

# AUTUMN IN THE ALPS 2023







Please read through this information pack for full details of the Autumn in the Alps event before making your booking. This event is aimed at those who would like a mix of hiking and excursion days, similar to our Summer Youth Events, however, there is no upper age limit or adult:youth ratio for this event.

If you would prefer a hiking focussed event you may wish to consider our Hiking Week or Walking Week. Or, if you prefer an excursion focussed event, our International Friendship Week may be a better fit for you. Information about all our 2023 events can be found [here](#).

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](mailto:info@ourchalet.waggs.org).

**Autumn in the Alps is open to individuals and groups of all ages and genders. Participants are not required to be members of Guiding/Scouting.**

Option	Price
Indoor fully catered	CHF 753
Camping fully catered	CHF 633
Camping self-catered	CHF 429

**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, please make this clear when making your booking enquiry so we can discuss this prior to confirming your booking.

**Scholarships** may be available to help towards the cost of attending this event for those who would not otherwise be able to afford to attend.

In addition, for leaders aged 60+, with 20+ years of service in Guiding/Scouting, scholarships may be available to cover the accommodation portion of your costs.

For details of all scholarships please e-mail [info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org)



# 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 your group, please contact [programme@ourchalet.waggs.org](mailto:programme@ourchalet.waggs.org) before making your booking.

**NOTE: All programme activities are subject to change depending on availability of suppliers and weather conditions.**

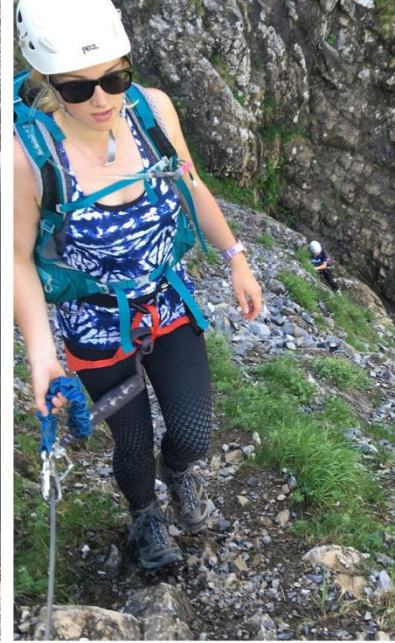
## Important information about programme:

- Leaders or parents/guardians must accompany their youth participants on all programme activities and are responsible for first aid for their group 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.
- The transport options listed in the 'adaptations' are only available for participants with a permanent disability or medical condition that affects their mobility. **Our Chalet must be informed of the transport need prior to arrival.**
- In all other cases, participants are responsible for any costs associated with additional transport, e.g. taxis in lieu of walking.

## Additional information for participants with disabilities:

- Our Chalet aims to make its events inclusive to as many people as possible. Most of our programme can be adapted to be suitable for those with physical disabilities or sensory impairments. To ensure we can meet your needs we ask that you let us know at the time of making a booking enquiry what adaptations you may need.
- Many of our activities are also suitable for those with mild/moderate learning disabilities or autism spectrum disorder. As a general rule, if someone attends mainstream school our activities can likely be adapted to fit their needs. Again, we ask that you discuss adaptations at the time of making a booking enquiry.
- Our Chalet staff are not able to help with any medical or personal care or provide 1:1 support. Participants who need this type of support must bring their own carer with them. Please contact us to discuss options for carer places on this event.





## ENGSTLIGENALP KLETTERSTEIG

Engstligenalp Klettersteig offers a mix of hiking and climbing in a stunning setting with the route leading up to the alp alongside Switzerland's second highest waterfall.

With beautiful views across the valley below to admire as you climb you will ascend 560m (1,837 feet) to the top section of the waterfall, before descending down the hiking trail used by the cows in summer!

This day is guided by Our Chalet staff with qualified, English speaking, Alpine Guides leading the klettersteig section. Equipment for the klettersteig is provided.

**Practical information:**

Walk to klettersteig: 5.5km flat then gradual uphill

Klettersteig: Hiking/climbing – 3 hours with 560m (1,837 feet) ascent.

Descent from klettersteig: 2km steep downhill

**Special considerations:** The walk from Our Chalet to the base of the waterfall is a mix of paved road and wide trail with gravel/dirt surface. The klettersteig is a mix of climbing and hiking which is not suitable for those with a severe phobia of heights.

**Adaptations:** This activity is only suitable for those with a good level of physical fitness and the ability navigate steep terrain on foot. Good grip is required in at least one hand.







## INTERLAKEN & LAKE BRIENZ

Spend a few hours in Interlaken, the adventure sport capital of Switzerland, watching the paragliders land, exploring the old town, or doing some souvenir shopping.

Then follow a riverside path to the beautiful Lake Brienz where you have a go at kayaking. Start out learning how to kayak in the sheltered area by the shore, then move out on to the lake to view the surrounding cliffs and mountains from the calm, blue water. The session includes approximately 2 hours on the water.

This day is guided by Our Chalet staff with qualified guides leading the kayak tour.

**Practical information:**

Walking: 200m steep downhill (5 mins) + 3km flat (40 mins) + 200m steep uphill (10 mins)

**Special considerations:** Swimwear or shorts/t-shirt you are willing to get wet are required for kayaking. Warmer clothing to wear over the top is provided by the kayak school. Water shoes or sandals/trainers/sneakers you can get wet are also required.

**Adaptations:** For participants with physical disabilities transport can be arranged from Our Chalet to the coach pick-up/drop-off point and in place of the riverside walk. Adaptive kayaking is possible for a range of abilities and specialised adaptive equipment is available.





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.

**Physical activity:**

Walking: 1km downhill (20mins) + 4km mostly downhill (1hr) + 4km down then uphill  
 Choleren Gorge: 30-45 minutes additional walking including steep stairs

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

**Adaptations:** For participants with physical disabilities transport can be arranged to replace the walking from Our Chalet to the village, from the village to the woodcarvers, and return to Our Chalet. The walk through the gorge is not accessible for those with limited mobility but can be partly viewed from the bridge above.







CHALLENGE



## SUSPENSION BRIDGE + CLIMBING TOWER

From one of Europe's longest suspension bridges to a climbing tower with 64 stations to reach, today is all about challenge and teamwork!

Start by crossing Adelboden suspension bridge, where cake awaits in the café on the other side. Then follow the river on a gentle walk to Frutigen, keeping an eye out for the woodcarvings dotted along the path. Once in Frutigen tackle the climbing tower as a team, working together to reach as many stations as you can.

### Physical activity:

Walking: Walk from Our Chalet to bus stop is 20 minutes (approx. 1 km) steep downhill. From the suspension bridge to Frutigen is 1-1.5 hours (approx. 6 km) mostly flat on gravel/stone trail. Walk from the bus stop back to Our Chalet is 30 mins (approx. 1 km) steep uphill.

**Special considerations:** Minimum height for climbing tower is 140cm. Participants must wear a helmet and harness (provided). The bridge is not suitable for those with a phobia of heights

**Adaptations:** For participants with physical disabilities transport can be arranged in place of walking. The climbing tower may be suitable for those with strong upper body. Alternatively, Mini Golf can be offered in place of climbing. The suspension bridge is not wheelchair accessible, but does have handrails on both sides so those able to walk with assistance are usually able to cross the bridge.





Get back to the basics of Guiding/Scouting adventures with a hike and cookout over an open fire!

From Adelboden village we hike out to through Allebach riverbed to the tiny hamlet of Aebi and on to a typical Swiss “grillplatz”. Here there are several open fire grills and picnic tables where we cook and eat our lunch.

After lunch we complete the circular walk back to Adelboden village with a quick stop for ice cream or cake on the way!

**Practical information:**

Walking: 1km downhill + 4.5km with 245m ascent + 4km flat/downhill + 1km uphill  
The outward walk is on a mix of paved road, gravel trail, and forest hiking trail, including steep sections. The return walk is on paved trail.

**Adaptations:** For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged from Our Chalet to the grillplatz. The return walk is on paved trail and is wheelchair accessible.








## 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 six evening programmes. Each of these lasts approximately 1.5 hours and gives participants more opportunities to learn new skills and develop friendships.



# ACCOMMODATION



## Important information about accommodation:

- For this event there are the options of fully catered, indoor accommodation, self-catered camping accommodation, or catered camping accommodation.
- Our Chalet is open to guests of all genders. We are not able to guarantee single-gender hallways or buildings.
- For groups, rooms 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 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.
- For fire safety reasons it is not possible to add extra beds or mattresses to any of our rooms.
- For full details of wheelchair accessibility please e-mail [info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org)

	Indoor	Camping Catered	Camping Self Catered
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
Access to laundry facilities*	✓	✓	✓
Event price (CHF) per person	753	633	429

\*At extra cost







**Cost for indoor package is CHF 753.** This includes seven nights of accommodation, luggage transfers on arrival/departure, 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.

For details of wheelchair accessibility in our indoor accommodation please e-mail [info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org). As a broad overview, accommodation suitable for manual wheelchair users is available in Spycher House. Users of powered wheelchairs or mobility scooters who can transfer to a manual chair without the use of a hoist can also access this accommodation.





**Cost for camping package is CHF 429 per child for self-catered and CHF 633 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.







All meals from dinner on arrival day to packed lunch on departure day are included in the event package cost for the indoor accommodation and camping catered packages.

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 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 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.



We look forward to welcoming you to your home in the Swiss Alps!

