

2025



international  
friendship  
week



Please read through this information pack for full details of the International Friendship Week event. This event is focussed on excursion days; if you prefer to hike you may wish to consider our Hiking or Walking Week events.

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).

**This event takes place 19<sup>th</sup> September – 27<sup>th</sup> September 2025 and is open to individuals and groups of all genders age 18+. Participants are not required to be members of Guiding/Scouting.**

Accommodation	Package Price
Main Chalet or Spycher House catered	CHF 1,496
Camping catered, own tent	CHF 1,160
Camping self-catered, own tent	CHF 824
Squirrel House (groups of 8 – 16 people)	Contact us for pricing

Tent hire is available at an additional cost. See camping pages for details.

**Scholarships:** We have scholarships available for women aged over 60 with 20+ years involvement in Guiding/Scouting. For this event these scholarships can be used to cover the accommodation portion of the package cost. You can find details of the scholarship [here](#).

Scholarships may also be available for younger women who would not otherwise be able to take part in an event at Our Chalet. Please see our [scholarships page](#) for more information.

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





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.

**Important information about programme:**

- Individuals and/or group leaders are responsible for first aid for themselves/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.
- Participants are responsible for any costs associated with additional transport, e.g. taxis in lieu of walking.

**Who is this event for?**

- Anyone age 18+ who wants to explore Switzerland with an exciting programme that doesn't require a high level of physical fitness. You should also be excited to meet and mix with other people from around the world!
- Groups, families, and individuals are all welcome. This event is perfect for an inter-generational trip! We do not recommend this event for groups of more than 15 people as part of the experience is mixing with other participants.
- If you are keen for a physical challenge this may not be the event for you! We recommend looking at our Walking Week, Hiking Week, and Autumn in the Alps events for other autumn events that offer more physical activity.

**Participants with disabilities and older participants:**

- 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, sensory impairments, and/or neurodiversity. **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.**
- 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 assistant/carer with them. Please contact us to discuss options for carer places on this event.
- This is a busy and active event, in order to get the most out of your visit to Our Chalet we recommend you read all the activity descriptions and decide if this event is right for you. Programme days often run from 9am to 6pm and are action packed all day!
- **For more details please read the information on the last two pages of this pack carefully.**

**If this event isn't right for your group**, no problem! Outside of school holidays we can build bespoke programmes tailored to your needs for groups of 10+. Contact us at [programme@ourchalet.waggs.org](mailto:programme@ourchalet.waggs.org) to find out more.



## LAKE THUN, INTERLAKEN & LAKE BRIENZ

Cruise on the clear waters of the 17.5km long Lake Thun from Spiez to Interlaken, taking in the mountains and villages dotted along the shore.

Once in Interlaken you explore the beautiful turquoise waters of Lake Brienz by kayak, on a guided kayak tour of the lake. There are many different types of kayaks available to suit all shapes, sizes, and abilities. We provide suitable outer layers to keep you warm.

This day is guided by Our Chalet staff. The kayaking session is run by fully qualified, English-speaking instructors. All participants must wear a buoyancy aid, non-swimmers are required to wear a life jacket.

### **Practical information:**

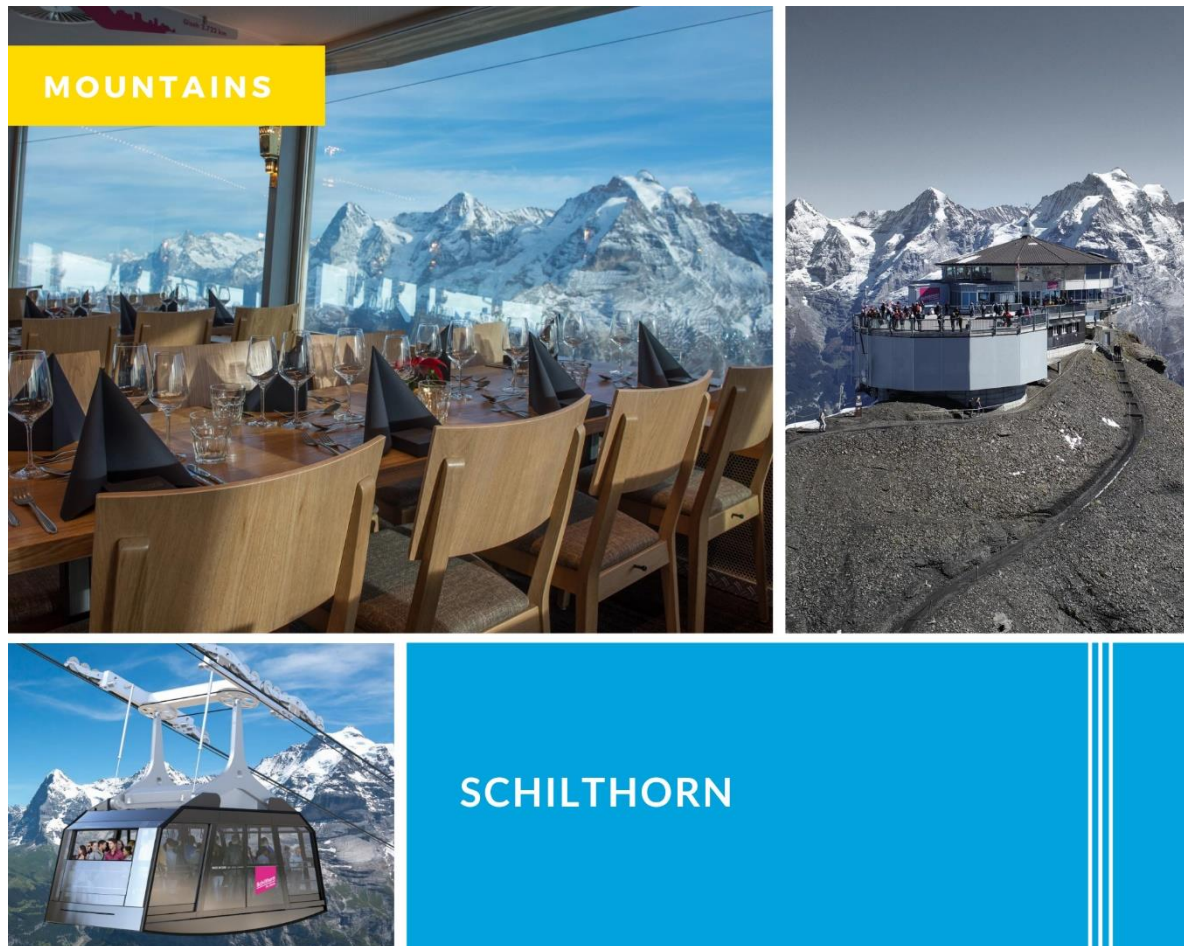
Coach journey time approx. one hour each way.

Boat cruise time: 1 hour 20 minutes.

Special considerations: Kayaking takes place in all weathers, except lightning and very high wind.

**Access info:** Adaptive kayaking is possible for a range of abilities using specialised equipment and transfer boards are available. The cruise boat is wheelchair accessible, however, not all boats have a wheelchair accessible toilet. There is a wheelchair accessible toilet at the boarding and disembarkation points. The nearest wheelchair accessible toilet to the kayak school is 300m away.

There are seats on the boat. Staff are able to help participants in and out of kayaks.



Take three different cable cars up to Birg where you can put your head for heights to the test to take part in the (optional) Skyline Walk or Thrill Walk. For those who prefer their mountain views to be a tad less thrilling there is time to sit and enjoy the panoramic views.

After this we will head up the last cable car to just under 3,000m high where on a clear day you can see the famous mountains of the Eiger, the Mönch and the Jungfrau. It is also a film location for the James Bond movie "Her Majesties Secret Service".

There's time to look around at the James Bond themed paraphernalia or take in the views before lunch in the 360-degree revolving restaurant. On our cable car descent we stop at the car free town of Mürren before continuing down back to the coach.

**Practical information:**

Coach journey time approx. 1hrs30 each way.

Cable car journey: approx. 30 mins travel time total. We break this journey with stops.

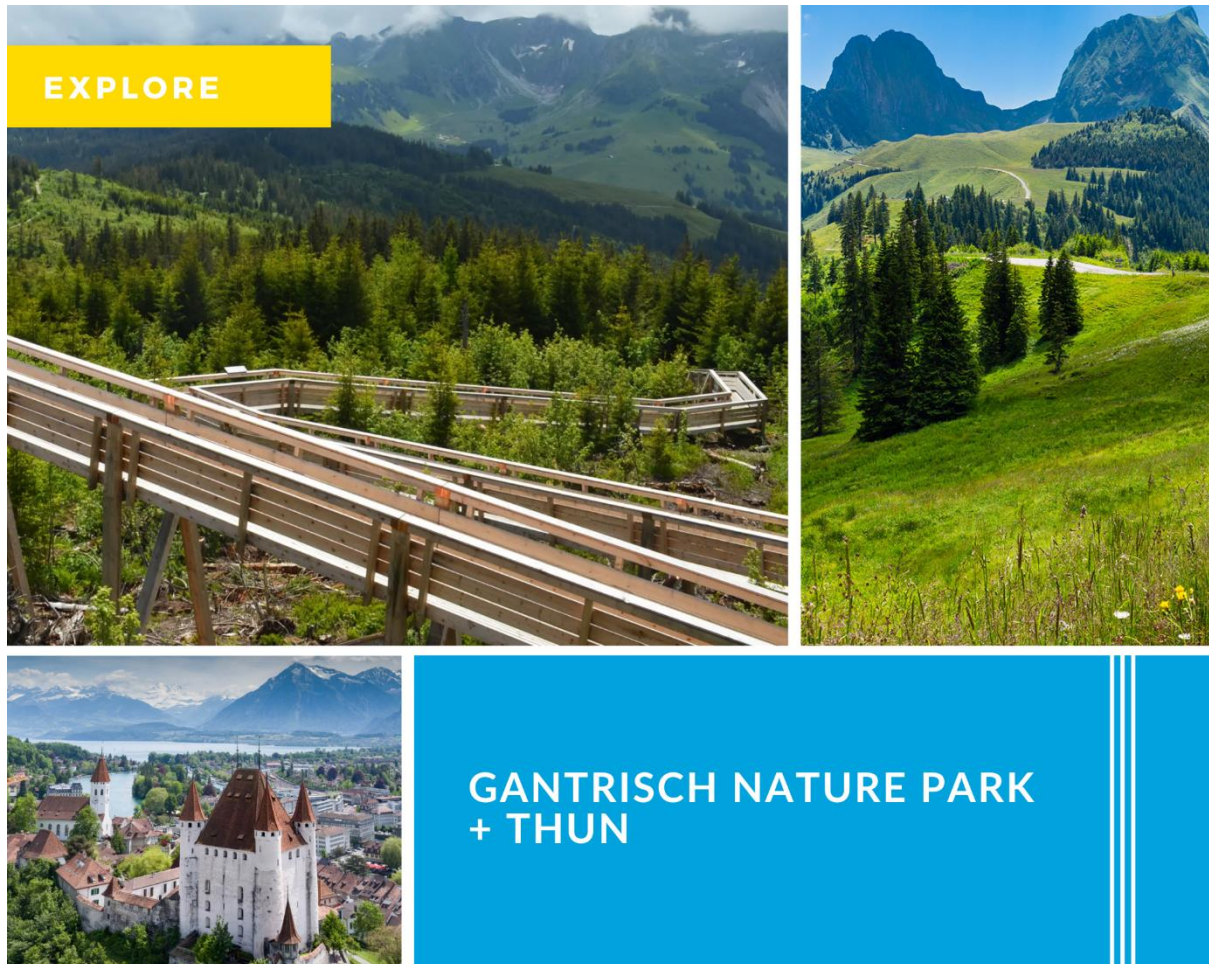
**Access info:** The cable cars have step-free access. It can be very busy in the cable cars. There is no seating in the cable cars. The observation decks and restaurant and James Bond museum area are all wheelchair accessible. There are wheelchair accessible toilets. Depending on the weather it can be very cold in the outdoor areas. The restaurant can accommodate vegetarian diets. Other dietary requirements or allergies may not be able to be accommodated, please ask us in advance.





Spend the day at Our Chalet learning about our Centre, WAGGGS, and our international team.

This is also a great day to relax on site between all the busy excursions! If you choose to work towards your Our Chalet Challenge badge, there is also time to tick off some of the activities needed to earn this.



Complete a circular hike that leads over the Gägersteg (a wooden walkway), which is up to 8 meters high. The wooden viewing platform at Gäger is a walkable sculpture. The change in direction and different heights allow for a variety of views of the forest, flora and fauna, as well as the panoramic mountain views.

We will then head into the town of Thun, on the edge of Lake Thun. Where we will visit Thun Panorama, this is the oldest cyclorama (circular painting) in the world. It shows the daily life of Thun 200 years ago, with its countless stories it is a picture puzzle for everyone. There will then be free time to explore Thun and its wooden bridges and many souvenir shops.

**Practical information:**

Coach journey time from Our Chalet to Gägersteg is approx. 1h 20, Gägersteg to Thun approx. 45 minutes and Thun to Our Chalet approx. 1 hour.

Walk around Gägersteg is approx. two hour with stops. 2.9km slight up and down.

**Access:** The wooden viewing walkway is step-free. It has some steep inclines. There is no seating on the wooden walkway. There are toilets at the start/end point of the walk.

Thun Panorama is partially wheelchair accessible. There is a wheelchair accessible toilet. Access to the main viewing platform for the painting is via steps only.

Thun town is mainly flat, however, there is one cobbled street and some narrow bridges. There are free public toilets, including wheelchair accessible toilet, in the town centre.





## EMMENTAL CHEESE VILLAGE + BERN PARLIAMENT

What better way to get a feel for Swiss culture than trying the local food? Switzerland is famous for its cheese and this excursion lets you learn all about the famous holes of Emmentaler by following the interactive King's Way trail through the Emmentaler cheese village. Of course, there's an opportunity to do a little tasting too!

Once you have learnt all about Emmentaler Cheese, we will head into Switzerland's capital city of Bern, where we will have a tour of Swiss parliament before exploring some of Bern's famous landmarks such as the Bear Park and Zytglogge Tower.

### **Practical information:**

Coach journey time from Our Chalet to Emmental is approx. 1h 30, Emmental to Bern approx. 45 minutes and Bern to Our Chalet approx. 1 hr 15.

**Note: We can only visit Parliament when it is not in session.** We are not able to guarantee the visit as session dates can change on short notice.

**Access:** The Emmentaler cheese village is wheelchair accessible. There is a wheelchair accessible toilet. The interactive King's Way is step-free. The King's Way takes approx. 25 mins. There is no seating until the last 5 mins. Guests are welcome to use walkers/walking frames with seats or bring their own foldable chair. The interactive King's Way uses flashing lights. Emmentaler cheese is naturally lactose free, allergies/dietary requirements cannot be accommodated in the cheese tasting.

Bern Parliament is wheelchair accessible and has a wheelchair accessible toilet. The tour lasts approx. 60 mins and there is no seating. Guests are welcome to bring walkers/walking frames with seats or their own small foldable chair. A brief description of Parliament and maps of Bern are available in Braille. The old town of Bern has many cobbled streets, wheelchair users and those using walkers/walking frames may prefer to use public buses or trams (step-free access) to get around.





## ENGSTLIGENALP + ADELBODEN VILLAGE

Spend the day exploring Our Chalet's local area with half a day at the Engstligenalp and half a day in Adelboden village.

Ride the cable car up to the alp where you can see the cows who climbed 600m up a narrow hiking path to get here! Take in the views with a drink (not included) on the mountain hut terrace, or for the more energetic join the short, steep walk to view the upper Engstligenfalls.

The other half of the day gives you time to explore the small village of Adelboden, purchase some souvenirs, enjoy a treat from a locally owned café (or gelateria!), or get competitive and complete our scavenger hunt!

**Practical information:**

We take the public bus to the cable car station, between the cable car station and the village, and back to the nearest stop to Our Chalet. The walk from Our Chalet to the bus stop is approx. 1km with a very steep hill. Walking time is around 20 mins down and 30 mins up.

**NOTE: We are not able to guarantee the presence of cows on the alp.** Depending on the weather conditions, the cows may have already descended for winter.

**Access:** Transport can be provided from Our Chalet to the bus stop. The cable car is wheelchair accessible. There is one seat in the cable car. The cable car may be crowded. The journey is approx. 7 mins. There are wheelchair accessible toilets at the valley station and in the restaurant on the alp. Walking tracks on the alp are wide and mostly flat with a packed gravel surface, however, there is one short very steep section, which cannot be avoided. The optional hike to the upper falls is on uneven, steep mountain hiking trail.

The public buses are wheelchair accessible. Buses may be crowded. There are free public toilets, including a wheelchair accessible toilet, in the village.

## Free Day

Free Day is your opportunity to organise your own activity for yourself/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 visiting one of the wellness spas, or maybe there is a destination further afield you don't want to miss. [MySwitzerland](#) has lots of ideas to help you organise your own activity on this day.

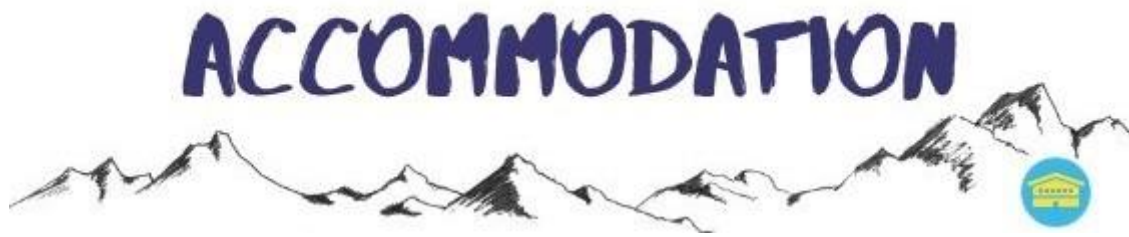


## Pinning Ceremony, Tour, & Evening Programmes

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





## Important information about accommodation:

- For this event indoor accommodation is only available fully catered.
- 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.wagggs.org](mailto:info@ourchalet.wagggs.org)

## Camping:

- Camping is available as either fully catered or self-catered. We do not offer a partly catered option. Please be prepared that the camp kitchen may be shared with other campers.
- It is not permitted to park any vehicles on our campsite. Only tent camping is allowed. Car parking is available a three minute walk from the campsite by our main buildings.
- Tent hire is available for an extra fee. Tents must be reserved in advance. Inflatable mattresses are included in the tent hire. Sleeping bags and pillows cannot be hired and you must bring your own.
- Campers must be prepared to sleep in their tents for the entirety of their stay in all weather conditions. Temperatures in the Swiss Alps can get down to 5C at night, even in summer. For this event we are very unlikely to have indoor accommodation available, even if you wish to pay to move inside!



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.waggggs.org](mailto:info@ourchalet.waggggs.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.

We recommend that guests with restricted mobility stay in Spycher House as showers and bedrooms are on the same floor in this building. In Main Chalet there are two flights of stairs from the bedrooms to the showers. Please let us know at time of booking.





**NOTE: We offer both catered and self-catered camping packages.** The self-catered package includes eight 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. Please be aware that this is shared by all campers. Equipment for outdoor cooking is also available.

Toilets and showers are available in Camp House. The upstairs of Camp House can be used for storing extra luggage. 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 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.



## Additional Access Information

All participants must be able to follow instructions given in English and are responsible for their own safety at all times. Participants who cannot reliably keep themselves safe must attend with a fellow participant who can assist them. Please contact us to ask about carer places on this event.

### Opting out of an activity:

- All programme is optional and you are welcome to opt out of any day or evening programme. All we ask is that you let us know so we don't think we've lost someone!
- **We are not able to give refunds for activities you opt out of or miss.** This is because International Friendship Week is sold as a package price and our activities have to be pre-booked at a group rate.

### Participants with restricted mobility:

- For guests who do not use their own wheelchair, please note the following:
  - Guests should be able to comfortably walk at least 200m at a reasonable pace. This can be unaided or using equipment such as a walker/walking frame or walking sticks.
  - Guests must be able to get on and off a coach without assistance.
  - For activities with additional walking, guests must either be able to walk the required distances or be willing to occupy themselves while the rest of the group does the activity. We do our best to ensure there is a cafe or restaurant where guests can wait, however, guests are responsible for any costs associated with this (for example purchasing a drink). We are not able to offer alternative activities.
  - Our Chalet is not able to provide wheelchairs or any other mobility aids.
  - Our Chalet is only able to provide transport for guests during programme activities. During free time (e.g. free day, evenings, or if choosing to opt out of an activity) guests are responsible for all their own transport.
- For guests who use their own wheelchair:
  - We are able to book wheelchair accessible transport, however, there is a limit to the number of wheelchairs our transport provider can accommodate so you **must inform us at the time of booking.**
  - Guests must be able to self-propel or travel with someone who is willing and able to push them. Staff are not able to push guests.
  - Most activities are suitable for manual wheelchair users and those with lighter powered wheelchairs designed for travel (see notes in activity descriptions). However, the Our Chalet site and many activities have limited access for larger powered wheelchairs or mobility scooters. **Please contact us for more detail before booking if you use a powered wheelchair or scooter.**

- Guests must be able to self-transfer, or travel with someone who can assist them to transfer. Our Chalet does not have a hoist, there are no toilets with hoist tracks at the locations we visit.

#### **Neurodiverse participants:**

- Our dining hall can get busy, hot, and loud. We can arrange for you to eat in a separate space, if you let us know of this need in advance.
- Some activities involve flashing lights and loud noises (see activity descriptions). You are welcome to wear headphones or opt out of any activity, just let us know.
- Our staff are happy to provide additional information about any of the activities and talk through each day plan with you in advance. However, please note that plans can change on short notice due to weather, traffic, or other unexpected circumstances.
- Transport takes place on coaches with up to 50 people on one vehicle. We often need to fill all seats so it is not possible to guarantee an extra or empty seat. All participants are required to wear a seatbelt on the coach. We do not play music on the coach, we do give commentary.
- We are happy to provide instructions and information in writing (English only).

#### **Participants with sensory impairments:**

- Hearing loops are available at many attractions. We do not have a hearing loop at Our Chalet.
- We are happy to provide instructions and information in writing (English only).
- For visually impaired participants our staff are happy to provide additional commentary and information during activities.
- Staff are not able to provide 1:1 support, including guiding visually impaired participants.



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

