

# Hemel Hempstead District Scouts guide to activities at Kandersteg International Scout Centre



Kandersteg have now released their summer programme of activities for 2017.

Included in this guide are a range of activities, provided by Kandersteg, that we hope to be able to book.

At this stage we are asking for an indication of the activities you would like to take part in during our time in Kandersteg.

We are visiting Kandersteg at their busiest time of year. They will endeavour to give us as many of the activities that we would like to do as they can, however we have to be flexible to what they are able to timetable.

Once we have everyone's preferences we will be working with Kandersteg to come up with a programme. We will submit our firm requests on 1st March and expect to have a completed programme back from them at some point in May or June.

For each day there are options that are included in the price you have already paid. Kandersteg is a centre for extreme sports. We have also given the option of some more costly, once in a lifetime experiences, which you may be interested in for a supplement.

The sections in the booklet correlate with the sections on the online form. Activity requests will be accepted for the next month.

On **28th January the questionnaire will close** in order for us to begin discussions with Kandersteg. If you have any questions, please contact Helen Dyble-Bassett on [helenbassett@gmail.com](mailto:helenbassett@gmail.com)

## Section 2 - Water activities

We aim to give everyone the opportunity to take part in a watersport.

Please read through the options below in order to select which you would be interested in.

**Please check the age limit.**

### Aare river tubing (14+) Included

Float down the Aare river on rubber rings either as an unguided trip, with safety instruction prior to the trip, or fully guided. Enjoy the beautiful scenery from Thun, all the way to the city of Bern. Rafts, kayaks, SUP and more also available to rent unguided. Email for more info. **All participants must be competent swimmers. Adult supervision is needed, with maximum 5 scouts per adult leader.**

### Aare float trip (8+) Included

Float on Switzerland's longest river, the Aare, from the medieval city of Thun to Bern, the Swiss capital. A relaxing river journey where along the trip, the clear calm waters will invite you to jump in for a swim. Boats are captained by professional river guides.

### Simme river rafting (10+) Included

A favourite amongst Scouts and the perfect introduction to white water rafting. Ride fun filled class II-III rapids in the beautiful Simmental.

### Lutschine river rafting (14+) £10 supplement

The mighty Lutschine offers some of the best white water rafting in the Swiss Alps. Starting from below the Eiger north face, continuous class III - IV rapids surge down the mountains and out into the Lake of Brienz and Interlaken.

### Canyoning (12+) £10 supplement

Rappel, slide and jump down rocks and waterfalls into the white water filled Saxeten canyon. This canyon covers every aspect of the sport and makes a great introduction to canyoning.

### Advanced canyoning (14+) £38 supplement

Set in a majestic alpine environment on a mountain pass, the Grimsel trip starts with a breath-taking 50m abseil and continues with amazing jumps, ziplines and slides into crystal clear pools. The pale-coloured rock formations in this canyon add to the stunning mountain scenery. It is suitable for older Scouts looking for adventure!

### Ultimate canyoning (16+) £75 supplement

The best of the best, Chli Schliere takes canyoning to the ultimate level. This canyon has high rappels, big jumps, fast slides and is considered the best in the region. Chli Schliere is a physically demanding and technical canyon with a high fun factor. It is suitable for confident, athletic people who want to be challenged. Take the leap, as this will for sure be the highlight of your trip here!



## Section 3 - Climbing day

We aim to have a day set aside for climbing activities. For those who do not like climbing we are looking at swimming as an alternative activity.

Please consider the options carefully.

### Winteregg climbing workshop (10+) Included

The perfect activity for any group interested in learning the basics of rock climbing, or for intermediate climbers looking to get to the next level. Our guides take you straight up to Winteregg (1,908m) with the Sunnbüel cable car, meaning you can spend the whole day exploring the various climbing areas. The focus is learning in a challenging and fun environment. Cable car tickets are included in the price.



### Oeschinensee cross trail (10+) £30 supplement

Kandersteg have advised this isn't climbing but more travelling and traversing along narrow paths.



This adventurous trail leads you up around the UNESCO World Heritage lake Oeschinensee, traversing high up in the mountains above the lake. Led by a qualified mountain guide, the trail is similar to a via ferrata, allowing you to safely navigate the narrow and dramatic alpine paths, and soak up breathtaking views. The price of the trail includes guide and all equipment but not gondola tickets. A good level of fitness is required.

### Allmenalp (16+) £90 supplement - Kandersteg have advised that this is quite challenging

Kandersteg has one of the best via ferrata climbs in the region, following ladders, wire bridges and more along the spectacular Allmenalp waterfall. Price includes equipment, Mountain Guide and cable car. Participants must be confident with heights!



### Swimming at Brigerbad -£5 supplement

The perfect place to relax and enjoy spectacular mountain views. These are the biggest open air pools in the Alps with plenty of fun: a 182m slide, hot indoor and outdoor pools, an olympic length pool, lazy river and more. For an extra cost, adults can enter the Spa, relax in saunas, steam rooms and the thermal cave. Make it a full day by hiking there and ask Reception for details of the South Ramp hiking trail! **Not suitable for coaches.**





## Section 3 - Adelboden day

We will visit the neighbouring village of Adelboden. Here there are a few activities on offer, as well as time to explore the area.

### Adelboden trotti bikes - Included

Spend the day zooming around the mountains above Adelboden on Trotti Bikes - scooters equipped with mountain bike brakes and tyres. The ski lift network takes care of the uphill so you can enjoy the downhill! There is a full range of trails to suit all abilities and ages. **Return bus to Adelboden, lift pass, trotti bike rental and CHF 20.- voucher for lunch at the Silleren mountain restaurant are included in the price.**

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### Adelboden via ferrata (12+) £25 supplement

This more gentle via ferrata in Adelboden is the perfect introduction to via ferratas in a spectacular setting. Price includes safety equipment and instruction from a Swiss Mountain Guide.



### Adelboden Adventure park (12+) Included or add £18 for bridge swing

Swing through the air like Tarzan, feel the adrenaline rush as you race through the air on 1,500m of zip wire high above the river and lose touch with solid ground as you negotiate the rope bridge. Adrenaline junkies can add on a spectacular bridge swing for CHF 20.-. **See also bus tickets » page 49.**



### Adelboden adventure combo (12+) £35 supplement

For a full day of adventure in Adelboden, combine the Adventure Park with the Chäligang Via Ferrata. A great way to spend a full day in Adelboden. **See also bus tickets » page 49.**

## Section 5 - Onsite activities









In this section you will find a range of Eco and Friendship based workshops that are provided by Kandersteg. These form part of the requirements for the Kandersteg badge work scheme. Please have a look to see which interest you most. We will also be taking part in an action packed onsite and evening programme, including things such as swimming, International campfire, International come dine with me, International sports afternoon and campsite service. There's always something going on onsite at Kandersteg!

### Nature Explorers

 All Ages	 4-15
 Half day	   
	 CHF 1.-









Get ready to explore! This half day guided workshop is a great way for younger Scouts to discover Swiss wildlife using tracking signs, learning about edible plants, and uncovering surprising connections in the natural world.

### Astronomy

 All ages	 None
 1 hour	   
	 FREE









City lights often hide the stars from us; let clear nights and alpine heights open up the magical world of the stars. You can collect an information leaflet at Reception, to be your guide of the night sky.

### Leave no Trace™ Trail

 All ages	 None
 1-2 hours	   
	 FREE









Take this self-guided trail and learn how you reduce your impact on the nature through the 7 Leave no Trace™ principles. This activity is also recommended as an introduction to the Campsite area.

### Bat Watch

 All ages	 None
 1 hour	   
	 FREE






Explore the hidden nightlife of Kandersteg's flying mammals. Collect an information leaflet and bat watching equipment from Reception and observe these fascinating animals all around the village.

### Eco-I-Spy

 All ages	 None
 1 hour	   
	 FREE

Glaciers, flowers, animals, mountain peaks. Keep your eyes open, spot them all and become the champion at Eco-I-Spy! Collect an I-Spy booklet from Reception at the beginning of your stay.

### Green Chalet Trail

 All ages	 None
 1 hour	   
	 FREE

Take an unguided tour around the Chalet and learn what we do to limit our impact on the environment. Information points will quiz you on your knowledge of global environmental issues and surprise you with fascinating and disturbing facts.

## Messengers of Peace Workshop

+10 years		4-20
2 hours		CHF 1.-

Learn about the Messengers of Peace initiative with interactive activities based around the Chalet and Campsite. This World Scout programme can empower your Scouts, and help them with planning a project to do when you're home.

## BP's Scouting Workshop

All ages		4-20
1 hour		CHF 1.-

Learn about Baden-Powell's bestselling book "Scouting for Boys" and experience Scouting from over 100 years ago. Also try Scouting activities and games from a time when Scouting was a newly started organisation.

## Evolving Alps Hike

+10 years		4-15
Half day		CHF 2.-

This fascinating guided hike to the beautiful Gastern valley is a perfect introduction to the Alps for Scouts. Leaving the end of the Kander valley, you will venture into the Gastertal, a wide expansive glacial valley. You will spend half a day discovering how this breathtaking scenery was formed by giant continents crashing together and by the mighty Kanderfirn - one of the largest glaciers in Europe.

**Don't forget to bring your hiking gear - see page 14 for kit list.**

## Alternative Energy Workshop

All Ages		4-15
2 hours		CHF 1.-

How will our world survive without fossil fuels? Explore the different types of renewable energy through creative challenges in this guided interactive workshop.

## Juicinator

All Ages		4-12
1 hour		CHF 3.-

Make a delicious, nutritious smoothy using our unique pedal-powered juicing machine. Learn about sustainable, seasonal food sources and renewable energy in this hands-on workshop.

## World Scout Workshop

All ages		4-20
1 hour		CHF 1.-

Learn more about Scouting, KISC and Switzerland through a giant interactive board game. Be ready to run for the answers!

## International Friendship Trail

All ages		None
2 hours		FREE

Follow our interactive trail around the Campsite. Visit all 6 World Scout regions on the Campsite, learn about international Scouting and make new friends along the way.

## Goose Game

All ages		None
2 hours		FREE

Together with some friends, play games from several different Scout Centres within the Goose Network. This is a great opportunity to get to know games from different countries and cultures.

## Backwoods Workshop

All Ages		4-15
Half day		CHF 2.-

Test your Scouting skills and learn new techniques for surviving in the wilderness. This back to basics workshop is the perfect introduction to firemaking, shelter building and how to survive outdoors.

## Solar Workshop

All Ages		4-12
2 hours		CHF 3.-

In this workshop we introduce the secret powers of the sun. Make popcorn, art, listen to music, power a car and much more - all with the sun as the only source of energy. All participants receive the Scout Solar badge.