

## **CHOOSE 1 FOR TUESDAY JULY 26, 2016**

### **Bern**

Visit the capital of Switzerland! It has something for everyone - the famous clock tower, bear pits, the Old Town, shops, museums, cathedral, Houses of Parliament and lots more. A very popular day out which is easy for leaders and has options for all ages. Our Bern Trail is an excellent way to explore the city.

### **Trümmelbach & Interlaken**

Trümmelbach fällen is an awe-inspiring experience. Glacial waterfalls have forced their path through a mountain - walk beside the falls, feel the spray, hear and see the power of nature. A fantastic experience. After lunch, you can enjoy the city of Interlaken, maybe try the summer sled run or the funicular and viewing point at 'Heimwehfluh' - you choose! A memory making day of natural and man-made beauty.

## **CHOOSE 1 FOR THURSDAY JULY 28, 2016**

### **Brigerbad Thermal Swimming Pools**

The Brigerbad Thermal Pools are the perfect place to relax, play and enjoy the stunning views of the beautiful Valais region. The pools are biggest open-air thermal pools in the Alps and have plenty to keep all your group entertained, from relaxing warm pools, an Olympic swimming pool and even a 597 foot (almost 2 football fields) long water slide!

### **Adelboden Adventure Combo**

For a full day of fun in Adelboden, this activity combines the Adventure Park in the morning (excluding swing) with the Chäliligang Via Ferrata in the afternoon. Swing through the air across zip wires, and cross over rivers on rope bridges at this active rope park in the trees. Hike, scramble and climb your way to the top of the Engstligenalp plateau. An excellent introduction to the alpine sport of Via Ferrata, in a spectacular setting. A day packed full of adventure!

## **CHOOSE 1 FOR FRIDAY JULY 29, 2016**

### **Cable Car to Schwarzsee and Hike to Hörnli Hut**

Travel by train to Zermatt, the Swiss capital of mountaineering. Relax in this alpine town while taking in views of the spectacular Matterhorn - probably the most photographed mountain in the world. Take a cable car to Schwarzsee and hike up to the Hörnli Hut (elevation 10,696 feet), which is used by climbers to ascend the Matterhorn on the normal route. The round trip hike takes 4.5 hours.

### **Cable Car to Matterhorn Glacier Paradise**

Travel by train to Zermatt, the Swiss capital of mountaineering. Relax in this alpine town while taking in views of the spectacular Matterhorn - probably the most photographed mountain in the world. Take a cable car to Matterhorn Glacier Paradise. The highest cable car station in Europe (12,739 feet), with its new restaurant, sets fresh standards in sustainable development. The views of the highest mountains in Italy, France and Switzerland are breathtaking. The air up here is thin, so visitors should take plenty of time to explore.

## **CHOOSE 1 FOR SUNDAY JULY 31, 2016**

### **Canyoning, Easy**

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. The tall and majestic canyon walls give a real feeling of being back in nature as you travel through the narrow gorges. Minimum height is 4 foot 3 inches.

### **Canyoning- Advanced- **MUST BE 14 YEARS OLD****

Set in a majestic alpine environment on a mountain pass, the Grimsel trip starts with a breath-taking 50m rappel and continues with amazing jumps, zip lines and slides into crystal clear pools. The pale-colored rock formations in this canyon add to the stunning mountain scenery. It is suitable for older Scouts looking for adventure! Minimum height is 4 foot 9 inches

## **CHOOSE 1 FOR TUESDAY AUGUST 2 to WEDNESDAY AUGUST 3, 2016**

### **Ueschinenhutte Hike- Overnight**

You can hike to the hut in the morning or afternoon, enjoy the magnificent view over Kandersteg and stay in the hut overnight. The next morning participate in our Three Valleys Hike to 8,724 feet or enjoy one of our unguided hikes. This is the Centre's own high alpine hut in the Ueschinen valley. At 6,200 feet the hut is an excellent base for hikes of many different abilities. There are a number of hike routes both to and from the hut! The hut has mattresses, blankets and cooking facilities so all you need to bring is your own food – simple and easy!!

### **Lötschenpass Hike- Overnight- **MUST BE 14 YEARS OLD****

Take a memorable trip across the stunning Lötschenpass, a high alpine pass in use since Roman Times. Complete the Lötschenpass hike over two days, spending a night in KISC's new hut at Gfellalp. This hike follows the same route as the one day Lötschenpass Hike, but for the first day you will walk from Kandersteg, along the Gastern Valley and up to Gfellalp. This gives you the chance to have a more relaxed hike and to get a mountain hut experience. The second day then takes you from Gfellalp and up and over the Lötschenpass and down to Ferden where the bus and train will take you back to Kandersteg. This is one of our most popular activities! **This hike is VERY physically demanding.**

### **Snow and Ice Combo- Overnight- **MUST BE 14 YEARS OLD****

This workshop combines the very popular Ice Climbing and Glacier Workshops. The group will leave the center at 7:30 AM on the first day arriving at the Fründenhütte (8,405 feet) for lunch. After a break you will travel on the glacier and participate in the Glacier Workshop. After staying overnight in the hut you will then participate in the exciting Ice Climbing Workshop. You will then hike back to the Centre returning about 6:00 PM. This activity is great value for money and a good time saver if you want to participate in two snow and ice workshops, but a good level of fitness is required. Price includes half board overnight in the Fründenhütte, return ticket for the Oeschinen Gondola, a KISC guide for the duration of the trip and a Qualified Swiss Mountain Guide whilst on the glacier. **This trip is VERY physically demanding.**

## **CHOOSE 1 FOR FRIDAY AUGUST 5, 2016**

### **Simme Rafting**

This is the perfect introduction to rafting. The upper section of the Simme River has several rapids to provide big thrills and action. The lower section passes through a nature reserve offering breathtaking views and changing landscape. The Simme provides a safe, scenic and fun-filled experience.

### **Lütschine Rafting- MUST BE 14 YEARS OLD**

River rafting opens the challenges of whitewater to everybody. Teamwork and professional guides allow novices and veterans alike to enjoy the beauty and excitement of whitewater in the Swiss Alps. The mighty Lütschine offers some of the best whitewater rafting in the Swiss Alps. Straight from the start below the Eiger North Face, continuous class III-IV rapids surge down from the mountains and out into the Interlaken valley and the Lake of Brienz.