



Activities Information Pack

The Key Points:

- Activity Allocations are now LIVE. Head to the Scouts Australia Online Registration System to view your allocation.
- Read up on the Preference Days below, so that you are ready and raring to go for whatever your adventure holds.

Overview

The whole Contingent will arrive in Kandersteg from Zurich on **Sunday 26th June** and spend the afternoon setting up the campsite. The **27th June** is a free day to rest, recover and acclimatise. A great chance to bond with your patrol and your troop, explore the village and get to know your international neighbours.

From **28th June – 7th July** are **10 fun filled days** that will showcase Switzerland:

- **4 Core Days:** everyone will experience this great mix of activities and sights.
- **4 Preference Days:** customise your trip to your fitness and interest by choosing the scale of your adventure within our set category themes. There are plenty of options to suit all preferences.
- **2 Free Days:** Unstructured days for you to use as you choose. More information will be released soon, but there will be an opportunity to add extra activities if you wish (may incur additional cost). More info will be released as countdown continues, with the Program Team currently working on a range of options, for more adventurous activities such as biking and rafting, to more scenic and cultural options with sightseeing and exploration trips.

This entire ten day program is included in the cost of the trip. Optional extra activities may be added to your Free Days later, subject to participant itineraries and provider availability. Some may involve a cost.

On **8th July** we'll pack up the camp, clean our gear and get ready to leave. The night will finish with KISC's International Campfire – a stirring end to our time in the spiritual home of World Scouting. Departures will then begin on the **9th of July**.

Core Activities

We've picked these for you to ensure you have a broad range of experiences and get the most out of KISC. These activities cover KISC and Swiss highlights:

- **Classic Kandersteg:** take the gondola from Kandersteg up to Lake Oeschinensee – a stunning lake filled with glacial melt-water. Swim if you're brave enough (or hire a boat if you prefer), and spend time speeding down the rodelbahn – a metal toboggan. Hike down when you're finished and enjoy the great views along the way.
- **Aare River and Bern:** take the train to Thun, get in an inflatable donut and cruise to the capital city of Bern. The water is crystal clear and the views along the river are spectacular. An afternoon exploring the capital – including a wide game – will finish this day off in style.

- **High Ropes and Thun:** take a bus to Interlaken – the tourist capital of Switzerland nestled at the bottom of Jungfrauojoc - where you'll fly through the trees at one of the best high ropes parks you will ever see. 9 courses with ziplines and challenges to test and thrill. Spend the afternoon relaxing in the historic city of Thun.
- **Service Project:** a day to give a little something back to the World Scout Centre. Be part of the Australian Contingent legacy that will remain for when you return in future.

Core activities do not have a high fitness requirement and should be accessible to all. Basic water safety and the ability to swim are needed for Aare Flat Trip, and lifejackets and wetsuits are provided. High Ropes will require some fitness and balance, but there are difficulty levels to suit everyone.

Within these core activities, you can relax or push yourself outside your comfort zone. KISC2016 leaders will coordinate the activities, working with local professional providers where necessary. You don't need to do anything right now for these activities (except get excited!), but if you have questions (or specific concerns) we're happy to answer them.

Preference Activities

You will choose your preferred activity in each of these categories:

- **Two Day** overnight activity off the valley floor, cooking and staying in a mountain hut.
- **Day Up** single day activity exploring the Alps hiking or rock climbing.,
- **Onsite** single day activity where you get to explore the best of KISC.

Fitness Requirements: Kandersteg sits at 1200m elevation, and most activities extend beyond 2000m above sea level. The terrain can be stepped and/or steep, and the air is noticeably thinner than areas of coastal Australia. Two Day and Day Up activities need to be selected carefully based on the fitness requirements. Activities are ranked on their difficult from 1 (easier) to 5 (difficult, high level of fitness required). Activities rated from 3 to 5 will traverse difficult and uneven terrain, climb to higher altitudes, and require a significant degree of fitness. We recommend that you start training now with regular exercise a few times a week so that you are able to make the most of our time in the Swiss Alps. More advice on preparation will be released shortly.

Check the Map: To help you make your decision we have plotted key features of each activity on Google Maps – check it out! Click on each icon to get a perspective of the terrain and its beauty! The link is: <http://tinyurl.com/ActivitiesMap>

Two Day:

Participants will do a two-day activity that includes an overnight in a mountain hut. Activities are based at two different huts (Gfellaalp and Ueschinen Huts) – so you can try to vary the location, length and duration, and the inclusion of rock-climbing around your fitness. Trained KISC staff will guide these activities, and at least one KISC2016 leader will accompany each group.

Activity	Description	Fitness Grading	Region
Bunderspitz and 3 Valleys Combo Hike	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.	4.5	A+C
Overnight Ueschinen Hut Hike	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	2	A

	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.		
Overnight Gfellaalp Hut Hike	The group will travel by bus to Selden and then continue hiking to Gfellaalp 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.	2	B
3 Valleys Hike	Visit three spectacular alpine valleys on one hike. After an afternoon hiking up the Ueschinen Valley, you will spend the night relaxing in our Ueschinen Hut. The next morning your guide will lead the group to an elevation of 2,735 m, 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.	3.5	A+C
Overnight Lotschenpass Hike	Stay overnight in KISC's newest hut at Gfellaalp (1,900m) and extend this classic hike over 2 days. This gives more time to explore both the Gastern and Lötschen Valleys. The hut is half way up the pass and spreads the ascent evenly over Two Days. Approximately 1500m is gained over 18km on the hike.	4	B+G
Ueschinen Hut Hike and Climb	For Scouts looking for an introduction to climbing, learn basic climbing skills with instruction from the Centre's climbing guides. This workshop is run at the Centre's hut in the Ueschinen Valley. Hike up to the hut in the afternoon and spend the night there. The following day you are taken to various rock climbing areas near the hut before the hike back to the Centre.	2.5	A
Gfellaalp Hut Hike and Climb	This activity offers an introduction to climbing at our newest climbing area, near our mountain hut Gfellaalp. Hike up to the Gfellaalp hut in the morning and then spend the afternoon rock climbing on the new climbing area above the hut. You will spend an evening at Gfellaalp with views out across the breathtaking Gastern Valley before a gentle day long hike down to Kandersteg the next day.	3	B
3 Valleys Hike and Climb	Spend the first day hiking and rock climbing in the Ueschinen Valley, before relaxing and enjoying the views in the Ueschinen Hut where you stay overnight. The second day you are guided over the 3 Valleys Hike back to Kandersteg.	4	A+C

Day Up

A single day of hiking or rock climbing off the valley floor – try to pick a different area from your Two Day activity. Trained KISC staff guide these activities, and at least one KISC2016 leader will accompany each group.

Activity	Description	Fitness Grading	Region
Climbing Course Winteregg	Whether you are new to the sport and want to learn the basics or an intermediate climber looking to take their climbing to the next level, this course is for you! The focus of the day is learning in a challenging and fun environment. Our guides will ensure safety and set up climbs tailored to the ability of the group.	2.5	C
Lotschenpass Hike	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.	4	B+G
Bunderspitz Hike	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 of Bunderspitz (2,546 m). Take in the beautiful scenery and amazing views over the Alps. Cross the Bunderchrinde pass and take the steep decent into the Ueschinen Valley and back to Kandersteg.	3.5	A+D
Cheesery Hike	A traditional and popular KISC hike. Hike up to the high pastures of Göllitschenalp. Visit the Cheesery 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 – a short but steep hike with plenty of steps.	2.5	E
Doldenhorn Hut Hike	This hike travels along spectacular forest paths while providing some 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.	2.5	F
Gasterntal Hike	Our easiest guided 1 day hike, this is ideal for younger Scouts but suitable for anyone. Take a 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	1.5	B

	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.		
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Onsite

You get to select two half day activities that are based on or near the KISC campsite. Plug your preferences into the same survey:

Crate Stacking	A personal challenge of balance and nerve. How high will you get before the tower falls?
Backwoods Workshop	Test out your Scouting skills and learn some new techniques for surviving in the wilderness. Lessons on environmental sustainability are mixed with creative fire-starting and other great skills.
Alternative Energy Workshop	How will our world survive without fossil fuels? Solar! Wind! Hydro! Use your creativity and imagination to solve a variety of challenges, learning about alternative energy sources along the way.
Jacobs Ladder	Climb this giant suspended ladder. It's the perfect challenge for pairs: the higher you climb, the harder it gets and the more you need to work as a team!
Evolving Alps Hike	This fascinating guided hike to the beautiful Gastern valley is a perfect introduction to the Alps for Scouts. You will spend half a day discovering how this breathtaking scenery was formed and how the valley was carved out by the mighty Kanderfirn glacier.

The Next Steps

- **Read the Free Days Activity Guide and start to plan your days off.**