



Our Chalet 2023

July 22-29, 2023

Estimated cost: \$2,500-\$3,500

(flight, many meals, program at Our Chalet included)

(Final price will depend on cost of the flight and other costs like that)

(not included meals on travel days, snacks, souvenirs)

Council Sponsored Trip

Chaperoned trip – not a troop trip



Trip Activities Includes:



Adventure Park



Town Excursion



Cable Car Ride



Pinning Ceremony



Suspension bridge



Adelboden Village



Hiking



- Cross one of Europe's longest pedestrian suspension bridges (153 metres long and 38 metres high!) before following the river to Frutigen. The riverside trail has many wood carved creatures waiting to greet you along the way!

Adelboden village offers plenty of opportunities to souvenir shop, try local treats in one of the cafes, and see many traditional Swiss buildings. Our Chalet can also offer a scavenger hunt for those who would like a challenge while they explore the village.

This day is guided by Our Chalet staff.

Practical information:

Walking: 1 km downhill (20 mins) + 4.5km mostly flat (1¼ hour) + 2.5km steep downhill and steep uphill (45 to 60 mins)

Special considerations: The riverside trail is a gravel trail and uneven in places. The bridge is high and sways and is therefore unsuitable for those with a severe phobia of heights. It may be difficult for those with restricted mobility to cross unaided.

Adaptation: For participants with physical disabilities transport, including wheelchair accessible transport, can be arranged. The public bus from Frutigen to Adelboden is wheelchair accessible. The bridge is suitable for crossing for users of smaller manual wheelchairs.



- Alpine Lake Thun is 17.5 km long and 3.5 km wide with a stunning mountain backdrop. Explore the harbour area at Spiez with a view of the 2,362m pyramid shaped mountain, Niesen. Then enjoy a boat ride on the turquoise waters of Lake
- Thun to visit one of the 12th and 13th century castles on its shores.
- This day is guided by Our Chalet staff.
- Practical information:
- Walking: 200m steep downhill (5 mins) + walking around Spiez harbour and the castle
- + 200m steep uphill (10 mins)
- Special considerations: The castle has lots of stairs and is not recommended for those with very limited mobility.
- Adaptations: For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged. The boat is wheelchair accessible.
- An excursion to Thun town can be offered in place of a visit to the castle.



- Adelboden Adventure Park offers a day of thrills with zip lines, rock climbing, and abseiling. Spend the day challenging yourself to try new things and conquer your fears!
- This day is guided by Our Chalet staff. All activities at the Adventure Park are led by qualified, English speaking instructors.
- Practical information:
- Walking: 3.5 km mix of downhill, flat, and uphill (60 mins) + return
- Special considerations: In wet weather rock climbing may take place indoors.
- Adaptations: For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged from Our Chalet to the Adventure Park and return. Some activities at the Adventure Park can be adapted depending on ability level.

- Engstligenalp is located at 1,964m and offers spectacular views of the valley and the surrounding mountains, as well as Switzerland's second highest waterfall. The gondola (cable car) whisks participants up to the alp in 7 minutes with views of the waterfall below.
- View the waterfall, then ride the gondola to the alp, where staff will lead you on a short hike around the alp with stops for games and a picnic lunch along the way.
- A visit to the cheesemaker and/or one of the mountain huts finishes the day before descending on the gondola.
- This day is guided by Our Chalet staff.
- **Practical information:**
 - Walking: 2 km, mostly downhill (30 mins) + 1 km mostly flat (20 mins) + 4.5 km flat (1 hour)
 - **Special considerations:** The trail to the waterfall (1 km return) is a wide trail over unpaved ground with tree roots, stones and one short steep section.
 - **Adaptations:** For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged from Our Chalet to Engstligen base gondola station. The gondola is wheelchair accessible. The hike on the alp is wheelchair accessible on a gravel path.



- Pinning Ceremony, Tour, & Evening Programmes
- After dinner on your arrival evening, we will welcome you to Our Chalet with an opening ceremony for your event. Everyone taking part in the opening ceremony will receive a special Our Chalet pin only available to those who have visited the Centre. The ceremony is followed by a guided tour to help you learn your way around!
- Throughout the week we also run four evening programmes, one on each day when there is day programme. Each of these lasts approximately 1.5 hours and give participants more opportunities to learn new skills and develop friendships.
- Free Day
- Free Day is your opportunity to organize your own activity for your group and it is completely up to you what you choose to do! Perhaps your group want to spend more time exploring the Adelboden area or trying out the panoramic swimming pool, or maybe there is a destination further afield you don't want to miss. Once you have booked your event we will provide a Free Day Guide, which gives ideas, hints, and tips for planning your free day.

- Food and Accommodation included
 - All food at Our Chalet fully catered
 - Indoor sleeping accommodation (Dorm style rooms)
 - Bed linen included
 - Mattresses included
 - Towels included
 - Wheelchair accessible
 - Showers in the same building
 - Access to laundry facilities
 - Rooms will be with our group not another group.
 - Our Chalet is open to both genders



- Breakfast
- A cold breakfast of cereals, yoghurt, bread, cheese, and fruit is available every morning in a self-service buffet style. Hot and cold drinks are also included.
- Packed lunch
- Participants make a packed lunch (sandwiches, fruit, snacks, etc.) each morning to take with them on programme. All participants are required to bring a lunch box or bag to carry their lunch.
- Dinner
- Dinner is served at one sitting and offers one option for everyone. Typical dinners include Swiss dishes such as rösti and camp favourites like chilli or pasta. Dinners always include salad or vegetables and are two courses with a main meal and dessert.
- Special diet meals, including vegetarian, vegan, and gluten-free are available only to participants who have notified us in advance of their need for a special meal. Your pre-arrival paperwork will ask you to specify dietary requirements for each participant in your group.

- Equipment for Guided Hikes

- Clothing

- - Sunhat
- - Worn in hiking boots in good condition (NO trainers)
- - Hard-wearing trousers or shorts (NO jeans)
- - Suitable T-shirt / long-sleeved shirt

- Personal Items (to be carried in each person's own backpack – NO shoulder bags)

- - Rainwear (waterproof jacket AND trousers)
- - Warm clothes (jumper, hat and gloves)
- - Water (at least 1 litre, preferably 2 litres per person, per day), no juice or carbonated drinks
- - Nutritious food (nuts, fruit, bread, NOT sweets)
- - Sunglasses
- - Whistle
- - Torch / flashlight
- - Sunscreen (SPF 30+)
- - Personal medication

- Hiking Protocol:

- Ensure that all members of your group have the correct equipment.
- Leaders are in charge of their Scouts/ Guides at all times.
- Stay to the left or the outside of the bend or mountain, no more than 1-2 across
- Stay with the group at all times
- Do NOT pick the flowers.
- Do NOT touch the electric fences.
- Do not disturb animals (native or farm stock)
- If you open a gate, close it behind you.

For more information

- Contact Customer Care at CustomerCare@girlscoutsni.org