our Chalet to the base of Engstligen Falls, the second highest waterfalls in Switzerland. From that point there is the option to climb up to Engstligenalp (1900m) along the via ferrata (Klettersteig) route, a challenging hiking route with cables and ladders requiring harness and attachments. For this, you will be provided with the necessary equipment and this will be led by experienced mountain guides. Alternatively, it will be possible to take the gondola (additional cost involved).

## Evening Programmes

During your stay, **Our Chalet Staff offer Evening Programmes**. Evening Programmes provide you with a chance to meet other guests who are at Our Chalet during your stay. There are opportunities to play fun games, learn about WAGGGS, go on a beautiful hike, or enjoy an unforgettable campfire.



### Our Chalet Tour

We will begin by explaining the programme of the week and how to best enjoy the facilities of Our Chalet in our Welcome Meeting. You will then have a chance to learn about the history of Our Chalet with a presentation, and we will take you on a tour of the two main buildings.

### International Festival

During this fun festival each guest will have the chance to present for **5 - 10 minutes** about their home group, region, state or even country! In the past groups have brought photos, sang songs, shared favourite games and foods and told us stories about their home towns. Groups are asked to make it interactive. At the end of the evening we have time for badge swaps with guests and our international staff.

### WAGGGS Night

With this evening programme you will have a chance to refresh your knowledge about WAGGGS. We will learn more about what WAGGGS has been doing to improve the lives of girls and young women worldwide and go into depth about one of their recent campaigns.

### Swiss Night

Whilst in Switzerland take part in this unique opportunity to learn more about your host country. Experience some Swiss culture with a play on the William Tell story, a Swiss quiz, authentic alhorn music and of course, chocolate fondue tasting!

### Bunderspitz Overnight Hike

This special hike runs overnight and is the most challenging, as well as possibly one of the most magnificent hikes of your trip. In the evening you hike to the Cheesemaker's Hut on Bunderalp (1770m) where you spend the night. Therefore this hike is an additional 17 CHF per person. We then get up at about 3.30am to continue the hike to the summit of Bunderspitz (2546m) to watch the sun rise over the distant peaks. *Please note that this overnight hike is for experienced and confident hikers. All hikers must have appropriate hiking equipment including hiking boots with ankle support.*



### Campfire & Closing Ceremony

No Guiding or Scouting experience would be complete without the traditional Our Chalet campfire. Join our international staff for a campfire where you can learn some new songs and sing and teach some old favourites. During the campfire we will present Our Chalet Challenge badges and end the week with a closing ceremony.

## Our Chalet Challenge

If you feel like giving yourself the ultimate physical challenge, and would like to discover more about Our Chalet, Switzerland and WAGGGS, then the Our Chalet Challenge is for you! The Our Chalet Challenge consists of six components: Physical Challenge, WAGGGS Knowledge, Our Chalet History, Swiss Culture, Personal Challenge and Service. If you manage to complete all six sections, you will be presented with a special Our Chalet Challenge badge. The cost of the badge is included in the programme package.

## Preparation and suggested packing list

Our Chalet is located in the Swiss Alps, 1353 metres above sea level, and the weather can vary greatly on a daily basis. In order to fully enjoy this programme and feel comfortable with changing weather conditions in the Alps, we advise you to be aware of this while packing, as well as build up your level of fitness prior to your arrival. You can find our suggested packing list on our website, under the Book Now, Prior to Arrival section.