

Walking Week

13 - 20 September 2020



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September is one of the most beautiful months to explore Switzerland, with slightly cooler weather but still many beautiful sunny days. Walking Week showcases some of Bernese Oberland's best hiking trails and immerses participants in the breathtaking nature of the Swiss Alps. If you love to walk and are willing to challenge yourself a little we're sure you will enjoy this event!

Cost

790 CHF per person

This event is open to adult participants of all genders. Participants do not need to be members of Guiding/Scouting to participate.

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 arrival to packed lunch on departure day)
- 6 day programmes, 5 evening programmes
- Luggage transfer from Adelboden Oey bus stop (8am - 6pm only, must be pre-booked)
- All costs associated with activities as indicated in the programme

Package price does NOT include

- Souvenirs and snacks
- Additional taxis or buses required in lieu of scheduled hikes
- 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 laundry facilities

Booking

Please take the time to read through this Information Pack. For more information and to reserve your place, contact info@ourchalet.waggs.org or make an on-line booking enquiry at <https://www.waggs.org/en/our-world/world-centres/our-chalet/book-now/book-online/online-booking-our-chalet/>

Once you have confirmed the details of your booking we will send you a booking contract and request a 10% non-refundable deposit to secure your reservation.

Programme Description

To accommodate participants with a range of interests and abilities the Walking Week programme offers hikes covering a variety of terrains and distances. Each day focusses on a different area within the Adelboden valley. Different levels of hike are offered so all participants can be comfortably challenged. Below is a sample itinerary, the exact programme is subject to change.

	Time	Activity	Meeting Place
Day 1	PM	Arrival	Reception
	20.00 – 21.30	Our Chalet Tour	Conference Room
Day 2	9.00 – 9.30	Opening Ceremony	Flag Pole
	10.00 – 17.30	Tschenten Hike	Flag Pole
	20.00 – 21.30	Swiss Night	Flag Pole
Day 3	9.00 – 17.30	Woodcarver's and Adelboden Town	Flag Pole
	20.00 – 21.30	WAGGGS Night	Dining Hall
Day 4	9.00 – 17.30	Kandersteg Valley and Oeschinensee	Flag Pole
		Free evening	
Day 5	Early am – 12.00	Sunrise Hike	Flag Pole
		Free day	
Day 6	9.00 – 17.30	Bunderspitz OR Suspension Bridge	Flag Pole
	20.00 – 21.30	Games Night	Dining Hall
Day 7	9.00 – 17.30	Silleren & Bütschi	Flag Pole
	20.00 – 21.30	Campfire	Flag Pole
Day 8	AM	Departure	Reception

Day Programmes

On some days there will be hikes of various difficulty levels on offer. However, please note, that we are only able to run one or two options, dependent on group size. In order to be as flexible as possible, specific hike routes will be discussed and decided upon as a group after arrival at Our Chalet.

Usually hikes will be offered in four options:

- Take the gondola (cable car) to the top of the mountain and hike down.
- Hike up the mountain and take the gondola down.
- Hike both up and down the mountain.
- Follow longer hiking paths, which in some cases may require taking gondolas to access the beginning of a hike.

The number of gondola rides covered by the event fee will be discussed with participants at the beginning of the event and prior to any decisions about hiking routes being confirmed.

Silleren & Bütschifall



Sillerenbühl (1974m) is one of the most popular mountains in the Adelboden valley. Views of the higher surrounding mountains are magnificent from the top. There are a variety of paths down, including the famous 'Vogellisi' trail, or a hike through the stunning Bütschital. There is also a beautiful flower trail across to the Hahnenmoos Pass, which allows for a glimpse into the Lenk valley and the mountains beyond. More challenging routes are also available, including Regenboldshorn (2193m) or up to Tronegggrat (1903m).

Kandersteg Valley and Oeschinensee

The neighbouring valley of Kandersteg is home to the alpine lake Oeschinensee. There is the option to take the gondola or walk up to Oeschinensee. The lake has rowing boats and restaurants but also several hiking trails that offer a panoramic view of the surrounding area.



Woodcarver's Hike, Choleren Gorge & Adelboden Town

The Adelboden Woodcarver is well-known in the local area and beyond for his skilled work. All participants follow the same route on this day. After a hike to the Woodcarver there is the opportunity to see him at work, and perhaps purchase some unique souvenirs. Next up is the Cholerenschlucht, a beautiful example of a naturally carved gorge, before we head to our lunch spot by the river. In the afternoon participants can take their time exploring the village of Adelboden.

Bunderspitz Hike

This hike day offers two options; a peak hike to Bunderspitz (2546m) or an easier, more relaxing hike from the suspension bridge to Frutigen (see below). The hike from Our Chalet to Bunderspitz takes us through the Bonderlen Valley, up through the forest to Bunderalp, and then along the cow trails towards Bunderspitz. At the peak we can enjoy stunning views into the Enstlige and Kandersteg valleys before we start heading back down the way we came up. It is a strenuous hike that not only ascends but also descends about 1200m/4000ft and takes about 8 hours in total.



Suspension Bridge

For those not quite ready to tackle the Bunderspitz hike, or those who prefer a relaxing day, we will catch the public bus to "Hängebrücke", a suspension bridge across the river that is a popular attraction among locals. After enjoying the view from the bridge, we can enjoy a coffee and a slice of cake at the café by the bridge. Then we start our hike down towards the small town of Frutigen. This hike takes you along the banks of the Engstlige river on fairly flat gravel walkways. Wood sculptures line the way, and the rushing river provides a soothing soundtrack. After approximately two hours of hiking, you will reach Frutigen. Participants have some time to look around the town before heading back to Adelboden on public transport. The final walk is back up the hill to Our Chalet from the Oey bus stop.



Tschentalp & Schwandfäldspitz

Tschentalp rises behind Adelboden, and is visible directly across the valley from Our Chalet. There are lovely forest trails to follow to the alp, as well as an alpine garden which plays host to native flowers and herbs. Schwandfäldspitz (2025m) is a short walk from the restaurant and top gondola station and provides magnificent views both up and down the valley.



Sunrise Hike

While it is still dark, we will make our way down from Our Chalet to Boden (1290m), to the bottom of the famous World Ski Cup hill. Walking up where people ski in the winter, we will arrive at the starting point of the run, Chünesbärgli (1730m) from where we will watch the sun rise. For eager hikers there is also the option of going a little further to Höchstorn (1903m). We will make our way to back to Chalet where you can rest for the rest of the day or choose to use your free afternoon to head off on your own adventure!

Free Afternoon

In the afternoon following the sunrise hike, participants can choose to relax at Our Chalet or arrange their own outing.

Visiting nearby towns, trying adventure sports, or maybe relaxing at the swimming pool, there are options to suit everyone.



Evening Programmes

Our Chalet Tour

We will begin by explaining the event programme and how to best enjoy the facilities of Our Chalet. You will then have a chance to learn about the history of Our Chalet with a presentation and a tour of the two main buildings.

Games Night

We have a variety of board and card games, as well as puzzles, on offer that can be played in small or large groups. A great chance to get to know your fellow participants with a little friendly competition!

WAGGGS Night

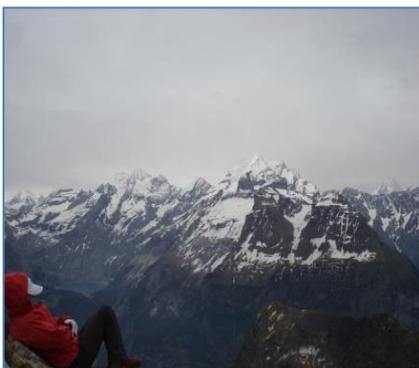
With this evening programme you will have a chance to learn or to refresh your knowledge about WAGGGS. Through a fun team game, learn more about what WAGGGS has been doing lately to improve the lives of girls and young women worldwide.

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 alphorn music and, of course, chocolate fondue tasting!

Campfire

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



Our Chalet Challenge

If you feel like giving yourself the ultimate 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, sometimes within an hour! We advise participants to keep this in mind when packing and bring clothing suitable for all weather conditions. Layers, including good waterproof jacket and trousers, are strongly recommended. Hiking boots with ankle support and good grip are necessary to take part in hiking activities.

You can find our suggested packing list, along with answers to frequently asked questions, here: <https://www.wagggs.org/en/our-world/world-centres/our-chalet/book-now/frequently-asked-questions/>

In order to be able to fully participate in this event, and to make the activities as enjoyable as possible, we recommend that participants build up their fitness prior to arrival.