

WALKING WEEK 2024





Please read through this information pack for full details of the Walking Week 2024 before making your booking. **Please note the programme in this event differs from the Hiking Week 2024 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 7 - 14 September 2024 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 756	CHF 728
Camping fully catered	CHF 560	CHF 532
Camping self-catered	CHF 266	CHF 238
Squirrel House self-catered	CHF 259*	CHF 231*
Baby Chalet self-catered	CHF 427*	CHF 399*

*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.

Children under 12 with hill walking experience may be able to join this event with a parent/guardian. Please e-mail programme@ourchalet.waggs.org to discuss this prior to 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.



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. NOTE: The walks are listed in no particular order.

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 walks are listed here in no particular order, you will be given a schedule for the week on arrival at Our Chalet.
- Walks go ahead in most weather conditions, including rain and heat. 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.

What is a walk?

The walks in this programme take place on trails in the mountains. These are not strolls around the park! While no specialist equipment is required and anyone with a reasonable level of fitness and stamina can complete these walks, we find participants enjoy Walking Week more when they understand what to expect. Please read the descriptions carefully for what to expect in terms of distance and ascent/descent. Note that distances may vary slightly, for example due to trail conditions or small detours to look at interesting features.





TSCHENTEN SUNRISE HIKE

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

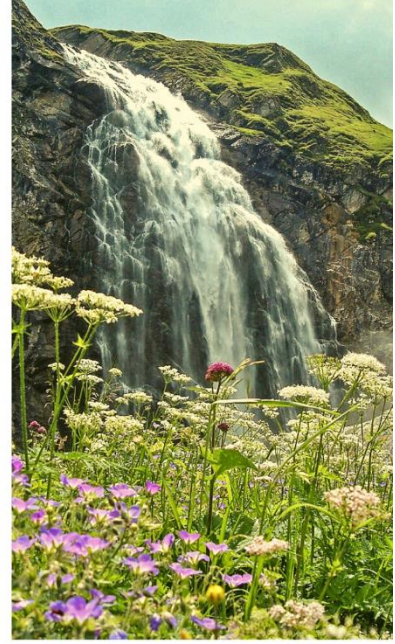
Getting to the peak before daylight you watch the sunrise and eat your packed breakfast before making your way back to Our Chalet. The return walk in the daylight gives you a chance to see all the alpine flora hidden when you walked up the dark. Plus there's time to stop in the village for a hot chocolate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

Practical information:

Walking: Approx. 17km with 1038m (3,405ft) of ascent and 1038m (3,405ft) of descent.

This uphill walk takes place in the dark.





ELSIGEN HIGH ROAD AND WATERFALL

We will start the walk by taking the high road to Engstligen, a steep steady climb from Our Chalet. Panoramic views of the village, valley floor, and surrounding mountains accompany us on our climb, before the trail levels out and we catch our first glimpse of Engstligenfalls.

This is the second highest waterfall in Switzerland and our trail eventually brings us to the base of this impressive local landmark.

After a stop for our picnic lunch we return to Our Chalet following a riverside trail.

Practical information:

Walking: 11.2km with 545m (1,788ft) of ascent and 545m (1,788ft) of descent.





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 small family-run 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.

For those who would like to walk further we can continue the riverside trail for an additional loop of 5 or 8km rather than spend time in Frutigen.

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.





Join participants in our Hiking Week event to walk up to Elsigenalp, where both 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 hiking to Elsighorn. The 2,340m peak offers spectacular views over Lakes Thun and Brienz 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 on the peak hike must have hiking boots with ankle support.





SILLEREN WALK

We start with a 20 minute cable car ride up to Silleren where we follow the flower trail to Hahnenmoospass. Here there is a chance to enjoy the views with a drink in the restaurant before continuing around to Luegli for views across Adelboden and Lenk valleys.

From here, we'll climb a little higher to Bummerepass, with an optional ascent to the peak of Rageboldshore for lunch. Afterwards, we'll descend into the Bütschi valley, famous locally as the home of Vogellisi – a young women who, according to legend, collected herbs here to make medicines with birds as her only friends. Leaving the valley, we head up to walk along the Tronegrat before descending by chair lift and cable car to finish the walk.

Practical information:

Our Chalet to Oey cable car station: 1.58km with 107m (351ft) descent + same return uphill.

Main walk: Approx 11 km with 553m (1814ft) ascent + 643m (2,109ft) descent.

Optional Rageboldshore peak: Additional 1km with 139m (456ft) ascent and descent.




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.



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](#).





Our indoor accommodation package 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.

Additional self-catered indoor options are available in Squirrel House (minimum 10 people) and Baby Chalet (2-3 people).





NOTE: We offer both catered and self-catered camping packages. 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 available at an additional 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.

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.



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

