

DAY	ACTIVITY	Elevation	Difficulty	START	END	NOTES	
	TYPE	FEET	out of 5	TIME	TIME		
Sunday 7/24/2016	Arrive at KISC, unpack, relax	TRAVEL RELAX	3,852			Arrive at KISC approximately 1:00 PM International Sports Afternoon: 14:30 to 16:30 International BBQ: 18:00 to 20:00. Cost 13 CHF	
Monday 7/25/2016	Rodelbahn Sled & Alpine Lake- 1-way cable car up	EASY HIKE	5,177	1.0	10:00	17:00	Easy first day- stay near Kandersteg International Evening: 19:00 to 21:00
Local Area Tour Options- CHOOSE ONE							
Tuesday 7/26/2016	Bern Trummelbach & Interlaken	TOUR TOUR			9:00 9:00	17:00 17:00	Kander Challenge: 19:00 to 20:00
Wednesday 7/27/2016	Jungfrauoch & Eiger Trail Eiger Trail from Eiger Gletscher- 7.2 miles, 3.5 hours Eiger Trail from Kleine Scheidegg- 5.9 miles, 3.0 hours	HIKE HIKE	11,332 7,612 6,762	2.0 2.0	7:00	19:00	Schedule early in trip to allow a reschedule if bad weather. Early start and late return- long day. POSSIBLE Scout Disco: 20:00 to 24:00
Relax Option- CHOOSE ONE							
Thursday 7/28/2016	Brigerbad Thermal Swimming Pools Adelboden Adventure Combo	RELAX Adventure	6,562	3.0	8:00 7:30	17:30 17:30	RELAX option after 3 active days Race the World: 19:00 to 20:00
Zermatt & Matterhorn- CHOOSE ONE							
Friday 7/29/2016	Cable Car to Schwarzsee- Hike to Hornli Hut, 4.5 hours round trip Cable Car to Matterhorn Glacier Paradise	HIKE TOUR	10,696 12,739	3.5 1.5	8:00 8:00	18:00 18:00	Schedule early in trip to allow a reschedule if bad weather. International Campfire: 20:00 to 22:00
Saturday 7/30/2016	Stresa Italy	TOUR			8:05	19:15	Easy day- bus, train, and boat rides.
Canyoning- CHOOSE ONE							
Sunday 7/31/2016	Easy (24 people maximum) Advanced (24 people maximum) MUST BE 14 YEARS OLD	Adventure Adventure			8:00 8:00	15:00 19:00	
Monday 8/1/2016	SWISS DAY	RELAX					RELAX after 3 active days
Overnight Hikes- CHOOSE ONE							
Tuesday 8/2/2016	Ueschinenhutte (30 people max)	HIKE	6,201	2.0	12:00	12:00+1 day	Two days- all 3 hikes include overnight stay. Most demanding hikes late in trip after acclimation.
Wednesday 8/3/2016	Lotschenpass (4 to 12 people) MUST BE 14 YEARS OLD Snow & Ice (12 people max) MUST BE 14 YEARS OLD	HIKE HIKE	8,825 8,701	4.0 4.5	8:30 7:30	16:30+1 day 18:00+1 day	POSSIBLE Scout Disco: 20:00 to 24:00
Thursday 8/4/2016	Chocolate and Cheese	TOUR			8:00	18:00	Schedule late in trip- can take chocolate and cheese home. Easy day. Light Trail: 20:00 to 21:00
Rafting- CHOOSE ONE							
Friday 8/5/2016	Simme, easy (40 people max) Lutschine, advanced (40 people max) MUST BE 14 YEARS OLD	Adventure Adventure			8:00 8:00	15:00 16:00	Easy day and early finish on last day.
Saturday 8/6/2016	TRAVEL HOME	TRAVEL					Leave KISC approximately 5:30 AM