



Our Chalet, Switzerland
World Association
of Girl Guides
and Girl Scouts

Winter 2011 - 2012

Our Chalet – Switzerland



a magical winter experience since 1932



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Winter is a magical time in Our Chalet!

Our Chalet is the oldest World Centre of World Association of Girl Guides and Girl Scouts (WAGGGS). Since 1932 it has been an integral part of the Movement. Situated in the Adelboden valley, an excellent ski resort in the hearth of Swiss Alps. The valley has more than 180 kilometres of groomed ski pistes and Our Chalet is only 10 minutes away from the main gondola station that takes you to numerous ski lifts, and to the main slopes. This amazing Winter setting offers a wide variety of outdoor adventure opportunities, ranging from skiing, snowboarding and snowshoeing, to igloo building, snow games, snow tubing, airboarding and sledding.

In Our Chalet we are striving to create a programme focusing on developing life skills and positive lifestyle attitudes through outdoor activities, personal challenge and international friendship.

The Winter season in Our Chalet offers programme that includes packages such as **Ski Weeks** and **Winter Adventure Weeks**, international events such as **Roverweek**, and individual outdoor adventure activities for independent guests, which include sledding, snowshoeing, snow tubing, games and winter hiking.

We also offer indoor activities in case of bad weather, as well as fun evening programmes including Swiss Night, Games Evening, International Festival, Craft Night and our unique Winter Campfires.

Below is the outline of packages, international events and individual activities Our Chalet offers for the **2011-2012 Winter season from 23 - December 2011 to 25 February 2012**. Please note that all outdoor activities are weather dependent and are subject to change. If conditions permit snow activities may be available after these dates.

Winter Weeks Packages **NEW**

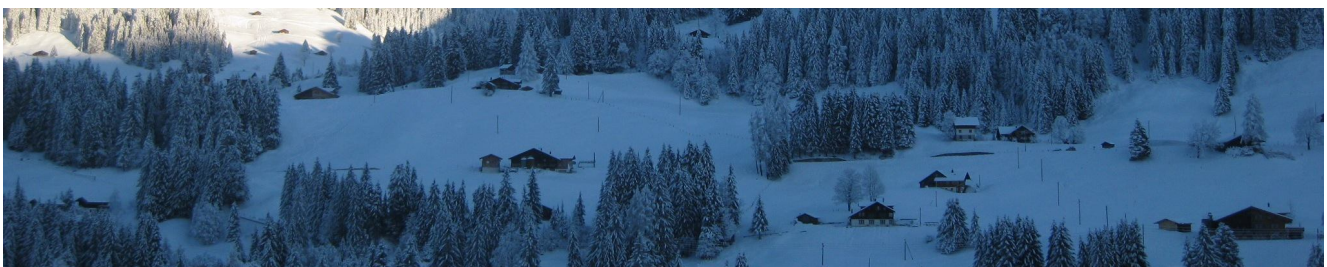
Ski Weeks and **Winter Adventure Weeks** are fully catered events created for groups and families who enjoy Winter activities. These tailor made weeks run from Sunday to Saturday. Weather you are an experienced skier, a beginner or just want to have a fun week in the snow, we are sure you will enjoy these weeks packed with opportunities to meet new friends and spend an unforgettable week in the Swiss Alps.

Both packages include:

- 6 nights in Our Chalet accommodation
- Complementary breakfast
- All meals from Sunday dinner to Saturday lunch (packed lunch), substantial evening meals
- Complementary luggage pick up and drop of (Adelboden Oey bus stop)
- Daily ski shuttles
- 5 Evening Programmes

How to book?

To secure your place contact us directly on info@ourchalet.ch or fill out an online booking request on: http://ourchalet.waggsworld.org/en/bookings/online_booking





Ski Weeks & Winter Adventure Weeks Dates

	Dates
Christmas and New Year fun	23.12.2011 – 01.01.2012
Week 1	01.01.2012 – 07.01.2012
Week 2	08.01.2012 – 14.01.2012
Staff Reunion – Winter Fun	15.01.2012 – 21.01.2012
Week 3	22.01.2012 – 28.01.2012
Week 4	29.01.2012 – 04.02.2012
Roverweek	04.02.2012 – 11.02.2012
Week 5	12.02.2012 – 18.02.2012
Week 6 with Thinking Day	19.02.2012 – 25.02.2012

Ski Weeks

NEW

Cost

Adults: 695 CHF

Youth (6-15 years): 656 CHF

The price also includes:

- **5-day lift passes in Adelboden-Lenk** (area covers Silleren–Hahnenmoos-Metsch, Lenk, Engstligenalp, TschentenAlp, Chuenisbärgli, Elsigen-Metsch, Betelberg and Kandersteg).
- **Ski shuttles** from Our Chalet to Oey gondola station (Silleren-Hahnenmoos-Metsch, Lenk & Chuenisbärgli area) and back.

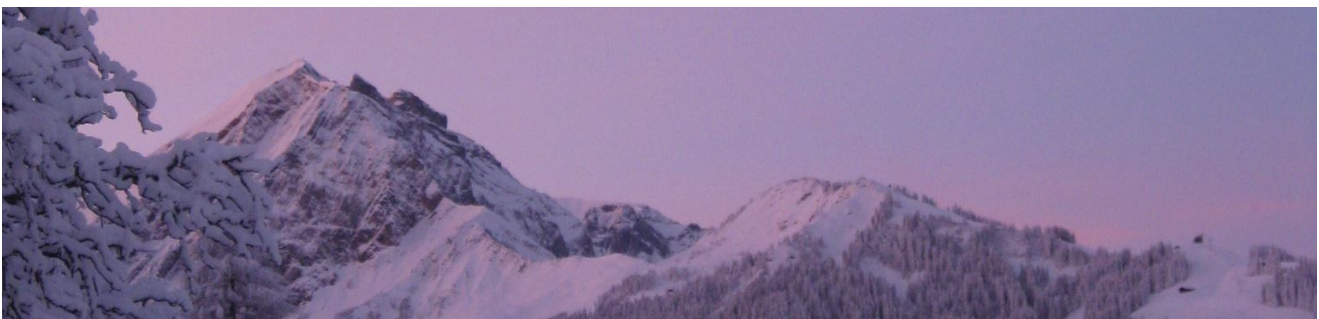
Please note that additional transport at an additional cost will be required to visit the Elsigen-Metsch or Kandersteg ski areas.

Our Ski Guides will introduce you to the slopes and lifts in the Silleren-Hahnenmoos-Metsch ski area, but please note that they are not professional ski instructors and can not take responsibility for a group.

Guided Hikes and Snow BBQ will be run by our trained staff. If you are a first time skier / snowboarder we recommend that you have lessons with one of the ski schools in Adelboden, at least for the first two days. We are able to organize and book ski or snowboard lessons for you. If you wish, we can also book intermediate or advanced ski / snowboard lessons. **All lessons are at an additional cost.** For prices please check the information in later chapters of this information pack.

Please note that skiing equipment hire is not included in the price of this package. If you do not have your own equipment you can rent it from a certified rental firm in the village for a discounted price.

Please let us know when booking the package, if you would like to hire equipment or book lessons.





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Winter Adventure Weeks **NEW**

Cost

Adults and Children: 545 CHF

The price also includes:

- Snowshoe Tour
- On-site Sledging and Snow Olympics
- 1 day of Cross-Country Skiing (equipment and cross-country pass are included)
- Hike to the Woodcarver and visit to Adelboden Town
- Hike to Engstligen Falls, Snow BBQ and Snow Tubing

The Guided Hikes, Snow BBQ and other on-site activities will be run by our trained staff.

If you would like to experience a week of fun, challenge and adventure, while making new friends in one of the most special places in Switzerland, then book this package. Come to Our Chalet and experience an unforgettable week in the Alps!

Roverweek 2012

This is an international week of Winter fun, challenge and adventure! It is a 7 days fully catered event for Guides and Scouts between 16 - 26 years (Rangers and Rovers), with programme focused on living the experience based on Guiding and Scouting learning method. As a participant you will have the opportunity to challenge yourself and experience outdoor physical activities during an international event. **You will learn more about yourself, about WAGGGS** and have the opportunity to return home full of new ideas, games and perhaps passion to take up a new sport.



The event programme enables you to experience many different outdoor activities including **Downhill Skiing, Snowshoeing, Winter Hiking and Cross-Country Skiing**. You will also participate in **Our Chalet's Snow Olympics and fun evening programmes**.

Participants:

Guides and Scouts (Rangers and Rovers), male or female members aged **18 to 30 years**. You are welcome to participate in the event individually or as a member of a group. There is a limit of 10 participants per country in order to ensure the cultural diversity of the event. Participants should be registered members of WAGGGS or WOSM.

Date: 04th - 11th February 2012

Cost: 810 CHF per person

It is a great value for money event because everything is already included in the price!

Price includes: Accommodation (7 nights), all meals during the event, ski and gondola passes, equipment hire, and all activities indicated in the programme.

Financial assistance may be available via application to the World Centre Manager.



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Travel costs, sufficient insurance and visas (if required to enter Switzerland) as well as pocket money **are not included in the price.**

For further information please look at Our Chalet website. **If you wish to book your place in Roverweek please contact us as soon as possible on info@ourchalet.ch**



Christmas Celebration Days and New Year 23rd December 2011 – 01 January 2012

If you have ever dreamt of spending your Christmas and New Year holidays in a real Swiss Chalet skiing or playing in the snow or visiting Christmas markets during the day and relaxing over a warm drink and fire in the evening, here is your chance live your dream.

Christmas time is always special time in Our Chalet. With international staff from different countries celebration really shows its' glow as guests and staff create a warm home atmosphere with sharing customs and traditional festivity dishes from their home countries. Fun in the snow, games, Christmas dinner and lots of cookies will be the part of unforgettable Christmas in the mountains.

New Year is time to celebrate new beginnings with an exciting jump into the 2012 with fireworks, delicious international food and games.

Christmas and New Year programmes will be run from **23th December to 1st January 2012.**

World Thinking Day – 22nd February 2012

We will celebrate this special day with organizing a **special workshop** where you will have the opportunity to learn about and participate in the actions and campaigns WAGGGS is organizing to address this year's topic related to the **7th Millennium Development Goal: Ensure Environmental Sustainability.** In the evening we will hold our **traditional World Thinking Day Ceremony with staff, guests and visitors.**



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Winter Activities Guided by Our Chalet Staff

A part from our weekly packages and international events, Our Chalet also offers independent outdoor activities. These activities will be guided by Our Chalet staff, and for each day of the week there will be a different activity on offer. You can read more details about activities in the next pages.

Day	Activity	Activity
Monday	Ski Guiding during Ski Weeks	Snow Olympics, Craft & Sledging On-Site
Tuesday	Ski Guiding during Ski Weeks	Hike to the Woodcarver & visit Adelboden village
Wednesday	Cross-Country Skiing	
Thursday	Snowshoe Hike, Igloo Building & Indoor Games	
Friday	Hike to Engstligen Falls, Snow BBQ & Snow Tubing (optional)	
Saturday	Snow Olympics & Snowshoe Hike	
Sunday	Hike to Engstligen Falls & Snow Tubing (optional)	

On days when these activities are not guided by Our Chalet Staff, we will be happy to help you organize them for you group or assist with information if you wish to do them by yourself.



Outdoor Adventure Activities

Please see our list of outdoor adventure activities which are **guided by professional outdoor companies** in Adelboden. Our Chalet Staff will not be delivering these activities but we are very happy to book them for you.

We are able to book the following guided activities for your group with our preferred suppliers:

- Skiing/Snowboarding Lessons
- Purchasing Ski Passes
- Equipment Hire
- Night Skiing
- Cross Country Skiing
- Snowshoe Tours
- Ice Skating
- Tobogganing
- Ice Climbing
- Igloo Building
- Snow Tubing
- Horse Sleigh Ride
- Paragliding



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Day Trips from Our Chalet

If you wish to **take a break and explore some of the many beautiful Swiss sights and towns** below are some places we recommend. We are happy to assist you in planning your visit.

For detailed descriptions and links please look in further chapters of this information pack.

- **Adelboden** Village
- **Interlaken**, where you can visit Schuh Chocolatier, or take a trip to the famous Jungfrauoch, which at 3454m is known as “top of Europe”
- **Thun** with its beautiful Medieval Castle and an Old Town
- **Kandersteg** valley where Kandersteg International Scout Centre is located
- **Bern**, the capital of Switzerland with its famous Alpine museum and Medieval city centre
- **Luzern, Geneva, Zürich** and other cities and cantons of Switzerland
- **Christmas markets** during December time various cities

Evening Programme

During your stay **Our Chalet Staff offer Evening Programmes**, which are **free of charge** for all our guests. These Evening Programmes are offered on-site on set nights. Programmes can include:

- **Our Chalet Tour**
- **Swiss Night**
- **Movie Night**
- **WAGGGS Centenary Wide Game**
- **Campfire**
- **Evening walk**

If you would like to spend an evening outside Our Chalet we recommend visiting lively bistros, restaurants and bars in Adelboden village. During Winter months Adelboden buzzes with locals, Winter sports enthusiasts, and many international guests.

Further Information on Activities

In the following **Our Chalet Winter Activities 2011 - 2012 Information Pack** you will find more information on each of the activities. To book your package, event or specific programme activity, please contact us on info@ourchalet.ch

In order to allow us time to organize your programme and help you get the most out of your Winter Our Chalet experience, **we kindly ask you to book your accommodation, meals and inform us of your programme requests as soon as possible.**

Please note that you need to submit your programme requests at least four weeks prior to your arrival. Programme and prices are subject to change without prior notice.

We are looking forward to welcoming you this winter.

Your Our Chalet Team

Winter Activities Guided by Our Chalet Staff

The Our Chalet Team is pleased to bring you the following activities, all of which are led by our programme and volunteer staff. Each day of the week we will be running a different activity. If you wish to try an activity on a day when it is not guided by Our Chalet staff, we will be happy to help you organize this.

Our Winter activities are: Snowshoeing, Ski Guiding (also known as Ski Piste Familiarization), Cross-Country Skiing, Snow BBQ, Snow Olympics, igloo Building, Sledging on Our Chalet Grounds and Winter Hikes to the Woodcarver and Engstligen Falls. The activities are run reliant on suitable weather conditions and are subject to change. All prices are quoted in Swiss Francs (CHF).

This programme will run from 23rd December 2011 – 25th February 2012, although activities may be available before and after these dates, depending on snow coverage. Please contact us if in order to plan the best Our Chalet experience for you together.



Snowshoe Hiking

Cost: 10 - 20 CHF per person, including snow shoe hire, poles, staff guide and a hot chocolate (cost depends on the length of the hike)

Max 12 people per group

If you think hiking in deeper snow is impossible, we tell you it is not - not with snow shoes on! Challenge yourself with this adventurous activity and learn about the history of this centuries-old alpine skill. Our Chalet staff offer **guided snow shoe tours** to guests in our local area of Bonderlen. Tour takes up to 5 hours including a lunch break, although the length of the tour can be flexible.

Ski Guiding (Ski Piste Familiarisation)

Cost: 5 CHF per person

For more advanced skiers and snowboarders Our Chalet offers a Ski Guiding / Ski Piste Familiarisation mornings. If you are new to Adelboden or just want to refresh your memory, our staff will be happy to join guests at the beginning of their stay to point out the best places to ski, and of course the best places to dine or enjoy the après ski! Our staff will leave with you at 09:00 with the Our Chalet ski shuttle. For less advanced skiers we can show you where the training slopes are.



Cross Country Skiing

Cost: 38 – 58 CHF per person

Cost includes cross-country ski hire, shoes, poles, cross country ski pass and a staff guide (for CHF 58 a gondola pass to Engstligenalp is also included).

Max 12 people

If you prefer to cross-country ski without a guide we can help you organize the rentals and advise you on the different areas. There are two main areas near Our Chalet to cross country ski: Boden and Engstligenalp.

Boden

Cost: 38 CHF per person

Boden is a flat area of land just below Adelboden town, with a circuit track exploring the lower valley, and further tracks that take you to Engstligen Falls. The outing lasts up to 5 hours with time for a lunch break. Participants can order an Our Chalet packed lunch the day before (CHF 10 per person) to take on the tour, or can alternatively dine at one of the local Boden restaurants at their own cost. Please note that the tracks in Boden are at a lower altitude and therefore in warmer weather cannot be used due to insufficient snow.

Engstligenalp

Cost: 58 CHF per person

Engstligenalp offers two tracks with a flatter track suitable for beginners and a faster track for more advanced skiers. This outing lasts up to 6 hours with time for a lunch break. Participants can order an Our Chalet packed lunch the day before (CHF 10 per person) to take on tour or dine at one of the restaurants at own cost. Please note that the cost of the gondola onto Engstligenalp is included in the price.

Winter Hikes

During the Winter season we have two popular hikes that are guided by Our Chalet staff:

The **Woodcarver's Hike**, which can be extended into a visit to Adelboden village, and the **Hike to Engstligen Falls**, which can be combined with a BBQ lunch and Snow Tubing on Engstligenalp (at an additional cost).

Hike to Engstligen Falls and Snow BBQ

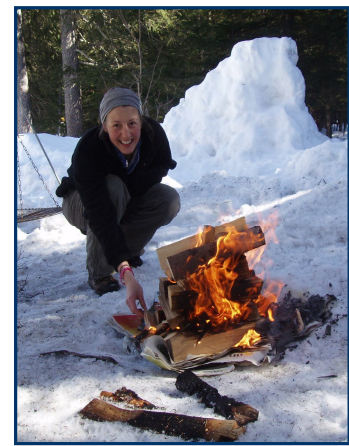
Cost: 20 CHF per person

Min 8 people

(2 hours one way, 188m ascent)

While staying at Our Chalet why not visit the second largest waterfall in Switzerland, and have a delicious BBQ lunch in the snow? Hike for 2 hours to the spectacular semi-frozen waterfall, where you can enjoy a BBQ lunch in the forest. The BBQ includes a traditional Swiss sausage (Bratwurst), bread, cheese, condiments, salad, a piece of fruit, and toblerone bar and a hot drink for dessert - all cooked by our very own staff! Enjoy the lovely smell of the BBQ while you admire the mountain views.

There is also the possibility to extend the day with a gondola ride onto Engstligenalp, followed by Snow Tubing! **Please note that Snow Tubing and the gondola ride are at an additional cost.** A return gondola ticket for adults is 19 CHF with an Our Chalet guest card, and each Snow Tube run is 3 CHF, with the possibility of reduced prices for groups / multiple runs.



Woodcarver's Hike

Cost: 5 CHF per person

Min 8 people

(1½ hours one way, 300m ascent)

Have you seen the beautiful wooden badges and woggles the Our Chalet staff wear, with their name delicately burnt onto it? Have you always wanted one of your own? If so, this hike's for you! The most famous and traditional hike from Our Chalet takes you along quiet lanes, with breathtaking views of the Adelboden valley. At the Woodcarver's workshop you can purchase and admire a range of beautiful hand-carved objects, including many items unique to Our Chalet, like wooden name badges, Guide and Scout Woggles, and music boxes that play the Our Chalet song. You can also visit the neighbouring Café Blatti for a slice of delicious lemon cake and warming Swiss hot chocolate. From the Woodcarver we can return directly to Our Chalet, or via Adelboden town.

Snow Olympics: Team Building Activity



Cost: Free for Guide and Scout groups and families

Min 10 people

If your group is visiting Our Chalet, why not take part in our Snow Olympics! For a morning or afternoon, Our Chalet staff can organize your very own Snow Olympics Tournament. Games can include relay races, snow sculptures and of course snow ball fights. Prizes are included for the winning teams. It's a great chance to do some team building while having lots of fun in the snow!

Igloo Building

Cost: Free

Whilst at Our Chalet why not build an igloo? This is a great team building activity and is great fun! Our Chalet can provide igloo building equipment, which guests are free to use on Chalet grounds whenever the snow conditions permit. Afterwards you can enjoy your igloo, leave it for other groups, or even destroy it during a snow ball fight! Our Chalet can provide a free volunteer guide to instruct groups on the techniques required for building a good igloo and join in the fun!



Sledging / Tobogganing

Cost: 1 CHF per person per day

Want to experience the 78-year long tradition of sledging at Our Chalet? Our grounds provide the perfect opportunity for some tobogganing fun for guests of all ages and abilities. Our very own slopes offer the chance to learn the fine art of tobogganing / sledging, and our staff are more than happy to equip you with the necessary skills! You can hire wooden toboggans / sledges from Our Chalet for CHF 1 per person for one day.

Outdoor Adventure Activities

The following pages provide information on the outdoor **adventure activities guided by professional outdoor companies** that are available during the **Winter season** in Adelboden. In Our Chalet we are happy to help you plan and book these activities through our preferred suppliers. Please contact info@ourchalet.ch at least one month prior to your visit and be aware that all these activities are subject to suitable weather conditions. All prices provided are in Swiss Francs (CHF) and were correct at time of printing, but are subject to change without notice. Our Chalet assumes no liability for these activities.

Downhill Skiing / Snowboarding

Adelboden is a famous ski resort and part of an extensive ski region. **With five mountain areas and a piste network of more than 185 km, it makes up one of the largest and most beautiful ski areas in the Swiss Alps.** Every year snowfall transforms the Adelboden-Frutigen region into a spectacular Winter arena, which includes spectacular sporting highlights and events such as the traditional FIS Skiing World Cup Men's Slalom in January. Many cross-country trails, walking and snowshoeing paths and sledging tracks all invite you to explore the alpine winter world of Adelboden, while numerous mountain restaurants provide the perfect place to warm up, enjoy the view, or rest for an hour or so.

Engstligenalp

Adelboden's Engstligenalp is known as an **innovative off-piste area**, and has an unmatched selection of checkpoints, special marked pistes, avalanche survival courses, and guided off-piste tours. Frequently updated signs inform of the latest local avalanche conditions to ensure the maximum possible safety. There are also **'Freeride' pistes** (marked yellow), which are safe from mountain dangers, but still guarantee dreamlike deep-snow skiing or snowboarding.

On Engstligenalp you can also try **Dog Sledging** and **Snow Tubing**. If you are a fan of cheese fondue there is a famous **Cheese Fondue Igloo** offering this special delicacy.

Snowboard Gran Masta Park

Lovers of Snowboarding will be more than satisfied at the Gran Masta Park. It has three kicklines, a slide zone and many other attractions. Snowboarders will find a wide range of activities and perfect conditions at the Gran Masta Park. The professionally designed Snowpark was built by Danu Kaufmann and is open from December to April with an obstacle course, airpark and slide zone. Directly next to the park you will also find the GM-Bar with DJ and barbecue.

Skiing and Snowboarding from Our Chalet

Our Chalet is conveniently located near Adelboden's main ski area (marked Oey gondola – only 10 min away by our own ski shuttle van or 20 min on foot downhill). Oester Sport rental centre is situated both at Oey gondola station and in the centre of Adelboden.



Our Chalet Ski Shuttle

Our Chalet provides a free ski shuttle service for guests from Our Chalet to Oey gondola station. Oey gondola station is the main starting point for skiing in Adelboden. During the Winter season the shuttle departs daily from reception at 09:00 and returns from Oey between 16:00 – 16:30. It is possible to rent equipment from the branch of Oester Sport located in the centre of Adelboden town (price includes a special Our Chalet discount), as well as some equipment at Adelboden Oey. Please note that the shuttle is subject to road conditions and can take up to 8 guests at one time.

If you would like to travel to or from Our Chalet at a different time you are welcome to use the local taxi service, Taxi Bergmann: + 41 (0)33 673 28 48 (www.taxi-bergmann.ch).

Ski Lift Passes & Prices

This lift pass covers all five Adelboden–Lenk ski areas (Silleren, Lenk, Tschenten, Elsiggen, Engstligen), as well as Kandersteg and the local Adelboden ski bus network. Lift passes can be purchased at Oey gondola station or Adelboden Tourist Office. CHF 5 is required in addition for a deposit on the electronic keycard which will later be returned. For an interactive ski map visit the Adelboden-Lenk website:
<http://ski.intermaps.com//adelboden/index.swf?lang=de&Aktuell=Lifte>.

Days	Adults	Youth (16-19 years)	Children (6-15 years)	Seniors (65+ years)
Half Days				
Morning (4 hours)	53	44	29	49
- from 11:00	55	46	30	51
- from 12:00	51	42	28	47
- from 13:00	45	38	25	42
Full Days (consecutive)				
- 1 day	60	51	33	55
- 2 days	110	92	60	101
- 3 days	159	133	87	146
- 4 days	205	172	113	188
- 5 days	245	206	135	226
- 5 of 7 days	270	227	148	248
- 6 days	274	231	150	252
- 7 days	308	258	169	283
- 8 days	337	283	185	310
- 9 to 30 days	Price on request			

Equipment Hire

Adelboden has many places where you can rent your snow activities equipment. **As an Our Chalet guest, you are entitled to a 15% discount on equipment rental at Oester Sport** (www.oestersport.ch), which is conveniently located in the centre of Adelboden, as well as Oey gondola station. Larger groups (10+ guests) must reserve equipment at least two weeks in advance by notifying info@ourchalet.ch.

1 Day Hire

Adult Skis and Poles	39
Adult Snowboard	39
Adult Ski or Snowboard Boots	19
Junior (7-12 years) Skis and Poles	19
Junior (7-12 years) Snowboard	19
Junior (7-12 years) Boots	12
Kids (1-6 years) Skis and Poles	12
Kids (1-6 years) Boots	9

3 Day Hire

Adult Skis and Poles	89
Adult Snowboard	89
Adult Ski or Snowboard Boots	47
Junior (7-12 years) Skis and Poles	43
Junior (7-12 years) Snowboard	43
Junior (7-12 years) Boots	25
Kids (1-6 years) Skis and Poles	25
Kids (1-6 years) Boots	20

7 Days Hire

Adult Skis and Poles	152
Adult Snowboard	152
Adult Ski or Snowboard Boots	91
Junior (7-12 years) Skis and Poles	75
Junior (7-12 years) Snowboard	75
Junior (7-12 years) Boots	43
Kids (1-6 years) Skis and Poles	43
Kids (1-6 years) Boots	32



Please note that other options are available for the number of days equipment is hired for e.g. 2-day or 4-day hire (please see www.oestersport.ch for further details).

There is a 15% discount off all these prices for Our Chalet guests, except for half-day equipment hire.

Snowboards are not provided for children under 7 years of age.

With all of the above prices there is a 10% extra cost for insurance purposes (in case equipment is stolen or damaged).

Ski / Snowboard Lessons

Our Chalet is pleased to offer ski and snowboard lessons through **Adelboden Ski School**. We can assist you by making bookings for the following lessons. It is beneficial to pay for your lessons and hire your equipment the day **before** you start. Please book your lessons one month in advance by e-mailing info@ourchalet.ch. Please note that lesson prices do not include lift passes for more than the beginner training lifts, so you will need to purchase your own. You must provide your own ski equipment for lessons.



Group Lessons

Group lessons are shared with other people. Beginner classes must start on a Monday, whereas skiers of other abilities may start later in the week. Group lessons operate Monday to Friday (beginners must start Monday) and meet at the Adelboden Tourist Centre at 09:45, finishing at Geils gondola station at 13.30 (where you can catch a bus back to Adelboden or remain on the slopes). Lessons can be paid for with cash or credit card at the Tourist Centre before the lessons. The rates are per person and include: bus, group ski instructor and training lift pass for Geils.

Lesson	Rate
1 lesson of 3 hours	67
3 lessons of 3 hours	172
5 lessons of 3 hours	243
10 lessons of 3 hours	455
Extension (from 3 rd day)	45

Private Lessons

Private lessons are for groups of up to 10 people (more may be allowed on request). Times and days are flexible, so these lessons are an advantage for guests staying less than a week or

Lesson	Rates
1 whole day	330
1 lesson of 3 ½ hours in the morning	245
1 lesson of 2 hours (after 14:00)	145
1 lesson of 1 hour (after 14:00)	79

beginners who do not arrive on a Monday. Please note the price is for a group and includes: ski bus (if meeting at tourist office), a private ski instructor and training lift pass at Geils.

Cancellations can be made until 17:30 the day before, otherwise the full fee will be charged.

Adventure Activities

Adelboden Alpine School

The **Adelboden Alpine School** offers the following **professional outdoor adventure activities**, and Our Chalet is pleased to help you book them in advance of your stay. Please contact info@ourchalet.ch at least one month prior to your visit and be aware that all these activities are subject to weather conditions. All prices provided are in Swiss Francs (CHF) and were correct at time of printing, but are subject to change without notice.

Snow Shoeing Expeditions

From 20 December 2011 – 13 April 2012 the Adelboden Alpine School offers professional snow shoe tours by day and night.

Day Tours

Cost: 130 CHF per person

Min 4 people

Wednesday (long tour): 09:00 – 16:00

Cost: 59 CHF per person

Min 4 People

Thursday (short tour): 15:00 – 18:00



Night Tours

Night tours take place on *Wednesday evenings* from 20:30 – 23:00. Cost: CHF 59.00 per person, including a professional guide, snowshoe hire and a 'goodnight drink'. The maximum number of participants in a group is 25 people. For more information please see:

www.alpinschule-adelboden.ch

Ice Climbing

Cost: 160 CHF per person

Min 4 people

How would you like to experience a **frozen waterfall close-up**? Experience the fascinating world of ice climbing!

Courses are available with Adelboden Alpine School from November to March. Please visit Adelboden Alpine School's website for further details: www.alpinschule-adelboden.ch.

Igloo Building

Cost: 79 CHF per person

Min 4 people

4 hours

Together with a professional mountain guide to support you, your group can build an igloo at Engstligenalp with Adelboden Alpine School (www.alpinschule-adelboden.ch). Price includes: igloo building and an afternoon snack inside the igloo. The price does not include bus and the gondola (CHF 19 return).

Other Activities

Night Skiing



From mid January 2011 – mid March 2012 you can ski by night and enjoy a laser show every Friday evening **on the World Cup mountain, Chuenisbärgli**. Night skiing starts at 19:00 and the last gondola ride is 21:30. Buses depart from Adelboden bus station to Boden, Wendeplatz (Chuenisbärgli) at 18:50 and return at 22:05. Non-skiers are also welcome to enjoy the view. Tickets are available on the night at Chuenisbärgli gondola station, and **with a valid ski pass it is free**.

Cross Country Skiing

Adelboden boasts three cross-country tracks up to 13 km long, including a 5km track on the high plateau Engstligenalp, which has guaranteed snow from November to April. The two main areas near Our Chalet to cross country Ski are: Boden and Engstligenalp.

Boden: Boden is a flat area of land just below Adelboden town, with a circuit track exploring the lower valley, and further tracks which take you to Engstligen Falls. To cross country ski at Boden you need to catch the bus from Dorf or Oey to Boden. You can then purchase your cross country ski/Langlauf pass (1 day with Our Chalet Guest Card: CHF 5) from Boden. The track begins opposite the Wildstrubel Hotel.



Engstligenalp: Engstligenalp offers two tracks, one of which is a flatter track suitable for beginners. To cross country ski at Engstligenalp you will need to catch the bus from Dorf or Oey to Unter dem Birg. At the gondola station you can purchase your gondola ticket (CHF 19 return) and cross country ski/Langlauf pass (1 day with Our Chalet Guest Card: CHF 5).

Cross Country Ski Hire: CHF 28 from Oester Sport
Cross country equipment is only available in Oester Sport in the village, not Oester Sport at Oey.

Night Cross Country: From December 2012 until the end of the season (except for 31st December), 2 km of the cross country ski track at Boden will be illuminated from 18:30 - 21:30 every Monday and Wednesday.

Ice Skating

Whether you want classical ice skating or ice hockey, the recently opened new sports arena offers perfect conditions for various ice related sports.

Cost:

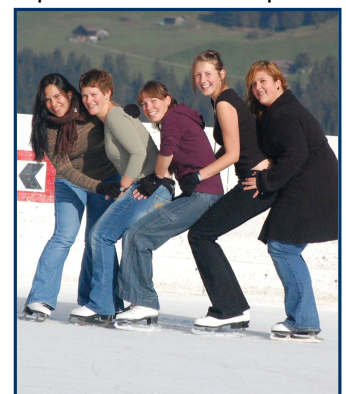
Arena ice rink Entry: CHF 4 children, CHF 7 adults (with guest card)

Ice Skate Hire: CHF 5.00 for Our Chalet guests (Schuhhaus Brunner)

Snow Tubing

Snow tubing is a great sport where you can **slide down a mountain on a rubber tube**. You can have a go on Engstligenalp! **Each ride costs CHF 3.00** (includes snow tube, lift up the snow tube run and helmet). For more information and pictures please see the website: www.engstligenalp.ch

To get from Our Chalet to Engstligenalp you catch the local bus from Oey bus stop or walk along the Engstligen River (approx. 2 hours: see 'Our Chalet Activities - Winter Hikes'). From here you need to catch the gondola up to the alp (CHF 19 return for Our Chalet guests or free with ski pass).



Tobogganing

There are over 15 km of prepared toboggan (sledge) runs in the Adelboden-Frutigen area. Sledging pistes can be found next to the practice lifts in all villages. You can rent wooden toboggans from Our Chalet (CHF 1 per

person per day) or you can hire them on each of the mountain areas. An easy place to reach from Our Chalet is Tschentenalp (www.tschentenalp.ch) where you can toboggan day or night!

Tschentenalp Day Tobogganing

TschentenAlp offers a 2.1 km piste run down 297m from the Tschenten restaurant to Möser gondola station, where you can catch the chair lift back up to the top. Tschenten restaurant is reachable from the Tschenten gondola station in Adelboden town, a 45 minute walk from Our Chalet. Tobogganing/sledging passes include the gondola from Adelboden town to Tschenten and unlimited rides on the chair lift up the toboggan run. On top of Tschenten follow the pink route markers. Open daily from 09:00 to 16:30.

Prices:

Half day pass: CHF 24 for adults, CHF 17 for children.

Full day pass: CHF 30 for adults, CHF 22 for children.



Tschentenalp Night Tobogganing/ Sledging

In February 2011 Tschentenalp holds a **party night every Wednesday and Saturday**. Go night-sledging followed by a party! The first cable car ascends at 18:15 and the final one returns at midnight. The mountain restaurant will remain open so you can enjoy some tasty hot grilled specialties and cheese fondues!

Prices: Adults CHF 10 (with ski pass) or CHF 24 (without ski pass).



Sleigh Ride

A popular route takes you through the enchanting snow-covered landscape, from Adelboden to Stiegelschwand and Gilsbach. The rides depart from Adelboden town in front of the village church opposite the Adelboden Tourist Office. Bring warm clothes! Rides are available during the day or at night under the stars.

Available only Wednesdays and Fridays. Please let us know in advance if you wish us to book a ride for you.

Prices: From CHF 20 - 30 per person (a firm price will be given upon booking).

Paragliding

Adelboden offers excellent opportunities for paragliding through a **local company 'Cloud 7'**. Launches can be made from various mountains giving a bird's-eye view of the Winter landscape. You will be the **passenger on a tandem-flight** and will be picked up in the mornings directly from Our Chalet, and returned at the end. Costs start from **CHF 160 per person**. Warm clothing and sturdy shoes are required and bookings must be made **2-3 days in advance**. Cloud 7 does not operate on Mondays and flights are subject to weather conditions. For more information please visit: Cloud 7's Website (www.cloud-7.ch).

Adelboden Village

Below are some ideas for things you can do in our local area. For more information please visit the Adelboden website: www.adelboden.ch/en

Adelboden Museum- Opened in 1983, the museum is at the former English church opposite the Rex cinema. Visitors will find a fascinating collection of historically significant objects from the region. In addition to sporting articles, clothes, minerals and plentiful information about the history of Adelboden, there is even a reconstructed mountain hut on display. The museum also covers current topics of interest such as the "avalanche winter" of 1999. Open from January – Easter on Wednesdays from 14:00 – 17:00, the cost is CHF 2 (children) or CHF 4 (adults with a guest card).

Adelboden Shopping & Dining

Adelboden has a variety of shops offering, among other things: specialty cheeses, jewellery, and souvenirs. There is also a local Post Office, pharmacy and several small supermarkets. The dining options in Adelboden

include: traditional Swiss, Italian, and Thai restaurants, as well as several tea shops. Most shops are open Monday -Friday from 09:00 - 18:00 with a 2-hour lunch break from 12:00 - 14:00, although some are also closed on Wednesday afternoons.

Adelboden Church Services

The community of Adelboden invites all guests to join them for mass on Sundays. Church services are conducted in Swiss German at the following times:

- | | | |
|-------------------------|-------|-----------|
| • Evangelical Reform | 10:15 | Adelboden |
| • Roman Catholic | 09:00 | Adelboden |
| • Evangelical Methodist | 09:45 | Boden |

Adelboden Cinema

Ciné Rex is a small cinema located in Adelboden. Each month, a variety of the latest film releases are shown with up to three films per day and sometimes in English. More information about movies currently showing in Adelboden can be found at Our Chalet Reception, Cine Rex, or on one of the billboards on Dorfstrasse.

Adelboden Night Life

For a small mountain town, there is quite an extensive nightlife in Adelboden, particularly during the ski season. Depending on the night you choose to go out, different clubs and bars are open. The busiest nights are Friday and Saturday, but on any given evening you can find somewhere to unwind. The following bars are open year round:

- Alte Taverne: Tavern with good jazz nights and music programme
- Time Out: Sports bar: good in the winter season for meeting fellow skiers
- Alpenrose: Local pub: pool tables, darts, air hockey and video games
- Arté bar: Quiet wine bar in the main street of town
- Berna Bar: Nightclub open until 02:00 – 03:00 (CHF 5 per person)

Day Trips from Our Chalet

Our Chalet is happy to provide you with the following information to assist you in booking day trips independently. www.myswitzerland.ch is a useful website containing more tourist information. Please note that we provide this information as a guide only and prices are subject to change without notice. Prior to your visit we recommend that you contact the relevant suppliers to confirm the opening times and prices.

You can travel to the following places from Our Chalet using Switzerland's excellent transport system. Buses leave Adelboden Oey (our nearest bus stop) every hour during the day. For all **timetable and ticketing** information please visit: www.sbb.ch/en. Alternatively you can hire a minibus from Bergmann's Taxis: www.bergmann-taxi.ch.



Kandersteg

Kandersteg is the neighbouring narrow valley with amazing steep mountains, and glacial areas with skiing and tobogganing. The Oeschinensee Lake, pictured on the left, is worthwhile visiting any time of year, offering a Rodelbahn in Summer and a toboggan track in winter. It is accessible by foot or cable car. Kandersteg is also home to the Kandersteg International Scout Centre, the world centre of the World Organisation Scouting Movement (WOSM). To arrange a tour for your group please refer to their website (www.kisc.ch).

Thun

Thun is a picturesque city located at the gateway to the Bernese Alps, and is just one hour from Our Chalet. The city has many things to offer: from its romantic old town with cobblestone streets and pitch-roofed buildings to the impressive Zähringer Castle. Thun is also situated on the Lake of Thun, a



glacial lake where you can take a cruise with BLS. For more information on the city please refer to Thun's website (www.thuntourismus.ch), and for more on boat trips to the BLS website (www.bls.ch).

Interlaken

Interlaken is an internationally famous town, the highlight of most tours through Switzerland. Situated between the Lake of Thun and the Lake of Brienz, it is also the home of adventure sports in Switzerland and a great place to try paragliding, even in Winter! The town is 1½ hours by public transport from Our Chalet. Other highlights include:

Schuh Chocolatier

Schuh is a small chocolatier that focuses on the art of chocolate making rather than mass production. They offer a chocolate show to guests (CHF 14.80 per person), which includes a half hour chocolate show with tastings and a CHF 10 gift voucher which guests can use in the shop. Schuh also has a restaurant where you can sample the delicious cakes on offer or try some Swiss cuisine. Schuh Chocolatier is located in Interlaken and open Monday to Friday with shows at 17:00 and 18:00. For more information please refer to their website (www.schuh-interlaken.ch).

Jungfrauoch

A trip up the Jungfrauoch (3454m) takes you to a magical glacial world with guaranteed snow all year round! You can take a train from Interlaken to Kleine Scheidegg where you will switch to the Jungfrauoch, which goes to the highest-altitude railway station in Europe. The train travels through the Eiger North Wall ('The North Face') with two stops at viewing stations along the way. At the top you can visit the ice palace, or observation terrace, sledge with huskies, try some skiing or enjoy the mountain views from the restaurant - an excursion not to be missed! For more information and ticket prices please refer to their website www.jungfrau.ch

Bern

Bern is a very picturesque city approximately 1½ hours from Our Chalet. It has been listed as a UNESCO World Heritage Site since 1983. Bern is a wonderfully cultural city with many places to visit such as the Bear pits, Einstein's House, Bundersplatz (Parliament Square), Bundeshaus (Parliament house) and the Zytglogge (clock tower). Take a walk through Bern to discover the covered streets and arcades, and decorated façades. For more information please refer to the website (www.berninfo.com).



Luzern

Luzern is a town of many contrasts, with a lot of sightseeing to offer. This includes the famous "Dying Lion" statue, the Chapel Bridge constructed in the first half of 14th century and the water tower which used to be used as a torture chamber. From here you can also visit Mt. Pilatus; resting home of a rumoured dragon! Luzern is a comfortable 2½ hours by public transport from Our Chalet. For more information please refer to the website (www.lucerne.org)

Evening Programmes

During your stay we **will be offering Evening Programmes which are free for all guests**. Evening Programmes will be run for a minimum of 8 guests. All Evening Programmes will start at 20:00. Please note there is no planned Evening Programme available on Wednesday. This might vary and is subject to change depending on the event's programme, availability of staff and your wishes.

Day	Programme	Meeting point
Sunday	Our Chalet Tour during Winter Weeks	Reception
Monday	Swiss Night during Winter Weeks	Main Hall
Tuesday	Movie Night	Reception
Wednesday	No organized Evening Programme	
Thursday	Games Night - WAGGGS Centenary Wide Game	Main Hall
Friday	Campfire	Flagpole
Saturday	Evening Walk	Flagpole

Our Chalet Tour – Sunday or on Request

Come and learn more about Our Chalet with a presentation on the history of the first WAGGGS World Centre, followed by a tour of the main buildings. After the tour, come and visit our on site Shop, where you can buy souvenirs, postcards and snacks!

Swiss Night – Monday

Switzerland has unique and interesting past which still has a big impact on the current culture and political life of the country and its people. During this evening programme you will have the opportunity to learn more about Switzerland in general as well as hear some quirky facts. So come and act out the legend of William Tell, play a quiz game and enjoy delicious Swiss chocolate fondue!



Movie Night - Tuesday

If spending a cozy evening with a movie and popcorn after day spent outside appeals to you, then come and join the Movie Night.

Games Evening - Thursday

Come have fun, play and learn or perhaps teach everybody your favorite game during Games night. Anything from wide games like WAGGGS centenary wide game to scavenger hunts and indoor team challenges.



Campfire - Friday

No Guiding or Scouting experience would be complete without the traditional Our Chalet campfire. Join our international staff to learn some new songs, sing some old favourites and play some games. Bring a warm jacket and flashlight!

Evening Walk – Saturday

Our staff will lead you on an evening adventure along quiet country lanes for wonderful views across the valley and Adelboden town. Dependent on snowfall, it may also include the Bonder Falls or our mystery forest! Bring warm clothes, a flashlight and sturdy shoes. The walk takes about an hour and is suitable for most fitness levels.

Weather and Equipment

Preparation and Advice from the Programme Team

Our Chalet is located in the Swiss Alps, 1350 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 the level of your fitness prior to your arrival. Being fit will help you to better manage your everyday skiing, hiking and other snow activities you will be participating in. The human body at a higher altitude and cold temperatures needs more energy and stamina so being generally fit will help you overcome weather and perhaps altitude challenges.

We are confident once you dedicate time to your preparations you will be able to fully enjoy your programme and have lots of fun in the snow and feel strong and confident. For weather forecasts please visit: www.meteoswiss.ch

Packing List

Clothing and Shoes

- Ski jacket (or warm waterproof jacket) and ski trousers
- Thermal underwear and warm clothes
- Warm gloves or mittens (preferably waterproof)
- Warm/woollen/fleece hat and scarf (preferably wind and waterproof)
- Day rucksack (20-30 litres)
- Skis and poles or snowboard (if you prefer using your own)
- Ski or snowboard boots (if you prefer using your own)
- Sturdy waterproof hiking boots with ankle support (for hiking)
- Water bottle: minimum 1 litre and lunch box for packed lunch
- Sun protection cream (min +15 SPF), lip balm and sunglasses with UV protection
- Guide or Scout uniform if participating in an International Event
- Socks & Underwear
- Shirts / T-shirts
- Pyjamas / sleeping wear
- Bathing suit / swim wear
- Indoor shoes (closed-toe sneakers / trainers)

Toiletries

- Toothbrush and toothpaste
- Soap / body wash / shampoo
- Moisturising lotion
- Feminine hygiene products
- Deodorant
- Personal medication as required

Miscellaneous

- European adapter
- Flashlight / torch
- Badges for swapping
- Money for souvenirs and snacks
- Camera with plenty of memory
- First aid kit – leaders must bring at least one kit per group



Please note that this is a suggested list only. Think about your own requirements when packing. Note: Our Chalet assumes no responsibility for loss or damage of any personal items while staying at the centre

What I Need to Know about Hiking in Winter

Hiking Preparation

Hiking in the Swiss Alps can be an amazing and beautiful experience. However, due to the elevation it can also be dangerous. This is why careful planning and thoughtful assessment is required. **The following information is important for Self Guided Hikes.**

Weather

Weather in the Swiss Alps can change dramatically and quickly. Always check the weather forecast before your departure and reassess your plans accordingly. Take into consideration bad weather as this affects the condition of the paths. Check weather on: www.meteoswiss.ch

Group Composition

Hiking alone in the Swiss Alps is not recommended: groups of 3 or more are preferable in case of emergency. Sharing your hike can also make it a more pleasurable experience. **Guests under the age of 18 must be accompanied by a responsible adult.**

Route Planning

To ensure a safe and fun hike, careful planning is imperative. Information about the level of difficulty and other useful tips will help you in your preparation. All hiking proposals are based on signposted hiking paths. All indicated times are actual hiking times. There are no breaks calculated in the times indicated, so you will need to add in rest stops and food breaks to your timing.

Hike Route Notification

Before commencing any hike you must notify Our Chalet reception of your intentions. Prior to leaving please complete an 'Alpine Activities Declaration Form' available from Our Chalet reception and a hiking route card and submit it the morning of your hike. Upon your return notify reception that ALL members of your party have returned. Failure to check in could result in a search party being dispatched.

Hiking Protocol

- Ensure that all members of your group have suitable equipment.
- Stay with the group at all times.
- Do NOT touch the electric fences.
- If you open a gate, close it behind you.
- Do not disturb animals (native or farm stock).
- Leaders are in charge of their Scouts/ Guides at all times.
- Walk in lines of one or two people across when walking on the road (stay to the left or the outside of the bend).



Practical Information about Our Chalet

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). If you are travelling with a group of 10 or more guests you must inform AFA buses (info@afa-busbetrieb.ch) 24 hours in advance.

Food and Meals

Several years in a row we have been receiving very positive feedback regarding the food and catering we offer to our guests. We are striving to:

- **Use local products – locally produced milk, cheese and meat**
- **Use fair trade tea, coffee and hot chocolate**
- **Use fresh ingredients - plenty of fruit and vegetables**
- **Use healthy methods of cooking**
- **Be sensitive to food allergies and different food intolerances**
- **Cook international dishes as well as traditional Swiss dishes**
- **Serve and enjoy meals in a traditional family style.**

Dinner is at 18:00. Later dinners will not be served, so if guests are arriving late on the first day they will need to make their own arrangements.

- Guests can order packed lunches for CHF 10 per person per day. These can be prepared at breakfast time. A lunch package includes: sandwiches, 2 snacks and a piece of fruit. Packed lunches must be ordered by the group two weeks prior to their arrival. The form will be sent to you along with your booking contract. Please return it via fax, email or post. Don't forget to bring your own drink bottles and a lunch box.
- **Any guests with dietary requirements must fill and return a Dietary Requirement Form. The form is available at www.ourchalet.ch.** Please return it via fax, email or post two weeks prior to your arrival.
- You will be able to buy some snacks and soft drinks in the Our Chalet shop or in a local supermarket – the Co-op in the Adelboden village.

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 3% 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, travellers' 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 Member organisation or National organization.

Internet

Our Chalet has three internet terminals. Internet cards to access other websites can be bought in the reception.

Luggage pick up and drop off

Every day within the working hours of the reception from 09.00 – 17.00 we offer luggage pick up and luggage drop off from Adelboden Oey bus stop. Cost for return trip is 5 CHF. Please note that you will need to book this service ahead through our office.

Laundry

Our Chalet has self-service guest laundry facilities. There are 2 washing machines (soap is included; 1½ hour cycle), and 2 tumble dryers (1½ hour cycle). These facilities are shared by all guests staying at Our Chalet. Price per load per machine for 1½ hour cycle is approx 3 CHF. You can use coins.

Linen

Our Chalet provides pillows and duvets/quilts, sheet sets and a set of towels for those staying inside the Chalet houses and Squirrel House.

Environmental Sustainability

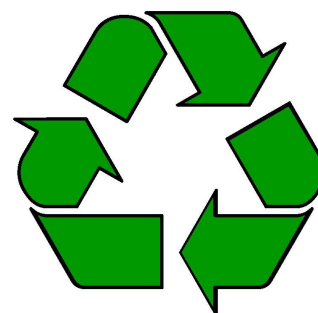
Guides and Scouts are instrumental in leading change towards a greener planet: respecting and preserving nature is part of our Girl Guide / Girl Scout law. Living in harmony with nature and practising a healthy lifestyle are important parts of culture and every day life in Switzerland.

In Our Chalet we are committed to providing a healthy environment for all our guests and staff. An important part of this is raising environmental awareness and taking action to build a healthier more environmentally responsible and greener world centre.

YOU can contribute and be a part of this solution while staying in Our Chalet.

In order to achieve this goal together we:

- Separate rubbish and recycle – paper, metal, PET bottles, all glass, batteries
- Compost raw foods and ensure any food scraps are used as food for animals
- Use recycled materials where ever possible
- Use energy-saving lighting and heating systems
- Reduce usage of plastic and non recyclable materials
- Use water-saving systems
- Encourage guests and staff to use public transport
- Encourage guests to travel via train if possible, instead of flying to Switzerland
- Actively participate in Global Environmental Campaigns
- Plan programme activities that practise and reflect healthy lifestyle practises
- Plan programme activities that give an opportunity to guests to learn about the environment



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 **five** components: **physical challenge, WAGGGS knowledge, Our Chalet history, Swiss culture and service.**

If you manage to complete all five sections, you will be presented with a special Our Chalet Challenge badge. In order to cover the cost of the badge, we ask for 1.50 CHF per person.

In case you cannot find an answer to your question in this Information Pack please contact Our Chalet directly on...

info@ourchalet.ch

www.ourchalet.ch

...and we will do our best to find the right answer!

**Yours in Guiding and Scouting,
Your Our Chalet Team**