

POST TOUR

February 2017: Post Tour Activities Guide



ICELAND 2017

15th World Scout Moot
Australian Contingent

POST TOUR ACTIVITIES GUIDE

Welcome to the activity guide for Australian and New Zealand Post Tour to the Kandersteg International Scout Centre (KISC)! While at KISC you will have four activity days (from 7 – 10th August) to fill with your choice of activities from our curated collection of KISC's best offerings. There is something at KISC for everyone – whether it's hiking to a cabin in the Alps, climbing a glacier or exploring some of the nearby towns.

Choosing your activities will work in 3 stages:

1. Submit your preferences

To register for the activities you will need to log onto the Australian Contingent registration system (<https://registrations.international.scouts.com.au/>) and go to "Post-Tour options on the left-hand side menu. You will be asked to choose 6 activity preferences from the drop-down boxes – even though you only have a maximum of 4 activity days, we need some spares in case we can't allocate your first preferences.

The system will be open from 12noon (Sydney time) on Monday, 6 February until 5pm on Friday 10 February. You MUST log in and enter your preferences during this time otherwise you may miss out on your activities.

It isn't a first-come-first-served system – as long as your preferences are submitted within this window you will have an equal chance of getting your activities. We will try our best to allocate everyone to their first preferences but we cannot make any guarantees.

2. Wait for your allocations

Your preferences will be allocated by the Post Tour team using a combination of availability and popularity. Not all activities will run every day, however some may run multiple times in the day; this means even if you have the exact preferences as a fellow Rover you may still not have the same activities on the same day. The process of allocating activities with KISC will take a long time – it's likely you won't hear back from us until April at the earliest.

3. Confirm your activities

We will let you know by email once your activities have been allocated. You will then need to login to the online registration system and pay the activity expenses within one week to confirm your activity bookings.

Fitness Levels

Each activity has a fitness rating that indicates the level of difficulty the activity can get to at times (with 1 being very easy and 5 being very difficult). It is a guideline for you to use when choosing activities but it is not a rule: you can choose any activity and we encourage you to challenge yourself! This being said, please make sure the challenge is achievable for you – if you don't do any hiking at home then choosing a hike at KISC with rating of 4 or 5 is not going to be any fun at all!

Free Days

There is so much to do at KISC that you don't have to do a paid activity every day. On your free days you will be able to go and explore the spectacular Swiss Alps and the surrounding towns. Some of the free activities are included in this brochure but there are many others available at the KISC campsite itself. You can even just spend the day meeting other Scouts from all over the world.

You will need to let us know how many free days you would like using the drop-down box on the Post Tour page. Remember that everyone will have a free day on 11 August (the day before we go home), so this section is only if you want additional free days instead of one of the four activity days.

Have a read through our amazing program and make your short-list of activity preferences!



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Activity	\$ AUD	Description	Fitness level Required 1 (low) - 5 (high)
Bern Trail	\$-	A great way to fully explore the historic capital city of Switzerland. 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. We recommend the discounted Bern Train Ticket.	1
Brig Trail	\$-	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.	1
Interlaken Trail	\$-	Interlaken is the adventure sports capital of Europe, and this trail will help you 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.	1
Thun Trail	\$-	Thun is 40 minutes away by train and is a beautiful, cultural day trip. The trail takes you 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.	1
Cheesery Hike (1 Day)	\$18.00	A traditional and popular KISC hike, up to the high pastures of Göltschenalp. 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, making for quite a steep but rewarding hike.	3
Doldenhorn Hut Hike (1 Day)	\$18.00	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
Bunderspitz Hike (1 Day)	\$25.00	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 decent into the Ueschinen Valley and back to Kandersteg.	3.5
Gasterntal Hike (1 Day)	\$28.00	Our easiest 1 day hike, 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.	2



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Activity	\$ AUD	Description	Fitness level Required 1 (low) - 5 (high)
Winteregg Climbing Course (1 Day)	\$44.00	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.	2.5
Lotschenpass Hike (1 Day)	\$58.00	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
Summer Sled Run – 'Rodelbahn' (1 Day)	\$59.00	Try a different type of sledding! The 750m long Summer Sled Run, with a short hike to lake Oeschinensee, is great fun for Scouts of all ages. Made famous by many online viral videos!	N/A
Overnight 3 Valley Hike (1 1/2 Day)	\$65.00	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 2,735m, 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.	3.5
Gfellalp Hut Hike (2 Day)	\$66.00	A new KISC option for those less experienced hikers while still with 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. Overnight in the hut without food is included.	2.5
Ueschinen Hut Hike (2 Day)	\$66.00	This is an excellent opportunity for beginners 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.	2
Bunderspitz + 3 Valley Hike Combo (2 Day)	\$86.00	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, and cable car tickets, are included.	4.5
High Ropes Park Interlaken (1/2 Day)	\$104.00	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 bit of a fear of heights! Min. height is 1.20m	3



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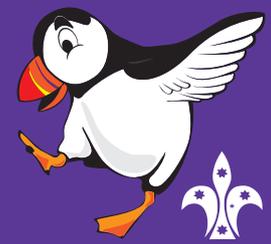
Activity	\$ AUD	Description	Fitness level Required 1 (low) - 5 (high)
Chocolate and Cheese trip (1 Day)	\$132.00	Travel over the Jaunpass to the Cailler chocolate factory in Broc. Enjoy the chocolate factory tour which is guaranteed to warm the taste buds of the biggest 'chocoholics'. From Broc you travel to Gruyères – 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.	N/A
Overnight Hockenhorn Hike (2 Day)	\$165.00	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 Gasterntal before reaching the Lötschenpassshütte 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 at the hut is included in the price.	5
Stresa Trip (1 Day)	\$173.00	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 Borromee Islands, shopping, swimming and, of course, an Italian lunch.	N/A
Andleboden (no swing) (1/2 Day)	\$190.00	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. Swing through the air like Tarzan, feel the adrenaline rush as you race through the air on 1,500m of zip wire high above the river and lose touch with solid ground as you negotiate the rope bridge.	N/A
Float trip (1 Day)	\$198.00	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.	Must be a competent swimmer
Simme River Rafting (1/2 Day)	\$208.00	A favourite amongst Scouts and the perfect introduction to white water rafting. Ride fun filled class II-III rapids in the beautiful Simmental.	3: Must be a competent swimmer
Grimsel canyoning	\$221.00	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!	4



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Activity	\$ AUD	Description	Fitness level Required 1 (low) - 5 (high)
Andleboden + Swing (1 Day)	\$223.00	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. Swing through the air like Tarzan, feel the adrenaline rush as you race through the air on 1,500m of zip wire high above the river and lose touch with solid ground as you negotiate the rope bridge. Adrenaline junkies can add on a spectacular bridge swing	N/A
Lütschine River Rafting (1/2 Day)	\$226.00	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.	3.5
Glacier Workshop (1 1/2 Day)	\$247.00	A beginner's introduction to the world of glaciers and the skills you need to negotiate them. No experience needed but good hiking fitness essential. Leave in the afternoon to catch the gondola to Oeschinensee and hike up to the Fründen Hut (2,562m), enjoying the awesome scenery and arriving in time for dinner. 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 glacier.	4.5
Ice Climbing Workshop (1 1/2 Day)	\$247.00	An introduction to the popular and exciting sport of ice climbing. No experience needed but good hiking fitness is essential. Leave in the afternoon to catch the gondola to Oeschinensee and hike up to the Fründen Hut (2,562m), enjoying the awesome scenery and arriving in time for dinner. On the second day you are introduced to the world of glaciers and can experiment with ice climbing on the glacial ice. Learn how to ice climb, and get tips from a certified Swiss Mountain Guide. After a quick lunch at the hut, we begin the hike back to KISC and arrive in time for dinner.	4.5
Chli Shliere	\$295.00	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!	5
Snow and ice Combo (2 Day)	\$330.00	This workshop combines the very popular Ice Climbing and Glacier Workshops. The group leave the centre early on the first day arriving at the Fründen Hut (2,562m) for lunch. After a break you travel on to the glacier and participate in the Glacier Workshop. After staying overnight in the hut you then participate in the exciting Ice Climbing Workshop. In the afternoon you hike back to the Centre. This activity is great value for money and makes the most of your time, but a good level of fitness is required.	5



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MEET THE TEAM (CONTINUED)



Bailey: Post Tour Team leader

Bailey has been to numerous International Events through Scouting including New Zealand Venture 2016 where he completed the Tongariro Crossing (the one from Lord Of The Rings). He also climbed over 3000 vertical metres during his time at KISC in 2016. He's looking forward to sharing many of the great opportunities KISC has to offer with those going on the Post Tour as he's the man in charge of planning it for you!



Tom: Post Tour Program Co-ordinator

Starting scouts back in 2008 Tom caught the adventure bug after attending the Australian Jamboree in Maryborough, Queensland. Since then his passion for scouting has only grown, learning to scuba dive at AV2015 while also attending the New Zealand Venture with the Australian Contingent in 2016. In 2017 he will be working with the Australian Contingent for World Moot to serve you up some steaming hot adventurous activities to fill your Swiss post tour with action and excitement .



Alex: Post Tour Logistics

Alex has been scouting since Joeys attending multiple major scouting events. He has been to the NZ venture twice - once as a venturer then again as part of the Australian Contingent team. He is notorious among his friends for being a frustratingly good back seat driver - that's why he's our man when it comes to your post tour transport!

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