



kandersteg
international scout centre



kanderactive
summer 2018




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welcome

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KISC - The World Scout Centre

Lord Baden-Powell believed the best way to achieve happiness was to bring happiness to others. He also believed that by exploring nature, working in the patrol system and learning by doing, young people would be able to develop themselves and become active citizens of the World. KISC is B-P's dream come to life. We live true to his beliefs and, through our programme, we encourage Scouts to develop and be agents of peace and positive change throughout the World. Welcome to the World Scout Centre!

Felipe Marquis (BR)
Director

Legend

Age limit	
Group size	
Activity duration	
Price	
Child price (15 and under)	
Adult price (16 and over)	
Departing from KISC	
Arrival back at KISC	
Day of the Week	
Externally Provided Activity	
Difficulty	Easy
	Medium
	Hard
Scout Section Recommendation	Cubs
	Scouts
	Explorers
	Rovers

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about us

contact us

Kandersteg International Scout Centre is the World Scout Centre of the World Organisation of the Scout Movement. Following the success of the first ever Jamboree held in London during 1920, Lord Baden-Powell expressed his wish of a Permanent Mini-Jamboree where Scouts from all over the world could meet. We opened our doors in 1923 and have been bringing Scouts and Guides together ever since. Many changes have happened since, and today we welcome over 12,000 Scouts and Guides from more than 45 countries every year. The busy summertime fills our campsite with more than 1,700 Scouts, which highlights our focus of International Friendship.



We are situated in the Bernese Oberland, one of the most spectacular regions of the Swiss Alps. This makes KISC the perfect base for activities such as hiking, rock climbing and mountaineering. We are centrally located in Switzerland and easily reachable from many destinations.

KISC is run by a volunteer staff team of Scouts and Guides from around the world and is made up of people working from three months to several years. All of the Staff speak English – the working language of the Centre, although many other languages are spoken by different Staff members. Our Staff are known as the Pinkies, due to the bright pink t-shirts they wear.

Baden-Powell asked us to leave the world a little better than we found it, and caring for the environment is one of our central themes. We are a founding member of the SCENES (Scout Centres of Excellence for Nature and the Environment) network (see page 25 for more details).

The purpose of Scouting is to develop young people to help them build a better world, and to allow them to play a constructive role in society. At KISC we provide a challenging programme of activities, with the aim of developing young people socially, physically, intellectually, emotionally and spiritually. More information can be found at www.kisc.ch/programme

KISC is here for you and we ask the following to help us run it:

- Follow your Scout Law and Promise.
- Respect other groups and our Staff.
- Help Staff by cleaning up after yourself.
- Leave your room or campsite clean and tidy.
- Positively represent Scouting, your country and KISC whilst travelling in Switzerland.
- To recycle and to reduce the environmental impact of your stay.

Website – www.kisc.ch

Our website contains complete information about the Centre and has many useful tools to help you plan your visit here. Check out the photos to see our various accommodation layouts, download full descriptions of over 25 different hiking routes, watch videos of the water activities in Interlaken or check out what the staff have been getting up to.

It also contains our online booking form - this is how you book your stay with us. The website has more information on catering, accommodation and activities. You can also find out how to become a member of Staff, details of upcoming events and all the latest news from the Centre.

Contact Hours

Our Reception is the main point of contact for making a booking, or for asking questions about an existing booking. The Programme team also work in Reception, so please contact us if you have any questions about activities. We can be reached in person, on the phone, or on Skype during the following times; if you have a lot to discuss, please call earlier in the day:

Monday – Saturday	08:15 – 12:00
	14:00 – 18:00*
Sunday	09:15 – 12:00
	14:00 – 18:00*

*In high season, from early July to late August, Reception is open every day from 08.00-12.00 and 13.00-20.00.

During high season, the Chalet Shop is open daily, along with the Campsite Office. You will be notified of these opening hours when you arrive.



Contact us

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 Switzerland
 Tel: +41 33 675 82 82
 Fax: +41 33 675 82 89
 Email: reception@kisc.ch
 Skype: kisc-reception

Get all the latest news from KISC!

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 Instagram: @kiscagram
 Facebook: fb.me/kandersteg



Dairy, Cheese Specialities, Homemade products, Gifts, Delivery
 3718 Kandersteg // Phone 033 675 12 59

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MOUNTAIN BIKES SKIS SNOWBOARDS
GROSSEN SPORT

WWW.GROSSENSPORT.CH INFO@GROSSENS-SPORT.CH TEL 033 675 00 16
 FAX 033 675 00 17

stay at kisc



To encourage Scouts from around the world to visit KISC, we offer discounts of up to 75% off the cost of overnights, according to the WOSM fee structure. Contact Reception to see if you are eligible!

As the World Scout Centre we have all the facilities you need to make yourself at home, and to run the perfect Scout camp. From camping, to twin rooms, to self contained group houses, we have accommodation to suit all budgets and group sizes. KISC facilities open to all of our guests include a souvenir shop, a guest laundry and drying rooms, a multi-faith chapel, football and volleyball pitches, campsite shelters and campfire circles of different sizes. To get a flavour of the different options check out the pictures on our website.

The Old Chalet

The original KISC building dates back to 1906, although it has had many renovations since! The Old Chalet has 180 beds spread over 23 rooms. Room sizes are from 3 to 22 beds; most rooms have bunk beds, tables and chairs and some storage space. Full bedding is provided. The Chalet's facilities include several meeting and common rooms, central heating, modern showers and toilets, and free Wi-Fi. Several of the rooms are suitable for disabled guests.

The New Chalet

Connected to the Old Chalet, this building has 9 rooms of a higher standard with 3 single beds in each room. Full bedding is included. This building is unavailable between June 1st and September 10th. Free Wi-Fi is available.

Kander-Lodge

Our most modern accommodation block, this consists of 18 twin bedrooms, with a bathroom shared between 2 rooms. There is also one twin bedroom and one 6 bed room, each with a private bathroom. Full bedding is included. Facilities include a kitchen, lounge and free Wi-Fi. Perfect for families, conferences, seminars and groups looking for a higher quality of accommodation.

The Tower

This group house has a large hall perfect for running activities or dining. The Tower is actually 2 buildings on our Campsite and can accommodate 57 people. The Tower has 9 beds, a fully equipped kitchen and the large hall. Next door, the Bunkhouse has 48 beds in 4 rooms and 2 bathrooms. The Tower is perfect for larger groups who would like privacy while also being close to the Campsite. This facility is ideal for a weekend celebration or special event.

The Sunneblick

Renovated in 2015, The Sunneblick is a traditional group house close to the Chalet. It sleeps 47 people in 10 bedrooms (3 twin bunk rooms, 3 four bedded rooms, and the rest in larger dorms). It has a large kitchen, dining hall, common room, free Wi-Fi, and its own garden area. Ideal for group use.



The Campsite

Our campsite can accommodate up to 1,200 people on more than 55 sites of different sizes. All sites have drinking water taps nearby and there are toilet and shower blocks with limited hot water throughout the campsite. We aim to give each group their own site, but in high season groups may need to share. The Campsite has several covered fire shelters, a sports field, small and large campfire circles, fridge rooms, drying rooms and recycling centres. No vehicles are allowed on the Campsite but we have post carts to help you transport your equipment. Please note that full campsite services are only available from mid June to early September. Outside these dates, some facilities will not be open. Email reception for details.

Campsite Rental Equipment

Tables and benches	CHF 5.- per set, per day
Firewood *	CHF 6.- per barrel
Propane gas *	CHF 6.- per kilogram
Butane gas *	CHF 16.- per kilogram
Tent rental	CHF 5.- per person, per day
Campsite cooking set	CHF 6.- per set, per day
Kitchen tent	CHF 20.- per day
Gas stove	CHF 3.- per day
Pioneering poles	Free - limited availability

* Subject to change

Did you know...?

The bedrooms are each themed to a different country thanks to sponsorship from National Scout Organisations from around the world. Our Campsite is also split into different world regions, giving our accommodation a real international flavour.

Accommodation Prices

Accommodation	Infants	Scouts (6-16)	Scouts (17+)	Non-Scouts (6-16)	Non-Scouts (17+)
Old Chalet	CHF 9.00	CHF 17.50	CHF 19.50	CHF 23.00	CHF 25.00
New Chalet	CHF 11.00	CHF 22.00	CHF 24.00	CHF 31.00	CHF 33.00
Kander-Lodge	CHF 15.00	CHF 29.00	CHF 31.00	CHF 36.00	CHF 38.00
Tower*	CHF 9.00	CHF 17.50	CHF 19.50	CHF 17.50	CHF 19.50
Sunneblick**	CHF 9.00	CHF 17.50	CHF 19.50	CHF 17.50	CHF 19.50
Campsite	CHF 5.00	CHF 9.50	CHF 11.50	CHF 13.00	CHF 15.00

All prices includes tourist tax of: under 6 years CHF 0.-, 6-16 years CHF 1.-, 17+ years CHF 3.-
 * Infants are children aged 5 years and under and are only charged if they require their own bed.
 ** The minimum occupancy charge for the Tower is 30 people.
 ** The minimum occupancy charge for the Sunneblick is 20 people.
 For groups with fewer participants, please contact us to discuss possibilities.
 Non-Scout groups of more than 30 people will receive the Scout price.



booking conditions

Booking and Conditions

Booking requests can be made on our website. After receiving your request for accommodation, we will check availability and make a provisional booking. If your request is unavailable we may offer you alternative dates or alternative accommodation.

Once a booking is made, you will be asked to pay a prepayment by a specified date to secure your reservation.

You can only make programme, catering and equipment bookings after we have received your prepayment. Scouts and Guides will be given priority during our high season.

Booking Cancellation Fees

Take care with reservations: every wasted space is a disappointed Scout.

If your group reduces the number of participants within 90 days of arrival, an admin fee of CHF 25.- will be charged for each participant who does not check in. Reductions in the length of your stay within 90 days of arrival are also subject to an admin fee; the maximum fee is equivalent to the total cancelled overnights at full price.

If you cancel your booking more than 90 days before arrival, half of the prepayment will be reimbursed. If you cancel within 90 days of arrival the full prepayment will be kept by KISC.

If you cancel or make changes to catering, meals are charged in full if less than 24 hours notice is given. For full details see our General Terms and Conditions.

Activities have a separate cancellation policy and you can find it in page 13.



Are you having a busy week? Booking catering with us can save you plenty of time which you can use exploring Kandersteg and the surrounding environment.

catering options

Catering at KISC

At KISC there are a wide variety of catering options. If you want catered meals, you can choose whichever meals you like; meals are "canteen" style, with a set menu every day. Fill in your catering order form, and send it to Reception at least 48 hours before arrival. Groups of 10+ need to book meals no later than 7 days in advance. We can only cook for limited numbers, so please order well in advance to avoid any disappointment, especially in busy Summer weeks.

Allergies

We do our best to cater for guests with dietary requirements, however it is not possible to cover every request. We can cook for vegetarians, vegans, gluten-, lactose- and nut-free diets. We cook all food in the same kitchen and with the same equipment so, if you have a severe allergy, we recommend cooking for yourself. **Certain diets, such as food allergies, need to be booked at least 7 days in advance.**

Food Orders

You can make basic food orders through the Centre, saving you the hassle of going into the village to get your catering supplies. Simply ask at Reception for a food order sheet and then collect your food at the specified time. You can also visit our website to get the order sheet and to see the prices. Please remember that some items need to be ordered up to a week in advance. You can also email your food order to Reception before arrival.

Self-Catering options*

Accommodation	Self-Catering
Chalet	Guest Kitchens
Kander-Lodge	Kander-Lodge Kitchen
Tower	Tower Kitchen
Sunneblick	Sunneblick Kitchen
Campsite	Cooking on site

*KISC Catering and food orders are available for all accommodation options, subject to availability.

Dining Times

Summer

Monday – Sunday		
07:00 – 09:00	12:00	18:00*

*In Summer the opening hours of the dining hall can vary from day to day. Please check opening times on the updated list outside the dining hall.

Autumn, Winter, Spring

Monday – Saturday		
07:30 – 09:00	12:00	18:00
Sunday		
08:30 – 09:30	12:00	18:00

Guest Kitchens

If you are staying in the Chalet, you can rent a guest kitchen for CHF 10.- and self cater. If your group is small you may need to share the kitchen. Must be booked in advanced, as we have limited availability.

Catering & Programme

Once you have booked your programme, it is your responsibility to make sure the meals you book fit with your activities. Most of our activities do fit to our meal times, but please pay attention for when you might be out for lunch, or overnight in huts.

If you are staying in a KISC hut you must bring food to cook for dinner and breakfast, or book a food package. See page 35 for details. Local mountain huts include dinner and breakfast in the price.

Catering Prices

Meal	Price (per person)
Breakfast	CHF 7.-
Packed Lunch	CHF 11.-
Hot Lunch	CHF 13.-
Dinner	CHF 13.-
Fondue*	CHF 15.-

All meals should be booked as soon as possible and at least 48 hours in advance. Under 6 years old are half normal price. *Fondue min. 4 people. Unavailable in Summer



Welcome home!

Kandersteg is home to Scouts, Outdoor lovers and travelers from all around the world. We are happy to share our hidden gems in the Alps to make your stay unforgettable!

Planning on some outdoor action, fancy some tasty Älplermagroni? (Want to find out what that is?)

Our team of KANDERSTEG TOURISM is happy to help! Contact us on:

kandersteg@be-welcome.ch or +41 33 675 80 80

www.kandersteg.ch

Discover cities and lakes around Kandersteg.



Get special tickets to Bern, Brig, Interlaken and Thun at the KISC reception

City	Price Adult	Price Child
Bern	45.—	23.—
Brig	38.—	20.—
Interlaken	38.—	20.—
Thun	38.—	20.—

BLS Travel Centre at Kandersteg railway station

Open daily, Phone +41 58 327 41 14

kandersteg@bls.ch, bls.ch



travel information

Travelling

Kandersteg is centrally located in Switzerland and is well connected by road and train. See also page 49 for details of local train tickets offered by KISC.

By Road

The European motorway network reaches Spiez located 30 minutes north of the Centre. If approaching from the south, you will take the car train from Goppenstein to Kandersteg. Limited coach and car parking is available at KISC.

By Plane

The nearest international airports are located in Geneva, Zurich, Basel, Bern and Milan. Zurich and Geneva airports have their own train stations and the Swiss train system is punctual and easy to use.

By Train

Easily located from most European countries with routes via Bern, Basel, Geneva or Brig. For Swiss train timetables and prices visit www.sbb.ch. The Centre is 25 minutes walk from the train station. A local bus runs hourly during the day from the station to the Centre and is free if wearing a scout scarf. For up to date bus information, please, see our website. The Centre can provide luggage transfers from the station, if booked in advance, for CHF 30.- per run.

By Coach

One easy way to get to KISC with a group is a coach transfer. The Centre can organise coach transfers from airports in Switzerland and further. Please contact us for your personalised quote.



programme information

The Programme Staff

The Programme Staff work year-round in the Reception at KISC. We have tried and tested our activities and know about many of the possibilities in and around Kandersteg. You can contact us at programme@kisc.ch.

Get in touch if you have any questions about specific activities or about our activities in general as well as sending us your activity bookings. Please use your booking number in all correspondence. Whether you want to come alone or as part of a group, if you want a full programme or just a little advice, we are here to help.

Booking Activities

Our activities have limited spaces and, in mid summer with over 1,000 Scouts at KISC, many of our activities will be fully booked, especially in the busiest weeks around August 1st.

Once you have paid your booking fee, you will receive a programme order form. **Summer activity bookings open on 1st March at 10:00 CET.**

Our activities are booked on a 'first come, first served' basis, so please start planning your activities as soon as possible, and before March 1st. Planning activities in advance and booking early gives you the best chance of getting your first choice of activities. You can email us before this date to check through your proposed programme.

As part of your check in when you arrive at KISC we will run through all of your bookings, and give you all the information sheets and tickets you need.

Please note that the minimum ages and group sizes for activities listed in KanderActive must be followed and are in line with our safety policy. **We require a leader or responsible adult over the age of 18 to be present for all activities. The leader is counted as part of the total group number.**



Activity Availability

Summer

Summer is our main season, and we welcome over 8,000 Scouts to KISC. **Most of our guided activities can only be booked from 2nd July until 5th September.** Our centre is busiest in the weeks around 1st August; a full centre gives you the mini-jamboree feeling, but does mean that our activities get fully booked quicker than at any other time.

Spring and Autumn

Spring runs from March until June, and Autumn from September until December, and these times are "Low Season" here at KISC. We have fewer staff available to run activities, and we're also limited by weather, cable cars, etc. We will still try to give you the best experience possible. If you are staying with us during Spring or Autumn, **email us before you arrive to see what activities will be possible and to avoid disappointment.**

Winter

Winter turns Kandersteg into a magical place, surrounded by snowcovered mountains. We offer a wide variety of winter activities, including snowshoeing, curling, sledding, winter hiking and much more. You can also book a ski or snowboard guide to show you around the ski resorts. **All of the programme we offer is available to view in our annual Winter KanderActive. Visit our website for more info.**



Route Cards

In the interests of safety, all groups going out hiking, climbing or mountain biking must complete a route card. These are available in Reception, and each group

must register their intended route before leaving the Centre. The completed route card must be handed to a Staff member in Reception, where it will be displayed until a representative of the group comes to report that everyone has safely returned.

Insurance

Please remember that the Alps, and mountain activities, can be dangerous. It is your responsibility to ensure that you and your group are fully prepared for all the activities that you intend to undertake, both in terms of fitness and equipment. The Centre's insurance does not cover you or your group against accidents that may occur during your stay. Please check your insurance policy carefully and make sure that it covers all rescue and medical costs.

Emergency rescue in the Alps is often made by helicopter, so please make sure that your insurance covers this. For more information see our website.

External Activities

KISC works with many external suppliers to run certain activities and provide other services. When you see this sign (Ⓢ), it means that the services are provided by a party other than KISC.

By purchasing a service of a third party you are accepting the terms and conditions specified by the provider. We accept no liability for services brokered through KISC which are provided by a third party. The invoicing is handled by KISC in the name of the provider.

Activity Cancellation Charges

We have lots of groups wishing to do activities and, once an activity is booked, we have to turn other Scouts away. If groups do not let us know of changes or cancellations, it can leave empty spaces and disappointed Scouts. To avoid this and encourage realistic activity bookings, **we charge a cancellation fee for changes and cancellations with less than 7 days notice. This fee is 50% of the cost of the activity per person, or CHF 5.- per person, whichever is larger. Changes and cancellations done within 48 hours before the start of the activity will not be refunded.**

This applies to all KISC activities advertised in this brochure. If the activity is run by an external company, different cancellation policies will apply, and you may have to pay in full. Please think carefully and plan a realistic programme. If you need to make changes once you have requested your programme, please do this as far in advance as possible. Please contact us for planning advice!

Non-Guests

The activity prices here are for guests staying at KISC. Non-guests are welcome to book activities with us, for a surcharge of 10% of the activity cost or a minimum CHF 1.- per item, whichever is larger.

be prepared

We want to give our guests the best possible experience here at KISC. Preparing yourself and all Scouts for a week in Switzerland can be tricky. For that reason, we have designed three pre-arrival activities. These activities can be run during your regular Scout meeting, by you! **To access all the material needed, please visit our website: www.kisc.ch/beprepared**

These activities will also help you towards our different awards - see page 16!

Pre-arrival Activities

Hiking in the Alps

Before arrival | All ages | 1 hour | FREE

Prepare your Scouts for the tough hiking conditions in the Swiss Alps with these fun activities. The Scouts will learn about different types of clothing, how to pack a bag effectively and how the weather changes in the alps.

Reduce, Reuse, Recycle

Before arrival | All ages | 1 hour | FREE

Learn everything about how Switzerland and KISC recycle in a fun and educational way! This workshop is filled with games and races, which are also connected to nature and the environment. We recommend this activity to any group staying on our campsite, or cooking by themselves.

Switzerland & Kandersteg

Before arrival | All ages | 1 hour | FREE

Explore Switzerland and Kandersteg even before you arrive here! This activity will teach the Scouts how KISC was formed, with some brief information about Switzerland. The workshop also includes games from Baden Powell himself!

summer kit list

Hiking / Climbing Equipment

The alpine environment is world famous for its beauty, but also its unpredictability. It is essential that your entire group has the correct equipment to take part in both guided and unguided activities. If you do not have what we consider to be appropriate equipment, then you will be unable to participate in our guided activities.

Please check our website for our full Summer Kit List.

Weather in Kandersteg

The weather in Kandersteg is very changeable and difficult to predict. Sometimes we experience all of the seasons in one day! Often in summer the days begin warm and sunny, with clouds and sometimes rain and thunderstorms arriving in the afternoon. All of our hikes start at over 1,100m and can rise up to 3,300m. As the altitude increases, temperatures get colder and the weather becomes less predictable. There can still be snow covering the high trails and passes until mid July. Have a look at our webcam to see the current weather.

Share a meal, get a friend

By May 1st | All ages | Evening | FREE

This activity will see you paired up with another Scout group staying at KISC. You are asked to plan an evening of activities together; you could cook together, share traditions from your culture and get that true Jamboree feeling. **Sign up on our website before 1st May.** We will share contact details from all participating groups after 1st May, so that the planning can happen prior to arrival!



Hiking equipment can be expensive to buy, especially the equipment which is required to hike in the alps. We recommend borrowing equipment from friends and family if possible.

Ready for adventure?

Hat & gloves

Important even in Summer!

Rucksack

Suggested 30 litres
Comfortable wide straps

Waterproof jacket

Base & Mid layers

Breathable material
Warm fleece

Trousers

Fast drying material (not jeans)
Plus additional waterproof layer

Hiking socks

Boots with ankle support

Used to them (feet comfortable)



Bakery & Tea Room Marmotte
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www.cafe-marmotte.ch

awards & badges

During your stay why not work towards one or more of our awards? Designed to fit easily into your programme, our awards will help you discover our activities and build up a programme for your stay.

Most of these awards are possible all year round. A list of requirements for each award is available from Reception or on our website, and these can be adapted and changed to fit your group and plans. When completed, the badges can be purchased from Reception. Why not use our Awards to give you some inspiration for planning your group programme?

To help you plan a balanced week of activities here at KISC, we have incorporated aspects of SPICES into our badge requirements. So if you work towards one of our awards, your Scouts will have a balanced programme. Find out more about SPICES on the WOSM website.

Programme Themes

International Friendship, Eco and High Adventure make up our 3 themes. All of our activities are designed to fit into one of these themes. They are a great way to get ideas and to help plan your programme. We recommend all groups to try something from each theme.



Eco Award

CHF 3.-
This award focuses on exploring our unique alpine environment, along with educating you about current environmental issues and encouraging you to take action.

International Friendship Award

CHF 3.-
This award focuses on our Mini-Jamboree feeling, and encourages you to explore and develop your interest in other cultures and ways of life. A great way to meet other Scouts from around the world.

High Adventure Award

CHF 3.-
The High Adventure Award takes you high up into the Alps. Explore the mountains, learn to navigate, find out how the Alps were formed. Challenge yourself!

Swiss Explorer

CHF 3.-
This award is ideal for younger Scouts or groups only staying here for a few days. It will help you appreciate Swiss culture and discover Kandersteg. This award can be done at any time of the year.

KISC Challenge

CHF 3.-
Encourage your Scouts to be challenged during their stay at KISC. To gain this badge you will have to master all 3 areas of our programme - International Friendship, Eco and High Adventure.

Ueschinen Hut Badge

CHF 3.-
Prove that you spent the night in our very own mountain hut with this badge. Available at the hut or at Reception. Don't forget to get your postcard to send home to show your family you made it!

Gfellaalp Hut Badge

CHF 3.-
To show that you experienced the amazing views at our mountain hut Gfellaalp, get your badge. Post a Gfellaalp postcard in the hut too, to boast of your achievement!

Scout Solar Badge

CHF 3.-
To earn this award, join one of the Solar Workshops we run during Summer. Price includes the activity.

Hüttentest

CHF 6.-
Collect your Hüttentest card and have it stamped at each mountain hut you visit. Visit enough huts and you will qualify for the bronze, silver or even gold!

Wander Rucksack

CHF 6.-
Around the village, and in the mountains, you will find special signposts with passwords on them. Get your Wander Rucksack guide from reception and copy down the passwords to earn the awards. There are 3 difficulty levels to try: Bronze, Silver or Gold.

NECKERSANDBADGES.COM

MBC are proud to support KISC by supplying the very highest quality NECKERS & BADGES

FREE Artwork Service
FREE Delivery UK EU CH

BADGES
Embroidered Woven
Overlocked
Laser Cut
Full-Colour Printed

NECKERS
Plain Bordered
Embroidered Apex
Woven Bordered

Printed Apex
100% Printed Cotton
100% Printed Polyester

SALES@NECKERSANDBADGES.COM +441384 74500

weekly activities

Our Weekly Summer Programme is action packed to allow you to meet Scouts from all over the world and get that real Jamboree feeling. It runs from the 2nd July to the 1st September. Messengers of Peace BBQ starts from 25th June. Many activities are free but must be booked in advance. More information on the next pages.

Day	Time	Activity	Location
Monday	18.00 - 20.00	Messengers of Peace BBQ	Outside Chalet
Tuesday	19.00 - 20.00	KanderChallenge	Sports Field
	19.30 - 21.00	The Spirit of Scouting	Campsite Chapel
Wednesday	17.00 - 19.00	Wet 'n' Wild (between 27/6 - 15/8)	Village Pool
	20.00 - 21.00	Swiss Culture Night (20/6, 18/7, 25/7, 08/8, 29/8, 12/9)	Village School
Thursday	19.00 - 20.00	Race the World	Sports Field
	19.30 - 21.30	Light Trail	Outside Chalet
Friday	20.00 - 22.00	International Campfire	Campfire Circle
Saturday	14.30 - 17.00	Pioneering Competition	Sports Field
Sunday	09.00 - 09.30	Flag Break & Welcome	Sports Field
	09.30 - 11.00	Sunday Meet Up	Sports Field
	14.30 - 17.00	International Sports Afternoon	Sports Field
	19.00 - 20.30	International Evening	Outside Chalet
	20.00 - 20.30	Leader's Gathering	Chalet Main Hall



Joining from around the world for the August 1st celebrations

kisc tip! Why not book some more reflective activities, to make your week more varied? The Light Trail or Spirit of Scouting give Scouts the chance to think about the Global and Historical aspects of Scouting.



Scouts reflecting together during Spirit of Scouting

Messengers of Peace BBQ

Monday **All ages**
18.00 - 20.00 **CHF 13.- (incl. CHF 2.- donation)**

Come together at our weekly BBQ outside the Chalet. A great way to meet new friends and also support Scouting around world. For each BBQ meal sold, KISC donates CHF 2.- to a Scout project in developing countries for our very own Messenger of Peace project. **Starts from 25th June 2018.**

Wet 'n' Wild

Certain Wednesdays **All ages**
17.00 - 19.00 **CHF 4.20**

Come to the village swimming pool for it's Wet 'n' Wild party. Expect games, music, floats, rubber rings, water volleyball, slacklines and of course the water slide. Don't want to rush back for dinner? Bring a picnic or make your own BBQ on the provided grills. The best time to go to the village swimming pool. Runs between 27/06 to 15/08.

KanderChallenge

Tuesday **All ages**
19.00 - 20.00 **FREE**

Join this activity and be part of an international team with Scouts from different countries. You will navigate between a series of challenges spread around our Campsite with your new friends, and be prepared - you may get wet at the end!

The Spirit of Scouting

Tuesday **All ages**
19.30 - 21.00 **FREE**

Learn about the impact of the Scout Movement on a global level, and discover similarities and differences you have with Scouts from other countries. This activity will make you reflect and share your thoughts with other Scouts, empowering you to create a better world!



Water relay during KanderChallenge

weekly activities



Scouts playing games at Sunday Meet Up

Swiss Culture Night

1 Certain Wednesdays All ages
20.00 - 21.00 FREE

A unique evening! Kandersteg village invites you to enjoy alphorns, try out yodelling, take part in traditional dances and enjoy their fascinating culture. An excellent way to have great fun and experience Switzerland. Running on 20th June, the 18th & 25th July, the 8th & 29th August, and the 12th September.

Race The World

1 Thursday All ages
19.00 - 20.00 FREE

In your team you will take part in a number of fun races with Scouts from all over the world. Don't miss this opportunity to see the world from a different angle.



Ladder building during Pioneering Competition

Light Trail

1 Thursday All ages
19.30 - 21.30 CHF 2.-

Follow a trail through the forests with only torch light. Be questioned on your position in the world, and how we can make a positive impact as World Citizens. A spiritual, non-religious reflective evening.

International Campfire

1 Friday All ages
20.00 - 22.00 FREE

A KISC classic. Scouting tradition and an unforgettable night of any stay here in Kandersteg. Groups are invited to share a skit, song or dance.

Pioneering Competition

1 Saturday All ages
14.30 - 17.00 FREE

Pioneering, creativity and team work! Teams are given a task, a time limit and exactly the same amount of equipment. Points are awarded for technique, creativity and of course, completing the task! You need to have a basic knowledge of pioneering to succeed – maybe practice it one Scout meeting before you arrive. A staff favourite and sure to have all your Scouts in knots!

August 1st Activities

1 August 1st All ages
All Day CHF 13.-

Join us in celebrating Swiss National Day and the birthday of Scouting! We have activities all around the campsite and village, from smoothie making to swimming, face-painting to fudge-making! In the afternoon, the carnival opens and is your chance to show a game or craft from your Scout group. Finally we all parade into town to join the village for some fireworks! A day not to be missed. CHF 2.- from each ticket is donated to a Messenger of Peace project. Evening BBQ also available for an extra CHF 13.- per person.

Flag Break & Welcome

1 Sunday All ages
09.00 - 09.30 FREE

Begin your international experience at KISC with an official welcome and start to the week. Wear your Scout uniform, bring your national flag and prepare a song or chant to exchange with your fellow Scouts!

Sunday Meet Up

1 Sunday All ages
09.30 - 11.00 FREE

Drop in to see us on Sunday mornings on the Campsite. Pinkies will be organising a variety of games and activities for you with an international twist. An excellent chance to meet other groups staying at KISC. Bring your own games and share them with our Staff and other Scouts.

International Sports Afternoon

1 Sunday All ages
14.30 - 17.00 FREE

Form a team with Scouts from around the World and enjoy a fun afternoon of fun and competition. There will be a football and volleyball tournament, as well as some other sporting challenges to test your skills.

International Evening

1 Sunday All ages
19.00 - 20.30 FREE

Come and join this activity where you, together with other Scouts, can share traditional food, games and culture from your country. Wear your Scout uniform or traditional clothes. You can also swap badges. If you're planning on attending, please bring with you some things to represent your country.

Leaders Gathering

1 Sunday Leaders only
20.00 - 20.30 FREE

All leaders are strongly recommended to attend this informal gathering. Hear about how KISC operates and our rules; it's also the perfect place to meet other leaders and to organise activities together with other groups. Staff will be there, ready to give advice!

international friendship

International Friendship is all about making the most of the international atmosphere and the diversity of cultures at KISC. Learn about World Scouting, complete the International Friendship Trail or leave your mark at KISC by taking part in a Service Project. Most International Friendship activities are possible all year round.

Guided Activities

Culture-Crafts

All ages All ages
Half day CHF 8.-

Learn about cultures from all over the world. Our crafts are selected based on five different world continents. Choose two of the five crafts we offer and discover the culture associated to each craft.

- Asia: Panchang knot in thread
- Europe: Viking craft in leather
- Africa: Bead necklace in recycled paper
- Oceania: Maori jewellery in clay
- America: Dream catcher in metal & string

World Scout Workshop

All ages All ages
1 hour CHF 1.-

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



Messengers of Peace Workshop

+12 years All ages
2 hours CHF 3.-

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. All participants will receive a Messenger of Peace badge.

BP's Scouting Workshop

All ages All ages
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.



All around the world, Scouts are running projects that help people and the environment. Every Scout involved in these projects is a Messenger of Peace! Learn more in our workshop, or check Scout.org for projects running in your neighbourhood.

Service Project

+10 years All ages
Half day FREE

There is always something a group of Scouts can do to help us here at KISC: if you want to give a bit back, consider booking a Service Project for a morning or afternoon. You will usually do conservation projects on our Campsite guided by our Staff. See also UNESCO Service Project » Page 25.



Self-Guided Activities

International Friendship Trail

All ages All ages
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 All ages
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.

GONDOLA & SUMMER TOBOGGAN RUN

OESCHINEN SEE

Hiking | rowing | swimming or just chill and relax

Vouchers for the sledge run are available at the KISC Reception

eco programme

Situated in the beautiful Swiss Alps and a UNESCO Natural World Heritage site, Kandersteg has a unique surrounding. We want our guests to experience this as much as possible and help us to preserve and protect it. At KISC we integrate the environment into everything we do. Our Eco Programme is full of exciting, hands on activities designed to increase your awareness of the environment around us and to help us minimise our impact on the planet.

Guided Activities

Evolving Alps Hike

All Ages | 4-15 | Half day | CHF 3.-

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 more information regarding equipment.

Backwoods Workshop

All Ages | 4-15 | Half day | CHF 3.-

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.



kisc tip! It is important to take a break between hiking days, but why not do one of our eco workshops on a rest day? Gain some survival skills in our Backwoods Workshop while resting your hiking legs a bit!

Alternative Energy Workshop

All Ages | 4-15 | 2 hours | CHF 2.-

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

Juicinator

All Ages | 4-12 | 1 hour | CHF 3.-

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

Solar Workshop

All Ages | 4-12 | 2 hours | CHF 3.-

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 Solar Scout badge.

Nature Explorers

All Ages | 4-15 | Half day | CHF 2.-

Get ready to explore! Discover Swiss wildlife using tracking signs, learn about edible plants, and uncover surprising connections in the natural world. Designed for younger Scouts.

UNESCO Service Project

+14 years | 8-15 | 1 day | FREE

Volunteer with a UNESCO guide and local farmers to conserve the cultural landscape of our UNESCO World Heritage environment. You will work in alpine pastures and have the opportunity to learn about preserving our beautiful Alps. **Sign up through our website before 1st May.**



Allmenalp-Bahn

Group rates for 10 people or more. Phone 033 675 16 90



Restaurant Allmenalp

Good food and great value. Family W. Reichen // Phone 033 675 16 86

SCENES - Eco Scout Centres unite!



KISC is one of the founding SCENES centres, a worldwide network of 28 environmentally minded scout centres. We all have made a commitment to protect the environment and promote environmental understanding. Learn about how KISC helps the environment by doing one of our eco activities, or have a look at Scout.org/SCENES to find a centre close to you!

eco programme

Self-Guided Eco Activities

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.



Self-Guided Eco Hikes

Blausee

+10 years | None | Full Day | FREE

Follow this eco trail if you are visiting Blausee to learn about environmental issues in the area. See where all of the waste water in the village is treated, learn about the trout farms at the lake, and marvel at some of the stunning geographical formations along the route. **See also Blausee » Page 46**

Gastertal

+10 years | None | Full Day | FREE

An unguided, full day hike, through the beautiful Gastern Valley. Learn all about the different amphibians and flowers that live here and discover more about glaciers and a wide variety of rocks.

Oeschinensee

+10 years | None | Half Day | FREE

No trip to Oeschinensee is complete without our environmental guide to this magical place. Learn all about the connections between glaciers and hydro power, bark beetles, pollution and discover where KISC's electricity and water come from.

Gemmipass

+10 years | None | Full Day | FREE

An unguided, full day hike, over the ancient Gemmipass route through the Alps that reaches a height of 2,500m. Be sure to take our guidebook which offers environmental information on the surroundings, from avalanches to alpine animals! Sunnbüel Cable car tickets recommended.



Leave No Trace™ is an educational programme to help you, and generations after you, enjoy the outdoors responsibly. Take our self-guided Leave no Trace™ Trail through our campsite, and learn how to minimize your impact on the environment!

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.

Green Campsite Trail

All ages | None | 1-2 hours | FREE

Take this self-guided trail around our campsite and learn how you can reduce your impact on the nature through the 7 Leave no Trace™ principles. A great introduction to our campsite area.



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 surprising facts.



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and your throat dry?
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Family Elsbeth and Burkhard Prentler
Telefon 033 675 11 12
Fax 033 675 11 01
e-mail: info@desalpes-kandersteg.ch
internet: www.desalpes-kandersteg.ch

guided hikes



Why choose a KISC guided hike?

- Experience of the hiking route
- Understanding of the dangers
- Environmental and historical facts
- Transport costs are included

We have a wide variety of Guided Hikes that cater for a range of ages, fitness levels and budgets. From reaching alpine summits, visiting cheeseries or staying overnight in remote mountain huts, we have something for everyone! Our Guided Hikes are available between July 2nd and 5th September (weather dependent).

Guided Hikes do not run on Sunday AM or on August 1st. We run two of each hike per day.

What to Expect...

Transport is included in the cost of the hike and your guide will look after all payments. Your Staff guide will take responsibility for the safety of your group and share their knowledge of the area. They will come to find your group two days before your activity to meet you, describe the hike and check your equipment.

See a our **"Be Prepared"** pre-arrival activities to get your Scouts ready for KISC! See page 14 and visit: kisc.ch/beprepared

Gasterntal Hike

+10 years | 1 day | CHF 16.50

Our easiest 1 day hike, ideal for younger Scouts but suitable for anyone. Journey through the beautiful Gastern Valley and absorb some of the most spectacular valley views in Switzerland. We take the bus to Selden and then hike to Heimritz where you can enjoy views of snow capped peaks and ancient glaciers. The rest of the day is a leisurely cruise downhill to the Centre. The hike gains 200 vertical metres and is about 14km long.



Doldenhorn Hut Hike

+10 years | 1 day | CHF 11.-

This hike travels along spectacular forest paths while providing great views of Kandersteg. The Doldenhorn Hut is situated directly below Doldenhorn, a prominent peak high above Kandersteg. We stop at the hut for lunch and sample some alpine cheeses and the famous hut tea. We then hike down to the Centre taking a different route. This hike gains 700 vertical metres and covers 10km. **Not available on weekends.**

Cheesery Hike

+10 years | 1 day | CHF 11.-

Visit a traditional Cheesery high on the pastures of the Göltschenalp and sample their cheese, before a short guided tour teaches you the secrets of alpine cheese making. The hike gains 600 vertical metres over 9km, making for quite a steep but rewarding hike.

Bunderspitz Hike

+14 years | 1 day | CHF 17.-

Take the cable car to the Allmenalp meadows, where you will begin one of the most exciting hikes that we offer - to the summit of Bunderspitz (2,546m). Take in the beautiful scenery and amazing views over the Alps. Cross the Bunderchrinde pass and take the steep descent into the Ueschinen Valley and back to Kandersteg.



Lötschenpass Hike

+14 years | 1 day | CHF 35.-

The KISC classic. The Lötschen Glacier provides you with a spectacular introduction to glacier walking. A Staff guide will lead groups over the pass that has been used since the Bronze Age. The hike gains around 1,100 vertical metres height over a total of 10km before dropping into the beautiful Lötschen Valley where you take a bus and train to Kandersteg.



Overnight Lötschenpass Hike

+14 years | 2 days | CHF 52.-

Extend this classic hike over 2 days and stay overnight in KISC's newest hut Gfellalp (1,900m). This gives more time to explore the Gastern and Lötschen Valleys. The hut is half way up the pass, spreading the ascent over two days. Approximately 1500m is gained over 18km on the hike. The price includes overnight at the hut, not including food.

Overnight Ueschinen Hut Hike

+10 years | 2 half days (PM + AM) | CHF 30.-

This is an excellent opportunity for younger Scouts to experience a night in an alpine hut at 1,890m. Departing in the afternoon, the Allmenalp cablecar will deliver you to 1,723m. The path then traverses into the Ueschinen Valley with breathtaking views to the Ueschinen Hut. The following morning your Staff guide will bring you back to the Centre, by a different route, in time for lunch. Our easiest guided overnight hike. The cost of the hut without food is included.

Overnight Gfellalp Hut Hike

+10 years | 1 1/2 days (PM + 1 Day) | CHF 40.-

This is a great option for younger scouts to get a mountain hut experience. The group will travel by bus to Selden and then continue hiking to Gfellalp Hut in time for dinner. The hike down in the morning takes in the spectacular Gastern Valley, descending through a gorge with incredible views across Kandersteg and down to the Kander Valley. The cost of the hut without food is included.

guided hikes



For all KISC Guided Hiking and Climbing, you need to bring all of the Summer kit list with you. This is to make sure you are prepared for the changeable weather we have. See page 14 for more info.

Overnight Three Valleys Hike

+14 years | 1 1/2 days (PM + 1 day) | CHF 40.-

Visit three spectacular alpine valleys in one hike. After an afternoon hiking up the Ueschinen Valley, you will spend the night relaxing in our Ueschinen Hut. The next morning you hike to an elevation of 2,700m, past the stunning Tschingellochtighorn providing some spectacular views of the Alps and Adelboden, before finally arriving at the Sunnbüel cable car. Over the two days you gain 1,500m and cover 16km. The price includes overnight at the hut without food, and descent in the Sunnbüel cable car.

Bunderspitz & 3 Valleys Combo

+14 years | 2 days | CHF 52.-

A combination of 2 classic hikes! On day 1 complete the Bunderspitz hike, but instead of returning to KISC, spend the night in the Ueschinen Hut. The next morning, set off on the superb 3 Valleys Hike. The perfect 2 day hike! The cost of the hut without food, plus cable car tickets, is included.

Overnight Hockenhorn Hike

+14 years | 2 days | CHF 100.-

Our toughest guided hike; summit the mighty Hockenhorn at 3,293m for a great introduction to alpinism. Day one we leave KISC on foot, through the Gastern before reaching the Lötschenpasshütte for a well earned dinner. We wake up early the next day and leave the hut, reaching the peak for a fantastic morning view of distant alps and glaciers. We then descend to the hut for lunch, before hiking down to Ferden for a well earned bus and train journey back to Kandersteg. This hike gains over 2,100m across two days, and will involve crossing snow fields. All equipment, transport and halfboard overnight (dinner on the first night, breakfast on second day) at the hut is included in the price.



Rock climbing is a traditional alpine sport and Kandersteg is the perfect area to try it out for the first time or to develop your existing skills. We have a range of programmes from single day courses to overnight trips, including a stay in our own mountain hut. All of our climbing activities are guided by KISC Staff and all special equipment is provided. Maximum weight for climbing activities is 120kg per person.

Gfellalp Hut Hike 'n' Climb

+10 years | 2 days | CHF 50.-

This activity offers an introduction to climbing at our mountain hut Gfellalp. Spend the first day hiking through the beautiful Gastern Valley, arriving to the hut in time for dinner, then enjoy the breathtaking views during the evening. Go climbing in the morning after and then hike back the centre in time for dinner. The cost of the hut without food is included.

Ueschinen Hut Hike 'n' Climb

+10 years | 1 1/2 days (PM + 1 day) | CHF 40.-

For Scouts looking for an introduction to climbing, learn basic climbing skills with the Centre's climbing guides. Hike up to the Centre's Ueschinen Hut in the afternoon and spend the night there. Go climbing on the next morning before hiking back to the Centre for dinner. The cost of the hut without food is included.

3 Valleys Hike 'n' Climb

+14 years | 2 days | CHF 50.-

Start the morning hiking up to the Ueschinen Hut, where you will have lunch before spending the afternoon rock climbing. In the evening we will relax and enjoy the amazing views from the hut. The second day you are guided over the 3 Valleys Hike back to Kandersteg. The price includes cable car and overnight at the hut without food.



Winteregg Climbing Course

+10 years | 1 day | CHF 31.-

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.



Unguided Hiking

Kandersteg is a paradise for hikers with 100s of kilometres of trails, so most groups will go on an unguided hike when they visit KISC. We have unguided hike leaflets available as downloads from our website or from Reception with detailed routes and options for over 25 of our favourite hikes. Whether you feel like a three day expedition, a dawn hike or just an afternoon stroll, we have something for you. Our unguided hikes will show you the best mountain views that Kandersteg has to offer, from alpine lakes, to stunning peaks. These leaflets include directions as well as important safety information. They are not however a substitute for a map, hiking experience and basic navigation skills.

If you have any questions about routes or hiking in the Alps, please ask the Programme Staff for ideas and advice; we have hiked many of the different routes in the area and can provide first hand experience for you and your group.

Don't forget!

Always leave a route card at reception if you're going out hiking. When you're back at the Centre, remember to tell us! See route cards » page 13.

snow & ice

Venture high into the mountains to experience one of nature's greatest wonders. The Fründen Glacier is the perfect place to learn some basic snow and ice techniques under the supervision of a qualified Swiss Mountain Guide and KISC guides. Whether it is being lowered deep into a crevasse, using ice axes and crampons or watching the sun set from high up in the mountains, our Snow and Ice programme has it all. The hike up to the Fründen Hut is a steep hike, and a good level of fitness is needed for both activities.

Only available to leave from KISC on **Sundays, Tuesdays and Thursdays from July 8th – August 24th 2018**. We run two trips on each departure date, and need both of these to be full in order for a trip to run.

The price includes:

- Qualified local mountain guide
- Staff guide
- All necessary technical equipment
- Overnight, dinner and breakfast at the Fründen Hut
- Return gondola tickets



Did you know..?

Our Snow and Ice activities are being ran with professional Swiss mountain guides, together with our very own Pinkie guides who's trained in glacier travel and crevasse rescue.

Glacier Workshop (e)

+14 years 1 1/2 days CHF 155.-

An accessible introduction to the world of glaciers and the skills you need to negotiate them. No experience needed but good hiking fitness essential. A Pinkie guide will hike your group up to the Fründen Hut (2,562m) using the Oeschinen gondola, allowing you to enjoy the awesome scenery and arriving in time for an amazing sunset. On the second day ice axe skills, roping up, crevasse rescue and glacier travel skills are taught and practiced. Hike back down to KISC via Oeschinensee, arriving back in time for dinner. A great workshop for those interested in learning new skills or exploring the Alps.

Snow and Ice Challenge (e)

+14 years 2 days CHF 200.-

This activity extends our glacier workshop over 2 days and provides the ultimate alpine challenge. Leave the centre guided by one of our Pinkies early on the first day, arriving at the Fründen Hut (2,562m) for lunch. You then take part in the Glacier Workshop. After staying overnight in the hut you then participate in either a Climbing Workshop or further travel on the glacier. In the afternoon, hike back to the Centre. The activity is great value for money, but good level of fitness is required.



Doldenhornhütte 1915m

www.doldenhornhuetten.ch / doldenhornhuetten@bluewin.ch
Yvonne & Albert Feuz
Hut Warden
3804 Habkern
Hut Phone: 033 675 16 60 / Private: 077 453 17 86
2 1/2 hours walk from the Scout Centre, Kandersteg

Fründenhütte 2562m

www.fruendenhuetten.ch / fruendenhuetten@sac-altels.ch
Bernhard & Marianne Winkler
Hut Warden
3631 Höfen
Hut Phone: 033 675 14 33 / Private: 033 345 50 34
3 hours walk from Oeschinensee, 10 minutes to Fründen glacier



loetschenpass.ch
Welcome!

kisc mountain huts

KISC Mountain Huts

KISC runs 2 mountain huts around Kandersteg. Originally these huts were used for cheese making and farming, but are now available for you to experience a night in a true Swiss mountain hut. The Ueschinen Hut has been part of the climbing programme here since 1978, with recent renovations including a kitchen refit in 2014 and a new terrace in 2013. Gfellalp Hut has been used exclusively by Scouts since 2013, with a kitchen refit in 2015. It is situated high up in the meadows above Selden in the Gastern Valley, and in one of the buildings you can still see some of the old cheese making equipment.

What to Expect...

The bedrooms in mountain huts are dormitory style. In Ueschinen Hut and Gfellalp Hut there are 3 and 4 rooms respectively. Your group may have to share this accommodation with another group and it may not be possible to have separate accommodation for adults, children, males and females. In the bedrooms, there are mattresses, duvets, blankets and pillows. There is very limited electricity in both huts. **We recommend you bring a sheet sleeping bag. The kitchen has all cooking equipment, utensils and cutlery that your group might need.**

Food Packages

CHF 16.-

You are free to take your own food and ingredients and use the fully equipped kitchens in the huts. Alternatively, you can order a food package through KISC catering. The hut package includes all the ingredients for a hot dinner, and breakfast. Fresh ingredients will need to be collected from the Chalet before departing and carried by your group; these are then used with dried foods that are stored at the huts. If you order packed lunch for multiple days, these must be collected on the day you leave the Centre. **Please remember you are required to provide dinner for the KISC Staff that opens the hut for you. If on a guided activity, this will be your guide for the duration of the activity.**



Ueschinen Hut

4-30 CHF 15.-

In Ueschinen Valley, you'll find our oldest mountain hut. At 1,890m the hut is an excellent base for hikes to suit all abilities. You can hike to the hut in the afternoon, enjoy the magnificent views over Kandersteg and surrounding mountains as the sun sets and the stars come out. The next morning follow one of our unguided hikes further into the mountains, or return to Kandersteg on a nice and gentle hike down the valley. Remember to send a postcard from the hut while you're up here as well!



Gfellalp Hut

4-40 CHF 20.-

Visit KISC's newest alpine hut at the far end of the Gastertal, half way up to the Lötschenpass. Located at roughly 1,900m it is the ideal starting point to explore the higher regions at the border to Valais and the Bernese Oberland.

- 25m pool
- Diving board 1m and 3m
- Whirlpool
- Channel with current
- Non-swimmer's and kids' pool with slide
- Kiosk, snack-bar

Hire of peak times for groups available.
Tel. 033 675 14 62

Blausee | Kiental | Reichenbach

www.be-welcome.ch

B

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kisc tip!

Staying overnight in a mountain hut is a unique Alpine experience and always a highlight of a trip to KISC. No matter what difficulty hike you want, the Kandersteg area has a hut suited to you!

Local Huts

In the mountains surrounding Kandersteg there are 6 huts we can book for you that are professionally run, several by the Swiss Alpine Club. These offer a comfortable way to stay high up in the mountains in spectacular surroundings. We highly recommend this as an alpine experience – in true Swiss style! Huts can be booked in advance through Reception and will be added to your bill with us - so you only pay one bill at the end of your stay. Dinner and breakfast are normally included. **Bedding is provided at the huts but you must always take a sheet sleeping bag or sleeping bag liner with you.**

KISC has special prices with many of the huts, but there may be an additional fee to stay on Friday or Saturday nights. More information is on our website.

Hut	Difficulty	Time*
Blüemlisalp Hut	0 0 0 0 0	5 hours
Doldenhorn Hut	0 0 0 0 0	2.5 hours
Fründen Hut	0 0 0 0 0	4 hours
Hotel Steinbock	0 0 0 0 0	2.5 hours
Hotel Schwarenbach	0 0 0 0 0	1 hour
Lötschenpass Hut	0 0 0 0 0	4 hours

* One way by shortest possible route.



Evening at Fründen Hut

What to expect...

The privately-run mountain huts are one of the main reasons that so many visitors come to the Swiss mountains year after year. They provide a unique overnight experience and are a useful stopover for many mountain tours. Accommodation is in large alpine bunks, and it is usually not possible to give a Scout Group separate accommodation, as these huts are very busy in the Summer months.

All of the prices below include the overnight stay, plus dinner and breakfast. It is expected that you will be on time for the dinner so don't be late! Since many of the huts have to remove their waste by helicopter, you should always take all of your rubbish back with you to KISC.

Blüemlisalp Hut (E)

6-40 0 0 0 0 0 2,840m CHF 52.-

Situated high up on the mountain pass towards Griesalp, this hut is a common stopover location as part of the famous Via Alpina hiking route across the European Alps. A long, challenging hike with incredible views down Kiental and to Lake Thun.

Doldenhorn Hut (E)

1-25 0 0 0 0 1,915m CHF 45.-

This family-friendly hut can be accessed from Kandersteg in just 2.5 hours. Combine an overnight at this hut with a visit to the beautiful Oeschinen lake for a hiking trip you will never forget! An easier hike, with fantastic views.

Fründen Hut (E)

1-60 0 0 0 0 2,562m CHF 50.-

Sitting high above the alpine lake of Oeschinensee, this isolated mountain hut is accessible by a steep and rugged path. Once you reach the hut, you will have some of the best views of both the nearby glaciers as well as Oeschinensee.

Hotel Steinbock (E)

1-30 0 0 1,537m CHF 41.-

The Hotel Steinbock is a popular place to stay in the astounding Gastern Valley. One of the few buildings in the hamlet of Selden, it is accessible via the hiking path through the valley, or with the Gastertal bus. The Hotel is well suited for groups who prefer a more gentle hike, while enjoying the beautiful alps.

Hotel Schwarenbach (E)

6-35 0 0 2,060m CHF 59.- CHF 46.-

This historic mountain hotel has been the overnight location of choice for the likes of Picasso and Lenin in days gone by. Now it is a comfortable overnight location on the route to the Gemmipass. Use of Sunnbüel cable car recommended. Prices shown for groups of 6 and above - different rates for smaller groups.

Lötschenpass Hut (E)

1-30 0 0 0 2,690m CHF 48.-

On the border between the Swiss Cantons of Bern and Valais, the views from the Lötschenpass Hut are amongst the most stunning in the area. From Kandersteg, the hiking path crosses a small section of glacier. The hut is also accessible by taking the train through the Lötschberg tunnel to Goppenstein. This hut is ideal for trips to Lötschenpass and Hockenhorn.

Other Huts

Other mountain huts can also be found in the area. These need to be booked directly with the huts. These include Balmhorn Hut, Gspaltenhorn Hut, Lämmeren Hut and Muthorn Hut. **Please contact the Centre for advice before booking, since these huts are located in a remote alpine environment.**



Hiking towards the Lötschenpass

Restaurant Ritter
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Enjoy good cuisine and fine drinks on our lovely terrace!

Ask for our special scout groups' menu.

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ADVENTURE PARK ADELBODEN

Adventure Park Combo
CHF 79.-/person (saving CHF 15.-)
Adventure Park «light» and Via-Ferrata/Klettersteig Chäliligang

Adventure Park CHF 35.-/person
Zip wires, rope bridges, abseiling

Adventure Park with Swing CHF 55.-/person
Pendulum swing, zip wires, rope bridges, abseiling

Via-Ferrata/Klettersteig Chäliligang
CHF 59.-/person

All prices are for groups of more than 10 people.



2 mega zip lines flying over 320 meters!

Blüemlisalp Glacier Tour CHF 175.-/person*
Stunning and impressive hike over the Blüemlisalp glacier. Traverse crevasses, cross ever-moving ice and experience a real alpine tour, surrounded by stunning scenery.

* Price CHF 175.- min. 6 people for the hike including gear hut and gondola.



Alpinschule-Adelboden.ch
www.alpinschule-adelboden.ch | +41 79 363 19 62

challenge activities

Develop your Scouts character with these fun and exciting activities!

Available from mid Spring until late Autumn. Most Challenge Activities take a half day and start at 8:30 or 14:00. Challenge Activities do not run on Sunday mornings. Maximum weight for challenge activities is 120kg per person.



Team Building Challenge

All ages 1.5 hours CHF 3.-

Test your Scouts' group skills with our fun and exciting Team Building Challenge. Our guide will take the group through a story filled with challenging games. Cooperation, trust, and problem solving will be needed to succeed!

Crate Stacking

+10 years 1/2 day CHF 8.-

If you are looking for a personal challenge, this is for you. One by one, build a tower of crates whilst climbing it. Your team will help give you the crates, but the balance is all down to you! The aim is to get as high as possible before they topple over. A great team builder that everyone can join in, even if you don't want to climb.

Zip Wire

+10 years 1/2 day CHF 8.-

From our 5m high platform in the trees, take off on an exhilarating 70m ride along our aerial runway. A 170cm reach height (hands above head) is required.

Beginners Abseiling

+10 years 1/2 day CHF 8.-

Learn the basics of this exciting activity, in a session on a giant boulder on our Campsite. Climb to the top; you will then experience the exhilaration of an 8 metre abseil! This activity is aimed at groups with no previous abseiling experience.

Jacob's Ladder

+10 years 1/2 day CHF 8.-

The higher you climb the harder it gets! In pairs, scale a giant ladder aiming to help each other get to the top. This activity offers a personal challenge as well as putting teamwork to the test.

Low Ropes Course

+8 years 1 hour CHF 3.-

Give your younger scouts the opportunity to put their balance to the test with our low ropes course.

water activities

Activities run by external companies, with qualified guides. Most are available from May to October. These cheaper prices are only for Sunday-Friday; higher prices apply on Saturday. All participants must be competent swimmers.

River Rafting (e)

Aare Guided Rafting +8 years 5-40
 1 day CHF 76.-

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 years 5-40
 1/2 day CHF 88.-

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

Lütschine River Rafting +14 years 5-40
 1/2 day CHF 99.-

The mighty Lütschine 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.

Aare River Experience (e)

Guided Tubing +14 years CHF 75.-
Unguided Tubing +14 years CHF 45.-
Unguided Rafting +10 years CHF 150.- / Boat
 1 day CHF 4-40

Float down the Aare river either on rubber individual rings. Enjoy the beautiful scenery from Thun, all the way to Bern. **For the unguided Rafting activity the capacity of each boat is 6 people; minimum 1 adult per boat. Adult supervision is needed, with maximum 5 Scouts per adult leader.**



Ultimate Canyoning

Canyoning (e)

Easy - Interlaken +12 years CHF 99.-
 1/2 day CHF 99.-

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 - Grimsel +14 years CHF 134.-
 1 day CHF 134.-

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 - Chli Schliere +16 years CHF 179.-
 1 day CHF 179.-

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!

Water Activity Combos (e)

Outdoor Interlaken offers the following combos – a great way to make the most of the day, save some money and try 2 activities. Some of the combos feature Interlaken's fantastic High Ropes park or Vertical Rush at a low additional cost, see page 43.

Rafting and Canyoning Combo +14 years CHF 179.-
 1 day

Lütschine rafting in the morning, Interlaken canyoning in the afternoon.

Rafting and High Ropes Combo +14 years CHF 109.-
 1 day

Lütschine rafting in the morning, Interlaken high ropes park in the afternoon.

Canyoning and High Ropes Combo +12 years CHF 109.-
 1 day

Interlaken canyoning in the morning, Interlaken high ropes park in the afternoon.

Transport Costs

Transport costs are not included in these prices. We sell discounted train tickets, which are often the cheapest way to travel. **Train tickets » Page 49.**

All Canyoning*, Lütschine Raft**: Interlaken (start & end)	CHF 20.-	CHF 38.-
Simme Rafting**: Start - Bolligen, end - Därstetten	CHF 20.-	CHF 38.-
Aare Tubing***, Aare Float***: Thun (start) - Bern (end)	CHF 23.-	CHF 45.-

* Price is return ticket to Interlaken
 ** Price is return ticket to Bolligen
 *** Price is return ticket to Bern
 When you check in at KISC, we will give you detailed travel information to get to these activities, as well as any train tickets which you have booked. If you are a group of 10+ we need to reserve seats on the train for you; ask the programme team to do this.

Fun on the river

Join the fun and jump on into the Oberlands biggest fun park, the Aare river! Float down the majestic Aare river, between Thun and Bern, on our custom designed river tubes, rafts, kayaks and stand up paddle boards and enjoy the beautiful scenery as the current sweeps you along.

Self-Guided Guided (on request) Minimum age from CHF 45.00 per person from CHF 75.00 per person 14 years

Self-Guided raft Guided raft Minimum age CHF 150.00 per raft not available 10 (with at least one responsible adult)

CHF 150.00 for 6 pax

Incl. lifejacket, dry bag, luggage transfer and safety instruction. Confidence in water and swimming ability essential.

more adventures

Mountain Bike Rental (e)

+12 years 1-25
 Full day CHF 44.-

Save your feet and explore the area by bike! Mountain bikes will allow you to see a lot more of the surrounding mountains and valleys. Bike hire includes a helmet.

Mountain Bike Trails

+12 years 1-25
 Full or Half day FREE

Looking to explore the Kandersteg area by bike? Then use one of our trails to get the best out of your day. Ask for more details at Reception.

Blüemlisalp Glacier Tour (e)

+16 year CHF 175.-
 2 days CHF 175.-

Spend the first day hiking unguided from Oeschinensee to Blüemlisalp Hut (2,840m), enjoying a well deserved dinner and great views once up at the hut. Next morning, you will learn the basics of glacier travel, as a qualified Swiss Mountain Guide takes you around the impressive Blüemlisalpglacier. Begin the unguided hike back to Kandersteg in the afternoon, using the gondola on the return as well. **Price includes Oeschinensee gondola return, halfboard overnight, equipment and mountain guide during the glacier tour. Not available on Friday or Saturday.**

Adelboden Trotti Bikes (e)

+12 years CHF 67.50
 1 day CHF 67.50

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. **Price includes return bus to Adelboden, lift pass, trotti bike rental and CHF 20.- voucher for lunch at the Silleren mountain restaurant are.**

High Ropes Park Interlaken (e)

+8 years CHF 25.-
 Half day CHF 25.-

With over 100 challenges high up in the trees, this activity is ideal for Scouts of any age. This park has courses at different tree heights, so is even suitable for those with a fear of heights! Min. height is 1.20m **See also train tickets » page 49.**

Allmenalp Via Ferrata (e)

+16 years CHF 150.-
 Half day CHF 150.-

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!

Oeschinensee Cross Trail (e)

+10 years CHF 55.-
 1 day CHF 55.-

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.**

Chälligang Via Ferrata (e)

+12 years CHF 59.-
 Half day CHF 59.-

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. **See also bus tickets » page 49.**

Adventure Park Adelboden (e)

+12 years CHF 35.-
 Half day CHF 35.-

Swing through the air like Tarzan, feel the adrenaline rush as you race through the air on 2,200m of zip wire high above the river, with the longest zip wires being 320m! Adrenaline junkies can add on a spectacular bridge swing for CHF 20.-. **See also bus tickets » page 49.**

Adelboden Adventure Combo (e)

+12 years CHF 79.-
 Full day CHF 79.-

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



Bridge swing at Adelboden Adventure Park



Your scenic destination summer and winter!

Mountain restaurant with sun terrace

Walking and mountain paths over passes and to summits – Botanical Trail
 Family ski resort – cross country ski tracks classical and skating.

Winter walking path to Gemmpass from Christmas till Easter.

Information call 033 675 81 41



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3718 Kandersteg
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Telefax: 033 675 81 85

THE idyllic restaurant that specialises in Swiss cuisine!!! In our cosy house we serve Raclette or Cheese-Fondue, or other typical Swiss specialities. You shouldn't miss it!!! – Our restaurants are closed on Wednesdays.

Attention: For all Scouts we give a reduction of SFr. 2.- p. pers. on Raclette and Cheese Fondue. Ask at the Scout Centre Reception for the special voucher.

We look forward to seeing you. Fam. R. F. Maeder & Staff

Under the same management:
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T: +41 (0)33 673 74 74 / e-mail: info@afabus.ch

Niesen – the mountain with a 360° Panorama



Special tickets are available from Reception at the Scout Centre.

Niesenbahn AG 3711 Mülmen, Telefon 033 676 77 11
www.niesen.ch, info@niesen.ch





Kandersteg is a perfectly-located base from which to explore Switzerland. These day trips go to famous cities or attractions and each tour has a different character. The prices are based on groups of more than 20 people. For smaller groups there will be an additional charge, please contact us for prices. These trips all go with private coaches.

Stresa – Italy

20+ CHF 105.-
→ 07.30 ⌚ 3.5 h (one way) ← 18.00

Why not visit one of Switzerland's neighbouring countries during your visit? Stresa is situated next to the stunning Lake Maggiore and has an unmistakable Mediterranean atmosphere. There are many options available to fill your day, such as island hopping between the beautiful Borromeo Islands, shopping, swimming and, of course, an Italian lunch.

Coach transfers

KISC works with several local bus companies that can offer competitive rates for whatever transfers you may want - be it from the airport to KISC, to one of our external activities, or just to some of the local attractions. Contact us at programme@kisc.ch for a personalised quote.

Jungfrauoch & Eiger Trail

20+ CHF 190.- CHF 125.-
→ 7.00 ⌚ 2 h (one way) ← 19.00

The coach takes you to Lauterbrunnen, where you embark on Europe's most scenic train ride. Tunnel through the Eiger to the Jungfrauoch, the highest train station in Europe. Take in spectacular views and visit the ice grotto! Upon your return, leave the train at Eiger Gletscher and hike down the 'Eiger Trail' below the north face of this spectacular mountain – it is a 3 ½ hour hike, so be prepared. The coach collects you from Grindelwald. **Recommended for 10 years and above.**

Chocolate & Cheese

20+ CHF 80.-
→ 8.00 ⌚ 2 h (one way) ← 18.00

Travel over the Jaunpass to the Cailler chocolate factory in Broc. Enjoy the chocolate factory tour which is guaranteed to warm the taste buds of the biggest 'chocoholics'. From Broc you travel to Gruyère – the famous cheese capital of Switzerland. You will have time to explore the picturesque town of Gruyère and eat your lunch, before enjoying a short informative tour around the modern facility which makes this world famous cheese. Enjoy some of Switzerland's finest delicacies in these beautiful locations. **Entrance to both factories included in the price.**

local activities

KISC has great connections with many local businesses and so we are able to offer discounted prices for all of these activities. Perfect for filling half a day of your programme!

Oeschinensee Gondola

Single	CHF 16.-	CHF 8.-
Return	CHF 22.40	CHF 11.20

This modern gondola takes you quickly to 1,689 m where you can get on the Rodelbahn, take a hike, walk to the lake for a swim, row a boat or just enjoy being in a UNESCO world heritage site.

Sunnbuel Cable Car

Single	CHF 16.80	CHF 8.40
Return	CHF 23.00	CHF 11.50

The gateway to many great hiking and climbing opportunities including the Gemmi Pass. Stroll to the small lake of Arvensee, climb to the summit of Gällhorn for a viewpoint over the Kander Valley and snow capped peaks or hike to a mountain hut.

Allmenalp Cable Car

Single	CHF 9.-	CHF 6.-
Return	CHF 14.-	CHF 9.-

One of the steepest cable cars in Europe and the starting point of several hikes including the summits of Bunderspitz and First. Why not take the high route to Adelboden or just enjoy the view from the restaurant! It can also be a quick descent from the Allmenalp Via Ferrata. **See also Allmenalp Via Ferrata » Page 43.**

Blausee

All ages CHF 1.-

The magical blue lake! A nature park with a trout farm and restaurant. This beautiful lake is only a short walk away from KISC, and also easily reached by bus or bike. Perfect for a relaxing afternoon after a hard hike! Swimming is not permitted.



Summer Sled Run – 'Rodelbahn'

Before 11am: 10 runs	CHF 30.-	CHF 22.-
After 11am: 5 runs	CHF 20.-	CHF 15.-
After 11am: 10 runs	CHF 35.-	CHF 25.-

Try a different type of sledding! The 750m long Summer Sled Run, near Oeschinensee, is great fun for Scouts of all ages. Made famous by many online viral videos!

Rowing Boats – Oeschinensee

CHF 26.- / 1 hour	CHF 15.- / ½ hour
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Price per boat. Max. 4 people per boat

Enjoy a relaxing paddle on Oeschinensee and experience the Alps from a whole new angle. After rowing you can take a swim as part of the High Adventure Award.

Sauna

All ages 4-20
⌚ 1-2 hours CHF 5.-

Steam away the day's aches and pains in the Centre's very own wood-burning Finnish Sauna. Allow 2 hours to heat up the sauna.

Kandersteg Swimming Pool

All ages CHF 5.30 CHF 4.-

When the warm weather starts, swim in Kandersteg's open air pool surrounded by the breathtaking mountains. Features include solar heating, whirlpool, water slide, diving boards, water volleyball, snack bar and plenty of grassy areas to relax on. **See also Wet'n'Wild » Page 18.**

kisc tip!

If you are off to Oeschinensee or Sunnbuel, don't forget your Eco Hike Booklet from Reception. These give you lots of fun and facts to improve your hike. See page 26.

All of our trails can be downloaded from our website - www.kisc.ch. So you can check them out and print them before you arrive.

Kandersteg Trail

All ages None
⌚ Half day FREE

A great trail to do when you have a little time on your hands. It can easily fit into any programme, and is a perfect way for you to discover Kandersteg village and the surrounding countryside on your own. It leads you to points of interest and explains some of the history of the village.

Compass Course

All ages None
⌚ 1-2 hours FREE

This course is aimed at those who have never used a compass before, or who have just started to learn how to navigate. The Compass Course is on the Campsite and is ideal for younger Scouts to try. Compasses can be borrowed from Reception.

QR Code Trail

All ages None
⌚ 1-2 hours FREE

Use your smartphone to do this interactive mystery trail. Learn interesting facts about the centre whilst solving the clues to find the next point. Does not need internet on your phone, just download a QR code reader onto your phone before you get here.

Geo-Caching

All ages None
⌚ 1-2 hours FREE

Discover the excitement of finding a 'Geo-Cache'. Using a GPS, navigate your way to the hidden treasures that can be all around Kandersteg. Can you find our three hidden KISC caches? **A GPS is available to rent from Reception for CHF 5.- / day.**

Orienteering

+10 years None
⌚ Half day FREE

Why not put your map reading skills to the test and try our orienteering course at Oeschinensee. Allow at least half a day to complete the course. Great to combine with the Rodelbahn or a visit to the lake. Oeschinensee gondola tickets are recommended.

Discovery Trail

+12 years None
⌚ 2 hours FREE

Want to know more about the history of KISC? Then follow this journey around the Centre's property. Learn about various points of interest, including how the Centre was first formed, and the geography of the area. You will see photographs of how the Scout Centre has changed over the years!



Paraglider Passenger Flights
Ruedi Grossen
Flight Instructor (SHV)
book through the Reception

discover switzerland



The ultimate World Heritage Experience

All Ages CHF 5.-

Discover the UNESCO World Heritage Swiss Alps Jungfrau-Aletsch in the World Nature Forum in Naters, just a five minute walk from the Brig railway station. The spectacular exhibition lets you playfully immerse in to the World Heritage site. The Panorama cinema is the highlight of the exhibition, with a screen of 100m2, where spectacular scenes from the World Heritage provide great excitement for visitors.

Brigerbad

3 hours CHF 16.50* CHF 12.50
 Full day CHF 22.-** CHF 16.50
 *Price inc. Spa CHF 22.- **Price inc. Spa CHF 29.-

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 along the Lotschberg South Ramp trail! **Not suitable for coaches.**

Thun Castle

All ages CHF 6.- CHF 2.-

A visit to Thun is not complete without a visit to this major landmark. Learn about the history of Switzerland from the days of warring Cantons all the way up to modern times. The tour finishes at the top of the castle with spectacular views down to the city of Thun and the lake. Grab a copy of the Thun Trail and it will take you on a journey to this attraction.

Visit our **Scooterland**
46km, unique in the world!
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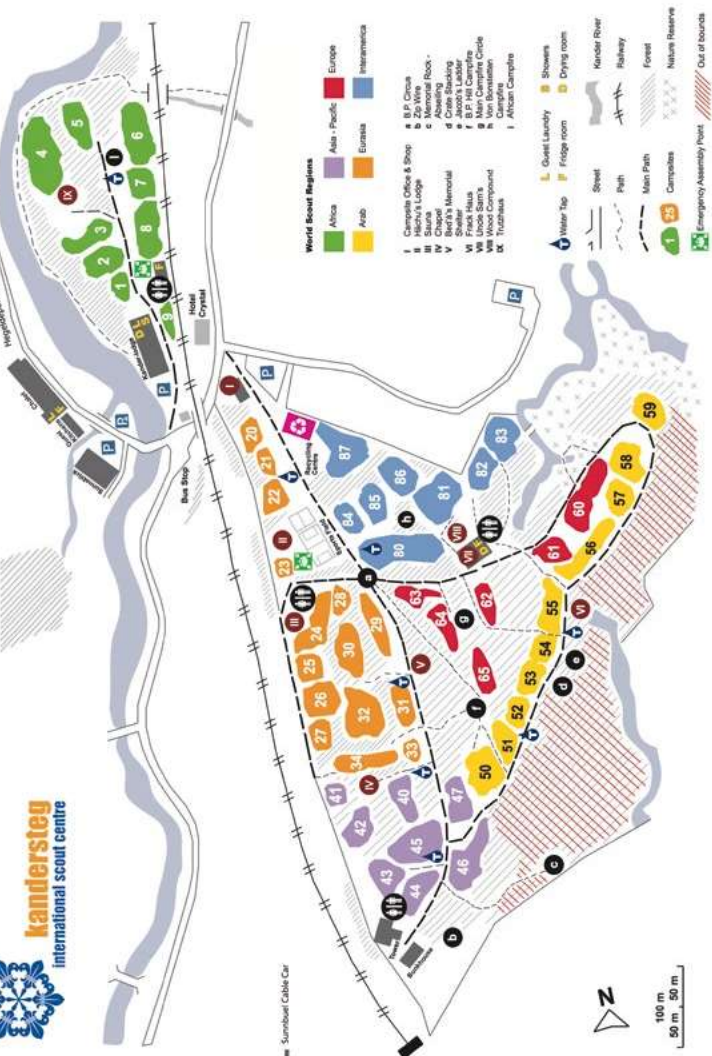
Scooter fun in Adelboden

Special price for Scouts

- Bus ticket Kandersteg-Adelboden return
- Cable Cars
- 1-day pass scooter
- CHF 20.- voucher for the Sillerenbühl Restaurant

CHF 67.50 only

www.adelboden-silleren.ch/trottiland



kisc tip! For most tickets in Switzerland, the ages are as follows:

Adults : aged 16 and older
Children: aged 15 and under

Bern Trail

All Ages None
 Full day FREE

A great way to fully explore the historic capital city of Switzerland. Scouts collect information and discover the hidden secrets of the city. Visit the Swiss parliament, the famous clock tower, Einstein's home, the bear pits and the ancient shopping arcades.

Thun Trail

All Ages None
 Full day FREE

Thun is 40 minutes away by train and is a beautiful, cultural day trip. The trail takes your Scouts around the best places in Thun - collecting information, answering questions and experiencing this wonderful town. It takes a full day and can be adapted to a team competition or just as a relaxing group day out. **See also Thun Castle tickets » Page 48.**

Interlaken Trail

All Ages None
 Half day FREE

Interlaken is the adventure sports capital of Europe, and this trail will help your Scouts explore this vibrant town. The trail takes half a day and is a great way to relax before or after our rafting, canyoning and high rope activities with Outdoor Interlaken. **See also Water activities » Page 40.**

Brig Trail

All Ages None
 Half day FREE

Situated through the Lötschberg Tunnel, Brig is an interesting city that acts as a link to Italy, Zermatt and Brigerbad Thermal Pools. But there are also impressive sights to see in the City, including Stockalper Palace.

Discounted Train Tickets

Thun, Brig, Interlaken and Boltigen	CHF 38.-	CHF 20.-
Bern	CHF 45.-	CHF 23.-

KISC has discounted return train tickets to Bern, Brig, Thun, Interlaken and Boltigen. Bern, Thun and Interlaken are beautiful alpine cities and perfect for a day trip or to spend a rainy day. **Reservations are required for groups over 10 people.** Contact Reception for details.

Gasterntal Bus

Single	CHF 12.50	CHF 8.50
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This bus runs from the Centre to Selden in the Gasterntal Valley. From here you can hike over the Lötschenpass, venture to the Kanderfirn glacier or take a gentle hike back to the Centre. Please book in advance at Reception.

Kandersteg - Adelboden Bus

Adelboden (return)	CHF 36.-	CHF 18.-
Unter dem Birg (return)	CHF 39.-	CHF 19.50

This bus runs from outside the train station in Kandersteg and takes you to the picturesque town of Adelboden. Use these tickets if you are going to Adelboden to do some activities or if you want to visit a quaint Swiss town. If you are doing the Chälgiang Via Ferrata, you need tickets to Unter dem Birg.



BOOK YOUR ACTIVITY HERE:

<p>FLOAT TRIP ON THE AARE (guided) Float trip on the warm, fast flowing Aare from Thun to Berne incl. the best whitewater section (Uttigenwelle). Minimum age 8.</p> <p>RIVER RAFTING SIMME The Simme is a fun, scenic, class III-IV river. Minimum age 10.</p> <p>RIVER RAFTING LÜTSCHINE The mighty Lütschine offers some of the best whitewater rafting in the Swiss Alps. Continuous class III-IV rapids. Minimum age 14.</p> <p>CANYONING INTERLAKEN (easy) Rappel, slide and jump down rocks and waterfalls in this easy canyon suitable for everyone. Minimum age 12.</p> <p>CANYONING GRIMSEL (advanced) Set in a majestic alpine environment this canyon starts with a 50m abseil and continues with jumps, slides and ziplines. Minimum age 14.</p> <p>CANYONING CHLI SCHLIERE (ultimate) The best of the best, Chli Schliere takes canyoning to the ultimate level. High jumps, slides, and rappels. For confident athletic people only. Minimum age 16.</p> <p>SEILPARK INTERLAKEN A forest adventure of wooden bridges, tarzan swings and zip lines. Several courses of varying difficulty and height provide an exciting day out. From height 1.2m.</p> <p>CANYONING OR RAFTING & SEILPARK Minimum age 12 (14 for rafting). Minimum height 1.2m.</p> <p>CANYONING EASY & RAFTING LÜTSCHINE Minimum age 14.</p>	<p>CHF 76.-</p> <p>CHF 88.-</p> <p>CHF 99.-</p> <p>CHF 99.-</p> <p>CHF 134.-</p> <p>CHF 179.-</p> <p>CHF 25.-</p> <p>CHF 109.-</p> <p>CHF 179.-</p>	
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On cold days all the necessary equipment is included.

SAFETY
 We maximise safety through systematic control of the three main influencing factors: competence of the guides, monitoring of the environment and standard of equipment.

Booking details and information:
KISC RECEPTION

OUTDOOR INTERLAKEN

Outdoor Interlaken AG
 Hauptstrasse 15
 3800 Matten bei Interlaken
 +41 (0)33 826 77 19
outdoor-interlaken.ch



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**Celebrate 100 years
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