

Spring & Autumn at Our Chalet



Adelboden,
Switzerland

Spring/ Autumn Activities

Introduction	3
Hiking	5
Woodcarver	5
Engstligen Falls	5
Tschenten Discovery Hike	6
Hahnenmoos.....	6
Vogellisi Path	6
Elsigenalp Hike.....	6
Hiking Information and Protocol	7
Outdoor Adventure	7
Paragliding	7
Rockclimbing & Abseiling.....	7
Adventure Park	11
Mountain Biking.....	11
Day Trips	12
Adelboden Town.....	12
Niesen	13
Kandersteg.....	14
Thun	14
Interlaken	14
Bern.....	15
Luzern	16
Evening Programme	17
Our Chalet Tour.....	17
Night Hike	17
Scavenger Hunt.....	17
Campfire	17
Swiss Night.....	17
Games Evening	17

Introduction

Dear Our Chalet Guest

Greetings from Our Chalet, Switzerland! We are looking forward to your upcoming visit to Adelboden. The Bernese Oberland is beautiful during the **Spring and Autumn season** and offers many opportunities for outdoor adventure, including hiking and mountain biking, as well as day trips to local areas. Below is a brief outline of activities we may have on offer during your stay at Our Chalet. Please note that the availability of some of these activities depends on snow coverage.

Hiking

These hikes can be done independently (topographic maps and compasses available at reception with a deposit) or with an Our Chalet guide.

- Woodcarver
- Engstligen Falls
- Engstligenalp
- Tschenten Discovery
- Silleren-Hahnenmoos
- Vogellisi Trail
- Elsigenalp
- Bonderspitz

Outdoor Adventure

We can book the following professionally-guided activities for your group with our preferred suppliers:

- Paragliding
- Rock Climbing
- Abseiling
- Adventure Park
- Mountain Biking

Day Trips from Our Chalet

Our Chalet can help you to book trips to the following areas:

- Adelboden Town
- Niesen
- Kandersteg
- Thun
- Interlaken
- Bern
- Luzern
- Zurich

Evening Programme

During your stay we will also be offering evening programmes which are free for all guests. These are varied and take advantage of the season but can include:

- Our Chalet Tour
- Evening Walk
- Craft Night
- Campfire
- Swiss Night
- WAGGGS Centenary Wide Game

In the following 'Spring & Autumn at Our Chalet' brochure you will find all the information you need on the aforementioned activities. If you need any further help to organise these activities during your stay please do not hesitate to contact us at info@ourchalet.ch.

Yours sincerely

Our Chalet Team

Hiking

Our Chalet is in the perfect location for providing hiking opportunities in the beautiful Bernese Oberland. Maps and compasses can be borrowed from reception and are also available for purchase in the Our Chalet shop.

Guests are welcome to walk independently or guided by a staff member. Upon your arrival we can provide you with more detailed information about the most popular routes and a 'self-guided hikes' information sheet. Alternatively, we can provide a staff guide from Our Chalet. Please note that with the exception of the Woodcarver's and Engstligen Falls hikes, snowfall (particularly in early Spring) may make these routes unsuitable.

Woodcarver

Cost: CHF 5 per person

Min 8 people

(1½ hours one way, 100m ascent)



The most famous hike from Our Chalet takes you along quiet lanes with lovely views of the valley. At the Woodcarver's you can view and purchase a range of beautiful hand carved objects, including many items specific to Our Chalet, and get your name burned into the wood for the perfect souvenir of your visit. You can also visit the neighbouring Café Blatti for a slice of delicious lemon cake and a Swiss hot chocolate. Close to the woodcarver is the Cholereenschlucht Gorge (not open until May) where a metal walkway will take you up through the fascinating rock formations. You can return from the woodcarver either the way you came or via Adelboden to explore the village.

Engstligen Falls

Cost: CHF 5 per person

Min 8 people

(2 hours one way, 188m ascent)

This picturesque walk takes you along undulating roads and footpaths, through the village of Boden, and then along the Engstlige river to the base of the falls. Semi-frozen in Spring and Autumn, Engstligen Falls is the second highest waterfall in Switzerland. At the falls you can have a picnic or enjoy an Our Chalet Snow BBQ (CHF 10). There is also the option of taking the cable car (CHF 19 adult return with our Chalet Guest Card) up to the Alp where (depending on the snow!) you can go skiing, snow tubing, dog sledding or enjoy a lunch at one of the three restaurants while admiring the views of the surrounding mountains and valley below.



Engstligenalp

Cost: CHF 5 per person

(2 hours from the base of the waterfall)

This walk is on a mountain path for experienced walkers only and is only possible from late May to October, depending on snow and weather conditions. It rewards walkers with stunning views of the waterfall and valley below and is a more adventurous alternative to the cable car!

Tschenten Discovery Hike

Cost: CHF 5 per person

Cost: CHF 5 per person

(3 hours one way, 600m ascent)

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 this region. The trail consists of eight interactive information points covering the themes; "falling rocks", "flooding", "avalanches", "landslides", "forestry", "long-term projects", "taking part" and "forest insights". The hike up the mountain follows a narrow path to a height of 1900m. The peak of Tschenten offers amazing views along the Engstligen valley and so is perfect for a rest stop before hiking back down into Adelboden. There is the option of taking the gondola up or down the mountain if preferred.



Hahnenmoos Path (Floral Mountain Trail)

Cost: CHF 5 per person

(1 hour one-way from Hahnenmoos, 100m ascent)



Discover the mountain flora that exists in the Swiss Alps with this informative trail. From the gondola station there are a number of routes following hiking paths from Hahnenmoos to Sillerenbühl, Geils and Bergläger.

Vogellisi Path

Cost: CHF 5 per person

(2 hours one way, 490m ascent).

Take a scenic walk up the Silleren mountain along a path lined with sculptures by local artists. You can return down the mountain via the same path or on

the gondola.

Elsigenalp

Cost: CHF 5 per person

(3 hours one way, 300m climb; hike to peak: additional 1¾ hours, 540m ascent)

Hike to the ski region of Elsigenalp where you can enjoy the panoramic view of Adelboden with the option of continuing your hike to the peak of Elshorn.

Hiking Information

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.

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 it is imperative that you 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.

Equipment:

Clothing

- Sunhat
- Worn in hiking boots in good condition (**NO trainers**)
- Hard wearing trousers (**NO jeans**)
- Suitable T-shirts and sweaters

Personal Items (to be carried in your own backpack - **NO shoulders bags**)

- Rainwear (**waterproof jacket AND trousers**)
- Warm clothes (jumper, beanie/hat and gloves)
- Water, not juice or carbonated drinks (recommended **2 litres** per person per day)
- Nutritious food (nuts, fruit etc)
- Sunglasses
- Torch
- Any personal medication

Group Items

- First aid kit
- Hiking maps & compasses
- Suncream (SPF 30+)
- Money for emergency

Hiking Protocol:

- Ensure that all members of your group have the correct equipment.
- Do NOT pick the flowers.
- 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).

Hiking Signs

Most hiking signs are in Yellow and contain a range of information.

As you can see in the example to the right, there is a lot to a hiking sign:

- The hiking signs usually have your location and elevation in the centre. In the example, the white central panel says that you are at Trubsee, 1795 metres elevation/above sea level.
- Each sign shows the ‘places’ you get to along the route and the time to get there. Please note a ‘place’ may be a couple of farm houses!
- ‘Std’ means hour, ‘Min’ means minutes.



There are three types of hiking sign that rate the level of difficulty of a hike.

Walking trails (Wanderweg)

Usually leave the road and are sometimes asphalted.

- Requirements: generally do not need any previous experience. When it is wet, snowy or icy, trails may be slippery.
- Equipment: good hiking boots, all-weather gear, warm clothes, snacks, sun screen, small first-aid kit.
- Marked: yellow



Mountain trails (Bergweg)

Generally rather narrow and steep, sometimes with extreme exposure.

- Requirements: experienced walker with sure footing, ability to assess dangers, vertigo-free in exposed areas.
- Equipment: hiking boots with good grip, all-weather gear, warm clothes, snacks, sun screen, small first-aid kit, map, collapsible walking sticks (if possible).
- Marked: white-red-white.



Alpine routes (Alpine Routen)

Sometimes routed through trailless areas, climbing may be necessary in some places.

- Requirements: mountain experience necessary, sure footing, vertigo-free in exposed areas, able to use cable and ice pick. It is recommended that one only hikes these routes with an experienced mountain guide.
- Equipment: hiking boots with good grip, all-weather gear, warm clothes, snacks, sun screen, first-aid kit, map, compass, and if possible collapsible walking sticks, cables and picks and an altitude meter.
- Marked: white-blue-white.



Outdoor Adventure

We can help you organise the following by booking the activities through our preferred suppliers. For transport information please look at www.sbb.ch/en.

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 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).

Abseiling

Abseiling into the Cholerenschlucht offers an unforgettable opportunity to view this local natural gorge from a spectacular perspective. Bookings are possible for both individuals and groups over 12 years old. Sturdy shoes and warm clothing are required.

Dates: July – August and Sept – October

Cost:

CHF 65 per person (min. 3 People)

CHF 45 per person (Groups: min. 10 People)

(Prices include mountain guide and abseiling equipment)



For more information please visit Adelboden Alpine School's website (www.alpinschule-adelboden.ch). The same company also provides opportunities for rock climbing in Adelboden.

Adventure Park

Challenge yourself at Adelboden's very own Adventure Park, full of rope bridges, zip wires and a huge pendulum jump. Qualified instructors ensure your safety at all times. For more information please visit Adelboden Alpine School's website (www.alpinschule-adelboden.ch).

13th June – 17th October
Sundays: 13.30 – 17.00

8th July – 12th August and 30th September –
14th October
Thursdays: 13.30 – 17.00

For groups of 10 or more people, the Adventure Park opening times / dates are more flexible.

Cost: (per person)

Adventure Park Light Day Pass: CHF 38 (without pendulum swing)

Adventure Park Full Day Pass: CHF 58 (with pendulum swing)

Group Offer (minimum 10 people)

Adventure Park Light Day Pass: CHF 33 (without pendulum swing)

Adventure Park Full Day Pass: CHF 53 (with pendulum swing)

Mountain Biking

Adelboden and the surrounding Frutigen area offer a wide variety of cycling for guests. From riverside rides to extreme downhill courses there is something on offer for everyone. The local area offers 20 cycling paths of varying degrees of fitness level and technical ability. Our Chalet has seven mountain bikes, helmets and bike locks for use by guests (with a deposit). We can provide you with mountain biking maps of the area. Guests partake in this activity at their own risk. Two of our favourite tours courtesy of the Adelboden Tourist Office are:

"Vogellisi"-Tour (Adelboden - Frutigen 21 km).

A small shaded road leads to the Bunderlen valley, offering a fantastic view of the Bunder waterfalls. Then it is slightly downhill to Elsigbach. From there a small road takes you via Reinisch to Frutigen. The entire route is asphalt and easy to negotiate.

Silleren (Adelboden - Sillerenbühl - Adelboden 18 km)

After the Reherti bridge outside Adelboden, a small road takes you uphill to Gilbach and Bergläger. If you need a rest at this point, climb into the cable-car. Alternatively, the long track leads upwards to Sillerenbühl, where you will be rewarded with a fantastic view. The route back to Adelboden goes via Aebi and Gilbach or via Schermtanne. Although the route is challenging, it is mostly asphalt.



Day Trips

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.

Adelboden Town

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

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, meats, 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)

Niesen



Niesen is a unique mountain, also known as the Swiss Pyramid. The Niesenbahn consists of a carriage on a 3500m rope haulage system; the longest of its type in Europe! From the top there are spectacular views of the Bernese Oberland including the famous trio of mountains - the Mönch, Eiger and Jungfrau. Here you will also find the world's longest stairway (in the Guinness World Book of Records) with 11,675 steps to the top! Niesen is approximately ½ hour by public transport. The Niesenbahn is open from the 22nd April – 13th November 2011. For more information please visit their

website (www.niesen.ch).

Kandersteg



Kandersteg is our neighbouring valley, and it has amazing steep mountains, glacial areas as well as skiing. Oeschinensee lake, pictured on the left is worthwhile visiting any time of year and offers a rodelbahn in summer and a toboggan track in Winter. Oeschinensee is accessible via walking path or cable car. Kandersteg is also home to the Kandersteg International Scout Centre, the world centre for the World Organisation Scouting Movement. 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-fed lake where you can take a cruise with BLS (from 22nd April 2011 until 2nd January 2012). 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. 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 10 per person), which includes a half hour chocolate show with tastings and a gift. Schuh also has a restaurant where you can sample their delicious cakes, 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).

Jungfrau

A trip up the Jungfrau (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 Jungfraujoeh, 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).



Trümmelbach Falls



Formed during the last Ice Age about 15,000 years ago, the rock eroded away by the Trümmelbach falls was not accessible until 1877. Now consisting of 10 glacial water falls inside the mountain it is made accessible by a tunnel lift. The Trümmelbach falls are truly unique in Europe. 20,000 litres of water crash down every second, stemming from a catchment area of 24 kilometres squared, approximately half of which is covered by snow and ice. Open daily from mid April to the end of October 09.00 – 17.00 (18.00 in summer). The falls are located in Lauterbrunnen, approximately half an hour trip by bus from Interlaken.

Bern

Bern is a very picturesque city approximately one hour from Our Chalet. It has been listed as a UNESCO World Heritage Sites 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 facades. For more information please refer to their 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 their website (www.lucerne.org).

Evening Programmes

During your stay we will be offering Evening Programmes which are free for all guests. Please note that when we have fewer guests these nights can be more flexible.

Our Chalet Tour - 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 us in our Shop, where you can buy souvenirs, postcards and snacks!

Evening Walk / Snow Shoe Hike - Tuesday

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, our mystery forest, and could be on snow shoes! Bring warm clothes, a flashlight and sturdy shoes. The walk takes about an hour and is suitable for most fitness levels.



WAGGGS Night / Craft Night - Thursday



Find out more about issues that are topical and relevant to WAGGGS members through a fun interactive Wide Game, or join the Our Chalet staff for a night of crafts, which can include anything from 'Scherenschnitte' (Swiss paper-cutting) and Swiss snowflakes to wood-burning or woggles!

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!



Swiss Night - Saturday

Switzerland has a unique and interesting past that 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, its history and its people. Act out the legend of William Tell, play games and taste delicious Swiss chocolate fondue!

Games Evening - Sunday

Join our staff and other guests in a variety of games. Anything from wide games to scavenger hunts to snowman building, tobogganing or indoor team challenges.