

2026

# 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 18-26<sup>th</sup> September 2026 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 1,602
Camping catered, own tent	CHF 1,254
Camping self-catered, own tent	CHF 918
Squirrel House (group 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](#).

**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.



## SWISS CULTURE



## BALLENBERG OPEN AIR MUSEUM

Spend the day exploring Ballenberg open air museum and learn about Swiss culture and history through interactive exhibits. Ballenberg covers 66 hectares with over 100 rural houses and farm buildings from all over Switzerland for you to explore.

While you wander the museum landscape you can see farm animals, demonstrations of traditional tools and crafts, and even try your hand at some activities from butter making to a game with old fashioned toys! Of course, there are also plenty of cafes and restaurants to try some Swiss treats (extra cost).

### ***Practical information:***

***Travel:*** Private coach, journey time approx. one hour each way. Pick up and drop off 3 min walk from Our Chalet. The coach will drop off at one entrance to the museum and pick up from the other entrance, meaning you do not need to walk back across the museum.

***Access:*** Ballenberg is spread across a large area with mainly gravel, and some dirt, paths. Some building can only be entered via steps and there are some steep slopes around the site. There are places to sit throughout the site. An access map with recommended routes for wheelchair users is available on request.

*All terrain powered wheelchairs are available to rent at extra cost and subject to availability. If you wish to rent one, we strongly advise you to let us know at time of booking so we can reserve one for you in good time.*

*A small land train runs the length of the museum. Rides are included with entry, those with reduced mobility have priority to ride. On some days train times are very limited.*

***Toilets:*** There are many toilets around the museum site, including four wheelchair accessible toilets (no key required). Please note, there are no toilets on the coach.





Visit Mount Rigi, “The Queen of the Mountains”. Ride the cogwheel train to the top where you can enjoy panoramic views of the surrounding lakes and mountains.

An optional walk allows you to stretch your legs while you enjoy the views, before we continue our loop around the mountain with another cogwheel train journey and a cable car ride down to the lake. We then finish our panoramic tour with a boat ride on the lake.

***Practical information:***

***Travel:*** Private coach, journey time approx. 2.25 hours each way. Pick up and drop off 3 min walk from Our Chalet.

***Access:*** The train and cable car are wheelchair accessible. The boat is wheelchair accessible, assistance may be needed to push over the arched ramp to board, boat staff are able to assist if needed. Very limited seating inside the cable car. Seating available on boat & train.

*The viewing area at the top of Mt Rigi is paved, the path to the viewing area is approx. 260m uphill. There are benches at the viewing area. The walking trail is wide and has a hard surface, it is steep in places and is uneven underfoot in some sections.*

*The boat, cable car, and train may be crowded especially in good weather.*

***Toilets:*** There are toilets, including wheelchair accessible toilets, at the valley and mountain stations of the train and cable car. Wheelchair accessible toilets may need a Eurokey to access. There are also toilets, including a wheelchair accessible toilet, on the boat. Please note: we cannot guarantee a toilet on the coach.



Spend the day at Our Chalet learning about our Centre, WAGGGS, and our international team. Our volunteer team will lead you in a series of challenges to complete in teams, a great chance to get to know and work with friends new and old. You will also have your pinning ceremony and tour on this day.

This day usually occurs on the first day of the event, to give participants a chance to settle in and get to know the Centre before the busy excursions begin.





## HARDER KULM AND LUNCH

Visit Interlaken's local mountain with great views of Interlaken and the mountains of Eiger, Mönch and Jungfrau. Ride a over 100-year-old funicular railway for the 10 minute journey up the mountain where you can discover the panoramic views from the Two Lakes Bridge, a viewing platform that stretches out above the forest.

Enjoy a typical Swiss lunch in the mountain restaurant before riding the funicular back down to Interlaken.

***Practical information:***

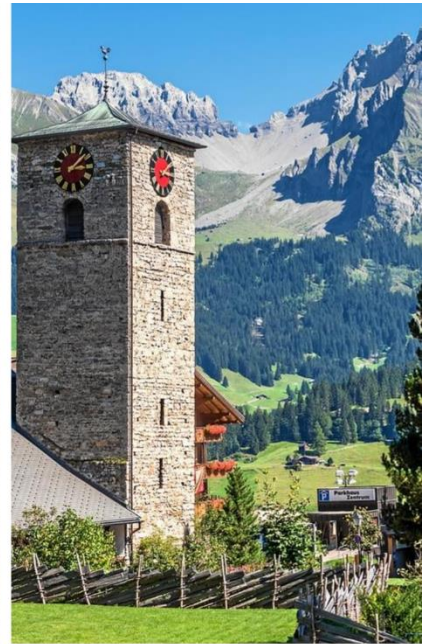
***Travel:*** Private coach, journey time approx. 1 hour each way. Pick up and drop off 3 min walk from Our Chalet.

***Access:*** The funicular train is wheelchair accessible. Boarding is via a separate entrance and must be booked in advance. The standard entrance has approx. 20 steps to reach the train.

*The viewing area and restaurant are wheelchair accessible. The viewing area does not have any seating.*

*The train can be crowded, there are seats for those that need to sit. The viewing area and restaurant can be busy, especially in good weather.*

***Toilets:*** There are no toilets at the valley station. Public toilets are located a 2 minute walk from the valley station. There are toilets, including wheelchair accessible, at the mountain restaurant. Please note: we cannot guarantee a toilet on the coach.



## ADELBODEN VILLAGE AND MUSEUM

Enjoy a slower paced day exploring Adelboden village and learning about it's history in the local museum. Whether you like to souvenir shop, enjoy a locally made treat in one of the many cafes, or take a cable car ride up Adelboden's home mountain, Tschentenalp, to visit the giant swing, today you have free time to explore our beautiful local area.

***Practical information:***

*Walk and take the public bus in to the village. 1.2km steep downhill walk to the bus stop and same return at end of day. Walk from Adelboden village to the museum is approximately 300m steep downhill.*

***Note: museum entry is included in programme cost, all other activities (e.g. during free time) are at participant's own expense.***

***Access:*** The public bus is wheelchair accessible. Adelboden museum is located in an old church, there are steps to enter the building, inside space is limited and there is no seating available.

*The bus journey is approximately 5 minutes, it can be very crowded on the bus.*

***Toilets:*** Public toilets, including wheelchair accessible toilets, are located in the village. Public toilets, down a flight of stairs, are located at the bus stop.





## KAYAKING AND TRÜMMELBACH FALLS

Explore the beautiful turquoise waters of Lake Brienz by kayak, on a guided kayak tour of the glacier-fed 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.

The other half of the day is spent exploring Trummelbachfalls in Lauterbrunnen, the valley of 72 waterfalls!. Trummelbachfalls is the world's only glacier waterfalls accessible underground. They are Europe's largest subterranean waterfalls.

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:***

***Travel:*** Private coach, journey time approx. 1 hour each way to kayaking, 30 mins from kayaking to waterfalls. Pick up and drop off 3 min walk from Our Chalet.

***Access:*** Kayaking is accessible to all abilities, instructors have experience working with people with physical and learning disabilities, adaptive equipment can be provided. ***Note: kayaking is not possible for those with uncontrolled epilepsy (inc. absence seizures) or other medical conditions which may cause sudden unconsciousness.***

*Trummelbachfalls is accessed via a 150m paved path to the main entrance. A lift can be taken to view some of the falls. The main viewing areas are accessed by steps and paths which can be wet and slippery. There is no seating at the viewing areas. A café with seating is located by the car park. The falls are loud and there can be a queue to enter, especially in good weather.*

***Toilets:*** Toilets, including wheelchair accessible, are located at the kayak school. Toilets accessed via two steps are available at Trummelbachfalls.

## 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.

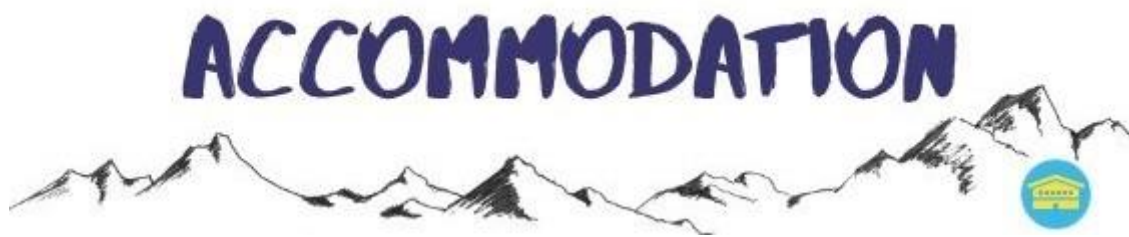


## Pinning Ceremony, Tour, & Evening Programmes

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! These activities will be part of the onsite day programming.

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. Evening programmes are led by our international volunteer team.





### 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.waggs.org](mailto:info@ourchalet.waggs.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 Catering Coordinator and a team of volunteers. 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 crowds 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!

