



# Winter Walking Week

2023



Please read through this information pack for full details of the Winter Walking Week package before making a booking enquiry. Please pay particular attention to the descriptions of the programme activities, if you have any questions as to whether or not the activities are suitable for you please e-mail [programme@ourchalet.waggs.org](mailto:programme@ourchalet.waggs.org).

**Winter Walking Week is open to all (e.g. participants do NOT need to be Guides or Scouts to take part).** The minimum recommended age is 14 years. Younger children may be able to take part, if they have significant previous hiking experience and depending on their size (for snowshoes).

If you would like book places for children under age 14 please e-mail [programme@ourchalet.waggs.org](mailto:programme@ourchalet.waggs.org) prior to booking to discuss options.

All under 18s must be accompanied by a parent/guardian or group leader age 18+, who must take part in activities with the youth participants they are supervising.

**This event takes place 5-11 March 2023 and the package price includes accommodation, all meals from dinner on arrival day to packed lunch on departure day, four or five day programmes and four or five evening programmes.**

Package option	Adults and youth age 16+	Youth age 14+15 (under 14 by agreement)
With Sledding Day (Five Programmes)	CHF 633	CHF 573
Without Sledding Day (Four Programmes)	CHF 570	CHF 525

**IMPORTANT:** participants must have warm, waterproof hiking boots or snow boots designed for active use (not fashion winter boots). Participants without appropriate footwear will not be permitted to join the hikes. Our Chalet staff may refuse to allow any person to participate in a hike if they do not believe that person can complete the hike safely, for any reason.

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).



## Important information about programme:

- Leaders or parents/guardians must accompany any participant under age 16 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. We encourage participants to consider purchasing a patronage of REGA (Swiss Air Ambulance). More information can be found [here](#).
- Participants are responsible for any costs associated with additional transport, e.g. taxis in lieu of walking.
- The programmes are listed here in no particular order, you will be given a schedule for the week on arrival at Our Chalet. Our Chalet will do its best to provide the programme listed in this Info Pack; however, in some circumstances (lack of snow, supplier availability, etc.) it may be necessary to substitute similar activities.

## Opting out:

All programme is optional, however, please note Winter Walking Week is a package event and refunds cannot be given for any programme activity that a participant chooses not to take part in. **Activities go ahead in all weathers.**

## This event is NOT suitable for:

- Those with a severe phobia of heights.
- Those with a low level of physical fitness and those with no or very little experience of hiking (in any season).
- Those who are not able to carry a backpack. All participants must carry their own equipment, including first aid kit, extra layers, food, and water.
- Those who have a medical condition which does not allow them to safely experience altitudes of up to 2,350m (7,710ft) or to be outside for extended periods of time in temperatures down to -10C (14F).

## Participants with disabilities and health conditions

Our Chalet welcomes individuals of all abilities and offers a range of programmes with a variety of activities. For Winter Walking Week participants must be socially and emotionally capable of taking part in a busy and physically challenging event aimed at those age 14+.

The activities in this event are described further on in the Info Pack. While many of our events can be adapted for participants with a range of physical abilities, Winter Walking Week is a physically challenging programme with limited scope for adaptation. **Participants need to be capable of hiking on snow at altitudes of up to 2,341m (7,680ft).**

If you are unsure if any of the activities are suitable for you, or would like information about programmes that have more inclusive activities, please e-mail [programme@ourchalet.waggs.org](mailto:programme@ourchalet.waggs.org) prior to booking.





Learn about an Adelboden fairy tale on the groomed snow trail of the Vogellisiberg, then experience the quieter side of the valley as we descend through the woods to Aebi. We start out with the walk down to Our Chalet's nearest bus stop. Then use the bus to get to our snow trail starting point.

From there we follow a groomed snow trail steadily uphill past six themed stops on the way. Once we reach Sillerenbuehl there's time to stop for a hot drink in the restaurant and admire the views before we begin our descent on groomed snow to Aebi.

From Aebi we leave the snow trail and follow the small mountain road over a frozen river and past quiet farmhouses until we reach the bus stop. From here a bus takes us back to the village and then to Our Chalet's nearest bus stop. We finish the day with the walk back up to Our Chalet.

#### Practical information:

**Winter Walk distance:** 7.2km (4.5 miles) with 303m ascent and 523m descent, including steep sections. Distance on groomed snow = 6km (3.5 miles). Remaining distance is on mountain road, which may have some snow on surface.

**Walk to/from public transport stop:** 1.2km (0.75 miles) steep downhill + same distance steep uphill on return.

**Note:** Walking on snow is harder work than walking on a hiking trail in other seasons. Distances may be shorter than you are used to but you may still find the walk challenging.





Visit one of Switzerland's most picturesque lakes, Oeschinensee above Kandersteg, to experience some true winter magic. We start out again with the walk down to Our Chalet's nearest bus stop, from where we travel around one hour to Kandersteg. Once in Kandersteg it's a short walk to the cable car, which brings us up to the start of the winter hiking trail.

Once on the trail, we'll start out passing the ski area before heading into the forest on the short walk to the lake. The trail is groomed snow all the way to the lake shore. Once at the lake we step out onto the frozen surface to follow the ice walk in a loop, keeping an eye out to see if people ice fishing are getting any bites! When we've complete the ice walk loop, we return to the cable car via another groomed snow trail.

We finish the day with the return gondola and bus journey and the walk back up to Our Chalet.

#### Practical information:

**Winter Walk distance:** 4km (2.5 miles) with 130m ascent and 130m descent, including short, steep sections. Entire distance on groomed snow.

**Ice Walk distance:** 3.5km (2 miles) flat walk on frozen lake.

**Walk to/from public transport stop:** 1.2km (0.75 miles) steep downhill + same distance steep uphill on return, and 0.75km (0.5 mile) each way flat.

**Note:** Walking on snow is harder work than walking on a hiking trail in other seasons. Distances may be shorter than you are used to but you may still find the walk challenging.





We'll start the day with a practice getting snowshoe on and off and demonstrating snowshoe technique at Our Chalet. Once everyone is comfortable we'll head off up the snow-covered fields to the upper section of Hohliebeweg where we'll be greeted with stunning views of the Adelboden and Boden valleys.

After a break for picnic lunch, we'll descend back down the other side of the loop trail to return to Our Chalet.

**Practical information:**

**Snowshoe distance:** 5.5km (3.5 miles) with 460m ascent and 460m descent, including long, steep sections both up and downhill.

**Good to know:** Snowshoes and poles are provided. Participants wear their own hiking boots or snow boots on the snowshoes. We strongly recommend waterproof boots for this activity. Gaiters can also be useful to prevent snow going inside your boots.

**Note:** Snowshoeing is much harder work than walking. Distances may be shorter than you are used to walking but you will likely find the snowshoe hikes challenging.

**Snow cover:** If there is not enough snow at Our Chalet, we will walk a short distance on road and start the snowshoe loop higher up.



## SNOWSHOE



## ELSIGHORN SNOWSHOE

Tackle a truly challenging snowshoe route with this hike up to the peak of Elsigen. We start out passing the ski area and almost immediately into a steep ascent. The climb keeps going and the panoramic view unfolding, until eventually we make it to the peak. Here the view is the reward, with the Bernese Oberland and its lakes and peaks stretching out below us.

We return the way we came, but this time we make a stop at a mountain hut to re-fuel with a warm drink, before returning to Our Chalet via cable car and bus.

### Practical information:

**Snowshoe distance:** 8km (5 miles) with 550m ascent and 550m descent, including long, steep sections both up and downhill.

**Good to know:** Snowshoes and poles are provided. Participants wear their own hiking boots or snow boots on the snowshoes. We strongly recommend waterproof boots for this activity. Gaiters can also be useful to prevent snow going inside your boots.

**Note:** Snowshoeing is much harder work than walking. Distances may be shorter than you are used to walking but you will likely find the snowshoe hikes challenging.





Time to hit the slopes! Just like skiing, sledding in Switzerland is a serious sport with sled runs of various difficulties and lengths. Our Chalet staff will teach you the basics on a 'baby slope' before taking you down your first blue (easy) run. Once you've got the hang of it you're free to explore the 10km+ of sled runs.

Don't worry, you won't ever need to drag your sled uphill – all the sled runs end at a chair lift to take you back to the start. After a picnic lunch, snow conditions permitting, we'll sled all the way down the mountain and catch the bus back into the village.

**Physical activity level:** moderate to high – participants need to use their legs/feet to brake and steer. This activity is not recommended for those with severe ankle or knee problems or those with brittle bones. The walk from Our Chalet to the gondola (cable car) is approximately 30 mins each way, including steep up and down hill sections.

**Good to know:** sturdy boots with ankle support are required to take part in this activity.

**THIS IS AN OPTIONAL PROGRAMME DAY** when you book your event package you can choose to include the sledding day or leave it out. If you do not book the sledding day then you will have one free day during the event, for which you need to plan your own activities.








## EVENING PROGRAMME

Winter Walking Week includes evening programmes run by our international staff. Evening programmes vary but may include campfire, leadership skills sessions, guided night hikes, games night, Swiss night, or international night.

Each evening programme lasts approximately 1.5 hours and gives participants extra opportunities to learn new skills and get to know other participants.



# ACCOMMODATION



Important information about accommodation:

- For this event, only fully catered indoor accommodation is available.
- 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.
- Rooms are not shared between groups, unless multiple groups request to share.
- 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)





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.





All meals from dinner on arrival day to packed lunch on departure day are included in the package cost.

The kitchen at Our Chalet is operated by the Catering Coordinator and a team of volunteer staff. We do our best to accommodate dietary requirements, but 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**

Guests make a packed lunch (sandwiches, fruit, snacks, etc.) each morning. We recommend guests bring a lunch box or bag to carry their lunch as we do not offer single-use sandwich bags.

### **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 diets**

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 person in your group.



We look forward to welcoming you to Our Chalet in 2023!



**OUR CHALET**  
WORLD ASSOCIATION  
OF GIRL GUIDES  
AND GIRL SCOUTS