

OUR CHALET WORLD CENTRE

BUILD YOUR OWN ADVENTURE

AUTUMN 2020 TO SPRING 2021



Build Your Own Adventure is a special option for Autumn 2020, Winter 2020/2021, and Spring 2021 that allows you to create your own programme for your stay at Our Chalet.

Build Your Own Adventure is designed for Guide and Scout groups, but is open to any group with a minimum of 10 participants of any age (excluding infants). All members of the group need to participate in the same activities.

The cost of your Build Your Own Adventure Package will depend on which programme activities you choose. You will need to add your chosen base price shown in the table below and your preferred activities to get your total price per person.

When you are ready to book please e-mail programme@ourchalet.waggs.org with your group size, number of nights, and programme choices.

Base Package Price – includes all meals from dinner on arrival day to packed lunch on departure day, accommodation in main buildings, and luggage transfer or parking on site.

Number of nights	Scouts and Guides		Non-members		Infants (0-2)
	Adult/youth/child age 6 +	Child (3-5)	Adult/youth/child age 6 +	Child (3-5)	
2	CHF 142	CHF 71	CHF 150	CHF 75	Free
3	CHF 213	CHF 106.50	CHF 225	CHF 111	Free
4	CHF 284	CHF 142	CHF 291	CHF 150	Free
5	CHF 355	CHF 177.50	CHF 372	CHF 186	Free
6	CHF 426	CHF 213	CHF 450	CHF 225	Free

Self-Catering Base Package Price – includes accommodation in Squirrel House (max 12 people, six on bunk beds, six on floor mattresses) with kitchen for self-catering and luggage transfer or parking on site. Showers are in a separate building. This package is **not available in winter** – late April to end October only.

Number of nights	Scouts and Guides	Non-members	Infants (0-2)
	Age 3+ per person. Minimum 8 people, maximum 12.	Age 3+ per person. Minimum 8 people, maximum 12.	
2	CHF 33	CHF 37	Free
3	CHF 49.50	CHF 54	Free
4	CHF 66	CHF 73	Free
5	CHF 82.50	CHF 91	Free
6	CHF 99	CHF 108	Free



PROGRAMME



The next few pages give an overview of the programme activities you can choose to add to your event. If you are unsure if an activity is suitable for your group, please contact programme@ourchalet.waggs.org before making your booking.

You must choose a minimum of three programme activities for a Build Your Own Adventure Package, except for on two night stays (minimum two activities). There is no maximum number of activities – as long as we can fit them all in to your stay!

NOTE: All programme activities are subject to change depending on availability of suppliers and weather conditions.

Important information about choosing your activities

- Under 18s must be accompanied by at least one responsible adult on all activities, including those that take place on site at Our Chalet.
- Your whole group must take part in the same activities.
- Please note the age and ability restrictions on some activities and make sure all members of your group are old enough and able to take part before booking these activities.

Additional information for participants with disabilities:

- Our Chalet aims to make its' events inclusive to as many people as possible. Most of our programme can be adapted to be suitable for those with physical disabilities or sensory impairments. To ensure we can meet your needs we ask that you let us know at the time of making a booking enquiry what adaptations you may need.
- Many of our activities are also suitable for those with mild/moderate learning disabilities or autism spectrum disorder. As a general rule, if someone attends mainstream school our activities can likely be adapted to fit their needs. Again, we ask that you discuss adaptations at the time of making a booking enquiry.
- Our Chalet staff are not able to help with any medical or personal care or provide 1:1 support. Participants who need this type of support must bring their own carer with them. Please contact us to discuss options for carer places on this event.



Autumn/Spring programme options

Note: some activities are only available at certain times of the season, please see activity description page for details.

Activity	Guides and Scouts		Non-members	
	Adult	Child	Adult	Child
Bonderfalls hike	CHF 5.50	CHF 5.50	CHF 6.50	CHF 6.50
Campfire	CHF 2.50	CHF 2.50	CHF 3.50	CHF 3.50
Woodcarvers hike	CHF 10.50	CHF 10.50	CHF 12.50	CHF 12.50
Adventure Park zip lines/abseil only	CHF 38	CHF 38 (age 7-15)	CHF 40	CHF 40 (age 7-15)
Adventure Park with rock climbing	CHF 69	CHF 69 (age 7-15)	CHF 69	CHF 69 (age 7-15)
Adventure Park children's course	N/A	CHF 22 (age 4-10)	N/A	CHF 24 (age 4-10)
Onsite activities halfday	CHF 5	CHF 5	CHF 6	CHF 6
Onsite activities full day	CHF 10	CHF 10	CHF 11	CHF 11
Engstligenfalls hike	CHF 10	CHF 10	CHF 12	CHF 12
Engstligenalp day	CHF 37	CHF 23 (up to age 15)	CHF 42	CHF 28 (up to age 15)
Engstligen klettersteig	CHF 88	CHF 79 (age 12-15)	CHF 93	CHF 84 (age 12-15)
Interlaken + Lake Brienz kayaking	CHF 125	CHF 125 (min. age 10)	CHF 130	CHF 130 (min. age 10)
Vogellisi day	CHF 41	CHF 27 (up to age 15)	CHF 46	CHF 32 (up to age 15)
Climbing tower + suspension bridge	CHF 52	CHF 40 (age 8-15)	CHF 57	CHF 45 (age 8-15)
WAGGGS session	CHF 3.50	CHF 3.50	CHF 4.50	CHF 4.50
Play Through Adelboden	CHF 10	CHF 8	CHF 12	CHF 10
Play Through Adelboden with Tschentenalp	CHF 33	CHF 23 (up to age 15)	CHF 35	CHF 25 (up to age 15)

Important: Most of our programme takes place outdoors and goes ahead in any weather. The weather can change quickly in the mountains therefore you should be prepared to be outside in sun, rain, heat, and cold – no matter what time of year! The only time we cancel outdoor programme is when it would be unsafe, for example due to lightning or very high winds.



Build Your Own Adventure

Custom Events Open to All



Winter programme options

Activity	Guides and Scouts		Non-members	
	Adult	Child	Adult	Child
Bonderfalls snow shoe hike	CHF 7.50	CHF 7.50	CHF 9.50	CHF 9.50
Campfire	CHF 2.50	CHF 2.50	CHF 3.50	CHF 3.50
Woodcarvers hike	CHF 10.50	CHF 10.50	CHF 12.50	CHF 12.50
Engstligenalp winter hike w/ snow tube	CHF 36	CHF 33 (up to age 15)	CHF 40	CHF 35 (up to age 15)
Engstligenalp winter hike w/ fondue igloo	CHF 69	CHF 45 (up to age 15)	CHF 74	CHF 50 (up to age 15)
Onsite indoor activities half day	CHF 5	CHF 5	CHF 6	CHF 6
Onsite indoor/outdoor activities full day	CHF 10	CHF 10	CHF 11	CHF 11
Interlaken + Lake Brienz winter kayaking	CHF 150	CHF 150 (min. height 150cm)	CHF 155	CHF 155 (min. height 150cm)
WAGGGS session	CHF 3.50	CHF 3.50	CHF 4.50	CHF 4.50
Tschentenalp sled day	CHF 44	CHF 34 (up to age 15)	CHF 46	CHF 36 (up to age 15)
Onsite winter survival day	CHF 10	CHF 10	CHF 12	CHF 12
Eisstock and indoor climbing	CHF 78	CHF 62 (up to age 15)	CHF 83	CHF 67 (up to age 15)
Magic Tree snow shoe hike	CHF 6.50	CHF 6.50	CHF 7.50	CHF 7.50

Important: Most of our programme takes place outdoors and goes ahead in any weather. In winter you should be prepared to be outside in snow and cold temperatures for extended periods of time. The only time we cancel outdoor programme is when it would be unsafe, for example due to extreme cold (below 5F/-15C), lightning, or very high winds. We have a limited amount of warm winter clothing available to borrow. For winter kayaking participants must wear dry suits (provided).





Adventure Park

Adelboden Adventure Park has an exciting network of zip lines (the longest is 320m!), a high ropes bridge, abseiling off a bridge over the river, rock climbing on natural rock wall, and a children's adventure course. Our staff will lead you on the 60-minute walk to the Park and accompany you on the activities. Rock climbing and abseiling are led by qualified Alpine Guides. You can choose from three different options:

- Zip lines, abseil, and rope bridge – spend half a day in the Park zipping about to your heart's content! Minimum age 7. No maximum age, maximum weight 120kg.
- Zip lines, abseil, rope bridge, and rock climbing – spend half a day rock climbing and half a day in the Park. Minimum age 7. No maximum age, maximum weight 120kg.
- Children's course – little ones can explore the mini adventure course with 20 platforms connected by rope bridges and zip lines just above ground level. Suitable for ages 4-10.

If you have your own vehicles the walk to the Park can be reduced to 30 minutes, in this case a CHF 5 per vehicle parking fee applies.

Engstligenalp klettersteig/via ferrata

The perfect activity for those looking for a challenge and impressive views! The Chäligang klettersteig is a perfect beginner via ferrata allowing you to climb alongside the impressive Engstligen waterfalls. With safety equipment you make your way up 560m using a mix of hiking and climbing. A qualified Alpine Guide leads you on this adventure.

Once at the top you have time to explore Engstligenalp before descending via cable car. **This activity has a minimum age of 12 and is available mid-June to mid-October. It is not suitable for those with a fear of heights.** The walk to/from the bus stop to travel to the start of the klettersteig is 1.75km (1 mile) each way. If you have your own vehicle you can drive to the start point and parking is free.

Climbing Tower and Suspension Bridge

The perfect day for those who love heights! Visit one of Europe's longest suspension bridges then test your skills on a climbing tower with three levels and 64 activity stations. The walk (5km/3miles) from the suspension bridge to the climbing tower is an activity in its own right – following the Engstlige river and passing various woodcarved sculptures.

This day additionally involves a 1km steep downhill walk to the bus stop and a 1km steep uphill walk on return. If you have your own vehicle it is possible to drive to Frutigen (20 minutes) and start the activities from there, avoiding the extra walking. Limited free parking is available, additional parking for a fee.



Interlaken and Lake Brienz Kayaking

Spend a few hours in Interlaken, the adventure sport capital of Switzerland, watching the paragliders land, exploring the old town, or doing some souvenir shopping. An optional activity at extra cost is a chocolate show with tasting at the traditional Swiss chocolatier, Schuh.

Then we take a 30 minute walk alongside the River Aare to the beautiful Lake Brienz where you have a go kayaking. Start out learning how to kayak in the sheltered area by the shore, then move out on to the lake to view the surrounding cliffs and mountains from the calm, blue water. The session includes approximately 2 hours on the water in sea kayaks. Wetsuits are provided in colder weather.

Minimum age is 10, younger children may be able to participate if using a double kayak with a parent/guardian – ask us about this option before booking.

The price includes transport to/from Interlaken. If you have your own vehicles and would prefer to drive please ask us for a quote excluding transport costs.



Build Your Own Adventure

Custom Events Open to All





HIKING

We offer a range of hikes suitable for all ages and abilities. Our experienced staff will lead the way and teach map reading and compass skills as you go. For hikes with younger children we add games along the way to keep everyone motivated! You can choose one or more of the following hikes:

- **Bonderfalls hike** – 8km (5 miles) with 225m gentle ascent + descent, easy terrain – this hike starts from Our Chalet and takes you through farmland and past traditional Swiss chalets to view the waterfalls on Lohner mountain. On the way back we can stop at the Magic Tree to make a wish in the hollow trunk! **This hike is especially suitable for groups with younger children.** Possible all year round – becomes a snowshoe hike in winter.
- **Woodcarvers hike** – 8.5km (5.2 miles) with 230m ascent + descent, easy terrain– this hike starts from Our Chalet and takes you through alpine countryside to visit the woodcarver’s workshop. The Trummer family have been woodcarvers in Adelboden since 1945. After your visit we head to the Cholorenschluct gorge (not possible in winter) and then on to Adelboden village where you have time to shop, enjoy one of the many cafes, or do a scavenger hunt. This hike is possible all year round.
- **Engstligenfalls hike** – 11km (7 miles) with 555m ascent + descent including long steep sections, mixed terrain including mountain trail. This hike starts from Our Chalet and leads up Hohliebe with wide views across the valley. The descent towards Unter dem Birg crosses two small waterfalls before arriving back in the valley. From here a short walk through the forest leads to the impressive Engstligenfalls – one of the longest waterfalls in Switzerland. We then return to Our Chalet along a riverside trail. This hike is not possible in winter.

Play Through Adelboden

Join us for a guided tour around the Adelboden valley stopping at up to 24 ‘play stations’ on the way. Each station has a locally themed game to play with everything from puzzles to board games to races! Depending on how many stations you want to play (and how far you are willing to walk) this can be a half day or full day activity (cost is the same for both).

For a full day activity there is the option to add a trip on the cable car up to Tschentenalp to try the giant swing (not possible in winter), enjoy views across the entire valley, and stop at a 25th play station. There is an optional 30-minute hike to the peak above Tschentenalp bringing you to an altitude of 2,025 metres!



Engstligenalp day

Visit an alpine plateau with beautiful views and one of Switzerland's longest waterfalls. We start the day with the walk from Our Chalet to the base of the waterfall. Choose from an easy riverside trail or a more challenging mountain trail (both 5.5km/3.5miles). Then we take the cable car 600m up to the alp where you can choose from several short hiking trails to enjoy the views from the alp, climb some boulders, or visit the upper section of the waterfall. For young children there are Globi themed activities available on the alp.

We finish the day with a descent on the cable car and a bus ride followed by a final 1.75km (1 mile) uphill walk back to Our Chalet.

Vogelisi Day

Learn all about the local legend of Vogelisi – a young Adelboden woman who could speak to the birds. We start the day with an interactive telling of the story, then we head to the Vogelisi themed hiking trail on Silleren mountain. A cable car ride takes us straight to the top of the mountain where we enjoy the views before starting out on the 3.5km (2 mile) themed trail.

There are ten activity stops on the way and a BBQ site where we stop for lunch. The trail brings us to the mid-point of the cable car station from where we can ride back to the valley floor.

Note: In addition to the 3.5km themed trail (all downhill) there is a 1.5km walk each way to the cable car station from Our Chalet. The walk is steep downhill there and steep uphill back. If you have your own vehicle you can drive to the cable car station and parking costs CHF 5 per vehicle.

This activity is only possible during the cable car operating season – mid June-mid October + weekends in late October and November.



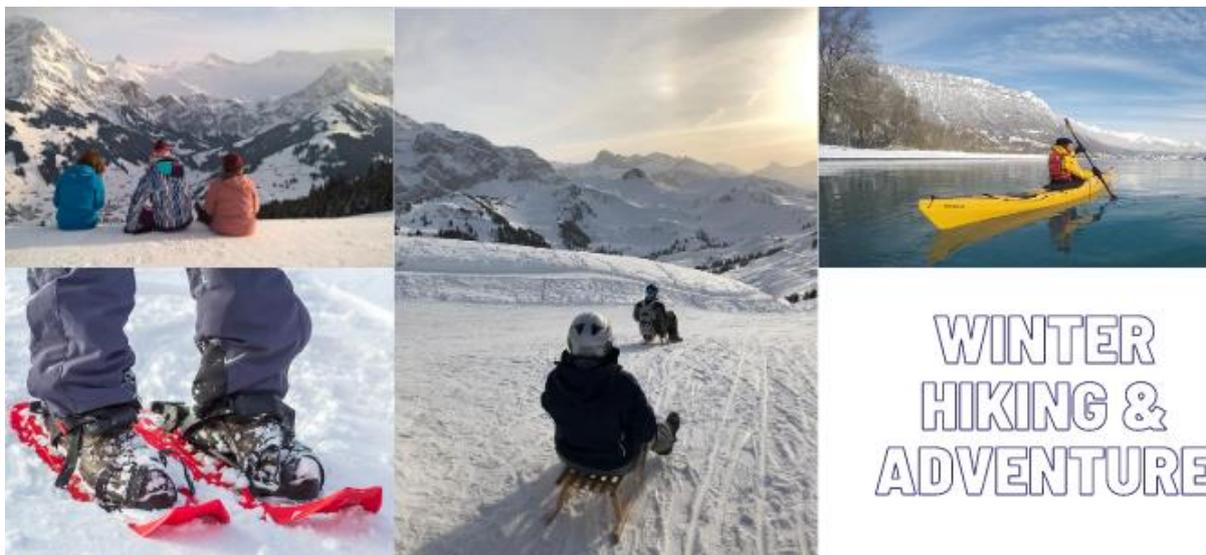


ONSITE

There is lots to do without ever leaving the Our Chalet site! We offer the following in Build Your Own Adventure Spring/Autumn:

- Campfire – learn how to build and light a campfire, then toast some marshmallows and enjoy some campfire songs. This activity can be in the evening or during the day.
- WAGGGS session – a half-day taster session in a WAGGGS programmes of your choice. Options include Free Being Me, Action on Body Confidence, Stop the Violence, and Leadership Mindsets. We can also offer session on diversity & inclusivity, preparing for international travel, and skills for volunteering.
- On-site activities half or full day – choose from a range of activities including pioneering, orienteering, wide games, scavenger hunt, knot tying, campfire lighting, camping skills, first aid, survival skills, and team challenges. We stay outside as much as possible but in stormy weather we can offer indoor activities.





WINTER HIKING & ADVENTURE

Engstligenalp winter hike with snow tubing

Enjoy the unique experience of hiking in snow on prepared trails, an impressive frozen waterfall, and speeding down a snow tube track! We start with a 5.5km (3.5 mile) riverside hike to the base of the waterfall. Then we take the cable car 600m up to the alp with great views of the waterfall during the ride.

On the alp there's time to try snow tubing and enjoy playing in the huge amounts of snow. Depending on the time of year we may also be able to take a look inside one of the many igloos. Note: we do not recommend snow tubing for children under 8 or those who are not able to reliably hold on to the tube. Helmets (provided) must be worn. There is a small children's play area suitable for very young children located next to the snow tubing.

We return to Our Chalet via cable car and public bus and a final 1.75km (1 mile) walk. If you have your own vehicle it is possible to drive and start the hike from the bus stop. This takes 1.75km off the walk to the falls and removes the return walk at the end of the day entirely. Parking is limited and for a fee.

Engstligenalp winter hike with fondue

We follow the same hike as described above but instead of snow tubing and playing in the snow we enjoy a traditional cheese fondue inside an igloo!

Interlaken and Lake Brienz Kayaking

Spend a few hours in Interlaken, the adventure sport capital of Switzerland, watching the paragliders land, exploring the old town, or doing some souvenir shopping. An optional activity at extra cost is a chocolate show with tasting at the traditional Swiss chocolatier, Schuh.

Then we take a 30 minute walk alongside the River Aare to the beautiful Lake Brienz where you have a go kayaking. Start out learning how to kayak in the sheltered area by the shore, then move out on to the lake to view the surrounding cliffs and mountains from the calm, blue water. A unique experience in winter when the turquoise water looks even more stunning against the snowy backdrop. The session includes approximately 2 hours on the water in sea kayaks. Warm clothing including drysuits are provided.

Minimum height is 150cm, a limited number of shorter participants may be able to take part – the height restriction is to ensure proper fit of the drysuit, a very limited number of smaller drysuits are available. Please check before booking.

The price includes transport to/from Interlaken. If you have your own vehicles and would prefer to drive please ask us for a quote excluding transport costs.



Tschentenalp sledding day

Sledding in Switzerland is serious business and Tschentenalp offers the perfect place to work on your sledding skills, whether you're brand new to the sport or have lots of experience. With 14km of sled runs rated from blue (easy) to black (difficult) there is something for everyone.

Our staff will teach you the basics on the safety of the practice slope before guiding you down your first blue run. After that you can explore whichever runs you like at your own pace – or ask our staff to keep accompanying you if you need more guidance/tips. All the runs end at a chairlift meaning you never have to pull your sled uphill!

We provide traditional wooden sleds, for an extra fee you can try a range of different sleds available from the mountain station. There is also a restaurant where you can enjoy a break for hot chocolate whenever you like!

If you have your own vehicle we start the day at the cable car station – parking is available for CHF 5 per vehicle. If you do not have a vehicle we will guide you on the walk to the cable car station – approx. 1.5km (1 mile) + 5 minute public bus ride and return at the end of the day.

Eisstock and indoor climbing

Escape indoors to try your hand at Eisstock – an ice based sport similar to curling – and tackle the indoor climbing wall. The walk from Our Chalet to the sports Arena is 2km (1.3miles) down and up hill. If you have your own vehicle you can drive to the Arena and parking is available for a hourly fee.



Build Your Own Adventure

Custom Events Open to All





There is lots to do without ever leaving the Our Chalet site! We offer the following in Build Your Own Adventure:

- Campfire – learn how to build and light a campfire even in wet and/or snowy conditions, then toast some marshmallows and enjoy some campfire songs. This activity can be in the evening or during the day.
- On-site activities half or full day – choose from a range of activities including igloo building, snow sculpture competitions, snow mural painting, snow Olympics, team building games, and scavenger hunt. We stay outside as much as possible but in stormy weather or extreme cold we can offer indoor activities.
- WAGGGS session – a half-day taster session in a WAGGGS programmes of your choice. Options include Free Being Me, Action on Body Confidence, Stop the Violence, and Leadership Mindsets. We can also offer session on diversity & inclusivity, preparing for international travel, and skills for volunteering.
- Winter survival onsite day – learn the skills you need to survive outside in winter including shelter building, first aid, how to navigate in snow, how to light a fire in wet conditions, and safe route planning. This day is best suited to those age 12+.
- Magic Tree snowshoe hike – we practice our snowshoe technique on site before making the 2km (1 mile) loop to the Magic Tree where you can stand in the hollow trunk to make a wish. This activity can be in the evening or during the day.



ACCOMMODATION



Important information about accommodation:

- Self-catering accommodation is only available September-October and late April-June for Build Your Own Adventure. At other times of the year only catered accommodation is available.
- Our Chalet is open to guests of all genders. We are not able to guarantee single-gender hallways or buildings.
- For groups, rooms will be allocated by Our Chalet and it is up to group leaders to allocate their participants to each room.
- Rooms are not shared between groups, unless multiple groups request to share.
- Bed linen and towels are provided and for hygiene reasons we do not allow the use of sleeping bags in our accommodation.
- For fire safety reasons it is not possible to add extra beds or mattresses to any of our rooms.
- We cannot provide cots for infants, guests are welcome to bring their own travel cot.
- For full details of wheelchair accessibility please e-mail info@ourchalet.waggs.org





Our indoor accommodation is offered across two buildings:

Main Chalet opened in 1932 and offers dorm rooms, triple rooms, twin rooms, and a single room. The largest dorm room can sleep up to 14 guests. None of the rooms in Main Chalet have bunk beds.

Spycher House opened in 1999 and offers one dorm room (sleeps up to eight guests), quad rooms, twin rooms, and two single rooms. Some rooms in Spycher House have bunk beds.

For groups, rooms will be assigned by our office staff based on your needs. To maximise availability, groups may be split across both buildings. Our staff always ensure at least one leader is in the same building as participants from their group.

Participants from different groups do not usually share rooms (unless by request), however, different groups will share the same common facilities such as bathrooms and hallways. Our Chalet is open to guests of all genders.

For details of wheelchair accessibility in our indoor accommodation please e-mail info@ourchalet.waggggs.org. As a broad overview, accommodation suitable for manual wheelchair users is available in Spycher House. Users of powered wheelchairs or mobility scooters who can transfer to a manual chair without the use of a hoist can also access this accommodation.





All meals from dinner on arrival day to packed lunch on departure day are included in the event package cost.

The kitchen at Our Chalet is operated by the Kitchen Manager and a team of volunteer staff. We do our best to accommodate dietary requirements, however, if you have a severe allergy or complex dietary requirement, we recommend you discuss your needs prior to booking.

Breakfast

A cold breakfast of cereals, yoghurt, bread, cheese, and fruit is available every morning in a self-service buffet style. Hot and cold drinks are also included.

Packed lunch

Participants make a packed lunch (sandwiches, fruit, snacks, etc.) each morning to take with them on programme. All participants are required to bring a lunch box or bag to carry their lunch.

Dinner

Dinner is served at one sitting and offers one option for everyone. Typical dinners include Swiss dishes such as rösti and camp favourites like chilli or pasta. Dinners always include salad or vegetables and include two courses with a main meal and dessert.

Special diet meals, including vegetarian, vegan, and gluten-free are available only to participants who have notified us in advance of their need for a special meal. Your pre-arrival paperwork will ask you to specify dietary requirements for each participant in your group.



We look forward to welcoming you to Our Chalet in 2020!



OUR CHALET
WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS