

WALKING WEEK 2022





Please read through this information pack for full details of the Walking Week 2022 before making your booking. Please note the programme in this event differs from the Hiking Week 2022 event, which takes place over the same dates.

This Walking Week event is aimed at those who have a good level of physical fitness and are interested in full-day walks in the mountains. If you have mountain hiking experience and are looking for something more challenging, you may wish to consider our Hiking Week event instead. For groups or families of mixed ability we encourage you to book across both events – dinners and evening programmes are shared by both events.

This event takes place 10-17 September 2022 and is open to individuals and groups of all ages and genders. Participants are not required to be members of Guiding/Scouting.

Option	Age 16+	Age 12-15
Indoor fully catered	CHF 676	CHF 647
Camping fully catered	CHF 501	CHF 472
Camping self-catered	CHF 249	CHF 220
Squirrel House self-catered	CHF 256*	CHF 227*
Baby Chalet self-catered	CHF 424*	CHF 395*

*Prices for Squirrel House = min of 10 people sharing. Prices for Baby Chalet for 2 or 3 people sharing, single booking possible for additional fee. Families/groups may book some participants on Walking Week and some on Hiking Week.

Please note: While the event is open to participants of all ages, the activities are most suitable for those aged 12+. If you would like to bring younger children with mountain walking experience, please make this clear when making your booking enquiry so we can discuss this prior to confirming your booking.

When you are ready to book you can send a booking enquiry [here](#).

If after reading the information pack you have questions about the event, please e-mail info@ourchalet.waggs.org.



Walking Week 2022

Our Chalet Event Open to All

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PROGRAMME



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

Important information about programme:

- Leaders or parents/guardians must accompany any participant under age 18 on all programme activities at all times.
- It is the responsibility of the individual participant or group leader to check that all activities are covered by their travel insurance.
- Participants are responsible for any costs associated with additional transport, e.g. taxis in lieu of walking.
- The hikes are listed here in no particular order, you will be given a schedule for the week on arrival at Our Chalet.
- Hikes go ahead in most weather conditions, including rain. It is the responsibility of the participant to ensure they have suitable clothing and equipment for all weather conditions.

Opting out:

- All programme is optional, however, please note Walking Week is a package event and refunds cannot be given for any programme activity that a participant chooses not to participate in.

This programme is NOT suitable for:

- Those with a low level of physical fitness.
- Those who are not able to carry a backpack weighing up to 10kg. All participants must carry their own equipment.
- Those who are not able to walk uphill AND downhill, including steep inclines for longer distances.

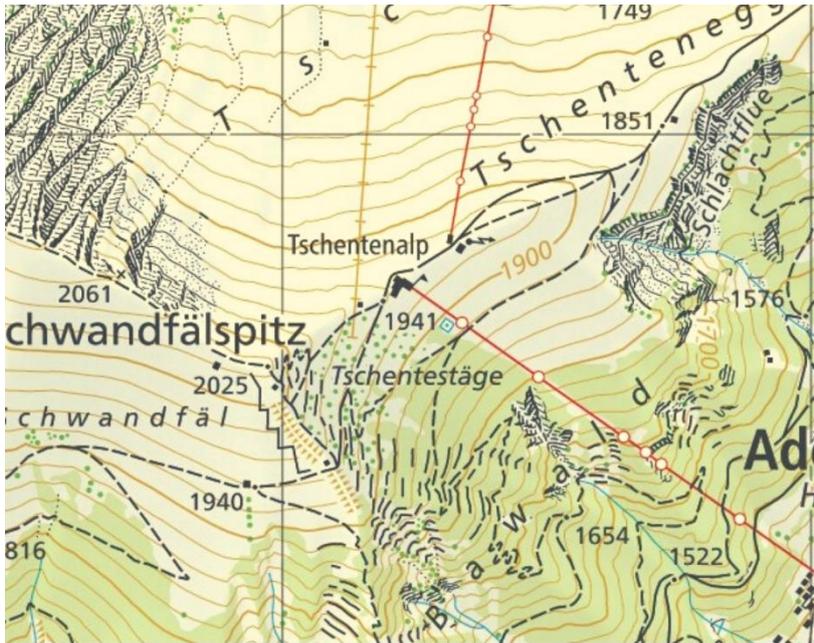


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Experience the best reward for a hard hike – watching the sunrise over the peaks! Leaving Our Chalet in the night you will hike up Adelboden's 'home mountain', Tschenten, which rises up directly above the village.

Getting to the peak before daylight you watch the sunrise and eat your packed breakfast before making your way back to Our Chalet. The return walk in the daylight gives you a chance to see all the alpine flora hidden when you walked up the dark. Plus there's time to stop in the village for a hot chocolate to warm up on the way back!

Practical information:

Walking: 15km with 920m (3,018ft) of ascent and 920m (3,018ft) of descent.



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Adelboden village offers plenty of opportunities to souvenir shop, try local treats in one of the cafes, and see many traditional Swiss buildings. A scavenger hunt is available for those who would like to challenge themselves while exploring the village.

The Trummer family have been running a woodcarving business since 1945, visitors can see woodcarving in action and watch as their own personalised woggles, trefoil badges, or other souvenirs are hand-decorated.

An optional visit to Choleren Gorge completes the day. This impressive natural gorge has a series of bridges and stairs to allow visitors to walk safely through while admiring the view.

Practical information:

Walking: 1km downhill + 4km mostly downhill + 2.6km downhill then uphill

Choleren Gorge: 30-45 minutes additional walking, downhill then up series of stairs

Special considerations: The Choleren Gorge operates a one-way system and can only be walked up the gorge. Participants need to be able to walk up steep flights of stairs, which can be slippery. The Gorge is not suitable for those with a fear of heights.



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SUSPENSION BRIDGE & RIVER WALK

Cross one of Europe's longest pedestrian suspension bridges (153 metres long and 38 metres high!) and enjoy cake and a coffee in the café on the other side. Once refreshed we'll follow the river to Frutigen. The riverside trail has many woodcarved creatures waiting to greet you along the way!

Spend some time in Frutigen before catching the bus back to Adelboden Oey and walking up hill to return to Our Chalet.

Practical information:

Walking: 1km downhill + 4.5km mostly flat + 1km uphill

Special considerations: The bridge is high and sways and is therefore unsuitable for those with a severe phobia of heights.

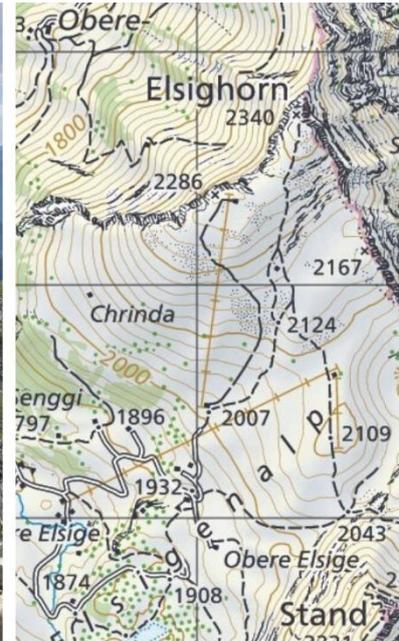


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Join participants in our Hiking Week event to walk up to Elsigenalp, where a manmade and a natural lake wait to be explored.

Once at the alp you can choose to stay and explore the lakes, restaurants, and alp trails, or push yourself to take on the challenge of Elsighorn. The 2,340m peak offers spectacular views and the chance to see the famous Edelweiss flower.

Whether you choose to go for the peak or stay on the alp at the end of the day you return to Our Chalet via gondola (cable car) and bus.

Practical information:

Our Chalet to Elsigenalp: 7.2km with 581m (1906ft) ascent

Elsigenalp to Elsighorn round trip: 6.4km with 550m (1800ft) ascent + 550m (1800ft) descent

Special considerations: All participants in the peak hike must have hiking boots with ankle support.

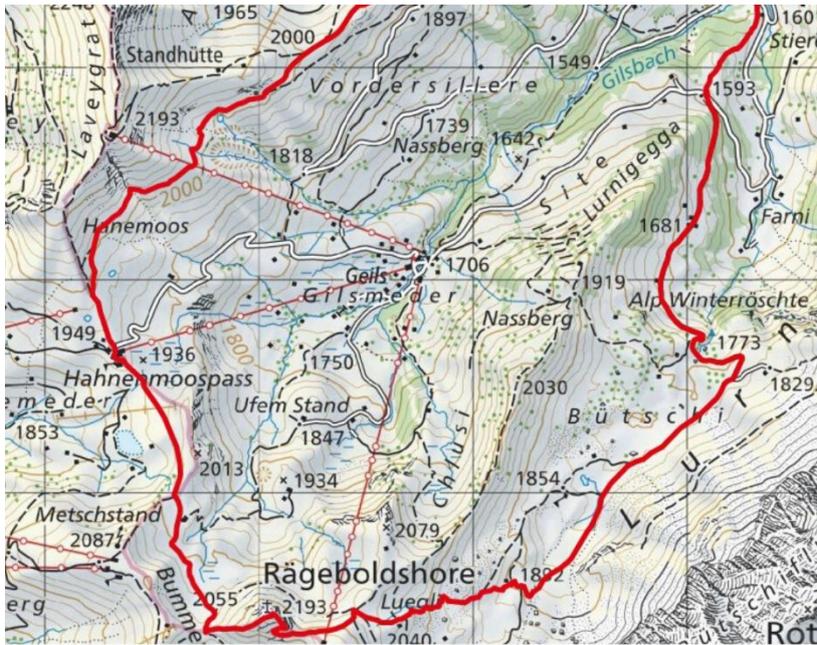


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RÄGESBOLDHORE PEAK HIKE

Start with a gondola (cable car) ride up to Silleren where you follow the flower trail to Hahnenmoospass. Here there's a chance to enjoy the views with a drink in the restaurant before pushing on to the Rägelsboldhorn peak for views across Adelboden and Lenk valleys.

From the peak you descend into the Bütschi valley, famous locally as the home of Vogellisi – a young woman who, according to legend, collected herbs here to make medicines with birds as her only friends. Leaving the valley you pass Bütschifalls before reaching the middle gondola station where you descend the rest of the way by gondola.

Practical information:

Our Chalet to Oey gondola station: 1.26km with 136m (446 ft) descent + same return uphill.

Main walk: 10.7km with 421m (1381ft) ascent + 910m (2,985ft) descent.



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Pinning Ceremony, Tour, & Evening Programmes

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. You will also have a guided tour to help you learn your way around!

Throughout the week, we also run five evening programmes. Each of these lasts approximately 1.5 hours and gives participants more opportunities to learn new skills and develop friendships. The evening programmes will be run jointly with the Hiking Week event and open to participants from both events, giving you the opportunity to meet more people during your stay.



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ACCOMMODATION



Important information about accommodation:

- For this event there are several accommodation options.
- Our Chalet is open to guests of all genders. We are not able to guarantee single-gender hallways or buildings.
- For groups, rooms or tents will be allocated by Our Chalet and it is up to group leaders to allocate their participants to each room.
- A small number of single and twin rooms are available on request for an extra fee.
- Rooms or tents are not shared between groups, unless multiple groups request to share. Individuals booking on to this event will be roomed in a shared dorm, unless requesting a single/twin and paying the additional fee.
- Bed linen and towels are provided and for hygiene reasons we do not allow the use of sleeping bags in our accommodation, except on the campsite.
- For fire safety reasons it is not possible to add extra beds or mattresses to any of our rooms.

	Indoor	Camping Catered	Camping Self Catered	Squirrel House	Baby Chalet
Fully catered	✓	✓	✗	✗	✗
Self-catered w/ kitchen facilities	✗	✗	✓	✓	✓
Grocery delivery available*	✗	✗	✓	✓	✓
Plates/cutlery provided	✓	✓	✓	✓	✓
Luggage transfer – 8am-6pm	✓	✓	✓	✓	✓
Bed linen included	✓	✓	✗	✓	✓
Mattresses included	✓	✓	✓	✓	✓
Towels included	✓	✓	✗	✓	✓
Showers in same building	✓	In Camp House	In Camp House	In Main Chalet*	✓
Access to laundry facilities*	✓	✓	✓	✓	✓

* Grocery delivery can be arranged through [Coop@Home](#). Laundry facilities at extra cost. Squirrel House has two toilets and sinks (one on each floor) but no showers, Squirrel House guests may use showers a short walk away in Main Chalet.

For more details of Squirrel House and Baby Chalet see [our website](#).



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Cost for indoor package is CHF 789 per person/CHF 759 per child. This includes seven nights of accommodation, luggage transfers, all meals from dinner on arrival day to packed lunch on departure day, and all event programme activities.

Our indoor accommodation is offered across two buildings:

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

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

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

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



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Cost for camping package is CHF 271 per person or CHF 241 per child for self-catered and CHF 509/ CHF479 for catered. The self-catered package includes seven nights of accommodation, luggage transfers, and all event programme activities. The catered package includes the same plus all meals from dinner on arrival day to packed lunch on departure day.

Our campsite can accommodate up to 30 people. Tents including inflatable mattresses are included in the cost. For hygiene reasons participants must bring their own sleeping bags.

For those on the self-catered camping package Camp House contains a small kitchen for the use of campers. Equipment for outdoor cooking is also available. No meals are included in the self-catered package, except for dinner and breakfast at the mountain hut on the overnight hike.

Toilets and showers are available in Camp House. The upstairs of Camp House can be used for shelter in wet/stormy weather. It is approximately a five minute walk from the campsite to Main Chalet and Spycher House.

Note: It is not possible to be partly catered. Participants can either book a fully catered camping package where all meals are included, or a self-catered package where no meals are included.



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

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

Breakfast

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

Packed lunch

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

Dinner

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

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



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We look forward to welcoming you to Our Chalet in 2022!



OUR CHALET
WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS