

# High Adventure Week

Our Chalet, Switzerland  
28.5. - 4.6.2009



High Adventure Week is a week of hiking and outdoor adventure for males and females aged over 18 years who want to experience all Our Chalet and Adelboden have to offer. The week is sold as a complete package and includes programme, meals and accommodation for only CHF 540 per person.

## Programme Package Itinerary

	Day Programme	Evening Programme
<b>Thursday</b> 28.5.	Arrival Day (check in after 2pm)	Our Chalet Tour Welcome Meeting
<b>Friday</b> 29.5.	Tschenten Discovery Trail	International Festival
<b>Saturday</b> 30.5.	Engstligen Hike with BBQ, klettersteig	Scavenger Hunt
<b>Sunday</b> 31.5.	Adventure Park & Silleren Hike	Overnight Hike
<b>Monday</b> 1.6.	Kandersteg Day	Free Night
<b>Tuesday</b> 2.6.	Free Day	Swiss Night
<b>Wednesday</b> 3.6.	Woodcarvers Hike & Rock Climbing/Abseiling	Campfire and Closing Ceremony
<b>Thursday</b> 4.6.	Departure Day (check out before 12pm)	

## Day Programme Descriptions



### Tschenten Hike

Today we will head for a hike up Tschenten, the mountain that towers over the town of Adelboden and is the main viewing piece from Our Chalet. The hike up the mountain leads up a narrow path to a height of 1900m, which is high enough to certify for your Our Chalet Challenge Hike! After taking a rest break on the peak of Tschenten, where there are amazing views along the Engstligen Valley, we will hike back down to Adelboden along the new Discovery Trail. Officially known as “schutz.wald.mensch” (protection, forest, people) this is the perfect way to see how nature is so central to people’s lives in mountain regions. The trail consists of Eight interactive information points cover the themes “falling rocks”, “flooding”, “avalanches”, “landslides”, “forestry”, “long-term projects”, “taking part” and “forest insights”. Moreover, there are four visual points (natural phenomena and protective measures).

### Engstligen Hike

To begin the day we all walk from Our Chalet to the magnificent Engstligen Waterfall, which is the second highest in Switzerland and during winter used for ice climbing. After a tasty BBQ lunch in the forest there is the option of taking the “Klettersteig” up, a well secured climbing route on which you will be guided by a professional mountain guide, or taking the cable car up onto the Engstligenalp, the 2000 m high plateau. Alternatively you can hike up the mountain. Engstligenalp has won a place in the 1996 Swiss Cultural Survey as a place of national significance. Here we all take a short stroll and admire the view before taking the cable-car back down the alp. (One-way trip on Gondola is paid by Our Chalet).



### Adventure Park & Silleren Hike



This is definitely a fun day to test your skills with our two planned activities. First we all hike from Our Chalet along the valley and the Engstligen River until we reach the Rehärta Adventure Park! Under the guidance of Adelboden Alpine School instructors you can have a go at flying across the river with a zip wire, navigate your way across rope bridges and abseil off of a bridge, an activity for all. Following this adventure we will walk to Bergläger Station where we will take a gondola up to the top mountain observatory called Sillerenbühl. Here you get one of the best views of the Swiss Alps; a sight you will never forget. Afterwards you have three different options about how to make your way back down the mountain to Bergläger before returning to the Chalet. You can choose between scootering down, hiking down the Vogellisi trail or taking the Berglager gondola back down (own cost).

## Overnight Hike



The overnight hike to Bonderspitz is integral to the history of our Chalet. Bonderspitz is a mountain famous to the local people which overlooks the Adelboden Valley. On this overnight hike we will depart from Our Chalet after the evening meal and hike up to the Bonderlen plateau above Our Chalet. Here we will stay overnight with Thilde and Jacob, our local cheese makers. You will sleep above their cheese hut and have a hot chocolate to mark your arrival. At 3:00am we will wake and continue our hike up to the peak of Bonderspitz. You will be rewarded at 6 am with an amazing sunrise and view over Adelboden and Kandersteg valleys. We will eat breakfast here before hiking down to Kandersteg valley.

## Kandersteg

From the overnight hike you will walk to the neighbouring valley of Kandersteg, a valley with distinctively different scenery to Adelboden with amazing steep mountains and a narrow main valley. It offers glacial areas, skiing and water fun on the picturesque Oeschinesee lake. Kandersteg is also home to the Kandersteg International Scout Centre, the world centre for the World Organisation of the Scout Movement. After our overnight hike we will rest our legs over lunch at the scout center, and then enjoy a guided tour of the facilities. In the afternoon we will catch a bus back home to Our Chalet.



## Day Off

After the fun of the overnight hike and a busy week you will appreciate this day off! On your day off you can either relax and enjoy the atmosphere of Our Chalet and Adelboden or you can organize a day trip for your Troop. Our Chalet is happy to recommend the following places to visit and things to do:

### Hikes:

- Mountain Flora Trail
- Bonder Falls
- Vogellisi Path

### Activities:

- Paragliding (Adelboden)
- Scooter rides (Adelboden)
- Mountain biking (Adelboden)
- Sailing on Thunersee
- Horse Riding in Interlaken

### Day Tours:

- Bern
- Thun
- Lausanne
- Grindelwald
- Zermatt/ Jungfrau

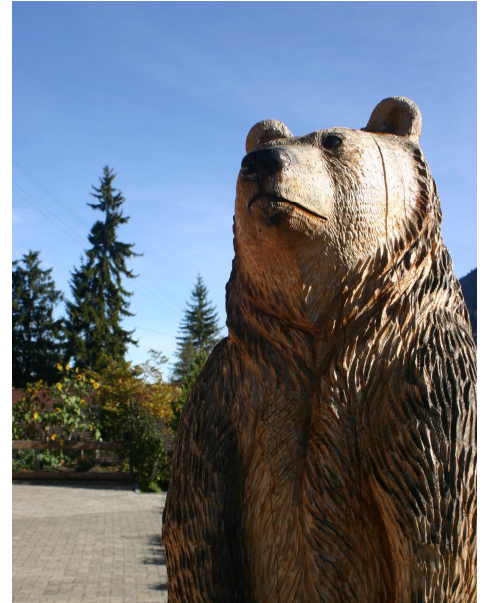
### Woodcarvers Hike & Rock Climbing/Abseiling



Today we will hike to the famous Adelboden Woodcarver; see him carving and have the chance to purchase some unique goods. Don't forget to bring a badge of your area for the badge ceiling of the Woodcarver family!

Afterwards you can taste the delicious lemon cake and hot chocolate in the nearby Café Blatti (own cost).

Whilst on this hike you will also get the opportunity to see the Choleren Gorge. See how the rushing river has carved and formed the gorge in this canyon like rock. Depending on the weather, the second activity of the day gives you the chance to participate in outdoor rock climbing at Adelboden Climbing Wall or abseiling in the Choleren Gorge. Alpenschule Adelboden offers qualified guides and all the necessary safety equipment. Following this you will have the opportunity to stroll through the village of Adelboden to see an authentic Swiss Village before returning home to Our Chalet.





girls worldwide say

# “discover” our chalet

## Evening Programme Descriptions

### Our Chalet Tour

After your arrival come and learn about Our Chalet with a new electronic presentation on the history and an introduction to the Our Chalet song! You can learn about the current status of Our Chalet and the progress we are making. We will then take you on a tour of the main aspects of Our Chalet. After the tour, we will explain the programme of the week and how to best enjoy the facilities of Our Chalet in our Welcome meeting.



### International Festival

During this festival each guest has the chance to present for **5 minutes** about their home group, region, state or even country! In the past groups have brought photos, sang songs, shared food and told us stories about their home towns. Groups are asked to make it interactive and involve many group members. CD players are available but we do not have cooking facilities or the ability to use electronic presentations. At the end of the evening we have time for badge swaps with guests and our international staff.

### Scavenger Hunt

This evening programme is the perfect combination of having fun and learning to know the Chalet and its grounds better. Our volunteers will provide you with funny, interesting and challenging questions and tasks to complete around and about Our Chalet, and the most efficient and thorough team will be rewarded!

### Swiss Cultural Night

Whilst in Switzerland take part in this unique opportunity to learn more about your host country! Come along and experience some Swiss culture with a Swiss quiz, some authentic alphorn music and of course chocolate fondue tasting!



### Campfire & Closing Ceremony

No Guiding or Scouting experience would be complete without the traditional Our Chalet campfire. Join our International staff for an Our Chalet campfire where you can learn some new songs, sing some old ones and play some games. Bring a warm jacket!! During the campfire we will present any Our Chalet Challenge awards to successful participants and finish with a closing ceremony.

## High Adventure Week Programme Package Details

**Cost: CHF 540 per person**

In 2009 we are pleased to offer a great value for money High Adventure Week programme package. This package includes everything as detailed in this booklet.

High Adventure week is open to males and females aged over 18 years.

To reserve your place in the package, please contact [info@ourchalet.ch](mailto:info@ourchalet.ch). We will provide you with a booking contract which you need to return with FULL payment within 8 weeks of making the contract.

If you would like to arrive earlier or depart later, you are welcome to do so, but please contact Our Chalet in advance to arrange this and discuss pricing.

Please note that this package is sold as a complete package. Guests arriving late, departing early or not attending activities will not be able to purchase partial packages or receive refunds. Furthermore, although we will endeavor to maintain these dates and itineraries, this programme is subject to change due to circumstances beyond our control such as inclement weather, closures etc... In such cases Our Chalet reserves the right to amend the programme accordingly. Guests varying from the programme due to personal choice, illness or missed buses etc. will not be refunded or reimbursed.

### Package Inclusions

- Accommodation: Rooms will be allocated by Our Chalet
- Meals: Breakfast, packed lunch, dinner
- BBQ lunch during the Engstligen Hike
- All guided hikes with trained staff members to accompany you
- Return bus transport from Kandersteg to Our Chalet
- Entrance to the Adventure Park and Rock Climbing/Abseiling
- Equipment for Rock Climbing/Abseiling and the Adventure Park (harness, helmet, gloves)
- Fully certified Instructors at Rock Climbing and the Adventure Park
- One-way gondola ride Bergläger to Silleren
- One-way gondola ride Unter dem Birg to Engstligenalp
- Lunch at Kandersteg International Scout Centre
- Tour at Kandersteg International Scout Centre
- Overnight hike accommodation and food

### Package Exclusions

- Personal souvenirs and snacks
- Additional taxis or buses required in lieu of planned hikes as per itinerary
- Travel or health insurance, all participants must prearrange their own insurance
- Travel to and from your home to Our Chalet
- Extra nights' accommodation at Our Chalet before or after High Adventure Week

## General Information

### Travelling to Our Chalet

The closest international airports to Our Chalet are Geneva or Zurich airports. From either airport you can catch a train to Frutigen where you can transfer to a red AFA bus to arrive at Adelboden Oey, Our Chalet's closest bus stop. To find out about train and bus times and fares please visit the Swiss Transport website ([www.sbb.ch/en](http://www.sbb.ch/en)). If you are traveling with a group of 10 or more guests you must inform AFA buses ([info@afa-busbetrieb.ch](mailto:info@afa-busbetrieb.ch)) 24 hours in advance.

### Arrivals

Your group will be able to check in from 2:00pm on your arrival day. Guests arriving earlier can store their luggage at the Chalet, but cannot access their rooms earlier. During 9am to 6pm Our Chalet offers a luggage transfer service from Oey bus stop to Our Chalet. The cost of this service is CHF 4 per person one way. If you wish to utilize this service please inform Our Chalet of the exact bus you will be arriving on at least two days prior to your arrival. Note that the bus stop you will need to get off at is **Adelboden Oey**; tell the bus driver you are traveling to Our Chalet. The luggage transfer service is only for luggage, guests will walk from the bus stop to Our Chalet. Alternatively if you do not wish to walk or are arriving outside of office hours you are welcome to book a taxi (Ph: 033 673 2848 or e-mail: [bergmann.reisen@bluewin.ch](mailto:bergmann.reisen@bluewin.ch)).

### Meals

- Dinner is at 6:30pm, late dinners will not be served. If guests are arriving late on the first day they will need to make their own arrangements.
- Any guests with dietary requirements must fill out a Dietary requirements form prior to arrival. The form is available at [www.ourchalet.ch](http://www.ourchalet.ch) and in your programme package booking contract. Please return it via fax, email or post.
- Our Chalet has a vending machine for drinks and snacks.
- Coffee, tea and hot chocolate is always freely available!

### Budget

Remember to include the following expenses in your budget:

- Transport to Our Chalet (rail tickets, bus tickets)
- Travel and Health Insurance
- Internet access (CHF 5 every 15 minutes with a CHF 10 deposit).
- Laundry (CHF 5 washing machine and CHF 5 tumble dryer)
- Pocket money for personal expenses (e.g., Our Chalet souvenirs!)

### Money

Switzerland uses the Swiss Franc (CHF). All of our prices are quoted in Swiss Francs and this is the currency that all shops, including Our Chalet's own, will use. Credit cards can be used, but incur a 2% surcharge and cannot usually be used for purchases under CHF 10 or in smaller shops. Travellers cheques can only be cashed at banks. For bill payment Our Chalet will accept cheques, travelers cheques, US Dollars and Euros, but please note we will calculate the exchange rate for you on the day that you pay. Our Chalet is unable to provide you with cash, but you can get this from Adelboden Town where several 24 hour ATMs are located.



### **Insurance**

It is the responsibility of your group to ensure that you have adequate insurance for activities at Our Chalet. We do not provide insurance for you, nor can we answer questions about this, you will need to get in touch with your national organization.

### **Internet**

To assist you with your planning needs during your stay at Our Chalet you will have free access to the following websites in our T-Bar café:

Our Chalet homepage: [www.ourchalet.ch](http://www.ourchalet.ch)

Adelboden tourist information: [www.adelboden.ch](http://www.adelboden.ch)

Swiss train and timetable information: [www.sbb.ch/en](http://www.sbb.ch/en)

Swiss Weather forecasts: [www.meteoswiss.ch](http://www.meteoswiss.ch)

Internet cards to access other websites can be bought at reception for a cost of CHF 5 for 15 minutes with a CHF 10 deposit for the card.

### **Laundry Facilities**

Our Chalet has self service guest laundry facilities. The cost is CHF 5 to use the front loader washing machine (soap included; 1 ½ hour cycle), and CHF 5 to use the tumble dryer (1 ½ hour cycle). Each load can hold a maximum of 5 kilos. These facilities are shared by all guests staying at Our Chalet

### **Linen**

Our Chalet provides pillows and duvets/quilts, complete sheet sets and a set of towels.

## Suggested Packing List

Our Chalet is located in the Swiss Alps and the climate can vary greatly on a daily basis. Therefore it is advisable to bring clothes for all seasons, even in summer we can get snow and cold nights! For weather forecasts visit: [www.meteoswiss.ch](http://www.meteoswiss.ch)

### Clothing and Shoes

- Socks & Underwear
- Warm Jacket
- Waterproof Rain Coat!
- Waterproof Pants
- Shorts
- Long Pants/ trousers
- Shirts/ t-shirts
- Gloves
- Hat/cap/scarf for warmth and sun!
- Pajamas/ sleeping wear
- Bathing suit/ swim wear
- Indoor Shoes (sneakers/trainers)
- Sturdy Hiking Shoes
- National uniform for opening and closing ceremony

### Toiletries

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap/ Body wash
- Hair Brush and Hair Ties
- Lotion
- Feminine Hygiene Products
- Deodorant
- Other Skin care products if needed
- Sunscreen
- Personal Medication as required

### Miscellaneous

- Sunglasses
- Glasses/contacts if needed
- European Adapter
- Flashlight/ torch
- Swapping badges
- Water bottle (2 litres)
- Money for souvenirs and snacks
- Backpack/ day bag for excursions and hiking
- Camera with extra film and batteries



*\*Please note that this is a suggested list only; please think about your own requirements when packing.*

*\*\*Make sure you check with your airline the different flying restrictions and requirements.  
Note: Our Chalet assumes no responsibility for loss or damage of any personal items while staying at the center.*